

Jesus all About Acceptance (plausible, relevant, good)

耶穌就是接納 (合理的, 相關的, 好的)

Mathew 馬太福音 8:1-4; 11:25-30

John French 約翰佛蘭奇 12 Mar 2023 年 3 月 12 日

In Charles Dickens's classic *A Christmas Carol*, there is a powerful exchange between the **Ghost of Christmas Present** and Ebenezer Scrooge. Scrooge notices something moving near the foot of the spirit's robe. When he enquires about the odd form, the ghost reveals two malnourished and miserable children grasping his ankles.

在查爾斯狄更斯的經典《聖誕頌歌》中，現在聖誕幽靈與艾比尼澤·史古基之間有一個強而有力的交流。史古基注意到幽靈長袍腳邊有什麼東西在動。當他詢問奇怪的形體是什麼，幽靈揭示了兩個營養不良和痛苦的孩子抓住他的腳踝。

The children are symbols of the effect of Scrooge's selfishness. They glare at him with condemning eyes. Scrooge knows their accusations are well-placed. Though they carry different names in the story, I think they can accurately be renamed Guilt and Shame.

孩子們象徵著史古基的自私。他們用譴責的眼光瞪著他。史古基知道他們的指控是正確的。雖然它們在故事中有不同的名字，但我認為它們可以準確地重新命名為《內疚與羞恥》。

"*Spirit. Are they yours?*" Scrooge asks. "*They are humanities*" the spirit replies. So it is, with Guilt & Shame, they cling to us, not easily dislodged.

「幽靈。它們是你的嗎？」史古基問道。「他們是人類的」幽靈回答道。同樣地，內疚和羞愧也是一樣，他們緊緊抓住我們，不容易被驅逐。

Guilt & Shame; we know them well, far better than we wish. We would love to part with them. But they won't leave us alone. **Yet, they are NOT identical.**

內疚與羞恥；我們很深入認識他們，比我們所希望的更多。我們很樂意與他們分開。但他們不會放過我們。然而，它們並不完全相同。

Guilt is usually tied to an event: I *did* something bad. Shame is tied to a person: I *am* bad. Guilt is the wound. Shame is the scar.

內疚通常與一件事有關：我做了壞事。羞恥與個人有關：我很壞。內疚是傷口。恥辱是傷疤。

Guilt is isolated to the individual. Shame is contagious. No one can share in your Guilt, but many can share in your Shame. Guilt can be well-founded, but Shame can be placed on you even when you're not at fault.

內疚是孤立於個人的。羞恥是會傳染的。沒有人可以分擔你的罪惡感，但許多人可以分擔你的恥辱感。內疚可能是有根據的，但即使你沒有過錯，也可以讓你感到羞恥。

The family whose parent is imprisoned, the spouse whose partner is unfaithful to their marriage vows, and the victim of abuse share in the Shame. As if somehow it is their fault. They feel their self-worth is lessened. Shame can shackle around our ankles tightly, allowing us to shuffle through life but never to run and flourish.

父母被監禁的家庭、伴侶不忠於婚姻誓言的配偶、虐待的受害者——他們都感到羞恥——好像這在某種程度上是他們的錯。他們覺得自己的自我價值降低了。恥辱可以緊緊地拴在我們的腳踝上，讓我們在生活中拖著腳，卻永遠無法奔跑和蓬勃發展。

Guilt & Shame, as the ghost says, “*Beware of them both, but most of all beware shame, for on his brow I see that written which is Doom, unless the writing be erased.*” What Guilt begins, Shame is sure to finish & it threatens our existence.

內疚和羞愧，正如幽靈所說，「提防他們兩個，但最重要的是提防羞恥，因為在他的額頭上我看到寫著厄運，除非這個字被抹掉。」罪惡開始了的，恥辱肯定會結束，它威脅著我們的生存。

We need solutions for addressing the facts of wrongdoing and our Guilt. But we also need help navigating the emotional trauma we experience in the wake of our sins and the sins of others that spread to us.

