

Rest Weekly 每週休息

Hebrews 希伯來書 4:1-11

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Intro 簡介

It's week 4 of school after a holiday. There is an impending assignment. And you are already thinking of the end of the school term. How about this one?

假期過後，已經是開學第四週了。有一份即將要交的課題。而你已經開始想到學期就要結束了。或者是？

You've come back from your Europe trip, sitting at the work desk, sitting behind the digger, and you're already scrolling through Webjet, planning the next holiday. Sound familiar?

您從歐洲旅行回來，坐在辦公桌前，坐在挖土機後面，你已開始瀏覽 Webjet，計劃下一個假期。聽起來很熟悉嗎？

We are all hungry for rest. Because at the bottom of this, you're either yearning for more rest or you want respite from you're working...

我們都渴望休息。因為歸根結底，你要麼渴望更多的休息，要麼想要從工作中得到喘息...

And so, therefore, perhaps, the rest that you are pursuing isn't the antidote to our problem. Our problem is a lot deeper. And so, what I want to do today is to unpack God's vision for rest briefly. And by God's enabling, illuminate the clarity of Scripture that says rest is beautiful. Rest is a beautiful gift when you find it in Jesus. It's a resource to be stewarded regularly, so that you might, like all the other rhythms of grace, behold Christ's beauty in your own life.

因此，也許，你所追求的休息並不是解決我們問題的良方。我們的問題更加嚴重。所以，今天我想做的是簡單闡述上帝對休息的看法。並且藉著上帝的力量，闡明了聖經中「休息是美好的」的明確性。當你在耶穌裡找到休息時，它就是一份美麗的禮物。它是一種需要定期管理的資源，以便您可以像所有其他恩典的節奏一樣，在自己的生命中看到基督的美麗。

That's what these rhythms are about. If you think it's all about doing the rhythm because Jesus says so, you're missing out on the grace of Jesus. Reading the Bible is to gaze and the wonder of Jesus who came to this earth. We gather as people who've been redeemed by Jesus to sing of the goodness of Jesus our redeemer. So too is rest, an experience of God's grace.

這些節奏的意義就在於此。如果你認為一切都只是要按照耶穌說的節奏去做，那麼你就錯過了耶穌的恩典。閱讀聖經就是為了凝視並驚嘆耶穌降臨到這個世界的奇蹟。我們作為被耶穌救贖的子民聚集在一起，歌頌我們的救贖主耶穌的美德。休息也是如此，是一種上帝恩典的體驗。

Let's pray:

讓我們祈禱：

Loving Father, we thank you that you are the creator of all things. We ask that you might help us with our longing for rest. Lord, we want our life to seek the interests of Christ Jesus above our own, and by doing so, experience your promise of Jesus's purpose of coming. Of having life. Life to the full. Amen.

慈愛的天父，我們感謝您，因您是萬物的創造者。我們懇求您幫助我們滿足對休息的渴望。主啊，我們希望在我們的一生中尋求基督耶穌的旨意高於我們自己的意思，透過這樣做，我們可以體驗到你對耶穌降臨的目的的承諾。擁有生命。一個豐盛的生命。阿門。

So I've got three points. We've got the points in the outline on the St. Paul's App:
所以我有三點，你可以在聖保羅應用程式的大綱中看到：

- The world's story of rest
- God's Story of Rest
- Your Story of Rest
- 世界的休息故事
- 神的安息故事
- 你的休息故事

The world's story of rest 世界的休息故事

Nearly 100 years ago in 1930, John Maynard Keynes, an economist, suggested that by the time his children would grow up to be working age, all people would be working 15 hours. And so, you'd think his grandchildren would work even less than that...

近 100 年前的 1930 年，經濟學家約翰·梅納德·凱恩斯預測，當他的孩子長大到工作年齡時，所有人的工作時間都會是每週 15 小時。所以，你可能會認為他的孫子們工作量會更小...

I mean, that sounds pretty good.

我的意思是這聽起來不錯。

So, let's inspect that generation. They did some research on his family and descendants. And they do this fun interview, and they talk about how long they have been working for. 那麼讓我們對那一代進行檢查。他們對他的家族和後代做了一些研究。他們進行了有趣的採訪，並談論了他們的工作時間。

And so the interviewer asks, 'How many hours a week are you working?'

因此採訪者會問：“您每週工作幾個小時？”

And then the descendant says, 'Yeah, I work 15 hours...'

然後後代說，“是的，我工作 15 個小時.....”

That sounds like the Keynes family has made it. And then you realise they haven't finished the sentence; they were going to say...

這聽起來凱恩斯家族已經成功了。然後你意識到他們還沒說完這句話；他們要說的是...

15 hours a DAY!

每天 15 小時!

