

Anxiety 克服焦虑



Introduction 导论



Imagine a lake at dawn.

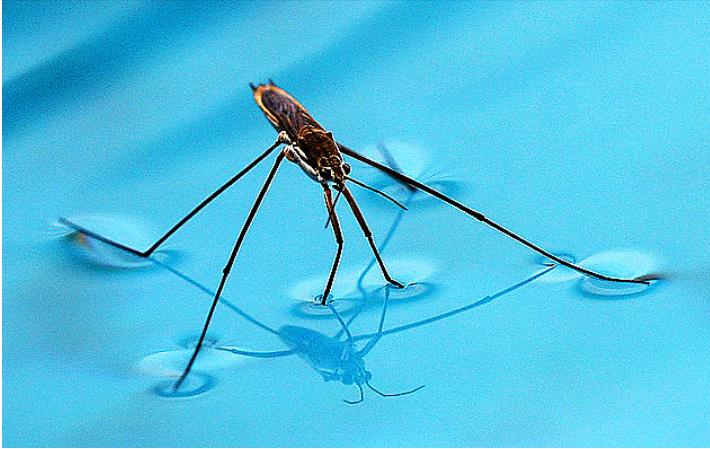
想象一下黎明时分的湖泊。

The water is perfectly still so that it looks like a reflecting mirror.

水面平静得像一面镜子。

In this stillness, one does not need to look at the surrounding mountain and trees directly, one sees them perfectly in the reflective water. 在这宁静之中，你不需要看周围的山和树，就可以在没有一丝波澜的水面上看到它们完美的倒影。

Introduction 导论



This lake is highly-sensitive to vibration.
湖面对震动十分敏锐。

The slightest breeze disturbs it.
一丝微风就能惊起波澜。

A wriggling fish or a tiny bug disturbs it.
鱼儿的游动、小虫的踏足都会惊扰到它。

Introduction 导论

The lake's stillness could be compared to the stillness of the Christian's soul. 湖水的宁静可以比作基督徒灵魂的宁静。

Just as one sees a perfect reflection in the still lake's surface, so too, the still soul gains a reflection of God himself. 正如一个人在平静的湖面上看到了完美的倒影，平静的灵魂也是神的倒影。

Additionally, just as the lake's surface is sensitive, so too, the Christian's quiet soul is sensitive to God and others. 此外，正如湖水的表面是敏锐的，基督徒安静的灵魂对神和其他人也是敏感的。

It can detect meaning in even small interactions with regard to God and others. 哪怕是与神、与人接触时的细枝末节中，都能觉察出意义。

Introduction 导论

In fact, the greater the Christian's inner stillness, the greater his sensitivity to God and others.

事实上，基督徒的内心越平静，他对神对人就越敏锐。

The Christian becomes increasingly able to read what is happening around him, and wise to know how to respond.

基督徒越来越能读懂他身边发生的事，并明智地知道如何回应。

Consider that God appeared to Abraham in Genesis 22:1, and simply said, "Abraham!" Abraham immediately responded, "Here I am."

想想神在创世记 **22:1** 中向亚伯拉罕显现，只对他说：“亚伯拉罕！”亚伯拉罕就立刻回答说：“我在这里。”

Again, in Genesis 22:7, Isaac simply said, "Father?" and Abraham replied, "Yes, my son?" 又有在创世记 **22:7**，以撒又说：“父啊？”亚伯拉罕说：“我儿，我在这里。”

Introduction 导论

Notice that Abraham was sensitive and responsive to God and man.
注意，亚伯拉罕对神和人都很敏锐。

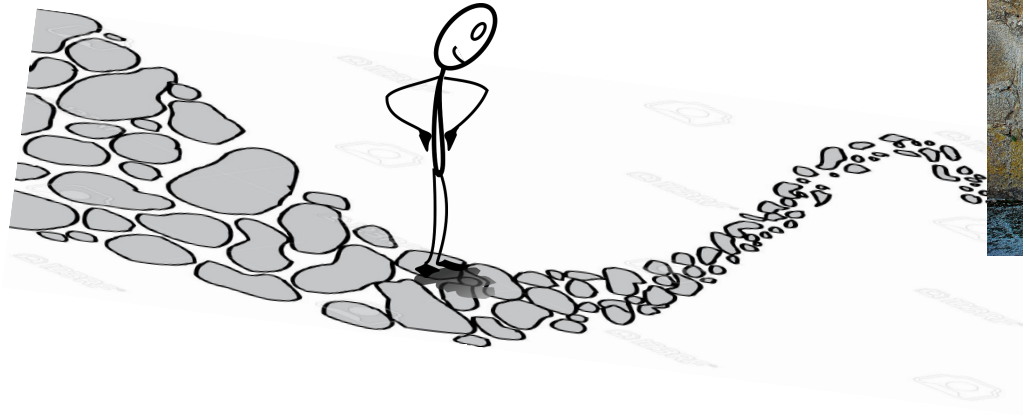
He did not need to be spoken to more than once.
对他说话只需要说一次。

This comes from a soul that was quiet before God.
这是出于一个在神面前安静的灵魂。

Abraham could hear God because his ears were attuned to God.
亚伯拉罕能听见神，因为他的耳朵与神的步调一致。

On account of this, he could hear his son, and knew what was needed in his son's life.
正因为如此，他能听到儿子的声音，知道儿子的生活需要什么。

A Model for Thinking About Anxiety 人生路上的开锁之门



One travels through life. 走在漫漫人生路上。

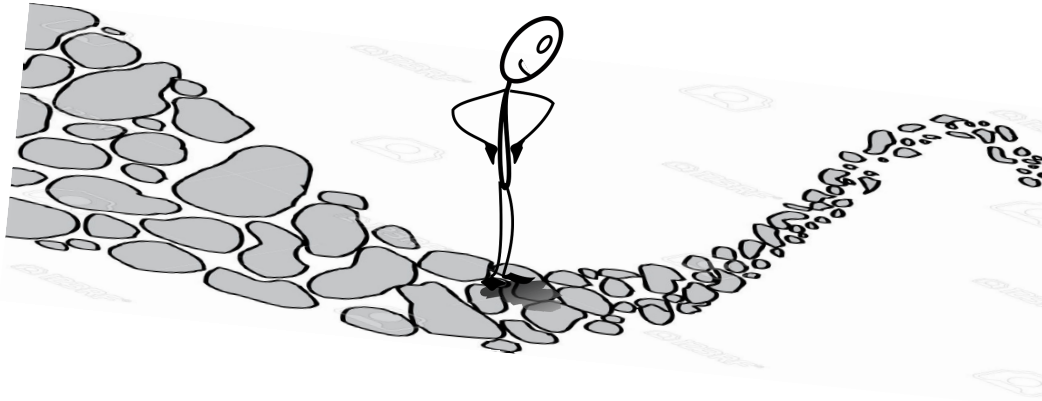
As long as one encounters open doors inviting him to enjoy all that he wants, he is content.

只要门一道道地打开，让人一切想要的都能享有，人就满足。

With lots of open doors, everything seems to be going well.

当许多大门都敞开着，一切似乎都很顺利。

A Model for Thinking About Anxiety 人生路上的关锁之门



As long as doors of one's desire keep opening, one is content, and life is pleasant.

只要一个人的欲望之门一直开着，他就心满意足，生活也很愉快。

Those open doors might be a desired relationship, an important job, an academic success, a luxurious house, a healthy child.

这些敞开的门可能是一段理想的感情、一份重要的工作、成功的学业、豪华的房子、健康的孩子。

A Model for Thinking About Anxiety 人生路上的关锁之门



Sometimes one encounters shut doors, maybe even doors that appear to be permanently locked.

有时人们会遇到紧闭的门，甚至可能是看起来永久锁着的门。

With lots of locked doors, one feels defeated and depressed.

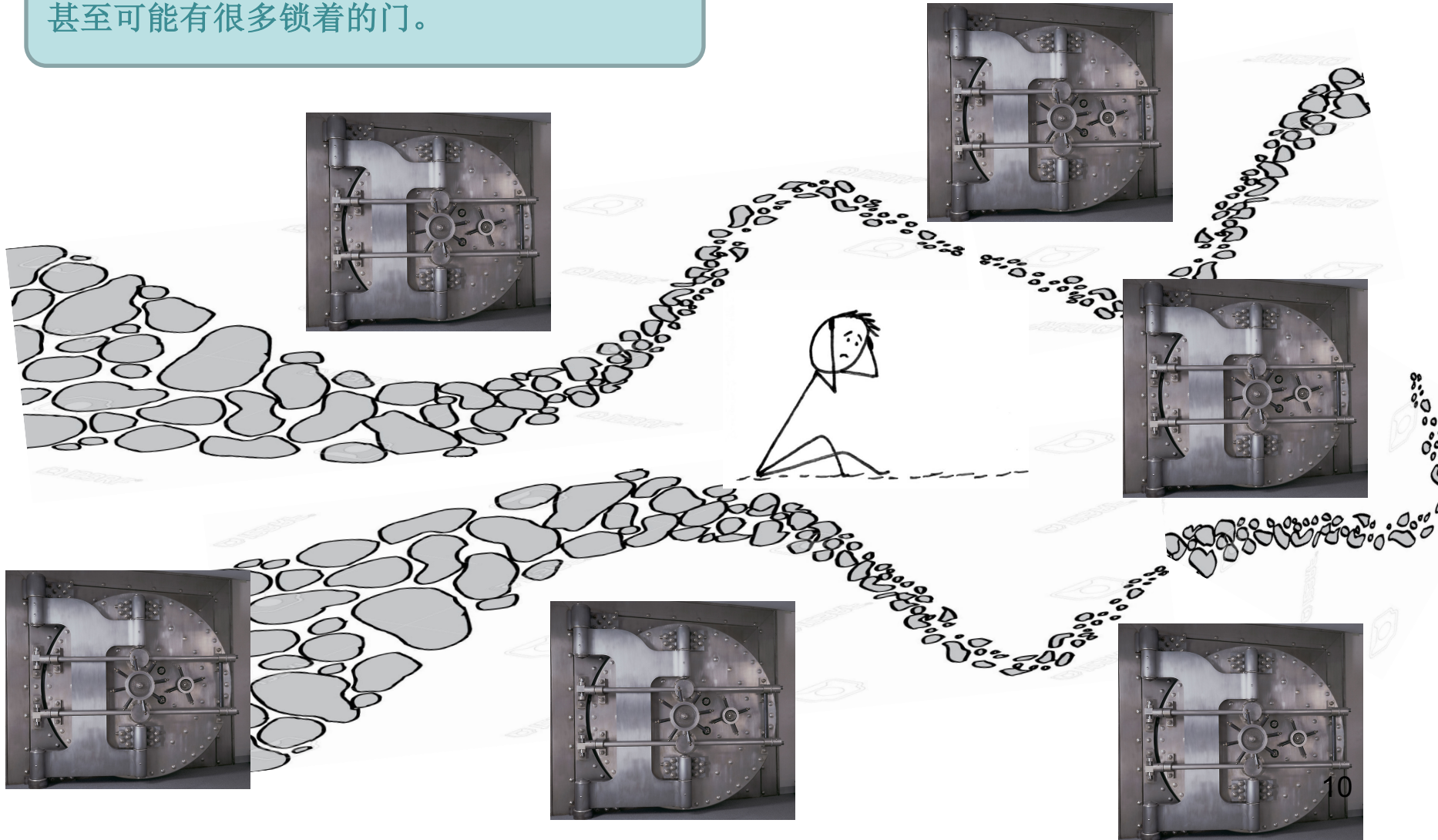
当锁着的门很多时，就会让人感到挫败和沮丧。

Those locked doors might be a rejection from others, a lost job, an academic failure, the inability to buy a house, an unhealthy child.

