

The Life 生命

John 約翰福音 14:1-14, Mark 馬可福音 16:1-8

USED 使用: St Paul's 聖保羅堂 (25th January 2026 年 1 月 25 日)

1989 saw the release of the last chapter of the original Indiana Jones trilogy. *Indiana Jones and the Last Crusade: The Quest for the Holy Grail*. Legend has it that drinking from the Holy Grail, the cup that Jesus used in the Last Super will provides instant healing and sustaining use will grant immortality.

1989 年，原版《奪寶奇兵》三部曲的最後一章上映。電影名為《奪寶奇兵 3：聖戰奇兵》。傳說，從耶穌在最後晚餐中使用過的聖杯中飲水，可以立即得到醫治，持續使用更能獲得永生。

Legend and movie plot aside, Google was reported to be investing huge sums of money since 2013 to support scientists to discover anti-ageing drugs by genetic engineering which could extend human life far beyond its natural course. Researchers think it could be possible for humans to live until we are 1,000 years old.

撇開傳說和電影情節不談，據報導，谷歌自 2013 年起投入巨資，支持科學家通過基因工程研發抗衰老藥物，以使人類壽命遠遠超越自然進程。研究人員認為，人類活到 1000 歲是可能的。

The project has many philosophers and ethicists deeply concerned. There is the prospect of boredom. The prospect of having too many memories to remember any of them. Adding to that, if you have not work out the purpose of your life at 70, most likely, you still cannot figure it out at 700. There is also the unappealing prospect of a 1,000-year-reign for the likes of Trumps or Kim Jong-Un.

這個項目令許多哲學家 and 倫理學家深感憂慮。存在著無聊的前景。存在著記憶太多以至於無法記住任何一個的前景。此外，如果你在 70 歲時還沒弄清楚人生的目的，很可能到了 700 歲時仍然無法弄清楚。同時，像川普或金正恩這樣的人統治 1000 年的前景也並不吸引人。

But what if we could have life - **real & enduring** - life? Life without pain, fear, bondage, failure, and disappointment. That would be different.

但如果我們能擁有生命——真實而永恆的生命呢？沒有痛苦、恐懼、捆綁、失敗和失望的生命。那將會不一樣。

Since the beginning of 2026, over the last four weeks, we are wrestling with three of the outrageous claims of Jesus. In John 14:6 Jesus claims to be THE WAY, THE TRUTH & THE LIFE. Jesus claims to be THE LIFE. In John 10:10 he says that he came that we might have life and have it to the fullest.

自 2026 年初以來，在過去四週裡，我們一直在思考耶穌三個驚人的宣告。在《約翰福音》14:6，耶穌宣告祂是道路、真理、生命。耶穌宣告祂是生命。在《約翰福音》10:10，祂說祂來是要叫人得生命，並且得的更豐盛。

Four things I want to say about Jesus' claim to be THE LIFE.

關於耶穌宣告自己是「生命」，我想談四點。

Firstly, WHY JESUS CLAIMS TO BE 'THE LIFE'

Secondly, HIS LIFE CHALLENGES OUR MINDS.

Then, HIS LIFE GIVES US HOPE.

Finally, HIS LIFE GIVES US PURPOSE.

第一，耶穌為何宣告自己是「生命」

第二，祂的生命挑戰我們的思想。

第三，祂的生命賜給我們盼望。

最後，祂的生命賦予我們生命目的。

1. WHY JESUS CLAIMS TO BE 'THE LIFE' 耶穌為何宣告自己是「生命」

The Bible declares that God is eternal. God's life has no beginning, and it has no end. PSALM 90:2 written by Moses helps us to see God as always living: ***Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.***

聖經宣告神是永恆的。神的生命沒有開始，也沒有結束。摩西所寫的《詩篇》90:2 幫助我們看見神是永活的：「諸山未曾生出，地與世界你未曾造成，從亙古到永遠，你是神。」

God never needed to be made because he always is. In a brief 100 years, this planet will have a population of more than **ten billion brand new people** and all **8.2 billion** of us alive today will have vanished off the earth. But not God. He never had a beginning and therefore depends on nothing for his existence. God does not need air to breathe, or food to eat, or water to drink. He does not need help with the work he decides to do.