我們需要解決方案來解決犯錯的事實和我們的內疚。但是，我們也需要幫助來應對我們因自己的罪惡以及其他人的罪惡傳播給我們而經歷的情感創傷。

Today in our series, Jesus is all about Acceptance.

今天我們講道系列的題目是，耶穌就是接納。

This is good news and extremely relevant – no person alive isn’t touched by this.

這是個好消息，而且非常相關——沒有一個活著的人不被之觸動。

From conception, we find ourselves jostling to see where we belong.

從受孕開始，我們發現自己爭先恐後地尋找自己的歸屬。

Where do I fit in? What’s my place? Who’s my crew? **Who will accept me?**

我適合在哪裡？我的位置是什麼？我的伙伴是誰？誰會接受我？

In the grand scheme of life, we want to be accepted.

在宏偉的人生計劃中，我們希望被接受。

It’s fascinating seeing all the sub-cultures out there: People into vinyl, gaming, sports, craft, Elvis, biking, and line dancing ... Ever noticed **birds of a feather flock together?**

看到所有的次文化真是很有趣：人們喜歡黑膠唱片、遊戲、運動、手工藝、貓王、騎自行車、排舞……有沒有註意到物以類聚一丘之貉？

Backpacking years ago in England, all the Aussies used to flock to Earl’s Court in London.

多年前在英格蘭背包旅行時，所有澳大利亞人都曾湧向倫敦的伯爵府。

Australia is multicultural, but if I was to give you a suburb, I bet you could name the dominant cultural demographic for that area. If you immigrate, it is easy to move into these areas where you feel accepted and belong. Auburn, Cabramatta, Leichardt, Bellevue Hill, Chatswood – birds of a feather flock together – **where do I belong?**

澳大利亞是多元文化的國家，但如果我要給你一個區，我敢打賭你可以說出該地區的主要文化人口——如果你移民，搬到這些你覺得被接受、有歸屬感的地區很容易。Auburn、Cabramatta、Leichardt、Bellevue Hill、Chatswood - 物以類聚 - 我屬於哪裡？

Who will accept me? If people knew what I was really like, would they love me?

如果人們知道我的真實面目，他們會愛我嗎？誰會接受我？

We can have a public face, but we know what we're really like behind closed doors, our real motives, our secrets, how we behave, and the Guilt and Shame we carry and hold within.

我們可以有一張公開的臉，但我們知道我們關起門來的真實情況，我們的真正的動機，我們的秘密，我們行為的方式，我們內心帶著和隱藏的內疚和羞恥。

We might not like what we see when we look in the mirror; you might not be happy with yourself, **but here's the Good News**, Jesus takes us as we are, for we can come no other way.

我們可能不喜歡照鏡子時看到的東西；你可能對自己不滿意，但好消息是，耶穌接納我們本來的樣子，因為我們不可用其他方法來到他那裡。

Jesus says come as you are, **I accept you, and I love you**, and I love you too much to leave you the way you are. I want to heal you, restore you, rebuild you – change you from the inside out.

耶穌說，照你本來的樣子來吧，我接受你，我愛你，我太愛你了，不能讓你繼續現在的樣子，我想治愈你，恢復你，重建你——從內到外改變你。

The beauty of the gospel is that it is for all people; all ages, all genders, all nations, all cultures, and all persuasions. Only in Jesus do we find complete acceptance.

福音的美妙之處在於它是為所有人而設的；所有年齡、所有性別、所有國家、所有文化、所有信念。只有在耶穌裡，我們才能得到完全的接納。

In his book *Rebuilding your Broken World*, pastor Gordon MacDonald recognises:

戈登·麥克唐納牧師在他的《重建破碎的世界》一書中承認：

There is such a large assortment of baggage from people's pasts. Much of it is heavy and bulky. It takes a lot of energy to carry it, and the fatigue of carrying it brings out the worst in many of the baggage handlers. I'd like to name three pieces of luggage of the past as examples. They are unresolved relationships, unaddressed Guilt, and untreated pain.

