

We Were Made for Light 活在光明里 – 10 月 6 日

Once again Hello and Welcome to English World.

又在《英语世界》和朋友你见面了。

This is your friend Mark.

And I am your friend Wen-J.

Wen-J, isn't it beautiful outside?

Yes, it is. 今天外头真美丽。

The sun is shining,

阳光普照。

the air is clear.

空气清新。

Does that make you want to do something?

是这否让你想到要作什么呢？Yes, I want to be outdoors.

I am with you. We should do something outdoors.

我们是应该作一些户外的活动。

Like, Playing sports,

从事球类运动。

Hiking or bicycling,

爬山或是骑自行车。

Working in the garden,

整理花园。

Or even taking a walk is good.

不然，散个步也好。I totally agree with you. 我同意。

Listener, What do you like to do on a sunny day?

听友，在大晴天里你喜欢作什么呢？

If you feel sad or depressed,

倘若你觉得难过或是情绪低落。

Don't stay in the house or in the room.

不要待在家里或是房间里。

Go outside and enjoy the sunshine.

到外头去晒晒太阳，享受阳光。

I guarantee you will feel much better.

马可老师保证，你一定会感到情绪好多了。

(song)

You are my sunshine, my only sunshine

you make me happy, when skies are gray,

you'll never know dear, how much I love you,

please don't take my sunshine away.

That's a familiar song called: "You are my sunshine".

这首歌歌名就是《你是我的阳光》。

Talking about light, light is essential.

光，是非常必要的。

Every living thing needs light.

每样的活物都需要光。

The sun provides the main source of light and heat.

太阳是提供光和热的主要来源。

And the earth is just the right distance from the sun.

而地球离太阳的距离是恰到好处。

The presence of light has many positive influences on our lives.

光，对我们的生命有许多积极的影响力。

Being under the sunlight supplies us with the Vitamin D we need.

晒日光，会提供我们人体所需的维生素 D。

But be careful, don't get sunburned.

但是也要小心，不要晒伤了皮肤哦。

Lights of Many Kinds 是什麽样的光？

Sunlight (Sunlight 日光)

Daylight (Daylight 白日的光)

Twilight (Twilight 日落或日出前的曙光)

Moonlight (Moonlight 月光)

Starlight (Starlight 星光)

Wen-J, sunlight is bright and brilliant.

太阳光明媚灿烂。

Moonlight is soft and beautiful.

月光柔和美丽。

While starlight is twinkling.

而星光闪烁。

These are the natural lights.

这些都是自然光线。

But of course, we have the man-made lights, too.

当然，我们也有各样的人造光。

For example,

For example, Candle light 烛光。

Flashlight,

Flashlight 手电筒光。

Car headlights

Car headlights 车前灯。

Street lights,

街上多彩的灯光。 street lights

Not to mention different kinds of lights in the house.

还有家里多种的灯光。

There's regular "incandescent" or hot burning light bulbs,

有一般的白热电灯泡。

And there's fluorescent lights.

还有莹光灯。

Facts about Lightbulbs 电灯泡知多少？

Nowadays, fluorescent lightbulbs are popular.

现今，萤光灯泡很流行。

"Fluorescent bulbs" can last ten times longer than regular bulbs

萤光灯泡的寿命是一般灯泡的十倍。

They use only one-quarter of the electricity to give off the same light.

萤光灯泡只需用四分之一的电力，就能发出同样的亮度。

And they don't give off a lot of heat like regular bulbs.

它也不像一般灯泡那样容易发烫。

Although more expensive, fluorescent bulbs are a good choice for energy saving.

虽然价格比较贵，但萤光灯泡是节省能源的好选择。

OK, Coming up next is today's "Everyday Dialogue".

接下来，是今天的每日会话单元。

A student has been studying alone in a classroom.

一位学生在教室里独自用功读书。

Night has fallen.

天色渐渐暗了。

***Dialogue**

A: Hello? Is anybody in this room? It's so dark here.

B: I'm in here. I was studying, but I guess I fell asleep.

A: It's dangerous in the dark. Where are you? –Ouch!

B: What happened? Are you okay?

