

Follow: Finding New Life on Ancient Paths  
Week #3 “The Way of Rest”  
Scripture: Deuteronomy 27:9-10  
January 15th, 2023

跟隨: 古道新隨  
第三週 “安息之道”  
經文: 申命記 27:9-10  
2023年1月15日

Worship 敬拜

偉大的神 **Great Is Our God**

詞、曲: 陳麒安、鄭懋柔 Andy Chen, Tiffany M. Cheng 讚美之泉

[Verse]

從水中經過 祢必與我同在  
從火中行過 祢必遮蓋著我  
祢雙手醫治 祢施行拯救  
大有能力的主

創造天地萬物的神

風浪之中保守我們  
困難中我依靠的神

祢赦免罪孽 醫治一切疾病  
祢賜下應許 叫我們得痊癒  
祢戰勝死亡 祢踐踏仇敵  
祢掌權在全地

奇妙的神  
不住高唱敬拜我神  
相信祢要醫治我們

呼求祢來拯救我們

[Chorus]

偉大的神

[Bridge]

我們的神 我們的神  
偉大的神 奇妙的神

祢神蹟如此真實

詞/曲: Jonathan Prawira 約書亞樂團

主你能力何其的偉大  
在你也沒有任何限制  
雖然我看到的是  
不可能的現實  
在你卻沒有難成的事

主你能力何其的偉大  
在你也沒有任何限制  
雖然我看到的是  
不可能的現實  
在你卻沒有難成的事

當我感到軟弱無助  
你能力顯得完全  
我要全心的相信  
你神蹟如此真實  
不是自己倚靠勢力  
乃是倚靠你的靈  
我向你全心祈禱  
你神蹟如此真實

神蹟確實靠近  
在一直運行  
而我 要憑信心的生命

我向你全心祈禱  
你神蹟如此真實  
我向你全心祈禱  
你神蹟如此真實

## 永活盼望 Living Hope

詞/曲：Phil Wickham & Brian Mark Johnson 譯唱：陳柏亨、詹閔、楊芷芸、張捷

在你我之間，有深淵隔絕，  
有高山阻擋，無法跨越。  
我徬徨無助，舉目仰望天，  
在黑夜呼求你名。

在黑暗之中，你慈愛彰顯，  
光照我靈魂的晦暗，  
恩典已成就，結局已寫明，  
主耶穌，永活盼望。

有誰能想像，這偉大憐憫？  
有誰能測度，無限恩典？  
永活的真神，自高天降卑，  
背負我罪，為我受死。  
在十字架上，宣告我赦免，  
萬王之王竟選召我，

榮美的救主，我永屬你，  
主耶穌，永活盼望。

哈利路亞，讚美主已釋放我，  
哈利路亞，死亡不再轄制我，  
你打破所有鎖鏈，彰顯你救贖恩典，  
主耶穌，永活盼望。

榮耀的清晨 你成就應許  
受死的身體 復甦氣息  
猶大的獅子 打破了沈默  
宣告：『墳墓不再轄制我』

耶穌基督已經得勝利！

## How Great Thou Art/你真偉大

1.  
主啊我神！我每逢舉目觀看，  
你手所造一切奇妙大工；  
看見星宿，又聽到隆隆雷聲，  
你的大能遍滿了宇宙中。

2.  
當我想到，神竟願差他兒子，  
降世捨命，我幾乎不領會；  
主在十架，甘願背我的重擔，

流向捨身，為要赦免我罪。

3.  
當主再來，歡呼聲響徹天空，  
何等喜樂，主接我回天家；  
我要跪下，謙恭的崇拜敬奉，  
並要頌揚，神啊你真偉大。

副歌：  
我靈歌唱，讚美救主我神，

你真偉大！何等偉大！  
我靈歌唱，讚美救主我神，

你真偉大！何等偉大！

Offering 奉獻

### **Announcements** 公告

- + MLK | Tomorrow + MLK | 明天
- + For The City Initiative | vision-centric // purpose/why if the trio, what to expect // praying about partnership +為城市倡議 |以視覺為中心//目的/ 如果是三重唱，你期待什麼 // 為合作者們禱告
- + Meet-Ups this month | Educator's Meet-Up :: Jan. 22 + Women's Coffee Meet-Up :: Jan. 30 +本月聚會 | 教育者聚會 ::1月22日；姊妹咖啡聚會::1月30日