人們過去的包袱種類繁多。其中大部分是沉重而笨重。背著它需要很大的體力，而背著它所帶來的疲勞讓很多行李搬運工都感到很不爽。我想舉出三件過去的行李作為例子。它們是未處理好的關係、未解決的內疚和未經治療的痛苦。

Let's continue with **Unaddressed Guilt**, which I've already touched on

讓我們繼續討論，我已經談到了的，未解決的內疚

We usually experience Guilt as a feeling, but it is actually spiritual pain. Real Guilt results from the inner spirit, created in God's image, crying "foul." When we violate God's laws, Guilt is conceived in rebellion, and we feel it at our core. Something deep within us shouts you've failed.

我們通常將內疚感視為一種感覺，但它實際上是屬靈的痛苦。真正的內疚來自內在的靈，它是按照上帝的形象創造的，大聲喊著「犯規」。當我們違背上帝的律法時，內疚就在叛逆中孕育而出，我們的內心深處感受到了它。我們內心深處的某些東西在喊你失敗了。

But that emotion is almost simultaneously joined by Shame. Guilt says, “*You did something wrong.*” Shame says, “*That’s why you need to hide. You’re no good. You’re unacceptable ... to keep reminding you, I will surround you with others who hold you in contempt and dredge up your shortcomings of the past; you are not worthy of love.*”

但羞恥幾乎同時加入到這種情緒中。內疚說，「你犯錯了。」羞恥說：「這就是為什麼你需要躲起來。你不好。你是不會被接受…為了不斷提醒你，我會把蔑視你看不起你的人包圍你，挖掘你過去的缺點；你不值得被愛。」

Shame is far less logical than Guilt. Guilt is connected to events that can be defined in objective journalistic categories: who, what, where, when, and why. But Shame is far less concerned with details or even the truth.

羞恥遠不如內疚合乎邏輯。內疚與可以用客觀的新聞類別來定義的事件有關：誰、什麼、在哪裡、何時以及為什麼。但羞恥遠不關心細節，甚至不關心真相。

Unaddressed Guilt & Shame makes for unstable choice-making. It distorts perspectives, twists meanings, and undermines the confidence we need to press forward in the present. We cannot expect to live healthily in the future when the baggage of the past keeps banging away at the trapdoor of our minds demanding attention.

未解決的內疚和羞恥會導致不穩定的選擇。它扭曲了觀點，扭曲了意義，並破壞了我們在當下向前推進所需的信心。當過去的包袱不斷敲打我們心靈活板門要求被關注時，我們不能指望未來能健康地生活。

Guilt is dispelled only when the truth is told, the cover-up exploded away, confession made, and restitution is accomplished.

只有說出真相，揭開真相，掩蓋被炸開，認罪並完成賠償，內疚才會消除。

Only then will guilt & Shame melt away & the writing be erased.

只有這樣，內疚和羞愧才會消失，那個字才會被抹掉。

Untreated Pain 未經治療的痛苦：

These are the open wounds created and sometimes perpetuated by others in our worlds.

這些是我們世界中其他人造成的開放性傷口，有時甚至是永久的傷口。

Untreated pain can exist far below the surface of our conscious minds. Smouldering like an underground coal fire seeking oxygen, it simply awaits a distinct moment when it can explode.

未經治療的痛可能存在於我們有意識的表面之下的深處。像尋找氧氣的地下煤火一樣陰燃，只是等待著一個可以爆炸的時刻。

What happens when we leave this pain unattended? Sometimes a struggle with self-confidence. Sometimes an inability to trust others, especially anyone who reminds us of the one who may have caused hurt in the past.

如果我們不去理會這種痛苦，會發生什麼？有時會與自信作鬥爭。有時無法信任他人，尤其是任何人可能讓我們想起過去造成傷害的人。

Or we can be left with an expectation that we will be mistreated again, so we resist participating in a relationship or a task that might raise the risk of a repeat experience.

