

Look To the Mountains 向山举目 – 10 月 13 日

Hello and Welcome to English World. This is your friend Mark.

马可和文洁我欢迎你来到《英语世界》。

We are so glad you have tuned into our program today.

很开心你今天收听我们的节目。

Listener friends, how did you spend your holidays?

听友，你的假期是怎么过的呢？

Did you stay home and catch up on a lot of sleep?

是否待在家里睡大觉？

Or, Did you do a lot of shopping?

是否到商店大采购？

Did you travel far to visit relatives?

是否长路迢迢去探望亲友？

Well Wen-J, what did you do?

Oh, I went camping in a state park. 我到州立公园去露营。

How fun. Being outdoors is always great.

是阿，在户外活动很有趣。 What did you do?

Oh, I took my boat out and spent some time on the lake.

马可则是迁船游湖去了。 You know, you and I are quite different. 我和他真是大不相同。

What do you mean?

You see. You like to be close to the water. 他喜欢水。 And I like to be near the mountain. 而我喜欢到山上去。

Well, We both love the Nature, though.

没错，我们都爱大自然。

Listener friends, hope you also like to be in the Nature.

希望你也是喜欢大自然。

Here's a song for you. "This is My Father's World."

送给你这首歌《这是天父世界》。

"This is my Father's world. ... "这是天父世界。

And to my listening ears 我们侧耳静听。

All nature sings, and round me rings 宇宙唱歌，四围响应。

The music of the spheres...星辰作乐同声。”

Which mountain is this? 请问这是哪座山？

It stands on the border of Nepal and Tibet.

这座山耸立在尼泊尔和西藏的边界。

With a height of almost nine thousand meters,

高度几乎达到九千公尺。

It's the highest mountain in the world.

它是世界最高的山。

Its name is: Mount Everest.

那就是：埃菲尔士山。

Our topic today is: Look To the Mountains.

今天这课的主题是：向山举目。

There are many famous mountains in the world.

在世上有很多著名的山。

The Rocky Mountains in America

在美国有洛基山脉。

Mount Fuji in Japan

日本有富士山。

There's Mt. Zion which is mentioned in the Bible

圣经里的西乃山。

What are some of the famous mountains in China?

中国著名的大山，Taishan 泰山, and Huanshan 黄山 are two popular ones.

Have you ever thought, what would you do if there's a mountain in your way?

如果有一座大山挡了你的路，你会怎么办呢？

How do you get to the other side?

你要怎么过到山的另一边呢？

Wen-Jie, what would you do?

I will go around it. 我会绕过山而行。

"Going around it" is one way.

还有个方法 How about Tunnel through it?

Of course. Tunnel through it.

可以凿山开隧道。

How about climb over it?

Climb over it 攀爬越过山。 That will take forever.

*

In the Mountains, there are many scenic spots.

山区通常有许多好的风景点。

You can see forests and pastures,

山里有森林，草原，

Lakes and waterfalls.

湖泊和瀑布

And You can do many sports in the mountains.

在山里可以做多样的运动，

Skiing, Rock Climbing, Canoeing and Hiking, to name a few.

像滑雪、攀岩、划独木舟、健行等等。

Speaking of mountains, mountains are also symbolic of other things.

山也象徵了生活里的其他事物。

Coming up next, we'll hear a conversation between two friends.

接下来，我们来听两位朋友的一段对话。

Listen carefully and pay attention to the phrases about mountains.

请留意有关山的一些词句。

*Dialogue

A: Do you see the mountain there?

B: Where?

A: The mountain on my desk! Oh, I don't know how I 'm going to finish all the work.

B: It does seem like a lot. You just have to work at it.

A: (Sigh!) Only if you knew how difficult life is for me.

B: I know it's hard, but you can't give up.

A: How long will it take to get over the mountains in life, I wonder?

B: Think of it this way. Once you've overcome them, you will feel like you are on the mountain top.