### **Message** 信息

- At the beginning of the new year we started a new series. 新年伊始，我們開始一個新的系列。
  - And it's rooted in two key ideas. 它根植於兩個關鍵思想。
- First, it's rooted in the idea that there are depths of living that most of us are yet to experience. 首先，它根植於這樣一種觀念，即我們大多數人還沒有體驗到生命的一些深度。
  - Or maybe we have, but for fleeting moments. 也許我們有過，但只是轉瞬即逝。
  - And the desire of the human heart is to live with more depth, more meaning, a deeper sense of purpose, and a capacity to be more present. 人內心的需求是活得更有深度，更有意義，有更深的目的感，以及活在當下的能力。
  - And so, we wanted to start this new year with a series that focused on driving us into those depths. 因此，我們想在新的一年開始的系列，重點是將我們帶入這些深度。
- Which really leads to the second key idea. 這引出了第二個關鍵思想。
- And that is that there pathways, or avenues, by which we can enter into this deeper way of living. 那就是我們可以進入這種更深層次生活方式的路徑或者途徑。
  - There's a way to get there. 有道路到達那裡。
- So, each week we are talking about these pathways that are centered on ways that make it increasingly possible to actually FOLLOW Jesus. 因此，我們每週在這裡談論這些路徑，這些路徑的使我們越來越有可能真正跟隨耶穌。
- Because THAT is the invitation of Jesus. 因為那是耶穌的邀請。
  - It's not about believing certain things about him. 這不是關於相信他的某些事情。
    - That's christian belief. 那是基督徒的信仰。
    - That's not the Christian life. 那不是基督徒的生活。

- The life is about actually FOLLOWING him. 生活就是真正跟隨他。
  - Doing what he does. 做耶穌做的事情。
  - Being who he would be. 成為耶穌那樣的人。
  - Letting him lead our lives. 讓他帶領我們的生活。
- But there's a problem with these pathways. 但這些路徑有些問題。
  - And you may already have experienced this. 你可能已經體驗過了。
- They are counterintuitive. 它們違反直覺。
- Our nature, our intuition, even the way our world is designed to operate, all of it, is almost always the antithesis of these practices. 我們的天性，我們的直覺，甚至我們的世界設計運行的方式，所有這一切，幾乎總是與這些實踐相反。
- Which means that without some direction (Like this series) and some intentionality on our part, we won't exercise these practices regularly enough to ever really LIVE in the depths of this thing we call life. 這意味著如果沒有這些指導(就像這個系列)和我們明確的意向，我們將不會足夠經常地進行這些操練以真正生活在我們稱之為生活的深處。
- For example, in week one, an online experience that I hope you can take the time to watch, we talked about LISTENING. 例如，在第一週的在線體驗中，我希望你能夠花時間去看，我們談到了聆聽。
  - But listening in a world of noise and suggestion is really hard to do. 但是在一個充斥著噪音和建議的世界裡傾聽真的很難。
- And last week we talked about beauty. But when life is flying by, it's hard to take in. 上週我們談到了美，但是，當時光飛逝時，很難去停留欣賞。
- And what we're talking about today - it's SO counterintuitive that almost no one practices it, yet it's even a part of the ten commandments. 我們今天談論的是 - 它是如此的違反直覺，以至於幾乎沒有人經歷它，但它甚至是十誡的一部分。
- Today, we're going to talk about... 今天，我們要討論...

## **The Way of Rest** 安息之道

- Let me ask you something: When was the last time you paid attention to your breathing?  
讓我問你一件事：你最後一次注意你的呼吸是什麼時候？
- Do you remember the last time you were aware of your beating heart? 你還記得上一次你意識到你的心跳是什麼時候嗎？

