

Follow: The Way of Resilience

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Bo Stern Brady

跟隨: 堅韌之道

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佈道: 珀·斯坦·布瑞迪

敬拜

歌曲一: 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

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:

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

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)

歌曲二: 万王之王 (King of Kings) 词曲: Brooke Ligertwood , Scott Ligertwood & Jason Ingram

Verse 1:

在黑暗中我们等待

没盼望

没光明

直到祢从天堂奔来

祢眼中满有怜悯

为应验律法和先知	为彰显祢国度降临	死去的圣徒复活
真道出自童贞女	失丧的与神和好	天使都敬畏站立
从无限荣耀宝座上	为赎回祢所造万物	凡愿前来的灵魂
降在污秽马槽里	祢甘愿承受十架	都回归天父身边
Chorus:	当祢还在苦难之中	
赞美圣父	已看见前面喜乐	Verse 4:
与圣子	定意为要拯救我们	基督的教会诞生
赞美圣灵	耶稣祢舍出生命	圣灵点燃了火焰
三一神		这亘古福音真理
荣耀真神	Verse 3:	不衰退不妥协
至高主	在祢复活的清晨	因为祢宝血圣名
赞美永归于万王之王	众天堂屏住呼吸	我得自由得释放
	直到石头被挪开	因耶稣基督的爱
Verse 2:	羔羊胜过了死亡	赐给我复活生命

歌曲三：惟靠主耶穌的寶血 | **Nothing But The Blood**

我罪怎能得洗淨？惟靠主耶穌的寶血；	一生言語都有錯，惟靠主耶穌的寶血。
我心怎能得完全？惟靠主耶穌的寶血。	靠主寶血享平安，惟靠主耶穌的寶血；
我的刑罰怎得除？惟靠主耶穌的寶血；	洗去困苦並愁煩，惟靠主耶穌的寶血。
得救是否靠得住？惟靠主耶穌的寶血。	主寶血當頌揚，洗我罪免死亡；
我無功勞補罪過，惟靠主耶穌的寶血；	此活泉世無雙，惟靠主耶穌的寶血。

佈道

Follow - the Way of listening, of beauty, of rest, of truth, of interdependence and this week; Resilience. The way only goes where the way goes. Whole flourishing lives are the desired destination - which road will lead to them? 跟隨- 聆聽之道, 美麗之道

, 安息之道, 真理之道, 相依之道。本週內容 - 堅韌之道。路只到路去的地方。完整繁榮的生活是理想的目的地 - 哪條路會通向它們？

Resilience. This concept came up at the beginning of last year on a drive to Bend. 韌力。這個詞是我去年年初開車去本德的路上感受到的。

Resilience: 韌力

1. the capacity to withstand or to recover quickly from difficulties; toughness. "the remarkable resilience of so many institutions" 承受困難和從困難中恢復的能力; 強韌性。"這麼多機構的非凡韌性"。

2. the ability of a substance or object to spring back into shape; elasticity. 物質或物體彈回形狀的能力; 彈性, 彈力。

I knew then that it would be my word for the year. **Not the word I wanted, but the word I needed.** 於是我知道這將是我那一年的詞。不是我想要的詞, 而是我需要的詞。

In order to create a starting point for a new understanding, we're going to plant in 2 Corinthians 4. Here, Paul is encouraging the Church in Corinth. Corinth is a busy trade city and it is worldly and chaotic. The believers there are trying to figure out how they live as lights in a really dark world - Paul's first letter gives them a lot of correction, and the second letter gives them encouragement and a few more warnings about how to live the way of Jesus well. 為了開創一個新理解的起點, 我們將根植在哥林多後書第四章。這裡, 保羅鼓勵哥林多的教會。哥林多是一個繁忙的貿易城市, 世俗而混亂。那裡的信徒試圖弄清楚他們如何在一個黑暗的世界裡成為光 - 保羅在第一封信裡給了他們很多糾正, 在第二封信裡給了他們鼓勵和更多關於如何活出耶穌之道的警告。

He is coming to them as a shepherd saying, 'I know it's hard. I know people don't understand you and you feel like an outcast. I know the idea of being light in a dark world sounds impossible, but there is HOPE.' Paul does not offer hope as a way to invalidate their pain - in fact, he's very clear about what it is that they're experiencing. 他以牧者的身份來到大家面前說, '我知道這很難。我知道人們不理解你, 你覺得自己像被遺棄的。我知道成為黑暗世界的光這種想法聽起來不可能, 但是有希望的。'保羅並沒有把希望作為消除他們痛苦的一種方式 - 事實上, 他非常清楚他們正在經歷的是什麼。

