

# 《天路导向》双语讲义

## 耶稣如是说 (5A)

### THE I AM SAYING OF JESUS - Part 5A

#### SECTION A

#### 甲部

1. Hello listening friends,  
亲爱的朋友，你好，
2. We are glad you've joined us on this broadcast,  
很高兴你能收听我们的节目，
3. We are in the midst of a series of messages  
from the "I Am" sayings of Jesus.  
我们正在讲有关于耶稣自我宣称的系列信息。
4. And I doubt whether there is anyone listening  
to us tonight,  
我相信今天每一个收听我们节目的人，
5. Who would not understand the importance of  
water.  
都了解水的重要性。
6. In fact, next to breathing, water is the most  
important substance necessary for life.  
实际上，水对于我们的生命而言，是仅次于  
空气，最为重要的必需品。
7. I am told that the body is mostly water,  
我知道身体的大部分是由水组成的，
8. There are other things in the body, but we  
really are full of water.  
虽然也有其它的成分，但我们真的是充满了  
水分。
9. An analyst said some years ago that the body of  
a man that weighs 80 kilos,  
几年前，有一个化学分析家说，在一个 80  
公斤重的男人身体中，
10. Has only enough iron to make 2 small nails,  
所有的铁只够造两颗小钉子；
11. Has enough phosphorous for 4000 match heads,  
所有的磷只够造 4000 个火柴头；
12. And there is enough fat to make 75 candles and  
1 bar of soap,  
所有的脂肪可以造出 75 根蜡烛及一块香  
皂；
13. The body has enough hydrogen to fill a balloon,  
身体里的氢气可以充满一个气球；
14. There is enough salt to equal 6 teaspoons,  
还有 6 茶匙的盐；
15. And there is enough sugar to fill one bowl,  
一碗糖；
16. And the rest of the body is water,  
剩下的全都是水分，
17. There is at least 6 gallons of water.  
至少有 6 加仑的水分。
18. Now at today's prices,  
那么，按今天的价钱计算，
19. An 80 kilos man,  
一个 80 公斤的男人，
20. Is probably worth no more than \$4.00.  
最多只值四美元。
21. For all those chemicals in the body,  
从身体里具有的化学元素来看，
22. So we are not worth much.  
我们实在不值几个钱。
23. Because our bodies are mostly water, it is very  
important to listen to what Jesus said about  
water.  
因为我们身体里大部分都是水，所以，听听  
耶稣是怎样谈及水这样东西，是很重要的。
24. When Jesus talked about the living water,  
当耶稣论及活水时，
25. He was speaking in the presence of a thirsty  
woman.  
祂是在对一个干渴的妇人所说的。
26. She was a woman who felt degraded,  
她是一个自惭形秽的女子；
27. A woman who knew drudgery,  
是一个常做苦力的女子；
28. A woman who was living in denial,  
是一个活在自欺欺人中的女子；
29. And I want to put this in a cultural setting.  
我想带大家看一看故事的文化背景。

