

## Extraordinary Rest 特別的安息 Exodus 《出埃及記》 31:12-18 // 35:1-3

James Barnett 27.6.21

I'm pretty tired. This most recent round of restrictions from COVID have reminded me of how weary I am from all of this.

我很累。最近一輪的 COVID 限制讓我想起了我對這一切的厭倦。

There is a definite fatigue that comes from constantly having to think – how many people can come to my house, can I go to church, there's no singing, have I got my mask. Do I need a mask? Where have I been? Are these places safe?

有一種明顯的疲勞來自不斷要思考…有多少人可以來我家，我可以去教堂嗎，是否不可唱詩，我有我的口罩嗎。我需要口罩嗎？我曾到過哪裡？這些地方安全嗎？

I'm not sure how you're feeling, but I need some rest.

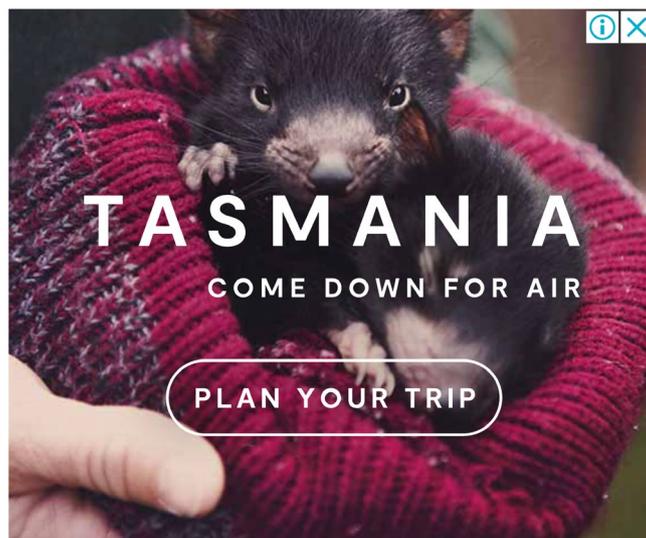
我不知道你的感受，但我需要安息一下。

I've got holidays coming up, but even that brings some anxiety and worry. Will I be able to cross the border?

我有即將到來的假期已安排好，但這也帶來了一些焦慮和擔憂。我能否如期去其他省？

I saw this add for a holiday in Tasmania, I feel like I can't catch a breath. Let's go there.

我看到這個去塔斯馬尼亞度假的廣告，我覺得我喘不過氣來。我們去那裡吧。



Life is full of anxieties and worries. At times like this, they can certainly pile up. I crave rest, to get some “me” time. But the reality is even when I get that “me” time, I stuff it full of things to do because life is busy.

生活是充滿了焦慮和憂慮。在這樣的時刻，它們肯定會堆積起來。我渴望安息，得到一些「自我」的時間。但現實是，即使我得到「自我」的時間，我會因為生活很忙而把它塞滿了要做的事情。

I have to mow the lawns, clean the house, run kids around to sport.

我必須修剪草坪，打掃房子，會孩子們到處去參加體育運動。

Even rest doesn't feel that restful.

連安息都感覺不到安寧。

What I really need, what we really need is Sabbath rest.

我真正需要的，我們真正需要的，是安息日的完全安息。

The rest that reminds me that I don't need to carry these burdens and worries and anxieties because there is a God who easily carries them. And he calls us to rest in him. A sabbath rest that reminds me that God is in control of all things so that I can rest even when life is busy.

那安息提醒我，我不需要背負這些負擔，擔心和焦慮，因為有一個很容易便背起它們的上帝。他叫我們在他那裡得安息。安息日的完全安息提醒我上帝控制著一切，這樣即使生活忙碌，我也可以安息。

We are continuing our series Ordinary People, Extraordinary God, through the book of Exodus. And we are looking at God's commands to have sabbath rest.

我們正在繼續我們看《出埃及記》的「普通的百姓，非凡的上帝」系列。我們正看上帝的吩咐守完全安息的安息聖日命令。

Today as we look at it, we'll see God's call for us to regularly rest in him, but to do that we need new definition of what rest is, and why it should be one of the most important parts of our week. 今天，當我們看它，我們將看到上帝的吩咐，要我們定期在他裡安息，但要做到這一點，我們需要對安息有新的定義，明白為什麼它應該是我們一週最重要的部分之一。

Points for us today, Created Rest, ReCreated Rest, How to Rest.

