

## Peace To You 愿你们平安 — 1 月 11 日

Hello Listener friends, once again Happy New Year to you!

听友，再次祝你新年快乐

I am your radio host Mark.

And I am your host Guo Wen-Jie.

Wen-Jie, did you have a good New Years holiday?

我的新年假期啊，忙坏了

It was kind of crazy.

Oh, no. What happened?

First of all, I was trying very hard to finish up my work before the holidays.

放假前先赶节目

We all know what that's like.

Then, we drove eight hundred miles to be with family.

接后，我们开了 800 英里去探望亲友

That's a lot of driving.

Afterwards, I had friends stay with us for a week.

之后，还有外地朋友来家呆了一星期

That's just too much after coming back from the long trip.

的确不容易。

There were times I was so tired. 曾经感到很疲惫

How are you doing now?

Now, everything is back to normal.

现今一切都回复正常了

I am sure you are enjoying some peace and quiet now.

Yes. Wonderful Peace and Quiet.

现在总算一切太平了

That's good to know. You should take it easy. Don't stress out too much.

Yes Sir. I'll try my best.

我会学习放轻松

### Vocabulary 123 生词点滴

|                 |       |
|-----------------|-------|
| Peace           | 和平、平安 |
| Peace and Quiet | 平安无事  |
| Peace of mind   | 心态平静  |
| Peace and War   | 战争与和平 |
| Long For Peace  | 渴望和平  |

Peace and Quiet, Peace of Mind, Peace and War, Long For Peace

We do need peace.

我的确需要和平

But I feel peace is hard to come by these days.

Indeed, it's hard to have peace.

生活里不容易有平安

You know, with the phone always ringing.  
电话常常响个不停

Of course the TV is on.  
电视的声音影像到处都是

Sometimes the kids are sick and crying.  
有时孩子生病哭了

We have quarrels with family members,  
或许我们和家里人吵了架

It seems that there's no peace in our hearts.  
我们心里没有平安

Instead, we feel anxious and troubled.  
觉得很焦躁很烦恼

That's for sure. Remember that time I was angry at you?  
我曾经对马可生气过

Anyway, it took me several days to get over it.  
我花了好几天心情才平静下来

Well, I am glad to hear it's all history. You are not angry at me anymore, are you?  
No. That was a long time ago.  
这是好久前的事了

Good. So now we are friends and we are on good terms.  
Yes, we are.  
现在我们相处愉快

We are on good terms.  
Let's keep it that way.  
All right.

### **Fun With the Idioms 趣味词句**

|                |                       |
|----------------|-----------------------|
| Peace Building | (Peace Building 促进和平) |
| Peace Making   | (Peace Making 开创和平)   |
| Peace Faking   | (Peace Faking 假冒和平)   |
| Peace Breaking | (Peace Breaking 破坏和平) |
| Peace Keeping  | (Peace Keeping 维护和平)  |

Peace Building, Peace Making, Peace Faking,  
Peace Breaking, Peace Keeping

Coming up next, we are going to hear a conversation between two co-workers.  
紧接著，我们来听两位同事的对话

They are chatting during the coffee break.  
他们在休息时间时闲聊了一下

Let's listen in on their conversation.  
我们来听他们的对话

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A: *Hey, You don't look so good.*  
B: *Well, I don't sleep well and I have a lot of nightmares recently.*  
A: *Something must be troubling you.*  
A: *I guess so. I always feel tense and anxious.*  
B: *Maybe you need to take a vacation.*  
A: *Maybe, but I think what I really need is peace of mind.*

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A: *Hey, You don't look so good.*  
你看来气色不好  
B: *Well, I don't sleep well and I have a lot of nightmares recently.*  
我近来睡得不好，常常作恶梦  
A: *Something must be troubling you.*  
一定有什么事情困扰你  
A: *I guess so. I always feel tense and anxious.*  
我想也是。我总是觉得很紧张，很焦虑  
B: *Maybe you need to take a vacation.*  
也许你需要给自己放个假  
A: *Maybe, but I think what I really need is peace of mind.*  
也许吧，但是我想我真正需要的，是内心的平安

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What do you think, Wen-Jie?  
Well, many people need more rest and more exercise.  
对许多人来说，他们需要多休息多运动  
But sometimes what we really need is something deeper – peace of mind.  
That's true.  
但有时我们真需要的,是更深层面的内心平安  
Shall we listen to the dialogue once again?  
Of course.  
再来听一回每日会话

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A: *Hey, You don't look so good.*  
B: *Well, I don't sleep well and I have a lot of nightmares recently.*  
A: *Something must be troubling you.*  
A: *I guess so. I always feel tense and anxious.*  
B: *Maybe you need to take a vacation.*  
A: *Maybe, but I think what I really need is peace of mind.*

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Shalom is the Hebrew word that means Peace.  
『Shalom』 这个字在希伯来文，就是平安的意思  
Jewish people say "Shalom" on a daily basis.  
犹太人每天都说 Shalom 这个字

It is like saying hello and goodbye to someone.

这就像我们对人问安打招呼 and 说再见一样

When friends greet each other: Shalom, that has to do with trust and peaceful understanding.

当朋友们相互问安说 Shalom 时，这是跟彼此的信任 and 了解有关的

But Shalom has deeper meaning.

但这个字也有更深的含义

It has to do with a person's total well-being.

涵概了对一个人全面的关怀祝福

Which includes health, peace, prosperity,

包含了健康、平安、繁荣、

Rest, safety, harmony, etc.

安息、安全、和谐等等的层面

So, when saying the word shalom, you are not only proclaiming peace,

所以说出 Shalom 这个字时，你不仅是宣告和平

But all those different meanings of the word over that person.

也是祝福对方有 Shalom 这字所含有的意思

It means: Peace to you, Health to you, Prosperity to you, Rest to you, Safety to you, Harmony to you... And many more things too.

### **Verse For Life 生命经文**

Jesus says,

耶稣说：

“Shalom I leave with you; My shalom I give you.

我留下平安给你们。我将我的平安赐给你们。

I do not give to you as the world gives.

我所赐的，不像世人所赐的。

Do not let your hearts be troubled, and do not be afraid” (Jn. 14:27).

你们心里不要忧愁，也不要胆却。

John 14:27 约翰福音

Jesus is our Shalom.

耶稣是我们的 Shalom 和睦

And it's this Shalom that brings God and Man together.

这也就是神与人之间能有的和睦

Jesus came to the world to preach Shalom.

耶稣来到世上传和平的福音

Jesus knows that we have troubles and worries in life.

他明白我们在世上有烦恼忧虑

But he has promised us His Shalom.

而他也应许赐下他的平安

Those who put their trust in Jesus will have perfect peace.

而坚心依靠耶稣的，必有完全的平安

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Well, our time is up.

节目时间又差不多了

What better way is there to start the New Year than with Shalom.

新年以和平开始，实在很好了

We want to bless you with the ending words of Paul's letter to believers.

我们要以保罗对信徒书信的结尾来祝福你

Grace and peace to you from God our Father and the Lord Jesus Christ.

恩惠平安，从我们的父和主耶稣基督归给你们

Peace Be with you.

愿你们平安！

I am your radio host Mark,

And I am Guo Wen-Jie.

Until next time in English World, Zai-Jian.

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Mark, do you know this Hebrew melody named: Shalom?

I don't think so.

We often sing it when we say goodbye to friends.

Really? Go ahead and sing.

*"Shalom my friend.*

*Shalom my friend.*

*Shalom, Shalom.*

*We'll see you again.*

*We'll see you again.*

*Shalom, Shalom."*