

雙語聖經悅讀會

活出給予的生命 Living
by Giving
(第一次讀書活動)

書名：活出神喜悅的生命 Living Life God's Way

日期：102年04月02日 地點：銘傳一週辦公室

出席人：艾麗蓮、賈文玉、邱華英、宋美錦、陳美霞、
洪靜嫻

【讀書心得 / 討論內容】

Outline 故事大綱：

Most people enjoy being generous. To give someone money, time or help makes us feel good. But most of us reach a point where we say, "OK, I've given enough. I have to take care of myself now." But if we are willing to be generous with others, whether in terms of our time, money or talents, God will provide for us because he himself gives to us generously.

大多數的人都樂善好施。給予某人一些金錢、時間或幫助，讓我們感覺不錯。然而，到達一個程度，我們大多數的人都會說：「好了，可以了，我現在要顧自己了。」但是我們若願意幫助別人，無論是給予我們的時間、金錢或是才幹，神將會供應我們的需要，因為祂也是這麼毫無保留地做在我們的身上。

Once upon a time, Jesus sat near the Temple treasury, he watched the people as they dropped in their money. Many rich men dropped in a lot of money; then a poor widow came along and dropped in two little copper coins, worth about a penny. He called his disciples together and said to them, "I tell you that this poor widow put more in the offering box than all the others. For the others put in what they had to spare of their riches; but she, poor as she is, put in all she had—she gave all she had to live on.

Jesus appreciated the poor widow who had done this.

曾經，耶穌對銀庫坐著，看眾人怎樣投錢入庫。有好些財主往裏投了若干的錢。有一個窮寡婦來往裏投了兩個小錢，就是一個大錢。耶穌叫門徒來，說：「我實在告訴你們，這窮寡婦投入庫裏的，比眾人所投的更多。因為他們都是自己自餘，拿出來投在裏頭；但這寡婦是自己不足，把她一切養生的都投上了。」耶穌欣賞窮寡婦所做的一切。

Corinthians 9:6-12

The person who plants few seeds will have a small crop; the one who plants many seeds will have a large crop. We should each give, then, as we have decided, not with regret or out of a sense of duty; for God loves the one who gives gladly.

哥林多前書 9：6-12

少種的少收，多種的多收。我們每個人要自己決定給與多少，而不要有後悔或勉強。因為捐得樂意的人是神所喜愛的。

Reflections 個人心得：

Usually when we know who needs us to help, we will do our best to help him. For example, when a typhoon has come and many houses are destroyed, almost all of the people in Taiwan will provide clothes, foods, money or even build temporary houses for the people who need them. There is more happiness in giving than in receiving. Every person enjoys to help somebody else. But Jesus hopes

everybody gives all we can, not just a part of our own.

通常當我們知道誰需要幫忙時，我們都會盡我們所能幫忙。例如當颱風來臨時，很多房子被摧毀。幾乎在台灣所有的人民都會提供衣服、食物、金錢甚至有人蓋暫時住的房子給那些需要的人。施比受更有福，每一個人都樂於幫助他人。但耶穌希望每個人都盡自己所能給與，而不是只付出自己所擁有的一部分。

God will give us more than we give someone else. So, do all we can to help others who are helpless. Forgiving someone else is another way. If we do so, we will get more from God. And God will be glad for what we have done.

神將給予我們超過我們給別人的。所以，我們應盡所能去幫助那些無助的人，原諒他人也是一種方式。我們將從神那邊獲得更多，且將取悅於神。

雙語聖經悅讀會

活出真自由的生命 Living
by Giving
(第二次讀書活動)

書名：活出神喜悅的生命 Living Life God' s Way

日期：102 年 05 月 14 日 地點：銘傳一週辦公室

出席人：艾麗蓮、賈文玉、邱華英、宋美錦、陳美霞、
洪靜嫻

【讀書心得 / 討論內容】

Outline 主題大綱：

Do you think having a sense of guilt is good or bad? Of course, guilt never feels good. But feelings of guilt can motivate us to do what is right. It can cause us to say we are sorry and to try to do better in the future. But feelings of shame due to guilt can also be damaging. If our guilt is overwhelming, we might feel like there is nothing we can do to make up for what we' ve done wrong. Jesus never wants us to feel crushed by guilt and shame. No matter what we' ve done, he offers us forgiveness and another chance.