我們今天的重點是，創造的安息，重新創造的安息，如何安息。

### 1. Created Rest 創造的安息

In this series so far, we have seen God take his people from slavery in Egypt, save them through miraculous plagues and the red sea, to make a lasting covenant with them. Before making his home with them.

到目前為止在這一系列中，我們看到上帝把他的百姓從埃及的奴役中，藉著奇跡般的災難和紅海拯救他們，與他們立下永恆的契約。然後在他們中安立他的家。

Last week we saw that no matter the heights Israel had been taken to following their God in relationship with him that they were still a sinful people.

上週我們看到，無論以色列在跟隨上帝與他的關係中被帶到多麼高的位置，他們仍是一個有罪的百姓。

God saved Israel to worship him. They came out of Egypt and as soon as they had the chance made a new god to worship.

上帝拯救以色列去讓他們去敬拜他。他們出了埃及，然後一有機會就造了一個新的神明來敬拜。

But either side of this situation with Israel worship of the golden calf in Exodus 31 and 35 God calls people to Sabbath.

但在以色列拜金牛的事情的前後，在《出埃及記》31 和 35 章，上帝吩咐百姓要守安息日。

12 Then the Lord said to Moses, 13 "Say to the Israelites, 'You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the Lord, who makes you holy.

12 耶和華對摩西說： 13 「你要吩咐以色列人說：『你們務要守我的安息日，因為這是你我之間世世代代的記號，叫你們知道我是耶和華，是使你們分別為聖的。

The book of Exodus contains God's commands, and many are framed in the negative. You shall not do this, think of the Ten Commandments, you shall not murder, you shall not commit adultery.

《出埃及記》包含神的命令，許多都是禁止的。你不能這樣做，想想十誡，不可殺人，不可姦淫。

Here God is commanding the Israelites to do something, but it is in the positive. You must observe my Sabbaths. Whatever we'll see about Sabbath, and its difficulty for us and for God's people, it must be seen as a positive for us first and foremost.

在這裡，上帝命令以色列人去做一些事情，是積極的。你必須遵守我的安息日。無論我們將怎麼樣看安息日，以及它對我們和上帝的百姓造成的困難，我們必須首先視它為積極的。

Israel were to regularly stop and remember their relationship with God. Sabbath rest is a regular sign of their relationship. It's a picture of enjoying rest with God because God has done all the work that is required for them. He is the one who has saved them, He is the one who enters into a covenant relationship, He is the one coming down out of heaven to dwell with them. The people were then required to rest in him.

以色列要經常地停下來，記念他們與上帝的關係。完全安息的安息聖日是他們關係的常規跡象。這是一張與上帝享受共息的畫面，因為上帝已經完成了他們所需要的一切工作。他是拯救他們的哪位，他是建立契約關係的哪位，他是從天降臨與他們同住的哪位。人們要向他守安息日。

this is a call for Israel to deliberately take time each week to stop and invest in relationship with God – to remind themselves about who they were, and who God is – he is the Lord. There is a connection here about being holy. The word Holy means set apart. Special. These people were special to God. They were his unique people that he would bless to bless the whole world. And they showed that they were his and set apart and holy but doing that actively. Not working, not being busy, resting, and being forced to depend on God in a very physical way.

這是一個吩咐以色列要故意每週花時間，停止和投資與上帝的關係…提醒自己他們是誰，和誰是上帝…他是主。這裡有一個關於神聖的聯繫。"聖"這個詞的意思是分開分別。是特殊的。這些人對上帝來說是很特別的。他們是他祝福以致祝福整個世界獨特的人。他們積極這樣做，就表明他們是屬於他的，是被分別為神的。不工作，不忙，安息，被迫以各樣實際的方式去依賴上帝。

Resting and Sabbath-ing with God in this way is a weekly reminder that God is the one who works. He is the one who we depend upon. It is active trust. It is a picture of saying to God – I have so much stuff I need to do. I need to gather food, I need to do all these things. But I'm going to stop, and trust that you take care of me. I am so used to being busy and anxious and stressed out, but I don't need to be because God you have set me apart for you, and you will take care of me.

