

B4 6/25/23
Miracle Series: Sermon II

四方教會
神蹟系列: 第二篇
2023年六月二十五日

Worship 敬拜

【信靠耶穌真是甜美】

詩集: 生命聖詩, 286

信靠耶穌真是甜美; 只要深信主恩言,
只要站在主應許上, 信靠主蒙福無邊。

從主領受一切恩惠, 生命, 喜樂, 享安息。

信靠耶穌何等快樂; 祂是我救主, 良友,

信靠耶穌何等甜美; 只要信靠主寶血,
只要憑著單純信心, 能洗罪污白如雪。

深知祂必與我同行, 從今時直到永遠。

副歌: 耶穌, 耶穌, 何等可靠, 我的經驗屢證
實。

信靠耶穌真是甜美; 罪污, 自我, 全離棄,

耶穌, 耶穌, 寶貴耶穌, 賜我恩更信靠
你。

Sermon Message 講道信息

Intro 簡介:

1. Hi, welcome. I'm David. I get to be the Young Adults pastor and one of the youth pastors here at B4 Church. 大家好, 歡迎來到主日聚會。我叫大衛, 我是B4教會的青年牧師和青少年牧師之一。
2. [Series: Miracles] Last week, Pastor Bo began our new teaching series on Miracles...
 - a. In this series, we are talking about miracles in this grand story of God, which we are defining as... [系列: 神蹟] 上週, 珀牧師開始了我們新的神蹟系列教學……在這個系列中, 我們談論上帝這個偉大故事中的神蹟, 我們將其定義為……
 - b. "A divine manifestation of God's power that creates a reversal and reveals His character and purpose in our world." 上帝大能的神聖體現創造了一個逆轉, 並向這世界揭示了祂的品格和目的。

- c. Or, in short, **“When Heaven invades Earth and creates beauty.”** 或者，簡而言之，**“當天國降臨地上並創造出美麗的事物時。”**
- i. If you’re a skeptic, first off, we are glad you are here. You belong. But if you’re a skeptic, miracles are doubtful. 如果您對此持懷疑態度，首先，我們很高興您來到這裡，您屬於這裏。但如果您是一個懷疑論者，神蹟就值得懷疑。
 - ii. If you are a believer, you can get behind the idea of miracles... 如果您是一個信徒，你就可以支持神蹟的想法.....
 - 1. But, if we’re being completely honest, sometimes even those of us who follow Jesus, we doubt that what happened in the Bible is actually possible today. 但是，如果我們完全誠實的話，有時甚至是我們自己跟隨耶穌的人，我們今天懷疑聖經中所發生的事情實際上是可能的。
 - iii. Wherever you find yourself today, whether a believer in miracles or a skeptic, my desire for you is that you would be moved by the reality of God breaking into our present reality. 無論你今天身在何處，無論是相信神蹟的信徒還是懷疑論者，我對你的渴望是，你會被上帝闖入到我們當前的現實生活的現實所感動。
- d. Last week, Pastor Bo talked about the miracle of freedom 上週珀牧師談到了關於自由的神蹟
- e. This morning, We’re talking about the **miracle of satisfaction**, and we’re going to start with Jesus feeding a great crowd with five loaves of bread and two fish. i. A familiar story if church has been a part of your life for a couple of years or more. 今天早上，我們將談論滿足的神蹟，我們將從耶穌用五個餅和兩條魚餵飽一大群人開始。如果妳已經來教會幾年或著很多年了，那麼這個對妳來說是一個熟悉的故事。
- ii. If you are new to this church thing, you’re in for a fun story of Jesus satisfying the hunger of thousands of people with five loaves and two fish. 如果您是慕道友，那麼您將會聽到一個關於耶穌用五個餅和兩條魚滿足了數千飢餓人的有趣故事。
- f. But this morning, I want to talk about how this is miracle of satisfying a hungry crowd actually points towards a greater miracle that the crowd actually missed but is available for us today. 但今天早上，我想談談這個滿足飢餓人群的神蹟實際上是如何指向一個更大的神蹟的，而當時的人們卻實際上錯過了這個神蹟，但今天我們可以看到。

Desire 慾望

1. But before we go into that, I have a question for you – take a moment to really reflect – **“What do you want?”** 但在我們討論這個問題之前，我有一個問題要問你——花點時間思考一下——**“你想要什麼？”**
 - a. Seriously, what is it, deep down, that you most deeply want? 說實話，你內心深處

最渴望的是什麼？

- i. Maybe it's to get that dream job 也許是為了獲得夢想的工作
- ii. Experience that dream vacation 體驗夢想假期
- iii. Reach that ideal salary 達到理想的薪資
- iv. High school – get into that perfect school or career, or get your crush to like you back 高中—進入完美的學校或職業，或者讓你喜歡的人也喜歡你

b. When you stop to reflect on this, what is it that you truly want? 當你停下來反思時，你真正想要的是什麼？