But we have this treasure in jars of clay to show that this all surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed but not in despair; persecuted, but not abandoned; struck down, but not destroyed. 2 Corinthians 4:7-8

哥林多後書 4:7-8

我們有這寶貝放在瓦器裡, 要顯明這莫大的能力是出於神, 不是出於我們。我們四面受敵, 卻不被困住; 心裡作難, 卻不至失望; 遭逼迫, 卻不被丟棄; 打倒了, 卻不至死亡。

I love this passage. At first glance, it looks like this treasure Paul is talking about is the all-surpassing power of God...but actually, Paul is saying the treasure is that WE - the

small clay vessels - can contain that power without having to produce it ourselves. 我喜歡這段話。乍一看，保羅所說的這個寶藏似乎是神超越一切的大能...但實際上，保羅所說的寶藏是我們 - 小陶器 - 可以擁有這種力量而不用通過自己產生它。

The power is not from us. It's not up to us. **We are carriers of the power, not creators of the power.** This is REALLY good news...then he launches immediately into bad news. We are hard pressed on every side - this feels suffocating and confining. And I've felt some of that during fierce trial seasons of my life. 這個力量不是來自我們，也不取決於我們。我們是力量的載體，而不是力量的創造者。這實在是一個好消息...然後他立刻開始談論壞消息。我們在任何方面都受到重重壓力 - 這讓人感到窒息和局限。而在我自己生命中最受考驗的時候，我已經感受到了其中一些。

Thlipsis is the word here. Pressure or compression. It causes pain but often the pressure is necessary to produce something more valuable than the original object. Olives into oil. Grapes into wine. We are pressed by affliction, by our enemy - but the power of God can turn that pressing into something valuable and beautiful. The product of resilience. 可以用Thlipsis 這個希臘詞來描述。是壓力或受壓的意思。這導致痛苦，但是，經常地，壓力對於產生超乎其本來價值的價值是必要的。就像是橄欖變成油，葡萄變成酒。我們因苦難受壓迫，被我們的敵人壓迫 - 但是神的大可以使重壓產生美麗的和寶貴的東西。這就是堅韌。

WE are persecuted - which in the Greek means "chased", but not abandoned. Hard times are chasing us down, but we are not alone - God is with us - so if our enemy chases us, he'll run right into God. And then - we are struck down, but not destroyed. This is my favorite one of all the truly terrible things listed here. 我們受逼迫 - 在希臘文裡是被追趕的意思，但是我們並沒有被遺棄。困難的時日追迫著我們，但是我們並不孤單 - 神與我們同在 - 所以如果我們的敵人追趕我們，他撞見的會是神。我們被打倒了，卻不至死亡。這是在所有列舉在這裡糟糕的事裡，很喜歡的一個。

Paul chooses a term here that is used to describe a sports situation. He was probably thinking of wrestling, but when I read this, I thought of football. Superbowl. The way the game is played. **And all the times he's been knocked down before - in practice, in less important games - have become a part of his makeup now...those times have made him stronger and remind him to keep getting up. All those other times being knocked down are exactly the reason he is in this game and I am not.** 保羅在這裡用了一個描述體育運動的詞。可能他想的是摔跤，但是當我讀到這裡的時候，我想到的是橄欖球，超級杯，這項比賽的方式。在以前所有被摔倒的時候 - 在訓練時，在小型的比賽裡 - 以前的這些，都變成了為此刻的修飾...那些艱難的時刻使此刻的他更為強壯，並不斷提醒他要站起來。那些從前被摔倒的時刻決定了現在在場裡的是他，而不是我。

If Eternity is the win - if it's the RING and we know it's assured to us, then we don't have to overly analyze: Why is everyone and everything trying to stop me? It's just part of the game. It's part of the win. 如果永恆是最終的贏家 - 這人生是那個賽場，我們知道那是在向我們保證，我們就不用過分去想：為什麼好像所有人和所有事都在阻擋我？

這是比賽的一部分。也是勝利的一部分。

(Paul understands getting knocked down: 2 Co 10:4-5 imprisonments, beatings, shipwrecks, sleepless nights, hunger, thirst, cold, loneliness, betrayal) (保羅所指的擊倒:在《哥林多後書》10:4-5 裡是牢獄, 鞭打, 沉船, 無眠的夜晚, 飢餓, 乾渴, 寒冷, 孤獨, 背叛)

