

Grief & Sorrow 悲痛和哀伤 - 12 月 9 日

It's that time of the week again. Welcome to English World. This is your friend Mark.

马可老师和郭文洁我再次欢迎你收听英语世界。

We thank many listeners who write to us and encourage us.

很感谢有不少听友写信来给我们, 鼓励我们。

We want to be your friends.

我们希望成为你的朋友。

As your friends, we want to share your joy.

做你的朋友, 我们希望能分享你的喜悦。

As well as your sorrow.

也分享你心中的忧伤。

Wen-Jie, a listener wrote to us and asked us to do a topic on grief and sorrow.

有一位听友, 请我们谈谈有关哀伤的主题。

Her mother is going through difficult times.

她的母亲正经历很困难的阶段。

And they are grieving over the loss of a loved one in the family.

她们因着失去一位挚爱的亲人而哀伤。

Well, our sympathy goes to this listener and her mother.

在此, 我们向这位听友和她的母亲, 致上我们的同情。

And that's the subject of today's program.

也带给听友你今天的这一课。

The topic of: "Grief and Sorrow".

主题是: 「悲痛和哀伤」

Vocabulary 123 生词点滴

The word grief, spelled g-r-i-e-f, grief is a noun,

Grief 这个字是名词。

meaning sorrow, heartache, heartbreak.

意思是, sorrow 悲伤, heartache 悲痛, heartbreak 伤心。

The word grieve, spelled g-r-i-e-v-e, grieve is a verb.

而 grieve 这个字, 是动词。

meaning to feel and express sorrow.

意思是, 感到哀痛, 表达哀伤。

Other similar verbs are: mourn, suffer, lament

其它相类似的动词有: mourn 哀悼, suffer 为之痛苦, lament 悲叹, 惋惜。

Mark, not too long ago, I attended a funeral. 不久前我去参加一个葬礼。
Was it someone close to you?

Not too close, but he was a church friend. 是教会朋友的葬礼。

Well, the church is like a big family.

Right. 教会就像是一个大家庭一样。

If any member suffers, the whole church grieves.

家里某成员若有难处苦痛, 全教会都为之悲伤。 We share the sorrow together. 我们一齐分享哀伤。

We all know the feeling of sorrow and grief.
 我们都知道忧伤的感受。

Like, We mourn over the death of family members or close friends.
 好比，我们为家人或是好朋友的过世而哀伤。

We feel sad losing the pets we love.
 我们失去所爱的宠物会难过。

We are heartbroken following the loss of something precious to us.
 我们在失去一些珍贵的东西后，也感到痛心。

People who go through earthquakes or flood,
 而那些经历过地震水灾的人们。

They lament over their loss.
 他们为所失去的一切悲叹不已。

And we also grieve over the war and poverty in the world.
 我们同时也为了世界上的战争和贫穷而悲叹。

We suffer when we see injustice and greed in society.
 为了社会上不公义和贪污的事而感到痛苦。

Grief and sorrow are strong feelings we all share.
 哀痛，伤悲是我们人类共有的强烈情感。

Appreciation of Poem 诗文共赏

There is a time for everything, and a season for every activity under heaven:
 凡事都有定期、天下万务都有定时。

a time to be born and a time to die
 生有时、死有时。

a time to plant and a time to uproot,
 栽种有时、拔出所栽种的、也有时。

a time to kill and a time to heal,
 杀戮有时、医治有时。

a time to tear down and a time to build,
 拆毁有时、建造有时。

a time to weep and a time to laugh,
 哭有时、笑有时。

a time to mourn and a time to dance.
 哀恸有时、跳舞有时。

Ecclesiastes 3:1-4 传道书

Coming up next, we bring you today's Everyday Dialogue.
 紧接下来，我们带给你今天的每日会话。

Peter and Jason - two friends are talking.
 Peter 跟 Jason 两位朋友在交谈。

Peter wants to express his sympathy to Jason.
 Peter 想要对 Jason 表达同情。

Let's listen on to their conversation.
 我们一起来听他们的对话。

*Dialogue (P: Peter; J: Jason)

P: I heard that your home got robbed the other day.
J: That's right. The thief took cash and many of my possessions.
P: I am sorry to hear that. Do you think you can get them back?
J: Hum, I don't think the police will be able to recover the lost items.
P: How do you feel about that?
J: What can I do? I am grieving over my loss.
P: Well, at least you are the one who got robbed, not the one who robs others.
J: Thanks. I feel better already.

好，现在我们来帮助你了解会话的内容。

I heard that your home got robbed the other day.
我听说不久前你家遭小偷。
That's right. The thief took cash and many of my possessions.
没错。强盗拿走了现钞，还有许多属于我的东西。
I am sorry to hear that. Do you think you can get them back?
听到这个消息我很难过。你想你这些东西能找得回来吗？
Hum, I don't think the police will be able to recover the lost items.
嗯，我不认为警察能够找回这些被偷的东西。
How do you feel about that?
对这，你感到如何？
What can I do? I am grieving over my loss.
我能做什么呢？我正为了我失去的东西心里难过哀伤呢！
Well, at least you are the one who got robbed, not the one who robs others.
这样想好了，至少你是被偷的人，而不是偷别人东西的人。
(laugh!) Thanks. I feel better already.
谢谢你。听你这么说我已经感到好过一点了。

Wen-Jie, what has helped you in times of sorrow and grief?
当我忧伤难过时，是怎样度过的？ Well, talking to good friends helps. 跟好朋友聊聊天总是有帮助。
That's for sure. Also, time heals our pain and sorrow.
对了，与此同时，时间也会医治我们的伤痛。
But of course. good Humor always helps ease the sorrow.
当然，好的幽默感总也能帮助减轻心里的哀伤。
Let's review the Everyday Dialogue once again.
我们再来复习今天的，每日会话。

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P: I am sorry to hear that. Do you think you can get them back?
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P: How do you feel about that?
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Verse of the Week 每周金句

“Blessed are those who mourn, for they will be comforted.”

哀恸的人有福了。因为他们必得安慰。

Matthew 5:4 马太福音

God is close to those who grieve and mourn.

神与忧伤哀叹的人亲近

Because Jesus himself knows true sorrow. 。

因为耶稣深知什么是真正的哀伤。

He knows the suffering we face in this world.

祂知道我们在这世上所面对的苦难。

And He sees every tear we have shed.

祂也看到我们所流下的每滴眼泪。

When our hearts are burdened with sorrow and grief,

当我们的内心因着哀伤悲痛而沉重时。

God is near,

神祂与我们相亲，

And as we mourn for our sins and the sins of this world, 。

而当我们为自己的罪，为这世上的罪忧伤哀痛时

We will be comforted.

我们将蒙受安慰。

For by Jesus' dying on the cross,

因为借着耶稣死在十字架上，

He has come to bring us hope and peace.

祂已经为我们带来了希望和平安。

Our lives can be transformed by His grace.

我们的生命能够因着基督的恩典而有所转变。

Thanks be to God.

这我们真是要感谢神。

Well, we are glad you listened to our program,

我们很欢喜你收听我们的节目。

Today's lesson is # 393.

今天这一课是，第 393 课。

Don't forget to write to us.

别忘了捎个信来给我们。

And request the free gift we have prepared for you.

向我们索取为你准备的免费礼物。

Until next time, May God Bless You.

愿神祝福你，改天再见了。 Bye, bye!

Wen-Jie, if you are sad about something, you don't need to put on a happy face for my sake.

Thanks. You mean you can put up with my sad face?

Of course. Whether happy or sad, you are always Wen-Jie.

The same with you. No matter what, you are always Mark.