

Yes to Legacy  
(Year of Yes 2)  
January 14, 2024  
Bo Stern-Brady

對遺產/傳留說是  
(說是的一年 #2)  
2024年1月十四日  
珀·斯坦恩·布雷迪

Worship 敬拜

争战属于祢 | **Battle Belongs**

原唱: Phil Wickham 中文翻译: 李翔 Sean lee

Verse:

当我看见都是争战 你见我胜利  
当我看见都是大山 你见大山挪移  
我行过死荫的幽谷 你爱围绕我  
我已不再惧怕 因你与我同行

Chorus:

当我争战我向你屈膝 我要高举双手  
我神 这争战在于你  
将恐惧卸在你脚前 黑夜中歌唱  
我神 这争战在于你

Verse 2:

有你来帮助我 有谁能抵挡我  
在耶稣你里面 没有难成的事  
当我看见都是灰烬 你看见荣美  
当我只看见你十架 神你看见空坟墓

Chorus:

Bridge:

坚固避难所 有你在前头  
无人能抵挡我神大能的双手  
你照亮了黑暗 战胜所有争战  
无人能抵挡我神大能的双手(\*3)

我在這, 請差遣我 **Here am I, Send me**

詞 | 黃曦安 Zion Huang、潘禹潔 Audrey Poon、陳忠宇 Finally Chen 曲 | 潘禹潔 Audrey Poon  
編曲 | 張雅婷 Phebe Chang、shuya.k 書亞

Verse

我的生命單是屬於祢 我主  
祢從黑暗深淵拯救我 耶穌  
當我聽見祢聲音 呼召 我跟隨祢  
我就撇棄一切來 回應祢心

Chorus

我在這 請差遣我  
為祢活 更為祢用  
傳講祢屬天大能話語

釋放祢所愛的兒女

經歷祢醫治 全然回轉 歸向祢

我在這 請差遣我

為祢活 更為祢用  
在祢的面前得蒙稱許  
生命能無愧祢心意  
主我在這裡 只與祢同行

Bridge

祢揀選不會改變 祢呼召我仍堅決

求祢堅固我 求祢帶領我  
我所求所願所要 全然交付祢腳前  
求祢悅納我 我一生的交託

### 主我仰望你 / God I Look to You

中譯詞：堪薩斯市國際禱告殿 中文部 演唱：曹之懿 約書亞樂團

主我仰望你 我全然信靠你  
賜我異象 能看見你心意  
主我仰望你 我幫助來自你  
賜我智慧 凡事都在你手裡

我的磐石我愛你 從永遠到永遠  
我要愛你主

哈利路亞神掌權 哈利路亞神掌權  
哈利路亞神掌權 從永遠到永遠  
哈利路亞

我的力量我愛你 我的盾牌我愛你

### Message 信息

In 1986, my husband and I had been married one year and a friend approached us with a sure-thing investment. He encouraged us to scrape together 1,000 to invest. He promised enormous returns. Well, we were newlyweds and felt like we had NO money and couldn't possibly sacrifice what we wanted now for future gains. He insisted - sell your car and take the bus for awhile. But no. We convinced ourselves we needed the money more for immediate things. The stock was Microsoft. \$1000 invested then would be worth \$3,683,965 today. I sometimes kick myself, but then I feel certain that we would have sold as soon as it hit \$2000 because we DOUBLED OUR MONEY! 1986 年，我和丈夫結婚一年了，一位朋友向我們提出了可靠的投資建議。他鼓勵我們湊夠1000美元來投資。他承諾巨大的回報。我們是新婚夫婦，感覺我們沒有錢，不可能為了未來的利益而犧牲我們現在想要的東西。他堅持要我們賣掉車，然後搭公車一段時間。但我們拒絕了。我們說服自己，我們更需要錢來解決眼前的事。該股票是微軟。當時投資的1000美元今天價值3,683,965美元。有時我會踢自己，但後來我確信就算我們買了股票，一旦價格達到2000美元，我們就會賣掉，因為我們的錢翻了一番！