His family even say that Keynes before he died did not take his own advice, because he was busy stressed and overworked trying to solve an economic crisis.

他的家人甚至說，凱恩斯在去世前並沒有聽從自己的建議，因為他忙於解決經濟危機，壓力重重，工作繁重。

And for you and I, when we engage in small talk, there's the common phrase you'll hear, 'I'm good, but I'm busy.'

對於你和我來說，當我們閒聊時，你會聽到這句常說的話，“我很好，但是我很忙。”

It's probably because you're trying to keep all the balls up in the air. You're juggling, work, family, friendship, health, appointments, church, wellness, extracurricular, sleep, eating, hobbies and you can often be so overwhelmed.

這可能是因為您試圖讓所有球都保持在空中。您需要兼顧工作、家庭、友誼、健康、約會、教會、保健、課外活動、睡眠、飲食、嗜好，因此您常常會感到不知所措。

And when I get this inner agitation, I find myself blaming work, or this other externalised problem. And don't get me wrong. That can be the case. There are cases where your role has been suddenly overloaded. You've got office politics and problems with colleagues.

Absolutely. But is this always the case?

當我內心感到焦慮時，我發現自己會怪罪工作或其他外在問題。請不要誤會我的意思。有可能是這樣。在某些情況下，您的角色會突然變得超負荷。您遇到了辦公室政治和與同事之間的問題。絕對地。但情況總是如此嗎？

Let me put it another way if I were to tell you, go and rest. You are probably thinking – do nothing.

換句話說，如果我告訴你，就去休息吧。您可能會想——什麼都不要做。

And when it comes to stress management and rest from work, I wonder if our solution always tends to be to rid of all the work things we do.

當涉及壓力管理和工作休息時，我想知道我們的解決方案是否總是傾向於擺脫我們所做的所有工作。

- Have more days off
- holiday.
- Retirement.
- Eat some food to find some comfort

- Alcohol → to forget our problems
- 有更多的休息日
- 假期。
- 退休。
- 吃一些食物來尋求一些安慰
- 酒精→忘記我們的煩惱

Even on your days off, or those first few days on holiday, are you restless? This sense that you are worrying about your friendships, family, a charity organisation that is floundering, your financial stability, and maybe even your work.

即使在休息日或假期的最初幾天，您是否仍舊焦躁不安？這種感覺意味著你擔心你的友誼、家人、陷入困境的慈善組織、你的經濟穩定，甚至你的工作。

Even if you are retired, it seems that retirement doesn't resolve this restlessness...

即使退休了，但似乎退休也無法解決這種不安感...

Have you spoken to someone about their retirement plans? Key word. Plans. And they sometimes seem somehow busier than when they first started working.

您是否與某人談論過他們的退休計劃？關鍵字。計劃。有時他們看起來比剛開始工作時還要忙。

Because, you know, they've been roped in by their children to take care of the grandkids.

There's all these trips. They're the president of the Stamp Society. Why is this the case?

因為，你知道他們已經被他們的孩子拉攏來照顧孫子孫女了。有這麼多的旅行。他們是郵票協會的會長。為什麼會這樣呢？

I wonder if it's because you are restless.

不知道是不是因為你的心不能靜下來。

The problem is not just that you are busy but that your heart cannot rest. FORGET doing nothing or even hobbies and leisure. Because if you feel restless and your mind is ruminating on life, and you have this regular depleted mental bandwidth. With all the noise in your head... Doing nothing means... NOTHING.

問題不只是你忙，而是你的心無法休息。不論是什麼都不做，更不用說嗜好和休閒。因為如果您感到焦躁不安，您的腦海裡不斷反思生命，您的精神頻寬就會經常耗盡。腦子裡一片混亂...什麼都不做意味著...什麼都不。

So, resting = doing nothing is not the antidote to your restless spirit. And I wonder if the Bible has the best answer. There is hope here.

因此，休息 = 什麼都不做並不能緩解您的焦躁情緒。我想知道聖經是否有最好的答案。這裡有希望。

Because I think the feeling & experience of restlessness that we have is a sign. It's a sign to turn to Jesus. It's a sign to turn to the one who says in Matthew 11:28: 'Come to me, all you who are weary and burdened, and I will give you rest.

因為我認為我們所擁有的不安的感覺和經驗是一種訊號。這是轉向耶穌的標誌。這是轉向《馬太福音》11:28 所說的話的記號：「凡勞苦擔重擔的人都到我這裏來，我要使你們得安息。」

So let's look at the Bible's story of rest.

