

# 《天路导向》双语讲义

## 耶稣如是说 (5B)

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

#### 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. 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。
9. When Jesus talked about the living water,  
当耶稣论及活水时，
10. He was speaking in the presence of a thirsty  
woman.  
祂是在对一个干渴的妇人所说的。
11. And the Bible said she was a Samaritan woman.  
圣经说，她是一个撒玛利亚妇人。
12. Jesus meets with her,  
耶稣遇上了她，
13. He asks her for a drink.  
向她要水喝。
14. 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，
15. Which only he can give.  
只有耶稣能给她活水。
16. When Jesus told her about the living water,  
当耶稣告诉她活水的事时，
17. 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。
18. 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；
19. 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；
20. He was getting her to the rock bottom or reality,  
祂让妇人面对现实；
21. 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。
22. The woman's real need was not drinking water,  
这妇人真正的需要不是饮水的问题，
23. But another kind of water,  
她需要的乃是另外一种水，
24. Water that we can't see,  
是我们的肉眼看不见的，
25. Water that we cannot taste,  
是我们的口不能尝的，
26. But it is water that will refresh your soul.  
但这水却能滋润我们的灵魂。
27. 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。

28. The river Jordan originates from the springs of Dan.  
约旦河的源头就是旦泉。
29. 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。
30. The spring is at the base of Mount Herman,  
这泉源在黑门山山脚，
31. In the winter time, a high quantity of snow accumulates,  
冬天的时候有大量的积雪，
32. And when it melts,  
当雪融化时，
33. It percolates through the lime stone,  
水就从石灰岩层中渗入地底，
34. And supplies these magnificent springs,  
供应了这壮观的泉源，
35. 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。
36. 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，
37. You will find the fields are dry and brown and parched.  
你会发现，那里的田地枯黄干裂。
38. Spiritually speaking, it works the same way,  
从属灵的角度也是一样，
39. 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，
40. Who is the source of the spring of water,  
因为主是我们属灵的活水之源，
41. Our spiritual life will be parched and dry.  
我们离开祂就会灵里枯干。
42. Friends, listen carefully.  
亲爱的朋友，请仔细听我说。
43. 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，
44. 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，
45. The reality is this,  
事实上，
46. 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。
47. 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，
48. If you read this passage in the original language,  
如果你读原文的话，
49. You will notice something very, very important.  
你会看到一件至关重要的事。
50. 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，
51. 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。
52. She uses a word that refers to stagnant water,  
她用的“水”这个字是指不会流动的水，
53. Like a pond, or a small lake, or a well.  
比如池塘，小湖，或是井水。
54. But when Jesus uses the word water, he uses a different word,  
但耶稣却用了另外一个字，
55. The word he uses refers to spring water,  
祂说的是泉水的水，
56. Bubbling water,  
冒泡的水，
57. Ever flowing water.  
经常流动的水。
58. 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。
59. Ritual purification are merely ceremonial,  
礼仪上的洁净只是一种仪式，
60. You don't need living water for mere ceremony.  
你不需要活水来完成仪式。
61. Ritual purifications are merely traditional hangovers,  
礼仪上的洁净只是诸多传统之一；

62. Ritual purifications are merely outward expressions,  
礼仪上的洁净只是一种外在的标志;
63. 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;
64. Ritual purifications does nothing to the heart.  
礼仪上的洁净不能改变你的心。
65. But the living water is different.  
然而, 活水则不同了。
66. 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;
67. It will cleanse and wash the heart,  
它能洁净我们的心灵;
68. It will purify and remove sin and guilt,  
它能除去我们的罪恶;
69. And only Jesus can give this living water.  
而惟有耶稣能给我们这活水。
70. You notice here that at this time Jesus did not say, I am the living water.  
请注意, 这时耶稣并没有说, 我就是那活水。
71. No, he said, I am the bread of life.  
没有。祂说过, 我是生命的粮。
72. I am the light of the world.  
我是世界的光。
73. I am the door of the sheep fold.  
我是羊的门。
74. I am the good shepherd.  
我是好牧人。
75. But he did not say, I am the living water  
但他却没说, 我是活水。
76. He said, I give you the living water.  
祂说, 我要赐给你活水。
77. What does he mean?  
祂是甚么意思呢?
78. Jesus is speaking of the Holy Spirit.  
祂是在说圣灵。
79. He is speaking of the Holy Spirit whom he is sending to do convicting of sin and judgment.  
祂是在说圣灵会被差来, 圣灵的工作是: 定罪和审判。