A: I hit my knee on something.

B: Well, you should have turned the light on.

A: You're the one in the room. It's you who should have turned the light on.

B: Me? How could I turn the light on when I was sleeping?

现在，让文洁我为你解释会话内容。

A: Hello? Is anybody in this room? It's so dark here.

喂，有人在里面吗？这个教室好暗啊！

B: I'm in here. I was studying, but I guess I fell asleep.

我在这儿，我本来在读书，但是我猜我睡著了。

A: It's dangerous in the dark. Where are you? –Ouch!

在黑暗中是很危险呢，你在哪儿？唉啊好痛！

B: What happened? Are you okay?

发生什麼事了？你还好吗？

A: I hit my knee on something.

我膝盖撞倒东西了。

B: Well, you should have turned the light on.

喔，你应该开灯的。

A: You're the one in the room. It's you who should have turned the light on.

可是在教室的，是你阿。你应该早把灯开亮的。

B: Me? How could I turn the light on when I was sleeping?

我？我人在睡觉怎麼能开灯呢？

Wen-J, we do need light to get around safely.

我们需要光的照明才能安全的活动。

When it's dark we bump into things.

如果是乌漆麻黑的，我们会撞到东西。

We lose our way;

我们也会迷了路。

So, if you can, turn the light on.

所以，能够的话，把灯打开。

Let's review Everyday Dialogue.

再来复习每日会话。

A: Hello? Is anybody in this room? It's so dark here.

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A: It's dangerous in the dark. Where are you? –Ouch!

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A: I hit my knee on something.

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A: You're the one in the room. It's you who should have turned the light on.

B: Me? How could I turn the light on when I was sleeping?

Humans love and desire light.

人类喜爱也渴求光明。

We love to see the sunlight shining on trees and flowers.

我们喜欢观看树木花草上的光影。

We look forward to seeing the first light of day,

我们期待看到天边的第一道曙光。

Which brings an end to the long night.

它驱散了长长的黑夜。

It lifts our spirit and gives us hope for the new day.

使我们的精神被提升，感到新的一天有了希望。

It's light that we were made for.

我们被造，原本就是为了活在光明里。

Verse of the Week 每周金句

Jesus said,

耶稣说，

"I am the light of the world.

我是世界的光，

Whoever follows me will never walk in darkness,

跟从我的，就不在黑暗里走，

but will have the light of life."

必要得著生命的光。

John 8:12 约翰福音

God made the light.

神创造光。

God is the giver of light.

祂是光的给予者。

And He himself is the light.

祂本身就是那光。

Jesus is God become flesh, living among us.

耶稣是神成为人，住在我们当中。

His life is full of grace and truth.

耶稣的生命充充满满的有恩典和真理。

Reflecting the glory of the one and only God.

彰显了独一真神的荣光。

Jesus is God's divine light on the earth.

耶稣是这世上的神圣之光。

He has come to open our eyes and turn us from darkness to light.

祂来，为要使我们的眼睛被打开，从黑暗中转向光明。

Turn us from the power of Satan to God.

使我们从撒旦权势下，转而归向神。

Through Him, we can receive forgiveness of sins.

通过他，我们罪得赦免。

Through Him, we become children of light.

通过他，我们成为光明的子女。

Jesus Christ is indeed the light of the world.

耶稣基督真正是世界的光。

Let the brilliance of His light shines on your life today.

让祂灿烂的光芒今天照亮你的生命。

Dear listener, time is up again.

听友，节目时间又要结束了。

We talked about natural light, man-made light, and divine light today.

今天我们谈到了自然光，人造光和神圣的光。

We hope you enjoyed our program.

希望你喜欢我们的节目。

We would love to share with you more about our Christian faith.

我们很愿意和你更多分享基督教信仰。

Write to us and tell us about yourself.

来信和我们谈谈你的生活吧。

We look forward to meeting with you again In English World.

我们期望下回在英语世界节目里和你再相会。

May God bless you.

愿神赐福给你。

See you.

Well, Wen-J, I am ready.

Ready for what?

Ready to go out and have fun and enjoy the sunshine.