那麼讓我們來看看聖經中關於休息的故事。

God's story of rest 神的休息故事

To understand the story of rest, we are going to simply put it into three categories:

為了理解休息的故事，我們簡單地將其分為三類：

1. Creation
 2. Fall
 3. Redemption
1. 創造
 2. 違背命令
 3. 救贖

Creation 創造

We start talking about creation because, at the very beginning, imprinted into its narrative is rest. Now, if God is the creator of all things, he creates rest. If you know the Creation Account, it all begins in Genesis 1.

我們開始談論創造，因為從一開始，休息就印刻在創造的敘事中。現在，如果上帝是萬物的創造者，那麼祂就創造了休息。如果你了解創世的記錄，那麼一切都始於《創世紀》第 1 章。

God does the most amazing, creative and magnificent act – he creates the world and its inhabitants. The very beginning of the story of the Bible is God's creation from his very utterance. He calls things to beings with His Word. So God makes the world in six days, then he does what?

上帝做出了最令人驚奇、最具創造性和最偉大的舉動——祂創造了世界和世界上的居民。聖經故事的開端是上帝透過祂的言語創造世界。他用他的言語召喚萬物。那麼上帝在六天內創造了世界，然後祂做了什麼？

Genesis 2:2: By the seventh day God had finished the work he had been doing; so on the seventh day, he rested from all his work.

《創世紀》2: 2: 「到第七日，上帝已經完成了造物之工，就在第七日安息了，歇了他所做一切的工。」

He rests. When a musician goes on tour, everyone is dazzled by their music. The crowd wants more. They go for an encore. You might expect God to make more. No, God rests.

But he doesn't rest from his work in the sense that he does nothing. It's a kind of rest that says, 'he has finished' He's accomplished creation. God says WOW about his work, his creation in 2:3

他歇息。當一位音樂家巡迴演出時，每個人都被他們的音樂所震撼。觀眾還想要更多。他們又回去再演一次。你或許期望上帝創造更多。不，上帝安息了。但他歇息並不意味著什麼都不做。這是一種表示「已經完成了」的安息，他完成了創造。上帝在 2:3 中對祂的工作、祂的創造表示驚嘆

3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

3 上帝賜福給第七日，將它分別為聖，因為在這日，上帝安息了，歇了他所做一切創造的工。

You see, God's picture of rest is beautiful, isn't it? Rest is holy. Holy means set apart by God for his purposes. In other words, the day of rest is not just an experience that God has, but one that his creation, his world, is to behold and experience.

你看，上帝所描繪的休息景象很美，不是嗎？休息是神聖的。神聖的意思是上帝為了祂的目的而被分別出來。換句話說，安息日不僅是上帝的一種體驗，也是祂的創造物、祂的世界所要觀察和體驗的。

Because rest propels the story. God ordained rest as a part of the weekly cycle for his people. It's one of the 10 Commandments – Deuteronomy 5:12:

因為故事的發展以休息來推動。事實上，上帝將休息規定為祂的子民每週週期的一部分。這是十誡之一—《申命記》5:12:

Observe the Sabbath day (the rest day), to keep it holy, as the LORD your God commanded you.

當守安息日為聖日，正如耶和華—你上帝所吩咐的。

Jesus himself summarises the commandments into two sections. Matthew 22:37:

耶穌自己將所有誡命概括為兩部分。《馬太福音》22:37:

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind... All the Law and the Prophets hang on these two commandments."

耶穌對他說：「你要盡心、盡性、盡意愛主—你的上帝。…這兩條誡命是一切律法和先知書的總綱。」

Which are, love God and love your neighbours. Do you know where the Sabbath rest commandment falls in the two summaries? If you look closer in Deuteronomy, God informs Israel as to why they rest. What should they remember to encourage rest in your lives?

Deuteronomy 5:15:

即愛上帝和愛鄰舍。您知道安息日休息的誡命在這兩個摘要中處於什麼位置嗎？如果你仔細閱讀《申命記》，你會發現上帝告訴以色列人他們休息的原因。他們應該記住什麼來鼓勵你在生活中休息？《申命記》5:15:

You shall remember that you were a slave[c] in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.

你要記念你在埃及地作過奴僕，耶和華—你的上帝用大能的手和伸出來的膀臂領你從那裏出來。因此，耶和華—你的上帝吩咐你守安息日。

Love God. Love God. The centrepiece of the Sabbath rest in the 10 Commandments begins with who God is You rest or cease striving because of who God is. God is the one who saved the Israelites out of Egypt. They just needed to rest and lean into trusting God. They did nothing. They did not part the Red Sea. They did not control Pharaoh. It was God. And so too by every other measure, God is sovereign who sustains all things. That's the premise of rest.