2. Desire in philosophy 哲學中的慾望

a. Now, according to Sigmund Freud – the Austrian Neurologist whose influence in our world today is hard to exaggerate - according to Freud what you really want is pretty simple. 當今，根據奧地利神經學家西格蒙德·弗洛伊德（Sigmund Freud）的說法，他對當今世界的影響力不容小覷。根據弗洛伊德的說法，你真正想要的東西非常簡單。

b. Freud concluded that the satisfying pleasures of romantic physical love drives us to seek the satisfaction of happiness through sexual relations...and make that the central pursuit of our lives. 弗洛伊德得出的結論是，浪漫的肉體之愛所帶來的滿足感驅使我們通過性關係尋求幸福的滿足……並使之成為我們生活的中心追求。

c. In other words, it's all about sex! 換句話說，一切都與性有關！

d. The key to living a fulfilled, satisfied life, the life we are all striving for, is this: do whatever is sexually gratifying to you. 過上充實、滿意的生活（我們都在努力追求的生活）的關鍵是：做任何能讓你在性方面得到滿足的事情。

e. Friends, much of our cultural obsession with sex and sexuality comes from Freud's theory of sex being the key to happiness and satisfaction. 朋友們，我們對性和性行為的文化痴迷很大程度上來自於弗洛伊德的理論，即性是幸福和滿足的關鍵。

The Problem: The Reality of the Unsatisfied, Internal Longing 問題：內心渴望得不到滿足的現實

1. But there's a problem... Sex doesn't satisfy 但有一個問題……性不能滿足

a. Before you object, hear me out! 在你反對之前，先聽我說完！

i. The problem isn't that sex won't satisfy in the moment, but it's unsustainable. 問題不在於性在當下無法滿足，而在它是於不可持續的。

ii. Attractions wain, and ultimately, sexual satisfaction is not lasting. 吸引力減弱，最終，性滿足感不會持久。

b. Not only that, we find that the things we long for, once those things are attained, do not ultimately satisfy. 不僅如此，我們發現我們渴望的東西一旦實現，並不能最終得到滿足。

- i. The Little Mermaid recently came to theaters...there's the song where Ariel laments that she has all she could possibly want, and yet she wants more: She wants to be where the people are, or, more specifically, where the handsome dude is. 《小美人魚》最近來到了劇院……在這首歌中，愛麗兒感嘆她已經擁有了她可能想要的一切，但她想要更多：她想要去人們所在的地方，或者更具體地說，她想要到有美男子的地方去。
 - ii. Here, there is the idea that there is something "out there" that will finally satisfy 在這裡，有這樣一種想法：“外面”有某種東西最終會滿足
 - c. So the Little Mermaid has everything – Wants more – Gets what she wants: the man. 所以小美人魚擁有一切——想要更多——得到她想要的：男人。
 - d. But the story ends too soon, before she lives with him a while, realizes he's human and doesn't do the dishes right. 但故事結束得太早了，在她和他一起生活一段時間之後，她意識到他只是個普通的人，並且不怎麼會做飯。
 - e. If we get what we want, we realize it does not satisfy the deeper longings of the soul. 如果我們得到了我們想要的東西，我們就會意識到它並不能滿足靈魂更深層次的渴望。
 - i. The dream job isn't as glamorous as we want. 夢想的工作並不像我們想要的那麼迷人。
 - ii. Dream vacation wasn't the perfect vacation 夢想假期並不完美
 - iii. Money doesn't satisfy 金錢不能滿足
 - f. In the words of the poet **Wallace Stevens**, “**But in contentment I still feel the need for an imperishable bliss.**” 用詩人華萊士·史蒂文斯的話說，“但在滿足中，我仍然感到需要一種不朽的極樂。”
2. When we stop to think about it, **we all have an internal longing that the things of this world may fulfill in the moment, but not fully satisfy.** 當我們停下來思考這個問題時，我們發現我們都會有一種內心的渴望，希望這個世界上的事物可以在當下實現，但它們不能讓我們完全得到滿足。
3. Have you ever noticed that longing for the complete satisfaction of your soul? 你有沒有注意到你對靈魂完全滿足的渴望？
4. we may assume that this longing will be fulfilled when we get that job, vacation, that relationship. 我們可能會假設，當我們得到那份工作、假期、那段關係時，這種渴望就會得到滿足。
5. But we time and time again find ourselves desiring more. 但我們一次又一次發現自己渴望更多。

The Problem is because of the Curse 這個問題是因為咒詛

- 1. This problem of satisfaction, or, better yet, lack of satisfaction is a human problem - we all face this. 這種滿意度的問題，或者更好的是，缺乏滿意度的問題是人類的問題——我們都面臨著這個問題。
- 2. And this problem has been with us since the beginning of history when sin entered the story. 自歷史開始，罪開始出現以來，這個問題就一直伴隨著我們。
- 3. In this story in Genesis 3, humanity was tempted to find satisfaction in what their eyes found desirable instead of obeying God's command to not eat of the tree of knowledge, trusting that God wants what's best for them! 在創世記第 3 章的這個故事中，人類

受到誘惑去尋找他們眼中所渴望的東西的滿足，而不是遵守上帝的命令，不吃知識樹上的果子，相信上帝想要給他們最好的東西！

4. Because of this, the curse of sin and evil enter God's good creation and the human story. 正因為如此，罪和邪惡的咒詛進入到了上帝美好的創造和人類的故事。

