

# Jonah 約拿書第 3 章 – Repent / Relent 悔改/寬恕

Nick Freestone, 01 Jun 2025 年 6 月 1 日

A fabulous failure. A fear of where you're headed. A midlife crisis. A longing for change. We have all felt, at least once in life already, like turning our life around. We change our plans, school, jobs, or friendship groups. Not only that, but we break our lease, end a relationship, retrain our brain, upend routines, or sell our guitar... Sometimes we can, sometimes we must, or we can't and wish we could turn our life around.

一次徹底的失敗。對未來走向的恐懼。一場中年危機。渴望改變。我們每個人，至少在人生中經歷過一次，想要徹底改變自己的生活。我們改變計畫、換學校、工作或朋友圈。不僅如此，我們還會解除租約、結束一段感情、重新訓練大腦、顛覆日常生活，或是賣掉吉他...有時我們可以，有時我們必須，有時我們無法做到，卻渴望能夠徹底改變自己的人生。

Have you ever said: *"I have to turn my life around!"*

您曾否說過：「我必須改變自己的生活！」

At our best, we try to live a life that that heads down the right path to suit our needs, joys, comforts and loved ones. But the message of the Bible is that God needs to turn our life around if we really want to live. Can God really turn your life around? And why would it matter if He did? 我們盡力而為，努力活出一條符合自身需求、快樂、舒適和所愛之人的正確人生之路。但聖經的信息是，如果我們真心想活著，上帝需要改變我們的人生。上帝真的能改變你的生命嗎？就算祂真的改變了你的人生，又有什麼意義呢？

Today, in our season of exploring of the book of Jonah, we land with him on a beach (2:10), spat out of a fish, squinting in the sun, stinking of stomach, somehow still alive. God has relented from destroying him and saved him!

今天，在我們探索《約拿書》的季節，我們看見他登上了海灘（2:10），從魚的口中被吐出來，眯著眼睛看著太陽，散發著魚肚的惡臭，不知何故還活著。上帝改變了心意，沒有毀滅他，反而拯救了他！

What should God have done next? Scold Jonah? Give him a new set of stricter rules? Pressure him with a threat that this is his last chance?

上帝接下來該怎麼做？責罵約拿？給他一套更嚴格的新規矩？還是威脅他說這是他最後的機會？

Instead, God renewed partnership with His prophet (3:1). Jonah has a clean slate as if he had never run away. He was tumbled in the water, taste-tested by a fish, turned back to God, and all by grace. Talk about turning a life around.

相反，上帝與祂的先知重新建立夥伴關係（3:1）。約拿重獲新生彷彿從未逃跑過。他被水浸透，被魚嚐過，最後轉向上帝，這一切都是靠恩典。這真是一個人生的轉捩點。

In 3:2, God reset His expectations of Jonah. He still had to go to Nineveh and *"preach against it, for their wickedness..."*, but this time Jonah obeyed. What would Nineveh do in response to God's message? Would they ignore Jonah? Or would they turn and repent?

在 3 章 2 節，上帝重新設定了祂對約拿的期望。祂仍然要去尼尼微，「向其中的居民宣告，因為他們的惡」，但這次約拿順服了。尼尼微人會如何回應上帝的信息？他們會無視約拿嗎？還是會迴轉悔改？

To turn away from your own path toward God is called repentance. Today Jonah 3 will show you how Nineveh's response is an example of our (1) **need for repentance**, (2) **the nature of repentance**, and (3) **the hope of repentance**. All people need to turn to God. And if you turn to Him, He will turn your life around. There is (4) **assurance for the repentant** because God is gracious and merciful to all people.

轉離自己的道路轉向神，就叫悔改。今天，《約拿書》第 3 章將向你展示尼尼微人的回應如何成為我們（1）**需要悔改**的榜樣，展示（2）**悔改的本質**，以及（3）**悔改的盼望**。所有人都需要轉向神。如果你轉向祂，祂必改變你的生命。因為神對所有人都充滿恩典和憐憫，（4）**悔改的人有確據**。

### The need for repentance 悔改的需要

There was a great need for repentance where Jonah was sent. I shared 3 weeks ago that Nineveh was known for its brutality. Even their allies feared them. And, according to historians, there was even more going on in Nineveh at the time than usual.