Investments are tricky. They require a change in behavior now in order to produce something better or more beautiful or more bountiful in the future. I still struggle a little with this financially, but I've always had a sense of it in other ways. 投資是很不容易的，要求現在改變行為，以便在未來生產更好、更美麗或更豐富的東西。我在經濟上對此仍然有些掙扎，但我一直在其他方面感受到這一點。

Since I was a young girl, I have been inordinately influenced by the word Legacy. Legacy is what is left behind from the investments I make in my world. I give myself no credit for caring about the legacy I leave - that's all on my grandfather and my parents. They are people who have deeply cared about building something beautiful and lasting for the generations coming after them. They understand they are a middle floor on the skyscraper God is building and they've wanted to build really, really well. My dad tells the story of my great-grandmother praying for us through the night - praying for "Stanley's children" even though he was in high school and didn't have any. That's a woman with an eye on the future. 從我還是個小女孩的時候起，我就受到「遺產/傳留」這個詞的極大影響。遺產/傳留是我在我的世界中所做的投資留下的東西。我不認為自己關心遺產/傳留是自己的功勞——這一切都歸功於我的祖父和我的父母。他們非常關心為子孫後代創造美麗而持久的事物。他們知道自己是上帝正在建造的摩天大樓的

中間層，他們想建造得非常非常好。我的父親講述了我的曾祖母徹夜為我們祈禱的故事——為「史丹利的孩子」祈禱，儘管我父親正在上高中，還沒有孩子。這是一個著眼於未來的女人。

Now, I find myself more future-focused than ever before and it feels odd to live this way in a world that is so concerned with immediate impact. But I see it all over the Bible - even just in the way our God is called the God of Abraham, Isaac and Jacob - he's a generational God. He cares about all the floors in the building. If he cares, then I want to care. 現在，我發現自己比以往任何時候都更加關注未來，在一個如此關心眼前影響的世界中以這種方式生活感覺很奇怪。但我在聖經中看到了這一點——即使只是我們的神被稱為亞伯拉罕、以撒和雅各的神——他是一位世代相傳的神。他關心大樓的所有樓層。如果他在乎，那我也在乎。

Take a minute and picture your building. What floor are you building? Mel built the ground floor of my building, Stan and Ellen built the next one, I'm on floor three - my ceiling is creating the start of the fourth floor - which will be built by Whitney, Josiah, Tess and seven others, the fifth floor will be up to Greyson and Phineas and Seth and Lena and whoever joins them. Having an understanding of legacy means that we understand that the way we build impacts everything that will ever be built. It means we live with the end in mind. If you don't have children or didn't have parents that were intentionally building for you - this especially applies. You have the chance to build something great in your world for so many coming after you. We're all part of the building God is creating. 花一點時間想像一下您的建築。你在建幾樓？梅爾建造了我大樓的一樓，斯坦和艾倫建造了下一層，我在三樓-我的天花板正在創造四樓的開始-這將由惠特尼，喬賽亞，苔絲和其他七個人建造，第五層將由格雷森、菲尼亞斯、賽斯和莉娜以及任何加入他們的人決定。了解遺產/傳留意味著我們了解我們的建造方式會影響將要建造的一切。這意味著我們生活時要牢記最終目標。如果您沒有孩子或沒有有意為您建造的父母 - 這尤其適用。你有機會在你的世界裡為許多在你之後的人創造一些偉大的東西。我們都是上帝正在創造的建築的一部分。

So, if we don't believe the future matters, we can live however we want. We can treat people however we want. We can treat God however we want. But if we know that our floor is part of the whole building, we have to build like Jesus. Which ...wow, that sounds like a lot, doesn't it? 所以，如果我們不相信未來重要，我們就可以隨心所欲地生活。我們可以隨心所欲地對待別人。我們可以隨心所欲地對待神。但如果我們知道我們的地板是整棟建築的一部分，我們就必須像耶穌一樣建造。……哇，聽起來很重大，不是嗎？

