

Walking As A Way of Life 步行的生活方式 – 8 月 4 日

Hello and Welcome! We are your radio friends Mark, along with Wen-Jie.

《英语世界》的马可和文洁我，欢迎你的收听。

Wen-Jie, isn't it a beautiful day?

Yes, it is. 今天外头天气真是不错。

I got up early as usual.

他像往常一样，一早就起身了。

And I went for a walk before work.

在还没上班前，他出外散步走路。 That's great.

The air was refreshing.

空气很清新。

There was dew on the grass.

草地上有露珠。

The Birds were singing.

鸟儿在唱歌。

The Squirrels were chasing each other.

松鼠互相追逐游戏。

Some Neighbors are walking the dogs.

一些邻居在遛狗。

A few people were also jogging.

一些人在慢跑。

And some were watering their gardens.

也有几位在浇花。

It really was a lovely morning.

实在是个美好的早晨。

A new day had started. .

新的一天开始了。

And I knew, this was going to be a wonderful day.

他知道这将是美好的一天。

Now Wen-Jie, where were you at six this morning?

Oh, 他问，今早六点我在作什么？ Huh, I was still in bed. 我还在床上呼呼大睡呢。

Still sleeping?

Yes, I was still sleeping. Shame on me. 真是惭愧！

What is Walking? 怎样叫走路？

What is walking? It is not crawling. 走路不是爬行。

It is not running. 走路不是跑步。

It's not climbing. 走路不是攀爬。

Walking is one foot at a time. 走路是每次一脚步。

There's always contact on the ground. 总有一只脚和地面有接触。

Another term for walking is: "on foot".

走路 walking 的另一个词：就是 on foot.

Wen-Jie, you should get up early and go out for a walk everyday.

I know. 我该早早起床，每天出门散步走路。

You know, walking is good for your health.

走路对健康很有益处。 I do like to walk. 我是很喜欢走路。

Yeah, I see you walking during lunch sometimes.

我午休时有时会出去走走路。

But it's really too hot by noon.

的确，午正时天气热得不得了。 So, sometimes I do an evening walk. 所以我偶而会到了晚间时才出来散步。

Well, the evening is cooler, but it's dark out there. You can't see anything

夜间虽然凉爽，但天也暗了，没啥好看。

For me, I prefer an early morning walk.

马可宁可大清早走路。

So, you should try to wake up early.

All right. 好，我会试著早起的。

Come to think of it, walking is easy.

走路，其实真的很简单。

Just about everyone can walk.

几乎每个人都可以走路。

You can do it anywhere.

在任何地方都可以走路。

You can do it anytime.

任何时候都可以走路。

And it doesn't cost anything.

而且走路不花分文。

Walking gives us a sense of freedom.

走路让我们感到自由自在。

You can choose where to go and when.

你要去哪儿就去哪儿，随时可以行动。

Vocabulary 123 生词点滴

A pedestrian is a person traveling on foot; a walker.

(Pedestrian, 这字的意思是步行者，行人)

Pedestrian, spelled p-e-d-e-s-t-r-i-a-n, pedestrian

(Pedestrian 的拼音，是 p-e-d-e-s-t-r-i-a-n, pedestrian)

Some related idioms are: (跟步行者有关的惯用语是)

Pedestrian right of way (Pedestrian right of way 让行人先行)

Pedestrian crossing sign (Pedestrian crossing sign 行人穿越道标志)

Pedestrian safety (Pedestrian safety 行人安全)

Pedestrian (Pedestrian 步行者)

Next, we bring you today's Everyday Dialogue.

接著，我们来听今天的每日会话。

A couple is going to the store.

一对夫妇正要去商店。

But How do they get there?

他们要怎么去呢？

Let's listen to their conversation.

来听他们的对话。

*Dialogue (H: Husband ; W: Wife)

H: Are you almost ready?

W: Almost. I'll meet you in the car.

H: We are not driving. We'll walk.

W: Walk? No way!

