

Yes to Suffering
Year of Yes
Steve Mitchell
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對苦難說是
系列: 說是的一年
司提反·米切爾
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詩歌一: 我感謝神 I thank God

遊走在黑夜
尋找地方躲藏
我這疲勞的靈魂, 一把骨頭的人
我試過用我全心意
卻無法贏得博弈
我慢慢地漂流, 啊流浪的人
就在我跑出了一條路,
卻遇到了一個我不認識的人

他告訴我
我並不孤單, 他提起來我
他把我轉過身
把我的腳放在堅實的地面上

我感謝我主
我感謝我的救主
因為祂醫治了我的心
他更改了我的名字
永遠自由了, 我不再一樣

我感謝我主
我感謝我的救主
感謝神

我無法否認我所看到的
除了相信別無選擇

詩歌二: 讚美主 Praise

凡有氣息的,
讚美主, 讚美主
1 of 10

我的疑慮在燃燒
就像風中的灰燼
所以, 再見了, 我的老朋友
那重擔與苦夜
你不能讓他們繼續行走
不, 這裡不歡迎你們。
從現在開始直到我走在那
黃金的街道
我會歌唱你如何拯救我的靈魂
我這個任性的兒子
已經找到回家的路

他提起來我
他把我轉過身
把我的腳放在堅實的地面上

我感謝我主
我感謝我的救主
因為祂醫治了我的心
他更改了我的名字
永遠自由了, 我不再一樣

我感謝我主
我感謝我的救主
感謝神

凡有氣息的,

讚美主，讚美主

我會在山谷中讚美，在山上讚美(是的)
當我確定時我會讚美，當我懷疑時我會讚美
寡不敵眾時讚美，被包圍時讚美
因為讚美是淹沒仇敵的洪水

只要我還有氣息
我就有理由
讚美主，我的靈魂(來吧)
讚美主，哦我的靈魂

當我感覺到我會讚美，
當我感覺不到我會讚美(是的)
我會讚美，因為我知道你仍然是掌權的
因為我的讚美是一種武器，不只是一種聲音

詩歌三：感謝 **Gratitude**

Verse 1
我无法理喻
我一无所有
我如何表述
我所有感谢

Verse 2
我愿意歌唱
愿经常歌颂
歌虽会结束
而祢永不会

Chorus
而我高举双手(降服之意)
一次再次献上赞美
因我所拥有的是哈利路亚 哈利路亚

哦，我的讚美是讓耶利哥倒塌的呼喊(是的)

只要我還有氣息
我就有理由
讚美主，我的靈魂(來吧)
讚美主，哦我的靈魂

我不會安靜，我的神活著
我怎能把它滯留在我心裡面？(我得)
讚美主，哦我的靈魂
(是的，讚美主)

只要我還有氣息
我就有理由
讚美主，我的靈魂(來吧)
讚美主，哦我的靈魂

我知所献不多
但无事物更适合君王
除了在心中歌唱哈利路亚
哈利路亚

Verse 3
我得到回应
仅此一行动
藉由张开手
我要敬拜祢

Bridge
我的灵啊
不需为此而害羞
高声歌唱
因肺如狮子般火热
起来赞美主名

Joy to be with you...Update on pastoral selection process...why it's taking longer than I hoped...celebrate the faithfulness of God and Pastor Bo and the team's leadership in this interim period...I will meet with your council today to discuss the next steps and a few options for them to consider...

很高興和你們在一起.....關於牧師選拔過程的最新消息.....為什麼要花比我希望的更多的時間.....慶祝上帝的信實和Bo牧師以及在這段過渡時期的團隊領導.....我今天將與你們的理事會會面，討論接下來的

步驟和他們可以考慮的一些選擇...

B4 is in a series called Year of Yes. We want 2024 to be a year of saying yes to the things that make us more like Jesus. Bo asked if I could speak on one of the most important things I ever said "yes" to...and I immediately knew what Jesus wanted me to share with you, but you won't like it – haha... B4 在一個名為「Year of Yes」的系列中。我們認為 2024 年可以成為對那些讓我們更像耶穌的事情說「是」的一年。Bo問我是否可以談談我曾經說過「是」的最重要的事情之一.....我立即知道耶穌要我與你分享什麼, 但你不會喜歡它- 哈哈.... ..