愛上帝。愛上帝。十誡中安息日休息的核心始於上帝是誰，你休息或停止奮鬥是因為上帝是誰。是上帝把以色列人從埃及拯救出來。他們只是需要休息並依靠上帝。他們什麼也沒做。他們沒有分開紅海。他們沒有控制法老。那是上帝。同樣，從其他所有標準來看，上帝都是主宰萬物的。這就是休息的前提。

Fall 違背命令

Yet, we already know, simply from the experience of our lives and of what we spoke earlier, that despite knowing the goodness of rest, we still feel restless.

然而，從我們的生活經驗和之前所說的內容中我們已經知道，儘管知道休息的好處，但我們仍然感到不安。

There is a deep longing in our hearts that we are trying to fill. We are still yearning for deep rest. Where there are good work days, there are also plenty of wearisome and difficult days too. In Genesis 3:17, we see the result of humanity's sin is that work is tainted and will be hard. And so of course, rest for our soul is endlessly difficult. Forever chasing the next high or for some fleeting escapism. We are chasing everything but God's rest to fill our rest longings.

我們心中有一種深深的渴望，我們正在努力滿足它。我們仍然渴望深度休息。有順利的工作日，也有疲憊和困難的日子。在《創世記》3:17中，我們看到人類罪惡的結果是工作被玷污並且變得艱難。因此，讓我們的靈魂休息當然是極其困難的。永遠追逐下一個高峰或尋求一些短暫的逃避現實。我們追求一切，卻不追求上帝的休息來滿足我們休息的渴望。

Augustine of Hippo said, 'Our heart is restless until it rests in you.'

聖奧古斯丁說過，“我們的心永遠不會安寧，除非它安息在你裡面。”

Friend, the good news is, this is not the end. If you trust in Jesus, you know that Jesus becomes the pinnacle of everything. He changes everything. And so too is Jesus the pinnacle of rest. If you don't know Jesus, my prayer is that you listen to this story of Jesus so that it might bring encouragement and curiosity about who Jesus is to you.

朋友，好消息是，這不是終結。如果你信任耶穌，你就會知道耶穌會成為一切的巔峰。他改變了一切。耶穌也是休息的巔峰。如果您不認識耶穌，我祈禱您能聽聽耶穌的故事，這樣它可能會給您帶來鼓勵和對耶穌是誰的好奇心。

Redemption 救贖

Jesus was hanging out with these two ladies, Mary and Martha at their house. We see this in Luke 10. It's clear in verse 38, that it is Martha who invites Jesus in. So, one might assume that Martha is opening her house to the Lord and Saviour, she's doing the best thing. And understandably when it comes to hospitality and people coming over, I want to make sure there is no mess, and everything's clean. And so what does Martha do?

耶穌和馬大和馬利亞這兩位女士在家裡閒逛。我們在《路加福音》第10章中看到了這一點。可以理解的是，在接待客人時，我希望確保沒有混亂，一切都很乾淨整潔。那麼馬大做了什麼呢？

She does household preparation – cleaning, cooking, getting a meal ready, who knows. And in her exasperation, she exclaims to the Lord that she is doing it all by herself.

她做了家庭日常準備——打掃、煮飯、準備飯菜，誰知道呢。她伺候的事多，心裏忙亂向主大喊，這一切都是她自己在造。

Luke 10:40, “*Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!*”

《路加福音》10:40，「主啊，我的妹妹留下我一個人伺候，你不在意嗎？請吩咐她來幫助我。」

Because if she doesn't do it, surely Mary won't because all she's doing is just chilling at Jesus' feet. What you must understand here, is that Martha is doing what is culturally expected of her. What the world says is expected when a guest comes over. And so Jesus responds with something contrary to what the world expects of her.

因為如果她不這樣做，馬利亞肯定也不會這樣做，因為她所做的只是在耶穌腳邊冷靜下來。這裡你必須明白的是，馬大正在做文化對她的期望。世界說當客人到來時要做的什麼。而耶穌的回應與世人對她的期望相反。

Luke 10:41-42, “*Martha, Martha,*” the Lord answered, “*you are worried and upset about many things, 42 but few things are needed—or indeed only one.*”

《路加福音》10:41-42 主回答說：主回答說：「馬大，馬大，你為許多的事操心煩惱，42 但是不可少的只有一件。馬利亞已經選擇了那上好的福分，是沒有人能從她奪去的。」

This is the king who removes all the pretences and just wishes to be in relationship throughout all the mess. Don't worry about all the preparations, for when there is time with Jesus, nothing else matters. Sit and gaze at the glory of Jesus. God who has condescended. Only one thing matters.

