

Discipline of Adversity – James Barnett

28.7.19

以逆境作管教

She had fallen at the last hurdle. She had trained so hard for so long. So many hours of hard work. Late nights. Long days. Being exhausted, in body and in mind. Missing out on friends. Fun. All because she had that goal in mind. And now, hardship had come, and it was all too much. Was it time to give up on the goal? Was she going to let down her family?

她在最后一个障碍前跌倒了。她辛苦地训练了这么久。这么多小时的训练。日以继夜。身心疲倦。放弃友谊。玩乐。都是因为她有这个目标。现在,困难来了,超过所能承担的。是时候放弃目标了吗?她会让家人失望吗?

As I was describing this goal. What were you imaging?

当我描述这个目标时。你在想象些什么?

Was it someone exercising? Someone training for an event? They've committed to the goal of a marathon, 42ks. Made choices to not spend time on what will not help achieve that goal. Watched out for distractions. And a hardship like injury hits.

想象到有人在锻炼吗?有人为活动培训?他们致力于马拉松的目标,42公里。选择不花时间在无助于实现这一目标的事情上。注意不分心。但像受伤那样的艰难困苦发生。

Maybe it was pursuing marks at school or university. Are you remembering when you worked hard to get to where you are?

也许是在学校或大学追求成绩。你还记得你怎样努力去达到你所处的位置吗?

There's the goal of getting the best marks. So everything else goes out the window, exercise, friends. The only choice is to study hard. But right at the end a hardship like stress under pressure hits.

若目标是取得最好的成绩。所以其他一切都置诸度外,像锻炼或朋友。唯一的选择是努力学习。但就到最后,精神再负荷不了压力的困难出现。

Hardships and difficult moments break people. Injuries to professional sports men and women make them retire early. I've seen people change their university degree because it was too hard.

艰难的时刻使人心碎。职业运动员的受伤使他们提前退休。我见过有人因为大学学位太难而改变他们的学位。

I see the amount of half started projects around my house that began well, but something difficult came up that caused it to stop. I'll come back to that towel rack, that broken kitchen cupboard.

我看到我房子周围有很多做到一半的项目，开始时很好，但出现了一些困难的事情，导致它停止。我会回来完成那毛巾架，那个破了的橱柜。

Were you remembering a time where you failed? You got distracted with life?

你还记得你曾经失败的时候吗？你因生活而分心了？

The author of the letter to the Hebrews describes the Christian life like this.

希伯来书的作者这样描述基督徒的生活。

It's been our slogan on our series video.

这是我们这系列中视频的口号。

To run the race.

奔跑神的路程

God has chosen people, through his grace, and we now run towards him.

上帝通过他的恩典选择了属他的人，现在我们朝他跑。

Being with Christ, and becoming like him is our goal.

和基督在一起，成为像他一样是我们的目标。

And we have to make plenty of choices along the way. Choices to follow him, and not just chase our own desires.

在前进的道路上，我们必须做出很多选择。选择跟随他，而不是仅仅追逐我们自己的欲望。

We must watch out for sin, being aware of the dangers around us.

我们必须注意我们的罪,意识到我们周围的危险。

And there will be hardship. These hardships are different to getting a broken leg from falling in a race. As we pursue different goals, hardships might break us, and make us finish early. Or maybe they spur us on towards the prize.

而且会遇到困难。这些困难与在比赛中摔断腿不同。当我们追求不同的目标时,困难可能会破碎我们,使我们提前完成。或许,他们也会激励我们走向奖励。

But what's the point of hardship and difficulty as we follow Jesus? How do we deal with frustrations and difficulty and sin? Do we just encourage one another to get back up? 'Just brush yourself off. Jesus still loves you.'

但是,困难在当我们跟随耶稣时有什么意义呢?我们如何处理挫折、困难和罪?我们是否只彼此鼓励去重新站起来吗?"只挥挥衣服。耶稣仍然爱你。"

Today as we finish our series on the Disciplines of Grace, we're going to see how God encourages us when hardship hits. How do we view hard times and adversity? And what is the point of it as a Christian?