30. Jesus was tired and weary,  
耶稣当时又累又渴,
31. Yes, Jesus felt weariness.  
是的, 耶稣感到疲惫。
32. He was fully man,  
祂是有血有肉的人,
33. The Bible teaches us that while Jesus was God incarnate.  
圣经告诉我们, 耶稣是神, 道成肉身。
34. He was in human flesh,  
祂有人的肉体,
35. And he experienced all the feelings of human temptations that you and I feel,  
祂经历过所有你我感受到的, 人类的感觉和试探;
36. With only one exception,  
只有一点与你我不同,
37. He never succumbed to temptation.  
他从不向试探低头。
38. So the Bible said, Jesus was weary,  
圣经这样说, 耶稣累了,
39. And he stopped to rest.  
于是祂停下来休息。
40. He sat on the well of Jacob,  
祂坐在雅各布布的井旁,
41. And his disciples went into the town to buy food,  
而祂的门徒则进城去买食物,
42. A woman arrived at the well.  
一个妇人来到井边。
43. And the Bible said she was a Samaritan woman.  
圣经说, 她是一个撒玛利亚妇人。
44. Samaritans were distant cousins of the Jews,  
撒玛利亚人是犹太人的远亲,
45. But they did not think much of each other.  
但他们互相鄙视。
46. In fact, they detested each other.  
实际上, 他们彼此讨厌对方。
47. Families have always had problems getting along, haven't they?  
家人相处总是问题重重, 不是吗?
48. This woman came from the town of Cezar,  
这妇人是从叙加城来的,
49. Which was at least 2 kilometers from the well.  
离雅各布布井至少有 2 公里远。
50. She came in,  
她来了,
51. Carrying her water pot on her head,  
头顶着水壶来打水,
52. She wanted to fill it with water.  
要把水壶装满。
53. Then she walked this long distance from her house,  
从家走到井边确实很远,
54. She possibly did that twice a day.  
她可能一天要走两次。
55. Jesus meets with her,  
耶稣遇上了她,
56. He asks her for a drink.  
向她要水喝。
57. She protested on two grounds,  
她找了两个理由来拒绝:
58. Cultural grounds,  
文化上的理由,
59. And theological grounds.  
和信仰上的理由。
60. The cultural ground is this,  
文化的理由就是:
61. Men and women did not talk to each other in public.  
男人和女人不应该在公众场合谈话聊天。
62. And on theological grounds:  
信仰的理由是:
63. She was a Samaritan and he was a Jew.  
她是一个撒玛利亚妇人, 而耶稣却是一个犹太人。
64. That gave Jesus an opportunity to tell her about the living water,  
这就给了耶稣一个机会告诉她,
65. Which only he can give.  
只有耶稣能给她活水。
66. When Jesus told her about the living water,  
当耶稣告诉她活水的事时,
67. He was putting his finger on the source of her frustration.  
祂是一针见血地指出妇人的问题。
68. He was beginning to help her deal with her desperate need,  
祂开始帮助妇人解决她迫切的需要;

69. He was getting her to deal with the whole question of her drudgery,  
祂引导这个妇人来面对自己身心疲惫的问题；
70. He was getting her to the rock bottom or reality,  
祂让妇人面对现实；
71. He was getting her to open her heart and comprehend her most desperate need.  
耶稣要她敞开她的心，了解自己最迫切的需要。
72. She thought that her problems would be over if only she could escape from drudgery,  
原先她以为，只要能摆脱辛劳打水的苦差，她的问题就解决了；
73. She wanted to deal with the symptoms of her problems rather than the cause.  
她只想治标，却不治本。
74. She said quick give me the solution to my problem,  
妇人说：快告诉我解决问题的方法，
75. I am tired of coming here to draw water.  
我已经厌倦了跑这么远来打水。
76. Most likely, that is the way you and I would like to solve our problems,  
通常，我们也会这样解决我们的问题，
77. But this is not the way God works.  
但这不是神的方法。
78. Jesus said, I will help you deal with the deeper problem,  
耶稣说：我要帮助你解决更深一层的问题，
79. I want to help you deal not only with the symptoms, but with the disease.  
我要你标本兼治。
80. This lady was trying to put bandage on her wounds,  
这妇人想要遮盖她的伤口，
81. But she needed surgery.  
但其实她需要接受手术。
82. The moment she heard Jesus talking about living water,  
她一听到耶稣提到了活水，
83. Water that would quench her thirst,  
那活水可以使她永不再渴；
84. She said, give it to me now,  
她说：请把这水赐给我，
85. I am tired of coming here and drawing water.  
我就不用来这么远打水了。