- When was the last time you really rested? 你最後一次真正休息是什麼時候？
- Do you ever just slow down and soak in what's going on around you? 你有沒有放慢腳步，沈浸在周圍發生的事情中？
- Have you taken time to just be present? 你有沒有願意全心的“在”(present)？
- If you're anything like me, it's been a while. 如果你和我一樣，那已經有一段時間了。
- Do me a favor, right now, take a nice, deep, breath. (breathe) 幫我一個忙，現在，深吸一口氣。(呼吸)
- Why is something as simple as, taking a breath, so refreshing? 為什麼像深吸一口氣這樣簡單的事情，卻讓人神清氣爽呢？
- There is something about modern society that has become toxic. 現代社會有些東西變得有毒。
- Sure, there are lots of great conveniences in our world today, and no one is complaining about having microwaves, or automobiles, or smart phones. 是的，當今世界有許多便利設施，沒有人抱怨擁有微波爐，汽車或者智能手機。
- But are we really better off because of them? 但是我們真的因為這些過得更好嗎？
- I mean, are our SOULS really better off, because of them? 我的意思是，我們的心靈真的因為它們過得更好嗎？
- Our culture has more time-saving devices, technological conveniences, and information sources than any point in history. 我們的文化擁有比歷史上任何時候，擁有更多的省時設備，技術便利和信息來源。
- We live in a 24/7 world in which everything is available around the clock at the touch of a button. 我們生活在一個全天候24/7的世界裡，只要按一下按鈕，一切都可以全天候使用。
- We have more information at our fingertips, and more options at our disposal, and yet we are horribly dissatisfied, and oddly disconnected. 我們觸手可及的信息越來越多，可供我們支配的選擇也越來越多，但我們卻非常不滿意，並且與世隔絕。
- Could it be that all of the chaos, and all of the rhythms of the success-obsessed West have taken their toll on our minds, or our bodies, or even our souls? 是否所有的混亂，所有的癡迷成功的西方的節奏已經對我們的思想，我們的身體或者我們的心靈造成了傷害？
- In the chaos of the urban, digital age, it seems easier than ever to, in the words of Jesus, “gain the whole world, and yet lose your soul.” (Matthew 16:26) 在城市數字時代的混亂中

，用耶穌的話來說，似乎比以往任何時候都更容易“獲得整個世界，卻失去你的靈魂。”（馬太福音 16:26）

- But maybe there's a connection between the amount of noise in our lives and our inability to hear God. 但也許我們生活中的噪音量與我們無法聽到神的聲音之間存在聯繫。
- *Illustration: BQE 插圖: BQE*
  - *I remember, years ago, I lived next to the Brooklyn Queens Expressway. 我記得，幾年前，我住在布魯克林皇后區高速公路旁。*
  - *And I would lay in bed at night and listen to the traffic, all, night, long. 晚上，我會躺在床上，聽車流聲，一整夜，很長時間。*
  - *Sometimes, the only way I could get to sleep was to tell myself that the rushing sound of cars was actually a river. 有時候，唯一能讓我入睡的方法是告訴自己，汽車行駛的聲音就像一條河流。*
  - *I would literally try to imagine that I was sleeping next to a river. 我真的會試圖想像我睡在河邊。*
  - *I can't tell you how many times a horn or a siren messed with my plans. 我無法告訴你有多少次喇叭或者警笛聲打亂了我的計劃。*
- I sometimes wonder; If God feels distant to us, maybe it's not because he's not talking to us, but simply that we can't hear him over the roar of our daily lives. 我有時想知道：如果我們感覺神很遙遙，也許不是因為他沒有跟我們說話，而是因為我們在日常的喧囂聲中沒有聽到他的聲音。
- I mean, we have lives that are full of stuff and stimulus, and yet we have souls that seem strangely empty. 我的意思是，我們的生活充滿了物質和刺激，但我們的心靈卻異常空虛。
- How do we stay emotionally alive and spiritually awake? 我們如何保持情緒活躍和靈性清醒？
- Is there a something in the way of Jesus that could set us up to thrive in the chaos of this over busy, digitally distracted, noisy, urban world? 耶穌的道路上有什麼東西可以讓我們在這個忙碌，數字化、嘈雜的城市世界中健康興盛？
- This reminds me of the story of one of the great Jewish prophets, Elijah, who's been going and going and he's just about at the end. 這讓我想起了一位偉大的猶太先知以利亞，他一直在前進，即將走到盡頭。
  - He's just totally stressed. 他被壓力擊垮了。
  - He's totally fried. 他精疲力竭了。
  - He doesn't even know if he wants to go on. 他甚至不知道該往哪裡去。
- And God says, "Elijah go up on the mountain because I'm gonna show up." 神說，“以利亞要到山上去，我會在那裡等候他。

