

## Simple Living 简朴生活 – 5 月 26 日

Hello listener friend, Welcome to English World.

《英语世界》，欢迎你的收听。

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

马可和文洁我在这儿向你问候。

Wen-Jie, what would you say is the big news in our world nowadays?

他问，现今世界的大新闻是什么呢？I'd have to say it's the Economic Crisis. 当然就是经济危机了。

I totally agree with you.

马可也同意。

With this economic crisis, it can mean one thing.

他说，因著经济的不景气，这表明了一件事。Which is?

We need to change our standard of living.

我们需要改变我们的生活水平。You say, we need to change our standard of living.

That's right. You know, more and more people are forced to live a simple lifestyle.

有越来越多人不得已要过一个简朴的生活方式。

What do you think about that?

I think that's a good thing. 我认为这倒是个好事呢！

### Vocabulary 123 生词点滴

Simple (simple 形容词，简明、简单)

We say, A simple lifestyle (A simple lifestyle 一个简朴的生活方式。)

Simplify (simplify 动词，简化，使某事物简明)

We say, simplify the work (simplify the work 简化工作)

Simplicity (simplicity 名词，简单朴素)

We say, the simplicity of the style (the simplicity of the style 风格朴实)

Listener friend, the topic we bring you today is: A simple Lifestyle.

听友，今天带给你的话题，就是：简朴的生活。

Wen-Jie, our lives are often influenced by culture and society.

That's true. 我们的生活常常受到文化和社会的影响。

In the West, there's much emphasis on buying materialistic things.

西方社会 非常强调 购买物质东西。

Many people think bigger to be better.

许多人认为越大就越好。

More is better.

越多就越好。

But things don't satisfy people.

但事物不能满足人心。

Nor does it bring happiness.

也不能带给人快乐。

There's a different way to live.  
倒是有另一种不同的生活形态。  
Less can be more.  
越少可以越丰富。  
Living simply frees up our life.  
简约的生活让人更有空闲时间。  
It brings real joy and happiness.  
简约的生活带给人真正的喜乐。

### **The Story of St. Francis of Assisi 圣法兰西斯的故事**

St. Francis of Assisi from the 13<sup>th</sup> century was born to a rich family.  
十三世纪的圣法兰西斯出身於富贵家庭。  
He lived a carefree life in his youth.  
年轻时，他过著放荡不拘的生活。  
But later he was inspired by Jesus' teaching.  
后来，他因受到耶稣教训的启发。  
And he devoted himself to a life of poverty & prayer.  
於是选择全心全意过简贫，祈祷的生活。

Wen-Jie, many Christians have practiced simple lifestyles for centuries.  
有许多基督徒好几百年来都实施简朴生活。  
For example, the Amish people  
好比，艾米许宗派的人。  
The Quakers and Mennonites.  
贵格会和门诺会的信徒。  
These people abandon wealth and technology.  
这些人舍弃追求财富和现代科技。  
For spiritual reasons.  
乃为了灵性生命的长进。  
They choose to live a peaceful and content life.  
他们选择过安贫乐道的生活。  
Today, people may choose simple living for different reasons.  
当今许多人会因著不同原因来选择过简朴生活。  
For financial reasons,  
有的为了经济的考量。  
For physical and emotional health,  
有的为了身体和情绪上的健康。  
No matter what the reason,  
但不论原因如何。  
Living a simple life is a good choice.  
过简朴生活是个好的选择。  
Coming up next, we bring you today's Everyday Dialogue.  
接著，带给你今天的每日会话。  
Let's listen in on two friends' conversation.  
一起来听两位朋友的对话。

\*Dialogue

A: Jason, did you see this ad? A Big sale this weekend at Best Buy.  
B: I think I'll skip that. I have all the things I need.  
A: I've always wanted a big plasma TV like our friend Josh has.  
B: You can never match his rich lifestyle. Why not settle for a simple life?  
A: What's good about that?  
B: I have more free time. I eat healthy and grow my own vegetables.  
I share a lot of things with my friends.  
B: And how do you feel about that?  
A: Oh, it's great. A simple life is a good life.