約拿被差遣去的地方的人非常需要悔改。三週前我分享過，尼尼微以殘暴著稱。就連他們的盟友也懼怕他們。而且，根據歷史學家的記載，當時尼尼微的局勢比平時更加動盪。

There had been an ominous solar eclipse, earthquakes, political uprisings, and an explosion of conflict against authorities by those under the thumb of royal rule. Nineveh couldn't stay stable as a superpower without change. It is as if God had prepared the ground ready for Jonah's message to take root.

不祥的日食、地震、政治起義，以及在王權統治下爆發的反抗暴政的衝突。尼尼微若不變革，就無法維持超級大國的穩定。彷彿上帝已為約拿的信息紮根而預備了土壤。

Jonah walked for a whole day deeper into the vast city (v.4). He would have seen desperate need for change. When at last Jonah spoke it took only 5 Hebrew words (8 in English) to convince the people that they needed to turn their life around. Jonah proclaimed: (v.4-5) “***Forty more days and Nineveh will be overthrown. The Ninevites believed God.***”

約拿在這座巨大的城市裡走了一整天（第 4 節）。他一定看到了人們迫切需要改變。最後，約拿只用了五個希伯來文（英文是八個字）就說服了人們，他們需要改變自己的人生。約拿宣告說：「**再過四十天，尼尼微要傾覆了！**」尼尼微人就信服上帝。

News of coming destruction led to belief in the God who sent that message. There is no mention of Jonah's preaching style, teaching techniques, charismatic delivery, the way he looked or smelt, anything that could make his message more listenable, relatable, or obey-able. There was simply a heart-response to the Word of God, that led to belief.

毀滅即將到來的消息使人信服了傳達這訊息的上帝。聖經沒有提及約拿的講道風格、教導技巧、超凡魅力、他的相貌或氣質，以及任何能使他的信息更容易被人接受、更容易被理解或更容易被人遵從的事物。這只是出於內心對上帝聖言的回應，最終導致了信服的產生。

Nineveh's '**belief**' here isn't '**lite**', it is serious. It is the same Hebrew word used when Israel saw the Red Sea close over Pharaoh's army chasing them. Then, 'Israel *believed* God' (Ex14:31) on the evidence of God's deliverance. But this time just God's Word brings *belief*.

在這裡所說的尼尼微人的「**信服**」並非「**輕率**」的，而是嚴肅的。這個詞與以色列人看到紅海淹沒法老軍隊追趕他們時使用的希伯來語相同。當時，「**以色列人信服上帝**」(出14:31)，因為上帝拯救了他們。但這一次，光是上帝的話語就帶來了**信服**。

The Word moved from the streets to homes, the lowly to the rich, the peasant to palace, and to the King. The King had riches, reputation, and the protection of his army, but those same five words broke his trust in his kingdom's strength, and he too *believed*.

神的話語從街頭傳到家家戶戶，從平民到富人，從農民到宮殿，最後到了國王耳中。國王擁有財富、名望和軍隊的庇護，但同樣這五個字動搖了他對王國力量的信心，他也**信服**了。

Nineveh had armies who annihilated entire peoples, whole cities, wiped them completely off the face of the earth. They wouldn't have had to imagine what a mightier army could do to them. But here they fear something greater. Look at verse 8: "**Let everyone call urgently on God. Let them give up their evil ways and their violence.**"

尼尼微的軍隊曾殲滅了整座城市、整座民族，將他們從地球上徹底抹去。他們根本無法想像一支更強大的軍隊能對他們造成什麼後果。但在這裡，他們害怕的是更可怕的事。請看第8節：「**切切求告上帝。各人要回轉離開惡道，離棄自己掌中的殘暴。**」

The King discovered that they had a moral debt to God for their evil and violence that had brought upon them spiritual consequences in judgement. God's Word hit bullseye in their heart. 國王發現，他們因邪惡和暴力而欠上帝道義上的債，在審判中給他們帶來了屬靈的後果。上帝的話語擊中了他們的心。

Do any of you hear this story and think: "*Why did the king trust this Word to be true?*" Like Pharaoh, who ignored God's warnings spoken through Moses. The answer is that it takes the power of God for our need for repentance to seem reasonable beyond logic and circumstance.

