

SUNDAY JANUARY 17, 2021

*SUBJECT—LIFE*  
生活

*GOLDEN TEXT:* ROMANS 6 : 23

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*“The gift of God is eternal life through Jesus Christ our Lord.”*  
「上帝的禮物是耶穌基督的永恆生命。」

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RESPONSIVE READING: **John 17 : 1, 3**  
**Romans 8 : 1-4, 6**

1. These words spake Jesus, and lifted up his eyes to heaven, and said, Father, the hour is come; glorify thy Son, that thy Son also may glorify thee.  
這些話使耶穌說話，舉目望天，說，父阿，時辰已到。榮耀你的兒子，使你的兒子也榮耀你。
3. This is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.  
這是永恆的生命，以便他們可能認識您唯一的真神和您所差遣的耶穌基督。
1. *There is* therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.  
因此,現在沒有譴責那些在基督耶穌裡的人,他們不是跟隨肉體,而是跟隨聖靈。
2. For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.  
因為基督生命之靈的律法使我擺脫了罪惡和死亡的律法。 .

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*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.*

3. For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:  
因為律法不能做，因為它在肉身上是軟弱的，上帝差遣自己的兒子像有罪的肉一樣，並且為罪孽在肉上定罪：
4. That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.  
律法的公義可以在我們裡面實現，他們不追隨肉體，而是追隨聖靈。
6. For to be carnally minded *is* death; but to be spiritually minded *is* life and peace.  
因為心胸狹窄就是死亡；但精神上的意識是生命與和平。

## LESSON SERMON

### *The Bible*

#### 1. John 1 : 1, 3, 4

<sup>1</sup> In the beginning was the Word, and the Word was with God, and the Word was God.  
起初有道，道與神同在，道就是神。

<sup>3</sup> All things were made by him; and without him was not any thing made that was made.  
萬物都是他創造的。沒有他，就沒有造出來的東西。

<sup>4</sup> In him was life; and the life was the light of men.  
在他裡面有生命。生活是人的光。

#### 2. John 3 : 10 (Jesus) *only*, 10 (said) *only*, 14 (as)-17

<sup>10</sup> Jesus ... said  
耶穌...說

- 14 ...as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up:  
.....摩西在曠野舉起蛇時，人子也必須舉起：
- 15 That whosoever believeth in him should not perish, but have eternal life.  
凡相信他的人都不會滅亡，而要永生。
- 16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.  
因為上帝如此愛這個世界，所以他賜給了他獨生的兒子，無論他相信什麼，都不會滅亡，而會永生。
- 17 For God sent not his Son into the world to condemn the world; but that the world through him might be saved.  
因為上帝沒有差他的兒子到世界上來譴責世界。但是通過他的世界可能被拯救。

**3. John 6 : 35, 38, 40 (to :), 63**

- 35 And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.  
耶穌對他們說，我是生命的糧。來到我這裡的，永不飢餓。相信我的人永不渴。
- 38 For I came down from heaven, not to do mine own will, but the will of him that sent me.  
因為我是從天上下來的，不是去做我自己的意志，而是去做送我的人的意志。
- 40 And this is the will of him that sent me, that every one which seeth the Son, and believeth on him, may have everlasting life:  
這就是他差遣我的旨意，使每一個看見兒子並相信他的人都可以擁有永生：
- 63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, *they* are spirit, and *they* are life.  
就是這種精神；肉體毫無利得：我對你說的那些話，它們是精神，它們是生命。

**4. Luke 10 : 25-37**

- 25 And, behold, a certain lawyer stood up, and tempted him, saying, Master, what shall I do to inherit eternal life?  
而且，有位律師站起來，誘惑他，說，師父，我該怎麼做才能繼承永生？

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- 26 He said unto him, What is written in the law? how readest thou?  
他對他說：律法上寫了什麼？你怎麼讀。？
- 27 And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.  
耶穌回答說：你要盡心，盡性，盡力愛主你的上帝。和你的鄰居一樣。
- 28 And he said unto him, Thou hast answered right: this do, and thou shalt live.  
耶穌對他說：你答對了。這樣，你就活了。
- 29 But he, willing to justify himself, said unto Jesus, And who is my neighbour?  
但是他願意為自己辯護，對耶穌說，我的鄰居是誰？
- 30 And Jesus answering said, A certain *man* went down from Jerusalem to Jericho, and fell among thieves, which stripped him of his raiment, and wounded *him*, and departed, leaving *him* half dead.  
耶穌回答說，有一個人從耶路撒冷下來到耶利哥，落在小偷中間，剝奪了他的衣服，使他受傷，離開，半死了。
- 31 And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side.  
偶然地，有一位神父從那下來了。當他看見他時，他從另一邊經過。
- 32 And likewise a Levite, when he was at the place, came and looked *on him*, and passed by on the other side.  
同樣，當利未人在那個地方時，他來了，看著他，在另一邊經過。
- 33 But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion *on him*,  
但是有一個撒瑪利亞人在旅途中來到了他所在的地方：當他看到他時，他對他充滿同情心，
- 34 And went to *him*, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.  
然後去找他，包紮傷口，倒入酒和酒，把他放在自己的野獸上，把他帶到旅館裡，照顧他。

35 And on the morrow when he departed, he took out two pence, and gave *them* to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee.

