

Running from Grace 逃避恩典

Jonah 約拿書 1:17-2:10, John French, 25 May 2025 年 5 月 25 日

Have you ever been in a life and death situation? Where your life flashed before your eyes? If you haven't, could imagine this situation? A heart scare? A near miss — car running an intersection red light? Caught in an ocean rip? If you have been in a life and death situation, what did you do?

您曾否經歷過生死攸關的情況？你的一生在你眼前閃過？如果你還沒有，你能想像一下這種情況嗎？心臟恐慌？汽車闖紅燈——差點相撞？陷入海嘯之中？如果您處於生死攸關的境地，您會怎麼做？

Some of you might not know that I surf. A few years back I went surfing down near Green Island on the south coast. It wasn't sedate like this picture; the seas were angry that day, my friends.

你們中的一些人可能不知道我會衝浪。幾年前，我去南海岸綠島附近衝浪。它並不像這張照片那樣平靜；朋友們，那天大海非常兇猛。

The swell was over 15 feet and that day I was the only one to get out past the breakers; just me and the ocean. I was paddling with all my strength up the face of these monster waves.

海浪高達 15 英尺，那天我是唯一一個衝過防波堤的人；只有我和大海。我竭盡全力劃向這些巨浪。

Every crest of a wave I got to the top of, there were bigger waves coming further out to sea. I found myself in what felt like a life and death situation. I was terrified, so what did I do?

我每次到達浪尖，都會有更大的海浪從更遠的海面湧來。我發現自己處於生死攸關的境地。我害怕極了，我該怎麼辦？

In my distress I called to the Lord, I couldn't think what to pray, so, I just started crying out to God. *Our Father in heaven, hallowed be your name, your kingdom come, your will be done ...* after some time scrambling over these waves, I turned and tried to catch a wave, but was lifted and dumped into the impact zone.

我在患難中求告耶和華，我不知道該祈禱什麼，所以，我只是開始向上帝呼求。我們在天上的父，願人都尊你的名為聖，願你的國降臨，願你的旨意成就……在這些波浪上掙扎了一段時間之後，我轉身試圖追趕波浪，但卻被掀起並拋入衝擊區。

I was held under by this huge mass of water, *currents swirled about me; waves and breakers swept over me*, I was tossed and turned, driven down to the *pit*, with my lungs bursting for oxygen. I pushed off the bottom desperate to surface to get air, only in time to snatch a quick breath before seeing this ...

我被巨大的水流淹沒了，大水環繞我，你的波浪洪濤漫過我身。我被輾轉反側，跌入地府，肺部缺氧。我拼命地從水底浮出水面呼吸空氣，但在看到這一幕之前，我只來得及快速地喘一口氣...

Another wave crashing in front of me only to *banish* me down to where the *waters engulfed & seaweed wrapped around my head*. After 4 sets of these in a row, near exhaustion, I pulled on my leg rope & grabbed my board, held on for dear life, praying the next wave would *spit me out* onto the shore. I cried to the Lord & He heard my prayer.

又一場浪潮在我面前湧來，只是為了驅逐我，深淵圍住我；海草纏繞我的頭。連續這樣四次之後，我幾乎筋疲力盡，我拉起腿繩，抓住衝浪板，拼命地堅持著，祈禱下一波浪潮能把我吐出來到岸上。我向主呼求，祂聽見了我的禱告。

We've been studying the book of Jonah. We've seen that Jonah was called to preach in the great city of Nineveh, that he refused and fled from God. God sent a storm to reclaim him, that the storm made things such that Jonah was thrown over the side of the boat into the ocean. There he was swallowed by a great fish.

我們正在研究《約拿書》。我們已經看到，約拿被呼召到尼尼微大城傳道，但他拒絕並逃避了上帝。上帝派了一場風暴來拯救他，這場風暴使得約拿從船邊被扔進了海裡。在那裡他被一條大魚吞了。

And the result is: In the belly of the deep, in this life & death situation, Jonah cries out to God, He prays the prayer of **faith**, he grasps the **grace** of God and **commits** to following Him. That's what the book of Jonah is all about; God's grace – grace for everyone.