- So Elijah close up on the mountain and this wind comes on the mountain and it like shakes the mountain violently. 於是以利亞登上山，這時一陣狂風刮過，好像連山都震動了。
  - But God isn't in the wind. 但是神並不在風裡。
  - And then there's this earthquake. 然後有地震。
    - But God isn't in the earthquake. 但是神也不在那裡。
  - And then this massive fire covers the mountain. 在這之後有漫山的大火。
    - But God isn't in the fire. 但是神也不在那裡。
- After all of this comes the still, small, voice of God. 在所有這些過後，有微小的聲音。
- Now there's all this discussion about what exactly this this voice is because some people think that the actual Hebrew word doesn't even refer to a sound that you could hear with your ears. 關於這段情節曾有很多的討論，關於這個聲音到底是什麼。一些人認為這希伯來原文這不是人可以用耳聽到的聲音。
  - Like, it's not even an audible noise. 比如，這根本不是可以聽到的聲音。
- And so some translators translate the phrase that God was in the sound of pure silence. 有一些翻譯者把這一段翻譯成純粹的寂靜。
  - God wasn't in the wind. 神不在風裡。
  - God wasn't in the earthquake. 神不在地震中。
  - God wasn't in the fire. 神不在火中。
  - God was in the silence. 神在寂靜中。
- (Long pause. Silence) (停頓，寂靜)
- There's this moment, where Moses is leading the people of Israel; Deuteronomy 27:9; 在摩西帶領以色列民眾的時候（申命記 27:9），有那麼一個時刻，
- He gathers everyone together then it says, 他把所有人聚集在一起，然後說，

### **Deuteronomy 27:9-10 申命記 27:9-10**

**Then Moses and the Levitical priests said to all Israel, "Be silent, Israel, and listen! You have now become the people of the Lord your God. 10 Obey the Lord your God and follow his commands and decrees that I give you today."** 摩西和祭司利未人、曉諭以色列眾人說、以色列阿、要默默靜听。你今日成为耶和華你 神的百姓了。10 所以要听从耶和華你神的话、遵行他的诫命、律例、就是我今日所吩咐你的。

- Be silent. 要靜默。
- And listen. 要聆聽。

- Or the Psalmist, says, 或者, 如詩人所說的 :

#### Psalm 4:4 詩篇 4:4

when you are on your beds, 在床上的時候,  
search your hearts and be silent. 要心里思想, 并要肅靜。

- Before I moved here I had this old ford truck. 在我搬到這裡之前, 我有一輛舊的福特卡車。
  - Here's a picture: 這是照片 :

#### Truck Picture 卡車的照片

- And it had an old AM radio and there was one crackly speaker in the dash. 在車面板上有一個舊的長波收音機, 聲音很嘈雜。
- I could barely tune into a station, and when I did, it, just, sounded, bad. 我幾乎不能換台, 當我試圖去做的時候, 那聲音, 很糟糕。
- And so I got in the habit of just turning it off. 所以, 我養成一個習慣, 就是把踏關掉。
  - Like, I drive with nothing on. 所以, 在我開車的時候, 就沒有任何廣播。
  - Nothing but the sound of the engine and the wind in the windows. 沒有聲音, 除了引擎的聲音, 以及窗外的風聲。
- Oh, by the way, every time I did this, the first few moments were REALLY awkward. 順便說一下, 每次我這樣做的時候, 在最開始的時候感覺很糟糕。
- It's like I was afraid to be alone with my thoughts. 就像是我害怕只有自己, 然後胡思亂想。
- It's interesting that when you dive into the history of the way of Jesus; when you dig deeper into the lives of those who have come before us on this journey; there's this repeated theme. 有趣的是, 當你查考耶穌時期的歷史, 當你深挖那些在我們之前的信徒的經歷, 你會發現這種重複的規律。
- People who follow Jesus develop rhythms of silence, and solitude. 耶穌的跟隨者形成了安靜和獨處的習慣。
- They even practiced this thing called the sabbath. 他們把這種操練稱為安息。
- They resisted the pressures of a 24/7 world and took time to enter into silence, to experience solitude, to even create a rhythm of sabbath rest. 他們抵制世界的24/7不停歇的壓力, 花時間進入安靜, 經歷獨處, 甚至進行有規律的安息日的休息。
- See, In the beginning, humans were given rest. 看, 在最初時, 人類就被賦予休息。
  -
- Genesis 1 unfolds in poetic rhythm, about these days, 在《創世紀》第一章以詩一般的旋律來描述這些日子。