So these are the kinds of things Paul is talking about as he launches into a discussion about adopting a resilient perspective on setbacks. If you feel hard pressed today, on the run from trouble or knocked down - this is for you. 保羅談論的就是這樣的事, 當他準備談論遇到挫折時採取的堅韌的精神時。如果你今天感到重壓, 企圖擺脫困境或者被擊倒 - 這就是專門為你準備的。

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. ¹⁷For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. ¹⁸So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. 2 Co. 4 :16-18

《哥林多後書》4 :16-18

所以我們不喪胆, 外體雖然毀壞, 內心却一天新似一天。17我們這至暫至輕的苦楚, 要為我們成就極重無比永久的榮耀。18原來我們不是顧念所見的, 乃是顧念所不見的。因為所見的是暫時的, 所不見的是永久的。

(So we're not giving up. How could we! Even though on the outside it often looks like things are falling apart on us, on the inside, where God is making new life, not a day goes by without his unfolding grace. These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us. There's far more here than meets the eye. The things we see now are here today, gone tomorrow. But the things we can't see now will last forever. The Message)

(所以我們不是放棄。我們怎能放棄! 儘管從外面看, 我們遇到的事情如此破碎, 不順利, 但是在我們心裡, 神在造就新的生命, 沒有一日不在他給予的恩典中。這些艱難的時刻相比於將來的美好都微不足道。盛大的慶祝在為我們準備。那是我們現在不能看到的。我們今天所看到的事明天就不在了, 但是我們現在不能看到的卻是要存留到永遠的。這就是保羅要說的。)

1. **We do not lose heart.** This is a decision. An act of the will and the heart and the soul. This is grit. 我們不灰心。這是一個決定。意志、心和靈魂的行為。這是堅韌。
2. **Outwardly we are wasting away.** We acknowledge the truth that life here is not easy or sturdy. It's hard here. Bodies and hearts break. Relationships implode. I like the honest acknowledgement of the reality that this isn't easy. Valid emotions. You can be honest about the hard stuff and still, apparently NOT lose heart. 我們的外體在毀壞。我們承認地上的人生並不輕鬆或穩固。這是很難。身體和心靈都破碎了。關係破裂。我喜歡保羅誠實地承認這並不容易。他認同那些基督徒的情緒。你可以對困難的事情誠實, 但顯然還可以不灰心。

(Hebrews understood how to process grief in a way that we in America do not. They immersed themselves in experiencing and expressing the grief of loss. Tore their clothes. Put ashes on their faces. Shaved their hair, pulled out their beards. Lamentations is written as an acrostic poem, each line starting with the next letter in the Hebrew alphabet: Jeremiah was expressing his sorrow from A to Z. We NEED to sometimes take a season to fully experience the pain of sorrow, the frustration of trouble, the sting of loss. Maybe: Noel/Joy - hits head, hits her sister.) Paul says, "Yep, in this world - we waste away..." However... (希伯來人懂得如何用我們美國人不太採用的方式處理悲傷。他們沉浸在體驗和表達失去的悲傷中。撕破他們衣服。把灰撒在臉上。剃掉頭髮，拔掉鬍鬚。哀歌是寫成一首離合詩，按希伯來字母表的順序每一行從下一個字母開始：耶利米從 A 到 Z 表達他的悲傷。有時我們需要花一個季節來充分體驗悲傷的痛苦、麻煩的挫敗感、痛苦的刺痛損失。(也許舉例：Noel/Joy - 撞到頭，打了她姐姐。)保羅說，“是的，在這個世界上 - 我們身體日漸毀壞.....”但是.....)

3. **Inwardly we are being renewed day by day.** Shift in perspective to what's internal. View finder. Focus on what's inside. 我們裡面一天新似一天。將視角轉移到內部。轉換視角。專注於里面的東西。

Inside, we are becoming like Jesus. Thoughts, Feelings, Decisions. These things are being renewed. This is where "that same spirit that raised Christ from the dead" dwells. INSIDE of you...which can also be outside the fray of a crazy world if we'll let it be. Pull in. Focus in. Where is God at work in you? And this is present tense. It's happening right now...but it's not ALL happening right now. 在內心，我們正在變得像耶穌。想法、感受、決定。這些東西正在更新。這就是“使基督從死裡復活的同一靈”所在的地方。在你裡面.....如果我們願意/允許的話，它也可影響到瘋狂世界的紛爭。拉進。專注在裡面。神在你裡面的什麼地方工作？這是現在時。它正在發生.....但現在發生的還不是全部。