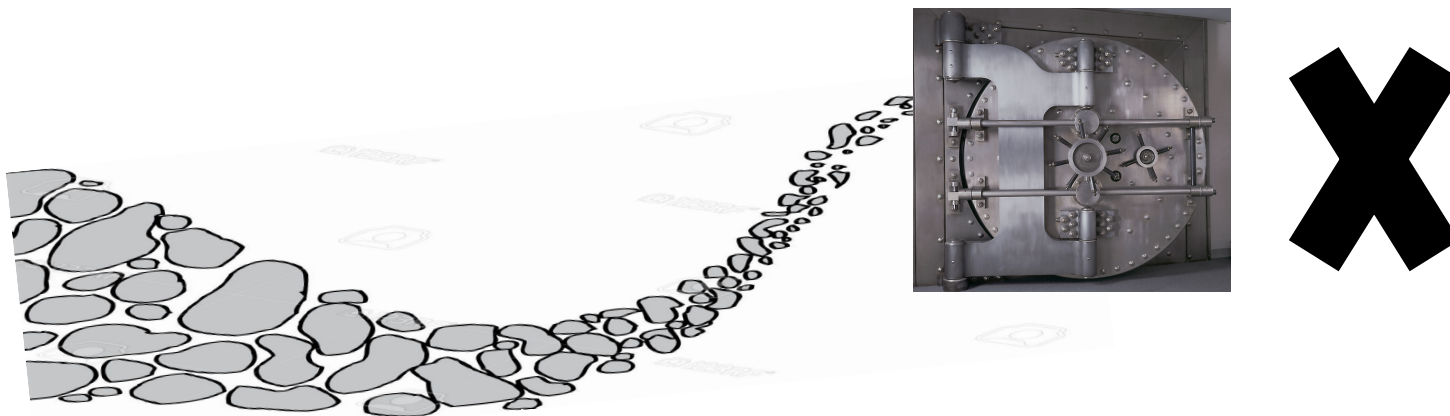
这些锁着的门可能是别人的拒绝、失业、学业失败、买不起房子、孩子不健康。

A Model for Thinking About Anxiety 人生路上的关锁之门

There may even be lots of locked doors.
甚至可能有很多锁着的门。



A Model for Thinking About Anxiety 人生路上的关锁之门



We tend to make each locked door the end of the world, the end of our future. 我们常常让每一扇锁着的门成为世界的尽头，我们未来的尽头。

Each locked door feels like the end of our path.

每扇锁着的门都像是我们人生道路的尽头。

There seems to be no way forward, if we cannot get through that door.

如果我们不能通过那扇门，似乎就没有前进的路了。

Thus, each locked door feels final and fatal.

因此，每扇锁着的门都让人感觉要完了一般致命。

This is where my path ends. 这就是我人生的终点。

A Model for Thinking About Anxiety

人生路上的关锁之门

Because of our fears, and suspicions about God, we have a tendency to make problems appear catastrophic, when they are not.

由于我们的恐惧和对神的怀疑，我们常常把问题小题大做。

We tend to project current problems forward into a bleak future.

我们常常把当前的问题看作未来的阴影。

We tend to see possibilities narrowing, and our tendency is to be self-defeated with setbacks.

我们常常断了很多可能性，在挫折中变得颓丧。

A Model for Thinking About Anxiety

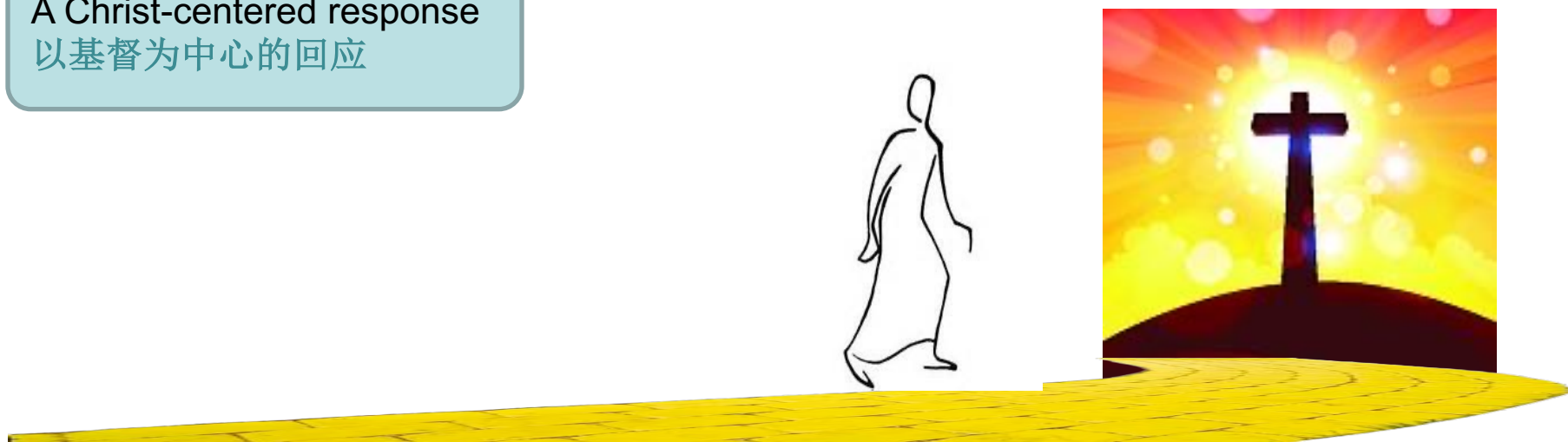
人生路上的关锁之门

Those who are anxious tend to think that any negative life event is “final and fatal.” 那些焦虑的人常常觉得发生任何事与愿违的事都是“完了。”

This means that one tends to think that anything that goes wrong is actually a death blow to one's life that, after such an event, one's has no future. 焦虑的人常常认为出了任何差错都是压死骆驼的最后一根稻草，一旦出错他就没有未来了。

A Model for Thinking About Anxiety 人生路上的关锁之门

A Christ-centered response
以基督为中心的回应



The Christian is already glorified, and also has a glorious future awaiting him. 基督徒已经得着荣耀，还有荣耀的未来等待着他。 Thus, the Christian is assured of salvation, and even has good works prepared in advance by God for him to do.

因此，基督徒有得救的确据，甚至神预先为他预备好了善行去做。

Ephesians 以弗所书 2:10: For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. 我们原是他的工作，在基督耶稣里造成的，为要叫我们行善，就是 神所预备叫我们行的。

A Model for Thinking About Anxiety 人生路上的关锁之门

Each locked door is actually part of God's eternal will to sanctify the believer, to help him participate in Christ's suffering, and to cause him to rely upon his God. 每一扇锁着的门实际上都是神永恒旨意的一部分，神要使信徒圣洁，帮助他们分担基督的苦难，使他们依靠神。

Financial
Trouble
财务困境



A Tragic
Accident
悲惨事故

The Death of
a Loved One
所爱之人的
死亡

Romantic
Rejection
表白被拒

Academic
Failure
学业失败

A Lost Job
失去了工作

There is a path around each locked door. 每扇锁着的门周围都有一条路。
In fact, the locked door is deliberately locked so that the Christian would look for, and find, the correct path. 事实上，锁着的门是故意上锁的，这样基督徒就会寻找，并找到正确的道路。



A Model for Thinking About Anxiety 人生路上的关锁之门

The point of this model is to show that, in the final analysis, nothing defeats a Christian's life.

这个比方的意义在于，归根结底，没有什么能打倒基督徒的生命。

The Christian's path has been: 基督徒的道路是：

1. Marked out by God 由神做记号

2. Ordered by God 神命令的

3. Secured by God 神保护的

Thus, the Christian is not fearful of closed doors, of any kind.

因此，基督徒不害怕任何关锁的门。

A Model for Thinking About Anxiety

人生路上的关锁之门

1. The Christian does not fear financial loss, because Jesus will provide the money he needs to fulfill Jesus' own will in his life (Luke 路加福音 22:35). 基督徒不害怕经济上的损失，因为耶稣会供应他需要的金钱来实现耶稣在他生命中的旨意。
2. The Christian does not fear romantic rejection, because God will cause him to meet the spouse prepared for him, or else this is part of preparing him for singleness. 基督徒不害怕表白被拒，因为神会让他遇见为他准备好的配偶，或者是在他单身的时候预备他。
3. As painful as it may be, he does not fear the loss of a loved one. 尽管痛苦，他也不害怕失去所爱的人。
4. He does not fear accident or illness which may seriously impair him. 他不害怕会严重伤害到他的天灾人祸。

A Model for Thinking About Anxiety

人生路上的关锁之门

The Christian fears nothing because what appear to be locked doors are merely trail markers helping him to remain on the path that God has set for him. 基督徒什么都不怕，因为看似锁着的门，其实只是帮助他在神为他所定的道路上继续往前走的路标。

Additionally, what appears to be a common path made of stone, is actually a golden path, a glorious path, the straight and narrow path of Christ. 此外，看似普通的石头路，其实是一条黄金之路，一条荣耀之路，一条基督的窄路。

Nothing blocks the Christian's way, it only redirects his path, keeping him on the narrow path of Christ. 没有什么能阻挡基督徒的道路，它只会再次引导他的道路，使他走在基督的窄路上。

So Much To Worry About 要担心的事太多了

One Could Worry About 人们会为以下事情担心	
1. Accidents 意外事故	
2. Career 职业	
3. Finances 经济	
4. Health 健康	
5. Humiliation or shame 受到羞辱	
6. Isolation 孤立	
7. Relationships 关系	
8. Safety 安全	

Do you keep thinking that next year you will finally be happy?

你是否一直认为到了明年你就会过上幸福的生活?

So Much To Worry About 要担心的事太多了

The number of issues about which a person could worry are essentially infinite. 一个人可以担心的问题在根本上是无限的。

If you feel that you are unattractive and poor, maybe you believe that if only I could be beautiful and rich, then my worries would be over.

如果你觉得自己又丑又穷，也许你会认为只要我漂亮又有钱，那么我就不再烦恼。

Consider Abraham and Isaac, both of whom were wealthy and married to beautiful women.