Over the past few years, I've been on a journey to find out exactly what determines the legacy we'll leave behind. And we could make it about a whole lot of things. About character or integrity or obedience or faithfulness and all those things matter, but for my money, whatever it is that any of us leaves behind will come down to three things: Love, Pain and Shame. 在過去的幾年裡，我一直在尋找到底是什麼決定了我們留下的遺產。我們可以讓它涉及很多事情。關於品格、正直、服從或忠誠，確實所有這些事情都很重要，但就我所見，無論我們中的任何一個人留下什麼，都將歸結為三件事：愛、痛苦和羞恥。

What create and leave here on this planet depends primarily on what we do with the love we give and receive. 在這個地球上創造和留下什麼，主要取決於我們如何對待我們給予和接受的愛。

What we do with the pain we give and receive. 我們如何處理我們所給予和接受的痛苦。

What we do with the shame we give and receive. 我們如何對待我們給予和接受的羞恥感。

Just those three things. 無非就是這三件事。

Love. Pain. Shame. 愛,痛苦,羞恥。

LOVE. 愛

-Greatest commandment. Love the Lord your God with all your heart, soul, mind and s strength - and love your neighbor as yourself. 最大的誡命。盡心、盡性、盡意、盡力愛主你的神——並愛人如己。

Jesus is so, so clear on this it almost feels redundant to teach it, but I continually feel that we underestimate the fact that love is the most powerful force in the universe. Absolutely without equal. Hate is strong, love is stronger. Bitterness is strong, love is stronger. Injustice is strong. Love is stronger. Paul said it most succinctly: Love. Never. Fails. 耶穌在這一點上是如此、如此清晰，以至於我覺得教導它是多餘的，但我一直覺得我們低估了這樣一個事實：愛是宇宙中最強大的力量。絕對沒有与之相提并論的。恨強烈，愛更強烈。苦澀濃，愛却更濃。不公現像很強烈，愛更堅強。保羅說得最簡潔：愛永遠不會失敗/愛是永不止息。

We know that we have passed from death to life, because we love each other. Anyone who does not love remains in death. I John 3:14 約翰一書3:14我們因為愛弟兄，就曉得是已經出死入生了。沒有愛心的，仍住在死中。

The Message says, “anyone who does not love is as good as dead.” 訊息說：“任何不愛的人就跟死了一樣。”

What does that love look like? 這份愛是什麼樣的呢？

16 This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. 17 If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? 18 Dear children, let us not love with words or speech but with actions and in truth. I John 3:16-18

約翰一書3:16-18 16主為我們捨命，我們從此就知道何為愛；我們也當為弟兄捨命。17凡有世上財物的，看見弟兄窮乏，卻塞住憐恤的心，愛神的心怎能存在他裡面呢？18小子們哪，我們相愛，不要只在言語和舌頭上，總要在行為和誠實上。

Love is active. Substantive. We throw the word love around like mad. “I love bananas. I love coffee. I love Saturday.” But love as commanded by Jesus works its way through the blood system of feelings and fears and philosophies and roots itself deeply enough to begin to come out of our hands and words. Every time I live, act, speak in self-sacrificial love - love that costs me something - I am dealing a death blow to the plans of the evil one to keep my love cautious and sparing and safe. Every time. The way we love God, first - but as we’re building it’s also: 愛是主動的。實質的。我們瘋狂地談論愛這個字。“我喜歡香蕉，我愛咖啡，我喜歡星期六。”但耶穌所命令的愛會穿透過情感、恐懼和哲學的系統，深深的紮根以發揮作用，從我們的雙手和言語中顯現出來。每當我以自我犧牲的愛生活、行動、說話時——這種愛讓我付出了一些代價——我就是在對惡者的企圖使我保持我的愛謹慎、節約和安全的計劃造成致命一擊，每次都是。

Those God has joined us to

Those who have (and use) the power to hurt us (enemies)

(Matthew 5:43)

那些擁有(並使用)權力傷害我們(敵人)的人

(馬太福音 5:43 你們聽見有話說：當愛你的鄰舍，恨你的仇敵。)