5. Genesis 3:17-19 創世記 3:17-19

a. **...cursed is the ground because of you; in pain you shall eat of it all the days of your life; ¹⁸thorns and thistles it shall bring forth for you; and you shall eat the plants of the field. ¹⁹By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return.” (Genesis 3:17b-19, ESV)** 17 又對亞當說：你既聽從妻子的話，吃了我所吩咐你不可吃的那樹上的果子，地必為你的緣故受咒詛，你必終身勞苦，才能從地裡得吃的。 18 地必給你長出荊棘和蒺藜來，你也要吃田間的菜蔬。 19 你必汗流滿面才得糊口，直到你歸了土，因為你是從土而出的。你本是塵土，仍要歸於塵土。

b. Due to the curse in this world because of sin, this is the pattern: 由於罪給這個世界帶來的咒詛，這就是模式：

i. We work for bread 我們為面包而工作

ii. But the bread doesn't have a lasting satisfaction 但面包並沒有持久的滿足感

iii. So we work more. Get more momentary satisfaction and sustenance, it doesn't last...the cycle repeats endlessly. 所以我們工作更多。獲得更多暫時的滿足和寄託，它不會持久.....循環無休止地重複。

iv. and then we die. “to dust you shall return.” 然後我們就死了。“妳終將歸於塵土。”

6. This is the lot of our lives. This is the human condition. 這就是我們一生的命運。這就是人類的狀況。

7. In the language of the teacher in the profoundly honest OT wisdom book, Ecclesiastes, “You can have all the power, money, possessions, everything you ever want, and still face the harsh reality of the vanity of life. Your life is but a mist, a vapor.” 用極其誠實的舊約智慧書《傳道書》中的老師的話來說，“妳可以擁有所有的權力、金錢、財產、妳想要的一切，但仍然要面對生命虛榮的嚴酷現實。妳的生命不過是一團霧，一團蒸氣。”

Bible 聖經

1. Now that we're depressed, let's turn to the book of John 現在我們很沮喪，讓我們翻開約翰福音

2. John 6:1-15 – Jesus feeds the five thousand 約翰福音6:1-15 - 耶穌餵飽5000人。

a. **Some time after this, Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias), ² and a great crowd of people followed him because they saw the signs he had performed by healing the sick. ³ Then Jesus went up on a mountainside and sat down with his disciples. ⁴ The Jewish Passover Festival was near.⁵When Jesus looked up and saw a great crowd coming toward him, he said to Philip, “Where shall we buy bread for these people to eat?”⁶He asked**

this only to test him, for he already had in mind what he was going to do. ⁷ Philip answered him, "It would take more than half a year's wages to buy enough bread for each one to have a bite!" 這事以後，耶穌渡過加利利海，就是提比哩亞海。²有許多人因為看見他在病人身上所行的神蹟，就跟隨他。³耶穌上了山，和門徒一同坐在那裡。⁴那時猶太人的逾越節近了。⁵耶穌舉目看見許多人來，就對腓力說：我們從哪裡買餅叫這些人吃呢？⁶他說這話是要試驗腓力；他自己原知道要怎樣行。⁷腓力回答說：就是二十兩銀子的餅，叫他們各人吃一點也是不夠的。

i. One bite?! That's not going to satisfy! 一點？！這是不夠的！

b. ⁸Another of his disciples, Andrew, Simon Peter's brother, spoke up, ⁹"Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?"¹⁰Jesus said, "Have the people sit down." There was plenty of grass in that place, and they sat down (about five thousand men were there). ⁸有一個門徒，就是西門彼得的兄弟安得烈，對耶穌說：⁹在這裡有一個孩童，帶著五個大麥餅、兩條魚，只是分給這許多人還算什麼呢？¹⁰耶穌說：你們叫眾人坐下。原來那地方的草多，眾人就坐下，數目約有五千。

i. Customary of the time, 5,000 isn't even counting the women and children. So it could have been a lot more! 按照當時的習俗，5000人是不計算女人和孩子的，所以它本來可以更多！

c. ¹¹Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. ¹²When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted."¹³ So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten. ¹⁴After the people saw the sign Jesus performed, they began to say, "Surely this is the Prophet who is to come into the world."¹⁵Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself. (John 6:1-15, NIV) ¹¹耶穌拿起餅來，祝謝了，就分給那坐著的人；分魚也是這樣，都隨著他們所要的。¹²他們吃飽了，耶穌對門徒說：把剩下的零碎收拾起來，免得有糟蹋的。¹³他們便將那五個大麥餅的零碎，就是眾人吃了剩下的，收拾起來，裝滿了十二個籃子。¹⁴眾人看見耶穌所行的神蹟，就說：這真是那要到世間來的先知！¹⁵耶穌既知道眾人要來強逼他作王，就獨自又退到山上去了。

d. This is the great miracle of satisfying hunger! 這是一個滿足飢餓的大神蹟！

e. This is a well-known story of the miraculous! 這是一個家喻戶曉的神奇故事！

f. But this is not where the story ends! 但是故事並沒有結束！

g. This crowd is fed. Naturally, they get hungry again. And they want Jesus to do the bread magic trick thing again! 人群被餵飽。自然地，他們還會再餓。他們希望耶穌再行神蹟給他們麵包吃！

h. And Jesus sneaks away from the crowd because they want to make him king right then and there. 耶穌悄悄從人群中溜走因為他們想當場立他為王。