這是一位除去一切虛偽、只希望在一切混亂中維持關係的王。不要擔心所有的準備工作，因為當有時間與耶穌在一起時，其他一切都不重要。坐下來凝視耶穌的榮耀。屈尊俯就的上帝。只有一件事重要。

Notice again, how clearly Jesus is trying to speak to her. *‘Martha, Martha... you are worried. And. Upset.*

再次注意，耶穌是多麼清晰地試著和她說話。「馬大，馬大，你為許多的事操心煩惱」

Friends, Martha’s issue is not that she’s doing things. In fact, notice that Jesus doesn’t talk about her actions. It’s that she is worried and upset. She’s restless. When faced with the image of the invisible God, the firstborn over all creation, instead of hanging out with him. She goes and does something that’s probably good, and important, but not the best.

朋友們，馬大的問題不在於她所做的事情。事實上，請注意耶穌並沒有談論她的行為。而是她操心煩惱。她很焦躁。當面對看不見的上帝的形象時，祂是一切創造物的長子，而不是和祂在一起。她所做的事情可能很好、很重要，但不是最好的。

In our claims for doing good and seemingly important things, making our kids happy by taking them to every extra-curricular there is under the sun. Appeasing the boss the phone of our boss for a non-emergency. We have to ask: is it the best thing I could be doing with my time?

我們聲稱要做善事和看似重要的事情，帶孩子們參加各種各樣的課外活動讓他們感到快樂。安撫老闆我們老闆的電話以應對非緊急情況。我們必須問：這是我能用自己的時間做的最好的事嗎？

Good is good, but are you living in the best? Is your calendar filled with good options, that overshadow the best? Jesus is the greatest best you can choose.

好是好，但是你活在最好的狀態嗎？您的行事曆上是否排滿了好的選擇，而最好的選擇卻被掩蓋了？耶穌是你所能選擇的、最偉大、最好的。

In fact, in the passage that Mark/Morgan read out for us in Hebrews 4:1-11 starts by saying in verse 1:

事實上，在為我們讀出的《希伯來書》4:1-11的經文中說，第1節開頭是這麼說的：

Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.

所以，既然進入他安息的應許依舊存在，我們就該存畏懼的心，免得我們中間有人似乎沒有得到安息。

The writer of Hebrews is pretty much saying there are all these people who were trying to enter the rest of God, this ultimate rest and peace, but didn’t.

《希伯來書》的作者基本上是在說，所有人都試圖進入上帝的安息，這種最終的安息與和平，但是都沒有成功。

Then in verse 2, it says: *For we ALSO have had the good news.* The implication here, is that the gospel leads to rest. The good news for God's chosen people then and now is rest. 然後第 2 節說：因為的確有福音傳給我們像傳給他們一樣；這裡的含義是，福音會帶來安息。對於上帝當時和現在的選民來說，好消息就是安息。

But how do we receive the gospel's promise of this rest? Hebrews 4:10:
但我們如何才能得到福音中關於這種安息的承諾呢？《希伯來書》 4:10:

for anyone who enters God's rest also rests from their works.
因為那些進入安息的，也是歇了自己的工作，

You rest from your work. Why? Because Jesus died on the Cross, his great work. His great accomplishment. He says, 'It is finished.' You don't need to work/can't work to earn God's favour. You rest. Jesus worked so you could rest.

你歇了自己的工作。為什麼？因為耶穌死在十字架上，這是祂偉大的成就。祂的偉大成就。他說：“成了。”您不需要工作/不能工作來獲得上帝的青睞。你休息吧。耶穌工作是為了讓你能夠安息。

You see, if Jesus is the one who died on the Cross, you don't need to do anything. That is grace. It is the undeserved gift, that Christ paid for. You didn't earn it. It was simply a gift for you to receive.

你看，如果耶穌是死在十字架上的人，你就不需要做任何事。那是恩典。這是基督付出的代價換來的一份不配得的禮物。你沒賺到它。這只是一份給你的禮物。

If that is Jesus' grace, then there is a logical conclusion you can make about rest. The logic of grace is as simple as this.

如果那是耶穌的恩典，那麼你就可以對安息得出一個合乎邏輯的結論。恩典的邏輯就是這麼簡單。

If you have received the grace of our Lord Jesus, then you rest in Jesus.
如果你已經接受了我們主耶穌的恩典，那麼你就可以在耶穌裡安息。

Your rest began when you first took a glimpse of the gospel. For you trusted in Jesus, and not your works. The logic of grace is rest. If this, then that. If grace, then rest.

當你第一次瞥見福音時，你的安息就開始了。因為你信靠的是耶穌，而不是你的行為。恩典的邏輯就是安息。如果這樣，那麼那樣。若有恩典，則安息。

Your story of rest 你的安息故事

Now when it comes to the story of your rest. You need to understand what you are resting from, and I hope that as we were talking about the World's story of rest, it was clear that what we are to rest from is work.

現在來談談你休息的故事。你需要明白你從什麼中安息，我希望當我們談論世界安息的故事時，很清楚的是，我們要歇的是工作。

But what exactly qualifies as work? What is work? I want to hold loosely to this definition. But for this exercise, let's call work, success or striving.