It is THE thing that has shaped me more than anything else, but not by my choosing. I wouldn't wish it on anyone, and I would even pray that you not experience it. But I would also pray that when you experience it, it changes you like it did me.

這件事情其他任何東西都更能塑造我, 但不是我選擇的。我不希望任何人遇到這種事, 我甚至祈禱你不要經歷這種事。但我也祈禱當你經歷它時, 它會像改變我一樣改變你。

You ready? The most important thing I ever said "yes" to was suffering. Maybe you're thinking, like I thought, "Nobody says 'yes' to suffering." It just happens. But I'm talking about how you choose to respond to God when suffering comes.

你準備好了嗎? 我曾經說過「是」的最重要的事情就是痛苦。也許你在想, 就像我想的那樣, 「沒有人對痛苦說『是』。」它就這樣發生了。但我說的是當痛苦來臨時你選擇如何回應上帝。

And maybe you're not in a difficult season right now, and I praise God with you...but maybe tuck this teaching away for those storms that may come, and you can remember what Jesus said to you... 也許你現在並不處於困難的時期, 我和你一起讚美上帝.....但也許把這個教導收起來, 以備可能到來的風暴, 你可以記住耶穌對你說的話.....

Let's pray...
讓我們禱告...

Show the picture of boys with swords...Tell about the tradition of the hike to manhood and the last one I did with my boys at night...Less than a year later, on June 16, 2016, my oldest son died in a car accident – the lights went out...

展示男孩持劍的照片.....講述成年徒步旅行的傳統, 以及我在晚上和孩子們一起做的最後一次.....不到一年後, 2016 年6月16日, 我的大兒子在一場車禍中去世- 燈滅了...

In my journal in October 2016, I wrote: "It feels like I'm on a vast ocean of sadness, drifting, at the whims of the waves and winds which blow. The horizon is far away on every side, and I'm not sure where the currents will lead me."

在 2016 年 10 月的日記中, 我寫道: “感覺就像在一片悲傷的海洋中, 隨波逐流、隨風飄蕩。四面八方的地平線都很遙遠, 而我不知道潮流會把我引向何方。”

Our world is filled with grief, uncertainty, and confusion. It can often feel like we are being blown about by the storms like the light has gone out and the sun will never rise again.

我們的世界充滿了悲傷、不確定性和困惑。我們常常感覺自己正被暴風雨吹來吹去, 就像燈熄滅了, 太陽再也不會升起一樣。

It sometimes feels like the world is upside-down, doesn't it? Wars and rumors of wars. Natural disasters. Families torn apart by ideologies. Illnesses. Tragedies.

有時感覺世界是顛倒的，不是嗎？戰爭和戰爭的謠言。自然災害。家庭因意識形態而支離破碎。疾病。悲劇。

Nicholas Wolterstorff wrote in his book "Lament of a Son" after the tragic death of his son - "I shall look at the world through tears. Perhaps I shall see things that dry-eyed I could not see."

尼古拉斯·沃特斯托夫在兒子不幸去世後在他的著作《兒子的哀悼》中寫道：“我將含著淚水看世界。也許我會看到乾眼時看不到的東西。”

I've rediscovered some things about the world, life, and God, and I want to share with you for a few moments how I found my way back to the light – to God – after the darkest and hardest season of my life.

我重新發現了一些關於世界、生命和上帝的事情，我想與你們分享一下，在我生命中最黑暗、最艱難的時期之後，我是如何找到回到光明——上帝身邊的路的。

Like some of you, I grew up in the church and was taught the old Bible stories – like Joseph saving the people of Israel and Egypt - and how God came through for him...we love those stories...because we believe their story should be our story...

就像你們中的一些人一樣，我在教會長大，並被教導古老的聖經故事- 例如約瑟夫拯救以色列和埃及人民 - 以及上帝如何幫助他.....我們喜歡這些故事..... .因為我們相信他們的故事應該是我們的故事...

But we forget something significant: that between the few pages of Joseph being thrown into a pit to him saving the people from famine are decades of struggle, questions, doubt, and uncertainty...

但我們忘記了一些重要的事情：在約瑟夫被扔進坑里以拯救人民免於飢荒的幾頁之間，是數十年的鬥爭、問題、懷疑和不確定性...