想想亚伯拉罕和以撒，他们都是富有的，都娶了美貌的妻子。

Yet, when traveling to a foreign land, they were easily consumed by anxiety (Genesis 12:12; 20:11; 26:7). 然而，当他们走在异国他乡，却很容易被焦虑所吞噬 (创世记 12:12; 20:11; 26:7)。

So Much To Worry About 要担心的事太多了

If you make any supposed favorable change to your life, you will still find many ways to be anxious.

就算你在生活上做出了有利的改变，仍会觉得要担心的事还有许多。

So Much To Worry About 要担心的事太多了

A central point in the Bible is that there is a great deal to worry about.

《圣经》的中心思想是有很多事情让人担心。

However, for those known by God, and in relationship with Him, there is vastly more reason to show faith in all matters.

然而，对于那些被神所认识，与神有关系的人来说，有更多的理由在一切事情上凭着信心而活。

Thus, one is placed at a crossroads in all matters:

因此，人在所有问题上都处在一个十字路口：

1. “Should I worry?” 我应该担心吗？
2. “Should I put faith in a God who sees and knows everything?”
我该信那能看见、能知道一切的神吗？

Man Cannot Conquer Anxiety 人战胜不了焦虑

Notice that, despite man's incredible technological advances, he cannot conquer anxiety. 注意，尽管科技的发展已经到了难以置信的地步，但人还是战胜不了焦虑。

In other words, man has functionally made no progress since his expulsion from the Garden of Eden (Genesis 创世记 3:23).

换言之，人类自从被逐出伊甸园，就没有进步。

Without Christ, he is still the same lost and anxious sinner that he has been for thousands of years.

没有基督，人就还是那个迷失、焦虑的罪人，无论度过多少个千年。

The Difference Between Worry and Anxiety

担心和焦虑的区别

Anxiety 焦虑	Worry 担心
1. General 泛泛的	Specific 具体的
2. Has a physical effect 对身体有影响	Tends to be in the heart and mind alone 往往只存在于心灵和思想中
3. Severe emotional distress 严重的情绪困扰	More mild emotional distress 情绪困扰相对轻微
4. Tends to be more irrational 更不理性	Tends to be more rational 更加理性
5. Ongoing 更持续的	Temporary 暂时的
6. Often debilitating distress 寝食难安	One tends to still function 生活能仍然照旧

One may think of anxiety as more intense, prolonged, and general than worrying. 可以认为焦虑比担心更强烈、更持久、更泛泛。

However, they are often used interchangeably.
然而，它们通常可以互换使用来表示相同的意思。

The Difference Between Anxiety and Depression

焦虑和抑郁之间的区别

Those who are depressed tend become immobile.
那些抑郁的人容易变得一成不变。

They have given up, have withdrawn, and become passive.
他们已经放弃了、退缩了，变得被动了。

Conversely, those who are anxious tend to move.
相反，焦虑的人常常动个不停。

They tend to fight for what they feel they must have.
他们为着他们觉得必须拥有的东西而争战。

They get involved in order to regain control.
他们为了获得掌控而不停歇。

Triggers for Anxiety 焦虑的触发器

Consider moments of anxiety, preoccupation, and fretful concern:
想想心事重重、烦躁不安的时候想些什么：

1. The past. Something happened and one can't get it off his mind.
过去。有些发生过的事情在人的头脑里挥之不去。
2. The present. Something is happening and one is consumed by it.
当下。有些正在发生的事情把人压得喘不过气来。
3. The future. Something will happen and one's mind turns it over and over, chewing on every possible contingency.
未来。有些将要发生的事情在头脑里想了又想，琢磨每一种可能性。

Triggers for Anxiety 焦虑的触发器

Consider Genesis 26:1: “Now there was a famine in the land...”

想想《创世记》**26:1**: 当时，地上有饥荒...

The famine existed to expose Isaac's heart, that he held within himself certain lies that his father held. 饥荒的存在暴露了以撒的内心，他的内心有着父亲曾经说过的谎言。

Often God designs circumstances in our lives to expose our idolatrous desires. 常常神计划了我们生命中的环境，暴露我们拜偶像的私欲。

Such circumstances are his mercy, helping us to see our own faulty covenants with the creation, our ill-conceived plans to live without God and against God. 这些环境是祂的怜悯，帮助我们看到我们与受造之物的错误盟约，以及我们想要活在神以外、敌对神的拙劣计划。

Anxiety as a Form of Greed

焦虑是一种贪婪

It may seem strange, but anxiety is actually a form of greed.
这看起来很奇怪，但焦虑实际上是一种贪婪。

Anxiety is built upon the belief that one will not have enough, that one's perceived needs will not be met. 焦虑建立在这样一种信念上：一个人拥有的还不够，他自认为的需求将得不到满足。

Anxiety and control are two sides of the same coin.
焦虑和掌控是同一枚硬币的两面。

Those who crave control are also the most anxious.
渴望掌控的人也是最焦虑的。

Anything that cannot be controlled becomes a source of anxiety.
任何无法掌控的事情都会成为焦虑的来源。

Anxiety as a Form of Greed

焦虑是一种贪婪

Put another way, those who are anxious have stored for themselves treasure as perishing things (Luke 路加福音 12:33, 34).

换句话说，那些焦虑的人把会消逝的事物当财宝一样珍藏。

If your treasure is in things that can be taken, or destroyed, then you set yourself up for anxiety. 如果你的财宝在那些可以被拿走或毁灭的东西里，那么你就会让自己陷入焦虑。

Any time you have built your life on something vulnerable, then you will be anxious.

任何时候，只要你的生活建立在脆弱的东西上，你就会感到焦虑。

It is like building one's house on sand (Matthew 马太福音 7:26, 27). 这就像在沙土上盖房子。

The sand may support the house for a short time, but one is always fearful of storms.

沙土可以支撑房子一段时间，但人们总是害怕暴风雨的来临。

Anxiety as a Form of Greed

焦虑是一种贪婪

So, two crucial questions are: 因此，两个关键问题是：

1. When do you most want to control your world?

什么时候你最想掌控你的世界？

2. When do you have the least awareness of God's involvement in your life? 什么时候你最不能意识到神介入了你的生命？

These offer a window into the heart's worship commitments.

这些提供了一个窗口进入内心的敬拜委身。

Anxiety Through Comparison 通过比较产生焦虑

Another source of anxiety for Christians is comparing themselves with one another, and with the world.

基督徒的一大焦虑来源是互相比较，以及将自己和世人进行比较。

Such comparison only leads to burning angst.

这样的比较只会让他们深感苦恼。

The Christian was not meant to compare himself in this way, since this denies several truths about the Christian. 基督徒不应该以这种方式让自己和别人比较，这否认了基督徒的几项真理。

He is an alien in this world and a royal priesthood (1 Peter 彼得前书 2:9). 他是个寄居世界的人，是君尊的祭司。

Anxiety Through Comparison

通过比较产生焦虑

Think about popular soap operas (television series).
想想流行的肥皂剧 (电视剧)。

Those stories are filled with beautiful wealthy people who are usually miserable. 那些剧里都是白富美或高富帅，他们在剧中往往受尽挫折。

Why do people like to view such stories?
为什么人们喜欢看这样的故事？

They like to see such people suffer. 他们喜欢看到这样的人受苦。

There is a certain comfort in watching those one envies suffer.
看着那些让自己嫉妒的人受苦，有一种安慰。

Anxiety Through Comparison

通过比较产生焦虑

Those who watch a great deal of television or movies tend be anxious people. 那些看大量电视电影的人常常是焦虑的。

The reason is that this medium tends to be an envy generator, a means of implanting anxiety in the viewer.

因为这一媒介会成为一个忌妒发动机，把焦虑种在观众的心里。

The more one watches, the more one compares himself to those in the show, and the more one feels a certain lack in his own life. 看得越多，越是会拿自己与那些剧里的人比较，越是感到自己活得有缺憾。

How Does One Handle Anxiety?

一个人如何处理焦虑？

As anxiety tightens its grip on the soul, perhaps one reaches for some convenient escape or quick fix:

当焦虑收紧了对灵魂的捆索，人们可能会用一些快餐式的方式去解决；

1. Raid the refrigerator 吃光冰箱存货

2. Watch television 看电视

3. Read a novel 看小说

4. Go shopping 购物

5. Drink a beer 喝啤酒

6. Play a game 玩游戏

7. Clean one's house 打扫房间

How Does One Handle Anxiety?

一个人如何处理焦虑？

Perhaps one mobilizes to seize control: 亦或动员自己以进行掌控：

1. Make a string of phone calls 煲电话粥
2. Work all night 整夜工作
3. Build a faction of supporters 建立一派支持者

How Does One Handle Anxiety?

一个人如何处理焦虑？

While many of these activities are not sinful in themselves, they may be used as a means of escape from facing God and his will.

虽然这些活动本身并不是犯罪，但它们可能被用来作为人逃离神、逃离神心意的手段。

These techniques become a means of trying to gain control over one's life. 这些法子都是人想要掌控自己的生活。

In fact, the more one tries to gain control over his life, the more his life becomes a tangled web of anxiety. 事实上，一个人越想掌控自己的生活，他的生活越是变成一张焦虑的纠结网。

Case Study: Jehoshaphat 案例研究：约沙法

2 Chronicles 历代志下 20:1-30

Jehoshaphat was alarmed that a vast army was coming against him from Edom. 约沙法就惧怕，因为有大军从以东地来攻击他。

He immediately set out to inquire of the Lord.
他立刻动身去求问耶和华。

Case Study: Jehoshaphat 案例研究：约沙法

A Summary of Jehoshaphat's Response 约沙法回应的总结

1. Jehoshaphat was told of immanent war.

有人告诉约沙法说，必有争战的事。

He was rightly alarmed. 他有理由感到惊慌。

2 Chronicles

历代志下 20:3

2. He was resolved to inquire of the Lord.

他下定决心去求问耶和华。

2 Chronicles

历代志下 20:3

The Lord was his first focus. 耶和华是他最先想到的。

He did not seek the advice of wise officials.

他没有征求聪明谋士的意见。

He neither sent spies, nor drew up plans for defense.

他没有派探子，也没有制定防御计划。

He did not run to mediums for some prophecy.

他没有向灵媒寻求预言。

He went directly to God in prayer. 他直接向神祈祷。

Case Study: Jehoshaphat 案例研究：约沙法

A Summary of Jehoshaphat's Response 约沙法回应的总结

3. Jehoshaphat's prayer was an inquiry and not a demand.
约沙法的祷告是求问，不是要求。

2 Chronicles
历代志下 20:3

4. He proclaimed a fast throughout all of Judah.
他在犹大全地宣告禁食。

2 Chronicles
历代志下 20:3

When people fast they are physically weak from lack of food.
当人们禁食时，他们的身体会因缺乏食物而虚弱。

This is not a good plan for one preparing for war.
对于一个为战争作准备的人来说，这不是一个好计划。

However, Jehoshaphat declared a fast as part of a deeper trust in God for deliverance.