Those who have no power to help us (the least of these) 那些沒有能力幫助我們的人(其中小孩)

(Matthew 25:40 - "whatever you do for the least of these, you've done for me" - what if the measure of my love for God is not how many quiet times I've logged or how often I read through the Bible in a year? What if it's measured by how I love the least? What kind of actual, substantive love am I extending toward those who have no power to help me?). (馬太福音25章40節 — “無論你為其中最小的事做什麼，你都是為我做的” — 如果衡量我對神的愛的標準，不是我花了多少安靜的時間，或者我在一年里有多少次讀《聖經》？如果用我如何愛小孩來衡量怎麼辦？我向那些沒有能力幫助我的人提供了什麼樣的實際的、實質的愛？)。

The way we love our friends, the way we love our enemies and the way we love the least. 我們愛我們的朋友的方式，我們愛我們的敵人的方式，以及我們愛小孩的方式。

Love costs: our agenda, our time, our attention, our patience, our forgiveness, our understanding, our money, our hope. (Maybe: my Compassion Child - I was loving in a way that didn't cost. Auto checking deduction. But I wasn't loving through words and time and that's a mishandling of the love that God called me to with Rachel.) Love is risky. (Example) Love never fails. 愛有代價：我們的議程、我們的時間、我們的注意力、我們的耐心、我們的寬恕、我們的理解、我們的金錢、我們的希望。(也許：我的慈悲孩子- 我以一種不需要成本的方式去愛。支票自動抵扣。但我不是通過言語和時間來愛，這是對上帝呼召我與瑞切爾的愛的錯誤處理。)愛有風險。(例如)愛是永不止息的。

PAIN. 痛苦

We experience pain. We create pain for others. These are undeniable facts of life. It took me a long time to realize: pain does not have the power to destroy relationships - but pain has the power to create shame, which absolutely destroys relationships. 我們經歷痛苦。我們給別人製造痛苦。這些都是人生不可否認的事實。我花了很長時間才意識到：痛苦並沒有破壞人際關係的力量，但痛苦有能力創造羞恥感，而羞恥感絕對會破壞人際關係。

Pain through wrong words. Wrong actions. The thing about causing pain - it could well be unintentional, but it's still pain and it still leaves a mark - what will you do with the mark? The marks we receive and the marks we give. 因錯誤的言語，錯誤的行動而痛苦。關於引起痛苦的事情 - 它很可能是無意的，但它仍然是痛苦并且仍然留下痕跡 - 你會如何處理这个痕跡？我們收到的痕跡和我們給的痕跡。

The marks we receive: Understand the subversive, supernatural power of forgiveness on the life of the forgiver. Understand how the heart of Jesus is formed inside of us through pain: 我們得到的痕跡：理解寬恕對寬恕者生命的顛覆性、超自然的力量。了解耶穌的心是如何透過痛苦在我們內心形成的：

But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. | Peter 4:13 但要喜樂，因為你參與了基督的苦難，這樣當祂的榮耀顯現時你就會無比喜樂。彼得前書 4:13

It's interesting that though the centerpiece of our faith is the cross of crucifixion, we still often gauge God's love for us by how he prevents suffering rather than by how He uses it to make us more like His son. Understanding that God does not cause pain, we can still look at the work the pain is doing in our life as we join in the sufferings of Jesus...it can make us more compassionate, more secure in the love of God, more aware, more active in helping others. When we let pain fuel purpose instead of bitterness, we are harnessing a secret kingdom resource. The pain of Jesus on the cross purchased our freedom, our hope and our eternity. How could you invest the pain you have experienced in a world that lives in nearly-constant despair and hopelessness? 有趣的是，儘管我們信仰的核心是被釘十字架，但我們仍然經常透過祂如何防止苦難，來衡量上帝對我們的愛，而不是透過祂如何利用苦難，讓我們更像祂的兒子。明白並不是神造成痛苦，我們仍然可以看到痛苦在我們的生活中所做的工作，並我們與耶穌同受苦難.....它可以使我們更加富有同情心，在神的愛中更加安全，更加清醒，更加堅定，積極幫助他人。當我們讓痛苦而不是苦毒激發目標時，我們正在利用一個秘密王國的資源。耶穌在十字架上的痛苦換來了我們的自由、盼望和永恆。你怎麼能把你所經歷的痛苦投入到一個幾乎持續絕望的世界？