- In the beginning God created the heavens 起初神创造天地。
- And he said let there be light and there was light. 神说，要有光，就有了光。
- And he said let there be an expanse between the waters 他說天下的水要聚在一处
- And let the dry land appear 使旱地露出来
- And let it sprout vegetation, plants, and trees... 地要長出青草，菜蔬，並且树木...
- And let the waters swarm with living creatures 水要多多滋生有生命的物
- And fill the sky with birds 要有雀鸟飞在天空之中
- And let the earth bring forth living creatures...livestock and creeping things and beasts. 地要生出活物来...牲畜、昆虫、野兽。
- And THEN, then, he says, “Let us make man in our image...” 然後，他說，“讓我們按照我們的形象造人...”
- But then, By the seventh day God had finished the work he had been doing; so on the seventh day he RESTS from all his work. 但是，然後，在第七天，神完成了一切的工作，所以在第七天他就歇了他一切的工作。
- And if you turn to chapter 2, you read something fascinating. 如果你翻到第二章，你會讀到一些很有趣的事。
  - Check this out: 我們來看一看：

### Genesis 2: 2-3 創世紀 2: 2-3

**By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.** 到第七日，神造物的工已经完毕，就在第七日歇了他一切的工，安息了。3 神赐福给第七日，定为圣日，因为在这日神歇了他一切创造的工，就安息了。

- So the Genesis account tells us that God created humanity in a garden full of potential, yet their first day was not one of work, but of rest. 所以《《創世紀》》告訴我們神在充滿各種可能的花園裡創造了人類。但是他們來到世界的第一天不是工作，而是休息。
- Sabbath may have been day seven of the creation poem, but it was day one for humankind. 安息日在創造中是第七天，但是它卻是人類的第一天。
  - That’s where the story BEGAN for us. 這就是這個故事在開始的時候告訴我們的。
- And yet, somehow and somewhere along the way we lost our way. 然而，不知什麼時候，在哪裡，我們把這丟掉了。
- Rest is so counter-intuitive to our culture, and yet humankind’s first knowledge of God was that God rested, and that they were to rest, with him. 休息是違反我們現在的文化潮流的，但是人類關於神的最初的知識就是神休息了，他們也在他那裡休息。
- God freely gave rest. 神無償地給他們休息。
  - They did not have to earn it, like vacation days. 他們並沒有賺取它，就像休假的假期一樣。
    - He just gave it to them. 他就是把它給了他們。

- So this idea of Sabbath is that we remind ourselves that we were not created to do, but rather simply BE with God. 安息日的意思是提醒我們我們被造不是為了去做什麼，而是僅僅和神在一起。
- It seems as if the Sabbath is the first image of the gospel in the story of the Bible. 安息日好像是聖經故事裡福音信息的第一幅圖畫。
- God's grace is given first, and work comes as a result, not the other way around. 神的恩典是首先給予，去工作是給予的結果，而不是反過來。
- We don't work to please God, we rest because God is already pleased with us. 我們不是為取悅神而工作，我們休息只是因為神已經喜悅我們。
- But this whole idea fights the instinct within us that says we are what we DO. 整個的意思就是對抗我們內心的本能，我們以為我們的價值就是我們所做的。
- My guess is that there are more than one of you right now questioning the legitimacy of REST being a PATHWAY to a deeper connection with God. 我猜想現在你們當中不只一人在質疑安息是通向更深地與神連接的必經之路是不是果真如此。
- So I want explain a few things. 我要解釋一些事。
- Judith Schulevitz wrote an article for the New York Times where she talked opening about rebelling against her religious Jewish upbringing. Judith Schulevitz 在《時代》寫過一篇文章，在那篇文章裡她很坦誠地談到她對於她的猶太人出身的反叛。
  - Specifically, she rebelled against the detailed Sabbath observance. 尤其是，她反叛的是關於安息日的細節。
  - But then, later in life, she began to hit a wall. 但是後來，在她生命的晚期，她開始反轉了。
  - She writes this: 她這樣寫道：
    - My mood would darken every weekend until Saturday. 每一個週末我的情緒會變得晦暗直到星期六。
    - By afternoon I would be unresponsive and morose. 一下午我都動彈不得且憂鬱。
    - My normal leisure routines left me nonetheless feeling impossibly restless. 我日常的娛樂休閒活動只給我留下來不可思議的焦慮。
    - Then I began to do something that as a teenager, profoundly put off by her religious education, I could have never imagined wanting to do. 然後我開始做一些事情，那些在青少年時，因為對宗教教育大大反感，我從來沒有想過要去做事。
    - I began dropping in at a nearby synagogue. 我開始走進附近的聖所。