神從來不需要被造，因為祂一直是自有永有的。在短短一百年內，這個星球將有超過一百億全新的人，而今天活著的 82 億我們都將從地球上消失。但神不是這樣。祂從未有過開始，因此祂的存在不依賴任何事物。神不需要呼吸空氣、吃食物或喝水。祂不需要幫助來完成祂決定要做的工作。

God always has, within his own life, everything he needs for being who he is as God, and for doing all that he chooses to do. Everything in the world needs God but he does not need anything in the world.

在祂自己的生命裡，神總是擁有成為祂作為神所需的一切，以及做祂選擇做的一切所需的一切。世界上的萬物都需要神，但神不需要世界上的任何東西。

God does not have it in him to go out of existence, just as we do not have it in us to live forever. We all age and die because it is our present nature. God, however, continues forever unchanged because it is his eternal nature.

神的本性中沒有滅亡的可能，就像我們的本性中沒有永遠活著的可能。我們都會衰老和死亡，因為這是我們目前的本性。然而，神永遠持續不變，因為這是祂永恆的本性。

God is self-existent; he has life in himself. God is also self-sufficient; he has everything he needs for his life in himself. This is why Jesus claims to be THE LIFE in John 14. It is the natural extension of his claim to be this God. Jesus claims to be THE LIFE because he is the GOD who is self-existent and self-sufficient.

神是自有永有的；祂在自己裡面有生命。神也是自給自足的；祂在自己裡面擁有祂生命所需的一切。這就是為什麼耶穌在《約翰福音》14 章宣告自己是「生命」。這是祂宣告自己是這位神的自然延伸。耶穌宣告自己是「生命」，因為祂是那位自有永有、自給自足的神。

Last week we took a glimpse at John 1. There John asserts that Jesus, is the Son of God, is equal with God, and God's agent in creating all that is. It also says this about Jesus in v4: ***In him was life, and that life was the light of all mankind.*** A few chapters later, in 5:26, that claim is expanded and clarified: ***As the Father has life in himself, so he has granted the Son also to have life in himself.***

上週我們瞥見了《約翰福音》第 1 章。在那裡，約翰斷言耶穌是神的兒子，與神同等，並且是神創造萬物的代理者。第 4 節也這樣論到耶穌：「***在他裏面有生命，這生命就是人的光。***」幾章之後，在 5:26，這個宣告得到擴展和澄清：「***因為父怎樣自己裏面有生命，也照樣賜給他兒子自己裏面有生命***」

Jesus is THE LIFE because he shares in the self-existing life of God. That is the first reason he claims to be THE LIFE. Secondly, John's main concern is that this SELF-EXISTING LIFE OF JESUS, is LIGHT for humanity. John is interested in JESUS being LIFE and LIGHT for the salvation of humanity. Jesus is the source of eternal life. In John 3, Jesus explains his death on the cross in terms of it being salvation and eternal life to all who believe in him.

耶穌是「生命」，因為祂分享神自有永有的生命。這是祂宣告自己是「生命」的第一個原因。第二，約翰主要關心的是，耶穌這自有永有的生命，是人類的「光」。約翰關注的是耶穌成為人類救恩的「生命」和「光」。耶穌是永恆生命的源頭。在《約翰福音》第 3 章，耶穌解釋祂在十字架上的死，是為所有信祂的人帶來救恩和永生。

Jesus is THE LIFE because he is, firstly, the God who always existed and from whom all life flows; and secondly, because he is the saviour of humanity and the source of eternal life for those who believe in him. In John 11:25: ***I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die.***