今天我们正要完成我们恩典的**管教**的系列,我们将看到上帝如何在困难来袭时鼓励我们?我们如何看待艰难时期和逆境?作为一个基督徒,这有什么意义呢?

1. God disciplines

上帝的管教

The author of Hebrews writes to a church who it seems was faced with much persecution. They hadn't yet been physically attacked so that blood was shed. But likely daily faced with trouble and persecution.

希伯来书的作者写信给一个似乎面临很多迫害的教会。他们没有抵抗到流血的地步。但可能每天都面临麻烦和迫害。

They are faced with the question, who is in charge. God why are you letting these attacks come? Are you in control of this? Are you sovereign or are our enemies more powerful than you?

他们同样面对谁是主宰的这个问题。上帝,你为什么让这些攻击来临?你控制了这件事吗?你是至高无上的,还是我们的敌人比你更强大?

The author describes Christianity as a race. One with challenges and difficulties. But a goal of Joy! Being with Christ.

作者将基督徒生命描述为一种竞赛。一个充满挑战和困难。但以喜乐为目标!与基督同在。

Verse 1

第 1 节

And let us run with perseverance the race marked out for us, fixing our eyes on Jesus ...so that you will not grow weary and lose heart.

以坚忍的心奔那摆在我们前头的路程，仰望我们的耶稣。。。你们就不致心灰意懒了。

There is a temptation to grow weary and lose heart with any goal. And this is a life long goal, compared to the goals that we set in our lives.

对于任何目标心灰意懒是一种真实的诱惑。而这和我们在生活中设定的目标相比是一个终生的目标。

And the author of this letter has some encouragement for us as we run this race.

这封信的作者在我们奔跑的路程上预备予一些鼓励。

Verse 5

第 5 节

And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says,

你们又忘了上帝劝你们如同劝儿女的那些话，说：

“My son, do not make light of the lord’s discipline, and do not lose heart when he rebukes you, because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.”

「我儿啊，不可轻看主的管教，被他责备的时候不可灰心；因为主所爱的，他必管教，又鞭打他所接纳的每一个孩子。」

Father to child discipline is the way that God encourages us. And this encouragement is so that we don't lose heart and don't grow weary.

父亲对孩子的管教是上帝鼓励我们的方式。这种鼓励是让我们不灰心丧气,不感到疲倦。

You might be thinking, discipline! Really that's supposed to encourage? When I'm in the midst of a hardship, I find comforting words encouraging. Maybe a gift of food. But God chooses discipline.

你可能在想,管教!真的可作为鼓励吗?当我处于困境中时,我发现安慰的话令人鼓舞。也许是一份食物。但上帝选择管教。

What is discipline then?

那么什么是管教呢?

Discipline is training or education by correction or punishment.

管教是通过纠正或惩罚作训练或教育。

First thing to note is that God does not punish us. God does not see our sinful behaviour and get angry and send hardship and pain to us. He does not send lightning bolts down.

需要注意的第一件事是,上帝不会惩罚我们。上帝不会因见到我们的罪恶行为,生气,而给我们带来艰辛和痛苦。他不以闪电打我们。

God does not punish his people.

上帝不惩罚他的子民。

Let me say that again. God does not punish those who follow Jesus. He disciplines us through hardships and adversity in our lives. These are painful and difficult, but they are not punishments.

让我再说一遍。神不惩罚跟随耶稣的人。他通过生活中的艰难困苦和逆境来管教我们。这些都是痛苦的,困难的,但他们不是惩罚。

God has met out all the punishment that we deserve on his son Jesus. That's the cross. The place where punishment is dealt with. But he does discipline us. He corrects and trains our behaviour.

神已经把我们应得的惩罚在他的儿子耶稣身上完全满足了。那就是十字架。那把处罚处理好的地方。但是他确实管教我们，他纠正和训练我们的行为。

How do you feel me saying that God trains and educates our behaviour by correction and or punishment?

我说上帝通过纠正和/或惩罚来训练和教育我们的行为,你有什么感觉?