你們當中有人聽到這個故事，會不會想：「**為什麼王會信服這話是真的？**」就像法老一樣，他無視上帝透過摩西所發出的警告。答案是，我們需要悔改，只有上帝的大能，才能讓我們悔改顯得超越邏輯和環境，顯得合情合理。

Paul writes to Timothy this about repentance: "**Opponents must be gently instructed, in the hope that God will grant them repentance leading them to a knowledge of the truth.**"(2Tim2:25) Through His Word God powerfully gives us the need to repent!

保羅在寫給提摩太的信中談到了悔改：「**用溫柔勸導反對的人。也許上帝會給他們悔改的心能明白真理，**」(提後2:25) 上帝透過祂的話語，有力地告訴我們悔改的必要性！

Nineveh's believing King commands that all his people turn away from their Assyrian way of life; (v.8) their evil and violence. We would call this turning from their *sin*. Sin is anything done against God's order and will. God revealed to Nineveh that their evil hearts and violent hands, were sinful. Nineveh surrendered when they saw their sin against God who stood poised to conquer them.

尼尼微信服的國王下令全體人民離棄亞述人的生活方式(第8節)，即他們的邪惡和暴力。我們稱之為「**離棄罪惡**」。罪就是任何違背上帝命令和旨意的行為。上帝向尼尼微人揭示，

他們邪惡的心和殘暴的手都是有罪的。當尼尼微人看到自己對即將征服他們的上帝所犯下的罪行時，他們投降了。

## The nature of repentance 悔改的本質

The nature of repentance is seen here in what the King leads his people to do about their sin: (v.6) ***“When Jonah’s warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust.”*** This is such a humanising moment.

在這裡悔改的本質體現在王如何帶領人民處理他們的罪：（第 6 節）「**這消息傳到尼尼微王那裏，他就從寶座起來，脫下朝服，披上麻布，坐在灰中。**」這是一個充滿人性的時刻。

The Kings of Nineveh were often exalted with ‘extra-Kingly’ titles, like ‘King of the Universe’, or ‘King over the 4 corners of the world’. But here Nineveh’s King stood down from his throne, took off his robes, and joined his nation in mourning in awfully itchy sackcloth in place of his finery.

尼尼微王常被冠上「超凡王者」的頭銜，例如「宇宙之王」或「四海之王」。但在這裡，尼尼微王卻從王座上走下來，脫下長袍，與他的人民一同著上令人極度發癢的麻衣，代替華麗的服飾，一同哀悼。

Imagine seeing the throne empty, all the royal robes discarded on the floor, and all people gathering as one in the dust of their city. There was nobody more or less in need of repentance, and no difference in what their repentance looked like. All people must repent the same by turning to the mercy and grace of God.

想像一下，寶座空了，所有朝服散落在地上，整座城的所有人齊聚在灰中。沒有人比他們更需要悔改，他們的悔改方式也沒有任何區別。所有人都必須以同樣的方式悔改，轉向上帝的憐憫和恩典。

Once the King had joined his people in the dust, he commanded them: (v.7-8) ***“Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence.”***

王與百姓一起坐在灰中後，便吩咐他們說：（第 7-8 節）「**人、畜、牛、羊都不可嘗任何東西，不可吃，也不可喝水。人與牲畜都要披上麻布，切切求告上帝。各人要回轉離開惡道，離棄自己掌中的殘暴。**」

The three things they do: refusing food and water, outwardly mourning, and calling out to God, reveal the nature of repentance.

他們所做的三件事：拒絕食物和水、公開哀悼和求告上帝，揭示了悔改的本質。

Their **fasting** created inner hunger and thirst. They replaced their inner evil for inner pains, refusing to fuel the evil within. Fasting demonstrated desire to turn away from sin.

他們的**禁食**激發了內心的飢渴。他們用內心的痛苦取代了內心的邪惡，拒絕助長內心的邪惡。禁食展現了他們遠離罪惡的渴望。

Their **mourning** in sackcloth and dust shows that they had surrendered their outward actions and comforts. They chose to cause external pain to themselves, bowing down their “**violent hands**” to



God. This demonstrates a desire to turn away from outer-sins that they had once worn on their sleeves.

