

SUNDAY DECEMBER 13, 2020

SUBJECT—GOD THE PRESERVER OF MAN
上帝是人類的守護者

GOLDEN TEXT: PROVERBS 30 : 5

*“Every word of God is pure:
he is a shield unto them that put their trust in him.”*
“上帝的每句話都是純潔的：
他是他們信任他的盾牌。”

RESPONSIVE READING: **Psalm 36 : 5-10**

5. Thy mercy, O LORD, *is* in the heavens; *and* thy faithfulness *reacheth* unto the clouds.
主啊，你的憐憫在天上。你的忠心直達雲霄。
6. Thy righteousness *is* like the great mountains; thy judgments *are* a great deep: O LORD, thou preservest man and beast.
你的正義就像大山；你的判斷是一個偉大的深：主啊，你保存的人和野獸。
7. How excellent *is* thy lovingkindness, O God! therefore the children of men put their trust under the shadow of thy wings.
你的慈愛是多麼優秀啊，上帝啊！因此，男人的孩子們把他們的信任放在你翅膀的陰影下。
8. They shall be abundantly satisfied with the fatness of thy house; and thou shalt make them drink of the river of thy pleasures.
他們要對你家的肥沃感到滿足。你要使他們喝你喜悅的河。

This Bible Lesson was prepared by Plainfield Christian Science Church, Independent. It is composed of Scriptural Quotations from the King James Bible and Correlative Passages from the Christian Science textbook, Science and Health with Key to the Scriptures, by Mary Baker Eddy.

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9. For with thee *is* the fountain of life: in thy light shall we see light.
因為生命之泉與你同在:我們將在你的光明中看到光明。 .
10. O continue thy lovingkindness unto them that know thee; and thy righteousness to the upright in heart.
哦,繼續對認識你的人表示慈愛。你的公義在心中直立。 .

LESSON SERMON

The Bible

1. Psalm 121 : 1-8

- 1 I will lift up mine eyes unto the hills, from whence cometh my help.
求你繼續向認識你的人施恩。你的義在心中正直。
- 2 My help *cometh* from the LORD, which made heaven and earth.
我的幫助來自創造天地的主。
- 3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.
他不會遭受你的腳被移動:保持你的人不會沉睡。
- 4 Behold, he that keepeth Israel shall neither slumber nor sleep.
看哪,守以色列的人既不睡覺也不睡覺。
- 5 The LORD *is* thy keeper: the LORD *is* thy shade upon thy right hand.
主是你的守護者:主是你的右手上的陰影。
- 6 The sun shall not smite thee by day, nor the moon by night.
太陽白天不能照耀你,月亮也不能在夜晚照耀。
- 7 The LORD shall preserve thee from all evil: he shall preserve thy soul.
主將保護你遠離萬惡:他必保護你的靈魂。

8 The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.
從那時起，主必保佑你的出入，甚至永遠。

2. II Chronicles 14 : 2 (Asa)-5, 8-13

2 Asa did *that which* was good and right in the eyes of the LORD his God:
亞撒在主他神的眼中行了正直的善行：

3 For he took away the altars of the strange *gods*, and the high places, and brake down the images, and cut down the groves:
因為他奪走了陌生眾神的祭壇和高處，擊倒了圖像，砍掉了樹林：

4 And commanded Judah to seek the LORD God of their fathers, and to do the law and the commandment.
並命令猶大尋求他們列祖的主神，並遵行律法和誡命。

5 Also he took away out of all the cities of Judah the high places and the images: and the kingdom was quiet before him.
他也從猶大所有的城邑中除掉了崇拜和聖像。王國在他面前是安靜的。

8 And Asa had an army *of men* that bare targets and spears, out of Judah three hundred thousand; and out of Benjamin, that bare shields and drew bows, two hundred and fourscore thousand: all these *were* mighty men of valour.
亞撒從猶大出來，有30萬人突襲矛頭。從本雅明那裡出來的盾牌和弓箭，二十四千零四：這些都是英勇的勇士。

9 And there came out against them Zerah the Ethiopian with an host of a thousand thousand, and three hundred chariots; and came unto Mareshah.
埃塞俄比亞的撒拉帶著十萬三千輛的戰車向他們出來。來到了瑪列沙。

10 Then Asa went out against him, and they set the battle in array in the valley of Zephathah at Mareshah.
然後，亞撒與他抗衡，他們在瑪利沙的澤法塔谷中展開戰鬥。

11 And Asa cried unto the LORD his God, and said, LORD, *it is* nothing with thee to help, whether with many, or with them that have no power: help us, O LORD our God; for we rest on thee, and in thy name we go against this multitude. O LORD, thou *art* our God; let not man prevail against thee.