耶穌是「生命」，因為第一，祂是那位一直存在、一切生命都從祂流出的神；第二，因為祂是人類的救主，是那些信祂之人永恆生命的源頭。《約翰福音》11:25：「復活在我，生命也在我。信我的人雖然死了，也必復活；凡活著信我的人必永遠不死。」

All these claims hang on the resurrection of Jesus. If Jesus did not rise, then he cannot claim to be life. The apostle Paul said the same thing, if the resurrection did not happen then Christianity is useless. (1Cor15:17-19) So, lets jump back into Mark 16 and allow his resurrected life challenge us, give us hope and change the course of our lives.

所有這些宣告都取決於耶穌的復活。如果耶穌沒有復活，祂就不能宣告自己是生命。使徒保羅也說了同樣的話，如果復活沒有發生，基督教的信就是徒然。(林前 15:17-19) 所以，讓我們回到《馬可福音》16 章，讓祂復活的生命挑戰我們，賜給我們盼望，並改變我們生命的軌跡。

2. HIS LIFE CHALLENGES OUR MINDS 祂的生命挑戰我們的思想

The word of challenge for our minds is there in Mark 16:6: "***Don't be alarmed,***" he said. "***You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him.***" 挑戰我們思想的話在《馬可福音》16:6：***那年輕人對她們說：「不要驚慌！你們尋找那釘十字架的拿撒勒人耶穌，他已經復活了，不在這裏。來看安放他的地方。」***

That is the challenge to our minds. Jesus came back to life after his execution. The Bible says that after Jesus was killed, he came back to life and appeared to his followers. The Bible says that is why Jesus' followers did not go home. That is why Christianity exploded to become dominant in the Roman Empire within two hundred years and the largest, and most widespread of all religious faiths on the planet today.

這就是對我們思想的挑戰。耶穌在被處決後復活了。聖經說，耶穌被殺後，祂復活了，並向祂的跟隨者顯現。聖經說，這就是為什麼耶穌的跟隨者沒有回家。這就是為什麼基督教在兩百年內爆炸性增長，在羅馬帝國佔據主導地位，並成為當今世界上最大、傳播最廣的宗教信仰。

But this is Chatswood in 2026 and most people around us just do not believe it. I get that. So, in challenging our minds it is important not to be intellectually lazy. Before we reject the resurrection, some thought needs to be given to alternative, historically plausible explanations.

但這裡是 2026 年的車士活，我們周圍大多數人就是不相信。我理解。所以，在挑戰我們的思想時，重要的是不要在理智上懶惰。在我們拒絕復活之前，需要思考其他歷史上合理的解釋。

A general trend is that rather than looking at the evidence, what follows is, accusations that the texts like Matthew, Mark, Luke, and John are not reliable. To justify ignorance there is a temptation to call the historical documents legends. MARK CHALLENGES THAT HERE TOO.

一個普遍的趨勢是，不是去看證據，而是指責像《馬太》、《馬可》、《路加》和《約翰》這些福音文本不可靠。為了為無知辯解，人們傾向於稱這些歷史文獻為傳說。馬可在此也挑戰了這一點。

Three times in eight verses - in Mark 15:40, 15:47 and 16:1 - Mark recorded the name of the eyewitnesses who saw it all. ***Mary Magdalene, Mary the mother of James, and Salome.*** Why THREE TIMES? Because these are the marks of ancient historians to emphasise their finding about the facts, not legend.

馬可在八節經文中三次——在《馬可福音》15:40、15:47 和 16:1——記錄了目睹這一切之目擊者的名字。「抹大拉的馬利亞，又有小雅各和約西的母親馬利亞，並有撒羅米。」為什麼三次？因為這是古代歷史學家強調他們關於事實（而非傳說）的發現的標誌。

These women are clearly described as eyewitnesses. Notice 15:40: *Some women were watching*. And again to 15:47: *Mary Magdalene and Mary the mother of Joseph SAW where he was laid*. Then in 16:4: *when they looked up, they SAW that the stone, which was very large, had been rolled away*.