When we think of God as a father who disciplines us, it's hard not to think of our own parents, or what we are like as parents disciplining our children. And this can go either way.

当我们把上帝看作是一个管教我们的父亲时,我们很难不去想我们自己的父母,或者我们作为父母管教孩子时是什么样子。这可能有不同的结果。

“My father didn't discipline me at all, and that worked for me, so I don't think God should discipline.” Or the opposite. “My father was very firm, he disciplined me, and so I grew up very disciplined. I think God should discipline.”

"我父亲根本不管教我,这对我有效,所以我不认为上帝应该管教。"或者相反地。"我父亲很坚定,他管教我,所以我长大了非常有纪律。我认为上帝应该管教。"

Our view of God as father can even be painful. Some of us have painful memories of being disciplined by their fathers. Some of us right now in this room might have difficult relationships with their parents. Where discipline has crossed a boundary.

我们把上帝当作父亲,甚至会很痛苦。我们有些人对被父亲管教有痛苦的回忆。我们现在在这个房间中的一些人可能和他们的父母之间有困难的关系。因管教已经超越了界限。

For the person in that situation, it can be hard to think that God should discipline. Discipline can seem to only be a bad word.

对于处于那种境况的人,很难想象上帝应该管教。管教似乎只是一个不好的词语。

But here discipline is about loving correction. It is guiding us, and putting us back on the right path to following the Lord.

但在这里,管教是关于以爱来纠正。它指引着我们,使我们回到跟随主的正确道路上来。

Before we look at how God disciplines us, the author of the letter to the Hebrews wants to make sure they get the most out of the correction.

在我们看上帝如何管教我们之前,希伯来书的作者想要确保他们从纠正中得到最大的成果。

“My son, do not make light of the lord’s discipline, and do not lose heart when he rebukes you, because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.”

「我儿啊,不可轻看主的管教,被他责备的时候不可灰心;6 因为主所爱的,他必管教,又鞭打他所接纳的每一个孩子。」

First thing to be aware of is **Making light of discipline.**

首先要留意的是轻看管教。

This might seem difficult to do.

这似乎很难做到。

If God is disciplining us, how would we make light of Gods care and correction of us? Much like the child who disobeys the parent and is disciplined can get upset at the parent. How dare you discipline me! I was in the right, you were wrong. That child will not learn from the discipline

如果神在管教我们,我们怎能会轻看神的关怀和矫正呢?就像不服从父母和受了管教的孩子一样,孩子可能会惹恼父母。你敢管我!我是对的,你错了。那孩子不会从管教中学习到什么

And it's easy as a parent to think, I've told them the right way to go. I've disciplined them. But five minutes later they are doing the exact same thing again! Making light of my discipline and ignoring it.

作为父母的很容易会想,我已经告诉他们要走的正确路。我已经管教他们了。但五分钟后,他们又在做同样的事情!轻会我的管教和不理它。

This person lacks humility. Lacks self awareness that they desperately needs God’s correction and training. Don't make light of the lord’s discipline. Don't remain indifferent. Maybe you can vaguely see that God is calling you to change your behaviour, but don't meditate on what it means. It’s not helpful to ignore a parents discipline. The parent who says, don’t touch it’s hot. You want your child to learn that lesson by listening not touching again.

这个人缺乏谦逊。缺乏自我意识,他们显然需要上帝的矫正和训练。不要轻看主的管教。不要无动于衷。也许你可以隐约看到上帝在召唤你改变你的行为,但没有思考它意味着什么。忽视父母的管教是无益的。当父母说,别碰它很热。你希望你的孩子通过倾听而不是再次触摸来学习这一教训。

God does the same thing. Don't do that. It's not the best way to go. You will hurt yourself. This is not the way I have for you. Don't ignore me.

上帝也做同样的事情。别这样做。这不是最好的办法。你会伤害到自己的。这不是我为你定的方式。别不理我。

When we don't think about the discipline in hardship, we don't learn from it. By refusing to consider deep and difficult times, our lives and relationship with God will remain perpetually shallow.

