

Ecclesiastes
Week 3: Hands
 傳道書, 第 3 週: 手

Worship 敬拜

賜我自由

Grant Me Freedom 詞: 洪啟元 Chuck Hong 曲: 張證恩 Grace Chang ©讚美之泉

[Verse]

賜自由的靈啊 求祢來
 來到我的裡面 來到我的生活
 趕走生活中的愁煩
 驅走我心中的不安

[Chorus]

祢的靈啊 在那裡
 那裡就有自由
 世界雖有勞苦重擔
 求祢靈來 賜我自由

I Will Exalt/我要尊崇

約書亞樂團 中譯詞: 吳芳儀、陳建元、周巽光 演唱: 張家綺

你同在是 我所需
 我所求 我所尋
 沒了你 一切都失去意義
 你同在是 我的氣息
 你愛滲透 我的呼吸
 沒了你 活得像沒有生命

無人能夠與祢相比
 主我要尊崇你 主我要尊崇你
 高舉你名 超乎萬名

再也沒有人像你
 無人與你相比
 唯有你配得一切讚美

主我要尊崇你 主我要尊崇你

King of My Heart 心中的王

詞曲: John Mark McMillan / Sarah McMillan 譯唱: 台北新店行道會

讓我心中的王
 做我投靠的山崗
 泉源使我歡暢
 我心頌揚

因你真好 因你真好 Oh Oh

讓我心中的王
 乘風起推我出航
 定錨迎向風浪
 我心頌揚

讓我心中的王
 做我蔭蔽能躲藏
 付我生命贖價
 我心頌揚

讓我心中的王
 點燃生命的火焰
 意念每日迴響
 我心頌揚

因你真好 因你真好 Oh Oh
 因你真好 因你真好 Oh Oh
 因你真好 因你真好 Oh Oh

因你真好 因你真好 Oh Oh

因你真好 因你真好 Oh Oh
因你真好 因你真好 Oh Oh
因你真好 因你真好 Oh Oh

你不曾讓我失望
你不曾讓我失望
你不曾讓我失望
你不曾讓我失望

Message 信息

- Offering 奉獻
 - In person and online 實體和線上聚會
- Announcements 報告
 - Surviving the holidays. 度過假日
 - Harvest Festival 秋季豐收慶祝
- This morning we are in week 3 of our series in Ecclesiastes. 今天我們進入傳道書的第三週。
- And we're going to be diving into chapter 4 of this great book. 我們將來研讀傳道書的第四章。
- Now, if you've been with us so far, you know that Ecclesiastes is an unusual book. 如果你一直在聽我們這個系列，那你就知道傳道書是一本不尋常的書。
 - It offers an unusual look at life. 它呈現了對生命不尋常的觀察角度。
 - And it offers an unusual sort of wisdom. 也帶出不尋常的智慧。
- Ecclesiastes is for everyone who ever played by the rules, and the rules didn't pan out. 傳道書是為每一位按章辦事，但是結果卻不竟如意的人寫的。
 - Ecclesiastes is for everyone who ever worked hard to get somewhere, but upon arrival, realized it wasn't about the destination, it was the journey. 傳道書是為每一位奮力向前，但是當到達的時候才意識到重點不是終點而是旅程的人寫的。
- Ecclesiastes is for anyone who had joy, and lost it. 傳道書是為每一位曾有喜樂卻失去了的人寫的。
 - Had peace, and misplaced it. 曾有平安，卻錯放了位置。
 - Had meaning, and can't find it any more. 曾有意義，卻不再找尋的到。
 - In other words, Ecclesiastes is for US. 換句話說，傳道書是為我們寫的。
 - It's for real people, living real lives. 為為過著真實生活的真實的人寫的。
- So, in week number one, we looked at chapters one and two, and the writer put all of the STUFF of life in proper perspective. 所以，在第一週我們研讀了第一章和第二章，作者在這裡把一切生命的東西都放在一個對的角度來看。
 - The houses. 房子。
 - The cars. 車子。
 - The degrees. 學位。
 - The work. 工作。
 - The stuff of life. 生命的東西。
- He used the word Hevel to describe them. 他用Hevel——虛空——這個詞來描述它們。
 - Vapor. 就像轉瞬即逝的霧氣。
- He's not saying they don't matter. 他不是說這些東西不重要。
 - There's just not a lot of substance to them. 但這些東西裡面沒有太多實質。

