

# 《天路导向》双语讲义

## 上帝的方法 - 11 HOW GOD WORKS – 11

### SECTION A

#### 甲部

1. Hello listening friends, we are delighted that you are able to be with us today  
亲爱的朋友，你好，很高兴你今天能听这个节目。
2. Have you ever found yourself in the state of emotional depression  
请问你曾经陷入情绪的低潮吗？
3. Have you ever been alone beginning to ask yourself, what is life all about  
你曾经因寂寞而自己问自己，生命有什么意义吗？
4. Have you ever found yourself emotional discouraged and depressed, seeing no way out of your predicament  
你曾经消沉沮丧，觉得自己走投无路吗？
5. Have you ever felt that your world is falling apart  
你是否觉得自己所处的世界已支离破碎了吗？
6. Have you ever felt that the walls are closing in on you  
你是否感到四面受敌，被重重围困吗？
7. Well you are not alone  
其实，并非只有你一个人会这样。
8. Now I'm not a psychiatrist and I cannot explain these things in medical terms  
我不是心理医生，不能用医学专门术语来说明，
9. But I know enough from the Word of God to know the following  
但神的话足以使我明白。
10. First of all  
首先，
11. Emotional depression is real  
情绪低沉是真实的。
12. There are different forms of depression  
有好几种不同形式的忧郁症，
13. There is clinical depression that needs medical attention  
有需要药物治疗的忧郁症；
14. There is a psychological depression  
有心理方面的忧郁症；
15. There is a physical depression  
也有生理方面的忧郁症。
16. There is a depression that is caused by chemical imbalance and needs medical treatment  
有些忧郁症是因为体内化学成份不平衡引起的，需药物的治疗。
17. There is depression that has psychological causes  
有些忧郁症是心理因素引起的；
18. There's a depression that has physical causes  
有些忧郁症是生理因素引起的。
19. Depression can start in many ways  
忧郁症初期有几种现象，
20. Depression usually begins with self-protection  
通常从自我保护开始。
21. This is how it happens  
情形是这样的：
22. When you get deeply hurt in some way  
当你在某方面深深受伤，
23. Someone who may have failed you  
有人令你失望，
24. Or a big plan that collapsed  
或是一项重大的计划失败了，
25. Or perhaps you feel that you have failed yourself  
或者你對自己失望，
26. If you have not been trained in your early days to know how to take your hurts to the great physician  
如果从小都没有人教导你，如何将你的伤痛带到耶稣那位大医生那里，

27. You will pull into yourself and retreat from the realities of life  
你就会退缩到自我的世界里逃避现实。
28. And that is why we need to teach our children how to deal with life's disappointments  
所以我们应该教导子女如何面对人生的挫折，
29. We must not try to shelter them  
千万不要过分的保护他们，
30. They need to know where to go when they face those difficult times  
他们需要学习在困境中寻找出路。
31. Because at the point of your hurt, you feel that you are only safe with yourself  
当我们身处伤痛时，只有在自我里面才感到安全，
32. You don't feel safe with others  
别人都不能给予安全感。
33. And you will see this happening here with this great man of God Elijah  
我们从伟大的神人以利亚身上，就看见了这情形。
34. And the second step is this  
第二个阶段，
35. After isolation and retreat, self-pity follows  
紧接着自我封闭和退缩之后的，就是自怜。
36. At that point you begin to think that you are the only human being on the face of the earth who is hurting  
到一个地步，你认为全世界只有你一个人在受苦，
37. That no one understands you  
没有人理解你，
38. Nobody else hurts like you do  
没有人像你这样受伤。
39. And this leads to the third step  
跟着第三个阶段，
40. Which is self punishment  
就是自我惩罚。
41. Let me summarize this again  
我再覆述一次，
42. First you pull into yourself to protecting yourself by withdrawing  
首先你会自我退缩来保护自己，
43. Secondly  
第二，
44. You pity yourself because you feel isolated  
你因自己与世隔离而自怜，
45. Finally  
最后，
46. You begin punishing yourself  
你开始自责，
47. You become the judge and the jury and condemn yourself to a life of self-inflicted pain  
你成为自己的审判官和陪审团，定自己罪，使自己陷入一生的痛苦中。
48. Why  
为什么？
49. To atone for whatever wrongs you imagine that you have done  
为了弥补你自以为犯的错误。
50. And right at that point you are going to have a visitor  
这时，有一个不速之客会来找你，
51. He is an unwelcome visitor  
他是一个不受欢迎的客人，
52. But he is sitting there on the side watching you  
但他一直冷眼旁观，
53. He is waiting and this is his moment  
他就是等这个机会，
54. It is right here when Satan enters the picture  
撒但就此闯入。
55. Don't ever forget that the Bible said that Satan is the accuser of the brethren  
别忘了，圣经称撒但是控诉弟兄的，
56. He loves to remind you of your past sins  
牠喜欢重提你过去的罪，
57. He loves to remind you of your past mistakes  
牠喜欢提醒你从前的过犯，
58. He loves to remind you of your past failures  
牠喜欢提醒你过去的失败，
59. Even those embarrassing moments from 50 or 60 years ago that has already been covered by the blood  
甚至五六十年前那些不光彩的往事，其实早已被基督的宝血遮盖了，
60. And each of these reminders make you feel worse  
然而，旧事重提使你感到很难过。