然而，约沙法宣布禁食，反映了他相信神的拯救。

He knew that his army would win, not through physical means, but through spiritual ones. 他知道他的军队不会通过物质手段，而是通过属灵手段取得胜利。

Case Study: Jehoshaphat 案例研究：约沙法

A Summary of Jehoshaphat's Response 约沙法回应的总结	
5. Jehoshaphat's prayer was God-honoring. 约沙法的祷告是敬神的。 He spoke about God: 他谈论神是： a. In heaven 在天上的 b. Power 有能力 c. Might 有力量 d. Hand (representing judgment upon the wicked and protection for the righteous) 有（惩恶护善）的手 e. He reminds God of his covenant with Abraham 他请神纪念亚伯拉罕之约	2 Chronicles 历代志下 20:6, 7
6. Jehoshaphat recognized that even if terrors came upon the nation (sword, plague, or famine), it would still stand before God in praise, and cry out for his salvation. 约沙法知道，即使这国遭遇恐怖（刀剑、瘟疫、饥荒），这国仍必站在神面前赞美他，呼求他的救恩。	2 Chronicles 历代志下 20:9

Case Study: Jehoshaphat 案例研究：约沙法

A Summary of Jehoshaphat's Response

约沙法回应的总结

7. God alone has the power to face a vast army.
只有神才有力量面对一支庞大的军队。

Jehoshaphat and the people would wait upon the Lord, and put their eyes on him. 约沙法和百姓将等候耶和华，眼目仰望他。

2 Chronicles
历代志下
20:12

Establishing the Right Focus 建立对的关注点

As sinners, we have a tendency to focus on the events surrounding our anxiety. 作为罪人，我们倾向于关注引发我们焦虑的事件。

We focus on the, “What?” 我们关注的是“什么？”

We think if the, “What?” is solved, then the anxiety is solved.
我们会想，“什么？”解决了，焦虑就解决了。

However, God always focuses on the heart in the center of the event.
然而，神总是把注意力放在经历事情的人心上。

Thus, God focuses on the, “Why?” 因此，神关注的是“为什么？”

God knows the problem is with us, not surrounding us.
神知道问题出在我们身上，而不是我们身边。

God Knows Us Better Than We Know Ourselves

神比我们更了解我们

God knows us better than we know ourselves. 神比我们更了解我们。

1. God knows our limitations, and what we are unprepared for.
神知道我们的局限，知道我们没有准备好的是什么。

God knows that some matters are not suitable for us.
神知道有些事情不适合我们。

We may have dreams too large and too grand.
我们可能有太大太宏伟的梦想。

He may seek to rein in our dreams, and limit our scope, to suit our ability. (Consider Psalm 131:1) 他可能试图勒（lēi）住我们的梦想，限制我们的范围，以适合我们的能力。（思想诗篇 131:1）

God Knows Us Better Than We Know Ourselves

神比我们更了解我们

2. God knows our gifts, and their best use.

神知道我们的恩赐，知道如何是最好的使用。

God knows how to best develop the gifts he has given us.

神知道如何最好地培养他给我们的恩赐。

This means that he may keep us from a good plan in order to work out the best plan. 这意味着他可能会阻止我们制定的次好的计划，以便制定出最好的计划。

There are many things that we might do in life, but God knows how to best use our time and talents. 生活中我们可能会做很多事情，但是神知道如何最好地利用我们的时间和才干。

God Knows Us Better Than We Know Ourselves

神比我们更了解我们

3. God knows our idols, and how to confront them.

神知道我们的偶像，知道如何对质它们。

Often closed doors are a plan to confront, and eradicate idols, of the heart. 他关上一道门，常常是出于祂对质、根除人心偶像的计划。

It may be on account of that closed door that God has the opportunity to bring that idol to our attention, to help us see its destructive effect upon us. 也许正是因为那道关着的门，神才有机会让我们注意到那个偶像，帮助我们看到它对我们的破坏。

God Knows Us Better Than We Know Ourselves

神比我们更了解我们

4. God knows our passions, the delights of our heart, that those would be won for Christ.

神知道我们的热爱和我们心中所喜悦的，那些都要被基督赢回。

He continually refines that delight for service to Christ, to be an instrument of his kingdom building on earth. 他不断地精炼那喜悦，使之成为基督服务，成为祂在地上建立神国的器皿。

God Knows Us Better Than We Know Ourselves

神比我们更了解我们

5. God knows the people he has prepared for us to counsel and witness to. 神知道祂为我们所预备要去劝诫和去做见证的人。

God directs our path to people, lost souls whom he has prepared for us to minister to. 神把我们的道路指引给那些失丧的灵魂，祂已经为我们预备好服事他们。

He also has prepared others to encounter us, and minister to us. 祂也准备好让别人来遇见我们、服侍我们。

God Knows Us Better Than We Know Ourselves

神比我们更了解我们

6. God knows the span of our years. 神知道我们的年岁。

Because only God knows how long each of us will live, he plans out our days that he would fulfill his will in our lives. 因为只有神知道我们每个人能活多久，他计划我们的日子，在我们的生命中实现他的旨意。

Thus, God does not waste our time on fruitless pursuits. 因此，神不会把我们的时间浪费在徒劳无益的追求上。

He knows how he wants to use us, and he plans out the time schedule for that, keeping us from matters that would waste precious time. 他知道他想使用我们做什么，他计划好了时间安排，让我们远离那些会浪费宝贵时间的事情。

A Look at Paul's Life 看看保罗的一生

If anyone had a reason to be anxious and depressed, it was Paul.
如果说什么人 有理由焦虑和抑郁，那就是保罗。

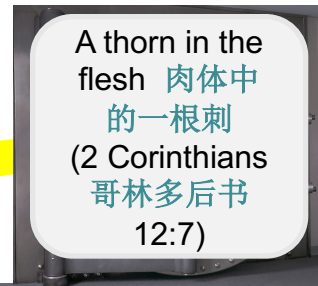
Few people have experienced the kinds of trials and suffering that he did. 很少有人经历过像他那样的试炼和苦难。

Paul endured public disgrace, attacks from people he trusted, and the humiliation of starvation and nakedness.
保罗被当众羞辱，被信任的人攻击、忍受饥饿、赤身露体。

If anyone had reason to doubt God's goodness or sovereignty, Paul did. 如果有人有理由怀疑神的良善或主权，那就是保罗。

Yet, Paul had an unflagging confidence in God, an unshakable joy, and a confidence that he would complete the path that God had set out for him. 然而，保罗对神的信心没有动摇，他的喜乐不受撼动，他相信会走完神为他定意走完的道路。

A Look at Paul's Life 看看保罗的一生



Paul often experienced debilitating setbacks throughout his ministry, yet he was stunningly confident in God's hand leading him according to a predetermined plan.

保罗在他的事工中经常遇到让许多人一蹶不振的挫折，然而他执着地相信神的手会按照预定的计划带领他，这样的信心令人震惊。

For this reason, Paul feared nothing (except God).

因此，保罗（除了敬畏神以外）无所畏惧。

A Look at Paul's Life 看看保罗的一生

Each setback that Paul experienced could have felt final and fatal.
保罗所经历的每一次挫折都可能是压倒骆驼的最后一根稻草。

Yet, Paul pressed on with a confidence that God was leading him on a particular path.

然而，保罗勇往直前，他坚信神正在带领他走在一条特定的路上。

When imprisoned, Paul could have despaired that this was the end of his future but, instead, he sang hymns and waited for the Lord's deliverance. 当保罗被监禁时，他本可以绝望地认为一切都结束了，然而，他却唱起赞美诗，等待主的拯救。

A Look at Paul's Life 看看保罗的一生

When Paul was barred from entering Asia (Acts 使徒行传 16:6), he could have felt that his ministry was over, but instead he waited until the Lord led him in a different direction.

当保罗被禁止进入亚西亚的时候，他本可以觉得他的事工已经结束了，但是他却等待主领他往另一个方向去。

A Look at Paul's Life 看看保罗的一生

Because Paul had an eternal frame of reference, he did not entangle himself in worldly affairs of no final consequence. 因为保罗有一个永恒的参照系，所以他没有把自己卷入没有最终结果的世俗事务中。

He did not worry about money, knowing that what he needed would be provided by his own work as a tentmaker, or through the generosity of others. 他不担心钱的问题，他知道他所需要的能通过做帐篷或他人的慷慨补给而得到供应。

Because of Paul's faith, he was remarkably sensitive to seeing God's hand in matters, and in responding as God moved and worked.

由于保罗的信心，他对神处理事情的方式非常敏锐，在神行动和工作时他立马响应。

Paul was only able to do this because he did not linger on closed doors, but made himself available for God's next open door.

保罗之所以能做到这一点，是因为他没有停留在紧闭的门上，而是为神的下一扇敞开的门做好了准备。

Philippians 腓立比书 4:4-8: Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 你们要靠主常常喜乐。我再说，你们要喜乐。当叫众人知道你们谦让的心。主已经近了。应当一无挂虑，只要凡事借着祷告，祈求，和感谢，将你们所要的告诉神。神所赐出人意外的平安，必在基督耶稣里，保守你们的心怀意念。弟兄们，我还有未尽的话。凡是真实的，可敬的，公义的，清洁的，可爱的，有美名的。若有什么德行，若有什么称赞，这些事你们都要思念。

A Look at Paul's Life 看看保罗的一生

Paul was able to rejoice in all circumstances, even the most trying ones, because he knew that Jesus was always doing something good in all things. 保罗无论在什么情况下，就是在最艰难的情况下，都能喜乐，因为他知道在凡事中耶稣所行的都是善的。

It is true that Paul had a lot to worry about. The list was endless. 保罗确实有很多事情要担心。这张列表是无穷无尽的。

However, Paul was convinced that he had far greater reasons not to worry, that the crucial things about his life were certain. 然而，保罗相信他有更大的理由不必担心，他生命中的大事是确定无疑的。

Case Study: Psalm 131 as a Model for Dealing with Anxiety

以诗篇 131 篇为例克服焦虑



God's Communication 神的沟通

God speaks to people in many different ways throughout Scripture.
神在圣经中以各种方式对人说话。

Sometimes he commands (“You shall not...”), other times he tells a story (“Now it came to pass...”).
有时祂下达命令 (“你不能...”), 有时祂娓娓道来 (“现在发生的是...”)。

Sometimes God terrifies the reader with his wrath, and at other times he makes promises.
有时神用他的忿怒惊吓读者, 还有些时候祂做出应许。

God's Communication 神的沟通

Psalm 131 is a very different type of revelation from God.

诗篇 131 是一篇具有神独特启示的诗篇。

In this psalm, God gives access to the inner life of a believer who has true peace.

在这篇诗中，神道出了一个拥有着真平安的信徒的内心写照。

So, we, the reader, are given a glimpse into what true inner peace looks like.