這些婦女被清楚地描述為目擊者。注意 15:40: 「有些婦女遠遠地觀看。」還有 15:47: 「抹大拉的馬利亞和約西的母親馬利亞都看見安放他的地方。」然後在 16:4: 「她們抬頭一看，看見石頭已經滾開了，原來那石頭很大。」

Then in v5: *As they entered the tomb, they saw...* Then at the end of v6: *see the place where they laid him*. It is pretty obvious that Mark sees these women as clear eyewitnesses to the death, burial, and resurrection of Jesus. This is a slam-dunk proof that the resurrection is history and not legend.

然後在第 5 節: 「她們進了墳墓，看見...」接著在第 6 節末尾: 「來看安放他的地方。」很明顯，馬可視這些婦女為耶穌之死、埋葬和復活的明確目擊者。這是證明復活是歷史而非傳說的鐵證。

One of the strongest early arguments against the truth of Christianity is that the account of the resurrection is based on the eyewitness testimony of women. A second Century Greek philosopher named Celsus was one of the early opponents of Christianity. He wrote that the resurrection was a lie because women were the eyewitnesses, and women were regarded as hysterical and unreliable. And people went, "good point Celsus. That is a real problem."

早期反對基督教真理最有力的論點之一，就是復活的記載是基於婦女的見證。一位名叫塞爾蘇斯的二世紀希臘哲學家是基督教的早期反對者之一。他寫道，復活是個謊言，因為目擊者是婦女，而婦女被認為是歇斯底里且不可靠的。人們說，「塞爾蘇斯說得好。這確實是個問題。」

It was an incredibly convincing argument because in ancient cultures women were marginalised, and it was hard to believe in their testimony. But this is the very culture that Mark was writing in.

這是一個令人難以置信的、有說服力的論點，因為在古代文化中，婦女是被邊緣化的，人們很難相信她們的證詞。但這正是馬可寫作時所處的文化。

If Mark was making this all up, then he would never have put women in as the only eyewitnesses to Jesus' empty tomb. The only way to account for the women being recorded as the first eyewitnesses of Jesus' resurrection is that they were. This cannot be legend.

如果馬可編造了這一切，那麼他絕對不會把婦女作為耶穌空墳墓的唯一目擊者。解釋婦女被記錄為耶穌復活的第一目擊者的唯一方式，就是她們確實是。這不可能是傳說。

Mark is challenging our minds and worldview here. He has written this as an historical documentation of actual events. Events that challenge the way we see the world.

馬可在這裡挑戰我們的思想和世界觀。他將此作為對真實事件的歷史記錄來書寫。這些事件挑戰我們看待世界的方式。

At this point it would be easy to say *okay, this stuff is written as history, but they got the facts a little muddled up. Ancient people were a little gullible about miracles. They do not have our modern developed mind. We have learnt a thing or two in the past two thousand years.*

在這一點上，很容易說，好吧，這些東西是作為歷史寫的，但他們把事實搞混了一點。古人對神蹟有點輕信。他們沒有我們現代發達的頭腦。在過去的兩千年裡，我們已經學到了一點東西。

It is easy to assume that they were open to the idea of resurrection where we are not. Let us not be too quick to assume they were ignorant and gullible.

很容易假設他們對復活的觀念是開放的，而我們不是。我們不要急於假設他們是無知和易受騙的。

One thing you will notice as you read Mark is that Jesus tells his disciples quite clearly that he will die and rise again on the third day. It is there in chapter 8, twice in chapter 9, and again in chapter 10.

當你閱讀《馬可福音》時，你會注意到一件事：耶穌非常清楚地告訴祂的門徒，祂將在第三天死而復活。這在第八章，第九章兩次，第十章又出現。

The weird thing is the third day after his death arrives and no one was expecting a resurrection. The blokes are not around, and the women had bought spices to anoint a dead body.