或者我們可能會預期自己會再次受到虐待，因此我們拒絕參與任何可能會增加重複經歷風險的關係或任務。

Unresolved Relationships 未處理好的關係

A falling out with a parent, partner, family member, friend, or colleague, I don't know anyone who isn't carrying some baggage in this area

與父母、伴侶、家庭成員、朋友、同事吵架，我不知道有誰在這方面沒有任何包袱

Signs you have unresolved trauma:

您有未解決的創傷的跡象是：

There is loneliness in your life;

你的生活中有孤獨；

You push people away, but you still want to be loved;

你把人推開，但你仍然想要被愛；

When things go wrong, you internalise and seek help from within;

當出現問題時，您會內化並從內在尋求幫助；

You are known by many, but not many people can call you their best friend;

你被很多人認識，但沒有多少人可以稱你為他們最好的朋友；

You struggle to trust other people's opinions of you are good or bad;

你很難相信別人對你是好或是壞的看法；

You are surrounded by people and yet feel isolated or disengaged;

你被人包圍，卻感到孤立無援；

You feel exhausted and drained when you try to engage socially;

當您嘗試參與社交活動時，您會感到筋疲力盡和疲憊；

People see you as successful, yet you struggle to see your own worth;

人們認為你是成功的，但你卻很難看到自己的價值；

You need attention, yet you feel unsafe with affection;

你需要關注，但你對感情感到不安全；

You long for connection yet do not know how to connect;

你渴望關聯，卻不知道如何連接；

You know you need to be compassionate, but you're full of resentment;
你知道你需要富有同情心，但你充滿了怨恨；

You seem happy from the outside, but you're sad and empty inside.
你外表上看起來很快樂，但內心卻很悲傷和空虛。

Our memories are deep, seemingly bottomless. Unless we search for them and seek a cure for our burdens, when unresolved relationships, unaddressed Guilt or untreated pain tap into our spiritual circuitry, they are liable to betray us.

我們的記憶很深，似乎深不見底。除非我們搜索它們並尋求治愈我們負擔的方法，否則當未處理的關係或未解決的內疚或未經治療的痛苦進入我們的屬靈迴路時，它們很容易背叛我們。

In July 2000, a GST, goods and services tax, was introduced in Australia. I was working at the time for a church in the Eastern suburbs with a large letterboard sign, and the minister liked displaying catchy one-liners. On one occasion, it made it into Column 8 of the SMH:

2000年7月，澳大利亞開始徵收商品及服務稅。當時我在東區的一家教堂工作，那裡有一個大的告示板，牧師喜歡展示醒目的單行句。有一次它被《晨鋒報》的第八專欄刊登了：

GST, Guilt and Sin, the Tax we all owe. *“Beware of them both, Doom, unless the writing be erased.”*

GST，內疚和罪惡，我們都欠的稅。「小心他們兩個，厄運，除非這個字被抹掉。」

Where are you now?

你現在在哪裡？

Do you find yourself in a spiritual wilderness? Have you wandered away from God? Are you gripped by Shame, constantly reminded of your mistakes?

你發現自己身處屬靈的荒野嗎？你偏離神了嗎？你是否被羞恥所籠罩，不斷地想起你的錯誤？

Do you think your actions are so unacceptable and disgraceful that God can't accept you?

你有否發現自己認為你所做的事是如此不可接受和可恥，以致於上帝接納不能你？

Unaddressed Guilt? Untreated pain? Unresolved relationships?

未解決的內疚？未經治療的疼痛？未處理好的關係？

Come to Jesus, who is Gentle and Lowly

來到柔和謙卑的耶穌面前

In all four gospels of the NT, there's really only one place where Jesus tells us about his heart.

在新約的所有四福音書中，只有一處耶穌告訴我們他的心意。

In one place, the most wonderful words ever uttered by human lips – we hear Jesus open his heart:

在一個人類嘴唇曾經說過的最美妙的話的地方——我們聽到耶穌敞開心扉：

Matthew 11:28, “Come to me, all you who labour and are burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

馬太福音 11:28 「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。」

Jesus pulls back the curtains and lets us peer into the core of who He is, ‘gentle & lowly in heart’. 耶穌敞開心扉，讓我們窺視祂的內心深處，「心裏柔和謙卑」

In biblical terms, the heart is not part of who we are but the centre of who we are. Our heart is what defines and directs us.

