《天路导向》双语讲义

积极生活的秘诀 - 9 SECRETS OF POSITIVE LIVING - 9

- 1. Hello, listening friends, and welcome to this broadcast.
 - 亲爱的朋友,你好,欢迎你收听今天的节 目。
- 2. I hope you have been listening to this series of messages.

我希望你能坚持听我们的系列信息。

- 3. We have been talking about the fifteen secrets of positive living from 2 Corinthians. 我们一直在讲哥林多后书里所说的,积极生活的十五个秘诀。
- 4. Let's review the first eight secrets together. 让我们先来温习一下前八个秘诀。
- 5. Number one, 第一个,
- 6. the practice of the inflow/outflow equation of God's blessings in our lives. 要实践神赐给我们生命之福的输入与输出的方程式。
- 7. Number two, 第二,
- 8. claiming the priceless deposit of Christ's sacrifice for us. 要领取基督为我们牺牲所付出的昂贵订金。
- 9. Thirdly, 第三,
- 10. enjoying giving and receiving forgiveness. 享受饶恕与被饶恕的福气。
- 11. Fourthly, overcoming timidity. 第四,克服恐惧。
- 12. Fifth, 第五,
- 13. revel in the real fountain of youth. 尽情享用真正的青春之泉。
- 14. Number six, 第六,
- 15. seek true health, wealth, and prosperity. 追求真实的健康、财富和丰盛。

- 16. Number seven, 第七,
- 17. mastering the art of peacemaking by reconciling others to God. 劝人与神和好,这是缔造和平者的最高造诣。
- 18. And number eight 第八,
- 19. is the use of the power of example by modeling Christ.运用效法基督,以身作则的力量。
- 20. Today, I want to speak to you about the ninth secret of positive living.今天我要跟你谈谈,第九个积极生活的秘诀。
- Perhaps each one of you would agree with me that there is no greater pain than the pain of broken relationships.
 我认为,人际关系的破裂是最大的痛苦,可能你们都会同意我的看法。
- 22. When we suffer physical pain, we can take a pill or injection to help us ease the pain. 当我们的身体有疼痛时,我们可以吃止痛丸,或打止痛针来减轻痛苦。
- 23. But there is no pill or injection that can erase the pain of broken trust. 但若是因为失去了信任而造成的痛苦,是没有任何针药可以减轻的。
- 24. Whether this pain comes from children rebelling against their parents, 无论这是因着孩子对父母的反叛所造成的痛苦,
- 25. or from shattered marriages, 或婚姻的破碎,
- 26. or however this pain comes, 不论痛苦的成因是什么,
- 27. the question is, how to deal with these painful experiences. 问题是,如何面对并处理这些痛苦呢?

- 28. Either you can recognize the pain as a result of sin and wrongdoing, identify the sin, and seek repentance and reconciliation, 你可以找出导致痛苦的原因,是犯罪,作错了事,于是认罪悔改,寻求和好。
- 29. or you can just allow the pain to keep corroding your soul for a long time. 或者,你不去面对,任由痛苦继续不断地腐蚀你的心灵。
- 30. Both ways of dealing with pain are painful. 这两种处理方式都是痛苦的,
- 31. But the second way prolongs the pain for your whole life.
 但第二种方式只会延长你的痛苦,使你一生受煎熬。
- 32. The first way is a temporary pain that provides deliverance. 第一种方式会使你短暂受苦,却带来释放。
- 33. But if you ignore the pain, it will turn into chronic condition.
 但如果你逃避不处理,你的痛苦将会转变为心灵的痼疾。
- 34. Most often, what shatters relationships are small misunderstandings or thoughtless actions. 通常,关系的破裂都是起因于一些小误会或无心之失。
- 35. But unresolved conflict has devastating results and leads to intolerable sadness. 但如果不解决那些矛盾,将会形成很严重的后果,并导致难以忍受的哀伤。
- 36. The only way we can restore joy, peace, and God's blessing is to resolve the broken relationship the biblical way. 要恢复神所赐的福气,平安和喜乐,唯一的方法就是,按照圣经的原则,重修破裂的关系。
- 37. If you are avoiding healing a conflict in a godly way,
 如果你不肯用神的方法来化解冲突,
- 38. your conflict will only deepen 裂痕会更深,
- 39. It will open a wide door for Satan to build a stronghold in your life.
 而且,你将对魔鬼门户洞开,让他来霸占你的生命。