- Finally I developed a theory for my condition. 最終針對我的情形我形成一套理論。
- I was suffering from the lack of Sabbath rest. 我在受著缺少安息日安歇的折磨。
- She goes on and says: 她繼續說到：
  - There is ample evidence that our relationship to work is seriously out of whack. So let me argue on behalf of an institution that had kept workaholism in reasonable check for thousands and thousands of years. 有充分的證據表明我們與工作的關係嚴重失調。因此，讓我代表一個數千年來一直對工作狂進行合理調控的機構說句公道話。
- This is fascinating. 真實很奇妙。
- Do you know what's ALSO fascinating? 你知道還有什麼是奇妙的嗎？
- REST - specifically Sabbath Rest - is one of the ten commandments. 安歇 - 尤其是安息日的安歇 - 是十大誡命之一。
- Do you realize the significance of that? 你意識到它的重要性了嗎？
- A culture that pushes people to over-work is as brutalizing, as dark, and as dehumanizing as a culture that encourages stealing, adultery, or killing. 一種把人們推擠到過勞的文化就如同那種鼓勵偷盜，姦淫，殺人的文化一樣的殘酷，黑暗，非人道。
  - It's in the same list! 它們是在一個列單上的。
- Which I know is hard for some of us comprehend. 我知道對我們有些人來說很難理解。
- And there's a reason we struggle with this. 我們對此糾結是有原因的。
- And there's a reason that this society has possibly produced more workaholics than any society in history. 現今社會可能比歷史上任何社會都產生出更多的工作狂也是有原因的。
- Frist, is technological. 首先，就是科技。
- And I alluded to this earlier when I mentioned all of the so called conveniences. 我之前在談到所有所謂的"便利"時提到過。
- But those same conveniences mean that our work is more accessible to us, and we are more accessible to it. 但那些同樣的便利意味著我們的工作更直接找到我們，而我們也更容易接觸到工作。
  - There is no escape. 沒有辦法逃避。
- And there's never been more pressure put on our work like the pressure we face today. 現今我們面對的工作壓力是從前沒有的。
- From trying to beat the competition to trying to beat the forecast, we live in a domineering work environment where the pressure rarely lets up. 從試圖在競爭中勝出到試圖達到比預期更好，我們生活在一種專橫的工作環境中，工作壓力很少減輕過。
- But there's an even bigger reason and it relates to our culture. 但更大的原因還是和我們的文化有關。