- You aren't going to find meaning, and peace, and joy, because of them. 你不會因著這些東西找到意義, 平安, 和喜樂。
- And then, in week two, last week, we looked at chapter three, and the writer put TIME in perspective. 然後, 在第二週, 上星期, 我們看了第三章, 這裡作者把時間放在對的位置上來查看。
 - Some of us are stuck in our past. 我們中有的人被纏累在過去。
 - Some of us worry too much about the future. 我們中有的人過於憂慮未來。
 - And so the writer used this word "Ha-Olam", Eternity, to help us realize that there's something God has given us, that we experience in the moment, that makes the moment we are in, the most important thing. 所以, 作者用這個詞——Ha-Olam——永恆/永生, 來幫助我們了解神所給予我們的, 使我們可以在當下經歷, 並使得我們所在的當下成為最重要的事。
 - He shows us how to BE PRESENT. 作者告訴我們如何活在當下。
- And now, we move into chapter four, and another word, and another example of wisdom that is beyond wisdom. 現在, 我們要進入第四章, 這裡我們要看到智慧之上的智慧的另一個例子。
- First it was Stuff. 首先講到東西。
 - Second it was Time. 然後是時間。
 - Now we move to Posture. 現在我們來到姿勢。
- So, if you have your Bible, would you open to Ecclesiastes chapter 4, and, as we've done every week in this series, I'm going to read, and then we're going to talk about what we've read. 如果你有聖經, 請你翻到傳道書第四章。就像我們在這個系列中每週所做的一樣, 我會先讀經文, 然後我們來看我們所讀的。
- And, you can probably guess ahead of time, there's a word the writer uses that seems to be the centerpiece of this passage. 也許你已經猜到了, 這裡也有一個詞這這篇經節的中心。
 - We'll talk about that in a moment. 我們一會兒會說到。
- Let's read: 讓我們一起讀:

Ecclesiastes 4:1-9

Again I looked and saw all the oppression that was taking place under the sun: I saw the tears of the oppressed—and they have no comforter; power was on the side of their oppressors— and they have no comforter.

2 And I declared that the dead, who had already died, are happier than the living, who are still alive.

3 But better than both is the one who has never been born, who has not seen the evil that is done under the sun.

4 And I saw that all toil and all achievement spring from one person's envy of another. This too is meaningless, a chasing after the wind.

5 Fools fold their hands and ruin themselves.

6 Better one handful with tranquillity than two handfuls with toil and chasing after the wind.

7 Again I saw something meaningless under the sun:

8 There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. "For whom am I toiling," he asked, "and why am I depriving myself of enjoyment?" This too is meaningless—a miserable business! "

傳道書 4:1-9

4 我又轉念，見日光之下所行的一切欺壓。看哪，受欺壓的流淚，且無人安慰；欺壓他們的有勢力，也無人安慰他們。

2 因此，我讚歎那早已死的死人，勝過那還活著的活人。

3 並且我以為那未曾生的，就是未見過日光之下惡事的，比這兩等人更強。

4 我又見人為一切的勞碌和各樣靈巧的工作就被鄰舍嫉妒。這也是虛空，也是捕風。

5 愚昧人抱著手，吃自己的肉。

6 滿了一把，得享安靜，強如滿了兩把，勞碌捕風。

7 我又轉念，見日光之下有一件虛空的事：

8 有人孤單無二，無子無兄，竟勞碌不息，眼目也不以錢財為足。他說：我勞勞碌碌，刻苦自己，不享福樂，到底是為誰呢？這也是虛空，是極重的勞苦。

9 兩個人總比一個人好，因為二人勞碌同得美好的果效。

• Now, today, I would like to spend our time looking at verses five and six. 今天，我想花些時間來看第五和第六節。

• Because packed in the middle of this “wow, life is tough, and there’s oppression, and work, and vapor”, in the middle of this, there’s this little that gets slipped in in verses five and six. 因為在這長篇的“生命是苦難，勞碌，和虛空”之中，有一個詞隱藏在第五和第六節中。

Ecclesiastes 4:5-6

5 Fools fold their hands and ruin themselves. 6 Better one handful with tranquillity than two handfuls with toil and chasing after the wind.

傳道書 4:5-6

5 愚昧人抱著手，吃自己的肉。

6 滿了一把，得享安靜，強如滿了兩把，勞碌捕風。

• Now, as I mentioned earlier, and as we’ve seen in this series, there are certain words that get repeated or emphasized, and those words seem to unlock the wisdom beyond the wisdom that’s happening in the text. 就像我之前提到我們在這個系列中所看到的，有一些詞被重複和強調，而這些詞是解開智慧之上的智慧的鑰匙。

• So when you look at this, you notice three, times the author, the teacher, uses the word: **Hands**

我們注意到作者三次重複的使用了這個詞：手

• Let’s take hold of this for a moment...get it? 讓我們抓住這個詞。。明白了嗎？

• No seriously, let’s take a look at his use of the word hands.看玩笑的。讓我們來看作者怎樣用手這個詞。

• Now, in your English translation, this word hand, looks the same. 在英語的翻譯中，“手”這個詞幾次出現，看起來好像是一樣的。