妳認為有罪惡感，是好還是不好？當然罪惡感令人難受，但是它能激發我們做正確的事，能驅使我們承認過犯，幫助我們下次改進。然而，罪惡感和羞愧感也有破壞力。我們的罪惡感若太過強烈，也許會讓自己覺得無法彌補所犯的過錯。耶穌從來就不希望我們被罪咎所擊垮，無論我們犯了什麼錯，祂都原諒我們，再給我們一次機會。

Reading God' s Word 相關經文：

John 8 : 1b-11

1...but Jesus went to the Mount of Olives. 2. Early the next morning he went back to the Temple. All the people gathered around him, and he sat down and began to teach them. 3. The teachers of the Law and the Pharisees brought in a woman who had been caught committing adultery, and they made her stand before them all. 4. "Teacher" they said to Jesus, "this woman was caught in the very act of committing adultery. 5. In our Law Moses commanded that such a woman must be stoned to death. Now, What do you say?" 6. They said this to trap Jesus, so that they could accuse him. But he bent over and wrote on the ground with his finger. 7. As they stood there asking him questions, he straightened up and said to them, "Whichever one of you has committed no sin may throw the first stone at her" 8. Then he bent over again and wrote on the ground. 9. When they heard this, they all left, one by one, the older ones first. Jesus was left alone, with the woman still standing there. 10. He straightened up and said to her, "Where are they? Is there no one left to condemn you?" 11. "No one, sir," she answered. "Well, then," Jesus said, "I do not condemn you either. Go, but do not sin again."

約翰福音 8 : 1b-11

1...耶穌卻往橄欖山上去。2.清早又回到殿裡。中百姓都到他那裡去，它就坐下，教訓他們。文士和法利賽人帶著一個行淫時被拿的婦人來，叫她站在當中，4.就對耶穌說：「夫子，這婦人是正行淫之時被拿的。5.摩西在律法上吩咐我們把這樣的婦人用石頭打死。你說該把她怎麼樣呢？」6.他們說這話，乃是探耶穌，要得着告他的把柄。耶穌卻彎著腰，用指頭在替上畫字。7.他們還是不住地問他，耶穌就直起腰來，對他們說：「你

們中間誰是沒有罪的，誰就可以先拿石頭打她。」8.於是又彎著腰，用指頭在地上畫字。9.他們聽見這話，就從老到小，一丟出去了，只剩下耶穌一人，還有那婦人仍然站在當中。10.耶穌就直起腰來，對她說：「婦人，那些人在哪裡呢？沒有人定你的罪嗎？」11.她說：「沒有。」耶穌說：「我也不定你的罪。去吧！從此不要再犯罪了！」

John 3:17

For God did not send his Son into the world to be its judge, but to be its savior.

約翰福音 3:17

因為神差他的兒子降世，不是要定世人的罪，乃是要叫世人因他得救！

Romans 8:1, 2

There is no condemnation now for those who live in union with Christ Jesus. 2. For the law of the Spirit, which brings us life in union with Christ Jesus, has set me free from the law of sin and death.

羅馬書 8:1, 2

1.如今，那些在基督耶穌裡的就不定罪了。2.因為賜生命聖靈的律，在基督耶穌裡釋放了我，使我脫離罪與死的律了。

Reflections 個人心得：

We will continue to make mistakes all life, although most of people do not commit the sin of external behavior, but we always commit sin of inner thoughts and attitudes, for example pride, envy, resentment etc., Besides, it is easy to commit of the sin of speech. Who has not lied, has not scolded people, not judged someone else? Maybe we will think that all of those are not major sins?

我們人一生都會不斷犯錯，儘管多數人不會犯外在行為的罪，但都會犯內心思想的罪，譬如說驕傲、忌妒、怨恨等等，除此之外，還有最容易犯的語言上的罪。有誰沒有說過謊，沒有罵過人，沒有評斷過別人？或許我們會想我犯得都不是什麼大罪啊！

However, before the holy righteous God, whether it is big or small, each one has sinned before His throne of judgment. The Bible says: "Be ye therefore perfect, even as your Father which is in heaven is perfect." Sometimes our love is not enough, we're selfish, we should do our best but don't, or we don't do the good things we could. Therefore, no one can boast in front of God.