以這種方式與上帝一起安息和安息是每週一次的提醒，上帝才是工作的哪位。他是我們賴以生存的哪位。是主動活躍的信任。這是一張對上帝說…我有很多事情要做，我需要收集食物，我需要做所有這些事情。但我會停下來，相信你會照顧我的圖片。我已經習慣了忙碌、焦慮和壓力，但我不再需要，因為上帝你已把我分別出來，你會照顧我。

Sabbath Rest is the spiritual act of trusting God in physical form.

完全安息的安息日是以實際的形式去信任上帝的靈性行為。

That impacts our diaries, that resets us each week.

影響著我們的每一天，每週都會重置我們。

Imagine how easy it would have been for the Israelites to say that they were too busy. They didn't have electricity. Everything had to be done by hand. Cooking and cleaning, and farming. God says, take time each week to stop. Don't work. Remember who I am.

試想一下，以色列人說他們太忙是多麼容易。他們沒有電。一切都必須手工完成。烹飪、清潔和務農。上帝說，每週花點時間停下來不工作，記念我是誰

God continues to describe the Sabbath and the why of it. Verse 14.

上帝繼續描述安息日及其原因。第 14 節。

14 “Observe the Sabbath, because it is holy to you. Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people. 15 For six days work is to be done, but the seventh day is a day of sabbath rest, holy to the Lord. Whoever does any work on the Sabbath day is to be put to death. 16 The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. 17 It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed.”

14 你們要守安息日，以它為聖日。凡干犯這日的，必被處死；凡在這日做工的，那人必從百姓中剪除。15 六日要做工，但第七日是向耶和華守完全安息的安息聖日。凡在安息日做工的，必被處死。』16 以色列人要守安息日，世世代代守安息日為永遠的約。17 這是我與以色列人之間永遠的記號，因為六日之內耶和華造天地，第七日就安息舒暢。」

It is crucially important to this people that they would regularly do this. That's why there are strong punishments.

對這些人來說，他們經常這樣做是至關重要。這就是為什麼有嚴厲的懲罰。

Two weeks ago, we looked at the building of the tabernacle. We saw all of the connections between the home that God made with Israel, and the home that God had made in the Garden of Eden.

兩週前，我們看了會幕的建造。我們看到上帝與以色列的家和上帝在伊甸園的家之間的所有聯繫。

Here again in God's command to rest there are direct connections back to creation. Sabbath was created for humankind because we are made like our God. He created the world and rested. And we are to rest because he is the one who works.

這裡再次在上帝守安息的命令下，回到創造的直接聯繫。安息日是為人類創造的，因為我們被創造得像上帝一樣。他創造了世界後就歇息。我們要安息，因為他才是工作的哪位。

In creation humans are created differently to animals. Animals are made to seek to survive at all times. They don't really rest. If an animal stops, it'll get eaten, or it won't eat itself.

在創造中，人類的創造方式與動物不同。動物是為了在任何時候都尋求生存而造。他們並不真正安息。如果動物停下來，它會被吃掉，或它不會找到食物。

But regularly sabbath-ing is a sign to remind us that God is the Lord. He is the one who provides and works. People were not made to work 24 hours a day 7 days a week. We were made for more than survival. We were made for more than busyness and chasing of things in life. We were made to enjoy rest in God. It's a beautiful picture of how things were in the garden, there was work but it wasn't exhausting and there was rest with God.

但定期安息是提醒我們上帝是主的標誌。他是提供和工作的哪位。人不是為了每週7天每天24小時工作而造。我們不僅僅是為了生存而造。我們不僅僅是為了忙碌和追逐生命中的事情而造。我們是為了在上帝面前安息而造。這是一幅美麗的畫面，描繪了樂園裡的情況，有工作，但並不累，並有與上帝一同安息。

Just like in the tabernacle, where God restores the home that was lost with people. God is now restoring the rest that was lost with God in the Garden.

就像在會幕裡一樣，上帝在那裡恢復與人失去的家。上帝正在恢復在樂園裡與上帝失去的安息。

The relationship between Israel and God is comparable to a marriage relationship. Time is needed for a marriage to thrive. Any relationship needs regular time.