用聖經的話來說，心不是我們是誰的一部分，而是我們是誰的中心。我們的心是定義和指導我們的東西。

Jeremiah 17:9 reminds us of the state of the human heart: *The heart is deceitful above all things and beyond cure. Who can understand it?*

耶利米書 17:9 提醒我們人心的狀態：人心比萬物都詭詐，壞到極處，誰能識透呢？

Jesus can. Jesus tells us what animates him most deeply, what is most true of him, the innermost recesses of his being; Jesus has God’s heart

耶穌可以，耶穌告訴我們什麼最能激勵他，他最真實的東西，他存在的最深處；耶穌有神的心

It’s Gentle & Lowly: The Greek word for *gentle* is *πραῦς* (praus). It occurs just three other times in the NT, meaning meek, humble and gentle.

柔和謙卑：「柔和」的希臘詞是 *πραῦς* (praus)。它在新約中僅出現 3 次，意思是溫順、謙虛和溫柔。

Jesus is not full of self-importance, trigger-happy, or bitter. He holds no grudges and is not harsh, reactionary, or easily exasperated. He is gentle, considerate, and the most understanding person in the universe.

耶穌不自大，不好戰，不苦澀，他沒有怨恨，他不苛刻，不反動，不輕易激怒。他溫柔體貼，是全宇宙最善解人意的人。

The posture most natural to Jesus is not a pointed finger but open arms.

耶穌最自然的姿勢不是在指控，而是張開雙臂。

And *lowly*, the Greek word *ταπεινός* (tapeinos) overlaps with ‘gentle’, together communicating a single reality about Jesus’ heart; one of humility

「謙卑」的希臘語 *ταπεινός* (tapeinos)，與「柔和」重疊，共同傳達了關於耶穌內心的單一現實；謙遜

This is not so much as the virtue but more linked to the undistinguished, the socially unimpressive. Those people are not the life of the party but rather cause the host to cringe when they show up.

這與其說是美德，不如說是與那些不顯眼、在社會上不起眼的人有關，這些人不是聚會的主角，而是在他們出現時讓主人畏縮的人。

For all his power, resplendent glory, dazzling holiness, his supreme uniqueness, no one in human history has been more approachable than Jesus. No prerequisites, no impossible hoops to jump through. The point Jesus is saying is, 'I'm accessible'.

儘管耶穌擁有的力量、燦爛的榮耀、耀眼的聖潔和至高無上的獨特性，但在人類歷史上，沒有人比他更平易近人。沒有先決條件，沒有不可能跳過的籬。耶穌說的重點是，「我是平易近人的。」

Matthew 11 tells us explicitly who qualifies for fellowship with Jesus, '*all who labour and are burdened*'.

馬太福音 11 章明確告訴我們誰有資格與耶穌相交，「凡勞苦擔重擔的人。」

We can't sort ourselves out, unburden or collect ourselves and then come to Jesus – the fact is, we just can't do it.

我們不能整理好自己，卸下重擔或鎮定下來，然後才來到耶穌面前——事實是，我們做不到。

Our burdens are the very thing that qualifies us to come to Jesus.

我們的負擔正是使我們有資格來到耶穌面前的東西。

Where are you now?

你現在在哪裡？

Our sins, insecurities, brokenness, doubts, anxieties and failures never outmatch Jesus' gentle heart.

我們的罪、不安全感、破碎、懷疑、焦慮和失敗永遠比不上耶穌溫柔的心。

The minimum bar to be enfolded in the embrace of Jesus is simply: open yourself up to Him. It is all He needs. It's the only thing He works with. **Jesus is all about Acceptance.**

被耶穌擁抱的最低標準很簡單：向祂敞開心扉。這就是他所需要的，這是他唯一與之合作的東西。**耶穌就是接納。**

Come to Jesus all you who *labour and are Burdened and find rest*. Come to me, says Jesus, all you who recognise the GST in their life (the Guilt & sin, the tax we all owe). *I love you so much*, says Jesus, *that I will die in disgrace in your place*. There will be no doom, and the writing is erased – all is forgiven.