- See, in more traditional societies we gained our identity and value from being a part of a family or a community. 在比較傳統的社會裡我們因是一個家庭或社區的成員來獲得我們的身份和價值。
  - You found your value in being a son, or a daughter, or as a neighbor, or as a friend. 你因是一個兒子，或女兒，或是鄰居，或是朋友來找到價值。
  - Or maybe just as a member of this group or family. 或者只是一個團體或家族的成員。
- But as societies have become increasingly individualistic, things changed. 但隨著社會變得越來越個體化，事情就變化了。
- See, we worked to “Free” people from social roles so they could be who they wanted to be. 所以我們用工作來讓人們從社會角色中“自由”出來好讓他們成為他們想成為的角色。
- But this now means that you find your value and your identity in something you earn. 這樣就意味著你就在你努力獲得的東西中找到你的價值和你的身份。
  - You have to achieve. 你需要成功。
  - You have to accomplish. 你需要有成就。
  - You have to DO something to feel valuable or meaningful. 你需要做有價值的或有意義的事。
- Did you hear what I said? 你明白我說的了嗎？
  - You have to DO something to feel valuable or meaningful. 你需要做有價值的或有意義的事。
- That sentence probably didn’t strike you as odd or off, because it’s what we actually believe and how we live. 這句話也許不會讓你覺得有什麼不對，因為這就是我們實際相信的，我們就是這樣生活的。
- You have to get out there and do it. 你不得不走出去這樣做。
- Which means our relationship to work has changed. 這就是說我們對工作的關係改變了。
- Your work is how you get your value and worth, 你的工作使你得到你的價值和意義。
  - Or the money you earn, 或者是你賺得的錢。
  - Or your social class. 或者是你的社會階層。
- And before your start thinking that I’m judging, let me tell you that I’m not. 在你開始覺得我在論斷時，我先要聲明我不在論斷。
  - I’m confessing. 我在坦承認罪。
- Do you know how many times I’ve told people that “I just want to make a difference in the world” as a justification for my overworking? 你知道嗎，有多少次我告訴別人“我只是想在這個世界上有一點改變”來作為我工作過度的藉口？
  - And I trying to make a difference in the world or am I trying to find value or worth? 我是在這個世界上做一點改變還是在努力找到價值和意義？

- I'll confess that's a really blurry line in my mind. 我承認的是在我的腦海中這條線真是模糊的。

- And here's the evidence. 這裡是供證。

- *Illustration: Sabbatical* 舉例：安息假

- *I was due for a sabbatical almost two years ago. 我差不多兩年前就應該休安息假了。*
- *And our board was strongly encouraging me to take it for some really good reasons. 我們的執事會強烈鼓勵我休假，是很有為我好的理由的。*

- *But because we were just coming out of covid and my tenure here was so new, I rolled it to 2022. 可因為我們剛剛從新冠疫情中過來，且我在此的任期不長，我推延到2022年。*

- *And then I felt like it wasn't the right time this past year, so, I said, "how about 2023." 然後，我覺得去年不是一個好時候休假，所以，我說，“不然2023年吧”。*
- *But as 2022 was coming to close I started to think, "Maybe 2024?" 而當2022年快結束時我開始想，“要不2024年？”*

- *Well, our leadership team pushed back... and...I recently relented and agreed that later this Spring, I'll be taking a sabbatical. 然後，我們的帶領團隊推擋回來...所以...我最近悔改同意今年這個春季，我會開始休我的安息假。*

- *I was distraught...And the day I made the decision and told our team my nerves had my stomach in knots. 我有些心煩意亂...在我做出決定並告訴我們的團隊的那一天，我的神經和胃都打結了。*

- *Why? 為什麼？*

- *Could it be that I find my identity in what I do? 會是因為我在我的工作中找到我的身份嗎？*

- *That REST might actually disrupt the illusion of control I live with? 而那個休假會真正打破我一直操控我的生活的假象？*

- And here's the irony. 諷刺的是，

- One of my predecessors here, Pastor Ron Mehl, after years of over-working, suffered a massive heart attack and nearly died, and admitted it was induced by his lack of rest. 教會中我的一位前輩，羅恩·梅爾 牧師，在多年過度工作之後，遭受了嚴重的心臟病發作，差點死亡，他也承認這是由於他缺乏休息引起的。

- And afterward he confessed his rebellion against this pathway. 之後他供認了他對這個安息假的抵觸。

- He writes, 他寫道：

**"I'm not saying that everybody who ignores the sabbath will get sick or have heart attack...but I am saying that if you consistently dishonor the Sabbath principle in your**

**life, somewhere along the line the bills will come due. Things will begin to break down in your life. The breakdown may be physical, emotional, spiritual, financial, or marital.” - Pastor Ron Mehl, The Tender Commandments**

“我並不是說每個忽視安息日的人都會生病或心臟病發作……但我是說，如果你在生活中一直不尊重安息日原則，賬單遲早會到期。事情將開始在你的生活中崩潰。崩潰可能是身體上的、情感上的、精神上的、經濟上的或婚姻上的。” - 羅恩·梅爾 牧師，溫柔的誡命