当我们在艰苦时不去想当中的管教,我们就不会从中吸取教训。拒绝考虑深沉而艰难的时刻,我们的生命和与上帝的关系都会永远肤浅。

Some are indifferent to Gods discipline. Like water off a ducks' back. But for some others, they are crushed by it. They are overwhelmed and **Lose heart**. Just like a runner collapsing from exhaustion on the track.

有些人对神的管教无动于衷漠不关心。就像水从鸭子背上滑过。但对于其他一些人来说,他们被它压垮了。他们不知所措, **心灰意懒**。就像跑步者在赛道上因疲惫而崩溃一样。

Do you hate conflict or are you unable to deal with correction? Maybe we are afraid that God's discipline means that he doesn't care for us, and does it from a bad relationship. If we think that, we'd be tempted to run from God's discipline.

你讨厌冲突或无法接受纠正吗?也许我们害怕神的管教意味着他不关心我们,而且从糟糕的关系中来做。如果我们这样想,我们就会被诱惑去逃避来自上帝的管教。

How do we face discipline from God without losing heart and without making light of it?

我们如何面对来自上帝的管教而不灰心和轻看?

the Lord disciplines the one he loves, and he chastens everyone he accepts as his son.”

因为主所爱的,他必管教,又鞭打他所接纳的每一个孩子。

God disciplines the one he loves.

主所爱的，他必管教。

And this is at the same time a strange doctrine, but also a wonderful truth.

这同时是一个奇怪的教义,也是一个奇妙的真理。

God disciplines a person because he loves them.

上帝管教一个人,因为他爱他们。

He doesn't discipline out of wrath or anger. It is truly only out of love. Because he has made us his children and has brought us into a new relationship. One where he is the father. He cares for us. He cares for our instruction.

他不是因为愤怒而去管教。真的只是出于爱。因为他让我们成为了他的孩子,并把我們带入了一个新的关系。那里他是父亲。他关心我们。他关心我们的指示。

The author to the Hebrews encourages this church under attack. He reminds them of the promises from proverbs. Don't lose heart, don't make light of the lord's discipline. He guides you in your growth through discipline. And he does this because he loves you.

希伯来书的作者鼓励这个受到攻击的教会。他提醒他们箴言中的承诺。不要灰心,不要轻看主的管教。他通过管教引导你的成长。他这样做是因为他爱你。

2. How does he discipline 他如何管教

So we come to the question of how. How does God discipline.

接着我们来研究如何。上帝如何管教。

Verse 7

第 7 节

Endure hardship as discipline

为了受管教，你们要忍受。

Hardship. Adversity. This is God's discipline.

困难。逆境。是上帝的管教。

The Hebrew church were being persecuted. They are attacked. Is that God doing that out of his fatherly discipline. It doesn't say that God looks on while his people are going through adversity and hardship. But that the Lord is the one who disciplines. He is the one who chastens. He is the one who is correcting and teaching.

希伯来教会受到迫害。被攻击了。那是上帝作出为父的管教吗。这并不是说上帝在人民经历逆境和困难时看着。但是,主是那管教他们的。他是那鞭打的。他就是纠正和教导的那位。

Does this mean that in some form, God is responsible for all hardship?

这是否意味着,以某种形式上,神是负责所有的艰难困苦?

Is it possible that God not only allows hardship – but sends it to us. To draw us closer to him. To train and correct us.

上帝不仅允许困难,而且把它送给我们,把我们拉近他,训练和纠正我们。

Is God in control of all hardship? Is he in control of the difficult seasons we experience in life? Of sickness and loss. Losing a job. Of hurt and brokenness.

上帝能够控制一切困难吗?他是否控制了我們生活中经历的艰难季节?疾病和损失。失去工作。伤害和破碎。

Does God just allow these things to happen, or is he somehow involved in them?

上帝是否只是允许这些事情发生,还是他以某种方式卷入其中?

Imagine 2 different types of surgeons.

想象一下 2 个不同类型的外科医生。

There is the emergency room surgeon.