80. Jesus is speaking of the Holy Spirit whom he is sending to cleanse and purge and purifies the heart and prepares it for Jesus to come as the Lord and King of the heart.  
耶稣是在说, 圣灵会来做洁净和预备的工作, 好迎接耶稣来到我们心里, 作主作王。
81. First,  
第一,
82. The Holy Spirit convicts us of our desperate condition without God.  
圣灵让我们意识到, 我们与神隔绝的困境。
83. He convicts us of our thirst for God.  
祂让我们看见, 我们对神的饥渴。
84. He convicts us of our need for God.  
祂让我们看见, 我们对神的需要。
85. When we turn to Jesus Christ,  
当我们转向耶稣时,
86. Then he's ready to come in and sup with us and we with him.  
祂就会进入我们的心, 使我们与祂亲近。
87. I want you to notice in John chapter 4 in verses 11 and 12.  
我想请你注意约翰福音 4 章 11, 12 节。
88. Up to this point, the woman has no desire to talk about spiritual things.  
到了这个时候, 妇人并不想谈论属灵的事。
89. Jesus talks about the living water,  
耶稣说到活水,
90. While she talks about the stagnant water.  
而她却在谈静止不动的水。
91. Jesus is talking about forgiveness and redemption,  
耶稣在谈宽恕与救赎,
92. And she is talking about rituals.  
而她却还在谈论礼仪传统。
93. He wants to talk to her about God being a spirit and he who must worship him must worship him in spirit and truth,  
耶稣想要她知道神是灵, 敬拜神的人要用心灵和诚实来拜祂;
94. But she wants to talk about which church to worship at.  
但她却想谈论在哪一个教会敬拜。
95. Jesus was talking about the cleansing of the heart,  
耶稣在说心灵的洁净,

## SECTION B

### 乙部

1. But she is still talking about the tradition of the church.  
但她还是在说教会的传统。
2. In confronting this woman's deepest need,  
当指出妇人最深最大的需要时，
3. Jesus was confronting humanities deepest need.  
耶稣是在指出人类最大的需要。
4. This underlying consciousness of dissatisfaction in life,  
这种在潜意识中对生命的不满，
5. It expresses itself in our lives in a thousand different ways.  
是以千百种不同的形式表现在我们的生活中。
6. Our restlessness proves it.  
我们经常惶恐不安，就是一种表现。
7. Our turning from one experience to the next proves it.  
我们历尽沧桑，就是一种证据。
8. Our discontentment in what we have proves it.  
我们永不满足，也是明证。
9. Our uncontrolled appetite for more and more things proves it.  
我们的贪得无厌，证实了我们的不满。
10. Our not knowing what we want proves it,  
我们不知道自己真正的需要是什么，
11. The failure of material things to quench our thirst proves it,  
任何的物质都不能填满我们的欲望，
12. Our boredom with life proves it,  
我们对生活感到厌烦，
13. And the more we try to satisfy the appetite of our flesh,  
我们越是想满足肉体的贪欲，
14. The worst our thirst becomes.  
却感到越发饥渴。
15. That is why Jesus told the woman,  
这就是为甚么耶稣告诉妇人说，
16. That the more you drink of the worlds water, the more you want it.  
凡喝世界的水的，越喝越渴，不断想要再喝。
17. And the more you crave for satisfaction from worldly success the worse your condition of thirst will become.  
你越贪图世界的成功，你就越饥渴得厉害。
18. When you seek to let the Holy Spirit fill your thirst,  
当你想要让圣灵来充满你心；
19. When you seek the filling of the Holy Spirit by asking more of Jesus and his word,  
当你想通过耶稣和祂的话语，得到圣灵的充满时；
20. When you seek the living water and not doing of things,  
当你寻找活水而不是企图有所作为时；
21. Then you will experience the spirit of contentment.  
你就会经历到灵魂的满足。
22. When you seek you shall find.  
寻找就寻见。
23. If you ask me said Jesus,  
耶稣说，只要你求，
24. I will give you the living water.  
我就给你活水。
25. Let me ask you our listening friends,  
亲爱的朋友，让我来问问你：
26. Do you have the living water?  
你有活水吗？
27. Did you ask Jesus to give you the living water?  
你有没有求耶稣赐你活水呢？
28. But I want to tell you one more thing about the spring of the living water,  
我还想谈谈有关活水源的另一点，
29. It is very important for all of us,  
对你我都至关重要，
30. Listen carefully.  
请仔细听我说。
31. The water that flows from the springs of Dan,  
从旦泉流出的水，
32. Is perfectly clear and pure,  
是完全纯净清洁的，
33. When you sit near the source of the spring,  
如果你坐在泉源旁边，
34. You can lower the bottle and you bring water you can drink it,  
你就可以用瓶子装水喝，