- 40. But today, I will tell you how to break that kind of stronghold in your life.
 今天我要告诉你,如何粉碎魔鬼在你生命里的霸权。
- 41. In this series of messages, we have been discovering the Apostle Paul's fifteen secrets of positive living from 2 Corinthians. 在这一系列的信息里,我们一起来发掘,哥林多后书中使徒保罗的十五个积极生活的秘诀。
- 42. And today, we will learn about secret number nine, 今天就要来学习第九个秘诀,
- 43. which is making sorrow the back door to happiness. 也就是如何转忧为喜。
- 44. If you have your Bible, please turn to the New Testament book of 2 Corinthians chapter 7. 如果你有圣经,请翻开新约哥林多后书第七章。
- 45. In this Scripture, we see that which broke the heart of the Apostle Paul more than anything else.
 在这段经文里,我们看见最令保罗伤心的事,
- 46. It was his friends believing the lies that were said about him. 就是,他的朋友竟然相信别人所散布有关他的谣言,
- 47. That devastated him. 使他伤透了心。
- 48. And when his friends believed these lies, they turned against him.
 他的朋友不仅听信谣言,什至反过来攻击他。
- 49. And even those who did not turn on him did not bother to defend him. 即使没有攻击他的朋友,也不为他辩护。
- 50. My listening friend, you must understand that Paul was not just being sensitive; 亲爱的朋友,你要明白,保罗不是过度敏感的人;
- 51. Paul was not easily hurt. 他也不是感情脆弱的人。

52. Remember, all of these people in Corinth owed their salvation to the preaching of the Apostle Paul.

别忘了, 哥林多的信徒都欠了保罗的恩情, 因为他们是听了保罗的讲道, 才信主得救 的。

- 53. And they were his spiritual children. 他们是他属灵的儿女。
- 54. And yet, they chose to believe a lie about him. 然而,他们却情愿听信对保罗的诬陷。
- 55. The Apostle Paul was so deeply wounded that he wrote them a very hard and confrontational letter.
 保罗极为伤痛,因此写了一封很严厉的信跟他们对质。
- 56. The writing of this confrontational letter itself was very painful for Paul. 其实对保罗来说,写这么一封质问的信是很痛苦的,
- 57. But on a spiritual level, Paul had to do it. 但从属灵的层面,保罗必须这么做。
- 58. In 2 Corinthians chapter 2 verse 4, Paul said, 哥林多后书二章 4 节那里,保罗说:
- 59. "For out of much affliction and anguish of heart I wrote to you, with many tears." "我先前心里难过痛苦,多多地流泪,写信给你们。"
- 60. And Paul sent this letter with a trusted coworker by the name of Titus. 保罗把这封信交给他所信任的同工提多带去给他们。
- 61. Then Paul went to Macedonia and anxiously awaited the response to that letter. 然后,保罗去了马其顿,在那里焦急地等待回音。
- 62. My listening friend, have you ever been there? 亲爱的朋友,你有过类似的处境吗?
- 63. Have you ever dealt in a godly way with someone and waited anxiously for the results? 你曾经以神教导的方式来处理人际关系,并焦急地等待后果吗?
- 64. Paul knew that the Corinthians could have responded in one of the two ways that I talked about earlier. 保罗知道,哥林多人只有两种可能的回应,也就是刚才我所说的两种方式。

