

Topic: Reverent and Resilience

Series: Hallway Seasons

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主題: 虔誠與堅韌

系列: 過渡時期

珀·布雷迪

詩歌一: 在各地讚美祂 **Praise you Anywhere**

詞曲: Brandon Lake

有時你要在黑暗中起舞
在火中歌唱 難以理解仍讚美
有時你要學習直視巨人
在獅穴之中敬拜
有時你也要從高山上大喊 在山谷更大聲
相信神會帶領祂度過

有時你要迎接奇跡降臨 等候神回應
高舉雙手來敬拜

我在各處讚美 讚美 讚美祂 讚美祂
至高真神 讚美祂 讚美祂
至高真神 祂是配得 YES 祂是配得所有的讚美

有時你要在獄中讚美
向上天呼求 直到天堂門敞開
有時要在捆綁中站立 爭戰中勇敢
高舉雙手來敬拜

讚美 讚美祂 讚美祂
至高真神 讚美祂 讚美祂
至高真神 祂是配得 YES 祂是配得所有的讚美

讚美 讚美祂 讚美祂
至高真神 讚美祂 讚美祂
至高真神 祂是配得 YES 祂是配得所有的讚美

橋段

一生都信實 日夜都賜福
無盡的理由 在各地讚美祢
應許不落空 步步有良善
凡有氣息的 在各地讚美祢 ×2

讚美 讚美祢 讚美祢
至高真神 讚美祢 讚美祢
至高真神 祢是配得 YES 祢是配得所有的讚美

在各地讚美祢
在高山或低谷
我都知 祢 與我同在

詩歌二：我心屬你 **Rest On Us**
by Brandon Lake, Elyssa Smith, Harvest Bashta, Jonathan Jay, Rebekah
譯唱：骷顱地城市音樂 Calvary City Music

當聖靈開始運行起在水面上
聖靈充滿眾人那
來我身上 來我身上

當風火吹起在降臨這裡
敞開心門讓天堂降臨
來我身上 來我身上

降下 聖靈運行讓我心跳
充滿各角落
我知道祢運行在其中
等待祢來充滿我心房

親愛聖靈 來我身上
祢我所要 祢我所要

詩歌三：一次再一次 **Again and Again**
by Thunderstorm.Artis,.Ben.Reeves,.Casey.Parnell,.Jamie.Robison

你收起我最大的缺陷，我的不安
你看見我的破碎，當我事事做錯

你知道我最大的懼怕，暗藏我心中

當我被擊敗跌倒，你帶來得勝

耶穌，你是我的醫治者
賜福的救贖者，你稱我為友
永遠自由，無法測度的愛
你從死亡中帶給我生命
一次再一次

在那個破損的十架上
我的救主為我而死
帶著我的破碎，我種種的錯

我不知還有什麼更大的愛
能掛在受咒詛的木架上
你拾起我破碎的心
變成你手中傑作

我們在這裡，站立在這裡
充滿我們，一次再一次
打開心，張開雙手
充滿我們，主啊，一次再一次

耶穌，你是我的醫治者
賜福的救贖者，你稱我為友
永遠自由，無法測度的愛
你從死亡中帶給我生命
一次再一次

你從死亡中帶給我生命
一次再一次
哈雷路亞，哈雷路亞

佈道

Hallway seasons. Redefine. Between here and there. 走廊季節。重新定義。在這裡和那裡之間。

One particular hallway I see in the New Testament is the hallway between Crucifixion Friday and Resurrection Sunday. It's the hallway of silent Saturday. When everything feels dark, when all hope feels lost, when the bells are not ringing and the birds are not

singing. When our hearts feel quiet and our faith feels thin. Saturday. 在新約聖經中，我看到的一個特定的走廊是十字架上受難的星期五與復活主日之間的過渡。那是寂靜的星期六走廊。當一切都感覺黑暗，當所有的希望似乎都已失去，當鐘聲不再響起，鳥兒不再歌唱。當我們的心靈感到寂靜，我們的信仰變得脆弱。星期六。

My counselor has recently been pointing out to me how much I hate Saturday. I really want to move to the good part. And she told me, “You know, Bo, Jesus could have died, buried and risen in three hours instead of three days. He didn’t need to leave them waiting that long. But he did. He knew that something was in it for them. I believe that Jesus only works for our good - even when the way He is working hurts, it is for our good. So I know that his plan for a day waiting and wrestling for those who were following him so closely was built for THEIR good and for ours. 我的心理諮詢師最近指出我有多討厭星期六。我真的很想跳過這段過程，直接進入好的部分。她告訴我：“你知道嗎，Bo，耶穌本可以在三小時內完成死亡、埋葬和復活，而不是三天。他不需要讓他們等那麼久。但他做了。他知道這時期是為他們預備的事。我相信耶穌總是為我們的好處工作——即使他的方式讓人受苦，也是為了我們的好處。所以我知道他為那些跟隨他這麼近的人所安排的一天的等待和掙扎，是為了他們的好，也為了我們的好。”