亞撒向主他的神呼求,說,主阿,無論是與許多人,還是與沒有能力的人,你都無濟於事。因為我們在你身上安息,以你的名義我們與眾人對抗。主阿,你是我們的神。不要讓人類戰勝你。

- 12 So the LORD smote the Ethiopians before Asa, and before Judah; and the Ethiopians fled. 因此, 耶和華在亞撒和猶大之前擊殺了埃塞俄比亞人。埃塞俄比亞人逃跑了。
- 13 And Asa and the people that *were* with him pursued them unto Gerar: and the Ethiopians were overthrown, that they could not recover themselves; for they were destroyed before the LORD, and before his host; and they carried away very much spoil. 亞撒和與他同在的百姓追趕他們到基拉爾去。埃塞俄比亞人被推翻, 使他們無法康復。因為他們在主面前, 在主面前被毀滅了。他們帶走了很多東西。

3. Isaiah 41 : 10-13

- 10 Fear thou not; for I *am* with thee: be not dismayed; for I *am* thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. 不要懼怕。因為我與你同在。因為我是你的上帝。是的, 我會幫助你的; 是的, 我將以公義的右手扶持你。
- 11 Behold, all they that were incensed against thee shall be ashamed and confounded: they shall be as nothing; and they that strive with thee shall perish. 看哪, 所有對你發怒的人都應當感到羞恥和困惑。與你爭戰的人將滅亡。
- 12 Thou shalt seek them, and shalt not find them, *even* them that contended with thee: they that war against thee shall be as nothing, and as a thing of nought. 你要尋求他們, 甚至找不到與你抗衡的人。要與他們爭戰的人無所作為, 無所作為。
- 13 For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee. 因為我主你的神必握住你的右手, 對你說, 不要懼怕。我會幫助你的。

4. I Chronicles 17 : 16 (David) (to 2nd), 20-22

- 16 David the king came and sat before the LORD, and said, 國王大衛來了, 坐在耶和華面前, 說 :

- 20 O LORD, *there is* none like thee, neither *is there any* God beside thee, according to all that we have heard with our ears.
哦，主啊，根據我們所聽見的一切，沒有人像你，在你旁邊也沒有上帝。
- 21 And what one nation in the earth *is* like thy people Israel, whom God went to redeem *to be* his own people, to make thee a name of greatness and terribleness, by driving out nations from before thy people, whom thou hast redeemed out of Egypt?
地上哪一個民族像你的百姓以色列，上帝就去救贖了他成為自己的人民，使你成為偉大和可怕的名字，方法是將你已經贖回出埃及的民族趕出你的民族？
- 22 For thy people Israel didst thou make thine own people for ever; and thou, LORD, becamest their God.
以色列為你的子民永遠使自己成為你的子民。主阿，你成了他們的上帝。

5. I Chronicles 18 : 1-3, 5, 6, 14 (David)

- 1 Now after this it came to pass, that David smote the Philistines, and subdued them, and took Gath and her towns out of the hand of the Philistines.
此後，大衛打死非利士人，制服了他們，將加特和她的城鎮從非利士人手中奪了出來。
- 2 And he smote Moab; and the Moabites became David's servants, *and* brought gifts.
他打了摩押。摩押人成為大衛的僕人，帶來了禮物。
- 3 And David smote Hadarezer king of Zobah unto Hamath, as he went to stablish his dominion by the river Euphrates.
大衛在幼發拉底河邊安定自己的統治權時，將哈巴拿王哈巴列澤擊殺了哈馬特。
- 5 And when the Syrians of Damascus came to help Hadarezer king of Zobah, David slew of the Syrians two and twenty thousand men.
大馬士革的敘利亞人來幫助扎巴王哈達列澤時，敘利亞人的大衛殺害了兩萬兩千人。
- 6 Then David put *garrisons* in Syria-damascus; and the Syrians became David's servants, *and* brought gifts. Thus the LORD preserved David whithersoever he went.
大衛便把守軍放在敘利亞大馬士革。敘利亞人成了大衛的僕人，帶來了禮物。這樣，無論大衛走到哪裡，主都保留著他。