奇怪的是，祂死後的第三天到來，卻沒有人在期待復活。男人們不見蹤影，而婦女們買了香膏要去膏抹一個屍體。

As they wheeled their trolleys past the spices at Woollies they did not go: *Oh, spices are on sale, unfortunately we will not be needing those this time around. Jesus just borrowed the tomb for a few days.* The disciples were not sitting around at breakfast pondering: *Ahhh, it is the third day!?!.....Maybe we ought to go take a look, what could it hurt?* What is more, those who did go to the tomb, these three women, were wondering who was going to open the tomb for them when they got there.

當她們推著購物車經過 Woolworths 的香料區時，她們沒有說：哦，香料在打折，可惜我們這次用不上了。耶穌只是借用墳墓幾天。門徒們沒有圍坐在一起吃早餐時沉思：啊，今天是第三天了！？.....也許我們應該去看看，這有什麼壞處呢？更何況，那些確實去了墳墓的三個婦女，還在想誰會在她們到達時為她們打開墳墓。

The resurrection took everyone by surprise! The resurrection was as impossible for them to believe as it is for us today.

復活讓每個人都感到驚訝！復活對他們來說，就像對今天的我們一樣，是難以置信的。

Their first thought at seeing the empty tomb was not that Jesus had come back to life, but that someone had stolen his body. A fair assumption back then because grave robbing was a widespread practice. If you have doubts about the resurrection, so did they. But they let the evidence challenge their worldview.

她們看到空墳墓的第一個想法不是耶穌復活了，而是有人偷走了祂的身體。這在當時是一個合理的假設，因為盜墓是普遍的行為。如果你對復活有懷疑，他們也有。但他們讓證據挑戰他們的世界觀。

It is normal to question the validity of the resurrection, but if you do, for integrity's sake, then we have to come up with an alternative, historically plausible reason, why this little rag-tag group exploded to all corners of the globe and penetrated vastly different cultures, and changed the world for over 20 centuries.

質疑復活的有效性是正常的，但如果你這樣做，為了誠實起見，我們必須提出一個替代的、歷史上合理的理由，來解釋為什麼這個小小的、衣衫襤褸的群體能夠爆炸性地擴展到全球各個角落，滲透到截然不同的文化中，並改變了世界超過 20 個世紀。

If we reject the resurrection we have to produce an alternative, historically plausible explanation of what happened with the body of Jesus. The Christians, the Romans and the Jews all agreed the tomb where they laid Jesus dead was empty after three days. So, what happened with the body.

如果我們拒絕復活，我們必須提出一個替代的、歷史合理的解釋，來說明耶穌的屍體發生了什麼。基督徒、羅馬人和猶太人都同意，他們安放耶穌死體的墳墓在三天後是空的。那麼，屍體發生了什麼？

If we reject the resurrection then we have to produce an alternative, historically plausible reason, why hundreds of people claimed to have seen him resurrected. And why the opponents of Christianity could not produce a body, and why these early Christians, most of whom were cowards at his crucifixion, joyfully gave their lives to see this message of the resurrected Jesus spread through the world.

如果我們拒絕復活，那麼我們必須提出一個替代的、歷史合理的理由，來解釋為什麼數百人聲稱看見祂復活了。以及為什麼基督教的對手無法出示屍體，以及為什麼這些早期的基督徒——其中大多數在祂被釘十字架時是懦夫——卻願意喜樂地獻出生命，只為讓這復活的耶穌的信息傳遍世界。

3. HIS LIFE GIVES US HOPE 祂的生命賜給我們盼望

HIS LIFE CHALLENGES OUR MINDS. But if we allow this life to challenge our minds, then HIS LIFE GIVES US HOPE.