以色列和上帝之間的關係堪比婚姻。婚姻興旺需要時間。任何關係都需要定時的培養。

I know that in my marriage with Alisa, there are definitely seasons of life that are busy – like ships passing in the night. Then all of a sudden I'll grab 2 minutes and look at her and realise – I haven't seen you, I haven't spent time with you for ages. No wonder I'm starting to be passive aggressive to you, or holding grudges.

我知道在我和阿麗莎的婚姻中，肯定有一些時期的生活很忙…就像夜裡經過的船一樣。然後突然間，我會抓住2分鐘，看著她，意識到…我還沒有見到你，我很久沒有花時間與你交流。難怪我開始被動攻擊你，或者懷恨在心。

Israel was called to regular take time to work on their relationship with God.

以色列被要求定期花時間培養他們與上帝的關係。

## 2. ReCreated Rest 重新建立安息

What about Sabbath then? Do Christian need to continue to follow the Sabbath? Does God require us to not do any work, not even lighting a fire? Is it on Saturday like the original sabbath or on Sunday as the day we celebrate because Jesus came back to life? 2<sup>nd</sup> point today, ReCreated Rest in Jesus.

那安息日呢？基督徒需要繼續遵循安息日嗎？上帝要求我們不要做任何工作，甚至不點火嗎？是在星期六像最初的安息日，還是星期天，因為那是我們慶祝耶穌復活的日子？今天的第二點，在耶穌裡重新建立安息。

As we've seen so many aspects that God instituted in Exodus have been fulfilled in Jesus. The tabernacle was where God dwelt with his people – Jesus is God dwelling with us. Sacrifices were brought in to constantly deal with peoples sin – Jesus died on the cross a once and for all time sacrifice for all people. In Jesus we have a new covenant with God.

正如我們所看到的，上帝在《出埃及記》中建立的許多方面已在耶穌中得到了實現。會幕是上帝與他的百姓居住的地方…耶穌是上帝與我們同住的地方。為了不斷地處理人們的罪，人要不斷的獻祭…耶穌死在十字架上為所有人一次而永遠的犧牲。在耶穌中，我們與神有一個新的約。

How is the sabbath fulfilled in Jesus then?

那麼安息日是如何在耶穌裡實現的呢？

Jesus describes himself in Luke 6 as the Lord of the Sabbath. He is the one who controls it who can bring it to us.

耶穌在《路加福音》中把自己描述成安息日的主。他控制它，能把它帶給我們的哪位。

When Jesus came, he declared in Matthew 11:

當耶穌來的時候，他在《馬太福音》11章中宣佈：

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

28 凡勞苦擔重擔的人都到我這裏來，我要使你們得安息。29 我心裏柔和謙卑，你們當負我的軛，向我學習；這樣，你們的心靈就必得安息。30 因為我的軛是容易的，我的擔子是輕省的。

These words a balm to an anxious and busy soul.

這些話對一個焦慮和忙碌的靈魂是一種香膏。

Jesus promised that he would give rest. The rest that was promised in the weekly structure of living for Israel – Jesus would give that rest.

耶穌答應他會給與安息。向以色列所承諾的，在每週的生活結構中的，安息…耶穌會給與哪安息。

There is something deeply appealing about those words. God’s intention isn’t for us to constantly rush and be burnt out in the hopes that if we fulfil our to do list we will be complete. Jesus calls us to rest in him because it’s only in him we find our joy and contentment and true happiness.

這些話有很吸引人之處。上帝的意圖不是讓我們在希望成為完全之下去不斷匆忙和耗盡我們一切去履行我們的待辦事項清單。耶穌叫我們在他身上安息，因為只有在他身上，我們才能找到我們的快樂、滿足和真正的幸福。

At the heart of our busyness is our heart. Some would suggest that a life of over busyness comes from a false belief that God is not enough. God’s not enough, so I have to meet my own desires.

我們忙碌的核心是我們的心。有些人會認為過度忙碌的生活來自一個錯誤的信念，即上帝是不夠的。上帝是不足夠的，所以我必須自力去滿足自己的慾望。

Tim Chester asks 6 questions to check where our heart is at and why we can’t rest. Do any of these reasons impact your busyness and inability to rest in God.