What they experienced in their wait: 他們在等待中經歷的：

1. Despair (sorrow, anger, grief, disappointment - a dark night of the soul) 絕望(悲傷、憤怒、哀傷、失望——靈魂的黑夜)
2. Doubt - in who Jesus was and what he had promised. With the scriptures in which they had placed their hope. Perhaps with each other? They’ve just lost one of their own - Judas. Who can I trust? What can I believe? Hallways seasons almost always challenge us in the area of faith. What is true? (“God is good”) What is true enough to hold our weight? (“God is good TO ME”) 懷疑——對耶穌是誰以及他所應許的事情產生懷疑。對他們曾經寄託希望的聖經產生疑問。或許對彼此也有懷疑？他們剛剛失去了一位同伴——猶大。我還能信任誰？我可以相信什麼？走廊的季節幾乎總是挑戰我們在信仰上的堅持。什麼是真實的？(「上帝是好的」)什麼才是真正能夠支撐我們的真理？(「上帝對我很好」)
3. Wrestling: The process by which we work through the sorrow. I might argue that despair and doubt in these moments are almost inevitable. Everyone experiences them. But not everyone chooses to do the work of wrestling. Wrestling with God is a tricky proposition. It feels wrong. It feels like a lose lose proposition. But wrestling with God is biblical and holy. It requires a reverent resilience that will lead us to something beautiful if we’ll let us. And not only will it LEAD to something beautiful, it will build something beautiful inside of us. 摔跤：這是我們處理悲傷的過程。我會認為，在這些時刻的絕望和懷疑幾乎是不可避免的。每個人都會經歷它們，但不是每個人都選擇進行摔跤的工作。與上帝摔跤是一個棘手的命題。這感覺錯誤，感覺像是一個兩敗俱傷的命題。但與上帝摔跤是聖經中提到

的，也是聖潔的。它需要一種恭敬的韌性，如果我們願意，它將引領我們走向美麗的事物。而且，它不僅會引領我們走向美麗，它會在我們內心建立起美麗的事物。

Paul tells the church something really interesting in Philippians 2. He tells them about the beauty and humility of Jesus, who stooped low to come and save us, to rescue us. Who could have come guns blazing, thunder rolling and demand our servitude, but instead took the form of a servant who then gave himself up on the cross. It says this: 保羅在《腓立比書》第 2 章告訴教會一些非常有趣的事。祂告訴他們耶穌的美麗和謙卑，祂屈身來拯救我們。他本來可以槍砲轟鳴，雷聲滾滾，要求我們為奴，但他卻取了奴僕的形象，然後在十字架上獻出了自己。

它是這麼說的：

**And being found in appearance as a man,
he humbled himself
by becoming obedient to death—
even death on a cross!**

**9Therefore God exalted him to the highest place
and gave him the name that is above every name,
10that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,
11and every tongue acknowledge that Jesus Christ is Lord,
to the glory of God the Father. Philippians 2**

腓立比書 2:8-11

8 既有人人的樣子，就自己卑微，存心順服，以至於死，且死在十字架上
9 所以，神將他升為至高，又賜給他那超乎萬名之上的名，
10 叫一切在天上的、地上的，和地底下的，因耶穌的名無不屈膝，
11 無不口稱耶穌基督為主，使榮耀歸與父神。

Do you see how quickly Paul takes us from Friday to Sunday? “Jesus became obedient to death on the cross...therefore, God exalted him to the highest place.” That’s not how quickly it played out for the disciples. They had to get through the hallway of Saturday to confirm that Jesus was the highly exalted one. But then Paul says this: 你看保羅是如何迅速地將我們從星期五帶到星期天的嗎？「耶穌順服至死，且死在十字架上……因此，神將他升為至高。」但這並不是門徒們經歷的過程那麼迅速。他們必須走過星期六的走廊，才能確認耶穌是那位被高度尊崇的主。然後保羅這樣說：

12Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, 13for it is God who works in you to will and to act in order to fulfill his good purpose. 腓立比書 2:12 這樣看來，我親愛的弟兄