來到耶穌這裏，凡勞苦擔重擔的人，使你們得安息。耶穌說，來到我這裡，所有在他們的生活中認識到他們的GST（內疚和罪惡，我們都欠的稅）的人。我是如此愛你，耶穌說，我要替代你的位置在恥辱中死去。不會有厄運，字跡已被抹掉——一切都被寬恕了。

Jesus became unacceptable so that we can be accepted by God.

耶穌成為不被接納，這樣我們才能被上帝接納。

Not surrounded by all his loving disciples but naked, abandoned ... carrying on the cross our unaddressed Guilt & Shame, our untreated pain, our unresolved relationships, even forsaken by His own Father.

沒有被所有他所愛的門徒包圍，而是赤身裸體，被遺棄……在十字架上背負著我們未解決的內疚和恥辱，我們未經治療的痛苦，我們未處理好的關係；甚至被他自己的父拋棄。

Christians aren't saved by summoning their strength or labouring hard to control a life that is really out of their control.

基督徒不是通過鼓起他們的力量，或努力控制我們真正無法控制的生活來得救的。

And unlike **ALL** other faith traditions that demand acts of devotion to attain meritorious favour or find acceptance with their deity, like washing in the Ganges, or pilgrimages to Mecca ...

與所有其他信仰傳統不同，這些信仰傳統要求虔誠的行為以獲得功德恩寵或獲得神靈的認可；比如在恒河中沐浴，或者去參加朝聖……

We come to God empty-handed when we admit our weakness and need for a Saviour. We can't save ourselves: Salvation comes to us through Jesus' poverty, humiliation, rejection & weakness; so that all who call on the name of the Lord Jesus will be saved; Jesus' heart is gentle & lowly.

我們空手來到上帝面前時，我們承認自己的軟弱和需要救主。我們無法拯救自己：救恩通過耶穌的貧窮、羞辱、被拒絕和軟弱臨到我們；使所有求告主耶穌名的人都能得救；耶穌的心是柔和謙卑的。

As we open the gospels, they reveal Jesus' heart in action.

當我們打開福音書時，它們在行動中揭示了耶穌的心。

They were accepting the woman at the well, the adulteress, the prostitute, the tax collector, accepting the thief on the cross. None of these people had anything to offer, all weary outcasts. They were aching to belong, to be accepted, welcomed, freed of their burdens, forgiven and loved, aching for the writing of Guilt & Shame to be erased.

接受井邊的婦人，淫婦、妓女、稅吏，接受十字架上的小偷。這些人都沒有什麼可以提供的，他們都是疲憊的棄兒，渴望歸屬，被接受，被歡迎，擺脫他們的負擔，被寬恕，被愛，渴望《內疚和羞恥》的字被抹掉。

In **Matthew 8**, we have this encounter:

在馬太福音 8 章我們看到這樣的接觸：

2 A man with leprosy came and knelt before Jesus and said, "Lord, if you are willing, you can make me clean." 3 Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" Immediately he was cleansed of his leprosy.

2 這時，一個癩瘋病人前來拜他，說：「主啊，你若肯，你能使我潔淨。」3 耶穌伸手摸他，說：「我肯，你潔淨了吧！」他的癩瘋病立刻就潔淨了。

Remember, leprosy was a tragic & dreaded affliction in the ancient world. As nerve endings became numb, the condition rendered the body a mass of ulcers and decay; it was death by inches. It carried Shame as people assumed punishment from God for sin.

請記住，癩瘋病在古代世界是一種悲慘而可怕的疾病。隨著神經末梢變得麻木，這種情況使身體出現大量潰瘍和腐爛；是一寸一寸的死亡。帶來恥辱，因為人們認為是因罪過而受到上帝的懲罰。

In Scripture, the leper symbolises the ultimate outcast: infected by a condition they did not seek, rejected by those they knew, avoided by people they did not know, and condemned to a future they could not bear. The leper was not allowed to mingle with anyone; no exceptions.

在聖經中，痲瘋病人像徵著最終的被拋棄者：被他們不曾尋求的情況感染，被他們認識的人拒絕，被他們不認識的人避開，被譴責到他們無法忍受的未來所困擾。痲瘋病人不得與任何人交往；沒有例外。

Ringing a bell, they'd cry out, **Unclean**; people would cover their mouths & distance themselves as far as possible from the leper.