We love the stories of crossing the Red Sea and forget the centuries of slavery...the crossing of the Jordan River into the promised land, and forget the 40 years of wandering...the resurrection without the cross...the power of the early church without the martyrdom of its followers...

我們喜歡穿越紅海的故事，忘記了幾個世紀的奴役.....穿越約旦河進入應許之地，忘記了四十年的漂泊.....沒有十字架的復活.....沒有殉道的早期教會的力量它的追隨者.....

What do you do when life doesn't match up to the stories in the Bible – what you do at that moment is extremely important...

當生活與聖經故事不相符時你會怎麼做—那一刻你所做的事情非常重要.....

I've seen hundreds of people do 1 of 2 things:

我看過數百人做以下兩件事中的一件：

- 1) They turn away too quickly from the Bible and from the church and simply conclude that we were misinformed; God doesn't care, and he is uninvolved. Statistics show that people walk away from God when trials come because they have difficulty reconciling the suffering of this world with a good God who is for us and with us. OR...

他們太快地離開了聖經和教會，並簡單地得出結論：我們被誤導了；神並不關心，他也沒有參與其

中。統計數據顯示，當考驗來臨時，人們會遠離上帝，因為他們很難將這個世界的苦難與一位支持我們、與我們同在的良善上帝調和起來。或者...

- 2) They hold onto the Bible so tightly, yet blindly, never asking more challenging questions or being honest that this life of faith is tough – eventually become disillusioned...
他們如此緊緊抓住聖經，卻又盲目地，從不提出更具挑戰性的問題，也從不誠實地承認這種信仰生活是艱難的——最終幻想破滅.....

There's a third option that I believe we see in the pages of the Bible – from Job to Psalms, to Jesus in the Garden – people willing to cry out to God with their questions and doubts and a God ready to listen. What if storms come with an invitation to foster a deeper connection with God?

我相信我們在聖經中看到了第三個選擇——從《約伯記》到《詩篇》，再到伊甸園裡的耶穌——人們願意帶著他們的問題和懷疑向神呼求，神也願意傾聽。如果暴風雨來時邀請我們與上帝建立更深的連結呢？

The Bible doesn't hold back when it comes to sharing about suffering:
聖經在分享苦難方面毫不猶豫：

- Jesus: in this world, you will have trouble...sent himself to us, the Holy Spirit, the Paraclete – the one who comes alongside and comforts us...
耶穌：在這個世界上，你會遇到麻煩...差遣祂自己來到我們身邊，聖靈，保惠師——與我們並肩而行並安慰我們的那一位...
- Job – so many conversations between Job and God after he loses everything...
約伯——在他失去一切後，約伯與神進行瞭如此多的對話...
- The Sons of Korah – Psalm 42
可拉的子孫 – 詩篇 42

Psalms 42:1-5 NIV **詩篇 42:1-5 NIV**

Amid difficulty, the psalmist exhorts us to put our hope in God! There's a connection between prayer to God and hope in God...Without hope in God, we are less likely to have a relationship with God... we won't come to him without hope.

在困難中，詩篇作者勸告我們要仰望上帝！向上帝祈禱和對上帝的希望之間存在聯繫.....如果對上帝沒有希望，我們就不太可能與上帝建立關係.....沒有希望我們就不會來到他面前。

Two primary Hebrew words for hope...
表示希望的兩個主要希伯來文...

Qavah = the feeling of tension as one waits - a farmer anticipating his crop or "will the rope hold."
Qavah = 等待時的緊張感 - 農夫期待他的農作物或「繩子能抓住嗎」。

- Qavah focuses on the duration and quality of human life, both its uncertainty and fulfillment.
Qavah 關注人類生命的持續時間和質量，包括其不確定性和滿足感。

Tell the story of Mel Fisher, a Scuba Diver who looked for a treasure in Nuestra Senora de Atocha – he would tell his son every time they went out – this is the day – this is the day we find it...they searched for this treasure for 15 years...hope...waiting... anticipating... hoping... and that fateful day 15 years later, they found the treasure which ended up being worth 400 million dollars – worth the wait?

講述梅爾·費雪(Mel Fisher) 的故事, 他是一位深水潛水員, 他在Nuestra Senora de Atocha 尋找寶藏— 每次外出時, 他都會告訴他的兒子— 這一天— 這就是我們找到它的那一天.....他們尋找這個寶藏15年..... 希望.....等待.....期待.....希望.....15年後的那個決定性的一天, 他們發現了價值4億美元的寶藏— 值得等待嗎?