，你們既是常順服的，不但我在你們那裡，就是我如今不在你們那裡，更是順服的，就當恐懼戰兢做成你們得救的工夫。**13**因為你們立志行事都是神在你們心裡運行，為要成就他的美意。

Jesus is now highly exalted, but Paul says we still have some “working out” to do. Working out in the greek is a word for labor..work. Do the work. Do the wrestling. Know Him. Follow Him. Believe in Him. And what he tells us is: Do the work of knowing God and working out your salvation because God is AT WORK in you. God is at work in the silent seasons. He is at work in the sorrow seasons. God is at work on Saturday to build something inside of us that will matter. 耶穌現在被高度尊崇，但保羅說我們仍然需要做些“努力”。在希臘語中，這個“努力”是勞動、工作的意思。做工作，進行摔跤，認識他，跟隨他，相信他。他告訴我們的是：做認識神的工作，並努力使你的救恩成為現實，因為神正在你裡面工作。神在寂靜的季節中工作。神在悲傷的季節中工作。神在星期六工作，為了在我們內心建立一些將來會有意義的東西。

Reverent resilience: 敬虔的韌性：

1. **Stay humble.** Humility is the antidote to bitterness, cynicism, criticism, gossip. Stay humble. Stay close to the heart of Jesus, even when it feels hard to find. Even when it feels hard to FEEL. A friend and I talked about this this very week: My head sometimes knows He is good, but my heart struggles to feel it. Pride says: I know better. I have weighed the work of God in my heart and found it lacking. Humility says; I don't understand what's happening, but I refuse to step into the place that only Jesus can fill. That's humility and that's reverence. **保持謙卑。**謙卑是對抗苦毒、憤世嫉俗、批評和閒話的解藥。保持謙卑。即使在感覺難以找到時，即使在感覺難以感受時，也要保持親近耶穌的心。這周，我和一位朋友談到了這個問題：我的頭腦有時知道他是好的，但我的心卻難以感受到。驕傲說：我知道得更多。我在心中衡量過神的工作，覺得它不夠。謙卑說：我不理解正在發生的事情，但我拒絕進入那只有耶穌能填滿的地方。這就是謙卑，這就是敬虔。

When Lazarus dies, Mary is bereft in her grief. And she goes to meet Jesus and immediately falls on her knees. She takes action from a posture of humility. Humility enables us to hear Him. It keeps our heart soft and our ears open. Humility brings reverence to our resilience. 當拉撒路死了的時候，瑪利亞在悲傷中深感失落。她去見耶穌，並立刻跪下。她從謙卑的姿勢中採取行動。謙卑使我們能聽見他。它讓我們的心保持柔軟，耳朵保持開放。謙卑為我們的韌性帶來敬虔。

Job: All the days of my struggle, I will wait, until my change comes.

David: I would have despaired unless I believed that I would see the goodness of God in the land of the living.

Wait reverently. Wait with humility.

約伯：我奮鬥的所有日子，我都會等待，直到我的改變到來。

大衛：除非我相信我會在活人之地看到上帝的良善，否則我會感到絕望。

恭敬地等待。謙虛地等待。

2. Stay honest. This is no time for sugarcoating. You can be honest with God.

Listen to our hero, King David - man after God's own heart:

2. 保持誠實。現在不是糖衣的時候。你可以對神誠實。

聽聽我們的英雄，合神心意的人大衛王的話：

God, my God! Why would you abandon me now? Why do you remain distant, refusing to answer my tearful cries in the day and my desperate cries for your help in the night? I can't stop sobbing. Where are you my God? Psalm 22:1-2 Passion Translation 詩篇 22:1-2 (大衛的詩，交與伶長。調用朝鹿。) 我的神，我的神！為甚麼離棄我？為甚麼遠離不救我？不聽我唉哼的言語？2 我的神啊，我白日呼求，你不應允，夜間呼求，並不住聲。

I'm hurting, Lord - will you forget me forever? How much longer, Lord? Will you look the other way when I'm in need? How much longer must I cling to this constant grief? I've endured the shaking of my soul. So how much longer will my enemy have the upper hand? Psalm 13:1-2

詩篇 13:1-2 (大衛的詩，交與伶長。) 耶和華啊，你忘記我要到幾時呢？要到永遠麼？你掩面不顧我要到幾時呢？2 我心裡籌算，終日愁苦，要到幾時呢？我的仇敵升高壓制我，要到幾時呢？

And I love this one because it's so dramatic...

我喜歡這個，因為它太戲劇化了...

