

Mood Melody 心情旋律 – 7 月 14 日

You are listening to English World. We are your radio friends Mark & Wen-Jie.

你正收听《英语世界》。马可和文洁我是你的广播朋友。

Listener friends, what is your mood today?

听友，你今天的 mood, 情绪如何呢？

We all have moods, and feelings.

我们都有不同的情绪感受。

If everything goes smoothly, we feel great.

往往，如果凡事顺利，我们感到太棒了。 we feel great.

If there's something doesn't turn out right,

如果有些事情的结果不是很理想。

We feel like a failure.

我们会觉得自己失败了。 We feel terrible. 觉得遭透了。

Right. So, what is your mood today?

那听友，你今天情绪如何呢？

Are you in a good mood or in a bad mood?

你的心情是好，还是不好呢？

For you Wen-Jie, you look quite cheerful.

他说，我看来很开心。 Of course I am cheerful. This past weekend, a friend came to visit me. 我的一位朋友周末时来探望我。

No wonder. I'm sure you had a great weekend.

Yes, we did have a great time. 我们度过了快乐的时光。

Vocabulary 123 生词点滴

Mood, m-o-o-d, mood (mood 心情、情绪)

In a good mood (in a good mood 心情很好)

In a bad mood (in a bad mood 情绪很坏)

In a mood (in a mood 闹情绪)

Moody, m-o-o-d-y, moody (moody 形容词，喜怒无常、闷闷不乐的)

Mood, and Moody

Wen-Jie, I think our feelings are much like musical notes.

马可认为我们的感情，很像是 musical notes 音乐的音符一样。

There are high notes.

有高音符，

And low notes.

有低音符。

We have happy feelings, sad feelings.

我们有快乐，有悲伤的感受。

Some last longer, some shorter.

有的延续较长的时间，有的很快就过去了。

Just as all the musical notes are dancing to create a melody.

正如所有的音符跳跃谱出一个旋律。

So our mood is made up of all the different kinds of emotions we have.

同样的，我们不同的感受也谱出了我们的心情之歌。

For you, what is your emotional melody like?

对你来说，你的心情旋律是怎样的一个调子呢？

Emotions 101 情绪 101

Positive emotions include:

正面积极的情绪包含了：

Happiness 快乐 Thankfulness 感谢 Love 爱

Forgiveness 饶恕 Hope 盼望

Negative emotions include:

负面不好的情绪包含了：

Anger 发怒 Jealousy 嫉妒 Depression 沮丧

Sadness 哀伤 Fear 惧怕 Anxiety 忧虑

Emotions are important to us.

情绪对我们是很重要的。

They help us to know how we feel.

情绪帮助我们了解我们的感受。

And to know who we are.

了解我们自己是怎样的人。

But at the same time, emotions can be affected by many factors.

但情绪也会受到不同因素的影响。

We need to understand and manage our emotions.

我们需要了解情绪，也管理情绪。

There's this saying:

有这样的一句谚语说：

“Control your emotions

要控制你的情绪。

Or they will control you.”

不然的话，情绪会控制你。

Coming up we are going to hear a conversation between two friends.

接下来，两位朋友在对话。

One is very upset.

其中的一位非常的气愤。

Let's understand why.

我们一起来了解为什么。

*Dialogue (A: Woman ; B: Man)

A: Oh, I'm really mad.

B: What's wrong?

A: I can't stand Jason any longer.

B: I thought you two were getting along just fine.

A: Oh, you don't know him. He is so selfish and mean.

B: But last week you told me he was sweet and nice. I think you two really need to talk.
A: Talk with him? Never. I wish he'd disappear. I don't want to see his face again.
B: Come on, that's what you said last time when you two had a fight. But the next day you made peace.

现在我带你了解会话内容。

Oh, I'm really mad.

哦，我给气坏了。

What's wrong?

怎么回事呢？

I can't stand Jason any longer.

我再也忍受不了 Jason

I thought you two were getting along just fine.

我以为你们两位相处的很好啊。

Oh, you don't know him. He is so selfish and mean.

唉，你不知道他这人。他很自私又很坏。

But last week you told me he was sweet and nice. I think you two really need to talk.

但是上星期你不才告诉我说，他人很甜很好吗。我看你们两位真的要好好谈谈。

Talk with him? Never. I wish he'd disappear. I don't want to see his face again.

跟他谈？才不呢。我真希望他消失不见了。我再也不想看到他。

Come on, that's what you said last time when you two had a fight. But the next day you made peace.

算了，上回你们俩吵架时，你也说过同样的话。但是第二天你们就和好如初了。

Wen-Jie, Sounds like this lady is very moody.

听起来这位女士很喜怒无常。

She is in a bad mood now.

她现在心情不好。

But it might change quickly.

但也有可能，她的情绪很快就有了变化，你说是吧？

Let's review the dialogue once again.

我们再次来复习，每日会话。

A: Oh, I'm really mad.

B: What's wrong?

A: I can't stand Jason any longer.

B: I thought you two were getting along just fine.

A: Oh, you don't know him. He is so selfish and mean.

B: But last week you told me he was sweet and nice. I think you two really need to talk.

A: Talk with him? Never. I wish he'd disappear. I don't want to see his face again.

B: Come on, that's what you said last time when you two had a fight. But the next day you made peace.

How is it that we have emotions?

我们情绪是从哪儿来的呢？

This ability to feel comes from God.

这个感受的能力，是从神而来的。

From our being made in the image of God

因为我们乃是按著神的形象所造的。

God is the God of emotion.

神乃是有感情的神。

And we are full of feeling and emotion.

而我们也是满有感觉和情绪的。

Christian faith is not just about the mind, but also the emotions.

基督教的信仰，不单单是在理智上认同，也在情感上有经历。

And the work of the Holy Spirit is involved with our emotions.

而圣灵的工作，包含了对我们情绪上的更新转换。

Verse of the Week 每周金句

So I pray that God, who gives you hope, will keep you happy and full of peace as you believe in him.

但愿使人有盼望的神，因信，将诸般的喜乐平安充满你们的心

May you overflow with hope through the power of the Holy Spirit.

使你们藉著圣灵的能力，大有盼望

Romans 15: 13 罗马书

So I pray that God, who gives you hope, will keep you happy and full of peace as you believe in him. May you overflow with hope through the power of the Holy Spirit.

Christian feelings and emotions come from a foundation.

基督徒的感受和情绪是有根基的。

This foundation is based on what God has done in Christ Jesus.

这个基础，乃是神在基督耶稣里成就的工作。

When we accept the salvation Christ has offered,

当我们接受了基督所赐下的救恩。

As we hold on to the promises of God in the Bible,

当我们抓紧神在圣经里所给我们的应许。

Faith will come first.

我们生命里首先有了信心。

Then, comes the expression of positive feelings and emotions.

接著，有了正面的感受和情绪。

The Holy Spirit will bring out the result in us.

圣灵会在信徒生命里产生出作用。

And there are love, joy, peace,
带出来仁爱、喜乐、和平。
hope and contentment.
盼望和满足。

Well, our time is up.
我们节目时间又差不多了。
Today's lesson was: Mood Melody .
今天这课主题是：心情旋律。
We hope you learned a lot today.
我们希望你今天学了许多。
And that you are happy you spent the time with us.
而你很开心和我们度过这段时间。
Write to me Mark or Wen-Jie.
写来给马可或文洁我。
We will write back to you.
我们会回信给你。
For now, until next time in English World, May God Bless You.
直到下回的英语世界，愿神祝福你。
So Long.

Mark, what's your mood today?
Me? I'm always in a good mood.
Really? Is it like this? (humming melody)