

TWO WAYS TO RUN 兩樣的跑

Jonah 約拿書 1:1-3

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The Book 這本書

Your first impression of the Jonah probably comes from your childhood. It's a miraculous story; a man is eaten by a fish and survives!

您對《約拿書》的第一印象可能來自於您的童年。這是一個神奇的故事；一個人被魚吃掉了，卻倖存下來！

I mentioned to a friend that we would be exploring the book of Jonah at Church. I grew up near Eden, NSW, a historical whaling town. I told my friend that I was told a man fell into the sea while on a hunt and was assumed drowned, but days later was found alive the belly of a whale. He was bleached white and lost his mind. My friend corrected me: "*Ah you said he was swallowed by a whale, Jonah was swallowed by a fish, and a whale is not a fish.*" Is that debate all Jonah is about? Which large sea creature could possibly inhale a human?

我向一位朋友提到，我們將在教會探索《約拿書》。我在新洲的伊甸鎮附近長大，那裡是一座歷史悠久的捕鯨小鎮。我告訴我的朋友，我聽說一名男子在捕鯨時掉進海裡，被認為是溺水身亡，但幾天後卻在一頭鯨魚的肚子裡被發現還活著。他被漂白了並失去了理智。我的朋友糾正我：「啊，你說那人被鯨魚吞了，約拿是被魚吞了，鯨魚不是魚呀。」提到約拿時所討論的就是這樣的辯論嗎？哪種大型海洋生物可能吞入人類？

This book is not about a whale, it's about God. In this book, God is revealing His heart for outsiders to His people and revealing the true depth of humanity's sinfulness. God longs to save people running from Him if they would turn in repentance to receive His unearned grace and love.

這本書不是關於鯨魚的，而是關於上帝的。在這本書中，上帝向祂的子民揭示了祂對外人的心意，並揭示了人類罪惡的真正深度。上帝渴望拯救那些從祂哪裡逃跑的人，只要他們悔改轉向祂，就能白白的得到上帝給的不勞而獲的恩典和愛。

Dear God, please make Your Words loud and clear from the pages of our Bibles today.

Deliver to us a great message from Your Prophet so we might turn to you and receive Your grace.

親愛的上帝，請今天在我們的聖經中大聲而清晰地宣告您的聖言。請向我們傳達您先知的偉大信息，以便我們能夠轉向您並接受您的恩典。

This book can be found early on in the Old Testament prophets. It is a book of history from a unique moment in the life of God's people.

這本書可以在《舊約》先知書的早期找到。這是一本記載上帝子民生活中一個獨特時刻的歷史書。

This took place around 780BC. Israel was a divided nation. After King David and Solomon Israel had split into a Southern Kingdom ('Judah') and Northern Kingdom ('Israel'). These

nations jostled in uneasy brotherhood, sandwiched between nations who fought them from every direction.

是發生在公元前 780 年左右。以色列當時是一個分裂的國家。大衛王和所羅門王之後，以色列分裂為南國（「猶大」）和北國（「以色列」）。這兩個國以不安的兄弟情誼爭相推擠，同時夾在從四面八方與他們作戰的國家之間。

Jonah was a Northern Kingdom Israelite, and he was a prophet.

約拿是北國以色列人，也是一位先知。

- Prophet 先知 (Deuteronomy 申命記 18:21-22)

God communicated to His people through a chosen person. Since Moses, God had chosen to raise up prophets to speak for Him to the people and their leaders.

上帝透過祂所選擇的人與祂的子民溝通。自從摩西以來，上帝就選擇興起派遣先知來代表祂向百姓和他們的領袖講話。

God gave Israel simple test for who is His chosen prophet, and who is not: (Deut 18:21-22)

“You may say to yourselves, ‘How can we know when a message has not been spoken by the Lord?’ If what a prophet proclaims in the name of the Lord does not take place or come true, that is a message the Lord has not spoken. That prophet has spoken presumptuously, so do not be alarmed.” So, if a prophet’s word proves true, keep listening to them; God is speaking to you through them!

