

雙語聖經悅讀會

如何跳出你生命中的大坑
How to Jump the Hole on
Your Life
(第一次讀書活動)

書名：一千次感謝 One Thousands Gifts

日期：103年10月28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、張翠娥

【讀書心得 / 討論內容】

Outline 故事大綱：

當你回首往事，在你的生命時間表上，是否有一個故事，是關於你的生命旅途中撞上了一個大坑？請說說，你如何跳出坑來的！

1) A co-worker for ten years once deceived me with lies, and I lost a large amount of money that I was setting aside to buy a house. I used every means, even the law, in the hope that she would see the error of her ways and return my money to me, but to no avail. Of course, I was very upset by this, dismayed by her and terribly disappointed in the law. I felt that there is no justice in society, and was filled with grumbling, bitterness, discouragement, self-blame, ... My heart was like a large stone inside me, and I did not like myself. Horror, fear, panic, anxiety, self-distrust colored my thoughts. I often fell asleep only to waken in the middle of the night in tears or with a heavy heart burden. I did not know how to relieve my emotions or how to be healed from this. I spent some time with Buddhist scriptures during this period, but it only brought a little bit of improvement. Mostly, I just felt tired, because I had to work every day and take care of my family; I was just so weary all the time.

曾經，我在工作上被一位同事謊騙了十年，失去一大筆原先預備購屋的錢，用盡各種方法希望對方能夠良心發現，歸還我，甚至訴諸法律，但始終沒有下聞、希望。

那時，我對他非常不滿，對法律失望，認為法律保護壞人，社會沒有公義。怨憤、苦讀、失望、無奈、自責的負面思考、情緒總是為繞著我，心中就像有顆大石頭壓著，覺得自己太笨、太相信人，心中充滿害怕、恐懼、心慌、不安，為此無法入睡，半夜經常淚流滿面或是驚醒，重擔很大，不知如何紓解、如何得到醫治？期間，我接觸過佛經，卻只能帶來一點點改善，自己一個人要帶孩子又要工作，整個人總是覺得很累、很累！

2) At that time, my co-worker Wen-Yu introduced me to her church, and to join the on-campus Bible study group. Through these groups, I got a lot of help. Even more important is that she is a devout Christian, she knows my burden, and was silently praying for me and my children, and occasionally she shared with me some of her testimony.

這時候，同事賈文玉介紹我到基督徒士林聖教會，邀我參加學校的雙語查經班，透過那些基督徒為我得到很多的幫助。更重要的是，她是虔誠的，她知道我的重擔，也默默為我及孩子禱告，偶爾也跟我分享一些見證。

When I stepped out, every time I stepped into the church, I experienced a great deal of relief in my physical and mental being. I could release the boulder from my heart.

當我踏出門時，或者每次我踏入教會時，都覺得身心靈獲得很大的舒解，放下心中的大石頭。

Reflections 個人心得：

Sin is an attempt to escape from the emptiness of life. Thank God for washing my sins away thoroughly! Thank God for

creating in me a clean heart and renewing a steadfast spirit within me ... Thank God for giving to me the joy of salvation and granting me a willing spirit to sustain me.

第一章罪就是一種逃避空虛的嚐試。感謝神將我的罪孽洗除淨盡，並潔除我的罪！感謝神為我造清潔的心，使我裡面重新有正直的靈。感謝神使我仍得救恩之樂，賜我樂意的靈扶持我。」

2) Don't worry about all the details of life's journey because God holds everything in His power. As we were created by Him, He will lead us renewed life and experience what it means to be more than conquerors. Experience His unconditional love and blessings.