- 65. They could have become hardened in their response and live with the chronic pain of non-repentance, 他们可以硬着心一意孤行,不肯悔过,于是活在长期的痛苦中;
- 66. or they could come under conviction and apologize to the great apostle. 或者,承认错误,并向这位伟大的使徒道歉。
- 67. While waiting for their response, Paul said in 2 Corinthians chapter 7 verse 5, 保罗等待回音的时候,在哥林多后书七章 5 节那里,他说:
- 68. "This body of ours had no rest, but were harassed on every turn——"身体也不得安宁,周围遭患难,
- 69. conflicts on the outside, fear within." 外有争战,内有惧怕。"
- 70. What made Paul depressed and afraid? 是什么令保罗如此沮丧害怕呢?
- 71. It was this— 那就是,
- 72. that they would choose not to heal the broken relationship.
 他们可能拒绝修复这破裂的关系。
- 73. My beloved friend, listen to me. 我所爱的朋友,请听我说,
- 74. Choosing not to heal a broken relationship can only prolong the pain. 拒绝修复破裂的关系,只会延长痛苦。
- 75. Someone listening today may say, 可能在听众中有人会说:
- 76. "You just don't understand my problems." "你不理解我所面对的问题。"
- 77. Actually, there's nothing that you are facing today that has not been faced by countless people throughout history and around the world.
 - 事实上,你今天所面对的困难,不会超出有史以来,全世界无数人所面对过的困难。
- 78. So, my listening friend, do not think that you are the only one with problems. 亲爱的朋友,不要以为你是世界上唯一有困难的人,
- 79. Don't try to run away from broken relationships.
 不要逃避这破裂的关系;

- 80. Chances are, you will repeat the same pattern in other relationships.
 因为,很可能你在其他的人际关系上会重蹈覆辙。
- 81. Deal with the relationship that you are in. 好好处理你现在所面对的关系,
- 82. Resolve the conflict that you're in. 解决其中的矛盾,
- 83. Let your pain and sorrow be your back door to joy and happiness. 让你目前的忧伤和痛苦,成为你重返欢喜快乐的门路。
- 84. Because that is the secret for positive living. 这就是积极生活的秘诀。
- 85. If you think that just moving on will make you happy and joyful, it is not. It is a temporary band aid. 假如你以为,若无其事的生活下去,可以使你快乐,你错了,那只是临时的绷带而已。
- 86. If the other party refuses to deal with the issue, you cannot force them. 如果对方不肯解决,你不能勉强他。
- 87. But clear things up between you and God. 那么,你要澄清你跟神之间的问题。
- 88. You may be asking, "How do I do this?" 你问: "怎么澄清?"
- 89. By confession, forgiveness, and reconciliation. 通过认错,饶恕,并和好。
- 90. And that's exactly what the Corinthians chose to do. 这正是那些哥林多人的抉择。
- 91. Paul said in 2 Corinthians chapter 7 verses 8-10, 哥林多后书七章 8-10 节那里,保罗说,
- 92. let me give it to you in my own words, 让我用白话说给你听。
- 93. "Though I caused you sorrow with the letter I wrote you, 虽然我写的信使你们难过,
- 94. I don't regret the writing of the letter. 但我不后悔写那封信给你们。

because in hurting you through my letter, you chose to repent instead of hardening of your hearts."
现在我很高兴,不是因为你们受了伤,而是因为通过我的信,使你们心中伤痛,导致你们决定不再硬着心,却愿意悔改。

95. I now rejoice, not because I hurt you, but

- 96. Do you know, my listening friend, what that's like?
 我亲爱的朋友,你知道这是怎么回事吗?
- 97. It is like a sensitive surgeon who looks at his patients and says, "I hated to make this long incision. I hated to cause you pain. But I am glad I did, because had I not done so, you could have died." 就像一个好心的外科医生对他的病人说: "我实在不喜欢在你身上开刀,造成你的痛苦,但我很高兴这么做了,因为如果我没有动刀,你就会死。"
- 98. And so, my listening friends, often the only healing you will receive will be after the pain of confronting sin. 亲爱的朋友,虽然很痛苦,但通常只有对付了你的罪之后,你的心灵才能得到医治。
- 99. Often, the joy that you are missing in your life will be restored after you go through the sorrow of confessing and repenting. 我们人生中缺乏的喜乐,往往只有通过认罪悔改的伤痛之后,才能重拾。