- It turns out that resting has unbelievable benefits. 其實安歇是有不可置信的好處的。
  - When we practice the Sabbath, our whole lives change. 當我們執行安息日，我們整個生命會改變。
    - We are able to sleep—and not just catch up. 我們可以睡眠 - 而不只是補眠。
    - We thus have more energy and are more present with both the work we are doing and the people we are with. 由此我們可以有更多的精力關注我們正在做的事情，和我們周圍的人相處。
    - We allow God to heal our busy minds, our tired bodies, and our stressed relationships. 我們允許神來醫治我們繁忙的頭腦，我們疲乏的身體，和我們緊張的關係。
  - Now, I know what you're probably thinking. Is ONE day more important than the others? 我知道你可能在想什麼。這一天真比其他日子更重要嗎？
    - Does the creator of universe somehow turn against us, if we don't make Sundays, special? 世界的創造主會背轉身對著我們嗎，如果我們不把週日，特別挑選出來？
  - Let me just say what Jesus said. 讓我說一句耶穌所說的。
    - The sabbath was made for us, not us for the sabbath. 主日是為我們制定的，我們不是為主日創造的。
  - In other words, God gave it as a gift, to us. 換句話說，神把它作為禮物賜給我們。
    - And the point is that we take the time. 目的是我們能花一些時間。
  - Back to Genesis. God created rested from his work. 回到創世紀，神創造萬物然後歇了祂的工作。
  - Now, God can't get tired, physically or emotionally weary from his work.
- 神不会体力上或是精神上因为工作而感到疲劳。
- So what does it mean that God rested from his work? 那么神歇了祂的功，是什么意思呢？
  - If you go back to Gen. 2:2, you'll see that God rested because he was satisfied with his work. 如果你會到創世紀2:2，你就會看到神安息是因為祂滿足於祂的工作。
    - He said it was good, he said it was finished. 祂說這工是好的，是完成了的。

- He was pleased with what he had done, so he put the laptop away. 祂滿意於祂所做的，所以就把電腦放在一邊。
  - He had been satisfied with what he had done. 祂對於祂所做的心滿意足。
- External rest, physical, emotional rest from your labor isn't all you need – there needs to be a deep, inner spiritual rest in a regular rhythm. 你不只需要外在的休息，體力和精力上的休息——還需要一個在規律的節律中深深的，內在的，靈裡的休息。
    - No amount of vacation will cure your restlessness unless you get to that.
- Most people think all you have to do to stop working is not work. 不管多少的度假都不會治癒你的忙碌，除非你有這一塊。很多人認為要停止工作就是不工作。
- But Sabbath is a much more complicated undertaking to rest. 但是安息是一個更複雜的休息。
    - It takes intentionality. 需要用心。
    - And it takes permission. 需要獲得許可。
- So I'm going to do two things for you. 我要為你做兩件事。
  - First, I'm going to give you permission. 第一，我要給你許可。
    - You have permission to rest. 你可以休息。
    - You're allowed. 你被允許。
  - And I'm going to tell you what I do. 我要告訴你我怎麼休息。
  - Here's what I do. 這是我做的。
  - Because Sundays aren't exactly a day of rest for me, I try and carve out 24 hours: 因為週日對我不是一個休息日，我試著劃出24小時：
    - Friday at noon to Saturday at noon. 從週五中午到週六中午。
    - And I try and get some silence and solitude. 我試著有一些安靜獨處的時間。
      - I try to get away with God. 我試著跟神在一起。
      - And part of that time is spent doing things that fill me up and remind me of who God is. 這些時間有一部分是用來做讓我重新被神充滿和提醒我神的所是。
      - Maybe we go for a run in the woods, or work on a life giving project, or soak in beauty. 也許我們去樹林裡跑步，或者做一個給予生命的項目，或者浸泡在美中。
    - The point is that I turn off all of that other stuff. 重點是我把其他的東西停下來。
      - And, I remind myself that God is at work, even when I'm not. 我提醒我自己即便我不在工作的時候，神也在工作。
- Jesus wants us to thrive in the middle of the chaos of our overbusy, digitally distracted, noisy, urban world. 也許要我們在忙碌的混亂中，在數字信息紛雜的城市里，仍能健康興盛。
  - And being with him, FOLLOWING him, means waiting for him to catch up with our busy souls. 而與祂在一起，跟隨他，意味停下我們忙碌的心來等候他。

Reflection 反思

- Take time...now...breathe. 花時間。。現在。。呼吸

Benediction 祝禱