

I Am Afraid 我心中害怕 – 8 月 11 日

Hello and Welcome to English World.

欢迎你来到《英语世界》。

We are your friends Mark & Wen-Jie.

我们是你的广播朋友马可和文洁。

Listener friends, have you ever been afraid?

听友，你曾经感到害怕吗？ Everyone knows the feeling of being afraid.

每个人都有害怕的心理的，不是吗？

Well then, When you are afraid,

当你感到害怕时，

How do you feel?

你觉得怎样呢？

Do you feel your feet are trembling?

是否你的脚发软？

Your heart is jumping fast?

你的心跳得很快？

And your hands are sweating?

你的手出汗呢？

Is it true that you want to hide?

你是否会想要躲起来？

Sound familiar?

是否觉得这些感觉很熟悉呢？

Well, Today we are going to talk about fear.

今天我们要来谈谈，惧怕的心理。

Our lesson is called: I Am Afraid.

这节课的内容就是：我心中害怕 I Am Afraid.

Nursery Rhymes 童谣精选

Who's afraid of the big bad wolf ?

The big bad wolf

The big bad wolf

Who's afraid of the big bad wolf ?

Tra-la-la-la-la

I'm not afraid of the big bad wolf

The big bad wolf

The big bad wolf

I'm not afraid of the big bad wolf

Tra-la-la-la-la

谁害怕那只大恶狼，我才不怕呢！

Remember the story of the big bad wolf and the three little pigs?

还记得大恶狼和三只小猪的故事吗？

The big bad wolf blew down the houses the first two pigs had built.

大恶狼吹倒了两只小猪所盖的房子。

But the third pig wasn't afraid of the big bad wolf.

但第三只小猪并不怕大恶狼。

Because — he built his house out of bricks.

That's right. 因为他盖的房子是用砖头建造的。

Well, Fear is quite common.

恐惧的心很普遍。

Some people are afraid of loud sounds.

有人怕大的声响, like thunder 好比打雷声。

Right. Or snakes or dogs.

也有人怕一些事物, 像蛇阿、狗阿 Or spiders. 或蜘蛛。

Some are afraid of particular places.

有人怕一些特殊的地方。

Like, dark places.

像, 很暗很黑的地方。

High places,

很高很高的地方。

Or closed-in places.

或在紧闭、密不通风的地方。

People can be afraid of some situations.

有人则是害怕一些情况。

Like, meeting new people.

害怕和陌生人碰面。

Or being in a new environment.

或是害怕处在一个新的环境里。

Everyone is afraid of something.

每个人心中都有怕的事物。

What are you afraid of?

你害怕什么呢?

What are you afraid of, Wen-Jie?

All right, I confess. I am afraid of going on stage to speak. 我害怕上台说话。

Really? You are afraid of large group of people?

No, no. I am afraid to speak in the public. 我不是怕人,是怕在公众面前讲话。

But you are not afraid right now to speak into the microphone here.

That's right. 但是在录音室麦克风前讲话,我却不怕。 How about you?

I am afraid of going to the dentist.

马可说, 他倒是害怕看牙医。

Having a toothache is one thing,

牙疼是一回事。

But lying on the chair of the dentist office,

但躺在牙医诊所的椅子上。

With your mouth wide open,

嘴巴大开。

Having all the tools working inside your mouth,

让不同的机器在口里来回运转。

Pretty scary.

那才真是可怕, 他说。

Vocabulary 123 生词点滴

I am afraid. (I am afraid.) 我害怕

I am scared. (I am scared.) 我吓怕了

I am fearful. (I am fearful.) 我心中胆怯

I am terrified. (I am terrified.) 我很受惊吓

I am frightened. (I am frightened.) 我受惊害怕

Afraid, scared, fearful, terrified, & frightened

Coming up next, we are going to hear today's Everyday Dialogue.

接下来，我们来听今天的每日会话。

Two co-workers are chatting with each other.

两位同事在聊天。

They are talking about their fears.

谈到了他们心中怕的事。

Let's listen in to their conversation.

一起来听他们的对话。

*Dialogue (two co-workers)

A: The economy is going downhill again. It doesn't look good.