但究竟什麼才算是工作？什麼是工作？我想大致堅持這個定義。但對於這項練習，我們稱工作為、成功或奮鬥。

We're in an aspirational culture here in Chatswood, and so I want to ask you: What is it that you are striving for? How are you trying to make it in the world? What things are you doing to bring you purpose and meaning?

我們在車士活處於一個雄心勃勃充滿抱負的文化中，所以我想問您：您正在努力追求什麼？您正在怎樣努力在這個世界上取得成功？您正在做什麼事情為您帶來目標和意義？

Maybe you aren't employed by a boss. Maybe you are self-employed, you're the parent at home, or you are studying or retired. People might not think it's work. But let's go with our definition of work. What do you invest your energy, mind, heart, and resources toward? That's your work. That's where you need rest.

也許你不是在受老闆僱用。也許您是自僱人士，也許您是家庭主婦，也許您正在學習或退休。人們可能認為這不是工作。但是讓我們按照我們對於工作的定義來做。您將自己的精力、心思、心血和資源投入到什麼地方？那是你的工作。那就是你需要歇下來的地方。

You need rest from the Martha's heart which cannot stop worrying. Because what is essentially happening when you're busy?

您需要從馬大那顆不停憂慮的心中獲得休息。因為當你忙碌的時候本質上會發生什麼事？

Have you gotten to the end of the day, gone to bed and still just been wired? Do you feel like you are in this endless cycle of working because you are defining yourself in what you do? I need not just a body that can cease striving, but a heart that stops worrying too.

您是否已經結束一天的工作，上床睡覺，但仍然感到興奮？您是否感覺自己陷入了無休止的工作循環中，因為您正在透過所做的事情來定義自己？我需要的不只是一顆可以停止奮鬥的身體，還需要一顆不再憂慮的心。

You can believe that you are not saved by your works, but be in a habitual pattern of physically, emotionally, and mentally exhausting your head, heart and hands by striving for your own agenda and what you are contending for.

你可以相信你不是靠自己的行為得救的，而是習慣性地為了實現自己的目標和所爭取的東西而從身體上、情感上和精神上耗盡你的頭腦、心靈和雙手。

Some of us know this. We know Ephesians 2:8-10. *For it is by grace you have been saved, not by works.* So why is it that you suddenly are striving for everything in your life?

我們中的一些人知道這一點。我們知道《以弗所書》2:8-10。因為你們得救是本乎恩，並不是出於行為。那麼為什麼你突然開始為生活中的一切而奮鬥呢？

And it makes sense logically. The reason why you strive and worry for everyone is because maybe, if you don't do it, no one will. Your boss, your friend, your parents, your spouse or your child doesn't care, and if you don't do it. No one will. I can tell you all the theological reasons as to why rest is a good thing. But what is firmly lodged in your heart and mind is that you've got to be the one who holds everything together.

從邏輯上來說，這也是的道理的。你之所以努力為每個人擔心，是因為也許如果你不做的話，就沒有人會做。你的老闆、你的朋友、你的父母、你的配偶或你的孩子都不會關心，如果你不這麼做的話。沒人會。我可以告訴你歇息是一件好事的所有神學原因。但你心裡卻堅信，你必須成為維繫一切的人。

But what if I told you that there is someone who has. Someone who is in fact holding and sustaining it. Colossians 1:15-20, says that not only was Jesus there at the beginning of creation, but he too was the sustainer of all things. The reason that you are successful by any measure, is the reason you have your funds. But because God has given it to you. Not because you are pretty, smart, needy or a hard worker, but because God is a generous God. You've got to remember, that God can do it better than you. He's a better sustainer than you. It all comes down to who he is, doesn't it? What good news!

但如果我告訴你有人確實這麼做了呢？有人實際上持有並維持著它。《歌羅西書》1:15-20 說，耶穌不只在創世之初就存在，萬有也靠他而存在。無論以何種標準來衡量，您之所以成功，都是因為您擁有資金。而且是因為上帝已經把它賜給你了。不是因為你漂亮、聰明、需要幫助或勤奮工作，而是因為上帝是一位慷慨的上帝。你必須記住，上帝可以做得比你更好。他比你更能維持生命。這一切都取決於他是誰，不是嗎？多麼好的消息啊！

Remember Jesus. He is not just the fountain that began your journey with Christ. He is the ocean by which everything has been formed and is sustained. Your marriage is sustained by Jesus. Your retirement plan, your superfund, mortgage are not solved by you, but by Jesus, 記住耶穌。他不僅僅是你跟隨基督的旅程的起點的泉源。祂是萬物由此形成並維持的海洋。你的婚姻由耶穌維持。你的退休計劃，你的超級基金，抵押貸款不是由你來解決的，而是由耶穌來解決，