上帝給了以色列簡單的測試，以確定誰是他所選擇的先知，誰不是：（《申命記》18:21-22）「你心裏若說：『我們怎能知道那話是耶和華未曾吩咐的呢？』先知奉耶和華的名說話，所說的若沒有實現，或不應驗，這話就是耶和華未曾吩咐的，而是那先知擅自說的，你不必怕他。」所以，如果先知的話被應驗是真實的，就繼續聽從他；上帝正在透過他們對你說話！

- Credentials 憑據 (2 Kings 列王紀下 14:23-27)

Jonah’s credentials as God’s prophet come from 2 Kings 14:25. Jonah had spoken God’s message to the King, Jeroboam II, *“He was the one who restored the boundaries of Israel from Lebo Hamath to the Dead Sea, in accordance with the word of the Lord, the God of Israel, spoken through his servant Jonah son of Amittai, the prophet from Gath Hepher.”* God warned or commanded Jeroboam II, who obeyed, and a great victory was won.

約拿作為上帝先知的資格來自《列王紀下》14:25。約拿曾向耶羅波安王二世傳達上帝的信息，「他收回以色列邊界之地，從哈馬口直到亞拉巴海，正如耶和華—以色列的上帝藉他僕人迦特。希弗人亞米太的兒子約拿先知所說的。」上帝警告或命令耶羅波安二世，他服從了，並贏得了偉大的勝利。

Israel would have been eager to hear what God might say through Jonah next. Imagine Jonah’s excitement when God spoke to Him a second time in Jonah 1:1! Would God help them win another victory against the nations around them?

以色列人一定很想聽聽上帝接下來會透過約拿說些什麼。想像一下，當上帝在《約拿書》1:1 中第二次對約拿說話時，約拿有多興奮！上帝會幫助他們再次戰勝周圍的列國嗎？

- The Unthinkable Task 不可思議的任務 (Jonah 約拿書 1:2)

But Jonah's Word was not for Israel: "Go to the great city of Nineveh and preach against it, because its wickedness has come up before me."

但約拿得的話並不是針對以色列的：「起來，到尼尼微大城去，向其中的居民宣告，因為他們的惡已達到我面前。」

Other prophets, like Amos and Elijah, were sent between Israel's Kingdoms to speak against their brother-nation. But no prophet had ever been asked to leave Israel to speak God's message to an enemy. And the enemy God chose was the worst one!

其他先知，如阿摩司和以利亞，被派往以色列各王國之間，警戒他們的兄弟國。但從來沒有先知被要求離開以色列去向敵人傳達上帝的信息。而上帝所選的敵人是最壞的！

Nineveh was the capital city of Assyria. They were a fearsome terrorist state; ruthless killers in battle and politics. Nineveh was 'Great' for its evil, and size; it took three days to go one side to the other. Israel had already paid huge tributes to the Assyrian regime, and Nineveh was the seat of their power.

尼尼微是亞述的首都。他們是一個令人恐懼的恐怖主義國家；戰爭和政治中的無情殺手。尼尼微在邪惡和規模上被稱為「大」；從城的一端到另一端需要三天。以色列已經向亞述政權繳納了巨額貢賦，尼尼微是亞述政權的權力中心。

It was utterly unthinkable for any prophet to a 'pagan', unbelieving place, to warn them of God's coming judgement. Prophets usually warned God's people about their sin and consequences. God only asked a prophet to go beyond Israel on a mission of mercy, and that was Jonah.

對任何先知來說，來到一個「異教徒」、不信教的地方，警告他們上帝即將到來的審判，都是完全不可思議的。先知通常會警告上帝的子民他們的罪和後果。上帝只會要求過一位先知超越以色列去執行仁慈憐憫的使命，這個人就是約拿。

- The Choice 選擇 (Jonah 約拿書 1:3)

Jonah had a choice. He could obey and go, leave his land and warn his enemy, or not. Here's what Jonah chose: (v.3) "Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord." Jonah chose to run away.

約拿可有一個選擇。他可以服從命令，離開自己的地土並去警告敵人，也可以不這樣做。約拿的選擇如下：（第 3 節）「約拿卻起身，逃往他施去躲避耶和華。他下到約帕，遇見一條船要往他施去。約拿付了船費，就上船，與船上的人同往他施，為要躲避耶和華。」約拿選擇了逃跑。

Nineveh was 900kms northeast but instead Jonah ran west toward the end of the known world.

尼尼微位於東北方 900 公里處，但約拿卻向西跑向已知世界的盡頭。

- Why 為什麼？

It looks like Jonah was afraid. I always imagined him as a scared little kid throwing a tantrum. But it's much deeper than that.