14 David reigned over all Israel, and executed judgment and justice among all his people.
大衛統治了整個以色列，並在他所有人民中間執行了審判和正義。

6. Isaiah 49 : 8-10

8 Thus saith the LORD, In an acceptable time have I heard thee, and in a day of salvation have I helped thee: and I will preserve thee, and give thee for a covenant of the people, to establish the earth, to cause to inherit the desolate heritages;

主如此說，我在可接受的時間內聽了你的聲音，在救恩的日子裡，我幫助了你。我會保佑你，並賜予你，為人民立約，建立大地，使自己繼承。荒涼的遺產；

9 That thou mayest say to the prisoners, Go forth; to them that *are* in darkness, Shew yourselves. They shall feed in the ways, and their pastures *shall be* in all high places.
你要對犯人說：出去吧！對黑暗中的人，你們要自己表現出來。他們應以這種方式進食，牧場應在所有高處。

10 They shall not hunger nor thirst; neither shall the heat nor sun smite them: for he that hath mercy on them shall lead them, even by the springs of water shall he guide them.
他們不飢渴。炎熱和陽光都不會刺殺他們；因為憐憫他們的人必引導他們，即使在水的泉水下，他也要引導他們。

7. Ephesians 2 : 4 (God), 5 (to 2nd), 6, 8

4 God, who is rich in mercy, for his great love wherewith he loved us,
富有憐憫的上帝因他愛我們的偉大愛，

5 Even when we were dead in sins, hath quickened us together with Christ,
即使我們死在罪孽之中，也與基督同在，

6 And hath raised *us* up together, and made *us* sit together in heavenly *places* in Christ Jesus:
並且使我們共同成長，使我們一起坐在基督耶穌的天上地方：

8 For by grace are ye saved through faith; and that not of yourselves: *it is* the gift of God:
因為你們藉著恩典得救了。那不是你們自己：這是上帝的恩賜：

Science and Health

1. 387 : 27-32

The history of Christianity furnishes sublime proofs of the supporting influence and protecting power bestowed on man by his heavenly Father, omnipotent Mind, who gives man faith and understanding whereby to defend himself, not only from temptation, but from bodily suffering. 基督教的歷史提供了崇高的證據，證明他的天父，萬能的心靈賦予人的支持影響和保護力量，他給予人類信心和理解，從而保護自己，不僅不受誘惑，而且免受身體痛苦。

2. 23 : 21-31

In Hebrew, Greek, Latin, and English, *faith* and the words corresponding thereto have these two definitions, *trustfulness* and *trustworthiness*. One kind of faith trusts one's welfare to others. Another kind of faith understands divine Love and how to work out one's "own salvation, with fear and trembling." "Lord, I believe; help thou mine unbelief!" expresses the helplessness of a blind faith; whereas the injunction, "Believe ... and thou shalt be saved!" demands self-reliant trustworthiness, which includes spiritual understanding and confides all to God.

在希伯來語，希臘語，拉丁語和英語中，信仰和與之對應的詞語具有這兩個定義，即信任度和可信度。一種信仰將他人的福祉託付給他人。另一種信仰理解神的愛，以及如何實現自己的“得救與恐懼和戰栗”。“上帝，我相信；請幫助您，不要相信！”表示盲目的信仰的無助；而禁令則是：“相信……您將得救！”要求自力更生的守信，包括精神上的理解並將一切交託給上帝。

3. 1 : 1-4

The prayer that reforms the sinner and heals the sick is an absolute faith that all things are possible to God, — a spiritual understanding of Him, an unselfed love.

改革罪人並醫治病人的禱告是一種絕對的信念，即一切對神都是可能的——一種對神的靈性理解，一種無私的愛。

4. 146 : 2-7

The ancient Christians were healers. Why has this element of Christianity been lost? Because our systems of religion are governed more or less by our systems of medicine. The first idolatry was faith in matter. The schools have rendered faith in drugs the fashion, rather than faith in Deity.

古代基督徒是醫治者。為什麼基督教的這個元素丟失了？因為我們的宗教體系或多或少地受我們的醫學體系所支配。第一個偶像崇拜是信仰物質。學校對藥物是時尚，而不是對神的信仰。

5. 328 : 4-13

Mortals suppose that they can live without goodness, when God is good and the only real Life. What is the result? Understanding little about the divine Principle which saves and heals, mortals get rid of sin, sickness, and death only in belief. These errors are not thus really destroyed, and must therefore cling to mortals until, here or hereafter, they gain the true understanding of God in the Science which destroys human delusions about Him and reveals the grand realities of His allness.