因此，作为读者，我们得以一瞥真正的内心平安是什么样子的。

Living Out the Peace of God 活出神的平安

Philippians 腓立比书 4:7 reads: And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

神所赐出人意外的平安，必在基督耶稣里，保守你们的心怀意念。

Psalms 诗篇 131 offers actual ways that this verse becomes a reality in one's life. 诗篇 131 篇说明了这节经文如何具体地在生活中实现。

Psalms 诗篇 131 is like a portal inviting the reader to enter into this peace. 诗篇 131 就像一个入口，邀请读者进入这一平安。

Psalm 131 as Listening Into the Quiet Soul 诗篇 131 倾听安静的灵魂

Psalm 131 was originally written by David. 诗篇 131 最初是大卫写的。

However, David did not fully live it out. 然而，大卫并没有完全活出来。

It finds its fullness and fulfillment in Jesus.
它在耶稣身上得以完全和圆满。

This psalm is a window into Jesus' inner thoughts.
这篇诗是了解耶稣心理活动的窗口。

Thus, if one wants to know what Jesus was thinking throughout his life, read the Psalms. 因此，如果你想知道耶稣生平的思想活动，读诗篇。

They are Jesus' own thought life. 它们是耶稣自己的内心写照。

Psalm 131 as Listening into the Quiet Soul 诗篇 131 倾听安静的灵魂

Thus, the psalms are like watching Jesus' own internal peace unfolding right in front of us. 因此，诗篇就像在向我们展开一副画卷，让我们看见主耶稣内在的平安。

In other words, Jesus walks us through how he gains his quiet soul. 换句话说，耶稣带领我们走过他如何获得安静灵魂的道路。

The Centrality of the Quiet Soul 安静灵魂的中心

1. The quiet soul is the theme of Psalm 131. The psalm revolves around this concept.

安静的灵魂是诗篇 **131** 的主题。诗篇围绕这一概念展开。

What is the quiet soul? 什么是安静的灵魂？

The Characteristics of the Quiet Soul

安静灵魂的特征

The Quiet Soul 安静的灵魂:

1. Focuses on God 专注于神
2. Is stable in God 在神里面是稳定的
3. Rests in God 在神里面安息
4. Waits upon God 等候神
5. Thinks God's thoughts (as Scripture reveals them)
思想神的思想 (按照圣经所启示的)
6. Sees with God's eyes 透过神的眼睛去看
7. Leaves revenge to God 把报复留给神
8. Is assured of salvation 有得救的确据
9. Is grateful for God's grace 感谢神的恩典
10. Is thankful in all things 凡事感恩

The Quiet Soul 安静的灵魂

2. This psalm offers the reader an antidote to the temptations to the quiet soul. 这首诗为读者提供了一剂当人的灵魂焦躁不安时的解药。

3. The quiet soul is surrounded by many temptations offered by the world. 世界总是用各种各样的试探包围着原本安宁的内心。

One could think of those surrounding temptations as enemies of the quiet soul. 可以把周围的试探想成安静灵魂的仇敌。

Temptations to the Quiet Soul 安静灵魂受到的试探

Those temptations are incessant, and only intensify as one ages, and as one's life becomes more complex. 这些试探是持续不断的，只会随着一个人年龄的增长和生活变得复杂而更加严重。

Thus, as one gains academic degrees, wealth, relationships, achievements, and possessions, the temptations to anxiety only increase. 因此，当获得了学位、财富、人缘、成就和产业时，只会更容易受到变得焦虑的试探。

The Temptations to the Quiet Soul

安静灵魂受到的试探

One could think of these temptations as a background “noise” which drown out the inner peace in the believer.

我们可以把这些试探当作背景中的“噪音”，淹没信徒内心的平静。

The background noise of the soul is: 灵魂背景中的噪音是:

1. Ambition 野心
2. Anxiety 担忧
3. Being easily offended 容易被冒犯
4. Competitiveness 争竞
5. Despondency 意气消沉
6. Fretfulness 烦躁不安
7. Irritation 激怒
8. Self-absorption 自我专注

The Temptations to the Quiet Soul

安静灵魂受到的试探

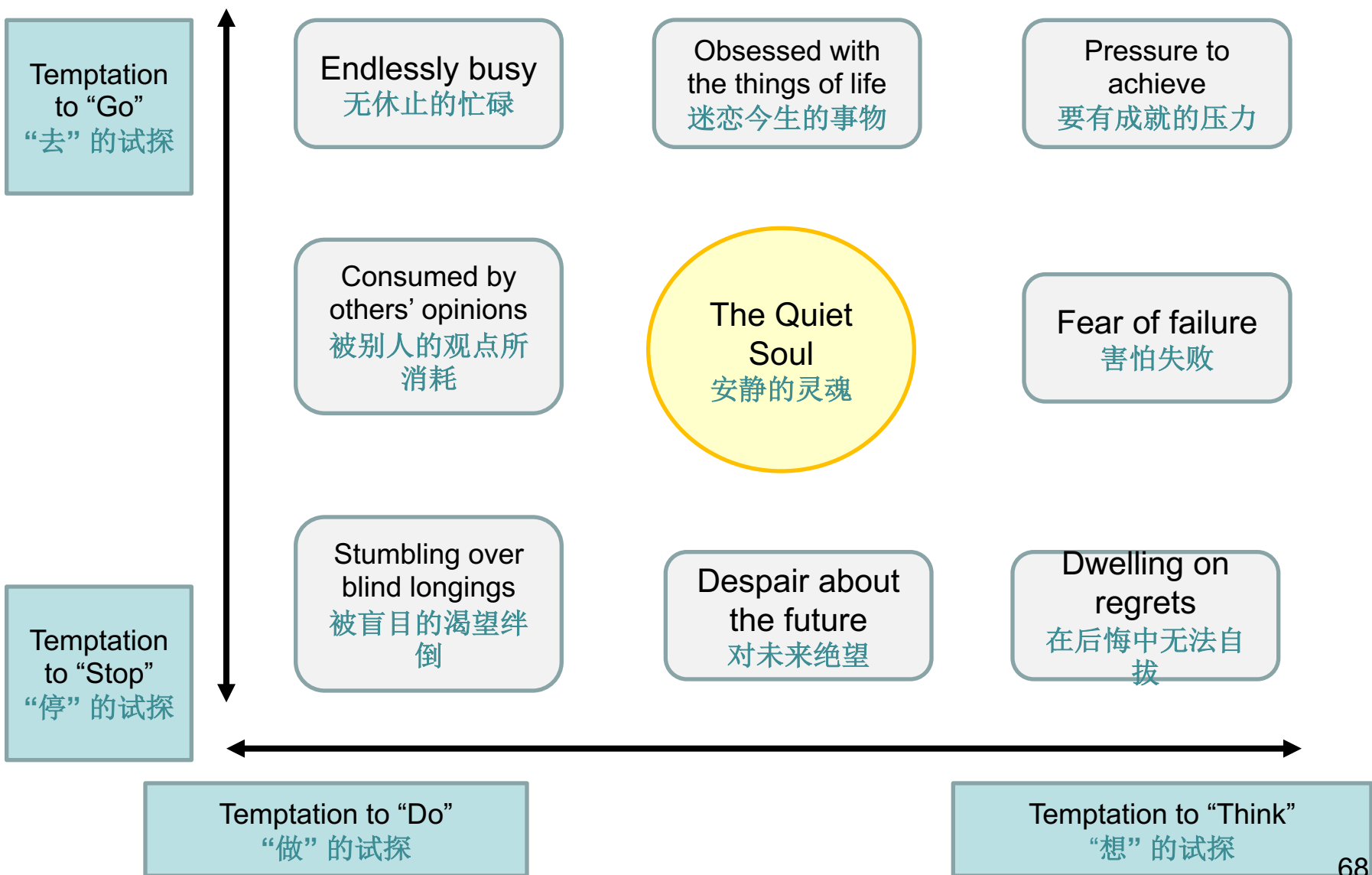
The proud heart quickly rationalizes this background noise, and tries to become comfortable with it.

骄傲的心很快就将这种背景噪音合理化，并试图适应它。

However, there is no rest for the wicked (Isaiah 57:20, 21).

然而，恶人却得不到安息 (以赛亚书 **57:20, 21**)。

The Centrality of the Quiet Soul 安静灵魂的中心



The Temptation to the Quiet Soul 安静灵魂受到的试探

The temptations take many forms. 试探是各种各样的。

1. At the top are temptations to “go” meaning temptations to move actively in the world’s pursuits, to participate in the world’s lies, to actively partner with it. 最顶端是“去”的试探，意思是在世俗的追求中积极行动的试探，参与这个世界的谎言，与之积极合作的试探。

2. At the bottom left is the temptation to “stop.” This is the temptation to be paralyzed, to be unable to act, to stop acting. 在左下角是“停”的试探。这是一种让人麻痹的试探，一种无法行动的试探，一种停止行动的试探。

Temptation
to “Go”
“去”的试探

Temptation
to “Stop”
“停”的试探

Temptation to “Do”
“做”的试探

Temptation to “Think”
“想”的试探

The Temptation to the Quiet Soul 安静灵魂受到的试探

Temptation
to “Go”
“去”的试探

3. At the bottom are temptations to “do.” This means temptations to work as the world works, to build upon the world’s lies. 底部是“做”的试探。指让人按照世俗的方式去行动，在世界的谎言上建造。

4. The bottom right is the temptation to “think” as the world does, to allow one’s thoughts to be taken captive by the world. 右下角是一种像世界一样“想”的试探，让自己的思想被世界所俘虏。

Temptation
to “Stop”
“停”的试探

Temptation to “Do”
“做”的试探

Temptation to “Think”
“想”的试探

Questions to Consider 思考问题

Questions to Consider 思考问题	
1. When do you find yourself most busy? 你觉得自己什么时候最忙?	
2. What causes you to lose yourself in busyness? 是什么让你在忙碌中迷失了自己?	
3. When do you lose your sense of grounding? 你什么时候会觉得没有根?	
4. When are you most worried? 你什么时候最忧虑?	
5. When are you most weary? 你什么时候最疲倦?	
6. When do you seem to lose hope? 你什么时候似乎失去了希望?	

The answers to these questions offer insight into the way in which one's heart is easily tempted.

这些问题的答案让人看到人心是如何容易受到试探的。

Isaiah 以赛亚书 57:20, 21: But the wicked are like the tossing sea, which cannot rest, whose waves cast up mire and mud. 'There is no peace,' says my God, 'for the wicked.' 惟独恶人，好像翻腾的海，不得平静，其中的水，常涌出污秽和淤泥来。我的神说，恶人必不得平安。

False Methods For Gaining Inner Peace

获得内心平安的错误方法

False Methods for Gaining Inner Peace 获得内心平安的错误方法	
1. Finding detachment or becoming apathetic 变得遗世独立或无动于衷	
2. Taking on a stoic personality 苦心修炼个人性情	
3. Not caring, or being indifferent 不在乎、漠不关心	
4. Developing low expectations for life 降低对生活的期望	
5. Methods of isolation (such as finding a retreat center - although retreats may have some value) 与世隔绝 (例如寻找一个静修中心——尽管静修可能有一些价值)	
6. Methods of cognitive numbness (such as sitting in front of the television) 麻木认知 (如坐在电视机前)	
7. Methods of emotional numbness (such as turning to alcohol) 麻木情感 (如转向酒精)	
8. Taking a vacation to an exotic beach 去异国海滩度假	

False Methods For Gaining Inner Peace

获得内心平安的错误方法

The source of the Christian's inner peace is not found in certain methods of escape, or in emotional detachment.

