

## **Washing Clean 清洗干净- 7 月 1 日**

Once again, Hello and Welcome to our program.

你现在收听的节目是, 《英语世界》。

This is your friend Mark.

And I am Guo Wen-Jie.

Week after week we bring you a new lesson in English.

每周我们都带给你一个新的英语课程。

We also post the old lessons on the website for you to review.

我们也在网上放了过往教过的每课内容, 好让你能复习。

You can listen and read the content at the same time.

你能够一边听, 一边读。

Today we bring our lesson #370.

今天我们带给你的, 是第 370 课。

The topic for today is: Washing Clean.

今天的主题是: 清洗干净。

---

Wen-J, the other day I was shopping in a grocery store.

几天前, 马可在杂货店里买东西。

I was surprised to find out there are tons of cleaning products.

他发现, 日常生活里所用的清洁用品多得不得了。

For example, toothpaste.

比如, 牙膏。

Dishwashing detergent.

洗碗精。

Laundry detergent.

洗衣精, Shampoo 洗发精。

Soap,

肥皂, Facial Wash 洗脸用品。

All kinds of products to clean windows, floors,

到许多产品用来清洁窗户, 地板,

furniture, air...etc., etc.

清洁家具, 和空气等等……不同产品。

Not only that, all these products come in Liquid kinds,

不单如此, 这些产品有液体式的,

Sprays and pumps,

喷射型的, 帮浦打水式的,

Small packages and Solids...

小型包装的, 还有硬件的……

All different shapes and forms.

产品是各形各样,

From homes to offices,

从住家到办公室,

From personal hygiene to public health,

从个人清洁到公众的健康,

We are constantly fighting dirt and germs.

我们都不断地跟脏乱, 细菌作战。 That's for sure.

## **Actions In Cleaning 清洁行动**

Doing Laundry 洗衣服

Washing dishes 洗碗盘

Brushing Teeth 刷牙

Dusting Furniture 掸家具上的灰尘

Wiping Countertops 把桌面抹干净

Mopping Floors 用拖把擦地板

Taking Showers 冲澡

When it comes to cleaning, we often think of washing.

当谈到清洁时，我们总想到清洗。

Washing usually has to do with water and some kind of soap or detergent.

清洗，通常会用到水及其它的肥皂清洁剂。

Washing is an essential part of good hygiene and health.

要有好的卫生和健康，清洗是个主要的方式。

Especially hand washing.

特别是洗手。

Before and after preparing food,

预备食物之前和之后，

Before and after eating,

吃饭前和吃饭后，

After using the bathroom,

上完洗手间之后，

And after handling something that has germs.

在摸过了有细菌的东西之后，

Hand washing is important in reducing the spread of germs.

洗手对减低细菌的传染很重要。

All right. Coming up next, let's talk about a children's song.

接下来，我们要带给你一首儿歌，

It's called the "Bath Song".

这是一首洗澡的童歌，

Wen-J, you sing the song.

And what about you?

I will do the echoing.

All right. Ready?

"When I take a bath (12345)

(When I take a bath)

I think about the Lord (54321)

(I think about the Lord)

How He washed my sins away (1234515)

(How He washed my sins away)

Let me tell you more (54321)

(Let me tell you more)

He washed my hands so nice and clean (16644553)

(He washed my hands so nice and clean)  
To touch this world He loved so much (14422331)  
(To touch this world He loved so much)  
Jesus fills me up with hope (1234536)  
(Jesus fills me up with hope)  
And washes me with supersoap  
(And washes me with supersoap)

Ha! That was a lot of fun. Wen-J, would you explain the meaning of this song to listener friends?

Sure. 这首童歌，说到当我洗澡时，我总是想到主，如何洗清我的罪。祂洗我双手好触摸，祂心所爱的这世界。耶稣使我有盼望，祂用超级肥皂洗净我。 Jesus washes me with supersoap.

---

Have you noticed that we often talk about hand washing, but not foot washing.

我们通常会提到洗手，但很少提到洗脚。 That's for sure.

But in the Bible, washing feet was quite common .

但是在圣经时代，洗脚却是非常普遍的。

That's because in ancient times people wore sandals to walk.

那是因为古时人们是穿凉鞋走路的。 And roads were dusty and dirty. 而路上黄沙滚滚灰尘多，脚很容易就脏了。

Right. So, A host would provide water for guests to wash their feet.

身为主人的，通常会预备水给来家里的客人洗脚。

Or the host would provide a servant to wash the feet of the guests.

又或者主人会让一个仆人来为客人洗脚。

This was the custom of the time.

这是当时的习俗。

The Bible has an interesting account about foot-washing.

圣经里对洗脚，有一段很有意思的记载。

It's recorded in John 13.

在约翰福音 13 章。

Jesus and his followers had the Last Supper.

耶稣和祂的门徒吃最后的晚餐。

And then, Jesus did an amazing thing.

之后，耶稣作了一件很另人难以置信的事。

Let's listen to John's words in chapter13 verses 4-5.

我们来听约翰 13 章 4-5 节的话。

*"Jesus got up from the meal, took off his outer clothing, and wrapped a towel around his waist.*

*“耶稣就离席站起来脱了衣服，拿一条手巾束腰。*

*After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him."*

*随后把水倒在盆里，就洗门徒的脚，并用自己所束的手巾擦干。”*

Verses 12-15 says: 经文 12 至 15 节这么说：

*"When he had finished washing their feet, he put on his clothes and returned to his place.*

*“耶稣洗完了他们的脚，就穿上衣服，又坐下，*

*"Do you understand what I have done for you? Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet.*

*对他们说，我向你们所做的，你们明白么。我是你们的主，你们的夫子，尚且洗你们的脚，你们也当彼此洗脚。*

*I have set you an example that you should do as I have done for you."*

*我给你们作了榜样，叫你们照着我向你们所做的去作。”*

Now, Now I am going to read this passage in English.

现在我们再次听这段经文。

*"Jesus got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him."*

*"When he had finished washing their feet, he put on his clothes and returned to his place. "Do you understand what I have done for you? Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet.*

*I have set you an example that you should do as I have done for you."*

---

Wen-J, Washing people's feet was considered a very lowly job.

在当时，洗他人的脚被认为是非常低下的工作。

So, we can imagine how shocked his disciples felt.

也因此，我们可以想见耶稣的门徒他们的讶异了。

Jesus' action has symbolic meaning.

耶稣的这个行动有象征性的意义。

It means that we shouldn't expect other people to serve us.

意思是，我们不该期待别人来服事我们。

We should serve others.

而应该去服事人。

This is the example Jesus gave to us in the story.

这是耶稣在这个故事所留给我们的榜样。

Jesus – God of the universe – humbled Himself to serve.

耶稣，创造天地的主，谦虚卑微来服事人。

If we too, serve others humbly like Jesus,

如果我们谦卑地来事奉他人，像耶稣一样。

We will be blessed by God.

我们将蒙神的祝福。

---

Well, our time is up.

我们的时间又差不多了。

Today's lesson is lesson #370.

今天这一课，是第 370 课。

Visit the website to review all the old lessons.

你能够到网站上去复习过往的所有课程。

And join our English Club.

也邀请你来加入我们的英语俱乐部。

We look forward to seeing you again next time.

我们期待下回和你再相会。

This is your friend Mark.

And I am your friend Guo Wen-J.

May God Bless You.

Happy Learning.

---

Wen-J, one time in my Sunday School class, I offer to wash my students' feet while teaching this passage.

Really? I am trying to have a mental picture of that.

Well, at the end, I didn't do it.

Why?

They all kind of backed off.