

Story Sunday #1
The Story of You
Bo Stern-Brady
September 8, 2024
故事主日 #1
你的故事
珀·斯坦恩-布雷迪
2024年9月8日

COUNCIL:
理事會:

We're going to talk about the Bible and we're going to talk about us. Stories. We all have them and the Bible is FULL of them. IN fact, we sometimes look at the Bible as a giant reference book of doctrine. Principles. Holy stuff. But really, the Bible is a library of 66 books - each with a specific point of view and style and story. The Bible is filled with characters - real humans who are living out a real story. I like to read the Bible and picture the characters in the story as witnesses on the witness stand. They are giving testimony of something...either of the ways we've gotten God wrong or of the reason we desperately need Jesus or of the character or way of Jesus. The stories in the Bible are teeming with the evidence of God and the evidence of our own need to capture the story in which we are living and interpreting His will in our world.

我們要談聖經，我們要談論自己。故事。我們都有它們，聖經裡也充滿了它們。事實上，我們有時將聖經視為一本巨大的教義參考書。原則。聖物。但實際上，《聖經》是一個包含 66 本書的圖書館 - 每本書都有特定的觀點、風格和故事。聖經中充滿了人物——活在真實故事中的真實人類。我喜歡閱讀聖經，並將故事中的人物描繪成證人席上的證人。他們正在為某事作見證.....要么是我們誤解神的方式，要么是我們迫切需要耶穌的原因，要么是耶穌的品格或方式。聖經中的故事充滿了上帝的證據，以及我們自己需要捕捉我們生活在這個世界中並解釋祂在世界上的旨意的故事的證據。

Some of the stories are big, like Noah working day after day, building a huge boat to rescue them from a catastrophic storm when the people had not yet experienced rain. Like Moses, leading hundreds of thousands of people out of slavery and into a wilderness. But some of the stories are more obscure.

有些故事很大，例如諾亞日復一日地工作，在人們還沒有經歷下雨的時候，建造了一艘巨大的船來拯救他們免受災難性風暴的侵襲。像摩西一樣，帶領數十萬人擺脫奴役，進入曠野。但有些故事則更加晦澀難懂。

In Numbers 13, we read the story of Moses sending 12 spies into the promised land to scout it out. The bible lists out each name, the tribe they're from and who their father is. ALL the spies come back saying, this place is CRAZY! It's filled with bounty and beauty and abundance. Good news. BUT, ten of them say, "But the people are HUGE and scary and they are not going to go quietly."

在民數記第 13 章中，我們讀到摩西派遣 12 個探子進入應許之地偵察的故事。聖經列出了每個人的名字、他們來自哪個部落以及他們的父親是誰。所有的間諜回來後都說，這裡太瘋狂了！它充滿了賞金、美麗和豐富。好消息。但是，其中十個人說，“但是人又大又可怕，他們不會安靜地走。”

Caleb and Joshua say, "Nope! WE must go take possession, we can definitely conquer this place."

迦勒和約書亞說：「不！我們必須去佔領，我們一定能征服這裡

The rest of the men: **The land we explored devours its inhabitants, and all the people we saw there are great in stature...we seemed like grasshoppers in our own sight, and we must have seemed the same to them!" Numbers 13:32, 33**

其餘的人：我們探索的土地吞噬了它的居民，我們在那裡看到的所有人都身材魁梧.....在我們自己看來，我們就像蚱蜢一樣，在他們看來我們也一定是一樣的！民 13:32, 33

The story isn't just the story. The story creates an ideology. We are like grasshoppers in our own eyes...and now our enemy agrees. God had already named them victorious, but their experience as they sized themselves up next to their enemy disqualified them from the inheritance. The story of spying out the land rearranged how they would see themselves, their God and their future.