第二天他離去的時候，拿出兩便士，交給主人，對他說，照顧他；無論您花了多少錢，當我再來的時候，我都會報答您。

36 Which now of these three, thinkest thou, was neighbour unto him that fell among the thieves?

您認為這三者中的哪個是那個屬於小偷的鄰居？

37 And he said, He that shewed mercy on him. Then said Jesus unto him, Go, and do thou likewise.

耶穌說，憐憫他的主。耶穌對他說，你去吧。

## 5. John 5 : 24, 25 (I), 26, 28, 29

24 Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting life, and shall not come into condemnation; but is passed from death unto life.

我實實在在地對你說，他聽了我的話，並相信那差遣我的人，他永生，不會受到譴責。但從死亡轉為生命。

25 I say unto you, The hour is coming, and now is, when the dead shall hear the voice of the Son of God: and they that hear shall live.

我對你們說，是時候到了，現在是死者將聽到上帝兒子的聲音的時候；那些聽到聲音的人將活著。

26 For as the Father hath life in himself; so hath he given to the Son to have life in himself; because as the Father hath life in himself, so hath he given to the Son to have life in himself;

因為像父一樣，他自己有生命。因此，他已經給了兒子以生命。

28 Marvel not at this: for the hour is coming, in the which all that are in the graves shall hear his voice,

不要驚嘆於此：時刻到了，墳墓中所有的人都將聽到他的聲音，

29 And shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation.

必出來；做得好，直到復活的人；他們行了惡，直到該死的復活。

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**6. John 8 : 51**

<sup>51</sup> Verily, verily, I say unto you, If a man keep my saying, he shall never see death.  
我確實對你說，如果一個人遵守我的話，他將永遠看不到死亡。

**7. Galatians 6 : 7-10**

<sup>7</sup> Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.  
不被欺騙；上帝沒有被嘲笑：無論一個人播種了什麼，他也將收穫。

<sup>8</sup> For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.  
因他肉身播種，必得腐朽。惟獨向聖靈撒種的，聖靈必得永生。

<sup>9</sup> And let us not be weary in well doing: for in due season we shall reap, if we faint not.  
讓我們不要為做得好而疲倦：因為如果我們不暈倒，我們將在適當的時候收穫。

<sup>10</sup> As we have therefore opportunity, let us do good unto all *men*, especially unto them who are of the household of faith.  
當我們有機會時，讓我們對所有人，特別是對信仰家庭的人，都做好事。

**8. I John 2 : 15-17**

<sup>15</sup> Love not the world, neither the things *that are* in the world. If any man love the world, the love of the Father is not in him.  
不愛世界，也不愛世界上的事物。如果有人愛這個世界，天父的愛就不在他裡面。

<sup>16</sup> For all that *is* in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.  
就世上萬物而言，肉體的情慾，眼睛的情慾和生命的驕傲，不是天父的，而是世界的。

<sup>17</sup> And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.  
世界就消逝了，其中的情慾也消逝了。

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**9. I John 5 : 20**

- <sup>20</sup> And we know that the Son of God is come, and hath given us an understanding, that we may know him that is true, and we are in him that is true, *even* in his Son Jesus Christ. This is the true God, and eternal life.  
我們知道上帝的兒子來了，並且給了我們一個理解，我們可以認識到他是真實的，即使在他的兒子耶穌基督裡，我們也在真實中。這是真正的上帝，也是永生。

***Science and Health***

**1. 246 : 27-31**

Life is eternal. We should find this out, and begin the demonstration thereof. Life and goodness are immortal. Let us then shape our views of existence into loveliness, freshness, and continuity, rather than into age and blight.

生命是永恆的。我們應該找出來，開始演示。生命和善是不朽的。然後，讓我們將我們對生存的看法塑造為愉悅、新鮮和連續性，而不是變成年老和枯萎。

**2. 331 : 1 (God)-6**

God is divine Life, and Life is no more confined to the forms which reflect it than substance is in its shadow. If life were in mortal man or material things, it would be subject to their limitations and would end in death. Life is Mind, the creator reflected in His creations.