B: Yep, and the annual evaluation is coming up.

A: (Sigh.) It is rough for everybody.

B: I don't know whether I can keep my job here.

A: I know what you mean. I'm very scared.

B: I don't sleep well. I also don't have any appetite.

A: Well, this doesn't help. The more we talk about it,

B: The scarier it becomes.

现在，我们来为你解释会话的内容。

The economy is going downhill again. It doesn't look good.

经济景气又下跌了。看来情况不乐观。

Yep, and the annual evaluation is coming up.

是阿，况且年度评鉴又快来了。

(Sigh.) It is rough for everybody.

唉，对每个人来说都很不容易。

I don't know whether I can keep my job here.

我不知道是否我的工作保得住。

I know what you mean. I'm very scared.

我明白你所说的。我实在很害怕。

I don't sleep well. I also don't have any appetite.

我睡得不好，同时也没有胃口吃饭。

Well, this doesn't help. The more we talk about it,

嗯，这没什么益处。我们谈得越多，

The scarier it becomes.
就越来越让人觉得可怕。

Now that you understand the meaning, let's review the dialogue once again.
现在你明白了内容，我们再来听一回，每日会话。

A: The economy is going downhill again. It doesn't look good.
B: Yep, and the annual evaluation is coming up.
A: (Sigh.) It is rough for everybody.
B: I don't know whether I can keep my job here.
A: I know what you mean. I'm very scared.
B: I don't sleep well. I also don't have any appetite.
A: Well, this doesn't help. The more we talk about it,
B: The scarier it becomes.

Fear is our natural response.
恐惧害怕，是我们有的自然反应。
But fear can result in us being self-centered.
但是害怕也会造成我们以自我为中心。
Fear keeps us from normal relationships.
害怕导致我们不能建立与人自然的关系。
And causes us to find safety in wrong directions.
造成我们往错误的方向去寻找安全感。
How can we face the deepest fears inside us?
我们怎样能面对内里最深的惧怕呢？
Listen to what David says.
底下，是大卫的话。

Verse of the Week 每周金句

I sought the Lord, and he answered me;
我曾寻求耶和华，他就应允我
He delivered me from all my fears.
救我脱离一切的恐惧

Psalm 34:4 诗篇

David knew well what it means to be afraid.
大卫深深明了什么是害怕。
His enemy was trying to kill him.
他的敌人要追杀他。
And he had to be constantly on the run.
他要时时不断的逃命。
But he knew where to turn for help.
但是他知道向何处寻求帮助。
He put his trust in the only true God.
他信靠那位独一真神。

It's the same for us.
对我们来说也是一样。
When we seek Him and call out to Him.
当我们寻求神，向祂呼求。
He will rescue us from evil.
祂要救我们脱离凶恶。
Deliver us from our fears.
救我们脱离一切恐惧。
And give us His peace.
赐给我们祂的平安。
And don't forget this famous promise from God.
也不要忘了神的这个宝贵应许。
The Lord will never leave or forsake us.
主永远不会离开丢弃我们。
Jesus Christ will be with us no matter what.
无论如何，耶稣基督将与我们同在。
He is always our constant companion.
祂是我们时常的同伴。
We have the power of His Holy Spirit.
我们也有圣灵的能力帮助。
So, Don't be afraid.
也因此，不要惧怕。
Instead, Be strong and take heart.
反倒要，刚强壮胆，坚固你的心。

Well, our time is up again.
今天时间又差不多了。
Our lesson was called: I Am Afraid.
今天的课程是：我心里害怕。
Remember, we are your friends.
请记住，我们是你的朋友。
Please feel free to share with us what you feel.
请来信和我们分享你心中的感受。
We want to pray for you.
我们会为你祷告。
Don't forget--- You are special in God's eyes and He loves you very much.
别忘了，你在神眼中很独特，神也很爱你。
Until next time, we are your radio friends Mark, along with Wen-Jie.
May God Bless You.

Wen-Jie, you can overcome that fear you have.
I need to because I have to be on stage this Sunday.
Don't worry. God will help you.
Huh, How about you?
Well, my dentist's appointment is not until next year.