賈斯特問了6個問題去檢查我們的心情況，和為什麼我們不能安息。這些原因有否影響著你的忙碌和不能在上帝中安息。

1. I’m busy because I need to prove myself 我很忙，因為我需要證明我自己
2. I’m busy because of other peoples expectations 我很忙，因為別人的期望
3. I’m busy because otherwise things will get out of control 我很忙，否則事情就會失控
4. I’m busy because I prefer to be under pressure 我很忙，因為我更喜歡在壓力下生活
5. I’m busy because I need more money 我很忙，因為我需要更多錢
6. I’m busy because I want to make the most out of life 我很忙，因為我想充分利用生命

These lies can work into so many areas of our lives. Being overly busy and not being able to rest in God, is a way of pursuing Godlike status. I have to get these things done. The world will not continue if they don’t happen. But the only person who can say that is God himself.

這些謊言可以進入我們生活的許多領域。過於忙碌，不能在上帝裡安息，是追求擁有像神一樣的地位的一種方式。我必須把這些事情做好。否則，世界就不會繼續下去。但唯一能這麼說的是上帝自己。

When we rest, doing the opposite of those six questions we are acknowledging that we have nothing to give God and are truly dependent and in need. It's the opposite of the thinking the world will fall apart if I don't get out of bed.

當我們安息時，做與這六個問題相反的事情，我們承認我們沒有什麼可以給予上帝的，是真正依賴和需要他。這與「若我不起床，世界就會崩潰」的想法正好相反。

Every emotion that fuels our over-busyness has been dealt with at the cross. Every fear that we have before God has been matched by Jesus. God invites us to stop the busyness and to rest in him, to draw closer to him.

每一個使我們過度忙碌的情緒都在十字架上被處理好了。我們在上帝面前的每一種恐懼都被耶穌對銷了。上帝邀請我們停止忙碌，在他哪裡安息，拉近與他之間的距離。

So there are 6 truths then.

因此，有 6 個真理。

1. We can rest because we are accepted by God, and don't need to prove ourselves  
我們可以安息，因為我們已被上帝接受，不需要證明自己
2. We can rest because Jesus has met God's expectations for us  
我們可以安息，因為耶穌已經滿足了上帝對我們的期望
3. We can rest because Jesus is in full control  
我們可以安息，因為一切在耶穌的掌握之中
4. We can rest because Jesus is our safe refuge  
我們可以安息，因為耶穌是我們安全的避難所
5. We can rest because through Jesus God has given us everything we need.  
我們可以安息，因為通過耶穌，上帝給了我們所需要的一切
6. We can rest because through Jesus we have life and life to the full.  
我們可以安息，因為通過耶穌，我們得生命並且得的更豐盛

God has revealed to us principles to live by, the way that we were made to be. Not made to be people constantly rushing, but flourishing of the human soul comes from resting in God. The Sabbath isn't a rule for us to keep, it's an opportunity God provides to enjoy him more. We show our trust in God when we take the time to rest in him.

上帝已經向我們啟示了生命的原則，我們被造的原因。不是為了成為不斷奔波的人，而是在上帝里面的安息帶出人類靈魂的蓬勃發展。安息日不是我們要遵守的規則，而是上帝提供的一個機會，讓我們更多地享受他。當我們花時間在祂裡面安息時，我們就表明了我們對祂的信任。

### **3. How to Rest 如何安息**

Now you might be convinced on this as a principle. But what does this actually mean? How do we rest?

現在，你可能會相信這作為一個原則。但這到底意味著什麼呢？我們怎麼安息？

What am I allowed to do? Do I shut everything off for 24 hours and just sit on the lounge?

我可以做什麼？我是否把所有東西都關掉 24 小時，坐在休息室裡嗎？

When it comes to Sabbath, there's a pharisee, a law maker in all of us. Our natural tendency is to define it by rules.

說到安息日，我們所有人心中都有一個法利賽人，一個立法者。我們的自然傾向是按規則來定義它。

The essence of Sabbath rest isn't found in the do and don't list. Found in the first part of the call in Exodus 31 – observe the sabbath to remember who is the Lord, and remember that God has made his people holy. Set apart for him. When we do this, our hearts can be at rest, and our hands can be busy.