在急诊室工作的。

And then there is the elective surgery surgeon.

和选择性手术的外科医生。

The emergency room surgeon has a person come in with an injury. Let's say someone has fallen off their motorbike, and their leg is terribly injured. The Emergency Room surgeon operates to save the leg and fix the problem.

急诊室的医生的病人已经受了伤。假设有人骑摩托车摔倒了,他们的腿受了重伤。急诊室的外科医生做手术来挽救腿并解决问题。

That is very different from my limited understanding of a surgeon involved in elective surgeries. Imagine a patient has come in, and they have a cancerous growth on the inside of their leg. The surgeon has planned out what needs to happen. The leg is marked up. And

at the due time the surgeon takes the scalpel to the leg, opens it up, and removes the cancerous growth.

这与我参与选择性手术的外科医生的有限理解大相径庭。想象一下,一个病人来了,他们的腿内侧有癌变的生长。外科医生已经计划好了需要发生的事情。腿被标记了。在适当的时候,外科医生把手术刀在腿上打开,并去除癌变的生长。

Does God respond to the pain in our life and attempt to fix it up after the fact.

上帝是否响应我们生活中的痛苦,并试图实事求是地修复它。

Or is he sovereign and in control. Has he planned out what needs to happen to us. And the pain and hardship hurt. Much like the scalpel to the leg.

或者他是主控一切。他计划好我们该发生什么。那痛苦和困苦伤害就很像腿上的手术刀。

God is not a passive observer. He doesn't sit idly by while we get attacked. While we are under hardship. This picture here of God is one of a father intimately involved in the upbringing of his child. He is the one who is disciplining. God is the one who rules over sinners, and those that are persecuting the church. They are still guilty. But God uses them to work out his loving purpose of discipline this church, growing them up in their faith. And he does the same for us.

上帝不是被动的观察者。我们被攻击时,他不会袖手旁观。当我们处于困境时。这里的影像上帝如一位父亲,亲切地参与抚养孩子。他就是那管教的。上帝统治罪人,统治迫害教会的人。他们仍然有罪。但上帝用他们来作出他对这个教会的管教的慈爱目的,让他们在信仰中成长。他也为我们做同样的事。

I was really sick a couple of weeks ago.

几周前我病得十分重。

What started as a cold, grew into a flu. Then a full blown man flu. Then a chest infection. 4 of us in the family were hit hard at home. Alisa was sick, but unfortunately even though she was really sick, she was the least sick.

起初只是伤风,后来变为感冒,然后是完全的流感,最后胸肺感染。家中有4个人都病重了。阿莉莎也病了,但不幸的是,即使她真的病了,她的病是最轻的。

I couldn't do much but pray to God to help me get better. Now, God was in control of that situation. I can't see the exact connection between being sick and my sin. But looking back, it's made me wonder, what was God trying to teach me? Was he disciplining me because I don't depend on him? I still think I'm physically capable. Do I have an idol of health and self-control?

我除了向上帝祈祷,求他使我早点康复,什么也做不了。那个情况上帝在控制着的。我看不出生病和我的罪之间的确切联系。但回看这事,让我怀疑,上帝想教我些什么?他管教我是因为我不依赖他吗?我仍然认为我身体有实力。我有健康和自我控制的偶像吗?

I wonder if God uses hardship because we don't listen. Does God use hardships because it is too easy to ignore God when all is going well. And he needs to remind us of how much we depend upon him?

我想知道上帝是否因为我们不听而使用困苦。上帝使用困难,是否因为当一切进展顺利时,忽视上帝太容易了。他需要提醒我们我们有多依赖他?

We like to draw connections. "God is sending this because of my sin. This hardship is all my fault". Can we tell if a particular hardship comes from a specific sin in our lives. We might be able to. The Holy Spirit might bring it to our attention. But I think chasing reasons for hardship can be a danger. It can make our lives too much like a western version karma. This hardship has happened because of my sin. This pain is because of that. Danger is that we forget that Jesus has taken the punishment for our sins, and we think we have to bear some of the pain of our sin. Jesus has taken the punishment.