- i. I don't blame them. 我不怪他們。
- ii. My ideal ruler of the world would be whomever can miraculously out of thin air give me pizza. 我理想的統治者就是能夠憑著神蹟給我披薩的人。
- iii. I would like to think I would read the fine print of this leader's policies,

but if I'm being completely honest, you give me pizza, you have my vote. 3. So that evening his disciples are in a boat without Jesus and then Jesus comes to them walking on water, which is cool (another miracle, but that's besides the point)! 4. [John 6:23-26] 我想我會閱讀這個領導者的細則，但是如果我誠實的話，你給我披薩，你就有我的選票。3. 所以那天晚上，他的門徒們在沒有耶穌的船上，然後耶穌在水上行走來到他們身旁，這很酷（另一個神蹟，但是這不是重點）！4. [約翰福音 6:23-26]

5. Then some boats from Tiberias landed near the place where the people had eaten the bread after the Lord had given thanks. ²⁴Once the crowd realized that neither Jesus nor his disciples were there, they got into the boats and went to Capernaum in search of Jesus. ²⁵When they found him on the other side of the lake, they asked him, "Rabbi, when did you get here?"²⁶Jesus answered, "Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. (John 6:23-26, NIV) 然而，有幾隻小船從提比哩亞來，靠近主祝謝後分餅給人吃的地方。24眾人見耶穌和門徒都不在那裡，就上了船，往迦百農去找耶穌。25既在海那邊找著了，就對他說：拉比，是幾時到這裡來的？26耶穌回答說：我實實在在的告訴你們，你們找我，並不是因見了神蹟，乃是因吃餅得飽。(約翰福音 6:23-26, NIV)

- a. Jesus calls them out! He's like, you're looking for me because you're hungry again! 耶穌叫他們出去！他說，你們找我是因為你們又會飢餓！
- b. In fact, there are two things they are hungry for: 事實上，他們渴望的有兩件事情：

- i. The first is obvious: **Food** 第一顯然是：食物

1. Biblical scholar Alice D. Myers points out that... 聖經學者愛麗絲·D·邁爾斯指出.....

2. **The ability to cure and to provide food are two qualities associated with ideal kings in the ancient Mediterranean world.** - Alicia D. Myers¹ 醫病的能力和提供食物的能力是與古代地中海國家的理想國王有關 - 艾麗西亞·D·邁爾斯

3. They are like "You give us food and heal our sick, you have our allegiance!" 他們說“你給我們食物，醫我們的病，你有我們的忠誠！”

- ii. Therefore, the second thing they are hungry for is this: **Power** 因而，他們渴望的第二件是：權力

1. They wanted to make him king (v. 15) 他們想立他為王(v. 15)

2. And guess what...If he is king, that means their oppressors, the Romans, are not. 你猜怎麼著...如果他是王，就意味著他們的壓迫者，羅馬人，不是。

c. Jesus sees that their desires are for things that do not really satisfy... 耶穌看到他們的慾望無法真正滿足...

i. More food doesn't provide lasting satisfaction. 更多的食物並不能帶來持久的滿足感。

ii. And neither does power. 權力也是。

iii. So he says this: 所以他說：

6. **²⁷Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.” (John 6:27, NIV)** **27不要為那必壞的食物勞力，要為那存到永生的食物勞力，就是人子要賜給你們的，因為人子是父神所印證的。(約翰福音 6:27, NIV)**

a. This is interesting, because it goes against the human rhythm since the curse of Genesis 3 that we read earlier – work for food that spoils, and continue working for it until the day you die. 這很有意思，因為它違背了之前我們讀到的創世紀第3章有關人類的詛咒 - 為會變質的食物工作，並且持續工作直到你死的那天。

b. But here, Jesus is saying something along the lines of... 但是這裡，耶穌說的是...

i. Hey, there is a new reality breaking into the present. 嗨，這有一個新的事實出現。

ii. Heaven invading earth. 天堂進入到地上。

iii. There's a new way to be human. 有一種新的人類方式。

iv. And it involves working for bread that doesn't spoil. 它涉及到為不會變壞的食物而工作。

c. This bread that never spoils peaks their curiosity, not surprisingly. 不奇怪的，這個永不變壞的食物引起了他們的好奇，。

7. **²⁸ Then they asked him, “What must we do to do the works God requires?”²⁹ Jesus answered, “The work of God is this: to believe in the one he has sent.”³⁰ So they asked him, “What sign then will you give that we may see it and believe you? What will you do? ³¹Our ancestors ate the manna in the wilderness; as it is written: ‘He gave them bread from heaven to eat.’” (John 6:28-31, NIV)** **28眾人問他說：我們當行什麼，才算做神的工呢？29耶穌回答說：信神所差來的，這就是做神的工。30他們又說：你行什麼神蹟，叫我們看見就信你；你到底做什麼事呢？31我們的祖宗在曠野吃過嗎哪，如經上寫著說：他從天上賜下糧來給他們吃。**

a. In other words, they're saying, “Oh okay, sure we'll believe...if you do the free food thing again!” 換句話說，他們說，“哦，好吧，當然我們相信...如果你能再給我們免費的食物！”

i. [Story of giving a middle schooler 6 donuts in order for him to believe in Jesus]. [給中學生6個甜甜圈讓他相信耶穌的故事]。

ii. In order to believe, he wanted free donuts. 為了相信，他想要免費的甜甜圈。

b. And, the people want more free bread before they “believe”. 然後，人們想在他們“相信”之前有更多的食物。

c. And they reference an Old Testament story about bread that came from the sky. 他們引用舊約聖經中從天上而來的麵包的故事。

d. [Summarize bread in the wilderness story. Freed from slavery, wander in the wilderness with no food] [在曠野裡麵包的故事。從為奴的生活獲得自由，在曠野裡漂流，沒有食物]