完全安息的安息聖日的本質不是在可做和不可做的列表中找到的。在《出埃及記》31章中的第一部分發現的是…遵守安息日，是要使我們知道上帝是誰，記念他是使他的百姓分別為聖的。為他而分別出來的。當我們這樣做的時候，在我們的手在忙的同時，我們的心可以安息。

There are 4 R's to give us a guide to Sabbath.

有4個R給了我們一個安息的指南

### a) Relent 放鬆

We need to relent from work. Actually stop working. Whether that's paid employment or around the house. Don't check the phone for work emails. Stop thinking about the people that you need to call. Cease, desist. Relent from working so you can rest.

我們需要放鬆工作。實際上停止工作。無論是有償工作還是在家裡。不要在電話中查看工作電子郵件。停止想你需要打電話給誰。停止，停止。放鬆工作，這樣你就可以安息了。

Turn off the mobile phone for day. I don't have work emails on my phone.

關掉手機一天。我的手機上沒有工作的電子郵件。

Whatever you need to stop the cycle of work do it for a day, or at the very least a long period of time.

無論你需要怎樣去停止工作的週期，停下一天，或至少很長的一段時間。

### b) Rest 安息

Everyone has activities that are restful. That give back to us. Cycling or coffee. Movies or surfing. Reading. Or even just sleep. For a long time when our kids were little, Alisa and I would take turns sleeping in. One of us would get up first, then swap. Whatever it is that allows you to breathe a bit more do it.

每個人都有放鬆的活動。是會回饋給我們的。騎自行車或喝咖啡。電影或衝浪。閱讀。甚至只是睡覺。有很長的一段時間，當我們的孩子還小的時候，我和阿麗莎會輪流懶床。我們會交換著來提早起床。無論是什麼讓你能呼吸多一點，就去做吧。

I find those 2 are easiest for me. Might be the Australian culture of living for the weekend. But steps 3 and 4 are also very important.

我發現這兩步對我來說是最容易的。可能是因為澳大利亞為週末而活的文化。但第3和第4步也是非常重要的。

My time off looks most like these 2. But they can very easily become me centred. I have to watch this, or sleep in, and if any one interrupts me, watch out! Or I fill them up with other things so I don't actually rest, I'm just differently busy!

我的安息時間看起來最像這2樣。但他們很容易成為自我中心。我必須看這個，或懶床，如果有人打斷我，小心！或者我用其他的東西填滿了它們，以致我實際上不安息，我只是不同的在忙！

The 3<sup>rd</sup> and 4<sup>th</sup> R's are the call not to just rest, but to rest in Jesus.

第3和第4個R的吩咐不只是安息，而是在耶穌但裡安息。

### c) Rejoice 欣喜

Take time to rejoice in our saviour who has finished all of the required work for everything we need! Every desire for busyness has been met by Jesus. If resting is breathing out, rejoicing is breathing in. It's a filling, of being reminded of who Jesus is and how much he cares for us and loves us.

花點時間以我們的救主為喜樂，他已經完成了我們所需的一切工作！耶穌滿足了每一個忙碌的慾望。如果安息是呼氣，喜樂就是吸氣。這是一種，提醒我們耶穌是誰，他是多麼關心我們和愛我們的充實。

### d) Reflect 反思

Actually stop long enough to reflect on where you are with God. Like any relationship, need to reflect on where we are at with God. Thinking about Jesus isn't nearly as good as relationship with him. Telling other people about him isn't nearly as good as drinking deeply from the wellspring of grace.

實際上，停下來有足夠長的時間，去反思你與上帝的關係的情況。像任何關係一樣，需要反思我們與上帝的關係是怎樣。想想耶穌並不像與他有關係那麼好。向其他人講述他遠不如從恩典的泉源中深深地啜飲。

Rejoicing and reflecting are things we can do as a church. Do these things with other believers. Sunday is a great day. But we have become so busy that Sundays have become so busy. Kid's sport is on Sundays. Shops are open. Family commitments.

