

## Taking Time 花时间 — 10月4日

Hello & Welcome to English World.

欢迎你来到英语世界

I am your radio friend Mark.

我是你的广播朋友郭文洁

Some friends have written us to ask for the free gift we offer.

有些朋友来信希望得到我们赠送的礼物

And as we all know, mailing can take some time.

但就如我们所知的，邮寄总是要花一些时间的

We hope you don't have to wait long.

我们希望你不需要等太久

So, please be patient.

如果要等的话，也请你有耐心

Wen-Jie, this morning I was late for work.

Yeah, I noticed. What happened?

The traffic was really slow.

Oh,今天早上马可迟到了，因为交通很拥挤

You know why? There is road construction everywhere.

Road construction. No wonder.

原来一路上有很多的道路整修工程

It took double the usual time to get here.

他来回交通时间也加倍了

Well, we say mailing takes time. But it will arrive eventually.

邮寄虽花时间，但总是不久后会收到的

On the other hand, road construction takes forever.

但道路整修是永无止尽、没完没了

I am starting to lose my patience.

他的耐心都被磨光了 I know how you feel.

### Vocabulary 123 生词点滴

Time	时间，时光
Take Time	花时间
Take a lot of time	花很多时间
Take a little time	花一点时间
Take your time	慢慢来，不急
Take as much time as you need	你要用多长时间都行

Most things in life take time.

生命里许多事物都需要花时间

It takes time for flowers to bloom.

花朵绽放需要时间

for fruit to ripen.

水果要熟，也要时间

It takes time for a true friendship to grow.

建立真实的友谊，需要时间

It takes time to learn to do things.

要学会做一件事，需要时间

It also takes time to do the work right.

而能把事情作得好，也需要花时间

What else can you think of that takes time?

还有哪些呢？

Huh, I like to cook. So, it takes time for the yeast to work in the dough.

面团里的酵母需要时间去发酵

That's how we get wonderful bread to eat.

这样才能有松软香甜的面包吃

And, a good soup takes hours to cook.

煮一锅好汤也需要时间熬

Oh, I love good soup. And if you are a student, you need to take time to read.

对学生来说，需要时间去阅读

Writing papers requires time as well.

写报告也要用时间

Often we wish things could happen quickly.

我们常常希望事情很快的成就

We want to see results quickly.

我们要看到立时的果效

But God's design is often for things to happen slowly.

但神的设计，是每样事情都慢慢地发生

God knows how to take time.

神懂得怎样来花时间

### **An Old English Prayer: Take Time 一个爱尔兰祈祷词「花时间」**

Take time to work, it is the price of success.

运用时间去工作，这是成功的代价

Take time to think, it is the source of power.

费点时间去思索，这是力量的泉源

Take time to play, it is the secret of staying young.

花点时间去游戏，这是青春永驻的秘密

Take time to read, it is the foundation of wisdom.

抽出时间来阅读，这是智慧的基础

Take time to laugh; it is the music of the soul.

用些时间放声大笑，这是灵魂的音乐

Coming up next, we bring you today's "Everyday Dialogue".

紧接著，我们带给你今天的，每日会话

Josh is Ruth's co-worker.

Josh 是 Ruth 的同事

He is very stressed about work.

他工作很紧张

Ruth is concerned about him.

Ruth 很关心他

Let's listen in on their conversation.

我们一起来听他们的对话

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\*Dialogue

J: *Oh, It takes forever to download this. I can't wait any longer.*

R: *Take it easy. Be patient.*

J: *How can I be patient? I'm working day and night to finish this project.*

R: *I guess you didn't get a lot of sleep recently, did you?*

J: *How could I sleep? The deadline is tomorrow.*

R: *Even so, you still need to take time out for yourself.*

J: *It's easier said than done.*

R: *How about taking a tea break now? It will do you good.*

J: *All right. I am stuck anyway.*

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现在带你来了解会话内容

J: *Oh, It takes forever to download this. I can't wait any longer.*

下载这个档案真是花时间，我再也等不下去了

R: *Take it easy. Be patient.*

别著急，有耐性点

J: *How can I be patient? I'm working day and night to finish this project.*

我怎么能耐性？为了要完成这个企画，我已经不分日夜的工作了

R: *I guess you didn't get a lot of sleep recently, did you?*

我想你近来没有足够睡眠，是吧？

J: *How could I sleep? The deadline is tomorrow.*

我怎么能睡得著呢？明天就是截止日期了

R: *Even so, you still need to take time out for yourself.*

虽然这样，你仍然需要给自己放个假

J: *It's easier said than done.*

这说来容易，做起来难

R: *How about taking a tea break now? It will do you good.*

那，好不好现在喝杯茶休息一下？对你有好处的

J: *All right. I am stuck anyway.*

好吧。反正我现在什么也作不成

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Have you heard the phrase? Take time off.

Take time off 这个词，意思是休假

Take a break,

Take a break 就是休息一下

Take time out for holiday

Take time out for holiday 假日休息

We all need a take time off.

我们都需要有休息休假的时候

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

我们在来复习，每日会话

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**Verse of the Week 每周金句**

I am sure that God, who began a good work within you,

我深信那在你们心里动了善工的，

will keep right on helping you grow in His grace

必成全这工，

until His task is finally finished.

直到耶稣基督的日子

Philippians 1:6 腓立比书

God is working in our lives.

神在我们的生命里不断的工作

He has in mind to make us into a new being.

祂要造作我们成为一个新人

He moves slowly,

祂的工作是缓慢的

But consistently.

却是持续有恒的

Many times we are slow to learn.

许多时候我们学习得很慢

Or we are not willing to let God be involved in our lives.

又或者，我们不愿意神来插手干预我们的生命

But God never gives up on us.

但神永不放弃我们

He moves gently and carefully.  
祂温柔的，谨慎的行动  
Little by little God is grooming us.  
一点一滴的慢慢改造我们  
God will reveal His truths to us.  
神会导引我们认识真理  
And in ways we will be able to accept.  
以我们能接纳的方式来启发我们  
God will do these things in His own perfect timing.  
神会按著祂最好的时机，成就祂的工作

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Well, time is up.  
时间又差不多了  
You have just taken the time to learn English.  
你刚刚花了时间来学英语  
That 's great.  
太好了  
We hope you continue your studies.  
希望你继续你的学习  
Don't forget to visit us again next time right here in English World.  
别忘了下回按时听英语世界  
In the meantime, go to our website to learn more.  
在这期间，你也可以上网来学习更多  
May your time be fruitful.  
盼望你很有收获  
That's it for now. We'll see you next time.  
就先在这儿打住了  
I am your radio friend Mark.  
And I am Guo Wen-Jie.  
Zai-Jian.  
后会有期

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Hey Mark, you just came back from your trip. How was it?  
Oh, Alaska was beautiful. Judy and I had a great time.  
I'm glad to hear that.  
How about you? When are you taking some time off?  
Oh, soon I hope.