

## Be An “Always” Person 做个“恒常”的人 - 10 月 21 日

Once again hello and welcome to English World.

英语世界节目欢迎你的收听。

I am your friend Mark, along with Wen-Jie.

马可和文洁我是你的朋友。

Every week we bring you a 15 minute program.

每周我们都带给你 15 分钟的广播节目。

And Wen-Jie and I always meet with you here.

马可和我每回都在这儿为你主持。

We hope you enjoy learning English with us.

希望你喜欢和我们一起学英语。

Today our lesson has to do with “Always”.

今天我们这一课，跟 always 经常，时常有关。

Always spelled, a-l-w-a-y-s.

Always 的拼音是，always。

It comes from the words "all" and "ways",

这个字是两个短字 all 全部，跟 ways 方式合成的。

“Always” means "at all times" or “at anytime”.

“Always” 意思是，总是，无论在什么时候。 at all times, at anytime.

### Fun With Idioms 趣味成语

Here's a Chinese idiom with “always”:

有句中国成语，英语翻译用到了 always:

Always having a book in one's hands.

Always having a book in one's hands.总是手中要有本书，就是“手不释卷”。

In another words, “Reading is always beneficial”.

换句话说，也就是另一个中国成语：“开卷有益”。

Mark, I understand that you always come to work early, right?

That's right. I get up early and come to work early everyday.

马可每天都起得很早，也很早就来办公室上班。

I leave early, too.

他也早早下班。 I see. How do you do it? 真不知他是怎么办到的？

Well, I have my routine.

他说，他有固定例行的惯例。 have my routine.

Wake up, shower and dress, eat breakfast.

起身，冲凉，穿衣，吃早点。

I always go through a regular routine to get ready.

他预备出门前，总有一定的程序。

When I drive to work, I always have a driving route.

他开车来办公室，也总有一定的驾车路线。 Me, too. 我也是。

And you know me, when I work, I have a particular method of getting my work done.

当他工作时，他也有特定的方式来完成工作。 I know that very well. 这点我很清楚。

Well, We are people of habits.

我们都是有一定习惯的人。

Habits help us to keep some order in our lives.

习惯，帮助我们的生活有一定的规律。

Listener friend, does the word "always" speak about your life?

听友，你生活里，是否表现出“常有”的习惯特性呢？

Something that you do regularly.

有一些事你经常会做。

Something you "always" do.

有一些是你“总是 always”会做的？

Coming up next, we bring you today's "Everyday Dialogue".

紧接着，我们带给你今天的每日会话。

Two friends are meeting for lunch.

两位朋友相约一起吃午饭。

One is really late.

其中一位大大迟到。

Find out what one's reaction is to the other.

我们来看，另一位反应如何。

A: Sorry, I am late again.

B: It's all right. I am used to it.

A: Well, the traffic was really bad.

B: You don't need to explain. You are always late for appointments.

A: All right, I admit it. I am always late and you are always on time.

B: That's right.

A: Thank you for being so kind. You are always so forgiving.

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现在让我来为你解释会话内容。

Sorry, I am late again.

很抱歉，我又迟到了。

It's all right. I am used to it.

没关系，我已经习惯了。

Well, the traffic was really bad.

嗯，一路来的交通很拥挤。

You don't need to explain. You are always late for appointments.

你不需要解释，你在我们有约时总是迟到。

All right, I admit it. I am always late and you are always on time.

好吧，我承认。我总是迟到，而你总是非常守时。

That's right.

没错。

Thank you for being so kind. You are always so forgiving.

谢谢你对我好，你总是这么宽大为怀。

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Mark, I know for westerners, being on time is important.

You are right. We are very punctual.

西方人很注重守时。 on time, punctual 是准时的意思。

How about for Chinese?

Have you heard of the phrase: Chinese time? 有所谓说，中国时间。

That means, Chinese always start things late.

You are right. 我们中国人总是迟迟过了时间才开始。

Maybe this is a cultural thing.

可能这跟文化不同有关系了。

All right, let's review the dialogue once again.

我们再次来复习每日会话。

A: Sorry, I am late again.

B: It's all right. I am used to it.

A: Well, the traffic was really bad.

B: You don't need to explain. You are always late for appointments.

A: All right, I admit it. I am always late and you are always on time.

B: That's right.

A: Thank you for being so kind. You are always so forgiving.

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### **Always & Promises (Always 和承诺)**

I will always love you. (I will always love you. 我将永远爱你。)

I will always remember you. (I will always remember you. 我会永远记得你。)

I will always be faithful to you.

(I will always be faithful to you. 我将永远对你信实。)

I will always treasure this.

(I will always treasure this. 我将永远珍藏这个东西。)

Always is a quality.

“Always”是个特质。

It's more than just following a routine.

这比做例行公事来得层面更广。

Or being on time.

也比准时，守时的含意来得更深。

This is at the very core of our being.

这个特性，深入到我们生命的核心。

And it affects our relationships.

也影响到我们的人际关系。

The Bible talks about being “always”.

圣经里谈到做个「经常」的人。

For example, “Rejoice in the Lord always.”

好比，「你们要靠主常常喜乐」。

“Always be prepared to give an answer.”

还有，要「常做准备」来回答人。

Here's another one.

底下，还有另一个。

**Verse of the Week 每周金句**

I have set the Lord always before me.

我常将耶和华摆在我面前。

Because he is at my right hand, I will not be shaken.

因他在我右边我便不至摇动。

Psalm 16:8 诗篇

David reminds us of the importance of setting the Lord always before us.

写诗的戴维提醒我们要经常把主摆在面前。

This means to regularly draw close to God.

这指的，是我们要与神时时亲近。

Build up constantly the relationship with the Lord.

建立起与主持续的关系。

Through God's revelation in nature and in the Bible.

通过他在大自然和圣经里的启示。

Through Listening and praying,

通过聆听和祷告，

Through worship and gathering,

通过崇拜和聚会，

We can set the Lord always before us.

我们能够经常把主摆在我们面前。

Then we can experience God's presence.

这样，我们能体验神的同在。

And be able to rejoice always.

也能常常喜乐。

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Well, 15 minutes is coming to a close.

一刻钟时间很快要结束了。

We hope you learned a lot today.

希望你学到了许多东西。

Remember, we love to share with you more through letters.

请记得，我们希望经由信件和你有更多的分享。

We welcome your emails and letters.

也欢迎你来信来电邮。

Until next time, this is your friend Mark.

And I am your friend Guo Wen-Jie.

May God Bless You. Zai-Jian.

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Hey Mark, you are a very dependable person.

Thanks. What makes you say that?

Because you are always there when I need help.

Come to think of it, you are always asking for help.