祂的生命挑戰我們的思想。但如果我們允許這生命挑戰我們的思想，那麼祂的生命就賜給我們盼望。

His life is mercy and grace to our hearts. Look at this wonderful word in Mark 16:7; ***go, tell his disciples and [Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'***

祂的生命是對我們心靈的憐憫和恩典。請看《馬可福音》16:7 中這奇妙的話：「你們去，對他的門徒和彼得說：『他要比你們先到加利利去，在那裏你們會看見他，正如他從前所告訴你們的。』」

To understand what an incredible word of grace and hope this is, let us consider what was not said. He did not say to the women, *you tell those faithless, back-stabbing cowards that deserted me and denied me, that I might see them if they grovel...and they had better grovel.* That, of course, would have been warranted given what they did to him. Instead, Jesus is forgiving them and calling back to himself even before they have repented.

為了理解這是何等難以置信的恩典和盼望之言，讓我們考慮沒有說出來的話。祂沒有對婦女們說：去告訴那些不忠、背後捅刀、拋棄我、否認我的懦夫，如果他們卑躬屈膝，我可能會見他們.....他們最好卑躬屈膝。當然，鑑於他們對祂所做的一切，那樣說是合情合理的。然而，耶穌在他們悔改之前就原諒了他們，並呼召他們回到自己身邊。

This is a word of mercy, grace, forgiveness, and hope. The biggest word of grace and hope is simply in the name **PETER**. Why is this so special? It is because at the end of chapter 14 Peter does what he promised he would not, he disowns Jesus. He abandons Jesus. It is a terrible betrayal by Peter. He turns his back on God and runs to save his own skin. So, if the word to the women was simply *go and tell the disciples* Peter might have concluded that it did not apply to him. Not after what he has done.

這是憐憫、恩典、寬恕和盼望的話。最大的恩典和盼望之言就在彼得這個名字裡。為什麼這如此特別？因為在第 14 章末尾，彼得做了他承諾不會做的事——他不認耶穌。他拋棄了耶穌。這是彼得可怕的背叛。他背棄神，跑去保全自己的性命。所以，如果對婦女們的話只是去告訴門徒們，彼得可能會認為這不包括他。尤其是他做了那些事之後。

Jesus specifically says to the women, through the angel, *I have plans for my disciples, even Peter*. Peter was the biggest screwup and he becomes the biggest of the leaders in the early days of the church. His screw up the biggest, his repentance the deepest, and his grasp of grace the greatest.

耶穌透過天使特別對婦女們說，我對我的門徒，甚至彼得，有計劃。彼得是最大的失敗者，卻成為教會早期最大的領袖之一。他的失敗最大，他的悔改最深，他對恩典的把握也最大。

The good news of the Christianity is that salvation is by grace not by our works, effort, and strength. Salvation comes to us by the weakness of Jesus Christ dying for us on the cross. Salvation, eternal life, comes to us by Jesus when we admit our inability, and weakness, and failure...when we admit we need a saviour.

基督教的好消息是，救恩是靠恩典，而不是靠我們的行為、努力和力量。救恩藉著耶穌基督為我們死在十字架上的軟弱臨到我們。救恩，永生，在我們承認自己的無能、軟弱和失敗.....承認我們需要一位救主時，藉著耶穌臨到我們。

Jesus is the saviour we need. Forgiveness and life are offered to Peter, and to us, with the resurrection of Jesus. When a criminal completes his jail sentence they fully, completely, totally satisfy the sentence. When they walk out of prison the law has no more claim on them. They are free.

耶穌是我們需要的救主。藉著耶穌的復活，赦免和生命被提供給彼得，也提供給我們。當罪犯服完刑期，他們就完全、徹底、全部滿足了刑罰。當他們走出監獄，法律對他們再無要求。他們自由了。

Jesus Christ came to pay the penalty for our crimes against God. It was a huge penalty. It was a huge sentence. The sentence was death. He who is the source of life, and self-sufficient in his life, surrendered that life so that we, deserving of death, might have life forever. He must have satisfied it fully because he walked out alive and free.