看起來約拿很害怕。我總是把他想像成一個受驚嚇、發脾氣的小孩。但其深刻的意義遠不止於此。

Treason 叛國罪

God was asking Jonah, a national hero, to help save an enemy. The word for that in Israel would have been treason! Jonah was running from the shame of becoming a national disgrace. 上帝要求民族英雄約拿幫助拯救敵人。在以色列，這種行為就被稱為叛國！約拿是因不想承受國家恥辱的羞恥而逃跑。

Danger 危險

It's also a suicide mission. Jonah walking into Nineveh and sharing God's message would have been like a Jewish Rabbi stepping up to a microphone at a public rally in 1940 Berlin, speaking out against Nazi rule. Jonah was running from danger and death.

這也是自殺式的任務。約拿走進尼尼微並分享上帝的信息，就像 1940 年柏林的一次公眾集會上，一位猶太拉比走到麥克風前，公開反對納粹統治一樣。約拿是為了避開危險和死亡而逃跑。

Doubt 懷疑

If Jonah was bold enough to risk treason, and the dangers of Assyrian hatred towards Israel, then he may trust Nineveh to stay evil for God to destroy them. But Jonah had seen God's words come true miraculously. Jonah was not running from fear, but because He knew God; he was running from God's grace. He expected God would save Nineveh. Jonah doubted God was good and fair to offer mercy to sinners like the Ninevite. He expected God to relent and show grace to Nineveh if they listened to him, so he ran.

如果約拿有足夠的勇氣去冒叛國的風險，以及冒著亞述人對以色列的仇恨的危險，那麼他可能會相信尼尼微會繼續作惡，使上帝去毀滅他們。但約拿卻曾看見上帝的話語奇蹟般地實現了。約拿逃跑不是因為害怕，而是因為他認識上帝；他為避開上帝的恩典而跑。他意會到上帝會拯救尼尼微。約拿懷疑上帝是否仁慈、公正，以致會向尼尼微人這樣的罪人提供憐憫。他意會到若尼尼微人聽從他的話，上帝就會心慈手軟，對尼尼微人施恩，所以他就逃跑了。

Two Ways To Run 兩樣的跑

How does God respond to people who are running away from Him? That's what the question this book answers. We need to know the answer because all people are running from God like Jonah.

上帝如何回應那些從祂那裡逃跑的人？這就是本書所回答的問題。我們需要知道答案，因為所有人都像約拿一樣從上帝那裡逃跑。

Jonah ran from the will of God in two ways: in open disobedience in chapters 1-2, and in chapters 3-4, he's was running from God's will internally the whole time in hidden distrust. 約拿以兩種方式逃避上帝的旨意：在第 1-2 章中公開違抗上帝，在第 3-4 章中，他一直心懷隱藏著不信任，始終在內心深處逃避上帝的旨意。

- **Jonah runs from God in open rebellion (Jonah 1-2)**
- 約拿以公開違抗上帝來逃跑（約拿書 1-2）

In the first half of Jonah he's on a boat, hit a storm, thrown overboard, no more storm, didn't drown, eaten by a fish, survived three days, and is spat up onto land. That's the arc of running away most people have heard about already.

《約拿書》的前半部分，他乘船出海，遭遇風暴，被拋到海裡，風暴不再來襲，他沒有被淹死，卻被魚吃掉，存活了三天，然後被吐到岸上。這就是大多數人已經聽說過的逃跑路線。

- **Jonah runs from God in hidden distrust (Jonah 3-4)**
- 約拿的心懷隱藏著不信而逃跑（約拿書 3-4）

Then in the second half Jonah gets a second chance from God to carry God's message to Nineveh. He obeys, Nineveh listen, repent, fast, pray, and God relents from the disaster. Jonah is devastated. He reveals his hidden distrust of God as good and fair in an outburst at God. Jonah hated that God is gracious. If God wanted to save such a people then he would rather be dead. Jonah then sat and watched the city from afar hoping God might still destroy them. As he sat there, God was gracious and caring toward Jonah. And we are left with God offering Jonah His grace. What will Jonah do?