SECTION B

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- If the Corinthians had chosen to stay in a broken relationship with the Apostle Paul, 如果那些哥林多的信徒,坚持不肯跟保罗修 复关系,
- they would have forfeited many blessings that God wanted them to have. 他们就是放弃了神赐福给他们的机会。
- 3. Paul was concerned, not only for his own peace and joy, but also for the possibility that they would miss out on God's blessings. 保罗不是仅仅关注自己的平安和喜乐,他更关心他们会失去神所赐的福。
- 4. Look at the second half of verse 9. 请看第 9 节的下半段。
- 5. "So that you may not suffer loss in anything through us."
 - "凡事就不至于因我们受亏损了。"

- 6. True and genuine sorrow that leads to repentance produces the blessings of God. 真诚的忧伤痛悔,必定产生神所赐的福气。
- 7. My listening friend, let me ask you this as I close. 亲爱的朋友,在节目结束之前,让我问你:
- 8. Did you know that there are two kinds of sorrows?

 你知道有两种忧伤吗?
- 9. Paul talks about these two types of sorrows here.
 保罗在这里谈到两种忧愁。
- 10. Worldly sorrow is mere regret or remorse and only temporarily relieves stress. 世俗的忧愁,是一种懊恼和后悔,只能暂时减缓压力。
- 11. Worldly sorrow has no healing power. 世俗的忧愁没有医疗的能力。
- 12. But godly sorrow leads to true repentance and will produce joy unspeakable. 然而,依着神的意思的忧愁,则带来真诚的悔悟,并可以产生无法言喻的喜乐。
- 13. In the New Testament, we learn that because of the cross of Calvary, a fractured relationship can be restored.
 从新约圣经里我们明白了,因着各各他的十字架,破裂的关系得以复合。
- 14. But only if there is what Paul calls godly sorrow, and not worldly sorrow, will take place. 但只有在保罗所说的,依着神的意思的忧愁,不是世俗的忧愁之后,才会实现。
- 15. Listen again to 2 Corinthians chapter 7 verse 10. 请听哥林多后书七章第十节。
- 16. "Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow, on the other hand, mere emotional regret, brings death."
 "因为依着神的意思忧愁,就生出没有后悔的懊悔来,以至得救;但世俗的忧愁,是叫人死。"
- 17. There may be someone listening today that has a fractured relationship with God. 在我们的听友当中,可能有人与神的关系是破裂的,

- 18. As long as you refuse to see yourself as a person who needs to turn away from sin and receive God's forgiveness, you are prolonging your pain.

 如果你不肯承认自己需要脱离罪恶,接受神的赦免,你将置身于长远的痛苦中。
- 19. Today, you can say, "Lord Jesus, forgive me. 今天你可以说: "主耶稣,饶恕我,
- 20. Come into my life." 请进入我的生命。"
- 21. And God said when you do that, He will respond to you. 当你这么做时,神说,祂必定答应你。
- 22. Or maybe you already know the Lord Jesus and have received His forgiveness, but you have fractured relationships.
 又或者,你已经认识耶稣基督,并接受了祂的赦免,但你却处在一个有裂痕的关系中。
- 23. You need to say, "Lord Jesus Christ, examine my life. 你需要说: "主耶稣基督,求你鉴察我的生命,
- 24. Show me my error and help me repent and reconcile my broken relationships." 指出我的错误,帮助我悔改,并重修我破裂的关系。"
- 25. Then rejoice in the joy of positive living. 然后,你可以因着积极生活的喜乐而欢呼。
- 26. Until next time, I wish you God's richest blessing. 愿神大大地赐福给你,我们下次节目再会。