基督徒内心平安的根源不在于逃避，也不在于超然物外。

The Christian does not regain the quietness of his soul through blindly repeating some mantra.

基督徒不能通过盲目地重复某些祷告词而重新获得灵魂的安宁。

The Curse of a “Noisy” Soul “嘈杂”灵魂的诅咒

One of the greatest curses of a noisy soul is loss of relationship with God and others.

嘈杂的灵魂最大的诅咒之一就是与神、与他人失去关系。

Thus, the one with a noisy soul has few friends.

因此，一个有嘈杂灵魂的人很少有朋友。

The reason is that one never really sees people, never really knows what others experience.

原因是一个人从来没有真正看见别人，从来没有真正知道别人的经历。

One either raises people up as gods, or tears them down as worthless peons. 一个人要么把人奉为神，要么把人贬为一文不值的下人。

The Curse of a “Noisy” Soul “嘈杂”灵魂的诅咒

One raises people up as gods because, in one's fear, he seeks to associate with greatness.

一个人把人高举成神，是因为他在恐惧中寻求与伟大联系在一起。

People who are afraid are eager to find a leader.

害怕的人渴望找到一位领袖。

One tears people down as worthless peons because, in one's pride, one seeks to exalt himself over others. 一个人把人贬为一文不值的下人，是因为他在骄傲中总想把自己看得比别人高。

One who is prideful seeks to depose a leader.

骄傲的人想要推翻领袖。

Either I want to associate with greatness, or be great myself (as I define that greatness). 要么我想和伟大联系在一起，要么我想成为伟大的自己(按照自己的定义)。

Concerned With Matters Too Great 挂念重大的事

Psalm 131:1, speaks about not being concerned with great matters or things too wonderful for me.

诗篇 **131:1** 说，不要挂念重大的事，也不要挂念我以为奇妙的事。

There are numerous aspects of life that one cannot control, and any attempt to control them only results in grave despair.

生活中有许多方面是一个人无法控制的，任何试图控制它们的努力只会导致深深的绝望。

Concerned With Matters Too Great 挂念重大的事

Examples of Being Concerned With Matters Too Great 挂念重大的事的例子	
1. Receiving one's daily bread 得到日用的饮食	
2. Opportunities for service 服侍的机会	
3. Controlling another person 掌控另一个人	
4. Trying to ensure that one will never get sick 努力确保再也不生病	
5. Trying to get people to like one 想让人们喜欢他	

Concerned With Matters Too Great 挂念重大的事

1. Attempting to control other people 试图控制他人

Result: 结果:

a. Despair 绝望

b. Rage 愤怒

c. Anxiety 焦虑

d. Suspicion 怀疑

e. Manipulation 操纵

As a side note, there is a sense of euphoria when the control appears to be working.

顺便提一下，当掌控看似起作用的时候，有一种欢欣感。

This creates a personality similar to what psychology describes as “maniac depressive.”

这创造了一种类似于心理学所描述的“狂躁症”人格。

This is the incorrect label, but the concept concerns one who goes through depression and mania based on the perception of losing or gaining control. 这是一个不正确的标签，但这个概念关系到一个人在感到失去控制或获得控制时变得抑郁和躁狂。

Concerned With Matters Too Great 挂念重大的事

2. Trying to ensure that one will never get sick

努力确保再也不生病

a. Become obsessed with diet and exercise 沉迷于节食和锻炼

b. Fearful that any pain may be the start of something fatal
害怕任何疼痛都可能是不治之症的开始

c. Highly-manipulative toward one's physicians
对医生有很强的控制欲

Concerned With Matters Too Great 挂念重大的事

3. Trying to ensure that people like one 想让人们喜欢他

a. Flirtatious 打情骂俏

b. Artificial 虚伪

c. A coward 懦弱

d. A deceiver 欺骗

e. A chameleon 善变

d. A recluse 归隐

Becoming a recluse may be because one has failed to get people to like him. 归隐可能是因为没有能够让人喜欢他。

Misplaced Hope 错放的盼望

The more one places his hope on something other than God himself, the more he worries about that thing.

一个人越是将盼望放神以外的人事物上，就越是为此担心。

Where have you placed your hope? 你将盼望放在哪里？

This gives you a good indication of where you are likely to worry.

那很好地暗示了你常常为什么忧虑。

The Quiet Soul 安静的灵魂

David (and Jesus much more so) was a kingdom-builder.
大卫 (耶稣更是如此) 是位王国建造者。

Being a kingdom-builder involves expectations.
成为一个王国缔造者需要期望。

The kingdom-builder must be able to function in the middle of commotion and trouble.
王国缔造者必须能够在混乱和麻烦中临危不乱。

Jesus experienced pressure, joy, heartache, outrage, affection, and estrangement.
耶稣经历了压力和喜乐、心痛和愤怒、受人爱戴和被人排斥。

Yet, in spite of this whirlwind of emotion, relationship, and kingdom-building, he retained his inner peace. 然而，尽管他经历了情感、关系和建立天国的旋风，他仍然保持着内心的平安。

The Quiet Soul 安静的灵魂

Jesus' inner peace was worship driven: 耶稣内心的平安是敬拜驱使的:

1. It was not a cognitive exercise. (“Count to ten before speaking.”)
这不是一种认知练习。(“说话前数到十。”)
2. It was not a learned behavior. 这不是一种后天习得的行为。
3. It was not emotional manipulation. 这不是情绪操控。

Thus, Jesus gained his quietness of the soul through a lived out relationship with his Father.

因此，耶稣活出了与父的关系而获得了灵魂的平安。

That is the essence of worship, living out a relationship with God.
这就是敬拜的本质，活出与神的关系。

The Quiet Soul 安静的灵魂

Jesus' inner peace was: 耶稣内心的平安是:

1. Conscious (not the detachment that comes from reciting a mantra)
有意识的 (不是重复念叨祷告词的超然物外)
2. Alert (not blindly detached) 警醒的 (不是盲目地遗世独立)
3. Chosen (not just something that happens)
他选择的 (不只是被动地接受发生的事情)

In a sense, one could think of Jesus as having achieved complete self-mastery. 在某种意义上，我们可以认为耶稣已经完全掌控了自己。

This means that his will was perfectly and completely submissive to his Father. 意思是他的意志完美而又完全地降服于他的父。

The Quiet Soul 安静的灵魂

The quietness of Jesus' soul was found in lived out relationship with his Father. 耶稣灵魂的平安是在活出他与父的关系时找到的。

This brings us to the central objective of becoming a disciple of Christ, a disciple lives out relationship with God, not just lives out God's commandments, or working for God, or trying to master Scripture.

这就把我们带到了成为基督门徒的中心目标，一个门徒活出与神的关系，而不只是活出神的诫命，或为神工作，或努力掌握圣经。

The disciple of Christ is one who lives out relationship with God. 基督的门徒是活出与神关系的人。

Jesus' Seven Metaphors To Discourage Worry

克服焦虑的七个比喻

In Luke 12:22-34, Jesus offers seven metaphors to entice his followers to not worry. 在路加福音 12:22-34 中，耶稣用了七个比喻来引导他的信徒不要忧虑。

Why does he offer seven metaphors? 为什么他提出了七个比喻？

Jesus knows that certain people may be drawn to one metaphor more than another. 耶稣知道某个人群可能会被某个比喻吸引。

Some things sound more compelling to us than others. 我们对一些事情的注意力比别人更大。

Thus, there is likely at least one metaphor which would suit everyone. 因此，至少每个分都有适用于他的比喻。

Jesus' Seven Metaphors To Discourage Worry

克服焦虑的七个比喻

It is important to note that the word Jesus uses for worry is to be obsessed, driven, preoccupied. 值得注意的是，耶稣用来形容焦虑的词是被迷住、被驾驭、事物缠身。

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

1. The rich fool who stores in barns (Luke 路加福音 12:20) 积攒财富在仓房的无知财主

The act of storing grain was not the problem.
收藏粮食并不是问题所在。

The act of trusting in one's storage as the security for his life was the problem. 把收藏粮食作为生命安全的保障是问题所在。

The one who trusts in his wealth (whether money or material possessions) is a fool.
相信自己的财富(无论是金钱还是其它物质财富)的人是愚昧的。

Jesus points out that that very day this man's life would end. The point is that God alone holds each person's life in his hands. This means that money cannot offer even a moment's security.

耶稣指出，就在那一天，这个人的生命将结束。关键是只有神才能把每个人的生命掌握在他手中。这意味着金钱连片刻的安全都提供不了。

Trusting in money will always prove foolish, and those who try to trust in money, will always find it to be a source of great worry.

相信金钱总是会显出愚昧，那些想相信金钱的人总是发现它是巨大忧虑的来源。

Jesus' Seven Metaphors To Discourage Worry

克服焦虑的七个比喻

Consider Luke 12:33, “Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys.”

想想路加福音 **12:33**: 你们要变卖所有的，周济人。为自己预备永不坏的钱囊，用不尽的财宝在天上，就是贼不能近，虫不能蛀的地方。

Jesus' words are not a command to believers.
耶稣的话并不是对信徒的命令。

However, those who believe Jesus' words see great wisdom in them.
然而，那些信靠主耶稣话语的人会看到里面大有智慧。

If the believer were to sell his possessions, and give the proceeds to the poor, then he would make himself poor.
如果信徒变卖财产周济穷人，自己就穷了。

Jesus' Seven Metaphors To Discourage Worry 克服焦虑的七个比喻

However, in making himself materially poor, the Christian's heart would be drawn to see his treasure in Christ.

然而，基督徒身穷了，但是心却能看到基督里的大宝藏。

Thus, this act of selling and giving would encourage the heart to deeper faith in Jesus. 因此，变卖和周济能鼓励人心更信靠主耶稣。

The Christian, in making himself poor, and therefore, far more dependent on Christ, would see himself as wealthy in a more profound way.

基督徒身穷之后，更加大大地倚靠基督，会看到自己更加牢固的财富。

Additionally, in selling his possessions, and giving the proceeds to the poor, the poor might be moved to faith, making them rich in Christ.

另外，变卖财物周济穷人之后，那个穷人可能也会生发信心，让他们也在基督里富有了。

Jesus' Seven Metaphors To Discourage Worry

克服焦虑的七个比喻

Thus, this process (selling and giving) has made everyone richer, the believer has emboldened his heart to faith, and has, likewise, moves others' hearts to faith. 因此，这一（变卖和周济的）过程让施受双方都变得富有，信徒坚固了信心，还鼓励了他人相信。

Jesus has not commanded Christians to live in poverty, as poverty, in itself, is not superior to wealth.

耶稣没有命令基督徒生活得贫穷，贫穷本身并不比富有优越。

However, Jesus does desire that his people would shed all that hinders their faith, all that encumbers their hearts. 然而，耶稣确实渴望祂的百姓们扫除一切阻碍他们信心的事物和一切牵制他们内心的事物。

Thus, the Christian should be willing to follow this instruction, even if he is not necessarily called to act on it.

