

# 《天路导向》双语讲义

## 耶稣如是说（1B）

### THE I AM SAYINGS OF JESUS - Part 1B

#### **SECTION A**

##### **甲部**

1. Hello listening friends, and welcome to this broadcast.  
亲爱的朋友，你好，很欢迎你收听今天的节目。
2. The best way to know somebody is to know what he says about himself.  
认识一个人最好的办法，就是了解他是怎么看待自己的。
3. Tonight, we going to begin this new series of broadcasts from the Gospel of John.  
今天我们要开始，从约翰福音来看这一系列的信息，
4. We will specifically concentrate on what Jesus says about himself.  
我们会将重点放在耶稣对自己的介绍上。
5. What does Jesus say who he is?  
耶稣说他自己是谁？
6. There are at least 7 times in the gospel of John when Jesus said, "I AM".  
在约翰福音中，耶稣至少七次说：“我是”。
7. Jesus said in John 6,  
耶稣在约翰福音第六章里说：
8. "I AM the Bread of Life".  
“我就是生命的粮”。
9. Jesus said in John 8,  
耶稣在约翰福音第八章说：
10. "I AM the Light of the World".  
“我是世界的光”。
11. Jesus said in John 10,  
耶稣在约翰福音第十章里说：
12. "I AM the Door".  
“我是门”。
13. Jesus said in John 10,  
同样在第十章中，耶稣说：
14. "I AM the Good Shepherd".  
“我是好牧人”。
15. Jesus said in John 11,  
耶稣在十一章说：
16. "I AM the Resurrection and the Life".  
“我是复活与生命”，祂说：“复活在我，生命也在我。”
17. Jesus said in John 14,  
耶稣在十四章说：
18. "I AM the Way, the Truth, and the Life".  
“我就是道路，真理，生命。”
19. Jesus said in John 15,  
耶稣在十五章说：
20. "I AM the True Vine".  
“我是真葡萄树”。
21. And today we will learn what he means by calling himself the Bread of Life.  
今天我们会来看，祂称自己是“生命的粮”这一点。
22. If you have a bible, turn with me to John chapter six.  
如果你有圣经的话，请随我一起翻到约翰福音第六章。
23. Jesus said,  
耶稣说：
24. "I AM the Bread of Life".  
“我就是生命的粮”。
25. "...He that comes to me shall not hunger...".  
到我这里来的，必定不饿；
26. "...And he that believes in me shall not thirst...".  
信我的，永远不渴。”
27. Jesus was most concerned about the bread of life.  
耶稣最为看重的是生命之粮，
28. The living bread.  
具有生命力的粮食。
29. The bread that will not only satisfy your stomach, but will satisfy your soul.  
这粮不仅要满足你的肚腹，更要满足你灵魂的需要。

30. It will satisfy your emotion.  
祂会满足你情感的需要；
31. It will satisfy your intellect.  
会满足你理性的需要；
32. It will satisfy all of you.  
会满足你全人的需要。
33. As if Jesus is saying these words.  
耶稣的这番话，
34. Stop focusing on your problems and your physical needs.  
是要叫我们不再将视线放在肉身的需要上，
35. For God knows that you need them and he will provide for them.  
因为神知道我们的需要，祂会供应给我们。
36. Lift up your eyes.  
睁大你的眼睛，
37. Get shaken to your boots.  
彻底地醒觉，
38. As to your most desperate need.  
正视你最迫切的需要。
39. And it is for the living bread.  
你会发现，你真正需要的就是这生命的粮。
40. Don't put your whole focus on this life.  
不要把视线局限于今生，
41. For even those who were with Moses and experienced the daily manna, yet they died.  
因为即便是那些曾与摩西一同领受吗哪的人，如今也死了。
42. Whether you eat expensive food or you eat cheap food.  
无论你吃的贵贱与否，
43. Whether you live in a palace or you live in a hut.  
无论你是身居皇宫，或是贫民窟，
44. It won't make any difference when you die.  
你死时并不会有多大区别。
45. If every person in the world becomes rich and have material comfort.  
如果世上每一个人都十分富有，养尊处优，
46. But without Jesus Christ, the bread of life, all of that means nothing.  
但却没有耶稣基督这生命的粮，那么一切都是虚空。
47. Because after you enjoy all the material goods.  
因为当你享受完物质的一切时，
48. You will die.  
你终究会死，
49. And where will you spend eternity.  
那么，你要去那儿渡你的永恒呢？
50. That is the question.  
这就是问题所在，
51. The most important question.  
一个最重要的问题。
52. How foolish therefore, to make food be the ultimate goal.  
因此，把有形的食物当作最终的目标，是十分愚蠢的。
53. Now, mind you, Jesus was not despising physical needs.  
当然，我要提醒你，耶稣并不是低看肉身的需要；
54. In fact, he promised again and again that he will provide for his children.  
实际上，祂反复应许说，祂会供应祂儿女一切的需要。
55. You must trust him.  
你必须信任祂。
56. He will not let you down when it comes to the necessities of life.  
在日常生活所需的供应上，祂不会令你失望，
57. Jesus was speaking to people who respect bread as a gift from God.  
耶稣的话是对那些，相信我们日用的饮食都是来自神的恩赐的人所说的。
58. During Jesus' time.  
在耶稣的时代，
59. People never stepped on a piece of bread.  
人们从不践踏食物，
60. But rather they would pick it up.  
他们总是捡起食物，
61. They will put it aside for the friars.  
收在一边留给路过的僧侣，
62. Because bread comes from God.  
因为食物是从神而来的。
63. Therefore, bread stands for necessary food.  
因此，这里的食物代表日用的饮食，
64. Bread also stood for hospitality and fellowship.  
也代表款待和友好。
65. When you break bread with someone.  
当你和别人一起擘饼的时候，