I think there are four intrusive thoughts you might be telling yourselves, which are not true for the one who says Jesus is their Lord:

我認為你們可能會對自己產生四種侵入性想法，而這些想法對於稱耶穌是他們的主的人來說並不正確：

- I am what I do.
- I need to prove myself.
- My meaning is from what I do.
- If I don't do it, no one else will.
- 我所做的就是我所做的事情。
- 我需要證明我自己。
- 我的意義來自於我所做的事情。

- 如果我不做，就沒人會做。

There are places where I disbelieve the power of the gospel in my life. I must admit, stopping is not what I'm good at... in fact, I must confess, I was telling people just yesterday at our Youth Leader Training Day, I'm preaching on rest tomorrow, and they're like ummm... Isn't Saturday your sabbath?

在我的生命中，有些時候我並不相信福音的力量。我必須承認，停下來不是我所擅長的.....事實上，我必須承認，就在昨天的青年領袖培訓日上，我告訴人們，我明天要講休息，他們就像嗯.....星期六不是你的安息日嗎？

When it comes to busy weeks like this, I find I can be prayerless. Because I feel like I can do those in my own strength. Or worse, I overwork myself because I feel like I must do it myself. But friend, Ash, you cannot. Lean into Jesus. Stop and come to the foot of the Cross and lean on his sovereignty, provision and kindness to you.

當遇到像這樣忙碌的幾週時，我發現自己可能不會祈禱。因為我覺得我能夠憑藉自己的力量做到這些。或者更糟的是，我會過度勞累自己，因為我覺得我必須自己做這件事。但是朋友，ASH，你不能。依靠耶穌。停下來，來到十字架下，依靠祂的權柄、供給和對你的仁慈。

With those four intrusive thoughts, we need to be actively preaching gospel truths, gospel glue in our brains.

針對以上四種侵入性想法，我們需要積極地向自己傳揚福音真理，將福音黏合劑黏在我們的大腦中。

If you believe in 'I am what I do', trust in the better news that you are who God says you are, a beloved child of God.

如果你相信「我所做就的事情指明我是誰」，那麼請相信更好的消息：你就是上帝所說的那個你，是上帝鍾愛的孩子。

If you believe in 'I need to prove myself', know the gospel reality is that you have been justified, been made right with God by your faith in Christ.

如果你相信「我需要證明自己」，那麼要知道福音的現實就是，你已經透過對基督的信被稱為義，你已經得到了上帝的認可。

If you are hearing 'My meaning is from what I do', my prayer is that you experience that the good news makes really clear your purpose is to glorify God and enjoy him forever.

如果您聽到的是「我的意義來自於我所做的事情」，我祈禱您會體驗到這個好消息確實清楚地表明您的目的是榮耀上帝並永遠享受他。

If you have this anxious feeling, the one that I get often 'If I don't do it, no one else will...' brother, sister, remember that Jesus has done all that is necessary, the most important thing, on the Cross. Deal with your sin and punishment.

如果你有這種焦慮的感覺，就像我經常會有的感覺「如果我不做，沒有人會做…」兄弟姊妹們，請記住，耶穌在十字架上已經做了所有必要的事情，最重要的事情。處理了你的罪和懲罰。

Rest is the gift that God has given you to actively reflect on your life and walk with Christ by saying, how will I stop, delight and worship for Jesus, knowing that all that needs to be done has been done on the Cross.

安息是上帝給你的禮物，讓你積極反思自己的生活並與基督同行，說，我將如何停下來，以耶穌為喜樂和崇拜，因為知道所有需要做的事情都已在十字架上完成。

So there are three tips I want to give you to propel you in having that weekly rest.

因此，我想給你三個建議，以幫助你實現每週的休息。

Good is the enemy of Best 好是最佳的敵人。

Your most powerful verbal tool, you might have is the ability to say no. Every time I say yes, to something, I actually am saying No to something. Matthew 5:37 – *let your yes be yes, and your no be no.* Your no means your biggest yes to what truly matters. Reality is, we are finite beings, that can't do everything. I've actually printed a reflection document to help you look at Biblical priorities and understand your time and where it's going. They'll be at the side of the church.

您可能擁有的最強大的言語工具就是說「不」的能力。每當我對某些事說「是」時，實際上我是在對另外某事說「不」。《馬太福音》5:37 - 你們的話，是，就說是；不是，就說不是。你的「不」意味著對真正重要的事情最大的「是」。現實是，我們是有限的生命，無法做所有的事情。我實際上已經列印了一份反思文件來幫助您了解聖經的優先事項並理解您的時間及其去向。他們會在教堂旁邊。

Quick sidenote: make sure you are not saying No to things that propel God's mission, your why is driven by God's Word. I wonder if too often we get tired, then we are forced to rest and say No to the things that we are commanded by God to do. Even I need to ask myself... Ash, did you overcommit? Maybe Ash, you shouldn't have said yes to the training and party, if it meant you not being able to rest when preaching the next day. Good is the enemy of best.