然後在下半部分，約拿得到了上帝的第二次機會，去將上帝的信息傳達給尼尼微。他服從了，尼尼微聽從了，悔改了，禁食，祈禱，上帝最終放棄了這場災難。約拿悲痛欲絕。他對上帝的爆發暴露了他對上帝是否善良、公正的隱藏不信任。約拿恨上帝的仁慈。如果上帝想要拯救這樣的人，他寧願自己死去。約拿隨後坐著遠遠地註視著這座城市，希望上帝仍然會毀滅他們。當他坐在那裡時，上帝對約拿充滿仁慈和關懷。我們現在只剩下上帝給約拿祂的恩典。約拿會怎麼做？

And that's it, we don't know, it's left on a cliffhanger.
就是這樣，我們不知道，留著了一個懸念。

- **Two sons run from their Father (Luke 15:1-2, 11-32)**
- 兩個兒子從父親那裡跑了（路加福音 15:1-2, 11-32）

There is a striking similarity between this history of Jonah and a teaching story (or 'parable') that Jesus told.

約拿的這段歷史與耶穌講過的一個教導故事（或稱「比喻」）有著驚人的相似之處。

In Luke 15:1-2, Jesus was speaking to “*tax collectors and sinners*”, outsiders, hated openly by the respected religious leaders of Israel at the time, the Pharisees. Jesus knew they hated them, so He told a parable about the grace of God to all people, the most openly rebellious sinner, and the most religious sinner.

在《路加福音》15:1-2 中，耶穌正在對「稅吏和罪人」講話，他們是外人，被當時以色列受人尊敬的宗教領袖法利賽人公開憎恨。耶穌知道他們恨他們，所以他講了一個比喻，關於上帝對所有人、最公開叛逆的罪人和最虔誠的罪人的恩典。

Jesus' story is about a family; a Father, and two sons.

耶穌的故事是關於一個家庭的；一個父親和兩個兒子。

The younger openly rebels against his Father, demands his inheritance early, shames his family, lives lavishly, but squanders his wealth; nearing death he decides to go back to His Father, hoping for to be accepted as a lowly slave.

小兒子公開反抗父親，提前要求繼承遺產，給家族帶來恥辱，生活奢侈，揮霍了財富後；臨近死亡時，他決定回到他的父親身邊，希望被接受為一個卑微的奴隸。

But the Father gives him a second chance; restoring this rebel to be his former honour as his son. All the son did was return and he received grace from this loving Father.

但父親給了這個叛徒第二次機會；恢復他作為他兒子的昔日榮譽。兒子所做的就只是回轉過來，並從這位慈愛的父親那裡得到了恩典。

On hearing about this, the older brother is furious. He'd stayed, worked his Father's business doing 'the right thing'. He feels that his Father's mercy is contrary to his rights as a rule-keeper to his Father's inheritance. He feels owed for his obedience, not blessed by his Father's love.

哥哥聽聞此事，勃然大怒。他留下來，做他父親的生意，做「正確的事」。他覺得父親的仁慈與他作為父親遺產的守護者的權利相抵觸。他覺得自己的服從使他配得什麼，而不是因受到父親的愛的祝福。

The Father's reply is an offer of the same grace the rebel brother received. But just like Jonah the story ends right there on a cliffhanger: will the older brother accept God's grace?

父親的回答是給予叛逆的兄弟同樣的恩惠。但就像約拿一樣，故事的結局也留下了一個懸念：哥哥會接受上帝的恩典嗎？

Two Ways We All Run 我們所有人的兩樣的跑

- God's will vs our will 上帝的旨意與我們的旨意 (Genesis 創世記 3)

Jonah embodies both ways these brothers each ran from their Father; how every human runs two ways from God's will in their life.

約拿體現了這對兄弟從父親那裡跑開的兩種方式，同樣是每個人一生中都會如何偏離上帝的旨意的樣式。

Since Adam and Eve all people have doubt that God's will is good. Every person does this. We measure what God says against our own will, and we usually win. We then run our own way, away from God's message and mission.

自從亞當和夏娃以來，所有人都懷疑上帝的旨意是否是好的。每個人都會這樣做。我們用上帝的話語與自己的意願作衡量，通常我們都會勝利。然後我們便自行其是，遠離上帝的信息和使命。

We can openly run from God's will like Jonah, like a Ninevite, like the prodigal son; in open rebellion against God. Our society affirms this with the phrase: follow your heart. What evils we commit following the desires of our nature in direct conflict with the will of God! These is what we think of most easily when we are confronted by the word sin.