66. You are united in fellowship with that person.  
你们就是彼此合一了。

67. There is a bond that becomes unbroken when  
you break bread and you eat together.  
当你们擘饼同吃时，就有一个牢不可破的联合产生了。

68. That is why Jesus can tell us that he and he  
alone can be called the bread of life.  
因此耶稣说，祂，也只有祂，才可以被称为生命的粮，

69. Just as bread reminds us of the absolute  
necessity of life.  
正如饼可以让我们联想到生命的必需品。

70. And that without food, a person dies.  
人没有食物就会死亡，

71. So it is spiritually.  
同样，在属灵方面，

72. Without Jesus Christ, the bread of life, you will  
spiritually die.  
没有耶稣基督这生命的粮，你的灵就会死亡。

73. You can live without philosophers.  
世上没有哲学家，你可以活；

74. You can live without read teachers.  
世上没有老师，你可以活。

75. Because Jesus said,  
因为耶稣说，

76. I am the bread of life.  
我就是生命的粮。

77. Some people sometimes say to me.  
有些人有时对我说：

78. I am a seeker of the truth.  
我是寻求真理的人，

79. But I'm also a Christian.  
但我同时也是一个基督徒。

80. This is like saying, that hunger is bread.  
这就好比在说，饥饿跟食物是一样的。

81. Hunger declares the need for bread.  
事实上，饥饿表示我们对食物的需要，

82. But it can never be bread.  
但饥饿绝不是食物。

83. Searching for the truth is hunger.  
寻找真理是饥饿，

84. The quest for God never means the finding of  
God.  
寻求神并不意味着已经找到神了。

85. Unless bread is found, a person could die of  
starvation.  
除非找到了食物，不然人就会饿死。

86. When one is hungry.  
当一个人饥饿时，

87. They can run from place to place.  
他们会四处寻觅，

88. He will run from place to place and from  
person to person.  
他们会不断询问，

89. Yet there is only one place where he can get  
food.  
但只有一个地方可以找到食物，

90. That's where the food is.  
就是有食物的地方。

91. Hungry people are always susceptible to  
rumors.  
饥饿的人比较容易听信谣言，

92. Some would say, there is a food in this place.  
当听见有人说：某某地方有食物，

93. So they run to that place.  
他们就跑到那里；

94. Or there is food with this group  
或说：某某团体有食物，

95. So they go to that group.  
他们就去投靠那个团体；

96. Or that there is a particular food with a miracle  
worker.  
或说：有人会用神迹变出食物，

97. So they run there.  
于是他们就跑去跟随。

98. But Jesus was saying about himself.  
但耶稣是在说祂自己。

99. I am the only bread of life.  
祂说，我就是唯一的生命之粮。

100. I am your only source for your spiritual  
satisfaction.  
我是唯一可以满足你灵魂需要的源头；

101. I am the only one who can give you emotional  
satisfaction.  
我是唯一可以满足你情感需要的源头；

102. I am the only one who can give you intellectual  
satisfaction.  