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现在让我跟马可来为你解释这两人的对话。

Jason, did you see this ad? A Big sale this weekend at Best Buy.  
Jason, 你看到这个广告了吗? 这周末在 Best Buy 有大减价。  
I think I'll skip that. I have all the things I need.  
我想就省略过吧, 所有需用的东西我都有了。  
I've always wanted a big plasma TV like our friend Josh has.  
我一直想像我们的朋友 Josh 一样, 拥有一台电子平面大电视。  
You can never match his rich lifestyle. Why not settle for a simple life?  
你永远跟不上他的富贵生活形态的。为什么不选择过简约的生活呢?  
What's good about that?  
那有什么好处呢?  
I have more free time. I eat healthy and grow my own vegetables.  
I share a lot of things with my friends.  
我有了更多的空闲时间。我吃更健康的食物, 甚至自己种蔬菜。我也和朋友分享许多东西。  
And how do you feel about that?  
那你感觉如何呢?  
Oh, it's great. A simple life is a good life.  
哦, 太棒了。一个简朴的生活是个美好的生活。

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Now that you understand the dialogue, Let's review it once again.  
现在你了解了以上内容, 我们再次来复习 每日会话。

A: Jason, did you see this ad? A Big sale this weekend at Best Buy.  
B: I think I'll skip that. I have all the things I need.  
A: I've always wanted a big plasma TV like our friend Josh has.  
B: You can never match his rich lifestyle. Why not settle for a simple life?  
A: What's good about that?  
B: I have more free time. I eat healthy and grow my own vegetables.  
I share a lot of things with my friends.  
B: And how do you feel about that?  
A: Oh, it's great. A simple life is a good life.

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Listener friends, Living a simple life sets our heart and mind right.  
过简朴生活, 帮助我们正确的心思意念。

Helps us to understand the needs in the world.

帮助我们了解世界上不同地方的需要。

And teaches us to be good stewards of what God has given us.

也学习作神的好管家，善用祂所给的资源。

### **Verse of the Week 每周金句**

I have learned the secret of living in every situation.

随事随在我都得了秘诀

Whether it is with a full stomach or empty, with plenty or little.

或饱足、或饥饿、或有馀、或缺乏

For I can do everything with the help of Christ who gives me the strength I need.

我靠著那加给我力量的，凡事都能作

Philippians 4:11-13 腓立比书

Paul, who wrote the words had learned the secret of life.

写以上话的保罗学会了生命的秘诀。

That is to be content in every situation.

那就是无论什么景况都凡事知足。

For every Christian, our contentment is not gaining riches.

对每位基督徒来说，我们的满足不在於得财富。

But it is in Jesus.

我们的满足乃在於耶稣。

Simple living puts our focus and trust on God's faithfulness.

过简朴生活让我们把眼光、把信心放在神的信实上。

It enriches life and glorifies God.

不单能丰富生命，也荣耀真神。

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Well, our time is up.

节目时间又差不多了。

We welcome your comments and letters.

我们欢迎你来信分享你的意见。

And We'd love to make friends with you.

我们也希望成为你的朋友。

Our lesson today was: Simple Living.

今天这课的主题是：简朴生活。

Don't forget to visit our website where you can review all the lessons.

别忘了，可以上我们网站来复习。

I am your friend Mark.

And I am Guo Wen-Jie.

And you have been listening to English World. See you next time.

下回《英语世界》时间再见。

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Wen-Jie I was thinking, instead of buying more stuff, we can have joint ownership and share some tools.

Sure. I have a lot of kitchen equipment. Knives, Toaster, Rice cooker...

Huh, I am more interested in something like a lawn mower, or snow blower...

Oh!