我們可以像約拿、尼尼微人、浪子一樣，公開對上帝的旨意逃跑；公開反抗上帝。我們的社會用一句話來肯定這一點：跟隨你的心。我們按照本性的慾望犯下了多麼邪惡的罪行，與上帝的旨意直接衝突！當我們面對「罪」這個字時，最容易想到的就是這些。

But we can do openly good works with religious motives that earn our right to God's favour, like Jonah, and the older prodigal son. This is an internal rebellion against the will of God to save us by His grace, not our own strength of will and reputation. The better we are at being good 'Christian' people the less we let ourselves feel that we need God, and the more we expect life to turn out how we want. We expect God to owe us for our allegiance! This too is running from God, and less what we think of as sin, yet sin it is.

但是，我們也可以出於宗教動機公開地行善，以贏得上帝的恩寵，就像約拿和浪子一樣。這是對上帝希望透過祂的恩典來拯救我們，而不是透過我們自己的意志力和名譽作拯救的旨意的內在反抗。我們越是成為優秀的「基督徒」，我們就越不會感到需要上帝，我們就越期望生命能夠按照我們想要的方式發展。我們期望上帝會因我們的忠誠而感激我們！這也是從上帝那裡逃跑，雖然我們認為這不是罪，但它確實是罪。

- All Have sinned 世人都犯了罪 (Romans 羅馬書 3)

Let me confront you with this, as it confronts me: Imagine someone who sins more than you. Someone more 'far gone' than you. Are you imagining someone, or a people group? Be honest and reflect in your mind.

讓我把這個問題放在你面前，也是我正要面對的：想像一下有人比你犯下更多的罪。比你更「墮落」的人。您是在想像某個人，還是某個人群？誠實並反省自己的內心。

Romans 3:23 says: "*All have sinned and fall short of the glory of God*". If no human gets themselves any closer to God by any work they do, how dare I look at another human as less in need of God than me? Lifting ourselves up as better than "those people", those *sinners*, reveals our hidden 'running away' from God's grace. If we are honest with how we see ourselves, we will only see our own desperate need to embrace God's grace.

《羅馬書》3:23 說：「*世人都犯了罪，虧缺了神的榮耀*」。如果沒有人能通過所做的任何工作讓自己更接近上帝，我怎麼敢認為另一個人比我更需要上帝呢？將自己抬高到比「那些人」、那些罪人更好，揭示了我們隱藏的對上帝的恩典的「逃避」。如果我們誠實地看待自己，我們只會看到我們迫切需要接受上帝的恩典。

There is good news for everyone who runs from God, all people: that God shows grace to Jonah after all his rebellion and refusal.

對於所有逃避上帝的人，所有人來說，都有一個好消息：在約拿所有的反叛和拒絕之後，上帝還是向祂展示了恩典。

- Cliffhanger endings demand we respond - 懸念重重的結局要求我們做出回應

Cliffhanger endings are written for the reader to respond. Something happened next to Jonah. We have no idea. But history ending there is a message to you! If all of us run from God like Jonah **will YOU accept God's grace to you?**

懸念結局是為了引起讀者的反應而寫的。接著在約拿身上發生了一些事。我們不知道。但歷史的終結卻為你帶來了一個信息！如果我們都像約拿一樣逃避上帝，**你會接受上帝給你的恩典嗎？**

The answer is, not without God's help. We need a prophet to show up who obeys God and shares God's grace with us who is able to chase down the rebel and the religious.

答案是，沒有上帝的幫助是不行的。我們需要一位先知出現，祂服從上帝，與我們分享上帝的恩典，能夠追捕叛逆者和宗教人士。

One Prophet Who Does Not Run 一位不逃跑的先知

- **This Prophet did not run** from Treason, Danger, & Doubt
- 這位先知沒有逃避叛國、危險與懷疑

The good news is there was a prophet who did not run from God's will like Jonah. 好消息是，有一位先知沒有像約拿那樣逃避上帝的旨意。

One midnight this prophet sat in a garden, knowing that when the sun came up, He would be falsely charged with treason for sharing God's message to sinners, face violent torture and death, while all His followers abandon Him in fear and doubt. This prophet cried out to God: Luke 22:42-44 *“Father, if you are willing, take this cup from me; yet not my will, but Yours be done.” ... his sweat was like drops of blood falling to the ground.*”

