

## Taking Time 花时间 — 3月23日

Once again, welcome to English World.

再次欢迎你收听英语世界

This is your friend Mark.

And I am your friend Guo Wen-Jie.

How are you?

你今天好吗？

What have you done so far today?

今天到目前为止，你做了哪些事呢？

We are so glad that you take time to listen to us.

我们很高兴你花时间来听这个节目

Fifteen minutes is not long.

一刻钟的时间很短

It can pass very quickly.

可以很快就过去了

But you are making good use of this time to learn.

而如今你好好的利用这一刻钟来学习

That's great.

这实在太好了

We hope you find this time with us helpful.

希望这段学习时间对你很有帮助

Wen-Jie, shall we start today's lesson?

Of course. Let's get on with it.

\*Music

### Fun With Phrases 趣味语句

Time (Time 时间，时光)

We often say: 西方人通常会说，

Take Time (Take time 花时间)

Use Time (Use Time 用时间)

Spend time (Spend time 花时间)

Waste time (Waste time 浪费时间)

Make time (Make time 找出时间)

Find Time (Find time 找时间做什么)

In this modern world, everything is moving fast.

在这个现代社会里，凡事都讲求快速

Since we wake up in the morning,

从早上一觉醒来，

It's go, go, go.

我们就是马不停蹄 go, go, go!

There's Work,

有工作的事，

There's School (有学校的事), or Family matter (或家庭的事) ...  
 We need to buy groceries.  
 我们要买食品杂货 buy groceries  
 We have errands to run.  
 要跑许多杂务 run errands 指跑腿, 办事  
 Business to take care of.  
 众多事情要处理 take care of business.  
 We are busy busy.  
 我们忙得不得了  
 Being occupied by all kinds of activities.  
 被各样的活动所填满  
 There is a saying:  
 有一句谚语说:  
 "Time is Everything."  
 时间就是一切  
 But, There's never enough time.  
 但时间永远都是不够用  
 Listen friends, do you feel the same way?  
 听友, 你是否觉得如此呢?  
 Below, we are going to hear a conversation between two-coworkers.  
 接著, 我们来听两位同事的对话

#### \*Dialogue

A: Excuse me.  
 B: Hey, You seem to be in a hurry.  
 B: Yeah, There's no time to waste. I need to get this done today.  
 A: Take it easy. You are very stressed.  
 B: I've got a lot of deadlines. I'm not sure I can finish everything I have to do.  
 A: Well, take a coffee break. You need it.  
 B: As a matter of fact, I've already taken one. No time to talk. Got to run now.  
 A: Wait. You dropped some papers.

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 现在, 马可和文洁我来为你解释会话内容

Excuse me.  
 对不起, 借过  
 Hey, You seem to be in a hurry.  
 ㄟ, 你看来匆匆忙忙的  
 Yeah, There's no time to waste. I need to get this done today.  
 对阿, 不能浪费时间, 我今天下班前要把这个做完  
 Take it easy. You are very stressed.  
 慢慢来。我看你紧张过度了  
 I've got a lot of deadlines. I'm not sure I can finish everything I have to do.  
 我有很多截止日期要赶。我看我作不完该作的东西  
 Well, take a coffee break. You need it.  
 嗯, 喝杯咖啡休息一下会对你有帮助, 你很需要的。

As a matter of fact, I've already taken one. No time to talk. Got to run now.

事实上，我已经休息过了。没时间跟你聊，该走了

Wait. You dropped some papers.

等等，你把文件给掉在地上了

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Does this sound familiar to you?

以上情况是否听来很熟悉呢？

In the West, we often have something called: Coffee break.

在西方，有所谓的“咖啡休息时间” How long is it? 多长的时间？

It usually lasts 10 to 20 minutes.

大约 10 到 20 分钟

How about in Asia, do you have a break for tea?

他问，在亚洲，是否有喝茶休息时间 Of course, but you will be surprised.

We often take a break to nap.

A “Nap” break?

Yes. 在亚洲，我们有时还有午睡休息时间，对吧？

Well, I would love to have “nap” breaks.

他说，午睡休息，乃是求之不得的事

All right. Let's review the Everyday Dialogue once again.

现在我们来复习，每日会话

A: Excuse me.

B: Hey, You seem to be in a hurry.

B: Yeah, There's no time to waste. I need to get this done today.

A: Take it easy. You are very stressed.

B: I've got a lot of deadlines. I'm not sure I can finish everything I have to do.

A: Well, take a coffee break. You need it.

B: As a matter of fact, I've already taken one. No time to talk. Got to run now.

A: Wait. You dropped some papers.

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\*Music

### **A Poem on “Take time” 诗文欣赏**

Take time to work- 花点时间来工作

it is the price of success. 那是成功的代价

Take time to think- 花点时间去思想

it is the source of power. 那是力量的来源

Take time to read- 抽点时间来阅读

it is the foundation of wisdom 那是智慧的基础

Take time to play- 花点时间去游戏

it is the secret of staying young. 那是青春永驻的秘密

Take time to laugh- 用些时间去欢笑

it is the music of the soul. 那是灵魂的音乐  
Take time to dream- 花点时间来梦想  
it is what the future is made of. 未来是靠梦想所架构成的

Wen-Jie, what things come to your mind that we should take time to do?

A lot 我也想到很多我们该花时间作的事

Like,

Like, Take time to be quiet. 找出时间来安静

We do need time to reflect and seek God.

Right. 我们需要有回想和寻求神的时候 And take time to pray 找时间来祷告

Oh, well said. Prayer is the greatest power on earth.

祷告是世上最伟大的力量 And Take time to love and be loved 也花时间去爱人和被爱

Well, Love is God's greatest gift.

的确。爱，乃是神给人最大的礼物 How about for you?

For me, I think of: take time to rest, to exercise, and to relax.

马可倒是想到，要找时间休息，花时间作运动和放松自己 Well, Those are important, too. 这些活动也很重要

\*Music

### **Verse of the Week 每周金句**

Be very careful, then, how you live--  
你们要谨慎行事、  
not as unwise but as wise  
不要像愚昧人、当像智慧人、  
making the most of every opportunity,  
要爱惜光阴、  
because the days are evil.  
因为现今的世代邪恶。

Ephesians 5:15,16 以弗所书

Bible instructs us to be wise.

圣经教导我们要作智慧人，聪明人

Time is a gift from God.

时光是神所赐的礼物

How we use time is our gift back to God.

我们怎么使用时间，是我们回报神的礼物

We should make the most of every opportunity.

我们要爱惜光阴，好好使用神给的机会

In other words, we should redeem the time.

换句话说，我们要赎回光阴

Redeem the time that was lost or wasted before.

买赎回来 过往那些被荒废的时光

So now, we spend time with God.

而现今，我们花时间亲近神

Take time to know His will.

花时间来明白主的旨意

And make time to do what's pleasing to Him

去作合乎神喜悦的事

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Well Listener friends, our time is up.

听友，节目时间又差不多了

This is a good time we spent together.

我们一起度过了美好的时光

We look forward to meeting with you again next time.

期待下回和你再相会

Until then, this is your friend Mark.

And I am your friend Guo Wen-Jie.

God Bless. Zai-Jian.

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OK, we're done. Let's have a coffee break.

Sounds good to me!

Wait! You are not thinking of a "nap" break, are you?

Well, it's that time of the day, you know.

You know what, it's a good idea.