結果是：在深淵深處，在生死攸關的時刻，約拿向上帝呼求，他做出了**信心**的禱告，他抓住了上帝的**恩典**並**承諾**追隨他。這就是《約拿書》所講述的內容；上帝的恩典—賜給每個人的恩典。

How did Jonah, who is in this condition of utter despair, rebellion, cowering fear — how did he come from that position to be in a position of faith by the end of the prayer? **By God's grace!**

約拿處於極度絕望、叛逆、畏縮恐懼的狀態中，他是如何從那種狀態轉變到在祈禱結束時充滿信心的？**靠上帝的恩典！**

Here is a man who is literally at the bottom. In the prayer he says, *from deep in the realm of the dead I called for help, I've been banished from your site the engulfing waters threaten me, the deep surrounded me to the roots of the mountains I sank down, my life was ebbing away ...* This is life & death, Jonah is drowning.

這是一個真正處於谷底的人。他在祈禱中說道，我從陰間的深處呼求，我從你眼前被驅逐，眾水環繞我，幾乎淹沒我；深淵圍住我；我下沉到山的根基，心靈發昏.....這是生死攸關，約拿快要溺水了。

While physically in the depths he is also spiritually far from God. Jonah is representing something that we all have experienced, a spiritual condition of being at the bottom, a condition, a feeling of being buried in the depths. Buried far away from where we need to be.

雖然他在身體上處於深淵，但他在屬靈方面也遠離上帝。約拿代表了我們都經歷過的事情，一種處於底層的屬靈狀態，一種狀態，一種被埋在深處的感覺。埋在遠離我們應該去的地方很遠。

And it seems like there is no way to get out. We know what that is like. Jonah was in that condition – physically and spiritually. And yet we see Jonah beginning to rise. Jonah has **faith**. Jonah calls out to God; he remembers God's gracious promises and commits himself to following God.

而且看起來似乎沒有辦法逃脫。我們知道那是什麼感覺。約拿就處於這種狀態——身體上和屬靈上。然而我們看到約拿開始崛起。約拿有信心。約拿呼求上帝；他想起上帝仁慈的承諾並致力於追隨上帝。

The story of Jonah is the story of every human heart. That we run away from God and then at some point in our life, there's a wake-up call, a major disruption occurs. And very often, it is not until our lives are disrupted that we find out what we really, honestly and deep down believe about God. How many times have people cried out to God in times of extreme distress?

約拿的故事是每個人的心靈的故事。我們逃避上帝，然後在我們生命的某個時刻，就會有一個警鐘響起，發生重大混亂。很多時候，直到我們的生活被打亂，我們才發現我們內心深處對上帝的真正、誠實的信心是什麼。人們在極度痛苦的時候有多少次向上帝呼求？

Jonah's drowning, and then he finds himself in the stomach of a huge fish for 3 days. He is in discomfort, he is forced to wait, there is a lot of time to do some thinking & questioning. ***'Running from God has got me nowhere, running to other things of this world to solve my problems or alter my situation haven't just got me nowhere. I am at the bottom of the sea in the stomach of a fish – I can't get any lower than this.'***

約拿正在溺水，然後他發現自己在一條大魚的肚子裡待了三天。他感到不舒服，他被迫等待，他有很多時間去思考和質疑。「逃避上帝讓我一無所獲，逃避這個世界上的其他事物來解決我的問題或改變我的處境也讓我一無所獲。我在海底一條魚的腹中——我不能再比這更低了。」

Jonah is in a difficult, unpleasant life & death circumstance; but God is there. God is interrupting Jonah's life to save his life. Jonah cries out to God and the Lord hears his prayer of faith. What are your interruptions?

約拿處於艱難、不愉快的生死境地；但上帝就在那裡。上帝正在打擾約拿的生活以拯救祂的生命。約拿向上帝呼求，上帝聽見了祂充滿信心的禱告。你有哪些打擾？

The natural disposition of every human heart is to run from God. To look for answers in ourselves, or anywhere but to God. Our hearts need to be re-oriented, and heavy burdens bring us back to the realisation that we need God.