我们喜欢建立联系。"上帝是因为我的罪把这个给了我。这些困难都是因为我的错。"我们可以指出那一个特定的困难是来自我们生命中特定的罪吗。我们也许可以。圣灵可能会提醒我们。但我认为,追求遇到困难的原因可能是一种危险。它可以使我们的生活很像西方版的业力(karma)。这个困难的发生是因为我的罪。这个痛苦就是因为那个。危险在于,我们忘记了耶稣已对我们的罪承受了惩罚,而我们认为我们必须承受我们罪的一些痛苦。耶稣已经完全承受了所需的惩罚。

But every expression of discipline is intended to make us more like Jesus. We often won't see the connection or the point. But during hardship it should be enough for us to know that God is in control, and this hardship is somehow for our good.

但是,每一个管教的表达都旨在使我们更像耶稣。我们通常不会看到这连系或要点。但是在困难期间,我们应该知道上帝在控制,这困难在某种程度上是为要我们得益处。

The author gives us an encouragement. God is in control of all things. Even hardship. And he uses them for our good to guide and grow us. The encouragement and comfort must come from God being in control.

作者给我们一个鼓励。上帝控制着一切，甚至是困难。他用它们来指导我们成长。鼓励和安慰必须来自上帝在控制之中。

3. Why does he discipline 他为什么管教

So God encourages us to continue the race, and he uses hard times to discipline us.

所以上帝鼓励我们继续比赛,他利用困难的时间来管教我们。

But why. Why does God do these things. Especially when they are hard and painful!

但是为什么。上帝为什么要做这些事呢？尤其是当他们是艰难和痛苦的时候！

Verse 7 again.

再看第 7 节。

God is treating you as his children. For what children are no disciplined by their father? If you are not disciplined – and everyone undergoes discipline – then you are not legitimate.

上帝待你们如同待儿女。哪有儿女不被父亲管教的呢？管教原是众儿女共同所领受的；你们若不受管教，就是私生子，不是儿女了。

The author uses a real world example to explain why God disciplines. In the first century, children were disciplined by their fathers. Fathers were the ones with the primary focus of bringing them up with the correct behaviour. The argument goes that children are disciplined by their fathers, unless there is something wrong. Unless they are an illegitimate child. Disciplines is actually a proof for us of our close relationship to God. We are not illegitimate children who he sees as a burden to carry.

作者用一个真实世界的例子来解释上帝为什么管教。在第一世纪,孩子们受到父亲的管教。父亲是那使他们有正确行为的主要焦点。所以除非有不正常的事情,哪有儿女不被父亲管教的呢？除非他们是私生子。管教实际上是我们与神的密切关系的证明。我们不是他认为负担的私生子。

Our fathers have disciplined as best as they were possible. But God, as a father who disciplines is not like us. A parent might have a good and bad relationship with discipline.

Even the best parent can only give the discipline that they think is best. Parents are fallible, and are inconsistent, and are often guided by emotions and the impulse of the moment. Anyone who has tried to discipline a child in a godly manner knows that there are times when parents simply do not know what the right thing to do is. How much do I discipline them?

我们的亲父尽可能以他所知的益处来管教。但上帝,作为一个管教的父亲,和我们并不一样。父母可能在管教上有好有坏的关系。即使是最好的父母也只能给予他们认为最好的管教。父母容易犯错,而且不一致,并且常常受到情绪和当下冲动的引导。任何试图以虔诚的方式管教孩子的人都知道,有时候父母根本不知道该做什么才是正确的。我该管教他们多少?

What is harsh and what is enough? I've seen my children shrug off discipline. But I've also seen them be emotionally crushed by it. Finding the right balance for different kids is hard.

什么是苛刻的,什么就足够?我见过我的孩子对管教不屑一顾。但我也看到他们在情感上被它压倒。为不同的孩子找到正确的平衡是很困难的。

If you are a parent and are thinking about discipline and your success and failures. I want to recommend a book, *Shepherding a child's heart*. Very helpful, I have a couple of copies for \$20.

