

I Am Bored 我很闷 — 10 月 26 日

Hello and Welcome to English World. I am your radio friend Mark.

And I am your friend Guo Wen-Jie. We are happy that you have tuned into our program.

Wen-Jie, do you know what happened last night?

马可说，昨晚有事情发生 What happened?

Didn't you hear that big storm passed through?

是阿，昨晚天下大雷雨

I know. It rained heavily.

Right. And the power went out on our block.

Oh no. 结果他住的整条街都停电了

You had no electricity?

That's right. It was pitch dark.

For how long?

For the whole night.

Wow! 他家停电停了整晚呢

You must have been really bored.

Oh, I was not bored at all.

他说，他一点都不感到无聊

Well, There's nothing to do in the dark.

I know. Most people would feel really bored.

多半人会觉得很无趣

They couldn't watch TV or go online.

因为他们不能看电视或者上网

They probably went to bed early.

他们也许就早早上床了

But I, I enjoyed hearing the thunder and seeing the lighting.

Really? 马可却是很喜欢听雷声隆隆，看电光闪个不停

It's cool seeing the sky light up and feel the thunder's rumble.

他认为，看到天空电光闪亮，感受到雷声隆隆作响，实在太酷了

Nothing on TV can compare with that. It was real drama.

他说，没有任何电视剧可以与之相比。那可是真正的戏剧呢！

Vocabulary 123 生词点滴

Bored (Bored 形容词，无聊，沉闷)

There's nothing to do. I am bored.

没有什么事可作。我感到很闷

Boredom (Boredom 名词，厌烦，厌倦)

Do you know any way to relieve boredom?

你知道解除沉闷的任何方法吗？

Boring (Boring 形容词，无趣，单调，乏味的)

This is a boring party.

这个宴会很无聊

Bored, Boredom, Boring

Talking about being bored Wen-Jie, I know exactly what bores me.

马可什么时候会觉得无聊呢？What?

When I'm in a long meeting, I get bored.

参加冗长的会议让他觉得很乏味

But, Everybody gets bored at times.

每个人都会有感到无聊的时候

Listener friends, when do you feel bored?

听友，你什么时候会感到无聊呢？

And what do you do to re-energize and perk your attention?

你会用什么方法来 re-energize 重新有活力，

perk your attention 振作精神呢？

Culturally Speaking 话说文化

According to an article in the Reader's Digest,

根据读者文摘的一篇文章

The author says: America is bored.

作者说：美国人感到很沉闷很无聊

Although many efforts are made to counter boredom, they don't work.

虽然曾想尽方法来避免无聊的感受,但这些都没有功效

And "Boredom has become the disease of our time", the author says.

作者说：觉得无聊已经成了这个时代的疾病了

Wow! That's interesting. Why is that, Mark?

Well, compared with the eighteenth century, we have a lot more leisure time.

马可说，和 18 世纪相比，我们多了很多闲暇时间

In this postmodern age,

而在这个后现代化时代

Of course we have tons of entertainment.

我们是有各样的娱乐

Like movies, TV programs, Concerts, sport games, etc...

像电影、电视、音乐会、运动比赛等

We've got all kinds of sights and sounds and information.

我们有各样的影音和资讯

To the degree that we are just over-stimulated.

到一个地步，我们受的刺激太多太多了

Coming up in our Everyday Dialogue, two friends are chatting with each other.

接下来有两位朋友彼此在谈话

Maybe you will find this familiar to you.

可能他们谈的对你也不陌生

Let's listen in on their talk.

我们一起来听

*Dialogue

A: (Sigh!) I am bored.

B: Why do you say that?

A: I do the same things every day. Get up in the morning, go to work, come home, go to bed.

B: Well, I do the same things.

A: Even when I have a day off, I can't think of anything I'd like to do.

B: Really? You can't find anything interesting to do?

A: I don't get it. What's the meaning and purpose of all this?

现在，先来帮助你了解会话内容

(Sigh!) I am bored.

噯，我觉得好闷好乏味

Why do you say that?

你为什么这么说

I do the same things every day. Get up in the morning, go to work, come home, go to bed.

我每天都作同样的事。早上起来，去上工，然后回家，睡觉

Well, I do the same things.

我也作同样的事阿

Even when I have a day off, I can't think of anything I'd like to do.

既使我有一天休假，我也想不到有任和我爱作的事

Really? You can't find anything interesting to do?

真的吗？你没有任何感兴趣的事可以作？

I don't get it. What's the meaning and purpose of all this?

我真想不通。这一切有什么意义和目的呢？

Well, We do have to face many tedious tasks in life.

我們的確需要面對生活中很多令人感到沉悶的事

But boredom is not necessarily bad.

但感到沉悶無聊不見得是不好的

It can be a healthy thing to stimulate us to action

它可以刺激我們去有所行動

Or challenge us to use our creativity, don't you think?

也可以激發我們的創造力，你說是吧？

Let's review the dialogue once again.

我們再次來複習每日會話

A: (Sigh!) I am bored.

B: Why do you say that?

A: I do the same things every day. Get up in the morning, go to work, come home, go to bed.

B: Well, I do the same things.

A: Even when I have a day off, I can't think of anything I'd like to do.

B: Really? You can't find anything interesting to do?

A: I don't get it. What's the meaning and purpose of all this?

Verse For Life 生命经文

King Solomon said:

所罗门王说：

All things are wearisome, more than one can say.

万事令人厌烦，人不能说尽。

The eye never has enough of seeing, nor the ear its fill of hearing.

眼看、看不饱、耳听、听不足。

What has been will be again, what has been done will be done again;

已有的事、后必再有，已行的事、后必再行。

there is nothing new under the sun.

日光之下并无新事。

Ecclesiastes 1:8,9 传道书

God wants us to enjoy the beauty and glory in what He has made.

创造主要我们去享受他所造的美好事物

He wants us to grow and develop our gifts to bring his saving grace to the world.

他要我们成长、去发展才华，把他的救恩带给全世界

With that in mind, we do see there's meaning and purpose in life.

由此，我们看到生命是有意义和目的的

We are called to engage in living and making his presence known.

我们被召，是要积极地生活，让人见证到神的存在

There might be boring and difficult moments,
可能生活中是有沉闷困难的时刻
But every situation has significance,
但每个情况都有它的意义
Because we know God, and we are living in a relationship with God.
因为我们认识神, 且和他有相连的关系
And God is continually transforming us.
而神也不断的在更新改造我们

Listener friends, next time when you feel bored,
听友, 下回当你感到无聊沉闷时
Try to avoid the usual watch or listening to the same channels or rely on the
web to satisfy you.
试著不要又赖著看同个电视节目, 听同样的频道或依赖上网来满足你
Learn to delight in the simple and the ordinary.
学习去欣赏简单的日常事物
Reach out to God, Read His Word.
去与神接近, 读圣经的话
Our lesson today was called: I Am Bored.
That's right. We hope you learned a lot from this lesson.
Don't forget, next week right here, we will meet with you again. Until then, this
is your radio friend Mark.
And I am your radio friend Guo Wen-Jie.
Enjoy the Life God has given you ... and, God bless.

All right, Wen-Jie, I'm going to enjoy life now.
Me, too.
What do you plan to do?
I'm going out for a walk. How about you?
Hum, I think I'll enjoy my favorite "chicken noodle soup" . Nothing can beat that.