¹ Alicia D. Myers, [Reading John and 1, 2, 3 John: A Literary and Theological Commentary](#), Reading the New Testament, 2nd Series (Macon, GA: Smyth & Helwys Publishing, Incorporated, 2019), 91. 艾麗西亞·邁爾斯, 讀約翰福音, 約翰一書、二書、三書: 文學和神學評論, 讀新約聖經, 第二系列 (佐治亞州梅肯: Smyth & Helwys Publishing, Incorporated, 2019 年), 91。

i. Even then, this miracle story of satisfying hunger in the wilderness was pointing a greater miracle that was to come... 即便如此, 這個在荒野中充飢的神蹟故事也預示著一個更大的神蹟即將到來.....

1. Deuteronomy 8:2-3 – this is years after God provided this bread from heaven for his people: 申命記 8:2-3 – 這是神從天上為他的子民提供食物許多年之後:

a. ²Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. ³He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD. (Deuteronomy 8:2-3, NIV) 申命記 8:2 你也要記念耶和華你的神在曠野引導你, 這四十年, 是要苦煉你, 試驗你, 要知道你心內如何, 肯守他的誡命不肯。8:3 他苦煉你, 任你飢餓, 將你和你列祖所不認識的嗎哪賜給你喫, 使你知人活著, 不是單靠食物, 乃是靠耶和華口裡所出的一切話。

b. The curse of Genesis 3 is about humanity toiling all the days of their lives to sustain their lives with food that doesn't last. 創世記第 3 章的詛咒是關於人類終其一生辛苦勞作, 只能靠易腐壞的食物來維持生命。

c. But already, God is reversing the curse. 而一開始, 神就在翻轉人的這個宿命。

d. And this mission - to reverse the curse and restore all things - is centered on Jesus. 這個使命-翻轉人的宿命, 恢復原有秩序 - 是以耶穌為中心的。

e. And just like the people of God in the wilderness, Jesus entered a wilderness. 就像上帝在曠野中的子民一樣, 耶

耶穌也進入了曠野。

i. After his baptism, he entered the wilderness for 40 days to fast, pray, and be tested by the enemy. 受洗後，他進入曠野四十天禁食、祈禱和接受敵人考驗的日子。

f. Only, unlike them, he passed the testing of the wilderness. 只是，與他們不同的是，他通過了曠野的考驗。

g. He fasted, and the Devil tempted him to make bread out of the rocks, and Jesus, quoting this passage in Deuteronomy, says 他禁食，魔鬼引誘他用岩石做麵包，耶穌引用申命記中的這段話回答，

2. Luke 4:4

a. ⁴“It is written: ‘Man shall not live on bread alone.’” (Luke 4:4, NIV) 耶穌回答說，“經上記著說『人活著不是單靠食物而活。』”

b. By abstaining from food in the wilderness Jesus is modeling to us what it looks like to find satisfaction from something greater than bread. 通過在曠野中禁食，耶穌向我們樹立了榜樣，從比麵包更偉大的東西中找到滿足感。

i. For, humanity does not live by bread alone. 因為，人性不是單靠麵包而生。

c. And let me tell you, bread is pretty great. 我要說，麵包確實很好。

d. But it was even more valued in those days. 而麵包在古時更是寶貴。

i. For the people of ancient near east, bread was the centerpiece of the meal (unlike us who usually have meat or – for my vegan friends – lentils) 對於古代近東人來說，麵包是膳食的核心（不像我們通常吃肉，或者對於我的素食朋友來說，扁豆）

e. In those days, bread represented life, strength and sustenance. 在那個時代，麵包代表著生命、力量和營養。

f. But Jesus is finding strength and sustenance from something else. 但耶穌正在其他事物中尋找力量和營養。

3. So, knowing all this, this makes what Jesus says next remarkable: 因此，了解了這一切之後，耶穌接下來所說的話就變得引人注目了：

8. ³²Jesus said to them, “Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³For the bread of God is the bread that comes down from heaven and gives life to the world.”³⁴ “Sir,” they said, “always give us this bread.” (John 6:32-34, NIV) 約翰福音6:32 耶穌說，“我實實在在的告訴你們，那從天上來的糧，不是摩西賜給你們的，乃是我父將天上來的真糧賜給你們。6:33 因為神的糧，就是那從天上降下

來賜生命給世界的。” 6:34 他們說, “主阿, 常將這糧賜給我們。”

a. That's a logical request. 那是一個符合邏輯的請求。

b. But they're still thinking about the bread that fell from the heavens that God provided to satisfy hunger. 但他們仍然想著神為充飢而從天而降的麵包。

c. But Jesus is talking about something greater, that satisfies a deeper desire than momentary hunger. 但耶穌談論的是更偉大的事情, 它比暫時的飢餓更能滿足深層次的渴望。

9. ³⁵ Then Jesus declared, 約翰福音6:35, 然後耶穌說,

a. And here's where things get very interesting... 注意這裡事情變得更有意思...