故事不僅僅是故事。這個故事創造了一種意識形態。在我們自己眼中，我們就像蚱蜢.....現在我們的敵人也同意了。上帝已經稱他們為勝利者，但他們在與敵人較量時的經驗使他們失去了繼承遺產的資格。偵察這片土地的故事重新安排了他們如何看待自己、他們的上帝和他們的未來。

The stories we live out have so many implications. If your life is a book that you are writing, is both an autobiography and a cookbook. It's both. Your autobiography is WHAT happened on the days you were given. But there is a hidden appendix in the book of each person's life that explains the many recipes we learned to use because of those experiences. (Cookbook Cliff bought for me.) Nearly every story you've lived out, has embedded a sub-story or a meta narrative inside of you about what you believe to be true.

我們經歷的故事有很多意義。如果你的生活是一本你正在寫的書，那麼它既是一本自傳，也是一本烹飪書。兩者都是。你的自傳是在你被賦予的日子裡發生的事。但是在每個人的生活書中都有一個隱藏的附錄，解釋了我們因這些經驗而學會使用的許多食譜。（克里夫

為我買了一本《Cookbook Cliff》。) 幾乎你經歷過的每一個故事, 都在你內心嵌入了一個關於你相信的真實事物的子故事或元敘事。

Your story is filled with - for lack of a better word, “recipes” or formulas. This plus this equals that. They are thoughts, feelings and the conclusions drawn because of them. They are mostly invisible to you, but they are as important as any of the stories, or events, your book contains. You have formulas around money, around food, around work, around friendship, around affection, around abilities, around love. Probably MOSTLY around love. We have a million stories that have created recipes around what it takes get love. (My sister - green thumb. I once cried in my room because everyone who came to our house raved about a beautiful plant that she had cultivated from a tiny little nothing to an overflowing beauty. You know there’s more to the story when you cry over a coleus. I was the youngest. I felt unseen for a long time. Invisible and without talent. A recipe had been written up in my head - **achievement = acceptance and admiration**, so every time someone liked the plant, it felt like they were directly saying, “You have no value.” This is lame and we all know it. But it’s also real and we all know it. And the stories in our book are one thing...but the huge appendix of recipes created by them is another altogether. And just because the recipes are in the book - even a book that represents many wonderful experiences - doesn’t mean the meals you make out of them are delicious. 你的故事充滿了 - 由於缺乏更好的詞, “食譜”或公式。這個加上這個等於那個。它們是想法、感受以及由此得出的結論。它們大多對你來說是看不見的, 但它們與你書中包含的任何故事或事件一樣重要。 你有關於金錢、食物、工作、友誼、情感、能力、愛情的公式。可能主要是圍繞愛。我們有一百萬個故事, 圍繞著如何獲得愛情創造了食譜。 (我的妹妹—園藝大手。我曾經在我的房間裡哭過, 因為每個來到我們家的人都對她培育的一種美麗的植物贊不絕口, 這種植物從一無所有到美麗無比。當你為錦紫蘇哭泣時, 你就知道故事裡有更多的內容。我是家裏最小的, 我感覺自己已經很久沒有被看見了, 無形無才。我腦中已經寫下了一個秘訣——成就=接受和欽佩, 所以每次有人喜歡這種植物的時候, 感覺就像是在直接對我說: “你沒有價值。”這很蹩腳, 我們都知道。但這也是真的, 我們都知道。我們書中的故事是一回事.....但他們創造的龐大食譜附錄則完全是另一回事。僅僅因為食譜在書中——即使是一本代表了許多美妙經歷的書——並不意味著你用它們做的飯菜很美味。

Jesus comes not to erase our stories, but to make sense of them and to rewrite the recipes. To bring holy redemption to them. He comes to heal the broken places in our hearts that have come because of our story - because, as we talked about last week, we were born into battle. 耶穌來不是要抹去我們的故事, 而是要理解它們並重寫食譜。為他們帶來神聖的救贖。他來治癒我們心中因我們的故事而破碎的地方——因為, 正如我們上週談到的, 我們生來就是為了戰鬥。