耶穌基督來是為我們對神的罪行付上代價。那是一個巨大的刑罰。一個巨大的判決。那判決就是死。祂是生命的源頭，生命自給自足，卻捨棄了那生命，好使我們這些該死的人能夠永遠活著。祂必定已完全滿足了刑罰，因為祂活著、自由地走了出來。

Death could not hold him down. In Jesus, God has stamped "PAID IN FULL" right across history so that no one can miss it. It is because Jesus was raised from the dead God can come to us with a word of grace and offer us life forever like his forever life.

死亡無法拘禁祂。在耶穌裡，神在歷史上蓋上了「全部付清」的印記，沒有人可以錯過。正是因為耶穌從死裡復活，神才能帶著恩典的話語臨到我們，並賜給我們像祂那永恆生命一樣的永遠生命。

4. HIS LIFE GIVES PURPOSE TO OUR LIFE 祂的生命賦予我們生命目的

If we allow his life to challenge our minds, then his life will give us hope, and then, lastly, his life will give us purpose to our life and reshape the way we live now.

如果我們允許祂的生命挑戰我們的思想，那麼祂的生命就會賜給我們盼望，最後，祂的生命就會賦予我們生命目的，並重塑我們現在的生活方式。

The purpose I speak of is captured in that little word **GO**. Go and tell people about the resurrected Jesus. Go and communicate in every way about the resurrected Jesus. This is why v8 is such a shocking way for Mark to end his gospel account: ***Trembling and bewildered, the women went out and fled from the tomb. They said nothing to anyone, because they were afraid.*** The resurrection is such great news, how could you not shout it out! The resurrection is the answer to our deepest longing...**to live life well forever!**

我所說的目的，就包含在那個小小的詞「去」裡面。去告訴人們復活的耶穌。用各種方式去傳揚復活的耶穌。這就是為什麼第 8 節是馬可結束他福音記載的驚人方式：「於是她們出來，從墳墓那裏逃走，又發抖又驚訝，甚麼也沒有告訴人，因為她們害怕。」復活是如此重大的好消息，你怎能不大聲宣揚！復活是我們最深切渴望的答案.....永遠活得美好！

That is why the beauty industry is booming, that is why Baby-Boomers still wear jeans. We want to be young, vibrant, and healthy because those were the days before emotional pain, responsibility, and frailty. We want to live and live well. One of the reasons it is so hard to suffer is that we think that this physical world is it and when you lose it you lose the best and most precious thing.

這就是為什麼美容行業蓬勃發展，這就是為什麼嬰兒潮一代仍然穿牛仔褲。我們希望年輕、有活力、健康，因為那是情感痛苦、責任和脆弱之前的日子。我們希望活著，並且活得好。受苦如此之難的原因之一，是我們認為這個物質世界就是一切，當你失去它，你就失去了最好、最寶貴的東西。

The resurrection means that this is not it. There is more to come. The resurrection means that God is going to perfectly remake this world. The resurrection changes everything. This is hope for the wheelchair bound, and the person with crippling emotional pain. No religion in the world, except biblical faith, promises us new and perfect minds, hearts, and bodies for ever. Only in the gospel of Jesus Christ do people find so much hope for life.

復活意味著這不是終點。還有更多要來。復活意味著神將完美地重造這個世界。復活改變一切。這是對坐輪椅的人和受情感劇痛折磨之人的盼望。世界上沒有宗教，除了聖經的信仰，應許給我們嶄新完美的心靈、情感和身體直到永遠。只有在耶穌基督的福音裡，人們才能找到如此豐盛的生命盼望。

The resurrection of Jesus changes everything! If you know that this is not the only tangible, concrete life, who cares what people do to you! The resurrection makes you free from this life enough to be brave, courageous, sacrificial, generous, patient, and joyful. The resurrection means you can face the worse things in life with joy and hope. According to 1 Corinthians 15, the resurrection means you can give yourself to serving God in this world with purpose and meaning.