凡人認為，當上帝是善良的，唯一真實的生活時，他們就可以沒有仁慈地生活。結果是什麼？對於救贖和醫治的神聖原則知之甚少，凡人僅憑信念擺脫了罪惡，疾病和死亡。因此，這些錯誤並沒有真正消除，因此必須緊貼凡人，直到現在，此刻或以後，它們在科學中獲得對上帝的真正理解，這摧毀了人類對他的妄想，並揭示了他一切的宏大現實。

6. 285 : 23-31

By interpreting God as a corporeal Saviour but not as the saving Principle, or divine Love, we shall continue to seek salvation through pardon and not through reform, and resort to matter instead of Spirit for the cure of the sick. As mortals reach, through knowledge of Christian Science, a higher sense, they will seek to learn, not from matter, but from the divine Principle, God, how to demonstrate the Christ, Truth, as the healing and saving power.

通過將上帝解釋為肉體的救主，而不是作為拯救的原則或神聖的愛，我們將繼續通過赦免而不是通過改革尋求救贖，並訴諸物質而不是聖靈來治愈病人。當凡人通過基督教科學的知識達到更高的意義時，他們將尋求學習，而不是從物質上，而是從神聖的原則上帝那裡學習如何證明基督，真理作為治愈和拯救的力量。

7. 133 : 8-15

In Egypt, it was Mind which saved the Israelites from belief in the plagues. In the wilderness, streams flowed from the rock, and manna fell from the sky. The Israelites looked upon the brazen serpent, and straightway believed that they were healed of the poisonous stings of vipers. In national prosperity, miracles attended the successes of the Hebrews; but when they departed from the true idea, their demoralization began.

在埃及，正是心靈使以色列人擺脫了對瘟疫的信仰。在曠野，溪流從岩石中流淌，甘露從天上掉下來。以色列人看著那隻大膽的蛇，徑直相信他們已經被毒蛇毒治癒了。在國家繁榮中，希伯來人的成功伴隨著奇蹟。但是當他們偏離了真正的想法時，他們的士氣低落了。

8. 243 : 4-15

The divine Love, which made harmless the poisonous viper, which delivered men from the boiling oil, from the fiery furnace, from the jaws of the lion, can heal the sick in every age and triumph over sin and death. It crowned the demonstrations of Jesus with unsurpassed power and love. But the same "Mind ... which was also in Christ Jesus" must always accompany the letter of Science in order to confirm and repeat the ancient demonstrations of prophets and apostles. That those wonders are not more commonly repeated to-day, arises not so much from lack of desire as from lack of spiritual growth.

神聖的愛使無毒的毒蛇變得無害，毒蛇從沸騰的油，火熱的爐子，獅子的下巴中救出了人們，可以使每個時代的病人康復，並戰勝罪惡和死亡。它以無與倫比的力量和愛心為耶穌的示威遊行加冕。但是，同樣的“思想.....也存在於基督耶穌裡”必須始終伴隨著《科學》一書，以確認並重複古代先知和使徒的示威。那些奇蹟今天不再普遍存在的原因，與其說是缺乏慾望，不如說是精神成長的缺乏。

9. 230 : 1-2, 4-10

If sickness is real, it belongs to immortality; if true, it is a part of Truth. ... But if sickness and sin are illusions, the awakening from this mortal dream, or illusion, will bring us into health, holiness, and immortality. This awakening is the forever coming of Christ, the advanced appearing of Truth, which casts out error and heals the sick. This is the salvation which comes through God, the divine Principle, Love, as demonstrated by Jesus.

如果疾病是真實的，它屬於不朽；如果是真的，它是真理的一部分。...但是，如果疾病和罪是幻覺，從這個凡人夢或幻象的覺醒，將帶我們進入健康，聖潔和不朽。這種覺醒是基督永遠的到來，真理的先進出現，它拋棄錯誤，治癒病人。這是通過神，神聖的原則，愛，耶穌所證明的救恩。

10. 202 : 6-14

If men would bring to bear upon the study of the Science of Mind half the faith they bestow upon the so-called pains and pleasures of material sense, they would not go on from bad to worse, until disciplined by the prison and the scaffold; but the whole human family would be redeemed through the merits of Christ, — through the perception and acceptance of Truth. For this glorious result Christian Science lights the torch of spiritual understanding.