10. **"I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."** (John 6:27b-35, NIV) (約翰福音6:35) 我就是生命的糧。到我這裡來的, 必定不餓。信我的, 永遠不渴。

a. What is Jesus saying in all this? 耶穌在這裡說了什麼?

b. here's what he is getting at: 這是他在說的:

i. Their desires are misplaced in food and power (just like our desires). But... 他們的慾望錯位的建立在在食物和權力上(就像我們的慾望一樣)。但

...

ii. **True satisfaction is found in Jesus.** 真正的滿足可以在耶穌裡找到。

c. He is the true food that gives satisfaction to the deepest longing of our souls. 他是真正食物, 能夠滿足我們靈魂最深處的渴望。

d. They want Jesus to give them more food, but he is pointing them to the food that truly satisfies. 他們希望耶穌給他們更多的食物, 但他正在向他們指出真正令人滿意的食物。

Thesis: 主題:

1. Church, as with physical hunger that is satisfied with physical food outside ourselves... 弟兄姊妹, 就像身體飢餓可以通過我們身外的物質食物來滿足一樣.....

2. So we find we have a deeper hunger that can only be satisfied from outside ourselves... 我們發現我們有一種更深層次的飢餓, 也只能從我們身外的來滿足.....

a. In a world that tells us to find satisfaction internally by being true to ourselves, 在一個告訴我們要通過忠於自己來找到內心滿足感的世界裡,

b. Or tells us that true satisfaction is found in externally in sex, comfort, or success 或者告訴我們, 真正的滿足來自於外在的性、舒適或成功

c. Jesus shows us that this satisfaction of Spiritual hunger is found in the true Bread from Heaven, the Bread of life. 耶穌向我們表明, 這種精神飢餓的滿足可以在真正的天上的糧、生命的糧中找到。

3. Jesus is the Bread from Heaven from whom we find our soul's satisfaction. 耶穌是從天上來的糧, 我們從中得到靈魂的滿足。

4. The crowd experienced an incredible miracle of satisfaction of hunger with five loaves of bread and two fish. 眾人經歷了五塊麵包和兩條魚充飢的不可思議的奇蹟。

5. But Jesus tells them that finding satisfaction in food is not lasting. 但耶穌告訴他們，從食物中獲得滿足感並不能持久。
6. However, there's good news. There's another miracle. A greater miracle. 不過，好消息是，還有另一個奇蹟。更大的奇蹟。
7. The greatest miracle is that the hunger of our souls finds satisfaction in the true Bread from Heaven. 最偉大的奇蹟是我們靈魂的飢餓在來自天堂的真正麵包中得到滿足。

Do you want to experience this Miracle of Satisfaction? 你想體驗這種滿足的奇蹟嗎？

1. B4 Church, this is the hope that is offered to us: satisfaction of the deepest longing of our soul. 弟兄姊妹，賜給我們的希望是：滿足我們靈魂最深的渴望。
2. Do you want to experience this Miracle of Satisfaction? 你想體驗這種滿足的奇蹟嗎？
3. This miracle is available to us today! 今天這個奇蹟就在我們身邊！
4. The crowd may have missed it. 那群人可能已經錯過了。
5. But the bread of life that brings true satisfaction is available to us right here, right now. 但帶來真正滿足的生命之糧就在此時此地為我們提供。

Hope – Satisfaction partially in the present, fully in the future 希望 - 滿足—一部分在現在體驗，完全滿足在未來實現。

1. Miracle of satisfaction can be experienced partially in the present 當下就能初品體驗到滿足的奇蹟
 - a. In this life, we can experience the joy of finding our soul's satisfaction in Jesus. 在今生，我們可以體驗到在耶穌裡找到靈魂滿足的喜樂。
 - b. This could look like time in prayer, delighting in the goodness of God's creation, experiencing God's goodness in community with others, letting our hearts be filled with hope. 這看起來像是祈禱的時間，為神創造的良善而高興，與他人一起經歷神的良善，讓我們的心充滿希望。
 - c. **"Until I am essentially united with God, I can never have full rest or real happiness."**
– Julian of Norwich “除非我本質上與神結合，否則我永遠無法得到充分的休息或真正的幸福。” – 諾維奇的朱利安
 - d. However, if we're honest, this deeper longing is not yet fully satisfied. 然而，老實說，這種更深層次的渴望還沒有完全得到滿足。
 - e. But we can have confidence that the partial satisfaction in God we experience in the present is a foretaste of the full satisfaction to come. 但我們可以確信，我們對神的部分滿足現在的經歷是對即將到來的完全滿足的預嘗。
2. For one day our deepest longings will be fulfilled in the presence of Jesus when all things are made new. 有一天，當一切都煥然一新時，我們最深的渴望將在耶穌面前得到實現。
 - a. CS Lewis Quote – **"If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world. If none of my earthly pleasures satisfy it, that does not prove that the universe is a fraud. Probably earthly pleasures were never meant to satisfy it, but only to arouse it, to suggest the real thing."** - C.S. Lewis (*Mere Christianity*) C-S 劉易斯說過：“如果我