• Hands. 手

• Hands. 手

• Hands. 手

- But in the original Hebrew language, in which this was written, there are actually 3 different Hebrew words for our English word, Hand, used here. 但是在希伯來語原文中，其實是用了一個不同的希伯來語詞。

- And you've spent much time here then you know where we're going. 如果你在我們教會一段時間了，你就知道我們接下來要問什麼。• We're going where every three year old goes: 我們要問每一個三歲孩子常問的：

- Why? 為什麼？

- Why three different Hebrew words, and could there be anything in this, for us. 為什麼用了三個不同的希伯來語詞，在這當中有沒有什麼是我們要深掘的。

- Now, in order to answer this, I want to explore the last use, then the first use, then we'll look at the middle use. 要回答這個問題，我想先來看最後一個詞的用法，然後看第一個詞，最後看中間的這個。

- So, we have this phrase, "Better one hand with tranquility than two handfuls with chasing after the wind." 所以，我們有這句話，“滿了一把，得享安靜，強如滿了兩把，勞碌捕風”。

- This 'two handfuls' is the Hebrew word; Cgho-fen. 這裡的“兩把”在希伯來語中是:Cgho-fen.

- Say that with me. 和我一起說

- Now the word Cho-fen means: 這裡“Cgho-fen”的意思是：

Cho-phen = Cupped hands or making a cup. Cho-phen意思是杯子狀的手型或者做成杯狀

- Now, Cho-fen is a gesture. 現在，Cho-fen是一個手勢。

- And it looks like this: (Gesture) 看起來像這樣:(手勢)

- Hence, 'two-hands' 因此，“兩手”

- Do me a favor, and make a cup. 大家跟我一起做這個杯狀的手勢

- Now, the idea behind this gesture is like there's a grasping behind it. 現在，這個手勢背後的意思就像要抓握東西一樣。

- It's trying to hold, all that it can. 試圖抓住，盡量抓住所有的東西。

- It's trying to get, all that it can. 試圖得到，盡量得到所有的東西。

- Behind this gesture, there's a sense that you can't get enough, or there won't be enough. 在這個姿態的背後，有一種你得不到足夠的感覺，或者这里没有足夠多。

- WE know this grasping. 我們知道這種執著。

- We KNOW this toil. 我們知道這種辛勞

- It's the rat race. 這是激烈的競爭。

- It's the go, go go. 不停地走，走，走

- It's climbing the ladder. 不停地往上爬

- It's stress. 這是壓力

- It's the perfect posture to THROW SOME ELBOWS. 這是拋擲東西時肘部的完美姿勢。

• (Don't throw elbows now, you'll hurt someone.) (現在不要甩你的肘部，你會傷到其他人)

- *Imagine someone hiking without water for days, stumbling on a fresh stream of water.* 想像一下有人在沒有水的情況下徒步旅行了幾天，跌跌撞撞來得一條新鮮的小溪面前。
- *They would Cho-Fen out of desperation.* 他們終於走出了絕望，他們用手捧着喝水
- We know Cho-fen. 我們知道“Cho-fen”就是用手捧着喝水。
- That's the last word. 這就是最後的單詞
- Now, let's look at the first word for hands used here: 現在，讓我們看看這裡使用的手的第一個詞。
- It's the word, YAD. 這個單詞是：YAD
 - Say that with me. 跟我一起說。
- This word YAD means: YAD的意思是：

Yad = Folded hands. Yad的意思是抱著手

- So again, this a gesture. 就是這個手勢
 - And it looks like this: (Gesture) 就像這樣（手勢）
- Do that for me. 跟我一起做這個動作
- Now, there is a wisdom tradition around the folding of hands. It's like a sort of euphemism in the wisdom literature. 現在，抱著手是一個傳統的智慧的動作，就像智慧文學中的一種委婉語。
- The folding of hands is a reference to guess what? 抱著手是什麼含義呢？
 - Laziness, right? 懶惰，對嗎？
 - Sloth. 懶散。
 - Or in some translations, the sluggard, folds there hands. 或者在某些情況下，懶惰的人會抱著手。
- Let me give you an example: 例如：

Proverbs 24:33-34

A little sleep, a little slumber, a little folding of the hands to rest—34 and poverty will come on you like a thief and scarcity like an armed man.