他們披麻戴塵的哀慟，顯示他們已經放棄了外在的行為和舒適。他們選擇帶給自己外在的痛苦，將他們「**暴戾的手**」向上帝屈服。這顯示他們渴望遠離曾經掛在袖子上的外在罪惡。

The King commands they add **prayer** to their repentance. He commands (1) *urgent words with God*. That they (2) *call out* to Him with emotion. He wants them to (3) *put into words* what their fasting and mourning signify: their commitment to turning from sin. And to (4) *plead for mercy* from God that He might relent. For, (v.9) “***Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish.***”

君王吩咐他們在悔改的同時，也要**禱告**。他吩咐（1）**切切求告上帝**。（2）**要呼求滿懷深情地向祂傾訴**。祂希望他們（3）**用言語表達他們禁食和哀慟的意義**：表明他們決心離棄罪惡。並且（4）**祈求上帝的憐憫，願祂回心轉意**。因為（第 9 節）「**誰知道上帝也許會回心轉意，不發烈怒，使我們不致滅亡。**」

Nineveh's need for repentance came from new belief in God and His right judgement of them through His Word. The nature of their repentance was the same for all, a turning from their way of life, inwardly and outwardly, expressed in urgent, honest, exhaustive, pleading for mercy for their sin in prayer to God.

尼尼微人需要悔改，源自於他們對上帝的新信服，以及上帝透過祂的話語對他們的正確審判。他們悔改的本質對所有人來說都是一樣的，即從內心和外在改變他們的生活方式，並透過向上帝迫切、真誠、徹底的禱告，懇求上帝寬恕他們的罪。

### The hope of repentance 悔改的盼望

So what will God do? Jonah's message had no hope. But the King has hope that God might relent. While it is hope only as strong as his (v.9) “***who knows?***”, it is a hope in a merciful God.

那麼上帝會怎麼做呢？約拿的信息沒有希望。但王卻盼望上帝會寬恕。雖然這盼望的力量強度取決於他（第 9 節）所說的「**誰知道呢？**」，但這盼望是對慈悲上帝的盼望。

Here is how God received their repentance: (v.10) “***When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.***” God heard their cries, He saw them turn, and He relented.

上帝是這樣接受他們的悔改的：（第 10 節）「**上帝察看他們的行為，見他們離開惡道，上帝就改變心意，原先所說要降與他們的災難，他不降了。**」上帝聽到了他們的哀求，看到他們轉離，他就改變心意。

God reveals His nature in this verse: He is **merciful**. Nothing Nineveh had done paid for their sin. When Nineveh turned to God, He turned *toward them*.

上帝在這節經文中顯明了祂的本性：祂是**慈悲的**。尼尼微人所做的一切都無法彌補他們的罪。當尼尼微人轉向上帝時，上帝也轉向了他們。

The hope of repentance the King had was found in God's nature, not in the nature of his people's repentance. Neither the quality of their mourning; the days of their fasting; the noise of their prayer; none of that gave him hope. It was the (v.9) “***compassion***” of God that gave him the hope in his “***who knows?***”. Just the fact that God warned them was compassionate. Receiving the Word declared hope in the nature of this God.

王悔改的盼望源自於神的本性，而非他百姓悔改的本性。他們哀悼的程度，他們禁食的日子，他們禱告的聲音，這些都未能帶給他盼望。是神的「**憐憫**」(第 9 節)讓他在「**誰知道**」的預言中看到了盼望。光是神警告他們本身就充滿憐憫。領受神的話語宣告了對這位神本性的盼望。

And in almost matching language to verse 9, that God's nature might mean that He turn from His anger and wrath and relent, in verse 10 God turned and saw and relented. God's nature is proved compassionate and merciful.

第 10 與 9 節的措詞幾乎一致，上帝的本性意味著祂會從憤怒和暴怒中轉離，併改變心意。上帝轉過身來，察看了，就改變心意。事實證明，上帝的本性是富有同情心和憐憫的。

But God is also **just**. God can do anything, but being just, He will see justice done, always. But there doesn't seem like there is justice here. None of Nineveh's sin is paid for. Judgement still looms. If God is just it must fall! How is it fair for God to relent?

