

Keep On Track 走在正路上 — 2013 年 4 月 2 日

Hello English World friends, how are you? We are so glad you listen to our program today. I am Mark, along with Wen-Jie.

听友你好，马可和文洁我在此问候你。Mark, I want to thank you from the bottom of my heart. 我要打从心里向马可谢谢。

Thank me? For what?

You have been a wonderful host. I, together with the listeners learn so much English from you. 我们从他那儿学了许多英语，对吧？

Oh, it's my pleasure. I am glad to help. Listener needs to know that you are the significant contributor to this program.

(文洁我也在这节目上出了很多力呢！)

Listeners, you don't need to learn English on your own, we are here to help.

对了，你不需要自己辛苦打破头来学英语，我们很乐意帮助你。

If you have questions concerning English, no need to try to figure out yourself, write us or ask us, we'll be glad to answer you.

有任何英语的疑问，你不需自己去想要怎么解决，写信来问，我们会为你解答。

More so, we would love to give you tips on improving your English,

我们也会提供学语言的一些小窍门。

In another words, we will keep you on track with your English learning.

也就是说，在你的英语学习上，我们会带你走在正确的路上。That's good news to my ears.

Mark, from what we have talked about earlier, I notice we used many idioms.

Well, Tell me one of them.

OK 刚才对话中，出现了许多的日常口语，比如：from the bottom of my heart.打从心底 (Mark, I want to thank you from the bottom of my heart.)

"From the bottom of one's heart." That's one. How about, "on your own", that's another.

(Listeners, you don't need to learn English on your own, we are here to help.)

"On your own". 是独自，单独的意思。 Also, "try to figure out something yourself".

Right. Try to figure it out. That means to try to understand something or somebody by thinking.

意思是试着去理解，弄明白某事或某人。

(If you have questions concerning English, no need to try to figure out yourself)

And one more, "keep on track".

Keep on track 指对的想法做法方向 (we will keep you on track with your English learning.)

Wow. This is all good stuff.

You know what? Today we are learning English from a passage in the Bible.

今天我们要从圣经一段话来学英语。

It's Proverbs 3:5-6.

箴言书 3 章 5-6 节

The idioms and common phrases we just talked about show up in this passage.

刚才教的日常口语，也出现在这段经文里

Listen carefully to see whether you can spot them.

请你留意收听，看你是否认出来

"Trust God from the bottom of your heart;
don't try to figure out everything on your own.
Listen for God's voice in everything you do, everywhere you go;
He's the one who will keep you on track."

Did you hear the idioms? 注意到了日常谚语吗？

Here they are:

From the bottom of your heart

Don't try to figure out everything on your own

He will keep you on track

Now it's Eric's turn to explain what this passage means. Wen-Jie, you will help with the translation.

Eric 老师现在谈谈这经文的含意，我来为你翻译。

Words to Live By 圣经良言

Proverbs 3:5-6, *The Message*

"Trust God from the bottom of your heart;
don't try to figure out everything on your own.
Listen for God's voice in everything you do, everywhere you go;
He's the one who will keep you on track."

(你要专心仰赖耶和华，不可依靠自己的聪明。在你一切的事上都要认定他，他必指引你的路。)

How can we figure out – or decide on – the best path for our lives? If I use my brain and think carefully, will I be able to find the good life? The Bible says no. (我们怎么决定什么路对我们生命是最好的选择呢？如果我好好思想，我是否就能找到好的生命路？圣经说，不能。)

But there is a way to find the good life. Trust God from the bottom of your heart. (但有个方法我们可以好的生命路，就是从心底深处去信靠神。)

This is an idiom – the bottom of your heart. It means completely, with your whole heart. God wants us to trust Him completely. All the time and everywhere, we should listen for God's voice.

(The bottom of your heart. 这儿的含意就是，全然全心的信靠，这也是神所要的。无论何时何处，我们该倾听神的声音。)

God knows what is best for us. He is the only one who can keep us on track.
(神知道什么对我们是最好的。唯有他能引导我们走正路。)

That is another idiom – to keep on track. It means to stay on the right path. God wants to show us the right path, the best path for our life
(To Keep on track 就是走在正路上。神要指引我们什么是我们生命里最好的道路。)

These “words to live by” are found in the Bible, in the book of Proverbs, chapter 3, verses 5 and 6:

今天的《圣经良言》出自圣经箴言 3 章 5, 6 节

"Trust God from the bottom of your heart;
don't try to figure out everything on your own.
Listen for God's voice in everything you do, everywhere you go;
He's the one who will keep you on track."
你要专心仰赖耶和华，不可依靠自己的聪明。在你一切的事上都要认定他，他必指引你的路。

Now that you understand the content, let's listen to Eric once again. This time without interruption.

现在我们请 Eric 不间断地再说一回。

"Trust God from the bottom of your heart;
don't try to figure out everything on your own.
Listen for God's voice in everything you do, everywhere you go;
He's the one who will keep you on track."

How can we figure out – or decide on – the best path for our lives? If I use my brain and think carefully, will I be able to find the good life? The Bible says no.

But there is a way to find the good life. Trust God from the bottom of your heart. This is an idiom – the bottom of your heart. It means completely, with your whole heart. God wants us to trust Him completely. All the time and everywhere, we should listen for God's voice.

God knows what is best for us. He is the only one who can keep us on track. That is another idiom – to keep on track. It means to stay on the right path. God wants to show us the right path, the best path for our life

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Listener friend, notice the key thing in this passage?

这经文的重点在那儿，你留意到吗？

It's: Listen for God's voice. And, follow His lead.

就是，倾听神的声音，认定他的带领。

Don't let your busy schedule take over your whole life.

不要让忙碌的生活掌控你整个生命。

Create space for God to talk to you.

要在心里为神留下空间，好使他能向你说话。

Listen for His voice.

倾听他的声音

Then, you will know what to do and which way to go.

这样，你会知道该做什么，走那个方向。

We love connecting with you on this journey of faith.

我们乐意在信仰的路上与你同行。

Share your thoughts with us. Either in English or Chinese.

来信和我们分享你的感受，中英文都行。

And don't forget, you can review what we have taught on English World website and blog.

提醒你，到《英语世界》网站或博客去复习和学习更多。

Until next time, I am your friend Mark.

And I am your friend Wen-Jie. May God Bless You!