箴言 24:33-34

再睡片時，打盹片時，抱著手躺臥片時，你的貧窮，就必如強盜來到，你的缺乏，仿佛拿兵器的人來到。

- Now, here's what's interesting about this word YAD. 現在，這就是 YAD 這個詞的有趣之處。
- Even though it means laziness, it's associated with, or connected to Power. 儘管這意味著懶惰，但它與權力相關或聯繫

- Its' connected to Meaning. 它與意義有關
 - It's connected to Direction. 它與方向有關
 - It carries this meaning with it. 他承載著特殊的涵義
- So Yad, is simply saying, 所有, YDA, 簡單地說, 就是 :
 - God, you gave me a life. 上帝, 你給了我生命.
 - You gave me energy. 你給了我能量.
 - You gave me strength. 你給了我力量.
 - You gave me a will. 你給了我願望.
 - You gave me thoughts. 你給了我思想.
 - You gave me a body. 你給了我身體 .
 - You gave me a life - to do something with it. 你給了我生命—用它做點什麼.
- And I choose, to check out. 我選擇離開
 - To disengage. 解脫.
 - I choose to fold my hands at this epic level of the soul. 我選擇在心灵深处抱着手.
 - I realize you put me in the middle of this great big colorful world, and there are things to create and suffering to alleviate, BUT I CHOOSE, to check out. 我意識到你讓我置身於這個五彩繽紛的大世界中, 有很多事情要創造, 也有痛苦要減輕, 但我選擇离开.
 - I will YAD. I will fold my hands. 我将YAD, 我将抱着手.
- So we have Co-phen, the cupping, the grasping, the desperation and the self-focus, and it will wreck you. 所以我們有 Co-phen, 双手捧着, 抓着, 絕望和自恋, 它會毀了你.
 - And we have Yad, the folding, the giving up, and it too, just ruins you life. 我们也有YAD, 抱着手, 放棄, 它也只會毀了你的生活.
- But in between the two, the teacher gives us a third way. 但是在這兩種之間, 老師交給我們第三條路
 - A third option. 第三種選擇
 - See, we tend to think Either/Or. Black and white. 看, 我們傾向於考慮要不这样或者那样, 非黑即白.
 - Either I desperately join the rat race, or I check out. 要么拼命加入競爭, 要么離開.
 - Cash in the chips, or strive like a chicken with my head cut off .如一場賭博般的人生收場, 或者像一隻無頭蒼蠅一樣亂闖 .
 - Those are my options. 這些是我的選擇。
 - In between these two options of engaging or disengaging the world, is this, 在參與或脫離這兩種選擇之間, 还有一种就是 :
 - “Better one handful with tranquillity”. “满了一把, 得享安靜”
- Now, the word hand here is a different word than these other two. 現在, 這裡的手這個詞與其他兩個詞意思不同
 - Here it's the word Kaph. 單詞“Kaph”.
 - Let me here you say, Kaph. 讓我聽你們說“Kaph”.

- The word Kaph means an open hand. 這個詞的意思是張開手。

Kaph = An open hand Kaph意思是:張開手

- It's a palm open. 手掌張開.
- Do that for me. Put your hand out there. 这样做, 把手伸出去.
- Now make a fist. 現在握緊拳頭.
 - Now lay your palm out again. 現在再次伸出你的手掌.
- You see the difference. 你看到了不同嗎?
- An open palm holds things loosely. 張開的手掌鬆散地握著東西.
 - It can receive. 它可以接收.
 - But it can also give. 但它也可以給與.
- It is still a hand. 這仍然還是一隻手.
 - And a hand in scripture always has to do with power, direction, and wisdom. 聖經中的手總是與力量、方向和智慧有關.
- But this is a particular kind of posture. 但這是一種特殊的姿勢.
- Better one hand with TRANQUILITY. “滿了一把, 得享安靜”.
- It means rest, peace, calm. 它代表著休息, 平安, 安寧.
- Better to have that, with one open hand, 有這樣一隻張開的手,
 - Than two fist fulls, grasping, striving, elbowing with envy in endless toil. 勝過有兩隻握緊的拳頭, 終日在爭競中在抓搶, 搏擊, 和勞作.
- So we have these three hands. 現在我們看到三種手.
 - That represent three postures. 代表三種手勢.
 - That represent three ways of being. 代表三種方式.
- Three ways we live and move and have our being in the world. 三種我們在這世上生活, 行動, 以及享用所有的不同方式.
- *Illustration: Sun City / Retirement / Boredom* 展示: 太陽城 / 退休生活 / 無聊的時光
 - *I grew up in a peculiar place.* 我是在一個特別的城市長大的.
 - *I grew up in Phoenix.* 我在鳳凰城長大.
 - *And there was this phenomenon that occurred every year, around October or November.* 在那裡每年到了十月或十一月, 就會有一個特別的現象.
 - *There was a great migration that would take place.* 那就是發生巨大的遷徙.
 - *And it seems like EVERY person over the age of 65 descended on the city where I lived.* 好像每一個年齡超過65歲的人都空降到了我所居住的城市.