我是唯一可以满足你理性需要的源头；

103. I am the bread of life.  
我就是生命的粮；

104. I am the living bread.  
具有生命力的粮食。
105. Now Jesus was not talking about Christian communion here.  
在这里，耶稣不是在说基督徒的圣餐礼，
106. He was talking about salvation.  
祂说的是救恩。
107. He said, unless you eat my flesh and drink my blood.  
祂说：若不吃我的肉，喝我的血，
108. You will not be saved from eternal death and fire of hell.  
你们就不能从永死和地狱的火里被救出来。
109. How many people who don't believe in Jesus as the only way to salvation and yet they walk down to the communion.  
有多少人并不相信耶稣是唯一的拯救，然而却走到了圣餐台前。
110. How many people who don't believe in Jesus Christ as the only way for salvation.  
有多少人并不相信耶稣基督是唯一的拯救，
111. Yet they participate in communion.  
但他们参与了圣餐。
112. They eat and drink not even knowing what they are doing.  
他们吃喝，却不晓得自己在做甚么。
113. Jesus was not saying, that you are saved by receiving communion, not at all.  
耶稣并不是说，你只要领圣餐就可以得救，不是的。
114. We are only saved when we believe that when Jesus' flesh was torn on the cross.  
只有当我们相信，耶稣的肉身为我们在十架上被撕裂了，我们才可以得救。
115. And when his blood was poured out on the cross.  
我们要相信祂的宝血在十架上流出，
116. It was for me.  
是为我，
117. It was for you.  
是为你，
118. Only when I accept that fact unequivocally.  
只有当我们完完全全接受这个事实，
119. Only then can I live eternally.  
我们才得到永生。
120. You may not have a chance to be baptized.  
你也许没有机会受洗，

## **SECTION B**

### **乙部**

1. Or receive communion.  
或是领受圣餐，
2. The thief on the cross neither was baptized nor received communion.  
十字架上的强盗不就没受过洗，也没领过圣餐吗？
3. But he was saved from hell.  
但他却得到拯救。
4. How?  
为甚么呢？
5. Because he believed that Jesus is the bread of life.  
因为他相信耶稣是生命的粮。
6. What Jesus was saying is this.  
耶稣的意思是说：
7. You must become partaker in my divine nature.  
你要有份于我的性情，
8. If you are to live forever with me.  
才可以永远与我同活。
9. He said whoever eats this bread will not die.  
祂说：凡吃这粮的，必永远不死，
10. But will live forever.  
反得永生。
11. Nicodemus was told that he must be born again.  
耶稣告诉尼哥底母，要重生，
12. Must be born of the spirit of God.  
要从神的灵重生。
13. The Samaritan woman was told.  
耶稣也告诉撒玛利亚的妇人，
14. That the only thing will quench your thirst is Jesus, the living water.  
唯有耶稣这个活水的源头，可以使她永远不渴。
15. The same thing here.  
同样，
16. The only way to salvation.  
得救的唯一途径，
17. Is through eating.  
就是吃。
18. Eating is another word for believing.  
“吃”是“相信”的另一种说法，