I'm fading away with weakness. Heal me, for I'm falling apart. How long until you take away this pain in my body and in my soul? How can I be any good to you dead? For graveyards sing no songs. In the darkness of death who remembers you? How could I bring you praise if I'm buried in a tomb? I'm worn out with my weeping. I endure weary, sleepless nights filled with moaning, soaking my pillow with my tears. My eyes of faith won't focus anymore, for sorrow fills my heart. Psalm 6:2,3,5-7

詩篇 6:2-3 2 耶和華啊，求你可憐我，因為我軟弱。耶和華啊，求你醫治我，因為我的骨頭髮戰。3 我心也大大地驚惶。耶和華啊，你要到幾時才救我呢？

詩篇 6:5-7 5 因為，在死地無人記念你，在陰間有誰稱謝你？6 我因唉哼而困乏；我每夜流淚，把床榻漂起，把褥子濕透。7 我因憂愁眼睛乾癢，又因我一切的敵人眼睛昏花。

We have all kinds of biblical precedence to be really honest about our feelings with God. Even about our feelings about God. We can be honest *and* humble.

我們有各種各樣的聖經先例來真正誠實地表達我們對上帝的感受。甚至是關於我們對神的感受。我們可以誠實、謙虛。

3. Stay hungry. The worst mistakes I've made in my life is when I fill my hunger for God with something else. And when you feel disappointed by God, it's tempting to take that need for him to anyone or anything else. Keep wanting Him. Keep pursuing Him and His word. Remind yourself of what you know to be true...over and over and over again if you have to.

3.保持飢餓。 我一生中犯過的最嚴重的錯誤就是當我用其他東西來滿足我對上帝的渴望時。當你對神感到失望時，你很容易把對祂的需要帶到任何人或任何事上。繼續想要他。繼續追求他和他的話語。如果有必要的話，一遍又一遍地提醒自己你所知道的事情是真的。

We just read David's plea in Psalm 22: "God, my God! Why would you abandon me now? I can't stop sobbing. Where are you, my God? ...

Friday. David is living in the pain of death and despair. And his very next words are these:

我們剛剛讀到大衛在《詩篇》22 章中的懇求：「神啊，我的神！為什麼你現在要拋棄我？我無法停止抽泣。你在哪裡，我的上帝？.....

星期五。大衛活在死亡的痛苦和絕望之中。他接下來的話是：

Yet You are holy,

O You who are enthroned upon the praises of Israel.

In You our fathers trusted;

They trusted and You delivered them.

To You they cried out and were delivered;

In You they trusted and were not disappointed.

Psalm 22:3-5

詩篇 22:3-5 3 但你是聖潔的，是用以色列的讚美為寶座（或譯：居所）的。4 我們的祖宗倚靠你；他們倚靠你，你便解救他們。5 他們哀求你，便蒙解救；他們倚靠你，就不羞愧。

David is in despair. And you can almost feel him wanting to walk away from all of this. But..there's a but. Or rather, there's a "yet". It seems like you've forsaken me, Yet I know that you are holy - I know Your history and Your resume. I can see you working good things for your people, even if I can't see it in my own life right now. " This is called rehearsing Gods' faithfulness and it is the practice of humble, honest and hungry people. (Sometimes you need help from someone else to do this...)

大衛陷入絕望。你幾乎可以感覺到 he 想要擺脫這一切。但是..有一個但是。或者更確切地說, 還有一個「還」。好像你已經拋棄了我, 但我知道你是聖潔的——我知道你的歷史和你的履歷。 我可以看到你為你的人民做好事, 即使我現在在自己的生活中看不到這一點。「這就是所謂的演練神的信實, 這是謙卑、誠實和飢餓之人的實踐。(有時你需要別人的幫助才能做到這一點.....)

4. Stay held.

I love this verse in Deuteronomy, spoken of the tribe of Benjamin, but I believe it's true for us as well:

4. 保持不動搖。我喜歡申命記中關於便雅憫支派的這節經文, 但我相信這對我們來說也是如此:

The beloved of the Lord rests in safety— the High God surrounds him all day long— the beloved rests between his shoulders. Deuteronomy 33:12