I heard a song the other day that I actually really liked, but one line said, “You’ve buried my past, I’m not going back.” While I believe that in terms of freedom - I don’t have to return to living the way I used to live, I actually don’t think God’s goal is to

obliterate or bury our past. I think He sent Jesus to redeem our stories, to weave beauty and purpose in them...to reroute the neural pathways that have written lousy recipes in our souls. God cares not just about what we've experienced, but the ways that our experiences have shaped our thinking for good and for bad. Freedom is not being set free of our whole history, as if it didn't happen - freedom is being able to rewire the way our stories cause us to misinterpret Jesus and ourselves. 有一天我聽到了一首歌，我真的很喜歡，但有一句歌詞說，“你埋葬了我的過去，我不會回去。”雖然我相信就自由而言——我不必回到以前的生活方式，但我實際上不認為上帝的目標是抹殺或埋葬我們的過去。我認為祂派遣耶穌來救贖我們的故事，在其中編織美麗和目的...重新安排在我們靈魂中寫下糟糕食譜的神經通路。上帝不僅關心我們所經歷的事情，也關心我們的經歷如何塑造我們的思想，無論是好是壞。自由不是從我們的整個歷史中解放出來，就好像它沒有發生一樣——自由是能夠重新連結我們的故事導致我們誤解耶穌和我們自己的方式。

Psalm 139 says this: 詩篇 139 說：

**O LORD, You have searched me
and known me.**

2 You know when I sit and when I rise;

You understand my thoughts from afar.

3 You search out my path and my lying down;

You are aware of all my ways.

4 Even before a word is on my tongue,

You know all about it, O LORD. Psalm 139:1-4

詩篇 139:1-4

1 (大衛的詩，交與伶長。) 耶和華啊，你已經鑒察我，認識我。

2 我坐下，我起來，你都曉得；你從遠處知道我的意念。

3 我行路，我躺臥，你都細察；你也深知我一切所行的。

4 耶和華啊，我舌頭上的話，你沒有一句不知道的。

David starts with the fact that God knows the DETAILS. Our coming and going. Our sitting and sleeping and rising. These are the regular details of a regular life. The events of a day. But then he says: You understand my thoughts from afar...even before a word is on my tongue, you know all about it. Some translations say, “You know it altogether.” Altogether = ‘in complete totality’. From start to finish. The full trajectory of word...”before it’s on my tongue”. He knows how that thought formed and why. He sees the full journey it took to get there. Me at Macys, crying in the dressing room. 大衛從神知道細節這一事實開始。我們的來來回回。我們坐著、睡覺、起床。這些都是正常生活的常規細節。一天的事件。但隨後他說：你從遠處就明白我的想法.....甚至在我說出一個字之前，你就知道了一切。有些翻譯說：“你完全知道。” 總共=“完整的整體”。從開始到結束。這

個字的完整軌跡...「在它出現在我舌頭上之前」。他知道這個想法是如何形成的以及為什麼形成。他看到了到達那裡所需的完整旅程。我在梅西百貨，在更衣室裡哭泣。

The woman heard me say, "I'm sorry I'm crying, I just hate the sound of that bell." I imagine what she might have said to her husband when she got home about the crazy lady in the dressing room. But Jesus saw the way that sentence formed over the long haul of caring for a husband with the very same tone on the alarm button he pressed. He doesn't just hear me say, "I hate that bell." He sees the recipe. He sees the pain and fear that went with the sound of that bell for the very longest time. 那女人聽到我說的了：“對不起，我哭了，我只是討厭那個鈴聲。”我想像當她回到家和她丈夫說起那個更衣室裡瘋狂的女士。但耶穌看到了那句話是因這個女人一直照顧得病的丈夫，和丈夫按下警鈴的聲音一樣的情形下說出的。他不只是聽到我說：“我討厭那個鈴。”他看到了其中緣由。他看到了伴隨著那鈴聲持續了很長時間的痛苦和恐懼。

How many stories have you lived that have created automatic thoughts in your mind about who you are or who God is or how the world works? So many. God knows them all. That's your story, and he knows it altogether. In complete totality. 你經歷過多少個故事，這些故事讓你在腦海中自動產生關於你是誰、上帝是誰或世界如何運作的想法？太多了。神知道所有的故事。這就是你的故事，他完全知道。完完整整的。

You hem me in behind and before;

You have laid Your hand upon me.