但上帝也是**公義**的。上帝除了公正的事不會做其他任何事，祂必定會伸張正義，永遠如此。然而，這裡似乎沒有正義。尼尼微的罪惡尚未得到償還。審判依然迫在眉睫。如果上帝是公義的，它就必須滅亡！上帝的寬容怎麼公平呢？

There is a mystery in this history. Its mercy hoped for without assurance, yet received all the same, without the justice of judgement. Debts to God can't be deleted, they must be paid. Not seeing that justice done was Jonah's main problem with God.

這段歷史中隱藏著一個謎團。人們期盼上帝的憐憫，卻缺乏確據，最終卻得到了，卻沒有得到公正的審判。欠上帝的債無法消除，必須償還。約拿對上帝最大的問題在於，他看不見正義得以伸張。

This should leave you wanting to see how God is just to relent and forgive. You should be hoping someone can lead you to turn to God and repent of your sin knowing that your sin is dealt with once and for all! I have some good news for you, and for Jonah: that person is here.

這應該讓你渴望明白上帝是如何公正地寬恕和赦免的。你應該希望有人能引導你轉向上帝，悔改你的罪，知道你的罪已經得到徹底的解決！我有個好消息要告訴你，也要告訴約拿：這個人就在這裡。

### Assurance for the repentant 悔改者的保證

There is longing crafted into Jonah 3's structure. It is bookended with God's Word of judgement (v.2), and God's relenting (v.10). Both are gracious. We're meant to notice that the centre-verse (6), the King of Nineveh relents from his rule in repentance. The King surrendered his throne to God. We're meant yearn for God to fill that seat with a King who can solve humanity's assurance and justice problem.

《約拿書》3 章的結構蘊含著渴望。它以神的審判之言（第 2 節）和神的憐憫（第 10 節）為兩端。兩者都充滿恩典。我們應該注意到中間的經文（第 6 節），尼尼微王悔改，放棄了他的統治。這位君王將他的王位交給了神。我們渴望神賜給一位能解決人類確信和公義問題的君王來坐上王座。

Phil 2:6-11 declares that Jesus, "**in very nature God**" stepped down from His throne in Heaven, and took on the nature of the lowliest servant. The Creator became human, a creature like us.

And He did this not to join us in our repentance like Nineveh's King, but to lead to all those who **believe in Him** into repentance that has assurance.

《腓立比書》2:6-11 宣告，耶穌「**本有神的形象**」，從天上的寶座上走下來，取了最卑微僕人的樣式。造物主成為人，像我們受造物一樣。祂這樣做，並非為了像尼尼微王那樣與我們一同悔改，而是為了帶領所有**信服祂的人**，進入有確據的悔改。

He is the King who picks us up from the dust of our fears and failures, our longing for life to be better, to last longer, even beyond death. He is the King who does not say: ***“Follow me, and who knows, God might relent”***. No. He is the King who says ***“Follow me and I will bear your judgement for you. That is the kind of King I am. Believe in me. Listen to my words. I will die your death and bear your promised judgement for your sin, so you may live”***. Jesus' death on the cross, on behalf of those who repent and believe in His Word, is the moment the wrath of God and His fierce anger were poured out on the sinless King of sinners.

祂是將我們從恐懼和失敗的塵灰中拉出來的王，祂將我們從對更美好生活、更長久生活甚至超越死亡的渴望中拉出來。祂是不會說「**跟隨我吧，誰知道呢，上帝也許會回心轉意**」的王。不。他是說「**跟隨我，我會為你承擔審判。我就是這樣的王。信服我。聽我的話。我會為你而死，為你的罪承擔應許的審判，這樣你就可以活下去**」的王。耶穌為那些悔改並信服祂的話語的人死在十字架上，那一刻，上帝的憤怒和祂猛烈的怒火傾瀉在罪人的無罪之王身上。

Nineveh's trust in God's nature, repentance, and belief in God, meant that 800 years later, Jesus died bearing Nineveh's judgement. God is just and can forgive because Jesus alone drank the cup of judgement for even the most lost and far off sinners.

