

Have No Fear 心不惧怕 — 2013 年 2 月 12 日

Hello and Welcome to English World. We are your radio friends Mark, along with Wen-Jie.

马可和文洁我们欢迎你收听英语世界

Today we are going to talk about Fear.

Fear? Oh, this maybe is everyone's fear.

今天节目，我们来谈谈:你所害怕的事物

Mark, I remember when I was a child, I was afraid of darkness.

年纪小的时候，我很怕黑

Me, too. I was also afraid of ghosts.

马可小时不仅怕黑也怕鬼

How about when you were a student?

When I was a student, I was afraid of not passing exams.

我作学生时，很害怕考试不及格

Do you still have some nightmares about that?

A lot. 也因此，我做了许多恶梦

Of course when one gets older, our fear can changed .

一旦一个人年纪大了些，心里惧怕的事物也会改换了

Some people are afraid of flying.

有些人怕坐飞机

Not me.

Other people are afraid of getting sick.

有人很怕生病

Well, Nobody likes to be sick.

Other people are afraid of going to a new place and meeting new people.

也有人怕去新的地方，怕见到陌生人

Fear is a great strong emotion. Everyone knows about it.

的确！惧怕是大家都熟悉的一种很强烈的情感

Vocabulary 123 生词点滴

Fear	(Fear 名词，恐惧，惧怕)
I am in fear.	(I am in fear. 我感到害怕)
I am afraid.	(I am afraid.)
I am scared.	(I am scared.)
I am frightened.	(I am frightened.)
Fear	(Fear)

In 2010, there's a movie called: "The King's Speech".

2010 年出了一部影片，叫：国王的演讲

This film was a historical drama based on the true story of King George VI of Britain.

这部戏剧片出自史实，跟英国国王乔治六世有关

The film shows the King's fear of public speaking.

是说到这位国王对公众演讲的惧怕

His relationship with the speech therapist that helped him overcoming it.

还有他和帮助他克服障碍的语言复健师之间的情谊

Wen-Jie, did you see the film?

Yes, I did. It wasn't easy for the King to to overcome his fear.

It's never easy to face our fear or overcome our fear.

面对惧怕，克服惧怕真是不容易

All right. Coming up next, is the popular feature: A Day in the Life of Josh.

接下来带给你特别栏目：德嘉许的一天

Josh had a chance to go to Las Vegas, Nevada.

他有机会到了拉斯维加斯赌城开会

And while he was there, he visited the famous stratosphere Tower.

在那儿，他有机会上了那儿著名的摩天大云霄塔，

How do you say the word again?

Stratosphere.

Stratosphere.

Right. And what does he think about his experience? We'll find out.

到底德嘉许有怎样的经验呢？我们一起来了解一下

Insert: Stratosphere (Day In the Life of Josh)

Recently I stood atop the stratosphere in Las Vegas.

不久前我站在拉斯维加斯赌城云霄塔的最顶层。

I took an elevator ride up to the top of this ridiculously high building, knowing I would be doing something I didn't want to do.

我搭乘电梯直达这个高得不得了建筑物，深知道我会作一件我不愿意作的事。

I walked off and I was 1100 feet in the air overlooking Las Vegas Boulevard.

我脚踏出电梯。这时的我已经离地有 1100 英尺，底下拉斯维加斯大道的风光一览无遗

Now I love rollercoaster's and I love thrill rides, but standing on a concrete block outdoors and seeing how tiny people look when being that high is stinking scary!

我很喜欢搭乘云霄飞车，和各样的快速游乐车，但是站在顶楼的水泥地上往下看，人只有那么一丁点儿，实在是太恐怖了。

I was scared! I don't want to be too close to the edge!

我感到很害怕。我可不愿意离边缘太近

What if something happened where the concrete broke open and I just began to fall and fall and fall!

如果有什么事情发生，我脚下水泥地裂开了，我一而再往下掉，往下掉...

Ok- maybe that was a little dramatic. But, for how amazing the view can be, the heights are just as scary.

好吧好吧，可能我想的太过夸张了。姑且不论顶楼往下看的景致是有多美，那个摩天大楼高度可是令我相当惊恐呢！

You know what? I was there with Josh on the top of the Stratosphere.

Really?

原来马可也一同在那个云霄塔最顶层呢

Were you afraid?

Not to me. I enjoyed it tremendously. But many people are afraid of heights.

马可倒是一点也不怕呢。不过许多人有惧高症

And from what Josh is saying, he is also afraid of falling, too.

听来，德嘉许不但惧高，也害怕跌下来呢

Let's listen to Josh's experience inside the Stratosphere once again.

好，我们再次来听德嘉许的分享

Insert: Stratosphere (Day In the Life of Josh)

"Recently I stood atop the stratosphere in Las Vegas. I took an elevator ride up to the top of this ridiculously high building, knowing I would be doing something I didn't want to do. I walked off and I was 1100 feet in the air overlooking Las Vegas Boulevard.

Now I love rollercoaster's and I love thrill rides, but standing on a concrete block outdoors and seeing how tiny people look when being that high is stinking scary! I was scared! I don't want to be too close to the edge! What if something happened where the concrete broke open and I just began to fall and fall and fall!

Ok- maybe that was a little dramatic. But, for how amazing the view can be, the heights are just as scary. "

Well, Fear is real and can really impact us.

惧怕是很真实的，也能深深影响我们

Because of fear, we are afraid to do things or go to places.

因为惧怕，我们不敢去作一些事情或去一些地方

We are scared of certain people or our enemies.

我们惧怕某些人或是我们的敌人

We can become frightened about some situation and even the future.

我们对一些情况,对将来感到忧心害怕

Listen to what God has said in the Bible.

听听圣经里，神是怎么说的

Verse For Life 生命经文

So do not fear, for I am with you. Do not be dismayed, for I am your God.

你不要害怕，因为我与你同在。不要惊惶，因为我是你的神。

I will strengthen you and help you; I will uphold you with my righteous right hand.

我必坚固你，我必帮助你，我必用我公义的右手扶持你。

Isaiah 41:10 以赛亚书

We do not have to be afraid because God is with us.

我们不用害怕因为神与我们同在

We can come to God anytime because of what Jesus did for us.

我们能坦然无惧随时到神面前，因为耶稣所作成的工

Jesus has paid the ransom for our sin.

他为了我们的罪付上赎价

And those who believe and have faith in Him become children of God.

凡相信耶稣的，都成为神的儿女

As we walk in His truth and follow Him,

当我们走在神的真理里，跟从他时，

He promises to strengthen and help us.

他应许要坚固帮助我们

We don't need to be afraid.

我们不需要害怕

Well, our time is up once again. Today we bring you the topic: Have No Fear.

今天带给你的主题是：Have No Fear 不惧怕

We hope you enjoy today's program.

And we hope have learned a lot English today.

We would love to hear from many of you. Please, Write to us and tell us how you are doing in your English learning.

欢迎你来信，告诉我们你的学习进行如何

Until next time, this is your friend Mark,

And I am your friend Guo Wen-Jie.

God Be With You. Zai-Jian.

Mark, we say: Have No Fear.

Right. We can face fear, and overcome fear.

That is easier said than done.

Well, It's not by our will, but by God's power and grace.

Definitely.