申命記 33:12 論便雅憫說: 耶和華所親愛的必同耶和華安然居住; 耶和華終日遮蔽他, 也住在他兩肩之中。

When our son Josiah was about 4 years old, we went to Disneyland. And we walked and walked and waited in lines and rode the rides and endured it's a Small World After All and at one point, Joe just got so tired and gave up and asked if his dad would carry him...and you know what his dad did? Carried him. He didn't berate him for not being stronger or more resilient. He didn't make fun of his condition. He just carried him, because he is a good dad who loves his little boy and knows sometimes it's hard to be four, even at the happiest place on earth. 當我們的兒子約西亞四歲時, 我們去了迪士尼樂園。我們走呀走, 排隊等候, 乘坐遊樂設施, 忍受這畢竟是一個小世界, 有一次, 喬太累了, 放棄了, 問他爸爸是否會背他.....你知道他爸爸做了什麼? 抱著他。他並沒有因為他不夠堅強或不更有韌性而責備他。他並沒有取笑自己的狀況。他只是抱著他, 因為他是一個好爸爸, 愛他的小男孩, 並且知道有時四歲的時候很困難, 即使是在地球上最幸福的地方。

Jesus knows it's hard to be human. And he knows we are working out our salvation. He knows we here on planet earth are living in a state of Saturday - the now and not yet. We see him in part, but we are also living in a fallen, foggy world. He knows you will sometimes have to wrestle for every bit of faith, for every bit of worship, for every bit of

generosity, for every bit of kindness you possess. He knows that life throws punches that range from annoying to agonizing and our faith is tested as our bodies shake from the blow. He knows. He lived it too. And He loves us in it, through it. So my final tip for staying resilient is this; 耶穌知道做人很難。祂知道我們正在努力實現救贖。他知道我們在地球上生活在周六的狀態——現在和未來。我們看到了他的一部分，但我們也生活在一個墮落、迷霧的世界。祂知道你有時必須為你所擁有的每一點信仰、每一點敬拜、每一點慷慨、每一點仁慈而奮鬥。他知道生活會給我們帶來從惱人到痛苦的打擊，當我們的身體因打擊而顫抖時，我們的信心就會受到考驗。他知道。他也經歷過。祂在其中、藉著它愛我們。所以我關於保持彈性的最後一個建議是：

5. Stay confident. You can have questions and confidence. You can hold them together in the tension of your battle. **保持自信。** 你可以有疑問和信心。你可以在緊張的爭鬥中將他們團結在一起。

32 Think back on those early days when you first learned about Christ.[j]
Remember how you remained faithful even though it meant terrible suffering. 33 Sometimes you were exposed to public ridicule and were beaten, and sometimes you helped others who were suffering the same things. 34 You suffered along with those who were thrown into jail, and when all you owned was taken from you, you accepted it with joy. You knew there were better things waiting for you that will last forever. 35 So do not throw away this confident trust in the Lord. Remember the great reward it brings you! 36 Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised. Hebrews 10:32-36 (NLT)

希伯來書**10:32-36** **32** 你們要追念往日，蒙了光照以後所忍受大爭戰的各樣苦難：**33** 一面被毀謗，遭患難，成了戲景，叫眾人觀看；一面陪伴那些受這樣苦難的人。**34** 因為你們體恤了那些被捆鎖的人，並且你們的家業被人搶去，也甘心忍受，知道自己有更美長存的家業。**35** 所以，你們不可丟棄勇敢的心；存這樣的心必得大賞賜。**36** 你們必須忍耐，使你們行完了神的旨意，就可以得著所應許的。

Patient endurance. Reverent resilience. Worthy wrestling. These are the things that build muscle and grace, strength and softness, hope and healing. Saturday is worth it's weight in gold if we let Jesus meet us there. 耐心的忍耐。虔誠的韌性。值得摔跤。這些是增強肌肉和優雅、力量和柔軟、希望和治癒的事情。如果我們讓耶穌在那裡與我們遇見，‘週六’這個時期就值得了。

Response: Hard-Fought Hallelujah 回應：

詩歌：艱難爭戰的哈雷路亞 **Hard-Fought Hallelujah**

我不是總能感受
卻總在最需要的時候
所以我要一直歌唱
直到我的靈魂追上我的歌

有時我的雙手自由高舉
卻是代價最大
有時那讚美輕鬆而出
有時卻要竭盡我所有

我會舉起雙手而戰
雖然如同內心走在黑暗
哈雷路亞

我會把風暴掃除
破敗航行的故事表述
哈雷路亞

神啊, 你一直忍耐
神啊, 你一直恩典
信實, 任何我感受或面對的時候

我會舉起雙手而戰
心中感受一切平安
哈雷路亞
哈雷路亞

我和黑暗爭戰
而我卻面朝著那光
是那掙扎讓我誠實
擊倒我驕傲的城牆

信心不可如真金試煉
經過火焰
我的頭, 我的心, 雙手沈重
那是我在高舉向上的時候

祝禱