不必擔心人生旅途中所遇見的每個細節，因為神替人們掌權，人是祂所創造的，祂會帶領你在每個人生際遇上重新得力也能得勝有餘。體會到無條件的愛與祝福。

雙語聖經悅讀會

第一次飛翔 First Flight (第二次讀書活動)

書名：一千次感謝 One Thousand Gifts

日期：103年12月9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、張翠娥

【讀書心得 / 討論內容】

Outline 故事大綱：

向神獻上感恩將讓我們經歷與神同在，這種經歷將永遠改變我們的生活與世界觀。我們若要得到喜樂，需培養對神感恩的態度，靠感恩能克服讓人每天自我毀滅與墮落的不滿與抱怨。哲人珍·皮爾瑞·柯塞特(Jean Pierre de Caussade)曾說：「人渴的時候必須喝水來解渴，而不是讀一本教他如何解渴的書」。

Giving thanks to God allows us to experience the presence of God. This experience changes our lives and world view forever. If we want to have joy, we need to cultivate a thankful attitude, through which we can overcome the human tendency to self-destruction and degeneration that takes place in dissatisfaction and grumbling. Philosopher Jean Pierre de Caussade once said: "People need to drink water when they are thirsty, not to read a book on how to relieve thirst."

唯一能滋潤乾裂嘴唇的方法，就是放下書本，捧水到嘴邊喝。我們渴了就必須喝水。所以我們需放下感恩的書籍，拿起筆列出恩典清單，比如說一千個祝福，一千個恩典之類。這麼做將讓我們重生，讓我們的靈命起飛，治癒靈魂的創傷，有時你不跨出第一步，不知道門後的世界是甚麼樣子。

The only way to moisten parched lips is to put down the book and pour water in one's mouth. When we are thirsty, we need to drink water. In the same way, we need to put down the book on thanksgiving and pick up our pens to write our own list of reasons to be thankful; this is what it means by one thousand blessings, one thousand evidences of grace. Doing this allows us to experience rebirth, sends our souls into flight, heals the wounds in our spirits. Sometimes, I don't take the first step because I don't know what the world outside my door holds.

列出恩典清單的行動，會讓我們一整天都覺得很幸福。它就像恩典的活水般滋潤我們乾渴的喉嚨、洗淨我們身上的塵埃，讓我們煥然一新。如果這些是神賜給我們的恩典，那麼我們列出清單的行為，不就是在「領受」嗎？就像一邊領受恩典一邊向神道謝。凡事喜樂的祕訣，就是凡事謝恩。

The act of listing evidence of grace will allow me to feel delighted the whole day through. This is like the living water of grace moistening my parched throat, washing the dust off of my body, making me brand new. If these are graces given to me by God, then isn't the act of listing them a way of receiving them? It's like receiving grace on one hand and thanking Him for it on the other. No matter what, the secret to joy is to give thanks in all things.

感恩是需要學習的一學習如何感恩、如何活出豐盛的人生。我們要學會不論處於貧賤富貴都能有感恩的態度。這值得我們用一生來學習，儘管它像埃及象形文字般難學。

The giving of thanks requires practice, and in that we live our lives to the full. We have to learn to have an attitude of gratitude no matter in poverty or plenty. This is worth using a lifetime to learn, even though it may be as hard to learn as Egyptian hieroglyphics.

「神很慈愛，祂為每一件東西命名。光是命名就能讓我們脫離未知的恐懼。如果我們不知道那東西叫什麼，我們就會陷入恐懼；恐懼使我們蒼老。」神在創世時說有光，就有了光；祂說了一個名字，就創造了那個存在。命名讓原本虛無的宇宙豐富起來，讓宇宙有了光、大地和天空。

“God is loving; He names everything. Naming things brings them into the light, allowing us to leave the fear of unknowing. When we don’ t know what something is called, we enter into fear and fear ages us.” At the time of creation, God said let there be light, and there was light. He spoke a name and that thing was brought into existence. Naming things changed the virtual nothingness of the universe into abundant reality, with light, land and sky.

感恩讓我們常住在神的愛裡，神的大能也將改變我們及世界。

Giving thanks allows us to dwell in God’ s love and God’ s power to change us and the world.