敲鐘，他們會大聲喊叫，**不潔**；人們會摀住嘴並儘可能遠離痲瘋病人。

We see the heart of Jesus in action here: he doesn't recoil from the man. He doesn't heal him first and then touch him; instead, he first reaches out his hand and touches the man.

我們在這裡看到耶穌的心在行動：他沒有從這個人面前退縮，他沒有先醫治他然後再觸摸他；而是首先伸出手，摸了那男人。

Imagine - unworthy of human touch but worthy of the touch of God. I'm not sure how you feel about this. Our love tends to be conditional. We distance ourselves from those who society deems unclean or who we have judged as unworthy of our touch.

想像一下——不值得人類觸摸，但值得上帝觸摸。我不確定你對此有何感想看法。我們的愛往往是有條件的。我們與社會認為不潔或我們認為不值得接觸的人保持距離。

Notice the touch did not heal the disease.

注意觸摸並沒有治癒疾病。

Amazingly, Jesus could have said the word and healed him. But instead, he did something for the man that no doubt he hadn't experienced for some time. Before he healed the man, he touched him.

令人驚訝的是，耶穌本可以說出這句話並醫治他。但相反，他為這個男人做了一些他無疑已經有一段時間沒有經歷過的事情。在醫治這個人之前，他摸了他。

The infection was banished by a word from Jesus. The loneliness, however, was treated by the loving touch of Jesus.

耶穌的一句話驅逐了感染。然而，孤獨是被耶穌愛的觸摸所治療。

While this is a short episode recording one of Jesus' miracles, Matthew, Mark and Luke consider it significant enough to include in their gospels. **It's obvious why.**

雖然這是耶穌奇蹟之一的短小的記錄，但馬太、馬可和路加認為它意義重大，足以包含在他們的福音書中。**原因很明顯。**

In this brief encounter, Jesus reveals the character and heart of God.

在這短暫的相遇中，耶穌揭示了上帝的品格和心意。

- Jesus' response to the leper shows the extent & depth of God's love for us and the lengths He is willing to go to for us so that we can be **accepted. At the cross, Jesus' arms were wide open, reaching out into our humanity and touching us with the love of God.**
- 耶穌對痲瘋病人的回應顯示了上帝對我們的愛的廣度和深度，以及他願意為我們付出的努力，以便我們可以被接受。在十字架上，耶穌張開雙臂伸向我們的人性，用上帝的愛觸摸我們。

We're all broken in some way, unaddressed Guilt and Shame, untreated pain, unresolved relationships, labouring, weary & burdened. Jesus reaches out to the unclean, the outcast - the sinful – embracing us.

我們都在某種程度上是破碎了的，沒有解決的內疚和羞恥，未經治療的痛苦，未處理好的關係；勞苦，疲倦和擔著重擔。耶穌向不潔的、被遺棄的——有罪的人——伸手，擁抱我們

Like Christian, the traveller in John Bunyan's *Pilgrims Progress*, carrying the weight of sin, Guilt & Shame on his back, labouring through life / burdened. When he comes to the cross, the cords are released; Jesus embraces him, and the weight is lifted; **we all need to leave whatever we are carrying at the cross.**

就像約翰·班揚的《天路歷程》中的旅行者，基督徒一樣，背負著罪惡、內疚和羞恥的重擔，一生勞苦/背負重擔。當他來到十字架前時，繩索被釋放；耶穌擁抱他，重擔被挪去；我們都需要在十字架上放下我們攜帶的任何東西。

How we view ourselves determines how we approach life.

我們如何看待自己決定了我們如何對待生命。

If I am what I do, I will always need to do more and achieve more to find my value – I will grow **weary** from my **labour**.

如果我是以我所做的來定義，我將總是需要做更多的事情，並取得更多的成就來找到我的價值——我的**勞動**會成為我的**勞苦**。

If I am what others say, I will always try to please people instead of my Heavenly Father – I will be **burdened** I will never measure up.