因此，基督徒应当甘心领受这一教训，即使他不需要践行。

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

2. Don't concern yourself with food or drink. (Luke 路加福音 12:22) 不要为吃什么喝什么忧虑。

This is really a concern about one's body.
这实际上是对一个人身体的关注。

People often worry that either food and drink will not be enough, or else that food and drink will not maintain one's health. 人们经常担心吃的和喝的不够，或者担心吃的和喝的不能保证人的健康。

Thus, some are obsessed with finding exactly the right food and drink to sustain life.
因此，有些人痴迷于寻找养身的食物和饮品。

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

3. The ravens which are fed 被养活的乌鸦 (Luke 路加福音 12:24)

God feeds the ravens even though they do not work for their food, and God considers his people far more important than ravens. (This, of course, is never a reason for believers not to work when they are able to.) 乌鸦即使不种不收，神仍还是养活它。而神认为他的子民比乌鸦重要得多。(当然，这绝不是信徒在有能力的时候不去工作的借口。)

If God provides for creatures of little significance, would he not also provide for his people who are of vastly greater significance? 如果神供养微不足道的生灵，难道他不也供养比那些圣灵更重要得多的人吗？

Life is more than food and clothing. 生命重于吃穿用度。

Jesus' point is that there is something vastly better to give one's energy to, that is relationship with himself. 耶稣的重点是，把精力花在另一件事上要好得多，那就是与他自己的关系。

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

If one considers that the raven was considered an unclean animal according to Mosaic law, this adds great force to Jesus' words.

如果根据摩西律法，乌鸦被认为是不洁净的动物，这就为耶稣的话增添了巨大的力量。

Jesus knew that his audience would be shocked by his analogy.

耶稣知道他的听众会被他的比喻所震惊

His point is that if the raven, an unclean bird, is under God's care, how much more would his image-bearers be under his care?

他的观点是，如果乌鸦，这只不洁净的鸟，是在神的照顾之下，那么有着祂形象的人岂不是会在他的照顾之下享受的更多吗？

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

4. Who can add a cubit to his height or span? (Luke 路加福音 12:25) 谁能使自己的身量多加一肘呢?

This is a challenging concept to interpret. There are two ways to interpret this: 这是一个很难解释的概念。对此有两种解释:

1. Jesus was speaking about one's physical height.
耶稣说的是一个人的身高。
2. Jesus was speaking about one's "walk" through life.
耶稣说的是一个人一生的“路程”。

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

Considering the first option: 考虑第一个选择:

The Jews may have been a somewhat short people compared to the surrounding “giants” in the land.

与这片土地上周围的“巨人”相比，犹太人可能是一个有点矮的民族。

They may have also felt physically small and weak compared to the Roman soldiers occupying their nation.

与占领他们国家的罗马士兵相比，他们可能还觉得自己身体弱小。

Then, as today, most people wish that they were a little taller (especially someone like Zacchaeus who was very short).

然后，就像今天一样，大多数人都希望自己能高一点 (尤其是像撒该这样个子很矮的人)。

People want to be taller as a way to feel more significant and powerful, as a way to feel more secure around others. 人们想要变高，是为了让自己感觉更重要、更有力量，是为了让自己在周围更有安全感。

Jesus points out an obvious fact: no person can increase his height by worrying about it.

耶稣指出了一个明显的事实：没有人可以通过忧虑来增加他的高度。

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

Considering the second option: No one can add a cubit to his span.
考虑第二种选择：没有人能在他的跨度上增加一肘。

A cubit is about eighteen inches, or the distance from one's elbow to finger tips. 一肘大约是十八英寸，也就是从手肘到指尖的距离。

A cubit was also considered to be the length of a person's step.
一肘也被认为是一个人的脚步的长度。

Thus, adding one cubit to one's life would be like taking one more step forward. 因此，给一个人的生命增加一肘就像是向前迈出了一步。

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

Jesus' point is that one cannot take even one more step forward by worrying. 耶稣的意思是，一个人不能因为忧虑而再往前走一步。

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

5. The lilies of the field 野地的百合花 (Luke 路加福音 12:28)

Lilies were common flowers that grew through no one's effort except God's.

百合花是一种普通的花，除了神的努力，没有人能培育出来。

The lilies were common yet their splendor was greater than Solomon's. 百合花虽普通，却比所罗门的威荣更大。

The point is that if God would bestow such splendor on common flowers, how much more would he bestow on his people. 问题是，如果神把这样的荣耀赐予普通的花，他会赐给百姓的要多出多少。

Thus, God's people are not concerned with their clothes because they are already clothed in splendor. 所以神的百姓不在乎自己的穿戴，因为他们已经穿上华美的衣服。

One who is clothed in God's own glory, does not care about the beauty of earthly clothes.

穿戴神荣耀的，不在乎地上衣装的华美。

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

Jesus' point is that God cares for insignificant things such as flowers, grass, and birds.

耶稣的重点是神护理着微小的事物，如野花野草和飞鸟。

How much more will he care for you? 他对你的护理是何等大得多呢？

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

6. Your father is God. 你的父是神。 (Luke 路加福音 12:32)

This is the most earth-shattering and life-changing news of all.
这是所有消息中最惊天动地和改变人生的。

Your father, who loves you, is actually God.
爱你的父，就是神。

If your father is God, you have nothing to worry about.
如果你的父是神，你就没有什么好忧虑的。

Jesus' Seven Metaphors to Discourage Worry

克服焦虑的七个比喻

7. Money belts that never wear out 永不坏的钱囊 (Luke 路加福音 12:33)

The final metaphor is about giving.
最后一个比喻是关于给予 (jǐ yǔ) 。

Because we have the God of the universe as our loving father, we can give freely knowing that he loves us.

因为我们有宇宙的神作为我们慈爱的父，我们可以自由地给予，因为我们知道他爱我们。

The Christian can give himself away.
基督徒可以完全给出自己。

He can give the free use of his gifts.
他可以自由地使用他的恩赐。

The Christian can give everything freely because he knows that his Father's provision is inexhaustible. 基督徒可以自由地给出一切，因为他知道他父亲的供应是取之不尽的。

Money Belts That Never Wear Out

永不坏的钱囊

Jesus' point is that the things that we can lose, we worry about.
耶稣的意思是，我们担心的是我们可能失去的东西。

The one thing that we can never lose, Jesus himself, allows us to give our lives away.

我们永远不会失去的一件东西，那就是耶稣自己，这让我们甘愿舍命。

Jesus is trying to reshape our reality, to cause us to live in, and give ourselves to, a new reality. 耶稣想要重新塑造我们的现实，让我们活在新的现实里，把我们自己交给那现实。

Extending the Metaphor 比喻衍生

1. Why do you concern yourself with your health, worrying about your longevity? 你为什么担心自己的健康，忧虑自己的寿命？

God will raise you from the dead to eternal life, and your body will be perfected and glorified.

神要叫你从死里复活到永生，你的身体也变得荣美。

2. Why do you worry about a few RMB?

你为什么为一些人民币忧虑？

Your inheritance will be the whole earth. 你的产业就是全地。

Extending the Metaphor 比喻衍生

3. Why do you worry when someone doesn't like you?

当有人不喜欢你时，你为什么要忧虑？

God has eternally accepted you into his family.

神已经永远接纳你进入他的家。

The Antidote to Anxiety 焦虑的解药

God continually reminded Israel of its past.

神不断地提醒以色列人他们的过去。

God frequently mentioned Israel's slavery in Egypt and its deliverance through the Red Sea.

神经常提到以色列在埃及为奴的经历，以及他们在红海的救恩。

God also reminded Israel that he is the God of Abraham, Isaac, and Jacob. 神也提醒以色列人，他是亚伯拉罕、以撒、雅各的神。

This was to remind them of his covenant faithfulness, that they are a people under covenant.

这是要提醒他们记念他的信实之约，他们是在约下的子民。

This was to cause Israel to remember its past as the way to understand its future. 这是为了让以色列记住它的过去，以此来理解他们的未来。

Thus, to the Jews their past was their future.

因此，对犹太人来说，他们的过去就是他们的未来。

The Antidote to Anxiety 焦虑的解药

Consider this concept with regard to your relationship with Jesus.
将这一概念联系你与耶稣的关系。

Jesus' death on the cross (in the past) is our assurance of his provision for us in the future.

耶稣（曾经）死在十字架上是我们（未来）得到供应的确据。

Thus, for the Christian, his past is his future.

因此，对于基督徒来说，他的过去即是他的未来。

Romans 罗马书 8:32: He who did not spare his own Son, but gave him up for us all--how will he not also, along with him, graciously give us all things? 神既不爱惜自己的儿子为我们众人舍了，岂不也把万物和他一同白白地赐给我们吗？

Thus, the Christian can rest in an assurance that all he needs to fulfill God's will is being provided and will continue to be provided.

因此，基督徒所需要用来完成神心意的一切都是确定会得到供应的，这种供应还会一直延续，那么基督徒就能够安息。

Brain and Body Malfunction

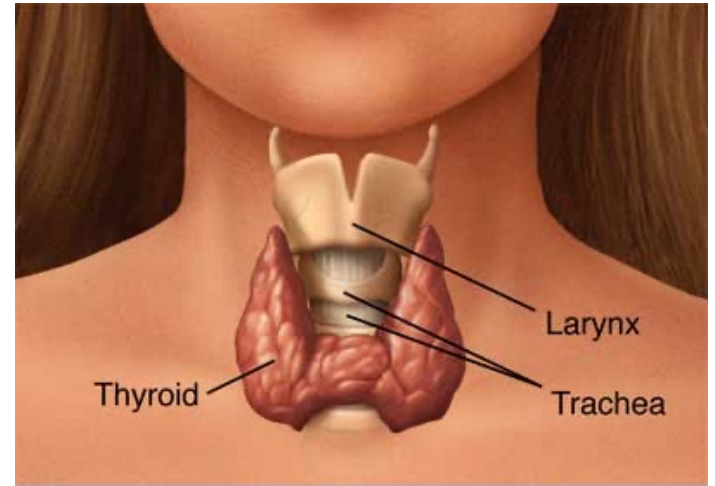
大脑和身体功能障碍

Sometimes the brain and body breakdown and, thus, do not function as they were designed.

不过，确实有时候大脑和身体会崩溃，因此不会像设计的那样发挥功能。

People often experience behavior changes because of various health problems, or variations in diet.