86. I am tired of life and living,  
我已厌倦了生命，活着好辛苦；
87. I am tired of routine,  
每天周而复始；
88. I am tired of my job,  
我已厌倦了我的差事；
89. I am tired of daily drudgery and responsibilities.  
厌倦了每天的苦差和责任。
90. Oh, only if I could change places with this person or that person, I would be happy people say.  
正如许多人说：噢，如果我能和某某人对换地位，我就会开心了。
91. If these thoughts are your thoughts tonight, I want you to think again.  
如果你也是这么想的，我想请你今天再重新考虑。
92. A simple release from your drudgery is not your problem,  
你的问题不在于，仅仅从你的苦差中被解放出来，
93. Your problem with your drudgery is that your heart is not right.  
你的苦是在于你的心灵出了问题。
94. The woman's real need was not drinking water,  
这妇人真正的需要不是饮水的问题，
95. But another kind of water,  
她需要的乃是另外一种水，
96. Water that we can't see,  
是我们的肉眼看不见的，
97. Water that we cannot taste,  
是我们的口不能尝的，
98. But it is water that will refresh your soul.  
但这水却能滋润我们的灵魂。
99. The thirst of the soul is far more serious than the thirst of the body for water,  
心灵的饥渴远比肉体的饥渴要严重得多，

## **SECTION B**

### **乙部**

1. You can suffer thirst in your soul without knowing it,  
你可能正忍受灵魂饥渴的煎熬，然而却毫无意识，

2. And that is why it is more serious and more dangerous.  
所以说这种饥渴更严重，更危险。
3. Jesus knew that this was true in the case of this woman.  
耶稣知道，这妇人正处于这种情况中。
4. And that is why he drew her out,  
因此，耶稣要把妇人领出来；
5. And that is why Jesus went through the Samaritan countryside,  
因此，耶稣刻意经过撒玛利亚的村庄，
6. He could have taken a shortcut.  
祂本可以走近路的。
7. The Jews have traveled long distance to avoid Samaria,  
犹太人为了回避撒玛利亚人，甚至绕道而行，
8. But Jesus went straight through Samaria because he knew that there's a business there that needs to be done.  
但耶稣却直接经过撒玛利亚，因为祂知道有件事等着祂去做。
9. He knew that the real thirst was for Jesus,  
祂知道人真正的饥渴，只有耶稣才能满足，
10. Even if they did not recognize it.  
即便他们自己并不知道。
11. Listen carefully,  
请仔细听我说，
12. How many desperately thirsty people are around you and you don't know it.  
你身边有多少饥渴的人？你却不知道。
13. For you yourself may be a despondent person,  
也许你自己就是一个意志消沉的人，
14. And you are listening to us tonight.  
而你今天正好在收听我们的节目。
15. Listen carefully because we will give you an opportunity to quench the thirst of your soul.  
请你仔细听，因为我们会给你一个机会，使你的灵魂不再饥渴。
16. So many people think that the solution to all of their problems would be money.  
有许多人以为，解决所有问题的办法就是钱。
17. They cry out and say, oh, if I have more money I would be fine,  
他们呼求说：哦，只要我有了钱，一切都会好的；

18. Or if I have more time I would be fine,  
只要我再多点时间，我会好的；
19. Or if I had better health I would be happy.  
只要我身体更健康一些，我就会开心了。
20. In reality, their deepest thirst is thirst of their soul.  
实际上，他们最大的饥渴是心灵的饥渴。
21. And you and I have the water of life but we are too timid to offer it to them.  
你我有生命的活水，但我们不敢送给人。
22. Jesus said to this woman,  
耶稣却对妇人说：
23. Let me tell you about the living water.  
让我来告诉你生命的活水。
24. Not far from where the conversation was taking place there were the springs of Dan.  
其实，离开他们说话的地方不远，就是旦泉。
25. The river Jordan originates from the springs of Dan.  
约旦河的源头就是旦泉。
26. Geologists have concluded that it is the largest spring system in the world.  
地理学家说，旦泉是世界上最大的泉源。
27. The spring is at the base of Mount Herman,  
这泉源在黑门山山脚，
28. In the winter time, a high quantity of snow accumulates,  
冬天的时候有大量的积雪，
29. And when it melts,  
当雪融化时，
30. It percolates through the lime stone,  
水就从石灰岩层中渗入地底，
31. And supplies these magnificent springs,  
供应了这壮观的泉源，
32. From that unseen and inexhaustible source hidden in the depth of the earth.  
就是从地之深处，那隐藏的，无穷尽的源头而来。
33. If you move away from the spring just a little distance,  
如果你去到离开源头不远的地方，
34. You will find the fields are dry and brown and parched.  
你会发现，那里的田地枯黄干裂。