以主為樂和反思是我們作為一個教會可以做的事情。也可與其他信徒一起做這些事情。星期天是個好日子。但是我們變得如此忙碌，以至於星期天變得如此忙碌。孩子們的運動是在星期天。商店都開著。對家人的承諾。

And we reduce what we think of as sabbath and relationship with others down to the length of the service, and maybe adding in morning tea. Doing these things comes down to 1.5 hours instead of time with people.

我們把我們認為的安息日和與他人的關係減少到崇拜的時間長短，也許再加上茶點時間。做這些事情可以歸結為 1.5 小時，而不是一個與他人在一起的時間。

These take time. We can't have a flourishing relationship with anyone let alone God if we're constantly checking the clock.

這些都需要時間。如果我們不斷地看著時鐘，我們就不能和任何人建立繁榮的關係，更不用說與上帝了。

Throughout the week we had a friend come over and he made dinner for us. He made hot pot. And what I love about hotpot is the time that is built into it. It's not a quick meal. It takes time. You throw some food in, and it takes time to get hot and cook. Throughout the meal my friend was just throwing in more and more food. And it was a great meal with the family. Other people came in joined in. Wonderful. And the flavour that developed over the meal was great.

整個星期，我們有一個朋友過來，他為我們做晚飯。他做了火鍋。我喜歡火鍋是它需要時間安排，而不是一頓速食。這需要時間。你扔進一些食物，它需要時間來加熱和煮熟。整頓飯，我的朋友只要扔越來越多的食物。是和家人一起吃一頓美好豐盛的飯。其他人也可加進來享用。太棒了。在用餐時形成的味道很棒。

If he had just chucked everything inn and pulled it out, we would have had the same food, but lost the depth of flavour. Or I could have a cooked a toasted cheese sandwich. It would have taken 2 minutes, and had about 2 minutes of flavour too. But also, at the same time we wouldn't have been sitting around the hotpot in relationship.

如果他只是一次過扔進所有的食材，然後拿出來，我們會吃到同樣的食物，但失去了那深層次的味道。或者我可以做一個烤乳酪三明治。這將需要2分鐘，並只有大約2分鐘的味道了。但是，與此同時，我們也不會有坐在火鍋週圍所建立的關係。

It's easy to think of ticking off the sabbath requirement as eating a sandwich. Get this food into me, I know I need it. I'll go to church. Briefly reflect and rejoice during songs, but I might be late and actually miss the songs.

很容易把安息日的要求當作吃三明治般來完成。把這些食物放進我口裡，我知道我需要它。我要去教堂。在唱詩歌時短暫地反思和喜樂，但我可能會遲到了，或實際上錯過了唱詩的時間。

We can end up having a shallow and bland relationship with God.

我們最終可能與上帝只有一種膚淺而平淡的關係。

That type of relationship with God can be okay for a season. God understands who we are, and all the calls and expectations on our time. But look at Jesus' practice. He took deliberate and significant time away to spend it with God in prayer.

這樣與上帝的關係在短期內是可以的。上帝理解我們是誰，以及我們的時間對我們的所有要求和期望。但看看耶穌如何生活。他刻意的花大量的時間遠離其他人去與上帝一起禱告。

But the hotpot sabbath is so different. That's what we get when we build in sabbath. Depth of relationship. So that Sabbath rest becomes a regular practices that isn't just relenting from work and resting, but rejoicing in Jesus, and reflecting that God is bigger than my worries, he's bigger than my busyness. He's the one in control.

但火鍋式的安息日是如此的不同。這就是我們在安息日以他來建立深度的關係時會得到的。因此為了要完全安息的安息日成為一種常規的做法，不僅是從工作中放鬆和安息，但要以耶穌為喜樂，並反思上帝是大於我的憂慮，他是大於我的忙碌。他是掌握控制一切的哪一位。

So let me call you, plan in sabbath rest. When are you going to make the time to Relent from work, to Rest in Jesus, to rejoice that he has worked so we don't have to, and reflect on all of God's goodness to us.

所以，讓我呼籲你，計劃完全安息的安息日。你打算什麼時候騰出時間從工作中放鬆，在耶穌中安息，為他代了我們工作讓我們就不必做而喜樂，並反思上帝對我們所有的美好。