人们因为各种健康问题或是饮食变化而发生行为变化。



Brain and Body Malfunction

大脑和身体功能障碍

Brain and Body Malfunction 大脑和身体功能障碍	
1. The thyroid gland 甲状腺	1. Hypothyroidism can make one depressed and lethargic. 甲状腺机能衰退会使人们情绪低落并且没精打采。 2. Hyperthyroidism can make one anxious and hyperactive. 甲状腺亢进会使人焦虑并且过度活跃。
2. A brain tumor 脑瘤	A brain tumor can cause severe cognitive impairment, and a host of other symptoms. 脑肿瘤会导致严重的认知障碍和其他一系列症状。
3. A head injury 头部创伤	A head injury can cause memory loss and an inability to speak or focus. 头部受伤会导致记忆力下降，无法说话或注意力集中。

Brain and Body Malfunction

大脑和身体功能障碍

Some issues to consider with regard to brain and body malfunction:
大脑和身体功能障碍有关的一些问题：

1. Such malfunction may, at times, result in depression or anxiety, but of a more surface variety (more akin to lethargy or hyperactivity).
这样的障碍有时导致抑郁或焦虑，但是是一种表面的变化（更像是嗜睡或多动）

The nature of this depression or anxiety is less entrenched, because it does not arise from the heart. 这种抑郁或是焦虑的本质没有那么根深蒂固，因为它不是从内心生发出来的。

A wise counselor is alert to the breakdown of the body, and gains hints of health issues (or dietary issues) that may need to be addressed.

一个智慧的辅导者能警觉地意识到身体的崩塌，得到可能需要指出的健康问题（或饮食问题）的暗示。

It is often wise to have a physician evaluate a person with depression or anxiety which does not seem to arise from heart issues. 让一位医生来诊断一下不是从内心问题生发的抑郁或是焦虑常常是明智的。

Brain and Body Malfunction 大脑和身体功能障碍

2. Once a physician has evaluated such a person, and determined that body or brain malfunction is occurring, medication may be prescribed which corrects the problem (such as thyroxin for hypothyroidism).

一旦一个医生诊断了这个人，并确诊是身体或是大脑功能障碍的原因，就可以用药物来纠正这个问题（比如甲状腺素治疗甲状腺功能减退）。

However, the physician may try to refer the patient to a psychiatrist for psychotropic medication.

然而，医生可能想要把病人介绍到精神科或开精神药物。

This should always be avoided. 这通常是要避免的。

Psychotropic medication will have a destructive effect upon the psyche.

精神药物对精神会产生具有破坏性的影响。

Brain and Body Malfunction 大脑和身体功能障碍

3. Brain and body malfunction tempt the heart to sin, but do not cause the heart to sin.

大脑和身体功能障碍会诱惑人心去犯罪，但不导致人心去犯罪。

Thus, clear sin issues (anger, violence, alcoholism, cursing, stealing, lying) never arise from brain or body malfunction.

因此，要明确犯罪（发怒、施暴、醉酒、咒骂、偷窃、说谎等）从来不是大脑或身体功能障碍导致的。

Sin only arises from faulty heart worship.

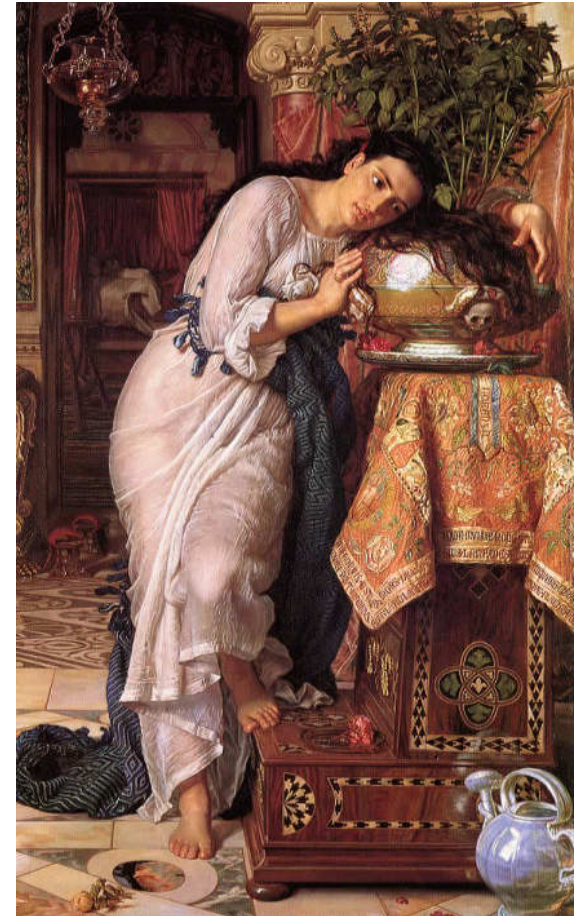
罪唯一的来源是内心的错误敬拜。

The Anxiety Game Plan 处理焦虑的策略

In dealing with anxiety: 处理焦虑:

1. Name the pressures. 压力叫什么名字。

What tends to hook your emotions?
什么在钩住你的情绪?



The Anxiety Game Plan 处理焦虑的策略

2. Identify how you expresses anxiety. 确定你是如何表达焦虑的。

a. Is the experience best described as suffocating?

令人窒息是描述这种经历的最好方式吗？

b. Is there an obsession with the object of the anxiety such as in replaying thoughts?

是否焦虑的对象总是在脑海里回放达到了痴迷的程度？

c. Does one resort to anger as a perceived means of warding-off fears?

是否会用生气来逃避恐惧？

d. Does one exhibit an uncontrollable desire for relief such as gluttony, smoking, sexuality, or shopping? 是否不加以节制地用满足欲望来疏解焦虑？如暴饮暴食、不停地抽烟、过度房事或疯狂购物？

The Anxiety Game Plan 处理焦虑的策略

3. Ask oneself why one is anxious. What is the inner logic?

问自己为什么会焦虑。内在的逻辑是什么？

a. What “form of greed” is one expressing?

人在表达怎样的一种“贪婪”？

b. What does one want, need, crave, expect, demand or lust after?

人想要什么、需要什么、渴求什么、期待什么、要求什么或者贪求什么？

c. What does one fear either losing or never gaining?

在失去或者得不到的时候惧怕什么？

The Anxiety Game Plan 处理焦虑的策略

4. What are Jesus' promises to those who belong to him?

耶稣对那些属于他的人应许了什么？

5. Go to the Father. Leave one's requests with God, and let him handle them. 到父面前来。将你的请求交给神并让祂来处理。

6. Give oneself away to abandoned love for God and others.

舍己、不受约束地爱神爱人。

“It Is Well with My Soul” 我心灵得安宁



Horatio Spafford (1828-1888) was a faithful Christian who experienced extraordinary tragedy. 霍雷肖·史派福是一位忠信的基督徒，他曾经历过不同寻常的人生惨剧。

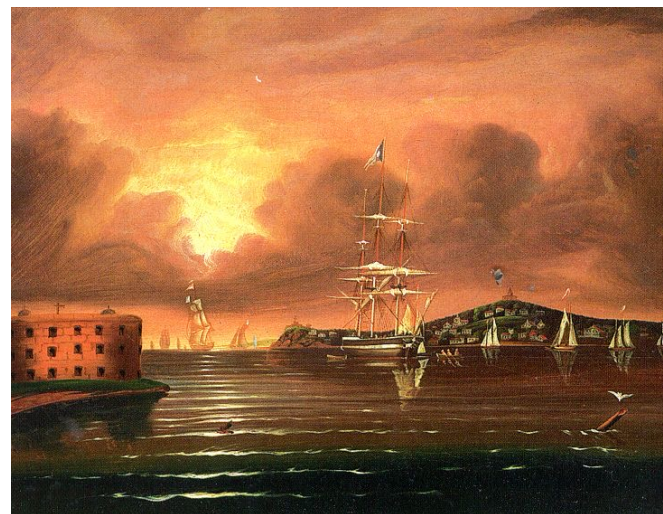
“It Is Well with My Soul” 我心灵得安宁

Horatio Spafford was a prominent Chicago attorney.

霍雷肖·史派福是芝加哥一位知名的律师。

He had a thriving business, the respect of his neighbors, a devoted wife, and five beautiful children. 他生意兴旺，受人尊重，有一位贤德的妻子，5个孩子漂亮可爱。

But, beginning in 1871, everything would change. 但是，1871年初，一切都变了。



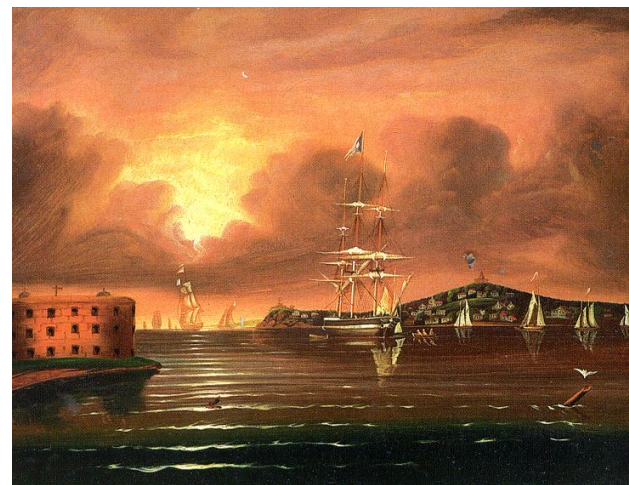
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In the spring of 1871, Spafford invested in real estate in north Chicago.

在 1871 年的春天，史派福在芝加哥北部投资了房地产。

In October 1871, the Great Chicago Fire destroyed his investments. 1871 年 10 月，芝加哥大火将他的资产付之一炬。

He went bankrupt. 他倾家荡产。



“It Is Well with My Soul” 我心灵得安宁

Also, in 1871, his two-year old son suddenly died.

也是在 1871 年，他 2 岁的儿子突然死亡。

In 1873, Spafford sent his wife and four daughters to England for a vacation.

在 1873 年，史派福送他的妻子和 4 个孩子去英国度假。

He was detained on business, so he would meet them later.

他由于生意耽搁，没有与妻女们同行，而是会在后面的行程中与她们汇合。



“It Is Well with My Soul” 我心灵得安宁

Tragically, on November 22, 1873, the ship his family was sailing on, the *Ville du Havre*, struck another ship and sank. 悲惨的是，1873年11月22日，他妻女乘坐的邮轮勒阿弗尔号与另一艘邮轮相撞而沉没。

Spafford's four daughters were lost. 史派福的四个女儿自此杳无音讯。

His wife survived. 只有他的妻子幸存了。



“It Is Well with My Soul” 我心灵得安宁

Later, Spafford sailed to England.
后来，史派福乘船去了英格兰。

As he crossed over the spot where his
daughters perished, he wrote the hymn,
It Is Well with My Soul.

当他乘船经过他女儿出事的地点时，他
写下了诗歌《我心灵得安宁》



Review Questions 复习样题

1. From the class notes, “Anxiety,” explain the section, “A Look at Paul’s Life.” 根据课件《克服焦虑》，解释“看看保罗的一生”这一部分。
2. From the class notes on “Anxiety,” explain the centrality of the quiet soul. Also explain the enemies to the quiet soul. 根据课件《克服焦虑》，解释安静灵魂的中心。也请阐述对于安静的灵魂的敌人。
3. From the class notes, “Anxiety,” explain “The Quiet Soul” from Psalm 131. 根据课件《克服焦虑》，联系诗篇 131 篇，解释“安静的灵魂。”
4. From the class notes, “Anxiety,” explain “Jesus’ Seven Metaphors to Discourage Worry.”
根据课件《克服焦虑》，解释“克服焦虑的七个比喻”。