發現自己有一種慾望，這個世界上的經歷都無法滿足，那麼最可能的解釋就是我是為另一個世界而生的。如果我的塵世快樂都不能滿足它，那並不能證明宇宙是一個騙局。也許世俗的快樂從來都不是為了滿足它，而只是為了喚醒它，暗示真實的事物。”——C.S.劉易斯(純粹的基督教)

i. This longing, according to Lewis, was a “sweet ache.” 根據劉易斯的說法，這種渴望是一種“甜蜜的疼痛”。

ii. It wasn't frustrating. 這並不令人沮喪。

iii. It was almost like a lover's anticipation of union... 這幾乎就像是戀人對結合的期盼……

What does this mean for us today? How do we live this out? 這對今天的我們意味著什麼？我們該如何度過這一切？

1. Let's return to the question – **What do you want?** 讓我們回到這個問題——你想要什麼？

a. What is the deepest longing of your soul? 你靈魂最深處的渴望是什麼？

2. The invitation of Jesus is this: **Find the ultimate satisfaction for the longing of our soul in Him** 耶穌的邀請是這樣的：我們靈魂的渴望在他身上得到最終的滿足

a. In the words of Jesus in Matthew 11:28-29, “Come to me...and you will find rest for your souls.” 正如耶穌在馬太福音 11:28-29 中所說：“到我這裡來……你們的心裡就必得享安息。”

b. The ancient Christian practice of fasting trains us in this. 古代基督教的禁食實踐就訓練我們這一點。

i. This is a practice of disengaging in something - traditionally, food for a set period of time - paired with more focused engagement on prayer. 這是一種在一段時間內脫離某些事物(傳統上是脫離食物)的做法，同時更專注於祈禱。

c. I am terrible at fasting - I have a voracious appetite - I hate that I'm bringing this up right now. 我不擅長禁食——我食量很大——我討厭我現在提起這個。

i. A few weeks ago, I was doing a 24-hour fast (dinner on one day to dinner on another). 幾週前，我進行了 24 小時禁食(從一天吃晚餐後直到第二天才再吃晚餐)。

ii. I woke up confident. I skipped breakfast, and then second breakfast. 我醒來充滿信心。我不吃早餐，然後又不吃第二頓早餐。

iii. But then, I found out, at 1 PM, that there was free Chick-Fil-A in the staff breakroom. 但後來，下午 1 點，我發現員工休息室裡有免費的 Chick-Fil-A 福來雞肉堡店的午餐。

iv. Friends, I must confess: I did not eat a chick-fil-a sandwich. 朋友們，我必須承認：我沒有吃一個福來雞肉包。

v. I ate two. 我吃了兩個。

vi. And some waffle fries. 還有些土豆條。

vii. I gave up so quick. 我這樣很快就放棄了。

viii. Surely, if it's Chick-fil-a, the Lord is okay with me breaking my fast! 當然地，這是福來雞肉堡啊，主會同意我打破禁食！

- d. My encouragement to you is this: With guidance from a mentor/pastor (and this is very important), and maybe with community practicing with you, what could a sustainable rhythm of fasting look like? 我對你的鼓勵是這樣的：在導師/牧師的指導下(這非常重要)，也許在社區與你一起練習的情況下，一個可持續的禁食訓練會是什麼樣子？
- i. What do you need to disengage with and fast from that you may engage in prayer, finding a deeper satisfaction in the presence of God? 你需要擺脫什麼並禁食什麼，才能進行祈禱，在神面前找到更深的滿足？
 - ii. This could be Social Media or TV for a set time. 這可以是在規定時間內的社交媒體或電視。
 - 1) Whatever it is, our invitation is to find our ultimate satisfaction - the satisfaction of our souls - in Jesus. 不管是什麼，我們的邀請是找到我們最終的滿足 — 我們靈魂的滿足 — 在耶穌裡。
 - 2) And fasting is a way of training us in this, by redirecting our minds from the momentary satisfaction of food to the eternal satisfaction of the presence of God. 禁食是訓練我們這方面的一種方式，它將我們的思想從食物的短暫滿足轉向神同在的永恆滿足。
 - iii. As you feel the longing for what you are fasting from, this is an opportunity to bring that desire to the Lord and say, “Lord, help me to find my satisfaction in you.” 當你感受到對你正在禁食的事物的渴望時，這就是一種把這個願望帶到主面前並說：“主啊，幫助我在你身上找到我的滿足。”
3. Hear me on this: it is not a sin to delight in food and the good gifts of the world. 聽我說：享受食物和世界上的美好禮物並不是罪過。