如果你是父母,在思考你的管教,你的成功与失败。我想推荐一本书,一个孩子的心。的牧养。非常有帮助,20元一本。

But God is not an inconsistent parent. He is not impacted by emotions. God always cares for us. He doesn't have to have debates over what is the best thing for us. He knows what we need. And only gives us what we need.

但神不是一个不一致的父母。他不受情绪的影响。上帝总是关心我们。他不必就什么对我们最有益处的进行辩论。他知道我们的需要,而只给我们所需要的。

Verse 10

第 10 节

God disciplines us for our good, in order that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace...

惟有灵性之父管教我们是要我们得益处，使我们在他的圣洁上有份。凡管教的事，当时不觉得快乐，反觉得痛苦；后来却为那经过锻炼的人结出平安的果子，就是义的果子。

God has a purpose behind every hardship and piece of discipline.

上帝在每一个艰难困苦和管教的背后都有一个目标。

Hardship is hard. It is not pleasant. It is done for our good / holiness / peace / righteousness. And those are the places we need to be growing in as Christians!

凡管教的事，当时觉得痛苦。是为了我们的益处/圣洁/平安/义。那都是作为基督徒需要成长的地方。

At the same time, it is not pleasant. But it is like the pain of the scalpel – it's designed for our good.

同时，当时不觉得快乐。但它就像手术刀的痛苦 - 它是为要我们得益处。

When we are in the midst of pain and hardship we can't understand why it's happening. We cry out God end this pain. Bring this suffering to an end. But it might not be until many years after that we see what God has done for us.

当我们处于痛苦和困苦之中时，我们无法理解它为什么会发生。我们哀求上帝去结束这些痛苦。结束这些苦痛。但是，也许直到许多年后，我们才看到上帝为我们做了什么。

He may have sent hardship and difficult seasons to you when you were a teenager to prepare you to depend upon him today. For your good, for your righteousness.

当你还是个青少年的时候，他可能给你一段艰难困苦的季节，让你今天会去依靠他。为了要你得益处，为了你的义。

He corrected and disciplined you in your 20's for the good of your 40's. To make you able to survive what was going to happen in your future.

为了你 40 岁时得益，他在 20 多岁时纠正并管教了你。让你能够在你的未来将要发生事情中生存。

We might never know the reason we are suffering through a season. But God knows, and he has planned it out for us. Even though we can't see what God is doing in the midst of a hardship, must remember that God is sovereign.

我们可能永远不会知道我们经历一段时间的痛苦的原因。但上帝知道,他已经为我们计划好了。即使我们看不到上帝在困难中是在做什么,我们必须记住上帝是至高无上的。

If you are in a season of hardship or adversity, hold on to the truth that God is in control and he loves you. Remember these 2 truths for when hardship comes. Because the longer you live, the more likely difficult times are coming.

如果你处于艰难或逆境的季节,坚持上帝正在管理和他爱你的真理。当困难到来时,记住这两个真理。因为你活得越久,困难时刻就越有可能到来。

I heard about a woman who was about to become a Grandmother. Her new grandchild was going to be in a different state and she would have to fly to visit the baby. But she hated flying. She was absolutely terrified of it. The only way to overcome her fear, to endure the hardship of flying was with the destination in mind.

我听说一个女人即将成为祖母。她的新孙将出生于不同的省份,她将不得不坐飞机去探望孩子。但她讨厌飞行,她完全害怕。克服恐惧,忍受飞行的艰难困苦的唯一办法就是把目的地记在心里。

We have a journey marked out for us. With joy with the Lord at the end of the race. But this journey called life is not always easy. There are good times. But there are hard times. And God uses these to train, and correct, and adjust our hearts. And he does this lovingly because he is a Heavenly Father that loves and cares for us.

我们有一个已定好的旅程。在路程的终结是与主一起快乐。但这被称为生命的旅程并不是那么容易。有好时光,但也有困难的时候。上帝用这些来训练、纠正和调整我们的心。他这样慈爱的做,是因为他是爱和关心我们的天父。