35. It is the purest water anywhere.  
这是你可以找到最纯净的水。
36. But that perfectly pure water,  
然而，当这最干净的水，
37. As it continues its journey down the stream,  
顺流而下时，
38. Does not stay pure.  
就不再清澈。
39. As the water distances itself from the  
springhead,  
因为离水源越来越远，
40. And flows down the Jordan valley.  
顺流而下直到约旦河谷。
41. It picks up natural contaminants,  
沿流有很多污染，
42. When this happens,  
就这样，
43. The water becomes bitter.  
河水渐渐变苦。
44. Bitter water does not just mean it will taste bad,  
苦水并不意味着喝起来很苦，
45. That's not what the Bible means by bitter water,  
圣经里的苦水不是这个意思，
46. But bitter water kills.  
而是说，苦水是可以致命的。
47. The cause of bitterness is earthly elements,  
苦的原因是，泥土里的各种元素，
48. These dissolve minerals and salts which in high  
concentration are poisonous.  
这些高浓度的可溶性矿物质是有毒的。
49. Let me apply this to human life:  
让我把它和人类的生命联起来看：
50. A condition of bitterness can exist in the lives  
of those who deny God,  
否认神的人，在他的生命里，就会有苦毒存在；
51. But it can also exist in the lives of those who  
believe in God.  
但同时，苦毒也可能存在于信徒的生命中。
52. What causes bitterness which contaminates the  
living water in your life?  
是甚么，引发了这些污染你生命活水的苦毒  
呢？
53. What bitterness is causing a slow spiritual  
decline in your life?  
是甚么苦毒，使你的属灵生命陷入困境呢？
54. Sin and indulgence in doing what God said we  
ought not to do can easily poison the water.  
纵欲犯罪，违背神的命令，是容易污染我们  
心灵活水的因素。
55. Propping up the self and pandering to self  
poisons the water,  
骄傲自满，容易污染活水，
56. Because it sets itself on the throne where God  
should be.  
因为它使自己坐在了宝座上。
57. Unforgiveness causes a high concentration of  
poison,  
不肯宽恕，导致了高浓度毒素的产生，
58. That poison slowly but surely begins to eat  
away and corrode your soul.  
这毒素会慢慢腐蚀你的灵魂。
59. That is why the apostle Paul warns us in  
Ephesians 4:31:  
这就是为甚么，保罗在以弗所书 4 章 31 节  
说：
60. Let all bitterness, and wrath, and anger, and  
clamor, and slander be put away from you will  
all malice.  
一切苦毒，恼恨，愤怒，嚷闹，毁谤，并一  
切的恶毒，都当从你们中间除掉。
61. The book of Hebrews in chapter 12 verse 15  
tells us:  
希伯来书 12 章 15 节告诉我们：
62. See to it that no one fails to obtain the grace of  
God that no root of bitterness spring up and  
cause trouble and by it the many will become  
defiled.  
又要谨慎，恐怕有人失了神的恩，恐怕有毒  
根生出来扰乱你们，因此叫众人沾染污秽。
63. My friends, is there bitterness in your life?  
我亲爱的朋友，你生命中有苦毒吗？
64. Bitterness that is poisoning the gift of the living  
water that Jesus has given you.  
那苦毒可以腐蚀耶稣赐给你的，上好的活  
水。
65. Is there root of unforgiveness growing inside  
poisoning the living water and causing you  
slow and painful spiritual death?  
在你心中有没有那不肯宽恕的毒根，腐蚀了  
你的活水，而渐渐使你走向灵里的死亡？
66. You may even rationalize it and say:  
你也许会理直气壮地说：

67. And you say, well, I can't forgive this person because he truly hurt me,  
我不能宽恕那个人，因为他伤害我太深；
68. This person has caused me a great deal of pain,  
这人使我饱经痛苦；
69. This person has dragged me to the court.  
这人和我对簿公堂。
70. God's gift of the Holy Spirit can heal bitterness,  
神的圣灵可以医治苦毒，
71. But the question is whether you want to be healed?  
问题是，你想不想被医治？
72. In Exodus 15,  
在出埃及记 15 章中，
73. The people of Israel encountered bitter water.  
以色列人遇到了苦水井。
74. And after 3 days they cried to God,  
三天后他们求告神，
75. And God told them to throw a tree into the water,  
神告诉他们，丢一棵树进入水中，
76. And the water was healed.  
水就被治好了。
77. That same tree on which Jesus hung and was crucified,  
同样有一根木头，耶稣被钉在上面，
78. That same tree when it is thrown into your situation,  
同样一棵树放入你的生命中，
79. No matter how painful or how bitter it may be,  
无论你的生命有多大的疼痛和苦毒，
80. It will bring healing.  
都会被医治。
81. If you take your bitterness to the cross,  
如果你把你的苦毒带到十字架面前，
82. You can experience healing.  
你就能得医治。
83. You don't have to run to this solution or that solution,  
你不需要寻找这样，或那样的解决办法；
84. You don't have to run from place to place,  
你不需要东跑西跑，
85. All you need is Jesus,  
你只需要耶稣，
86. He will give you the living water.  
祂能赐你活水。
87. Will you ask him tonight?  
你今天会向祂祈求赐你活水吗？
88. 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！