61. Today we find Elijah who soared from victory to victory now in the grips of defeat and depression  
今天，我们看到以利亚在连连得胜后，竟陷入挫败和沮丧中。
62. When we left Elijah in I Kings 18:46  
列王纪上 18 章 46 节，记载以利亚，
63. He had to run a 14 mile marathon on Mt.Carmel  
从迦密山奔了 14 英哩的马拉松长途，
64. He ran faster than horses  
他跑得比马还快，
65. He has supernatural power that God gave him  
神赐给他超然的力量。
66. In fact, when you read I Kings 18:46 it does not prepare you for I Kings 19:3  
事实上，当你读列王纪上 18 章 46 节时，绝对无法想象 19 章第 3 节将要发生的事。
67. In just 3 little verses, you see Elijah going from someone who ran with supernatural human power to someone who is running for life  
在短短三节经文里，以利亚从一个飞毛腿超人变为亡命之徒。
68. When he got to Beersheba  
当他到了别是巴，
69. Which is about 100 miles south  
大约在迦密山以南 100 英哩左右，
70. He left his servant behind  
他留下他的仆人，
71. And went on a days journey into the desert  
独自在旷野里走了一天。
72. And there he sat under the Juniper tree  
坐在一棵罗腾树下，
73. Put his head between his knees and said  
他把头埋在两膝之间说：
74. God kill me, I am no better than my ancestors  
神啊！杀了我吧！我比不上我的祖先们！
75. The moment wicked Jezebel heard what happened to her precious prophets of Baal she became enraged  
当邪恶的皇后耶洗别，听到她心爱的巴力先知们的下场时，勃然大怒，
76. Probably her lips were quivering  
很可能她气得嘴唇颤动，
77. Her hands were shaking  
双手发抖，

78. And she swore by her gods  
她指着她的神赌咒。
79. Who turned out to be useless anyway  
这些神根本不灵，
80. That she is going to put a contract on Elijah's life  
但她发誓要追讨以利亚的性命。
81. Let me stop here and tell you something that is as real as I am speaking to you right now  
现在让我告诉你一件非常真实的事，
82. When you get a victory from the hand of the Lord  
当神让你得胜之后，
83. Satan becomes furious  
撒但就会十分恼怒，
84. So he immediately uses somebody else  
他就会利用别人，
85. Whether that person is a member of your family  
无论是你的家人，
86. Or a friend  
或朋友，
87. Or even a church member  
甚至教会里的一份子，
88. Satan uses that person to come and steal your joy and your victory  
撒但利用这个人，专门来破坏你的喜乐和胜利，
89. The thing that poisons your joy will always be a small or minor thing in comparison to the great victory that God has given you  
使你的喜乐中毒变质的，往往是一些小事，决比不上神所赐的伟大胜利。
90. I Kings 19:3 says  
列王纪上 19 章第 3 节说，
91. Elijah was afraid  
以利亚感到惧怕。
92. He had not been afraid when he confronted Ahab  
当他面对亚哈王时，他毫无畏惧；
93. He had not been afraid on Mt. Carmel in front of 850 prophets of Baal and Ashteroth  
他在迦密山上面对 850 个巴力和亚舍拉的先知时，并不惧怕；

94. He had not been afraid in Zaraphath the very heart of Baal worshipping Gentile world  
当他在撒勒法那个敬拜巴力的异教中心时，也没有惧怕。
95. But now  
但现在，
96. He is afraid of Jezebel and he runs to Beersheba  
他害怕耶洗别，于是逃到别是巴。
97. There he even divests himself of the only human companionship that he had  
他甚至留下他唯一的同伴，
98. And he went alone  
独自离开。
99. Most ancient tradition says that his servant, the same one who sought the clouds 7 times  
根据多数传统的说法，这位同伴就是以利亚的仆人，七次被差去观看海上是否有云出现的那位。