- *Im not exaggerating.* 我不是在這裡誇張。
- *Every year, the average age of our population would SPIKE, and then as soon as it hit 95 degrees, boom, the average age would plummet.* 每年，這裡人口的平均年齡會漲很多，但是只要氣溫到了95度，突然一下子，這個平均值就直線下降了。
 - *Like these two different, but correlated graphs.* 就像兩個不同的，卻是相互有關聯的圖表。
- *And the buffets would fill up.* 自助餐廳裡擠滿了人。
 - *And the traffic would slow down.* 交通也擁擠了。
- *So, some genius, a few decades back, decided that all of these people needed a place to be, like, if we herded them into one corner, everything would be great for the rest of us.* 所以，有一些天才在幾十年前做了個決定，這些人，我們要給他們準備一個他們可以呆著的地方，就好像把他們趕到一個角落，剩下的我們就舒坦了。
- *So there was this master planned community on what used to be the western outskirts of Phoenix and it was called Sun City.* 於是，這樣一個社區，在曾經鳳凰城西邊的郊區，叫做太陽城的，就這樣誕生了。
- *My favorite thing about Sun City is that golf carts are legal everywhere.* 我最喜愛太陽城的地方是，在這裡，高爾夫球車開到哪裡都是合法的。
- *You've got people all over place driving golf carts.* 人們在各種地方都能開著高爾夫球車。
- *Now imagine this, an entire community where the minimum age requirement was 55, and there is no Maximum.* 想像一下，整個社區，在這裡的人的年齡下限是 55歲，而上限是不存在的。
 - *So 55 is the YOUNGEST person.* 所以 55 歲是最年輕的人。
 - *And then you've got people in their 90's.* 而且你可能會遇見 90 歲以上的人。
 - *That's the demographic.* 這是從人口統計得來的。
- *So, here's a picture I thought I'd share it with you.* 所以，我想和你們分享一張照片。

Sun City Picture 太陽城的照片

- *Welcome to The ORIGINAL FUN city.* 歡迎到絕對快樂城
- *Sun City, Fun City, am I right?* 太陽城，快樂城，我說得對嗎？
- *Now, if you've ever spent time in or around Sun City, you see the irony.* 現在，如果你在太陽城裡或附近待了一段時間，你就會發現這很諷刺。
- *Because it's anything but FUN.* 因為這裡完全不快樂。
- *I remember going out there as a kid, and in high school.* 我記得當我還是個高中生時去那裡的情景。
- *I remember one mothers day, I delivered flowers, because all of these people all over the world, their moms live in Fun City, so they send flowers, so I had this job, driving all over Fun City.* 我記得那是一個母親節，我去送花，因為全世界的人都有母親住在快樂城，所以他們送花來，而我，得到了這個工作，在全城各處送花。
 - *And let me tell you, there was nothing FUN about it.* 讓我來告訴你，在那裡並沒有快樂。

- *And I remember realizing, in my 16, 17 year old brain, I remember thinking, "These people are BORED."* 我記得我意識到, 在我那 十六七歲的腦子裡, 我記得當時想到的是: “這些人很無聊。”
- *They cashed in their chips. They sold the farm. They folded their hands, and they 're bored.* 他們帶著掙到的錢, 他們賣了農場。他們抱著手, 在那裡無聊。
- I have to believe that a human being was made for more than the 4pm early bird special. 我不得不相信, 人被造可不僅僅是為了享受老年優惠。
- And the Gesture? Folded hands. 還記得那個手勢嗎? 抱著手。
- See, we know. 瞧, 我們知道的。
- We can pick it up in ourselves, and we can pick it up in others, when we've folded our hands, and just sort of given up. 我們可以享受為自己, 或是為別人, 但是當我們抱著手時, 我們就好像是放棄了。
- And then, yet, at the other end there's this other thing. 但是, 在另外的條件下也有另一種情況。
- There's this person, who is worried about whether they are going to make it to FUN CITY. 這有一個人, 在擔心有一天能不能去的了快樂城。
- They're not sure there's going to be enough, or that it will comfortable enough. 他們擔心以後的錢夠不夠花, 生活夠不夠舒適。
 - And so they work. 所以他們工作。
 - And they save. 他們攢錢。
 - And they get stuff. 他們消費。
- What is the gesture? 這是什麼手勢?
 - Cupped hands. 是張開的手。
 - Grasping 正在抓取。
- So there's checked out. 所以有放棄的時候。
- And then there's this compulsive, tethered to the machine of stress stress, stress, busy, busy, busy, things are so crazy, worried thing known as life in America. 也有像得了強迫症的時候, 像機器一樣不停的勞作, 再勞作; 忙碌, 再忙碌, 到一個地步, 近乎瘋狂, 焦慮, 這就是美國人的生活。
 - Grasp, grasp, grasp. 抓取, 抓取, 再抓取。
- The invitation from the teacher is this. 傳道人的邀請就是為這樣。
- Some fold their hands. 有一些人抱著手。