Yachal = waiting in anticipation. Not if but when.

Yachal = 期待地等待。不是是否, 而是何時。

- Associated with strength and standing firm, or perhaps with being in labor and waiting in painful expectation.
與力量和堅定相關, 或可能與正在分娩和在痛苦的期待中等待有關。
- Yachal almost always requires an object to be waited for, usually God, God's word, law, or actions of God.
Yachal幾乎總是需要等待一個對象, 通常是上帝、上帝的話語、法律或上帝的行動。
- And sometimes the when feels really long...
有時感覺時間真的很長...

Our first baby's birth – 14 hours of hard labor (I have an audio recording)... Suzanne's groaning and pain...her crying out...the feeling of losing hope – this baby is never going to come...the pain will never end...我們的第一個孩子出生了——14個小時的辛苦分娩(我有錄音).....蘇珊娜的呻吟和痛苦.....她的哭聲.....失去希望的感覺——這個孩子永遠不會出生.....痛苦永遠不會結束...

Fast forward to our fourth baby's birth – now we've been through this 3 other times – we know the pain will end; it's just a moment, a season...did knowing the pain would end, stop the pain, or make it less painful? Nope. Suzanne still groaned, and her groaning did not mean she had lost hope that the baby would ever come out of her. It just meant she was in pain.快轉到我們第四個孩子的出生——現在我們已經經歷過三次這樣的事情了——我們知道痛苦將會結束;這只是一個時刻, 一個季節.....知道痛苦會結束、停止痛苦還是減輕痛苦? 沒有, 蘇珊娜仍在呻吟, 她的呻吟並不意味著她對孩子從她體內生出來失去了希望, 只是她的身體很疼痛。

Hope keeps you in it – it keeps you coming back...whether you're confident (Yachal - the baby will come) or uncertain (Qavah - I'm not sure if we will ever find that treasure)...hope keeps you coming back to Jesus, especially during times of suffering... God would rather you go to him mad at him than to walk away from him...盼望讓妳留在其中- 它使妳回轉.....無論妳是自信(Yachal - 嬰兒會來)還

是不確定(Qavah - 我不確定我們是否會找到那個寶藏).....盼望讓妳回轉向耶穌, 尤其是在受苦的時候...上帝寧願妳尋求他, 對他生氣, 也不願妳離開他...

One of my favorite stories in the Old Testament is the story of Jacob wrestling with God, and it really spoke to me regarding how one might say "yes" to suffering...舊約中我最喜歡的故事之一是雅各與上帝摔跤的故事, 它確實告訴我如何對苦難說「是」...

Read Genesis 32:22-32, NIV

讓我們讀創世記32:22-32

22他夜間起來, 帶著兩個妻子, 兩個使女, 並十一個兒子, 都過了雅博渡口, 23先打發他們過河, 又打發所有的都過去, 24只剩下雅各一人。有一個人來和他摔跤, 直到黎明。25那人見自己勝不過他, 就將他的大腿窩摸了一把, 雅各的大腿窩正在摔跤的時候就扭了。26那人說:天黎明了, 容我去罷! 雅各說:你不給我祝福, 我就不容你去。27那人說:你名叫甚麼? 他說:我名叫雅各。28那人說:你的名不要再叫雅各, 要叫以色列;因為你與神與人較力, 都得了勝。29雅各問他說:請將你的名告訴我。那人說:何必問我的名? 於是在那裡給雅各祝福。30雅各便給那地方起名叫毘努伊勒(就是神之面的意思), 意思說:我面對面見了神, 我的性命仍得保全。31日頭剛出來的時候, 雅各經過毘努伊勒, 他的大腿就癱了。32故此, 以色列人不吃大腿窩的筋, 直到今日, 因為那人摸了雅各大腿窩的筋。

When my boys were young, I would wrestle with them...wrestle them to the ground until they were screaming (the good kind) for mercy. I kept increasing the intensity...throwing them across the room onto the couch (occasionally missing the couch) – they would cry for a moment and then fling themselves right back at me, screaming "more, more"...當我的孩子還小的時候, 我會和他們摔跤.....把他們摔倒在地, 直到他們尖叫著(善良的)求饒。我不斷增加強度.....把他們扔到房間另一邊的沙發上(偶爾會錯過沙發)——他們會哭一會兒, 然後又撲向我, 尖叫著「更多, 更多」...