19. Eating is another word for receiving the bread of life.  
“吃”也是接受生命之粮的另一种说法。
20. Eating is that Hebrew figure of speech which means, believing with all your being.  
“吃”这个字是希伯来文中的一种修辞法，意思是“全然相信”。
21. Just as food nourishing all of the body.  
就像食物能滋养全身一样，
22. All of you must come to believe and be committed to Jesus Christ.  
你的全人必须来相信，并归向基督。
23. Yet people run away from him.  
然而人们却逃避祂，
24. They reject him.  
他们拒绝祂。
25. They try to change his image.  
他们试图篡改祂的形象，
26. They believe lies about him.  
他们相信毁谤祂的谣言。
27. They use excuses as to why they do not want to eat the flesh.  
他们为自己不吃祂的肉而编造借口，
28. Excuses for not believing in the pascha lamb.  
为自己不信这逾越节的羔羊来找借口，
29. Excuses for not surrendering to his authority.  
为自己不顺服祂的权柄来找借口。
30. I want to conclude tonight by telling you a true story.  
我想用一个真实的故事来作为今天的结束。
31. This woman was driving home one evening.  
一天晚上，一个女人正开车回家。
32. When she looked in her rearview mirror.  
当她看倒后镜时，
33. She noticed a huge truck behind her.  
发现有一辆大卡车行驶在她后面，
34. And it was driving very close to her.  
并且紧紧地跟着她。
35. She stepped on the accelerator.  
她猛踩油门，
36. She tried to get some distance away from the truck.  
试图和卡车拉开一段距离。
37. But the truck was also speeding behind her.  
但那卡车也加速紧跟上来，
38. The faster she drove.  
她有多快，
39. The faster the truck drove.  
那卡车也跟多快。
40. Now she was scared to death.  
这时她都快吓死了，
41. She exited from the freeway.  
急忙从高速路出口下来，
42. But the truck stayed with her.  
但卡车还是紧跟着她。
43. The woman then turned into the main street.  
女人转入一条主要街道，
44. And she hoped that she would lose her pursuer in the traffic.  
她希望在交通繁忙的街道中，能摆脱那跟踪的人。
45. But the truck ran a red light.  
然而卡车闯了一个红灯，
46. And continued to chase her.  
继续向她追来。
47. The lady reached a point of panic.  
女人都快吓晕了，
48. So she ran her car into a service station.  
于是她将车开入一个加油站，
49. And she ran out of her car screaming for help.  
跳下车大呼救命。
50. The truck driver sprang from his truck and ran after her.  
卡车司机也从车上跳下来，
51. And he ran into her car.  
跑到女人的车那里，
52. And he opened the back door very quickly.  
用飞快的速度打开车门，
53. He pulled out a man who was hiding in the back seat.  
他居然从后座上，将一个藏在里面的男人拉了下来。
54. The woman was running from the wrong person.  
原来，那个女人弄错了该逃避的对象，
55. The thief was hiding in the backseat of her car.  
那藏在她车子后座上的，是个小偷。

56. The truck driver saw from his high vantage point that criminal in the back seat.  
卡车司机从他高高的座位上看到了这个罪犯，

57. So the truck driver was not trying to harm the lady.  
所以卡车司机不但不是想要伤害这个女人，

58. But he was trying to save her.  
反而是为要救她，

59. Even at the cost of his own safety.  
甚至要牺牲他自己的安全。

60. Oh, how many people today are running from the wrong person.  
今天，不知有多少人弄错了该逃避的对象，

61. Those who run away from God's provision of atonement on the cross.  
他们逃离神在十架上为他们成就的挽回祭，

62. Their fearing of what he might do to them.  
他们害怕神的作为。

63. They are running away from the wrong person.  
他们弄错了该逃避的对象，

64. Because God's plans are for good and not for evil.  
因为上帝的计划是美好，而不是邪恶的。

65. God's plan.  
上帝的计划，

66. God's desire.  
上帝的心意，

67. His call to us.  
上帝对我们的呼召，

68. Is to rescue us from the hidden sins that endanger our eternity.  
是要将我们从那夺走我们永恒生命的隐藏之罪中解救出来。

69. If you are still hungry spiritually tonight.  
今天如果你仍感到灵魂饥渴，

70. If you are still searching tonight.  
今天如果你还在寻找，

71. If you are still wandering around tonight.  
今天如果你仍然迷惘失落，

72. Look no more.  
你不需要再四处寻觅，

73. Search no further.  
不用再找了。

74. The bread of life is calling you.  
生命的粮在呼唤你，

75. Will you respond to him.  
你愿意响应祂吗？

76. It is my prayer that you would say, yes, Lord Jesus, the bread of life.  
我巴不得你能对祂说：是的，主耶稣，你是生命的粮。

77. And if that's your desire, pray with me.  
如果你真愿意这样说，就请你跟我一起祷告。

78. Lord Jesus Christ.  
主耶稣基督，

79. I come to you.  
我来到你面前，

80. You are the bread of life.  
你是生命的粮。

81. I am tired of searching.  
我已寻找得疲惫不堪，

82. I am tired of looking around.  
我已厌倦了四处寻觅。

83. And I come to you tonight.  
今天我来到你的面前，

84. Thank you that you promise.  
谢谢你的应许，说，

85. That whoever comes to you, you will receive.  
无论什么人来到你的面前，你就接纳他们。

86. Amen.  
阿们。

87. Until next time, I wish you God's richest blessing.  
愿神大大地赐福给你，下次节目再会。