- Some strive and chase and toil with two hands. 有一些人用雙手勞碌，奔波。
- BETTER ONE HAND WITH TRANQUILITY. 更好的是用一隻手享受安寧。
- Better one hand, with Peace. 更好的是用一隻手享受平安。
- Now how many of you, you hear this last one, and there's something deeper going on in your soul that says, "YES. That's what I want"? 現在，你們當中有多少人，當你聽到最後這句話，你內心深處在吶喊，“是的，這就是我需要的！”？
- Let's turn to John 14. 讓我們來讀約翰福音 第十四章。
 - I want to offer a couple of insights from the life of Jesus. 我來帶大家看看從耶穌的生平裡我們能得著什麼。
- What does a one handed tranquility look like? 一隻手的安寧是什麼樣的。
 - That hasn't disengaged and checked out and folded the hands. 那並不是放棄了，退出了，或者是抱著手。
 - But isn't consumed with the hectic rat race. 也沒有被緊張的老鼠賽跑所吞沒。
- What does that look like? 那是怎樣的呢？
- In John 14 Jesus is talking about what he does, and what he give, or offers, and he says this: 在約翰福音 第14章，耶穌說了他做什麼和給什麼，他是這樣說的：

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

約翰福音 14:27

我留下平安给你们、我将我的平安赐给你们。我所赐的、不像世人所赐的。你们心里不要忧愁、也不要胆怯。

- Peace I give you. 我留下平安给你们。
- We have often explored and explained that when a Jewish Rabbi like Jesus uses the word peace, he's drawing on an ancient wide teaching from their tradition called SHALOM. 我們曾經經常探討或解釋當一個猶太教師，比如說像耶穌那樣用到平安這個詞，這是沿用他們從古代的教導，傳統上稱為SHALOM的這個詞而來。
- All encompassing wholeness. 這是圍繞著完全而言。
- Jesus wants to save us in the biggest sense. 耶穌要在最大的層面拯救我們。
 - In the largest. 最大的。
 - Your entire life. 你的整個生命。
- Jesus wants to rescue us from the insanity of normal every day life. 耶穌要從瘋狂的，我們卻以為是正常的每日生活中拯救我們。
- He wants to rescue us and give us a 'one hand with tranquility'. 他要拯救我們，給我們“一隻手的安寧”。

- If you seek to become the kind of person who lives with one handed tranquility, you will be swimming upstream. 如果你能成為一個可以生活出一隻手的安寧的人，你就可以逆流而上。
 - It will be a counter cultural enterprise. 這是違背社會文化的。
 - Why? 為什麼？
- Because in our world we know how to fold the hands. 因為在我們的社會，我們知道怎樣抱著手。
 - And we know how to run at mach 1 and grasp. 我們也知道怎樣在賽道上奔跑和拼搏。
- But to be a person one handed tranquility, you will have to confront many of the gods of our age. 但是要想成為一個用一隻手的安寧的人，你會遇到很多的我們這個年紀的“上帝”。
 - You'll have to confront the idols we bow down to with the way we live and organize our time and abuse ourselves with paces and rhythms and habits that are really really destructive. 你會遭遇我們跪拜的偶像，這些是我們用我們的生活方式，我們安排時間的方式來跪拜的偶像，我們以極其有危害的節奏和習慣，在虐待我們自己。
- So when we talk about this, we must first begin with just the awareness that our culture isn't getting this right, and we'll need to call out some of the impulses habits and addictions our culture considers normal. 所以，當我們談到這些時，我們首先要意識到我們所處的文化並不正確，我們需要改變一些習慣和癖好，而這些在我們的文化裡是被認為是正常的。
- Jesus says, I've come into this, to open your eyes to this. 耶穌說，我來到這當中，是要叫你們的眼可以睜開，認清這些。
 - He comes to give you this. 他來是為了給你。
- Now, turn to Matthew chapter 3. 現在我們來讀馬太福音第三章。
- In Matthew chapter 3 Jesus is baptized. 在馬太福音第三章裡，耶穌受洗了。
 - John the baptizer has come preparing the way for Jesus. 施洗約翰來到世界是為了預備耶穌的道路。
 - Jesus is about to go into the wilderness. 耶穌即將走入曠野。
 - But we're at the very beginning, We're at the start of the whole Jesus narrative. 但是，在這段的最開始，我們即將讀到關於耶穌的全部。
 - And we read this: ”我們讀到這些：

Matthew 3:16–17

16 As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. 17 And a voice from heaven said, “This is my Son, whom I love; with him I am well pleased.