H: It's still bright outside and the store is only a mile away.

W: But I am tired from working all day.

H: That's why walking is good for you. Plus, you'll have a good companion - me.

好，我们现在为你解释会话内容。

Are you almost ready?

你快准备好了吧？

Almost. I'll meet you in the car.

快了。我待会儿跟你在车上见。

We are not driving. We'll walk.

我们不开车，我们用走的。

Walk? No way!

走路？办不到。

It's still bright outside and the store is only a mile away.

外头天还亮著，商店也不过是一哩路的距离而已。

But I am tired from working all day.

但是我整天在办公室工作，好疲累了。

That's why Walking is good for you. Plus, you'll have a good companion - me.

就是因为这样走路对你有好处阿，再说，你将会有个走路的好伴侣—我。

We know, many people walk for pleasure.

有许多人为了乐趣而走路。

Many walk for exercise.

许多人把走路当作运动。

Yet most people walk simply out of necessity.

还有更多人乃出於需要而走路。

Because they don't have any other form of transportation.

因为他们没有其他的交通方式。

Listener friends, what kind of walking do you do?

听友，你为了什么来走路呢？

We will review the dialogue once again.

我们再次来复习每日会话。

H: Are you almost ready?

W: Almost. I'll meet you in the car.

H: We are not driving. We'll walk.
W: Walk? No way!
H: It's still bright outside and the store is only a mile away.
W: But I am tired from working all day.
H: That's why walking is good for you. Plus, you'll have a good companion - me.

Walking is a regular part of our lives.
步行，是我们日常生活的一部分。
Not only going from one place to another.
不单单是从一处走到另一处。
But also the walk, the journey of our Christian life.
也包括了走在我们基督徒的生命旅程上。
Our walk of faith requires guidance.
我们信心的道路，须要有指引。
This is what the Bible says:
圣经上有话这么说。

Verse of the Week 每周金句

Whether you turn to the right or to the left,
你或向左，或向右，
Your ears will hear a voice behind you,
你必听见后面有声音
Saying, This is the way; walk in it.
说：「这是正路，要行在其间。」

Isaiah 30:21 以赛亚书

Often we like to choose our own way.
我们常常喜欢选择自己的路。
And we are like sheep that often go the wrong way,
我们就如羊一样常常走迷。
But God is always there for us.
但神总是随时在那儿等候我们。
When we cry for help,
当我们向他求助。
He will answer us.
他就回应我们。
He will redeem and save.
他要救赎我们。
If we listen,
我们若聆听。
We will hear God's voice.
我们会听到神的声音。

We'll know the right way.
也知道该走的正路是什么。
It might only be one step at a time.
很可能每次只不过走一小步路。
But all we have to do is walk in it.
但我们要作的，就是踏步走在其上。
This often can be a challenge.
这对我们是个挑战。
Because the way of the world seems best at times.
因为世界的路，有时看来似乎最好。
But the walk following Christ,
但是跟随基督的路。
Is always the best way.
却永远是最好的。
Follow your leader Jesus Christ,
跟随你的领袖 耶稣基督。
He will never lead you astray.
他决不会带领你走迷走偏了路。
Listen to His voice.
要倾听他的声音。
Whether you turn to the right or to the left,
你或向左，或向右，
Your ears will hear a voice behind you,
你必听见後边有声音。
Saying, This is the way; walk in it.
说：“这是正路，要行在其间。”

Well listener friends, our time is up again.
听友，节目时间又差不多了。
Hope you enjoy spending time with us.
希望你喜欢和我们一起度过的时光。
Today's lesson was called: Walking as a Way of Life.
今天这课叫做：步行的生活方式。
We look forward to seeing you again next time.
我们希望下回同时间和你再相会。
Until then, May God Bless You.
愿神赐福你。
Zai-Jian.

Hey Mark, I walk for pleasure. And you?
Oh, I walk for exercise.
So, you do brisk walking, right?
Right. But I guess you just stroll along.
Huh Hum, just stroll along.