然而，在公義聖潔的上帝面前，無論是大罪小罪，在祂審判的寶座前都是罪。因為聖經上說：「你們要完全，向你們的天父完全一樣。」有時我們愛心不夠，自私、應該盡的本份沒有盡，該做的善事沒有做，嚴格說起來，這也是罪。所以，沒有一個人可以在上帝面前誇口什麼。

We are sinners before God, but God is merciful in love; He created us and wants us to return to him; he will forgive all of our sins. He sent His only Son, Jesus Christ, in order to redeem us, bear the sins of us all, and willing to be crucified for our punishment.

我們在上帝的面前是一個罪人，然而上帝卻因祂慈愛的本性，祂創造我們，就願意我們回轉歸向祂，就願意赦免我們一切得過犯，就願意差派祂的獨生愛子—耶穌基督為了救贖我們，為了背負我們眾人的罪債，而甘願被釘死在十字架上。

Therefore, when we trust in Jesus Christ, we can understand that our all sins in life, when we sincerely repent, will not continue to offend; God will forgive us and give us a new life. We do not convict ourselves and we can't extricate ourselves.

因此，當我們信靠耶穌基督，就清楚明白我們一生所犯的過錯，只要我們誠心悔改，且不再犯，上帝都會原諒我們，給我們重新做人的機會。我們無需定罪自己，無需自責而無法自拔。

Psalms 32 : 5

I acknowledged my sin to You, And I did not cover my iniquity. I said, I will confess my transgressions to Jehovah. Then You forgave the iniquity of my sin.

詩篇 32 : 5

我向祢陳明我的罪，不遮瞞我的罪孽。我說，我要向耶和華承認我的過犯，祢就赦免我的罪孽。

Psalms 103 : 8-14

8. The Lord is merciful and gracious, slow to anger, and plenteous in mercy.

9. He will not always chide; neither will he keep his anger for ever.

10. He has not dealt with us ager our sins; nor rewarded us according to our iniquities.

11. For as the heaven is high above the earth, so great is his mercy toward them that fear him.

12. As far as the east is from the west, so far has he removed our transgressions from us.

13. Like as a father pities his children, so the Lord pities them that fear him.

14. For he knows our frame; he remembers that we are dust.

詩篇 103 : 8-14

8. 耶和華有憐恤，有恩典，不輕易發怒，且有豐盛的慈愛。9. 他不長久責備，也不永遠懷怒。祂沒有按我們的罪過對待我們，也沒有照我們的罪孽報應我們。11. 天離地何等的高，祂的慈愛向敬畏祂的人，也是何等的大。12. 東離西有多遠，祂叫我們的過犯，離我們也有多遠。13. 父親怎樣憐恤他的兒女，耶和華也怎樣憐恤敬畏祂的人。14. 因為祂知道我們的本體，記念我們不過是塵土。

當然，我們也不可認為神既然會原諒我們，我們就一犯再犯，因為神也有公義的一面，祂查驗人心，祂會管教，祂會審判。

Of course, we also can't consider the God will forgive us so we can just sin over and over again. Because God has a righteous side, He will keep checking our heart; He will discipline us and judge us.

雙語聖經悅讀會

耶穌邀請我們親近祂
Jesus invites us to be
close him

(第三次讀書活動)

書名：永不離棄的愛人 Relentless Lover

日期：102年06月22日 地點：銘傳一週辦公室

出席人：艾麗蓮、賈文玉、邱華英、宋美錦、陳美霞、
洪靜嫻

【讀書心得 / 討論內容】

Outline 大綱：

聖經，這部神所默示，於教訓、督責、使人歸正、教導人學義，都是有益的。也是在全世界上被譯成最多種文字，流傳最廣的書。上帝用聖經的文字向世人啓示祂自己，清清楚楚明明白白地告訴我們，因信耶穌基督就有得救的智慧和永遠的生命。

The Bible, this God-given inspiration for people is useful for teaching, rebuking, correcting and training in righteousness, all of which are beneficial. Throughout the world the Bible has been translated into the most languages, and is the most widely circulated book. The text of the Bible to the world is God revealing Himself clearly; He tells us plainly to have wisdom for salvation through faith in Jesus Christ, and receive eternal life.