They were never afraid (maybe a little nervous) to wrestle with their Dad...他們從不害怕(也許有點緊張)與他們的父親摔跤...

But most of us are afraid to wrestle with God...to doubt – to ask questions...I used to be scared of asking such questions (I guess I'm still a little nervous about it), but I had questions with no easy answers...但我們大多數人都害怕與上帝摔跤.....懷疑——提出問題.....我曾經害怕問這樣的問題(我想我仍然有點緊張), 但我的問題沒有簡單的答案.....

So I decided, with some fear, to get in the ring with God...to wrestle with Him...to ask Him for answers...因此, 帶著一些恐懼, 我決定與上帝同台競技.....與他摔跤.....向他尋求答案.....

And I found a God willing to listen to my cries and questions and clarity regarding what I believe. Old truths have found their way back to me in ways far more profound than I could imagine before Chase died. They are stronger and more sustaining. But it took time. 我找到了一位願意傾聽我的哭泣和問題的上帝, 並且祂對我的信仰有清晰的認識。古老的真理以比我在蔡斯去世前所能想像的更加深刻的方式回到了我的身邊。他們更強大, 更持久, 但這需要時間。

But the most important thing I found in the wrestling and suffering was a deeper and more intimate relationship with God.但我在摔跤和苦難中發現的最重要的事情是與上帝建立了更深、更親密的關係。

When my boys and I were on the floor grabbing each other, holding each other, jumping on each other – it was an intimate point of contact for us as father and sons...It must have been similar for Jacob and God as they wrestled all night...當我和我的孩子們在地板上互相抓住、互相擁抱、互相跳躍時——這對我們作為父子來說是一個親密的接觸點.....這對雅各和上帝來說肯定是相似的，因為他們整夜摔跤...

Even after God wounded Jacob, he didn't give up...He stayed engaged with God...即使神傷了雅各，他也沒有放棄.....他仍然與神保持親密的關係.....

When God allowed my son to die, I was so angry...I didn't want anything to do with God...I even wrote in my journal how I served God all those years, sacrificed so much for him...I couldn't reconcile it...當上帝允許我的兒子死去時，我非常生氣.....我不想與上帝有任何關係.....我甚至在日記中寫下了我這些年來如何事奉上帝，為他犧牲了那麼多.....我無法調和...

But what I decided to do, which is way more courageous than running from God, was to run to Him in my pain...但我最后決定做的，远比逃避上帝勇敢得多——我在痛苦中奔向祂...

The author of Hebrews...希伯來書的作者...

This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary. Hebrews 6:19 NLT (WORSHIP TEAM UP)

希伯來書 6:19

19 我們有這指望，如同靈魂的錨，又堅固又牢靠，且通入幔內。

Hope - Without hope in God, we are less likely to come to God. Hope in God is an anchor for our souls. It draws us into God's presence, where we meet with Him, cry out to Him, and be loved...指望——如果對神沒有指望，我們就不太可能來到神面前。對上帝的盼望是我們靈魂的錨。它吸引我們到神的面前，在那裡我們與祂相遇，向祂呼求，並被愛...

Sometimes, the only difference between breakdown and breakthrough is how you navigate the storms. Those moments of waiting, anticipating, uncertainty...not losing hope in Jesus in the process.有時，崩潰和突破之間的唯一區別在於你如何度過風暴。那些等待、期待、不確定的時刻.....在這個過程中不要失去對耶穌的盼望。

I'm convinced, now more than ever, that whenever something negative happens outside us, it is an opportunity to let God work something in us. If we are willing to come to Him.我現在比以往任何時候都更相信，每當我們外面發生負面的事情時，這就是讓上帝在我們裡面做事的機會。如果我們願意來到祂面前。

I am changed because of the storm...I am not the same man, husband, father, pastor, or leader as I was...Jesus is transforming me by His Spirit as I wait in his presence.我因為暴風雨而改變了.....我不再是以前的那個男人、丈夫、父親、牧師或領袖了.....當我在祂面前等待時，耶穌正在透過祂的靈改變我。