## **SECTION B**

### **乙部**

1. And was the same one who was the son of the widow of Zaraphath  
据说他就是撒勒法寡妇的儿子，
2. The boy that Elijah raised from the dead some time ago  
也就是不久前，以利亚使他从死里复活的那孩子。
3. Well you say, can it get worse than being afraid of Jezebel  
你可能会问，还有什么比害怕耶洗别更糟的事吗？
4. Yes, it gets worse  
有的，
5. Let me put I Kings 19:4 in my own words  
让我用现代的说法来读列王纪上 19 章 4 节，
6. Elijah gets out into the desert where it was 130 degrees in the shade and says, o k Lord, kill me and kill me now  
以利亚独自来到 130 华氏度酷热的沙漠里，对神说，主啊，就在这里把我杀了吧！
7. You say, wait a minute, this is a great man of God  
你说，慢着，他不是伟大的神人吗？
8. But I want you to remember that he was not the only man of God who requested death but let me tell you, he is not the only one who requested death.  
但我告诉你，他不是唯一求死的神人。
9. In the book of Numbers chapter 11 verse 15  
在民数记 11 章 15 节，
10. After putting up with people's murmuring and complaining and criticizing and bad-mouthing him, Moses said the following  
当摩西饱受百姓的怨言批评和辱骂之后，他说，
11. God, I would rather you kill me  
神啊，我情愿你杀了我吧！
12. In Jonah chapter 4 verse 3 and 8  
在约拿书第 4 章 3 到 8 节，
13. Jonah after he preached and had great victory in Nineveh said the following to God  
当约拿在尼尼微城讲完信息，获得伟大的胜利后，他对神说，
14. If you are that good with the wicked people of Assyria, be good to me and kill me  
既然你对亚述帝国那些邪恶的人民那么慈悲，也对我发发慈悲，把我杀了吧！
15. If you have never been in this situation, I want you to take note because sooner or later you may come to that situation  
如果你从未遇到这种情况，请记住，迟早你都会遇到的。
16. I want to give you some lessons that work for me in those moments of despondency  
我愿意和你分享，在最沮丧时，我学到的教训。
17. I will give you the first lesson today and the second one in our next broadcast  
今天和你谈第一个功课，下次节目再和你谈第二个功课。
18. First  
第一，
19. Never act after a victory without a word from the Lord  
在一场胜利之后，仍然需要神话语的指引。
20. If you look at verse 3  
请看第三节，
21. You will find something uncharacteristic of Elijah  
你会发现以利亚没有照着他的惯例而行。

22. If you have been looking closely at his life with me  
如果你一直跟着我来查考以利亚的生平，
23. You will pick up on this very quickly  
你也会立刻察觉。
24. Do you know what it is  
你知道是什么吗？
25. Well if you go back to chapter 17 verse 2  
让我们来看列王纪上 17 章第 2 节，
26. You going to read the following word  
那儿这么说，
27. The word of the Lord came to Elijah and said leave here, turn eastward and hide in Carith Ravine  
耶和華的話臨到以利亞說，你離開這裡往東去，藏在約旦河東邊的基立溪旁。
28. At the word of God, he left Ahab and went to Carith  
於是，以利亞就照着神的吩咐，離開亞哈到基立溪去。
29. Look at verse 8 of chapter 17  
請看 17 章第 8 节，
30. The word of the Lord came to him, go at once to Zaraphath  
耶和華的話臨到他說，你起身往西頓的撒勒法去。
31. And he left the Brook Carith in the wilderness and went to Zaraphath to live with the widow and her son  
他就離開基立溪，到撒勒法去和那個寡婦和她的兒子同住。
32. Now look at verse 1 of chapter 18  
再請看 18 章第 1 节，
33. After a long time in the third year, the word of the Lord came to Elijah  
過了許久，到第三年，耶和華的話臨到以利亞說，
34. Now can you see it now  
現在你注意到了嗎？
35. Elijah was a man whose movements and messages were ordered by God  
以利亞的行動和傳講的信息都來自神的指示，
36. However  
然而，
37. When you look at 19:3  
當你讀 19 章第 3 节，
38. What is missing here is going to hit you between the eyes  
很明顯地缺少了些東西，
39. There was no word from the Lord  
那兒沒有神的話語臨到。
40. And when there is no word from the Lord, there is fear and running away  
當缺乏神的話時，就只有害怕和逃跑。
41. In other words, Elijah got blindsided here  
換句話說，以利亞在這裡太魯莽了。
42. And the first lesson is this  
所以，第一個功課就是，
43. Do not make a major decision without a word from the Lord  
在作重大決定時，不能沒有神話語的指引，
44. Particularly after a great spiritual victory  
尤其在一場偉大的屬靈勝利之後。
45. Let me ask you this  
讓我問你，
46. Have you ever been blindsided  
你曾經魯莽過嗎？
47. You receive this letter or that phone call or that confrontation that you were not expecting  
你意外地接到一封信或一個電話，或無理的挑釁，
48. And you would rather not have received it  
你很想回避，
49. What you need to do is wait for a word from the Lord  
你应该等候神的話，
50. Do not respond immediately  
不要太冲动。
51. Sometimes you don't need to respond at all  
有时根本不需加以理会，
52. Because running ahead of the Lord will get you into trouble  
因为跑在神前头反而会使你惹上麻烦，
53. Not waiting for the Lord will get you into trouble  
不耐心等候神，就会自找麻烦。
54. Let our prayer today include Lord, teach me to wait for you  
愿我们今天的祷告就是，主啊，教导我等候你。

55. In our next broadcast we will see the second  
lesson about what to do in moments of  
despondency  
下一期的节目，我们要谈谈在灰心消沉时的  
第二个功课，
56. And we will see what happened to Elijah  
我们也要看看以利亚的遭遇，
57. Although he was trapped in the bosom of  
depression  
虽然他深陷忧郁的低谷，
58. The Lord will deliver him  
神必要解救他。
59. Until we meet next time, I wish you God's  
richest blessing  
愿神大大的赐福给你，下次节目再会。