每個人內心都自然傾向逃避上帝。在我們自己身上尋找答案，或在上帝以外的任何地方尋找答案。我們的心需要重新定位，沉重的負擔讓我們重新體認到我們需要上帝。

Jonah has faith; he also remembers there is nowhere else to turn. His faith is directed at a loving & gracious God, that is where Jonah rests his confidence and trust. Faith begins, when like Jonah we recognise our state before God, there is nowhere else to turn, when we remember God's grace, ***From the depths of the grave I called for help. In my distress, I called the Lord. And He answered me.***

約拿有信心；他還記得自己已經無處可去。他的信心是針對一位充滿愛心和仁慈的上帝，約拿的信心和信任就寄託於此。信心開始於，當我們像約拿一樣認識到我們在上帝面前的狀態時，沒有別的地方可以求助，當我們記起上帝的恩典時，我從陰間的深處呼求，我在患難中求告耶和華，他就應允我。

Here is a religious professional preacher, a prophet that received direct revelation from God, who has been running from God's grace. And it's all because he can't comprehend God's grace; his fears, his racial prejudice, his lack of perseverance; it's all tied to his blindness to the far-reaching reality and uniqueness of grace.

這是一位宗教專業傳教士，一位直接從上帝那裡得到啟示的先知，但他一直在逃避上帝的恩典。都是因為他不能領悟神的恩典；他的恐懼、他的種族偏見、他的缺乏毅力；這一切都與他對恩典的深遠現實和獨特性的盲目有關。

Yet, here in Chp.2:8-9 Jonah, at the climax of his prayer of faith in the depths, in the belly of the fish, he finally understands grace; he gets it. He says, ***“those who cling to worthless idols forfeit the grace that could be theirs. Salvation is of the Lord.”***

然而，在《約拿書》2:8-9 中，在深處，在魚腹中，他信心的禱告達到高潮時，他終於明白了恩典；他明白了。他說：「**那信奉虛無神明的人，丟棄自己的慈愛；救恩出於耶和華。**」

And at that point the fish releases him, which is to show that the storm, and all of his misfortune has been sent by God to bring him to this realisation. ***Those who cling to worthless idols*** (created things: in the west, job security, life achievements, future-proof bank balances, earthly relationships, hobbies, addictions, self-righteous ‘good deeds’), ***those who cling to worthless idols forfeit the grace that could be theirs; salvation is of the Lord.***

就在這時，魚釋放了他，這表明這場風暴以及他所有的不幸都是由上帝安排的，是為了讓他意識到這一點。**那信奉虛無神明的人**（創造的東西：在西方，指工作保障、生活成就、保障未來的銀行存款、世俗關係、愛好、上癮、自以為是的「善行」），**那信奉虛無神明的人，丟棄自己的慈愛；救恩出於耶和華。**

When he comes to this understanding, he is physically released from the depths, because at that point he has been spiritually released from despair. Trapped in a life and death situation, there is nothing he can do to save himself; Jonah cries out to the Lord, v.7 ***he remembers the Lord***, he has faith that only a gracious God can rescue him, and once he grasps, salvation is of the Lord, he is saved. And once saved Jonah **commits** to be a burning and shining light for God, ready for anything.

當他意識到這一點時，他的身體就從深淵中解脫出來了，因為在那一刻，他在靈性上已經從絕望中解脫出來。陷入生死關頭，他卻無能為力；約拿向耶和華呼求，第 7 節**就想起耶和華**，他相信只有仁慈的上帝才能拯救他，一旦他明白救恩來自耶和華，他就得救了。一旦得救，約拿就**承諾**要成為上帝燃燒和閃耀的光芒，為任何事做好準備。

Let us apply this to ourselves right away. Let us think about this very personally. If it is true that Jonah, a person who talked directly with God, who received revelation from God, a prophet of the Old Testament, if Jonah can be blind to grace, it's even more likely that all of us in this room are also blind to God's grace to one degree or another.