The Gospel: 福音

1. We live in a beautiful, good world, created by our loving Father. 我們生活在一個由慈愛的天父創造的美麗美好的世界裡。
2. He has given us good things in this world to enjoy. 祂在這個世界上給了我們美好的事物來享受。
3. But we more often than not try to find satisfaction in the things of the world God has given us rather than God himself. 但我們常常試圖從神賜予我們的世界事物中尋找滿足，而不是從神本身尋求滿足。
4. And because of this, as we see in Genesis 3, we now live in the reality of the curse. 因此，正如我們在創世記第3章中所看到的，我們現在生活在咒詛的現實中。
5. And there is a longing in us all that nothing inside of us or in this world can satisfy. 我們內心都有一種渴望，但我們裏面或這個世界上沒有任何東西可以滿足它。
5. 我們內心都有一種渴望，但我們裏面或這個世界上沒有任何東西可以滿足它。
6. But here is the Gospel - the Good News we declare: 但是這福音——我們宣告的好消息：
7. But God has provided the bread of life to miraculously satisfy our souls - His Son, Jesus. 神奇蹟般地提供了生命的糧來滿足我們的靈魂——他的兒子耶穌。
7. 神奇蹟般地提供了生命的糧來滿足我們的靈魂——他的兒子耶穌。

8. But how does this bread of life make it possible for this miracle of satisfaction? 但是，這生命的糧如何使這一滿足的奇蹟成為可能呢？

- a. The nature of food is that it is something that is outside ourselves that satisfies an internal longing for food. 食物的本質是，它是我們之外的東西，可以滿足我們內心對食物的渴望。
- b. But in order to fill us and give us life, food must die. Chickens die to feed us and give us life. So do the plants we eat die to feed us. 但為了填飽我們的肚子並賦予我們生命，食物必須死。雞的死亡是為了餵養我們並給予我們生命。我們吃的植物也是為了養活我們而死的。
 - i. Yes, vegans, you, like the rest of us, are murderers. 是的，素食主義者，你們和我們其他人一樣，都是殺害者。
- c. As with food, Jesus died to give us life. 就像食物一樣，耶穌的死是為了給我們生命。
- d. He says **“For the bread of God is the bread that comes down from heaven and gives life to the world.” (John 6:33, NIV)** 他說：“因為神的糧就是那從天上降下來、賜生命給世界的。”（約翰福音 6:33，新國際版）

9. [Broken bread] 擘餅

- a. And when Jesus is feeding the crowd, it says “he distributed the bread to the crowd.” 當耶穌餵養眾人時，經文說“他把餅分給群眾”。
- b. In other Gospel accounts, it says he took the bread and broke it. 在其他福音書的記載中，說他拿起麵包並擘開。
- c. Jesus, in breaking the bread, knew that this represented what would happen to him. 耶穌在擘餅時知道這代表著他將要遭遇的事。
- d. That he would be broken so that broken people may be healed and receive life. 他會被破碎，以使得破碎的人可以得到醫治並獲得生命。
- e. Pastor Timothy Keller, who died about a month ago, says this 大約一個月前去世的蒂莫西·凱勒牧師這樣說
 - i. **“The Bread of Heaven is not just a person. The Bread of Heaven is a broken person.” - Timothy Keller** “天國的糧不僅僅是一個人。天上的糧是一個破碎的人。”——蒂莫西·凱勒
- f. But Jesus did not remain in the tomb. 但耶穌並沒有留在墳墓裡。
- g. He defeated death, and rose again. 他戰勝了死亡，並再次復活。
- h. And those who find their life in him will also be raised to life to be with him. 那些在他裡面找到生命的人也會復活與他在一起。

Set up Communion 準備聖餐

- 1. In this conversation with the crowd seeking physical bread, Jesus closes with this: a.
⁵⁴Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. (John 6:54, NIV) 1. 在與尋求物質食物的人群的對話中，耶穌這樣結束：**54** 吃我肉、喝我血的人就有永生，在末日我要叫

他復活。。(約翰福音 6:54, 新國際版)

2. And it is because Jesus is the broken bread that we gather for communion. 因為耶穌是我們聚集在一起領聖餐的擘開的餅。
3. As we spend time in worship and reflection, I want you to ask yourself this question:
 - a. What have I tried to find satisfaction in in place of Jesus? 當我們花時間敬拜和反思時, 我希望你問自己這個問題: 我曾嘗試用什麼來代替耶穌來尋求滿足呢?
 - b. Take this time as an opportunity to reflect, to confess to the Lord, to repent (turn to Jesus and find satisfaction in Him). 把這段時間作為反思、向主認罪、悔改的機會(轉向耶穌並在他裡面找到滿足)。
4. After this time of worship and reflection, I will come back up, we will take communion together as a community, and then I'll dismiss us with a benediction. 在這次敬拜和反思之後, 我會回來, 我們將作為一個團體一起領聖餐, 然後我會在結束前為大家祝禱。

Communion 聖餐

1. Bread - This is the body of Christ broken for us, that we may find healing.
餅——這是基督為我們擘開的身體, 使我們可以得到醫治。
 - a. Let's take and eat. 我們一起來領這餅。
2. Wine - This is the blood of Christ poured out for us, that we may find forgiveness.
酒——這是基督為我們流出來的血, 使我們可以得到赦免。
 - a. Let's take and drink. 讓我們一起來領這杯

Benediction 祝禱

1. May the hunger of your soul find the satisfaction in the true bread of Heaven, the bread of Life, Jesus our Lord. Amen. 1. 願你靈魂的飢餓在天上真正的糧、生命的糧——我們的主耶穌中得到滿足。阿門。

Dismiss (9 AM ONLY - Pancakes) 解散(僅限上午 9 點 - 鬆餅)

1. Speaking of bread - sugar bread of life, better known as pancakes. .說到餅——生活中的糖餅, 就是鬆餅了。