快速附註：確保您不會對推動上帝使命的事情說「不」，您的理由是由上帝的聖言驅動的。我想知道我們是否經常感到疲倦，然後我們被迫休息並對上帝命令我們做的事情說「不」。甚至我也需要問自己..... Ash，你是否承諾太多了？也許 Ash，如果這意味著你第二天講道時無法休息，你就不應該答應參加訓練和聚會。好是最佳的敵人。

Preach the gospel to yourself, for the hope of non-restlessness 為不焦躁的盼望向自己傳福音

Preach those gospel truths to yourself. Read the Psalms like Chapter 46:10. 'Be Still and KNOW that I am God.' Rest by knowing who God is. Rest is knowing he is your redeemer.

Rest knowing he has taken all your sins and shame. You don't need to prove yourself to him. He likes you as you are. He is sovereign. He is the sustainer of all things. Put your work phone and emails down. Stop pottering in the kitchen. Let someone else do it. The world expects you to have kids that are successful and happy. But all they need is Jesus. The model that rests for them. Be still.

向自己宣講這些福音真理。讀《詩篇》，例如第 46 章第 10 節，「你們要休息，要知道我是上帝！」透過了解上帝是誰來獲得安息。安息就是知道祂是你的救贖者。請放心，祂已承擔了你所有的罪和恥辱。你不需要向他證明自己。他喜歡真實的你。他是至高無上的君主。他是萬物的維繫者。放下你的工作電話和電子郵件。別再在廚房忙活了。讓別人去做吧。世界期望你擁有成功且快樂的孩子。但他們需要的只是耶穌。為他們休息的模型。保持安靜。

Book in time to rest and create a 'rest action plan' 預留休息時間並制定“休息行動計劃”

In your magazines is a helpful 'crawl, walk, run' table. From what we have gathered about rest, it is clear that it is both ceasing your strivings and also a worship of Jesus. And so, your day of rest should include ceasing, delighting, and worshipping. Perhaps, you are really good at the ceasing, but not the worshipping, and vice versa.

您的雜誌中有一張有用的「爬行、走路、跑步」表。從我們對休息的了解來看，很顯然，休息既是停止奮鬥，也是對耶穌的崇拜。因此，您的休息日應該包括停止、愉悅和崇拜。或許，你確實擅長停止，但不擅長崇拜，反之亦然。

If you are stuck on things to do on your rest day, think of three things:

如果你在休息日不知道要做什麼，請考慮三件事：

Creation – Be a part of God's creation and be in awe and wonder of him.

創造—成為上帝創造的一部分，並對祂充滿敬畏和驚嘆。

Avocation – Anti-work. What do you do for your work/strivings? Do the opposite. If you use your hands, read a book, join a book club. If you use your mind, do a painting, learn to knit. If your work involves you being by yourself, maybe serve in a team, join a soup kitchen, and engross yourself around being with God's people.

業餘愛好—反對工作。你為你的工作/奮鬥做了什麼？反其道而行。如果您是用你的手，請閱讀一本書，加入讀書俱樂部。如果你動腦筋，就畫一幅畫，學編織。如果您的工作需要您獨自一人，也許您可以加入團隊服務，加入施粥所，並全心全意與上帝的子民在一起。

Reflecting – Consider how God has been changing you over the last few days, weeks, and months. How is he doing it by what he's teaching you, the circumstances he's placed you in. How are you tracking your relationship with him?

反思—想想上帝在過去幾天、幾週和幾個月裡是如何改變你的。他是如何透過他所教你的東西、他為你安排的環境來做到這一點的？

Now over to you, what might you consider helpful for resting in Jesus? Here are three questions on ceasing, delighting and worshipping to ponder, and then the band will come up in a few minutes. But take this time to jot something down.

現在輪到您了，您認為什麼有助於信靠耶穌呢？這裡有三個關於停止、愉悅和崇拜的問題需要思考，在幾分鐘後會開始唱歌。但是請花點時間記下一些東西。

☆ How will you cease striving? → Lean into Jesus

☆ 你怎麼會停止奮鬥呢？ → 依靠耶穌

☆ What of God' s creation will you delight in? → Embrace Jesus' gift

☆ 上帝創造的什麼會讓你感到愉悅？ → 擁抱耶穌的禮物

☆ Which part of God' s character will you worship? → See it in Jesus

☆ 你會崇拜上帝性格的哪一部分？ → 在耶穌身上看到這一點