讓我們立即將其應用到我們自己身上。讓我們從個人角度來思考這個問題。如果約拿確實是直接與上帝交談的人，從上帝那裡得到啟示的人，是舊約的先知，如果約拿對恩典視而不見，那麼我們這個禮堂裡的所有人很可能也都不同程度地對上帝的恩典視而不見。

That is the point of the book, to know and understand the true depths of the meaning of God's grace. And until we get it, the way Jonah had to get it, we will be like him, virtually locked up, not seeing and reaching our full potential in Christ.

這就是本書的重點，了解並理解上帝恩典的真正含義。除非我們像約拿那樣得到它，否則我們就會像他一樣，幾乎被困住了，看不到也發揮不出我們在基督裡的全部潛力。

Grace is like a huge palace. As you go from room to room, and down another corridor and upstairs — just when you think you've seen it all, you turn the corner and there is another entire hallway full of unexplored rooms.

恩典就像一座巨大的宮殿。當你從一個房間走到另一個房間，穿過另一條走廊上樓時——就在你以為自己已經看完了所有東西時，你轉過拐角，發現還有另一條充滿未探索房間的走廊。

Every time we find a new wing in the House of God's grace we are lifted. We are brought up into a higher level of life and depth of understanding of God's immense love and mercy. Even though that's the way we grow our entire lives; by finding more and more wings and unexplored rooms in God's grace, the big change happens at the beginning. The first time we really grasp God's grace is the moment that we have the big change.

每當我們在上帝恩典之家發現一個新的翼時，我們就會感到振奮。我們的生命層次得到了提高，對上帝無限的愛和憐憫有了更深刻的理解。儘管這就是我們整個生命成長的方式；透過在上帝的恩典中找到越來越多的翅膀和未開發的房間，巨大的變化一開始就發生了。我們第一次真正領悟上帝的恩典是在我們發生巨大改變的那一刻。

What makes Christianity different from every other religion is this teaching of God's grace. God's grace is the essence of the gospel. Unearned, unmerited favour of God. In the book of **Colossians**, Paul writes 1:6 ... *the gospel is bearing fruit and growing throughout the whole world—just as it has been doing among you since the day you heard it and truly understood God's grace.*

基督教與其他宗教的不同之處在於它對上帝恩典的教導。上帝的恩典是福音的本質。上帝不勞而獲、不配得的恩惠。在《歌羅西書》中，保羅寫道，1:6，*這福音... 傳到普天下，並且繼續增長，不斷結果，正如自從你們聽見福音，真正知道上帝恩惠的日子起。*

The day you understood the grace of God is the day you were born again. It is the day you crossed over the line and became a Christian, as opposed to simply being a religious or moral or nice person. When we grasp this truth, it is a game changer.

你領悟上帝恩典的那一天，就是你重生的那一天。這一天，你跨越了界限，成為基督徒，而不是僅僅成為一個宗教人士、道德人士或善良的人。當我們掌握了這個真理時，遊戲規則就會改變。

Martin Luther was a professor studying the scriptures in the 1500s. On close examination of the scriptures, he had a lightning bolt moment that turned him from a timid monk to unstoppable; *We are saved by grace alone, through faith alone, in Christ Jesus alone, all for the glory of God alone.* Salvation is all the work of God.

馬丁路德是 16 世紀研究聖經的教授。在仔細研究經文時，他突然靈光一閃，從一個膽小怕事的僧人變得勢不可擋；*我們得救，唯獨靠著恩典，唯獨透過信，唯獨在耶穌基督裡，一切都單單是為了上帝的榮耀。*救贖全是上帝的工作。

These statements became the catch cries of a movement that protested the religious doctrines and hierarchy of the day, sort reform and changed the Christian landscape that impacts us even today. 這些聲明成為抗議當時宗教教義和等級制度的運動的口號，進行了改革並改變了基督教的格局，即使在今天也是如此。

When Luther understood the grace of God he was totally changed. His career, his reputation, his safety became insignificant compared to his new profound clarity. History is full of people who

have been impacted by God's grace. Since this prayer is about grace, let's consider grace for a moment:

當路德明白了上帝的恩典後，他徹底改變了。與他新的深刻清醒相比，他的事業、他的名譽、他的安全都變得微不足道了。歷史上充滿了受到上帝恩典影響的人們。既然這個禱告是關於恩典的，那麼讓我們暫時考慮一下恩典：

Grace in the Old Testament means favour. In this case, to find favour means to be let in to a place that you don't have the right to be. Favour is given to an undeserving person by a non-obligated giver. v.6 ***I sank down; the earth beneath barred me in forever. But you, LORD my God, brought my life up from the pit.***

《舊約》中的恩典意味著恩惠。在這種情況下，尋求恩惠意味著被允許進入一個你沒有權利進入的地方。不承擔義務的施予者向不配得的人施予恩惠。第6節，***我下沉到山的根基，地的門門將我永遠關住。耶和華—我的上帝啊，你卻將我的性命從地府裏救出來。***

This is cosmic generosity. Jonah's done nothing to deserve this. The gospel says you cannot possibly get to God on your own efforts or earn your way to Him. God lets us all the way into his family, all the way into his heart, all the way into his dwelling. And there He meets our needs, He answers our prayers, He guides us, He interrupts & disrupts us to bring us to Him.

這是宇宙般大的慷慨。約拿沒有做任何事來配受這樣的對待。福音說你不可能靠自己的努力來到神面前，也不可能靠自己的方式掙扎到他面前。上帝讓我們進入祂的家庭，進入到祂的心裡，進入到祂的住所。在那裡，祂滿足我們的需要，回應我們的祈禱，引導我們，打斷和擾亂我們來將我們帶到祂面前。

The events of our life are for our own good, even though we may not see it at the time – God grace is in the storms and the storms bring us to God – who alone brings peace. Are you restless like Jonah? Is it because, like him, you don't fully comprehend God's grace?

我們生命中發生的事情都是為了我們好，即使我們當時可能沒有意識到這一點——上帝的恩典存在於風暴之中，風暴將我們帶到上帝面前——只有上帝才能帶來平安。你是否像約拿一樣焦躁不安？是因為你們也像他一樣，沒有完全領會神的恩典？

Imagine you are an employer and a group of people have worked for you for two weeks, and you pay them their salary, that is because they not only deserve it, but you are obligated to give it. That is NOT grace.

想像一下，你是一名雇主，一群人為你工作了兩個星期，你向他們支付工資，這是因為他們不僅應得，而且你也有義務支付。那不是恩典。

Imagine you are part of Sunday Kids, and one of the leaders decides that they are going to step down and retire for the time being. You all get together to take them out for lunch and buy them a present. That is NOT grace either, because on the one hand, while you are not obligated to do that, they are still deserving of it and so it is not pure grace.

想像一下，您是主日學的一員，其中一位領導決定暫時辭職並退休。你們聚在一起帶他們出去吃午餐並給他們買禮物。這也不是恩典，因為一方面，雖然你沒有義務這樣做，但他們仍然是配得，所以這不是純粹的恩典。

How about this one. Imagine you have got a neighbour who won't give you the time of day. Their music is too loud, and when ask them to turn it down, they turn it up. And whenever you turn your music on at all, they call the police. But when they get sick, you run errands for them,

you bring meals to them. They don't deserve it, you are under no obligation, morally or legally; that is grace.

這個怎麼樣？想像一下，你有一個鄰居，他不願意理你。他們的音樂太吵了，當要求他們調低音量時，他們卻把音量調大。只要你一打開音樂，他們就會報警。但當他們生病時，你會為他們跑腿，給他們送飯。他們不配得，你無論是道德上或法律上都沒有義務；那是恩典。

Grace is not something we deserve, and it is not something that God is obligated to give. So, grace is received when we understand it. Remember when Paul said; on the day you understood grace, was the day that the gospel began to bear fruit in you.