耶穌的復活改變一切！如果你知道這不是唯一有形、具體的生命，誰還在乎別人對你做什麼！復活使你從這個生命中得釋放，足以讓你勇敢、無畏、犧牲、慷慨、忍耐和喜樂。復活意味著你可以帶

著喜樂和盼望面對生命中最糟糕的事情。根據《哥林多前書》第 15 章，復活意味著你可以帶著目的和意義，在這個世界上將自己奉獻給事奉神。

Not a vanity; that is what we all want to say about our life. To finish it and say it has all had purpose and meaning. The resurrection also means life forever with joy. Not just a thousand years. Jesus promises us eternal joy. The end of the Bible has the goal of all things: God's dwelling with people. No more tears. No more death or mourning or crying or pain. To the thirsty he promises water without cost from the spring of the water of life.

不是虛空；這是我們都想對自己生命說的話。在生命結束時說，這一切都有目的和意義。復活也意味著永遠的生命充滿喜樂。不僅僅是一千年。耶穌應許我們永恆的喜樂。聖經的結尾是萬物的目標：神與人同住。不再有眼淚。不再有死亡、悲哀、哭泣或疼痛。祂應許口渴的人可以白白從生命水的泉源取水。

Jesus came that we might have life and have it to the fullest. Jesus purchased it and offered never ending life to us. Jesus is the ONLY WAY, the ONLY TRUTH, and the ONLY LIFE. Have you received what Jesus offers to you? What is the hope and purpose for your life?

耶穌來是要叫人得生命，並且得的更豐盛。耶穌買贖了它，並將永不結束的生命賜給我們。耶穌是**唯一的道路，唯一的真理，唯一的生命**。你已經接受耶穌所賜給你的了嗎？你生命的盼望和目的是什麼？

I invite you to take a moment to consider Jesus' challenge to your life and to accept his offer for you to have eternal life. I will lead us in a prayer after a brief moment, please repeat the prayer in your heart and speak with me afterward if you have prayed with me.

我邀請你花點時間思考耶穌對你生命的挑戰，並接受祂賜給你永生的邀請。稍後我將帶領我們禱告，請在心裡重複這個禱告，如果你和我一起禱告了，之後請和我談談。

Lord Jesus Christ, I come to you now. I confess to you my sin, in thoughts, words and actions. I am truly sorry and turn from living without you to ask for your forgiveness. Thank you that you came from heaven to save me by dying on the cross for me and rising again for eternity. I know that I cannot do anything to earn your forgiveness -- you have done it all at the cross. As best as I understand, I gratefully give my life back to you, asking for your forgiveness and acceptance. Please come fully into my life as I trust you alone to save me.

主耶穌基督，我現在來到你面前。我向你承認我的罪，在思想、言語和行為上。我真誠地悔改，從沒有你的生命中回轉，求你的赦免。感謝你從天降臨，為我死在十字架上並復活直到永遠，以此拯救我。我知道我無法做任何事情來賺取你的赦免——你已在十字架上成就了一切。盡我所能理解，我感激地將我的生命交還給你，懇求你的赦免和接納。請完全進入我的生命，因為我單單信靠你來拯救我。

Come in as my Saviour to wash away my sin. Come in as my Lord and be in charge of my life. Come in as my friend to be with me always. Please send your Holy Spirit to live within me and make me a child in your family. Thank you for hearing and answering my prayer. In faith, I place my whole trust in you, my Saviour and Lord. Amen.

請進來作我的救主，洗淨我的罪。請進來作我的主，掌管我的生命。請進來作我的朋友，永遠與我同在。求你差遣你的聖靈住在我裡面，使我成為你家庭中的孩子。感謝你垂聽並應允我的禱告。憑著信心，我將我完全的信靠放在你裡面，我的救主和主。阿們。