35. Spiritually speaking, it works the same way,  
从属灵的角度也是一样，
36. When you and I move away just a small  
distance from the Lord,  
只要你我离开主，那怕只是很小的一段距离，
37. Who is the source of the spring of water,  
因为主是我们属灵的活水之源，
38. Our spiritual life will be parched and dry.  
我们离开祂就会灵里枯干。
39. In fact, by the spring of Dan, there are some  
enormous fig-bearing fruit trees,  
实际上，在旦泉旁边，有许多硕果累累的无花果树，
40. They grow as a result of the water.  
他们因为水分充足而生长得很好。
41. These large fruits are there not because of the  
tree,  
这些硕果的存在，不是因为树，
42. But because of where the tree is located.  
乃是因为这树所在的位置。
43. Friends, listen carefully.  
亲爱的朋友，请仔细听我说。
44. When you see some godly person doing great  
things for God,  
如果你看到一些属灵的伟人为神做一些伟大的事，
45. Don't ever be tempted to think that there is  
something special about that person,  
不要以为是这个人有甚么特别的地方，
46. The reality is this,  
事实上，
47. That this person would have been nothing if he  
or she had not stayed close to the source of the  
living water.  
这个人如果离开活水的源头的话，他就甚么也不是。
48. Staying close to the living water is an absolute  
necessity for spiritual survival,  
靠近活水的源头，对灵命的生存是绝对必要的，
49. Scientists tell us that we can't last more than 7  
days without water.  
科学家说如果七天不喝水，我们都会死。
50. I can attest to you that I wouldn't last more than  
7 hours without being constantly aware that I  
am connected to the source of the living water.  
我却要作证，如果我不时时提醒自己要连于  
活水源头，那怕七个小时我也活不了。
51. If you read this passage in the original language,  
如果你读原文的话，
52. You will notice something very, very important.  
你会看到一件至关重要的事。
53. You will notice that every time the woman  
talks about water,  
你会注意到，当妇人谈论水的时候，
54. She uses a different word from the one that  
Jesus uses about water.  
她用的字和耶稣所用的字是不同的。
55. She uses a word that refers to stagnant water,  
她用的“水”这个字是指不会流动的水，
56. Like a pond, or a small lake, or a well.  
比如池塘，小湖，或是井水。
57. But when Jesus uses the word water, he uses a  
different word,  
但耶稣却用了另外一个字，
58. The word he uses refers to spring water,  
祂说的是泉水的水，
59. Bubbling water,  
冒泡的水，
60. Ever flowing water.  
经常流动的水。
61. In fact the rabbis always used the word water in  
reference to stagnant water for purification.  
实际上，拉比们常用静止不动的水来比喻洁  
净。
62. Ritual purification are merely ceremonial,  
礼仪上的洁净只是一种仪式，
63. You don't need living water for mere ceremony.  
你不需要活水来完成仪式。
64. Ritual purifications are merely traditional  
hangovers,  
礼仪上的洁净只是诸多传统之一；
65. Ritual purifications are merely outward  
expressions,  
礼仪上的洁净只是一种外在的标志；
66. Ritual purifications are merely going through  
the motions of accomplishing something when  
nothing really is happening,  
礼仪上的洁净只是例行的举动，而没有实际的  
作用；

67. Ritual purifications does nothing to the heart.  
礼仪上的洁净不能改变你的心。
68. But the living water is different.  
然而，活水则不同了。
69. The living water that only Jesus can give will  
take away defilement,  
这只有耶稣能给的活水，可以洗除污秽；
70. It will cleanse and wash the heart,  
它能洁净我们的心灵；
71. It will purify and remove sin and guilt,  
它能除去我们的罪恶；
72. And only Jesus can give this living water.  
而惟有耶稣能给我们这活水。
73. He will give you the living water.  
祂能赐你活水。
74. Will you ask him tonight?  
你今天会向祂祈求赐你活水吗？
75. Until we see you next time, I wish you God's  
richest blessing!  
愿神大大地赐福给你，下次节目再会！