在約翰福音第六章 25-59 節，耶穌懇切地說他自己是誰？從哪裡來？要到哪裡去？他要與我們建立最親密的關係；他要成為我們最親密的朋友；他能賜給我們最寶貴的禮物。

In verses 25-59 in the sixth chapter of John, Jesus earnestly says who He is, where He comes from, where He wants to go. He wants to build the most intimate relationship with us, to become the closest friends with Him. He can give us the most precious gift.

不要為那必壞的食物勞力，要為那存到永遠的食物勞力，就是人子要賜給你們的，因為人子是父神所印證的。(27 節)

“Let your work not be for the food which comes to an end, but for the food which goes on for eternal life, which the Son of man will give to you, for on him has God the Father put his mark.”

耶穌說，我實實在在地告訴你們，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。(32 節)

“Jesus then said to them, Truly I say to you, What Moses gave you was not the bread from heaven; it is my Father who gives you the true bread from heaven.”

因為神的糧，就是那從天上降下來賜生命給世界的。(33 節)

“The bread of God is the bread which comes down out of heaven and gives life to the world.”

耶穌說，我就是生命的糧，到我這裡來的、必定不餓，信我的、永遠不渴。(35 節)

“And this was the answer of Jesus: I am the bread of life. He who comes to me will never be in need of food, and he who has faith in me will never be in need of drink.”

凡父所賜給我的人，必到我這裡來，到我這裡來的、我總不丟棄他。(37 節)

“Whatever the Father gives to me will come to me; and I will not send away anyone who comes to me.”

因為我父的意思，是叫一切見子而信的人得永生，並且在末日我要叫它復活。(40 節)

“This, I say, is my Father's pleasure, that everyone who sees the Son and has faith in him may

have eternal life: and I will take him up on the last day.”

我是從天上降下來生命的糧，人若吃這糧，就必永遠活著，我所要賜的糧，就是我的肉，為世人之生命所賜的。(51 節)

“I am the living bread which has come from heaven: if any man takes this bread for food he will have life for ever: and more than this, the bread which I will give is my flesh which I will give for the life of the world.”

耶穌說，我實實在在地告訴你們，你們若不吃人子的肉，不喝人子的血，就沒有生命在你們裡面。(53 節)

“Then Jesus said to them, Truly I say to you, If you do not take the flesh of the Son of man for food, and if you do not take his blood for drink, you have no life in you.”

吃我肉，喝我血的人就有永生，在末日我要叫他復活。(54 節)

“He who takes my flesh for food and my blood for drink has eternal life: and I will take him up from the dead at the last day.”

我的肉真是可吃的，我的血真是可喝的。(55 節)

“My flesh is true food and my blood is true drink.”

吃我肉喝我血的人，常在我裡面，我也常在他裡面。(56 節)

“He who takes my flesh for food and my blood for drink is in me and I in him.”

Report 心得：

從這章節中我們清楚地看到，上帝的獨身愛子耶穌基督降世為人的時候，就明白地告訴人們，他是父神差派他來的，為要拯救世人，為他們的罪釘死在十字架上‘又為信入他的人預備了天堂，並賜給他們永生，末日要叫他們復活。

耶穌這等肯定確實的表白，實在是古今中外歷史上從所未見的，我們還有什麼道理懷疑、不信呢？

認識耶穌，是我一生最美的祝福！

Jesus so certainly tell us about salvation through Him. Nothing like it is seen in ancient or modern history, Would we have any reason to doubt, or disbelieve it? Knowing Jesus is the most beautiful blessing of my life!

為義人死，是少有的，為仁人死，或者有敢做的，唯獨基督在我們還做罪人的時候餵我們死，神的愛就在此向我們顯明了。(羅馬書 5：7-8 節) “

Now it is hard for anyone to give his life even for an upright man; though it might be that for a good

man someone would give his life. But God has made clear his love to us, in that, when we were still

sinner, Christ gave his life for us.