恩典不是我們應得的，也不是上帝有義務給予的。因此，當我們理解恩典時，我們就會得到恩典。記得保羅說過：你們真正知道上帝恩惠的日子起，就是福音在你們身上開始結出果子的那一天。

The day we understand grace is the day we both understand how little we deserve it, and we understand the heights of God's mercy. There are 3 responses to this:

當我們明白恩典的那一天，我們既會明白我們配得到的恩典有多麼少，也會明白上帝的仁慈有多麼高尚。對此有 3 個回應：

There are those people who have such a low view of their sin, that they think their sinfulness isn't all that bad, that it is quite inconsequential. They don't like people saying that they are spiritual failures, and to them judgement & punishment is all a little too harsh. They don't grasp grace because in essence, they are self-righteous & have convinced themselves they are good; they have donated to charities, helped the less fortunate (at times), God has a record of their good deeds, and so they don't need God's grace, because God is obligated to save them. They think they are rich, when they are actually spiritually poor. Not only that, but they can't see how much of a life and death situation they are in.

有些人對自己的罪看得如此輕，他們認為自己的罪並不是那麼糟糕，是無關緊要的。他們不喜歡別人說他們是屬靈上的失敗者，對他們來說，審判和懲罰都太嚴厲了。他們不理解恩典，因為本質上，他們自以為是，並確信自己是良善的；他們向慈善機構捐款，幫助那些不幸的人（有時），上帝記錄了他們的善行，所以他們不需要上帝的恩典，因為上帝有義務拯救他們。他們以為自己很富有，但其實屬靈上卻是貧窮的。不僅如此，他們還看不到自己正處於多麼生死攸關的境地。

Then there is those people who know they are sinful and spiritual failures, self-doubting & broken, but they believe they are so far gone, that God's mercy couldn't possibly be powerful enough and sufficient enough to deal with the mess that they have made of their lives. They can see they are in a life & death situation and think they can do something about it. And so, they seek to balance out the equation and strive to put things right, maybe if I do this, God will forgive me ... or maybe they think they are too far gone, it is all too hard and give up, they stay in the mess they are in; they haven't understood God's grace either.

還有一些人，他們知道自己有罪，屬靈上失敗，自我懷疑，崩潰，但他們相信自己已經離得太遠了，上帝的憐憫不可能足夠強大，不足以解決他們生命中的混亂。他們意識到自己正處於生死攸關的境地，並認為他們可以做些什麼。因此，他們尋求平衡方程式並努力使事情正確，也許如果我這樣做，上帝會原諒我.....或者也許他們認為自己已經走得太遠了，

這一切都太難了，所以放棄了，他們留在他們所處的混亂之中；他們也還沒有明白神的恩典。

Then there is the people who not only see this a life & death situation, they are evil and sinful spiritual failures; at the same time, they see the heights of God's grace. They see the power of his mercy, and it is like looking at the world through two eyes. You know, if you look with one, you have no depth perception. And if you look with two eyes, you suddenly have depth perception and through those two things the height of God's mercy, the depth of your sin, you see grace — cosmic generosity. And you're changed by it! Jonah was.

還有一些人不僅看到這是生死攸關的情況，他們還看到先自己是邪惡且有罪的屬靈失敗者；同時，他們也看到了上帝恩典的高度。他們看到了他仁慈的力量，就像透過兩隻眼睛看世界一樣。你知道，如果你只用一隻看，你就沒有深度感知。如果你用兩隻眼睛去看，你就會突然有深度的感知，透過這兩件事，你會看到上帝的仁慈有多高，你的罪有多深，你會看到恩典——宇宙般大的慷慨。你也被它改變了！約拿是。

It is the way you become a Christian to see those two things; your own depravity & the grace of God, and when you do, you are changed forever. When the two come together, it is like a chemical reaction; You are literally 'born again'. Understanding the grace of God is the way we grow. That's how Jonah grew. Those who cling to worthless idols forfeit the grace that could be theirs.