With the pain we give: 我們給予的痛苦：

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. James 5:16 因此，要互相承認你們的罪，並為彼此祈禱，這樣你們就可以得到醫治。義人的祈禱在發揮作用時具有巨大的力量。雅各書 5:16

The church has all but lost the spiritual practice of confession and that is a tragedy. Because our failures are so often used to shame us - by others, by ourselves and most of all by our enemy - we have learned survival through hiding our failures or justifying them. (Driving in my car for three hours: Each of my kids: what do I need to confess and ask forgiveness? Three/four. We think confessing means admitting to intentional wrong doing - but that's not true. For me, confessing was about giving validity to the pain they felt on the other side of my words or actions - and only enough explanation for them to understand it wasn't intentional and it wasn't because I don't love them. This gave them something to hold onto and it gave them a mom to turn to IN their pain, even though their mom is the one who CAUSED the pain. THESE are the builders I'm going to leave behind. They will carry this pain as a burden or they will be able to use it as fuel for their purpose and I want to set them up for wild success as purposeful kingdom builders.) If you can't confess to the one you wronged, confess to God or a counselor. Confession is supernaturally powerful. It disarms shame. 教會幾乎失去了懺悔的屬靈操練，這是一個悲劇。因為我們的失敗經常被利用讓我們感到羞恥 — 被別人、被我們自己，尤其是被我們的敵人 — 我們透過隱藏我們的失敗或為它們辯護來學會生存。（開車三個小時：我的每個孩子：我需要坦白什麼並請求寬恕？3/4。我們認為坦白意味著承認故意的錯誤行為 — 但事實並非如此。對我來說，坦白就是給予他們作為對我的言語或行為的接收方所感受到的痛苦以承認 — 只有足夠的解釋才能讓他們明白這不是故意的，不是因為我不愛他們。這給了他們一些可以堅持的東西，給了他們一個在痛苦中可以求助的媽媽，儘管他們的媽媽才是造成痛苦的人。這些是我要留下的建設者。他們或者將這種痛苦作為一種負擔，或者他們將能夠將其用作實現其目的的燃料，我想讓他們成為極成功的有目標的神

國建設者。)如果你不能向你冤枉的人坦白,那就向上帝或諮詢師坦白吧。懺悔具有超自然的力量,它消除了羞恥感。

SHAME: 羞恥

Shame is insidious. It is relational poison and emotional prison. Guilt says: I did something wrong...shame says: I AM something wrong. Shame is anything that makes us want to hide or kill a part of ourselves that God loves. Love is a risk - so when it's unreturned we feel shame. That some part of us is unworthy. We are created to love people, so when we fail at that, we can feel unworthy of God's love or care. This destroys us. Shame destroys. Always. Guilt might point us to healthy change, but shame always destroys. 羞恥是陰險的。它是互處關係的毒藥和情感的監獄。內疚說:我做錯了.....羞恥說:我是錯的。羞恥是任何讓我們想要隱藏或殺死神所愛的我們自己的一部分的事情。愛是一種風險——所以當它沒有得到回報時,我們會感到羞恥。我們自身的某些部分是不值得的。我們生來就是為了愛人,所以當我們做不到這一點時,我們會覺得不配得神的愛或關懷。這會毀了我們。羞恥會毀滅。總是如此。內疚可能會引導我們做出健康的改變,但羞恥總是會帶來破壞。

I believe John is talking about shame when he writes this: 我相信約翰寫下這段話時是在談論羞恥:

This is how we know that we belong to the truth and how we set our hearts at rest in his presence: If our hearts condemn us, we know that God is greater than our hearts, and he knows everything. Dear friends, if our hearts do not condemn us, we have confidence before God and receive from him anything we ask, because we keep his commands and do what pleases him. 這就是我們如何知道自己屬於真理,以及如何在祂面前安息我們的心:如果我們的心責備我們,我們就知道神比我們的心更大,祂知道一切。親愛的朋友們,如果我們的心不譴責我們,我們就能在上帝面前充滿信心,並從祂那裡得到我們所求的一切,因為我們遵守祂的命令,做祂喜悅的事。

Do you see how all the pieces are interlocking here? When we feel shame, our hearts condemn us - they tell us we're unworthy and that keeps us from having confidence before God and keeps us from walking His way. It keeps us from loving others courageously and unapologetically. Shame is the blocker of all forward motion. 你看到這裡是環環相扣的嗎?當我們感到羞恥時,我們的心就會譴責我們——告訴我們是多麼不配,這使我們在神面前失去信心,並阻止我們走祂的路。它使我們無法勇敢、毫無歉意地愛別人。羞恥感是一切前進的阻礙。

(Argument/conversation audit - did I cause shame? Did I feel shame?) (爭論/對話審核—我是否引起了羞恥?我感到羞恥嗎?)

My dear children, let's not just talk about love; let's practice real love. This is the only way we'll know we're living truly, living in God's reality. It's also the way to shut down debilitating self-criticism, even when there is something to it. For God is greater than our worried hearts and knows more about us than we do ourselves. I John 3:18-20. The Message

約翰一書 3:18-20

3:18 小子們啊,我們相愛,不要只在言語和舌頭上,總要在行為和誠實上。

3:19 從此,就知道我們是屬真理的,並且我們的心在神面前可以安穩。

3:20 我們的心若責備我們,神比我們的心大,一切事沒有不知道的。

Ultimately, whether or not you ever deal with the love, pain and shame in your life connected to others, we must get it all out in front of Jesus, the one who loves us more than anyone and knows us better than

we know ourselves. This isn't a perfect science, is a spiritual practice. It's okay to stumble your way into it. It's okay to ask the people closest to you: Is there any way I've caused pain in your life? Are there ways I could love you better? If that sounds too scary, start with your journal and wrap yourself in safety and ask Jesus:

最終，無論你是否曾經處理過生命中與他人有關的愛，痛苦和羞恥，我們都必須在耶穌面前把一切都說出來，耶穌比任何人都愛我們，比我們更了解自己。這不是一門完美的科學，而是一種精神實踐。你可以跌跌撞撞地進入嘗試。你可以問你身邊最親近的人：我有沒有帶給你的生活痛苦？有什麼方法可以讓我更愛你嗎？如果這聽起來太可怕了，那就從你的日記開始，把自己包裹在安全的環境中，然後問耶穌：

-How am I doing with the love I give? How am I doing at receiving love? 我把我的愛給出的怎麼樣？我對接受愛做的怎麼樣？

-How am I doing at loving my friends? My enemies? The least? 我怎樣愛我的朋友的？我對敵對我的人怎樣？最弱小的人呢？

-Is any pain living in my life that is not currently serving a purpose? 在我的生命中現在有沒有任何毫無意義的痛苦？

-Is there pain I have caused or received that has not been confessed, forgiven or healed? 有沒有任何我引起的或者我受到的沒有承認的，寬恕的，或者醫治的痛苦？

-Are there any areas where shame is creating emotional or relational fallout? 羞恥感是否在任何方面造成我情緒或關係的崩潰？

-Is there a tender place in my past that You want to visit and heal? 在過去有沒有讓我酸楚的地方我需要拜訪來得醫治？

Every question you answer honestly and every move you make to love well in your world is an investment in the legacy you are building. You will never regret the cost today for the future it will create. 你誠實回答的每個問題以及你為熱愛自己的世界而採取的每一個行動都是你正在積累的遺產。它所創造的未來永遠不會讓你為今天所付出的代價而後悔。