尼尼微人對神本性的信靠、悔改和對神的信服，意味著八百年後，耶穌承受了尼尼微人的審判而死。神是公義的，能夠赦免一切，因為只有耶穌為那些最迷失、最遠離神的罪人飲下了審判之杯。

Jesus received a Kingly-title greater than the Ninevite Kings of old. As He hung on our cross, a sign nailed above his head, written in all the common languages of the world: ***“This is Jesus, King of the Jews”*** (John 19:19-20); the King of the people of God, all across the world.

耶穌獲得了比古代尼尼微王更高的王銜。當祂被釘在我們的十字架上時，祂頭頂上釘著一塊牌，上面用當時世界上所有通用的語言寫著：「**猶太人的王，耶穌。**」（約翰福音 19:19-20）；祂是全世界神子民的王。

Jesus brings God's message. He's our prophet. He is grace in a warning. And Jesus is the King that brings assurance to sinners. He is grace, in a King.

耶穌帶來上帝的信息。他是我們的先知。祂是警告中的恩典。耶穌是帶給罪人確據的君王。祂是君王的恩典。

Do you see your sin? You need to repent. Then do it urgently, wholeheartedly, honestly, crying out to God for mercy *assured that because of your King Jesus there is forgiveness and a safe relationship that God longs to turn and offer you*. God can really turn your life around.

你看見自己的罪了嗎？你需要悔改。就迫切地、全心全意地、誠實地悔改，向神呼求憐憫，確信因著你的君王耶穌，神渴望賜向你回心轉意給你赦免和安全的關係。神真的能改變你的生命。

Do you follow Jesus, but haven't turned all your life toward Him? Is it your bank account, your reputation, your place in your family, something good that you have, or want, that you hold as greater worth than God?

你跟隨耶穌，卻還沒有將你的一生轉向祂嗎？是你的銀行帳戶、你的名聲、你在家裡的地  
位、你擁有的或想要的美好事物，在你眼中比神更有價值嗎？

Repent now, urgently, wholeheartedly, honestly, crying out to God for mercy assured that because of your King Jesus, you have forgiveness and a safe relationship with God ***that is better than anything in the world.*** God can really turn your life around.

現在就悔改，迫切地、全心全意地、真誠地向神呼求憐憫，確信因著你的君王耶穌，你已  
蒙赦免，並與神建立**比世上任何事物都更穩固**的關係。神真的能改變你的人生。

God turned Jonah's life around on a beach and sent him to Nineveh. God's Word turned Nineveh's life around, and we only know that they lived on. Our Prophet, King Jesus is here speaking God's Words. He offers to turn your life around.

上帝在沙灘上改變了約拿的人生，並差遣他前往尼尼微。上帝的話語改變了尼尼微人的生  
命，我們知道他們活了下來。我們的先知，君王耶穌正在這裡宣講上帝的話語。他提出要  
改變你的人生。

This is His message that we carry into our city: (Acts 20:21) "***I have declared to both Jews and Greeks that they must turn to God in repentance and have faith in our Lord Jesus.***" All people, who know God, or don't yet know Him, must turn and repent and have faith in our Lord & King, Jesus.

這是他的，我們帶進我們城市的，信息：（使徒行傳 20:21）「**不論猶太人和希臘人，我都  
已證明他們當在上帝面前悔改，信靠我們的主耶穌。**」所有認識神或還不認識神的人，都  
必須轉向神、悔改，並信靠我們的主和君王耶穌。

Hear your King call you to repentance. Turn, pray, and find Him willing to lift you from the dust with hands still bearing the scars of enduring your judgement for your sin. And join with God's people who continue to take His message into their city each day, all around the world, declaring that there is hope through repentance and faith in our Lord, our King Jesus; hope with assurance that God will *turn your life around.*

聽你的君王呼召你來悔改。迴轉，禱告，祂必定願意將你從灰塵中扶起，祂的雙手仍帶著  
因你的罪受審判而留下的傷痕。加入神的子民，他們每天繼續將祂的信息帶進他們的  
城市，帶往世界各地，宣告：藉著悔改和信靠我們的主，我們的君王耶穌，就有盼望；並確信神  
必改變你的生命。