Let's look at some phrases from the dialogue.

我们来看看会话里的一些词句。

When you are very busy, you have a mountain of work.

当你很忙碌时，你的工作是堆积如山。 a mountain of work

The mountains in life, this means the difficulties you face.

当你碰到许多难处，这可以比喻是生命里的大山。

When you are very happy, it's like having a mountain-top experience.

当你很快乐时，那就有如登上山顶的感受。

Now we will help you understand the dialogue.

现在让我来为你解释会话内容。

Do you see the mountain there?

你看到那座大山吗？

Where?

在哪儿呢？

The mountain on my desk! Oh, I don't know how I 'm going to finish all the work.

我指的是我桌上的那座大山。我不知道要怎样才能完成那些工作。

It does seem like a lot. You just have to work at it.

看起来是蛮多要作。你就是要去处理它们。

Only if you knew how difficult life is for me.

唉！我生活里还有许多难处呢。

I know it's hard, but you can't give up.

我知道是很困难，但是你不能就这样放弃。

How long will it take to get over the mountains in life, I wonder?

要多久的时间我才能越过生命的大山呢？

Think of it this way. Once you've overcome them, you will feel like you are on the mountain top.

这样想好了。你一旦克服了这些困难，你会有如登上山顶一样的快乐。

Now that you understand the meaning, let's review the dialogue once again.

现在你了解会话的意思。我们再度来听一回每日会话。

A: Do you see the mountain there?

B: Where?

A: The mountain on my desk! Oh, I don't know how I 'm going to finish all the work.

B: It does seem like a lot. You just have to work at it.

A: (Sigh!) Only if you knew how difficult life is for me.

B: I know it's hard, but you can't give up.

A: How long will it take to get over the mountains in life, I wonder?

B: Think of it this way. Once you've overcome them, you will feel like you are on the mountain top.

Wen-J, what comes to your mind when you think of mountains?

当想到山，会想到什么呢？ Mountains are beautiful. 山很美丽。 They are majestic. 它们很壮观。 They exist forever. 它们永久矗立。

Mountains give us the sense of permanence and security.

山的确带给我们永久 permanence 和安全 security 的感受。

People like to escape to the mountains.

许多人喜欢避开世上的烦琐事务，上山去。

People go to the mountains for retreat and prayer.

许多人到山里去退隐，去祷告。 and to enjoy hot springs. 也去享受洗温泉。

Yeah!

King David's Poetry 大卫的诗

I lift my eyes up to the mountains

我要向山举目，

Where does my help come from

我的帮助从何而来？

My help comes from You Maker of heaven, creator of the earth.

我的帮助从造天地的耶和华而来。

Psalm 121:1,2 诗篇

"I lift my eyes up to the mountains. Where does my help come from

My help comes from You Maker of heaven, creator of the earth."

God is the Creator of all things.

神是创造一切的主。

He formed the mountains and the seas.

祂造作大山和海洋。

Though mountains may crumble,

虽然山也可能会崩垮摇动。

But God is everlasting.

但神却永久坚定。

King David recognized that God is his help.

大卫王认定神是他的帮助。

And for those of us who put their trust in God,

对信靠真神的人来说，

He is our refuge and shelter.

神是我们的避难所，是我们的保障。

Well, our time is up again.

听友，今天节目时间又要结束了。

Today's lesson was called: Look To the Mountains.

今天这课，叫做：向山举目。

Please write us so that we can get to know you.

请写信来，向我们介绍你自己。

Tell us which mountain is your favorite.

告诉我们哪一座山你最喜爱。

And don't forget to ask the free gift from us.

也别忘了，来信索取我们赠送的礼物。

Until next time, this is your friend Mark.

And I am Guo Wen-Jie.

See you next time. Zai-Jian.

Mark, I miss the mountains.

Well, there's that hill over there.

What hill? Where?

Over there. The Hill Made of Garbage. It's called: Mount Trashmore.