**Such knowledge is too wonderful for me,
too lofty for me to attain. Psalm 139:5-6**

詩篇**139:5** 你在我前後環繞我、按手在我身上。

139:6 這樣的知識奇妙，是我不能測的。至高，是我不能及的。

Behind and before. Past. Present. Future. He securely holds the book that is your life if you'll let Him. He sees this little scratch on the timeline that you occupy. He has been to the future and back. He's been to every minute you will ever face and he's made provision there. Your story is already known to him, though the pages ahead may seem dark and mysterious to you - He already knows. 後面的和前面的。過去的。現在。未來。如果你願意的話，他會牢牢地握著這本書，那就是你的生命。他在你佔據的時間線上看到了這個小刮痕。他去過未來又回來了。他經歷過你所面臨的每一分鐘，並且他已經準備好了。他已經知道你的故事，儘管接下來的幾頁對你來說可能顯得黑暗和神秘——他已經知道了。

And here's something we have to understand if we're going to be part of any community. Inside this room today are a million stories - some clearly seen, others buried deep - and maybe a billion different recipes. We each bring the complete totality of our history into this room every Sunday. We won't see all the backstory, but we'll

sometimes feel the effects of it. 如果我們要成為任何團體的一部分，我們必須了解以下一些內容。今天在這裡有一百萬個故事——有些清晰可見，有些深埋心底——也許還有十億種不同的調製方子。每個主日，我們每個人都會把我們的整個歷史帶入這個房間。我們不會看到所有的背景故事，但有時我們會感受到它的影響。

Some people are okay with being hugged and some aren't. Some people are happy to introduce themselves to someone new, and for some that feels impossible. Some can give money or time or energy without fear and others feel terrified of letting go. Some love to celebrate all the moms on mother's day and others dread that moment like a root canal. We can't heal each other; that would be great. But we can gently tell each other's stories and love each other, even when it's hard or when we don't know or understand them. We can keep showing up when it feels like it's hard to be seen and known. We can keep loving and leaning on each other. Only in being known can we truly experience being loved. 有些人可以接受擁抱，有些人則不能。有些人很高興向新朋友介紹自己，有些人則覺得這是不可能的。有些人可以毫無恐懼地奉獻金錢、時間或精力，而有些人則害怕放手。有些人喜歡在母親節慶祝所有的媽媽，而有些人則像補種牙根一樣害怕這一刻。我們無法治癒彼此；如果能就太好了。但我們可以溫柔地回憶彼此的故事並彼此相愛，即使這很困難，或者當我們不知道或不理解它們時。當感覺很難被看見和了解時，我們能保持繼續參加。我們可以繼續彼此相愛、互相依靠。只有被了解，我們才能真正體驗被愛。

The conclusion of the story section of Psalm 139 is this: 詩篇 139 篇故事的結論是這樣的：

**Your eyes saw my unformed body;
all my days were written in Your book
and ordained for me
before one of them came to be.
17How precious to me are Your thoughts,O God,
how vast is their sum!
18If I were to count them,
they would outnumber the grains of sand;
and when I awake,
I am still with You. Psalm 139:16-18**

詩篇 139:16 我未成形的體質，你的眼早已看見了。你所定的日子，我尚未度一日，〔或作我被造的肢體尚未有其一〕你都寫在你的冊上了。

139:17 神阿，你的意念向我何等寶貴，其數何等眾多。

139:18 我若數點，比海沙更多，我睡醒的時候，仍和你同在。

He saw us unformed. Unfinished. His thoughts traveled with us through birth and into the story of life here in a world that is not often kind. He knew each day and each page. He word and each phrase of the book that would create the story of you. HE knows the recipes you follow like they're law. He knows and He loves and He cares. And He's here to help you rewrite some of the ashes into beauty. 他看到我們還未成形的時候。未完成的的時候。他的意念伴隨著我們出生，進入我們在這個往往不友善的世界中的生命的故事。他熟悉每一天、每一頁。他書中的每一個字和隻言片語都會創造出你的故事。他知道你遵循的食譜，就像它們是法律一樣。他知道，他愛，他關心。他在這裡是為了幫助你將一些灰燼改寫為美麗。