馬太福音 3:16–17

16 耶穌受了洗、隨即从水里上来。天忽然为他开了、他就看见 神的灵、彷彿鸽子降下、落在他身上。17 从天上有声音说、这是我的爱子、我所喜悅的。

- Now, at this point in the story; Matthew 3; has Jesus drawn large crowds to hear his teaching yet? 在我們讀到這個故事，馬太福音第三章，耶穌有沒有已經聚集了很多人來聽他的教導？
 - Has he healed anybody yet? 他有沒有已經醫治好了病人？
 - Has he had really effective question and answer times? 他有沒有已經設下時間為別人答疑？
 - Has he sponsored a conference? 他有沒有已經資助一個會議？
 - Has he written a book? 他有沒有已經寫了一本書？

- What has he done? 他都做什麼了？

Yun p. 11-14 & overall editing

- As far as we know, NOTHING. 據我所知，什麼也沒有。
 - He's done some school and stuff. 他確是上過學受過教育。
 - But at this point in the story, he's done NOTHING of significance. 但在這個時候，他還沒有做過任何大事。
- And here's why that's significant. 為什麼這點很重要呢？
- This story opens with him receiving a blessing. 故事的開始是耶穌接受祝福。
- A blessing is a validation. 一個祝福是一種証實。這個祝福
 - It is love. 是愛
 - It is acceptance. 是接受
 - It is confirmation. 是確定
 - And the story STARTS with this. 而這個故事開始於此。
- God isn't holding back till he proves himself. 神沒有等待他證明自身之後才行事。
 - He's not waiting to see how he does, how he performs, does he do things the right way. 祂沒有等待看他做的事結果如何，發展如何，或者說是不是按正確的方式行的。
 - There's no wait and see. 祂沒有等待再看看。
- THIS IS MY SON. 這是我的兒子。
- Jesus receives this deep primal blessing from God: 耶穌直接得到神的祝福。
 - He's loved. 他是神愛的。
 - He's accepted. 他是神接受的。
 - He's validated. 他是神証實的。
 - He's affirmed, 他是神確認的。
 - BEFORE HE DOES ANYTHING. 在他做任何大事之前。
- And then, everything else he does, comes out of that place. 之後，他做的任何事，都是從那祝福來的。
- He's not doing things in order to achieve the affirmation. 他做事不是為了得到認同。
 - He's not striving to earn God's love. 他不是竭力要得到神的愛。
- It is his fundamental beginning place, before he does ANYTHING. 那基本上只是他的開始，以便能做任何事。
 - Are you with me? 不知你聽明白了嗎？

- How many of us strive, and work, and labor, trying to earn the blessing? 我們有多少人竭力工作, 勞作為了試圖要得到祝福?
 - Or, in the pain, of missing that, how many of us have folded our hands? 或者, 很難過地, 沒得到, 我們多少人是抱著手的?
- What you find with Jesus is the calm that comes when you receive the blessing, before you ever do a thing. 你發現耶穌所表現出來的就是你在行事之前得到祝福時表現出來的平靜。
- Notice how Jesus talks about his work, in light of this. 在這一點上, 請注意耶穌是如何談及他的工作的。
 - Does Jesus say, “I’m just trying not to make the father mad?” 耶穌說過, “我儘量不會讓我父親生氣” 嗎?
 - Does Jesus say, “People aren’t doing their jobs, so I’ll pick up the slack?” 耶穌說過, “人們都不做該做的, 只好我來做這些被懈怠的事情” 嗎?
 - No. 沒有
- He says at one point, in John 5, He basically says, 他曾經說過, 在約翰福音第五章, 大意上他說,
 - “God’s given me some things to do, and I’m doing them.” “神吩咐我做的事情, 我就去做。”
- God didn’t ask me to do THAT, or THAT, or THAT. 神沒有要我做那件事, 或那件, 或那件。
 - He asked me to do THIS. 神要我做這件。
 - I have a few things to do, and I’m doing them. 有一些事情要做, 我正在做。
- Do you hear in Jesus any Guilt? 你從耶穌口中聽到內疚嗎?
 - Any Shame? 還是慚愧?
 - Any Striving? 還是吃力?
 - Any Stress? 還是困擾?
- Is Jesus obsessed with staying in coverage? 耶穌沈迷在確保萬事有保險嗎?
 - Or being near Wi-fi? 還是要有WI_FI無線網?
 - Nope. 沒有。
- That’s one handed tranquility. 只有簡單的安寧。
- So, you have a life. 所以, 你有一個生命。
 - You have energy. 你有精力。
 - You have a body. 你有一個身體。
 - You occupy space and time. 你佔有空間和時間。
 - You have a will. 你有意願。
 - You have intentions and passions and desires. 你有意圖和激情和渴望。
 - You have certain things that just set you alive. 你有讓你生命鮮活的固有的東西。
 - You have things that quench your spirit. 你也有些東西能壓制你的靈命。
- And what we struggle with is what do we do with the something that I am, and we feel it. 而我們糾