如果人們將對心靈科學的研究帶給他們對物質感覺的所謂痛苦和愉悅所賦予的信念的一半，那麼他們就不會變得越來越糟，直到受到監獄和腳手架的紀律處分；但是整個人類家庭將通過基督的功勞，通過對真理的認識和接受而得到救贖。基督教科學為此榮耀的結果點燃了屬靈理解的火炬。

11. 410 : 14-17

Every trial of our faith in God makes us stronger. The more difficult seems the material condition to be overcome by Spirit, the stronger should be our faith and the purer our love. 我們對上帝信仰的每一次考驗都會使我們變得更堅強。被聖靈克服的物質條件越困難，我們的信仰就應該越堅強，我們的愛就應當越純淨。

12. 487 : 27-1

The understanding that Life is God, Spirit, lengthens our days by strengthening our trust in the deathless reality of Life, its almightiness and immortality. 對生命是上帝，精神的理解，通過加強我們對生命的無死現實，其萬能和永生的信任，延長了我們的日子。

This faith relies upon an understood Principle. This Principle makes whole the diseased, and brings out the enduring and harmonious phases of things. 這種信仰依賴於已理解的原則。這項原則使整個人患病，並帶來了持久和和諧的事物。

13. 368 : 14-19

When we come to have more faith in the truth of being than we have in error, more faith in Spirit than in matter, more faith in living than in dying, more faith in God than in man, then no material suppositions can prevent us from healing the sick and destroying error. 當我們對真理的信心大於對錯誤的信心時，對生命的信心大於對物質的信心，對生命的信心比對死亡的信心多，對上帝的信心比對人更有信心，那麼沒有任何物質假設能夠阻止我們治癒病人和毀滅錯誤。

14. 395 : 11-14

When divine Science overcomes faith in a carnal mind, and faith in God destroys all faith in sin and in material methods of healing, then sin, disease, and death will disappear. 當神聖的科學戰勝了肉體上的信仰，而對上帝的信仰摧毀了對罪惡和物質療法的所有信仰時，罪惡，疾病和死亡將消失。

THE DAILY DUTIES

日常職責

by Mary Baker Eddy

瑪麗·貝克·埃迪

Daily Prayer

每日祈禱

It shall be the duty of every member of this Church to pray each day: "Thy kingdom come;" let the reign of divine Truth, Life, and Love be established in me, and rule out of me all sin; and may Thy Word enrich the affections of all mankind, and govern them!

每天，每個教會成員都有責任祈禱：“你的王國來了；”要在我裡面建立神聖真理，生命和愛的統治，並排除一切罪惡。願你的話語豐富全人類的情感，並統治們！

Church Manual, Article VIII, Sect. 4

A Rule for Motives and Acts

動機和行為規則

Neither animosity nor mere personal attachment should impel the motives or acts of the members of The Mother Church. In Science, divine Love alone governs man; and a Christian Scientist reflects the sweet amenities of Love, in rebuking sin, in true brotherliness, charitableness, and forgiveness. The members of this Church should daily watch and pray to be delivered from all evil, from prophesying, judging, condemning, counseling, influencing or being influenced erroneously.

仇恨或僅僅出於個人依戀都不應推動母教會成員的動機或行為。在科學中，神的愛獨自統治著人；一位基督徒科學家在斥責罪惡，真正的友愛，慈善和寬恕方面反映了愛的甜蜜便利。這個教會的成員應該每天觀察並祈禱，使他們脫離一切邪惡，從預言，審判，譴責，勸告，影響或錯誤地受到影響。

Church Manual, Article VIII, Sect. 1

Alertness to Duty

警覺性義務

It shall be the duty of every member of this Church to defend himself daily against aggressive mental suggestion, and not be made to forget nor to neglect his duty to God, to his Leader, and to mankind. By his works he shall be judged, — and justified or condemned.

這個教會的每一個成員都有責任每天捍衛自己免受侵略性的精神暗示，而不是忘記或忽視他對上帝，對他的領袖和對人類的義務。通過他的作品，他將被審判，定罪或定罪。

Church Manual, Article VIII, Sect. 6

Take Notice
記筆記

from *Miscellany*, by Mary Baker Eddy, page 237

To Christian Scientists: — See *Science and Health*,
page 442, line 30, and give daily attention thereto.

**“Christian Scientists, be a law to yourselves that mental malpractice
cannot harm you either when asleep or when awake.”**

“基督教科學家，請成為自己的法律，以免心理弊病睡著或醒著都不會傷害你。”

(S&H, p. 442)