一天午夜，這位先知坐在花園裡，他知道，當太陽升起時，他將因向罪人傳播上帝的信息而被誣告叛國，面臨暴力折磨和死亡，而他的所有追隨者都會在恐懼和懷疑中拋棄他。這位先知向神呼喊：《路加福音 22:42-44》「父啊！你若願意，求你將這杯撤去；然而，不是照我的意願，而是要成全你的旨意。」…禱告更加懇切，汗如大血點滴在地上。】

Two things this prophet says are hope for runaway sinners like us. 這位先知所說的兩件事給我們這些逃跑的罪人帶來了希望。

He yielded to God's will where Jonah could not. “Not my will but Yours...” is His surrender to the hopeless looking mission, trusting God's will. The final word in God's message of grace

to the rebels of Israel, and to all the nations of the world, to every human as we all run both ways far from the will and grace of God; was the death on a cross.

他在約拿做不到的事情上順從了上帝的旨意。「不是照我的意願，而是要成全你的旨意…」是他對看似無望的使命的降服，信靠上帝的旨意。上帝向以色列的叛逆者、向世界所有國家、向每一個遠離上帝意志和恩典的人傳達的恩典信息的最後一句話；是十字架上的死亡。

The ultimate message of grace to all people was that this Prophet Himself would drink down in full “*the cup*” of judgement that belongs to you, to me, to runaway sinners.

對所有人來說，最終的恩典信息是，這位先知本人將完全飲下屬於你、屬於我、屬於逃跑的罪人的審判的「杯」。

This Prophet completed God’s mission and died, all so sinners could live; a generation of Ninevites could live on before Jonah’s disbelieving eyes; even foreigners can find forgiveness and safety if they obey to God’s message. This book points all foreigners and sinners, rebels and religious runaways from God, to long for THIS Prophet who does not run from the will of God.

這位先知完成了上帝的使命並死去，這一切都是為了讓罪人得以繼續活著；在約拿不相信的眼前，一代的尼尼微人得以生存；即使是外國人，只要遵從上帝的旨意，也能得到寬恕和安全。本書指出，所有外國人和罪人、叛逆者和逃離上帝的宗教人士都渴望這位不逃避上帝意志的先知。

The Prophet is Jesus Christ.

這先知就是耶穌基督。

- Receive and accept God’s grace from the mouth of our Prophet

- 從我們的先知口中接受上帝的恩典

Our prophet Jesus is still speaking today.

我們的先知耶穌今天仍在講話。

To all those running from God in open rebellion: repent of your sins, turn to Him and surrender your life to His will, and receive forgiveness by His grace. Turn and follow Him today!

對於所有公開反抗從上帝那裡逃跑的人：悔改你的罪，轉向祂，將你的生命降服於祂的旨意，並得到祂的恩典的寬恕。今天就轉身跟隨祂吧！

No matter how far gone you feel, or how far you have run from God, Jesus runs TOWARD YOU to declare Himself to be your salvation.

不管你感覺自己迷失墮落了多深，或是你離上帝有多遠，耶穌都會跑向你，向你宣告祂就是你的救贖。

To all those running from God in religious rejection of His grace: repent of your pride-filled religious behaviour. Turn from your distrust, surrender your life, and receive His perfect life in place of your own.

對於所有因宗教原因拒絕上帝的恩典而逃離上帝的人：悔改你們充滿驕傲的宗教行為。擺脫你的不信任，放棄你的生命，接受祂完美的生命來取代你自己的生命。

Every day go hear Him speak in the pages of the Bible. Never tire of His voice. Receive and accept God's grace from the mouth of our prophet, Jesus.

每天去聆聽他在聖經中講話。永遠不會厭倦他的聲音。從我們的先知耶穌口中接受上帝的恩典。

We all run from God, but God's Prophet runs alongside us. Hear Jesus in the pages of Jonah, offering you God's free grace and mercy. He loves all people, and you, that much!

我們都從上帝那裡逃跑，但上帝的先知與我們並肩奔跑。聆聽《約拿書》中耶穌的聲音，感受上帝的白白的恩典和憐憫。他愛所有人，也愛你，那麼深！