結的是我們怎麼對付這些我們能感受到的定義我們本人的東西。

- Some of us it's terrifying, and so we just fold our hands. 對有些人來說應對這是可怕的，所以我們就抱著手。
- Others of us, we just run after it, like a golf cart without a governor. 而對另一些人來說，我們緊隨其後，如同沒有人駕駛的高爾夫球車。
- And THEN, there is this place. 然後，我們讀到這個地方。
- I love this: 我很喜愛它說的：

“I have a few things to do in the world, and I'm doing them.” “我在這世上有一些事情要做，而我正在做。”

- It's tranquil. 一種安寧
- It's peaceful. 一種平安
- It costs SOMETHING. 也是要有付出的。
- It takes energy. 要花費精力的。
- But it is in a larger perspective that is in a place of peace and tranquility. 但那是在更廣闊的平安和寧靜中的視角。
- Do me a favor right now. 現在請幫我個忙。
- Would you fold your hands? 你能握住你的雙手嗎？
 - Is there anyone here who has folded their hands? 有人握住雙手了嗎？
 - Maybe you were burned, or disappointed, or let down. 也許你太疲乏，或失望，或不公對待。
 - Maybe you jumped into something and it didn't go well. 也許你盡力做事卻沒有好結果。
 - And so something within you says, “My survival requires I fold my hands.” 所以你內心深處會說，“要生存下去我就要抱著手求了。”
 - Or maybe you've been told you don't have what it takes, you're not enough. 或者，也許有人跟你說你能力不夠，不足以成事。
 - Or maybe someone gave you the plot to this American Dream, and you're just following the script. 又或許，友人送給你美國夢的藍圖，你只是跟隨著這個規劃。
- Now look at your hands... 現在看看你的雙手。
- What if you heard the voice of the father, right now, “This is my daughter; this is my son, in WHOM I'M WELL PLEASED”？如果你現在聽到天父的聲音說，“這是我的女兒，這是我的兒子，我甚喜悅他”？
 - What would that change? 那會改變什麼？

- Do you think you'd unfold your hands? 你還會認為你要伸開手嗎？
- Now, make the cup. 現在，雙手改為捧。
- Is there anyone who has just been working working working? 有沒有人一直在工作，工作，工作？
 - Maybe you're striving, and stressing and working. 也許你在努力著，堅持著，工作著。
 - Maybe you use the word busy, way too much. 也許你使用忙這個字太多次了。
 - Maybe you're worried there won't be enough to go around. 也許你憂慮生活拮据。
 - Maybe you're not eating right, exercising, because you don't have time. 也許你忙得沒有時間吃好飯，鍛鍊。
- Look at your hands. 看看你的手。
- Notice how handcuffs would be really easy to put on you right now? 你現在注意到這樣是多麼容易戴上手銬了嗎？
- What if you heard the voice of the father, right now, "This is my daughter; this is my son, in WHOM I'M WELL PLEASED"? What would that change? 如果你現在聽到天父的聲音說，“這是我的女兒，這是我的兒子，我甚喜悅他”？那會改變什麼嗎？
- Here's what Jesus invites us to. 這就是耶穌邀請我們去做的。
- He invites us to ask straight forward questions about what we are grasping so tightly for. 他邀請我們直截了當地問自己我們手抓的緊緊的是什麼。
 - The spirit frees us to confront the insanity we call life. 聖靈把我們從生命中的瘋狂解救出來。
- So do me one more favor. 現在大家再幫我個忙。
- Put out one hand, palm up. 伸出一隻手，手心朝上。
- Do you feel the difference? 你感到不同了嗎？
- He's pleased. 祂甚喜悅。
 - He's pleased. 祂甚喜悅。
- The whole story of the Gospel is, God loves you. 整本福音故事說的是，神愛你。
 - He loves you. 祂愛你。
 - He's pleased. 祂甚喜悅。
- And he's trying to get you to live in what you already have. 祂希望你活在你已經擁有的之中。
 - This (gesture.) 這個（手勢）
- Would you stand. 請大家起立。

Benediction 祝禱

- Before I offer the benediction... 祝禱之前...

- Saying yes, to following Jesus. 說，是，來跟隨耶穌。
 - Folks with orange lanyards 帶著橘色掛繩的事工
 - Info Center 信息中心

- May you see that your hands represent your power, your energy, your life. 願你看見你的手代表了你的能力，你的精力，你的生命。
- And may you live your life, with one, open hand, in tranquility. • Amen. 願你用一隻伸出的手，得著安寧，活出你的生命。阿門！