Reflections 個人心得：

我們每天所看到的、接觸到的一切，都是神的精心傑作。神為我們創造了萬事萬物，讓我們不至於孤單、恐懼。所以我們需時時對神獻上感恩、感謝，讓神的靈永駐在身上，隨時保守我們，永享喜樂。

All that we see and touch every day is an exquisite production of God’ s. He made everything there is for us, that we wouldn’ t be lonely or afraid. So, we must give thanks to God every minute, appreciate His grace every day. In this way, we allow the Spirit of God to dwell with us, protect us in all things and appreciate the joy of everything.

雙語聖經悅讀會

如何感謝感恩

How to Thanks &
Thanksgiving

(第三次讀書活動)

書名：一千次感謝 One Thousands Gifts

日期：104 年 1 月 6 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、張翠娥

【讀書心得 / 討論內容】

Outline 故事大綱：

既然知道感恩是唯一通往喜樂的道路，是讓我們進入神裡面最有效迅速的方法，那要怎麼做，才能擁有感恩的人生？

As we know, gratefulness is the only way to get on the joyful path, which is also the fastest way to be embraced by God. How to gain a life of gratitude?

首先，放慢我們生活的步調：時間就像奔流不息的河水，不會為任何人停下腳步。唯一讓時間慢下來的辦法就是用心珍惜每一刻。生活就像點心一樣精緻，不能狼吞虎嚥，必須細細品嚐才能體會個中滋味。

Frist of all, we should slow down our pace of life. Time is like a flowing stream, which will not stopped by anyone. The only way to slow down time is to cherish every moment. Life is so delicate, just like a dessert; we shouldn't eat it too fast. Instead, we should taste it attentively so that we may realize how delicate it is.

二、不懊悔過去也不煩惱未來，只是靜靜地坐著，專心一意地享受主賜眼前美好的時光，就能感受到諸多你能感恩的事。

Do not regret the past and do not worry about the future. Stand firm and concentrate on all the wonderful times God has given; then we may feel grateful about many things.

三、練習感恩，用筆或相機寫下或拍下一千個恩典清單。凡事謝恩並非一蹴可及，必須按部就班地改變自己的生活態度，收起對現狀的不滿，明白世界是一個學校和訓練場，神創造我們不是要我們受苦，乃是要我們從受苦中。記下你可以感恩的大事、小事，好事、壞事，順心的事、不順心的事，痛苦的事、歡喜的事，微不足道的事、欣喜若狂的事。

To learn to be grateful, we can write down or take photos to record a list of graces. Giving thanks in everything is not easy to do; it requires change of our attitude toward life step by step and stop being dissatisfied with the current situation. The world is like a school or a training center; God created us not to let us suffer, but to lead us to be grateful through hardships.

為一個我們不樂意的事感恩，勝過為一千個我們樂意的是感恩。

以弗所書 5:20 告訴我們，「凡事要奉我們主耶穌基督的名，常常感謝父神。」

Being thankful for a thing that is not what we wanted is much more important than being thankful for a thousand lovely things.

We should always keep Ephesians 5:20 in mind: "Always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."

Reflections 個人心得：

1) 凡事謝恩，讓我得著神在基督裡為我預備完全的救贖！

Giving thanks for everything will allow me to be well-prepared for the redemption God prepared for me in Christ.

2) 神創造我們的目的，不是要我們受苦，乃是與我們有益。這有益是叫我們明白人是有限的、要謙卑、悔改、離罪、順服、要有同理心，要能回轉歸向神、倚靠神，並與基督同得榮耀。為此，就要不斷地學習用感謝的心，領受神量給我們的一切環境。

God created us not to let us suffer. However, He knows that suffering is good for us because we can realize that we are limited, and we learn to be humble, obedient, empathetic and stay away from evil. We start to turn back to God, to rely on Him and to glorify Him. In sum, we need to learn to be thankful all the time, and embrace all the situations he lets us to be in.