成為基督徒的前提是要看到這兩件事；你自己的墮落與上帝的恩典，當你這樣做時，你將永遠改變。當兩者結合在一起時，就像發生化學反應一樣；你確實「重生」了。理解上帝的恩典是我們成長的方式。約拿就是這樣成長的。那信奉虛無神明的人，丟棄自己的慈愛。

There is nothing you can do to save yourself, and there is nothing in all creation that can save you; we can't earn God's favour, and we don't deserve it. Smash any idols you have made for yourself; **salvation only comes from the Lord**; Jonah 2:9.

你無法做任何事來拯救自己，而且所有創造中也沒有任何事物可以拯救你；我們無法贏得上帝的恩惠，我們也不配得到。打碎你為自己所造的一切偶像；**救恩出於耶和華**；《約拿書》2：9。

Notice, in order to be invigorated by God's grace, Jonah looks to the temple. vv. 4 & 7 ***I will look again toward your holy temple ... I remembered you, LORD, & my prayer rose to you, to your holy temple.***

請注意，為了得到上帝恩典的激勵，約拿仰望聖殿。第4和7節，**然而我仍要仰望你的聖殿…想起耶和華。我的禱告進入你的聖殿，達到你面前。**

The reason that Jonah looks at the temple is because in the temple there was the mercy seat, and the mercy seat was the place where the blood of a sacrificed perfect lamb was sprinkled. Underneath was the law, the 10 commandments.

約拿之所以仰望聖殿，是因為聖殿裡有施恩座，而施恩座是在聖殿裡被獻祭的完美羔羊的血所灑的地方。下面是律法，即十誡。

The law that demands that you be compassionate, and it demands an ethical life of greatness, compassion, and integrity and courage and purity, generosity and self-sacrifice. And we all know we fall short.

律法要求你要有同情心，它要求你過著偉大、慈悲、正直、勇敢、純潔、慷慨和自我犧牲的道德生活。我們都知道自己有虧缺。

But over top the blood is sprinkled and Jonah knew from the temple that God gives grace in spite of our failings, because God receives the payment of a substitute. Jonah didn't just look at the depth of his sin, he began to put his hope in the substitute.

但血被灑在上面，約拿從聖殿知道儘管我們有缺點，我們仍然得到上帝賜下的恩典，因為上帝接受了替代者的報償。約拿不僅看到了自己罪的深度，他也開始將希望寄託在替罪羊身上。

He didn't know what we know; Jonah himself is a picture of the one who can pay our punishment. When Jonah was thrown into the ocean, the ocean of God's anger, it says the sea stopped raging, and the sailors were saved. Jesus Christ was thrown into the sea of God's anger, and we are saved. 祂不知道我們所知道的事；約拿自己就是能夠為我們償還懲罰的人的典型代表。當約拿被丟進大海，也就是上帝憤怒的海洋時，海的狂浪就平息了，水手們得救了。耶穌基督被丟進上帝憤怒的大海，而我們得救了。

Jesus himself refers to Himself in this way in **Matthew 12**. No sign will be given to it except the sign of the prophet Jonah, ***40 because just as Jonah was in the stomach of the sea creature for three days and three nights, so the Son of Man will be in the heart of the earth for three days and three nights.***

耶穌自己在《馬太福音》12 章中，就是這樣提到自己。除了先知約拿的神蹟之外，再沒有別的神蹟了，**40 約拿三日三夜在大魚肚腹中，同樣，人子也要三日三夜在地裏面。**

Do you know how to receive grace? You have to admit the depth of your sin, and you have to trust the substitute Jesus Christ. Unless you see the depth of your sin, what Jesus did for you will not thrill you. Unless you see what Jesus Christ did for you, you will not have the strength to admit the depths of your sin. Salvation comes from the Lord.

你知道如何接受恩典嗎？你必須承認你的罪有多深重，你必須相信靠替代你的耶穌基督。除非你認清自己罪的深度，否則耶穌為你所做的事不會讓你感到激動。除非你看到耶穌基督為你做了什麼，否則你將沒有力量承認你的罪有多深重。救恩出於耶和華。

Romans 10 reminds us: ***13 “Everyone who calls on the name of the Lord Jesus will be saved.”*** When you receive God's grace, you lose all of your bigotry and your self-righteous judgemental cynicism about messed up people, and internally, your brokenness is healed, and you become a person of joy, free of religious obligation, & keen to bear fruit. You find yourself like Jonah, **committing**.