It's happening day by day. As we set our hope on the work of God in our lives, we are incrementally but steadily becoming more and more like Him - the most ALIVE, healthy, flourishing person who ever lived. 它每天都在發生。當我們期待上帝在我們生命中的作為時，我們就會逐漸但穩步地變得越來越像他——有史以來最有活力、最健康、最興旺的人。

4. **FOR our light and momentary afflictions are achieving for us an eternal glory** that far outweighs them all. It's hard to focus on an unseen glory when we live in the middle of so much abundance. We've worked hard in America to build a glorious land. That's not wrong, but it can obscure the beauty of eternity by making this life seem like the main event. 因為我們輕微而短暫的苦難正在為我們成就遠勝一切的永恆榮耀。當我們生活在如此物質豐富的環境中時，很難專注於看不見的榮耀。我們在美國努力工作，建設了一片莊美的土地。這並沒有錯，但它會讓今生看起來像是主要事件，從而掩蓋了永恆的美麗。

People to whom Paul was writing already expected future blessing to outweigh present trouble. In fact, Gentile philosophers of the day recognized that what was eternal mattered more than anything temporary - many believed the unseen realm of ideas was more real than physical things, which decay. 保羅寫信鼓勵的這些人已經盼望未來的祝福超過現在的麻煩。事實上，當時的外邦哲學家認識到，永恆的事物比暫時的事物更重要——許多人認為看不見的思想領域比物質事物更真實，後者會腐爛。

Some even believed that the body was much heavier than the soul and was thus weighing it down and when that bulky body died, the soul would rise again to the pure heavens from which it came. Paul speaks instead of glory that OUTWEIGHS it. 有些人甚至認為身體比靈魂重得多，因此壓垮了它，當那個笨重的身體死去時，靈魂會再次上升到它所來自的純淨天堂。保羅卻說的是神的榮耀超過身體物質。

So resilience isn't just essential, it's beautiful. It produces something in us. So if pressing grapes creates the product of wine or pressing olives creates the product of oil, what is the product of human resilience? 所以，韌力不僅必不可少，而且很美麗。它在我們內裡生出某些東西。那麼，如果壓榨葡萄可以釀造葡萄酒，或者壓榨橄欖可以釀造油，那麼人類韌性的產物是什麼？

Resistance produces strength. 韌力產生力量。

Like going to the gym - we put stress on our muscles so that they will get stronger. Life puts stress on our souls so that we will grow stronger...so that the thing that used to knock us over can't knock us over anymore. Then our motto begins to change from, "I get knocked down, but I get up again.." To "Nice try. That doesn't get to knock me down." 就像去健身房一樣——我們對肌肉施加壓力，這樣它們就會變得更強壯。生活給我們的靈魂施加壓力，這樣我們就會變得更堅強.....這樣曾經把我們打倒的事情就不能再把我們打倒了。然後我們的座右銘開始從“我被打倒了，但我又站起來了.....”變成了“不錯的企圖。可這不會擊倒我了。”

Resistance produces perspective. 韌力產生見識。

-Compassion. Core values. Purpose. What's worth fighting for? What's worth getting knocked over for? -同情。根本價值。意義。什麼值得為之奮鬥？什麼值得被擊倒？

Resistance produces humility. 韌力產生謙遜。

Because sometimes we need someone else's help to get back up again. And this teaches not just to accept help when we're stuck in a ditch, but also to become help for someone else who is stuck. 因為有時我們需要別人的幫助才能重新站起來。這教導我們不只是在陷入困境時接受幫助，還要幫助陷入困境的其他人。

We can choose to respond to resistance with resilience this week. OR...if you're feeling brave, you can choose to create some resistance in order to build resilience.

Fasting. Prayer. Any of the spiritual disciplines. Do you have a resistance to silence? Spend a little time in silence. Is there something you feel you can't live without? Live without it for a day. Do a little spiritual weight lifting so that you are not someone who is knocked over by every stiff breeze that comes along. 本週我們可以選擇以韌力應對阻力。或者.....如果你感到勇敢, 你可以選擇製造一些阻力來增強韌性。禁食。禱告。任何屬靈操練。你對寂靜有抵觸嗎? 花一點時間保持沈默。有什麼東西是你覺得沒有就活不下去的? 花一天時間沒有它, 不用它。做一點精神上的舉重, 抗力鍛鍊, 這樣你就不會被人生中種種厲風吹倒。

Communion. Response. 聖餐。回應。

Benediction. 祝禱