Listen, I'm not the same I was before my son's death. I've changed. I don't walk the same. I don't talk the same. I don't prioritize the same. The transformation didn't come because of my son's death, but it came when I accepted God's invitation to get in the ring with him. To say "yes" to his presence amid suffering and uncertainty. 聽著，我已經和兒子過世前不一樣了。我變了。我走路不一樣。我說話不一樣。我不優先考慮相同的事情。這種轉變並不是因為我兒子的死而發生的，而是當我接受上帝的邀請與祂摔跤時發生的。在痛苦和不確定中對祂的同在說「是」。

And today, though I walk with a limp, I also walk with a deeper intimacy with God that only wrestling with Him can bring. 今天，雖然我走路一跛一拐，但我也與神有了更深的親密關係，只有與祂摔跤才能帶來這種親密感。

INSPIRATION - MAKE IT MEMORABLE - WHY DO THEY NEED TO DO IT (Creative elements that will make the message "stick," recast the vision of the message) 靈感 - 使其難忘 - 為什麼他們需要這樣做(使訊息「黏住」的創意元素，重塑訊息的願景)

Up on that mountain, huddled together, shivering in the cold, wet, wind-driven storm, my boys and I were never more intimate than in that moment... 在那座山上，我和我的孩子們擠在一起，又濕又冷、在狂風吹襲的風暴中瑟瑟發抖，在那一刻，我和我的孩子們從未如此親密...

I know this now: Jesus meets us on the sides of stormy mountains and in the valleys of shadows... I will not fear, for you are with me... 我現在知道了：耶穌在風雨如磐的山巒和陰影的山谷裡與我們相遇.....我不會害怕，因為你與我同在.....

Jesus' invitation remains: come to me, all who are weary and heavy laden, and I will give you rest. I am near to the brokenhearted. 耶穌的邀請仍然存在：所有勞苦擔重擔的人可以到我這裡來，我會讓你們得到安息。我靠近傷心的人。

Grief and suffering are invitations to a deeper intimacy with each other and Jesus... 悲傷和痛苦是我們與彼此和耶穌建立更深的親密關係的邀請...

So, friends, don't let go of hope. Don't give up on hope. Don't turn your back on hope. I can tell you there is light on the other side of the dark...there is hope on the other side of despair...will you run to Jesus with me – will you cry out to Jesus with me – will you allow your pain, your questions, your doubts to drive you to your knees in prayer... 所以，朋友們，不要讓盼望離開。不要放棄希望。不要背離盼望。我可以告訴你，黑暗的另一邊有光明.....絕望的另一邊有希望.....你願意和我一起奔向耶穌嗎？你願意和我一起向耶穌呼喊嗎？你願意讓你的痛苦，你的問題嗎，你的疑慮使你跪下來禱告嗎...

PRAYER: Sometimes I feel like Peter when the crowds left Jesus because of his teaching, and you turned to your closest friends and asked them: Are you going to leave too? And Peter says, "Lord, where else would we go? You have the words of eternal life, and I believe in you." 禱告：有時我覺得自己像彼得一樣，當群眾因耶穌的教導而離開祂時，你轉向你最親密的朋友問他們：你也要離開嗎？彼得說：“主啊，我們還能去哪裡呢？你有永生之道，我也信你。”

Reference:

創世記 32:22-32

Chinese Union Version (Traditional)

22 他夜間起來，帶著兩個妻子，兩個使女，並十一個兒子，都過了雅博渡口，

23 先打發他們過河，又打發所有的都過去，

24 只剩下雅各一人。有一個人來和他摔跤，直到黎明。

25 那人見自己勝不過他，就將他的大腿窩摸了一把，雅各的大腿窩正在摔跤的時候就扭了。

26 那人說：天黎明了，容我去罷！雅各說：你不給我祝福，我就不容你去。

27 那人說：你名叫甚麼？他說：我名叫雅各。

28 那人說：你的名不要再叫雅各，要叫以色列；因為你與神與人較力，都得了勝。

29 雅各問他說：請將你的名告訴我。那人說：何必問我的名？於是在那裡給雅各祝福。

30 雅各便給那地方起名叫毘努伊勒(就是神之面的意思)，意思說：我面對面見了神，我的性命仍得保全。

31 日頭剛出來的時候，雅各經過毘努伊勒，他的大腿就癱了。

32 故此，以色列人不吃大腿窩的筋，直到今日，因為那人摸了雅各大腿窩的筋。