《羅馬書》10 章提醒我們：13「**凡求告主名的就必得救。**」當你接受上帝的恩典時，你會失去所有的偏執和對陷入困境搞砸了的人自以為是的憤世嫉俗的評判態度，從內心來說，你的破碎得到了治愈，你會成為一個充滿喜樂、沒有宗教義務、渴望結出果實的人。你會發現自己就像約拿一樣，**承諾投入**。

Jonah cries out to God, God hears His prayer, Jonah receives God's grace, and Jonah commits to God's calling. In v.9 Jonah vows to make good his pledge, and next week we'll see how he does just that, he goes to Nineveh and proclaims the message of the Lord; Repent/Relent.

約拿向神呼求，神聽了祂的禱告，約拿得到了神的恩典，約拿委身於神的呼召。在第 9 節中，約拿發誓必償還所許的願，下週我們將看到他是如何做到這一點的，他前往尼尼微並宣揚主的信息；悔改/寬恕。

When he initially commits, he is not out of the fish, he is not out of the deep. What he is saying is in essence is, Lord God, no matter what comes, it doesn't matter. *I give you everything, I put it all on the altar, everything that I have and all that I am. I'm willing to go to Nineveh, willing to do anything you want. I commit myself to you. **Salvation is of the Lord.***

當他最初承諾時，他並沒有脫離魚的腹中，也沒有脫離深淵。他所說的實質是，主啊，無論發生什麼，都沒關係。我把一切都給你，我把我所擁有的一切和我的一切都放在祭壇上。我願意去尼尼微，願意做任何你想做的事。我把自己託付給你。救恩出於耶和華。

And here we see there are some essentials for growing in our faith; Having head & heart knowledge; and putting this practice. Jonah remembers God's grace at the mercy seat & acts on it. The more we remember and understand the gospel, the more we live out the gospel. Knowledge grows through commitment; living out what we believe. Faith is an ongoing process of preaching the gospel of grace to others, and to ourselves and putting it into practice.

在這裡我們看到了增強信心的一些基本要素；擁有頭腦和心靈知識；並付諸實踐。約拿想起了上帝在施恩座前的恩典，並採取了行動。我們越記住並理解福音，我們就越能活出福音。知識因承諾而增長；實踐我們的信心。信心是一個持續不斷地向他人、向自己宣揚恩典的福音，並付諸實踐的過程。

Do you recognise the life and death situation you are in without Jesus? You are at the bottom all the way down in the depths, like Jonah, you have got to start calling out to God. If you have learnt anything from the last few weeks, if you run from God He will overtake you.

您是否意識到沒有耶穌，您將面臨怎樣的生死攸關的境況？你像約拿一樣正處於人生的最底層，你就必須開始呼求上帝。如果你從過去幾週中學到了什麼，那就是如果你逃避上帝，他就會追上你。

If you are in the depths remember the gospel. If you are worried, anxious or scared remember the gospel. Run to grace and be embraced by our heavenly father. The gospel will lift you up and transform your life.

如果你處於深淵，請記住福音。如果您感到擔心、焦慮或害怕，請記住福音。奔向恩典並被我們的天父擁抱。福音將鼓勵你並改變你的生命。

No human being is so good they don't need grace, and no human being is so bad they can't find grace. *Salvation is of the Lord.*

沒有人好到不需要恩典，也沒有人壞到找不到恩典。救恩出於耶和華。

Let's pray. Gracious Heavenly Father, we give thanks for your gift of grace, we ask that you show us what we have to do in order to let the grace of God flow in our lives. In Jesus name we pray. Amen.

讓我們祈禱吧。仁慈的天父，我們感謝您賜予的恩典，我們請求您告訴我們要做什麼才能讓上帝的恩典流淌在我們的生命中。我們奉耶穌的名祈禱。阿門。