

## I Need A Break 休息片刻 — 2012 年 11 月 27 日

Hello listener friends, after a week's break, we're happy to meet you again right here in English World. I am Mark, along with...

I am Mark's co-host, Guo Wen-Jle.

听友你好！

Wen-Jle, did you enjoy your weekend break?

Oh yes. I love weekend.

我爱周末时光。

What did you do?

Nothing much. Just take some rest and did some shopping.

我就是休息买东西。

What about you?

One night we got together with some friends and we really had a good time.

马可和一群朋友有一天聚集叙旧。

I feel recharged and now I am ready to go back at work.

经过周末休息，现在他又是一条龙了。

You are full of spirit and energy again.

### The Way We Talk 日常口语怎么说

Our key word today is: Rest.

今天关键字是：Rest.

Here are some phrases that have to do with "rest".

接下来介绍一些跟有关的口语

"Take a Nap" means to sleep for a short period of time.

Take a nap 小睡一下

"Get a break". this means get a chance to rest.

Get a break 有段休息时间

"Take a break", means to rest and stop working for a period of time.

Take a break 工作中的暂停，小休

Like, we would say: I am going to take my lunch break now.

好比，take a lunch break

去休息，吃个中饭。

Another one, "Catch one's breath", this means rest for a moment, stop to let one's breathing slow down.

Catch one's breath

喘口气，减慢速度。

If we say, "Take a load off one's feet", it means to sit down and rest.

Take a load off one's feet.

歇歇脚。

Here's another common phrase "Burning the Candle at Both Ends". This means working too hard without getting enough rest.

Burning the candle at both ends.

腊烛两头烧。

And the last one, "Take Five", which means take 5 min. rest.

Take five.

暂停休息五分钟。

Now for the review:

Take a nap,

Get a break,

Take a lunch break,

catch my breath,

Take a load off one's feet,

Burn the candle at both ends,

and Take five.

## **A Day In The Life Of 美人访谈**

Interview: A chat with Josh Larsen on "Rest"

I: You have just taken a short vacation. Where did you go and what did you do?

刚度假回来，你去哪里，作了什么事？

J: \* We had a three days short vacation, drove to Sliver Lake, Michigan.

\* This is the place where I had been going my entire life.

\* We did some swimming, water skiing.

I: What does "Rest" mean to you?

休息，对你的意义是如何？

J: \* It's sleeping in, no alarm.

\* It's get away, get out of the routine

\* It's having one activity you can focus to, not having a lot of things to do, just do one things that feels restful to me.

I: How do you usually find "rest"? How do you get recharge?

你通常怎么得到休息，又如何重新得力呢？

J: \* It's the one thing at a time, no distraction.

\* The reception of the cell phone wasn't good while we were at the vacation. So, I got to read a good paper book and that feels restful to me.

- I: Jesus says: "Come to me, I will give you rest." What does this invitation mean to you?  
耶稣说，到我这里来，我就使你们得安息。身为基督徒，你怎么想这个经文？
- J: \* This verse makes me think of another passage of John 4, Jesus meeting with the Samaritan woman.  
\* The living water, symbols eternal life. We need water for refreshment, to replenish, reenergize us.  
\* Jesus says, I am the living water. He identifies himself as the living water. There's no other solution for us to meet our real needs except Jesus.
- I: How do you draw from this living water?  
你是如何支取这个活水的？
- J: \* I try to make devotion a restful time.  
\* I set aside a quiet time, a focus time to read the Scripture.  
\* This time can carry me thru the rest of the day.

### **Words to Live By 圣经良言**

Jesus says: "Come to me, all who labor and are heavy laden, and I will give you rest.

耶稣说：凡劳苦担重担的人，可以到我这里来，我就使你们得安息。  
Take my yoke upon you, and learn from me, for I am gentle and lowly in heart,

我心柔和谦卑，你们当负我的轭，学我的样式，  
and you will find rest for your souls.

这样，你们心里就必得享安息。

Matthew 11:28-29 马太福音

God loves us, and He has designed rest from labor.

神爱我们，他在工作中也设计了有休息。

The Bible tells us, God promises us "rest and peace" from troubles and anxiety.

圣经告诉我们，神应许给我们在繁忙焦虑中能有安歇和平安。

God also gives us spiritual rest for our souls.

神也赐给我们心灵上有休息。

Jesus says: "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls." Matthew 11:28-29

Well, there's a time for work and a time for rest. But, unfortunately it's time for us to say goodbye to now.

有工作有休息，我们时间到点了，要暂停一下了。

But remember, Next week, same time, right here, Wen-Jie and I will be back.

下周同时间同地方，我们会回来和你相会，

We hope your learning English with us is a good one.

希望你学习愉快！

Until we meet again, I am Mark, along with Wen-Jie,

Take care and God Bless You!