如果我是以別人所說的來定義自己，我將總是努力取悅別人而不是取悅我的天父——我會擔負重擔，永遠達不到標準。

If I'm defined by my **mistakes**, I will carry the **Guilt** of the past and live in **Shame** and **disgrace**.

如果我是被自己的**錯誤**來定義，我將背負過去的**內疚**，生活在**羞恥**和**恥辱**中。

But if we listen to who God says I am and embrace his **acceptance** of us, we'll finally see where we **belong** as children of God.

但是，如果我們聽從上帝說我是誰，並擁抱他對我們的**接納**，我們最終就會看到我們作為上帝的孩子**屬於**哪裡。

God says we are wise and restored, that we're a brand-new creation in Christ. We are chosen, our sins are erased, we are holy & blameless before God. He calls us his masterpiece; we are dearly loved by God. He says I'll make you complete through the Grace and mercy of Jesus, our saviour.

上帝說我們是有智慧和已被恢復的。我們是在基督裡全新的創造。我們被揀選，我們的罪已被抹掉，我們在神面前是聖潔無可指摘的。他稱我們為他的傑作；我們被上帝深深地愛著。他說，我會藉著我們救主耶穌的恩典和憐憫使你完全。

In Jesus, we will flourish, able to live out all God has planned for us. And when we see ourselves the way God sees us, we walk with confidence because we trust Jesus, who accepts us for who we are.

在耶穌裡，我們會蓬勃發展，能夠活出上帝為我們計劃的一切。當我們以上帝看待我們的方式看待自己時，我們就會充滿信心地行事，因為我們相信耶穌接受了我們本來的樣子。

And as we **accept** God's grace, we are forgiven, not just of all our baggage but with the opportunity to heal and have a new heart, the heart of Jesus, which in turn calls us to forgive.

當我們**接受**上帝的恩典時，我們就被寬恕了；不僅是我們所有的包袱，還有機會治愈並擁有一顆新心，即耶穌的心，這反過來又呼召我們去得饒恕。

Peter once asked Jesus, *how many times must I forgive*, Jesus' response: *Learn from me*, don't keep a record of wrongs, accept the unacceptable - keep on forgiving, regardless of the details or reasons forgiveness is needed. If forgiving someone more than once or twice seems unreasonable, just remember how often God forgives us. He doesn't put a limit on how many times we turn to him with a sincere heart, seeking forgiveness. He's just glad when we return

彼得曾經問耶穌，我當饒恕幾次呢？耶穌的回應是：向我學習，不要記錄過錯，接受不可接受的，繼續饒恕，無論細節或要饒恕的原因如何。如果饒恕某人不止一次或兩次似乎不合理，請記住上帝原諒我們的頻率。他沒有限制我們以真誠的心轉向祂尋求寬恕的次數。當我們回來時他很高興

Jesus said, *Come to me, all you who labour and are burdened, and I will give you rest for your souls*. Come to Jesus.

耶穌說，凡勞苦擔重擔的人都到我這裏來，我要使你們得安息。到耶穌這裏來。

Let's pray:

讓我們祈禱：

Heavenly Father, for all of us who recognise we are hurting & broken within. Overwhelmed by the weight of our sin – soften our hard hearts to hear Jesus calling.

天父，對於所有認識到我們內心受傷和破碎。是被罪的重擔壓倒的人——軟化我們剛硬的心來聆聽耶穌的呼喚。

As we come to the end of ourselves, as we thirst for a drink from the well – may we respond to Jesus' calling.

當我們走到盡頭時，當我們口渴想從井裡喝水時——願我們回應耶穌的呼召。

At the cross, may we leave behind our regrets and mistakes. Come today, there's no reason to wait – as we hear Jesus calling.

在十字架上，願我們可放下我們的遺憾和過錯，今天就來，沒有理由等待——因為我們聽到耶穌的呼喚。

As we bring our sorrows, may we trade them for joy, as a new life is born – Jesus is calling – come to me, and you will find rest for your souls

當我們帶來悲傷時，願我們用悲傷換取快樂，因為新生命的誕生——耶穌在呼喚——來到我這裡，你會為你的靈魂找到安息。

Amen

阿門