神是神聖的生命，生命不僅限於反映它的形式，而不是物質在它的陰影下。如果生命是凡人或物質的東西，它將受到他們的限制，並結束在死亡。生命就是心靈，創造者在他的創作中所反映。

**3. 434 : 31 (God)-32**

God made Man immortal and amenable to Spirit only.

上帝使人不朽，只服從聖靈。

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4. 209 : 1-4

Man, being immortal, has a perfect indestructible life. It is the mortal belief which makes the body discordant and diseased in proportion as ignorance, *fear*, or human will governs mortals. 人不朽，擁有完美的堅不可摧的生活。正是凡人的信仰使身體變得不和諧，並在無知，恐懼或人類意志支配凡人的情況下患病。

5. 429 : 31-12

Jesus said (John viii. 51), "If a man keep my saying, he shall never see death." That statement is not confined to spiritual life, but includes all the phenomena of existence. Jesus demonstrated this, healing the dying and raising the dead. Mortal mind must part with error, must put off itself with its deeds, and immortal manhood, the Christ ideal, will appear. Faith should enlarge its borders and strengthen its base by resting upon Spirit instead of matter. When man gives up his belief in death, he will advance more rapidly towards God, Life, and Love. Belief in sickness and death, as certainly as belief in sin, tends to shut out the true sense of Life and health. When will mankind wake to this great fact in Science?

耶穌說（約翰福音八十一章），“如果一個人遵守我的話，他將永遠看不到死亡。”這種說法不僅僅限於精神生活，還包括所有存在的現象。耶穌展示了這一點，治癒了垂死的人並復活了死者。道德的思想必須與錯誤分開，必須推遲其行為，不朽的男子氣概，即基督的理想就會出現。信仰應該靠依靠聖靈而不是物質來擴大其邊界並加強其基礎。當人放棄對死亡的信仰時，他將更快地朝著上帝，生命和愛前進。對疾病和死亡的信仰，就像對罪的信仰一樣，往往將真正的生命和健康意識拒之門外。人類什麼時候才能喚醒科學界的這一偉大事實？

6. 25 : 13-19

Jesus taught the way of Life by demonstration, that we may understand how this divine Principle heals the sick, casts out error, and triumphs over death. Jesus presented the ideal of God better than could any man whose origin was less spiritual. By his obedience to God, he demonstrated more spiritually than all others the Principle of being.

耶穌通過示範教導了生活方式，以便我們可以理解這個神聖的原則如何治癒病人，消除錯誤並戰勝死亡。耶穌比任何起源於屬靈的人更好地提出了上帝的理想。通過對上帝的順從，他在精神上比其他所有人更能證明存在原則。



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**7. 26 : 28-32**

Our Master taught no mere theory, doctrine, or belief. It was the divine Principle of all real being which he taught and practised. His proof of Christianity was no form or system of religion and worship, but Christian Science, working out the harmony of Life and Love.

我們的師父沒有教過任何理論，教義或信仰。這是他教導和實踐的所有一切存在的神聖原則。他對基督教的證明不是宗教和崇拜的形式或系統，而是基督教科學，致力於實現生活與愛的和諧。

**8. 27 : 10-21**

That Life is God, Jesus proved by his reappearance after the crucifixion in strict accordance with his scientific statement: "Destroy this temple [body], and in three days I [Spirit] will raise it up." It is as if he had said: The I — the Life, substance, and intelligence of the universe — is not in matter to be destroyed.

生命是上帝，耶穌嚴格按照他的科學聲明在被釘十字架後重新出現，證明了這一點：“摧毀這座聖殿[身體]，三天之內，我[精神]將把它升起。“好像他曾說過：我-宇宙的生命，實質和智慧-並沒有被破壞。

Jesus' parables explain Life as never mingling with sin and death. He laid the axe of Science at the root of material knowledge, that it might be ready to cut down the false doctrine of pantheism, — that God, or Life, is in or of matter.

耶穌的寓言將生命解釋為從未與罪惡和死亡融合。他將科學的斧頭置於物質知識的根源上，以便它可能準備削減泛神論的虛假教義，即上帝或生命是物質。

**9. 51 : 15-21**

He knew that matter had no life and that real Life is God; therefore he could no more be separated from his spiritual Life than God could be extinguished.

他知道物質沒有生命，真實生命是上帝。因此，他再也無法與精神生活分離，而上帝可以被撲滅。

His consummate example was for the salvation of us all, but only through doing the works which he did and taught others to do.

他最出色的榜樣是為了拯救我們所有人，但只能通過完成他曾做過的並教別人去做的工作。

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**10. 289 : 1-7**

Truth demonstrated is eternal life. Mortal man can never rise from the temporal *débris* of error, belief in sin, sickness, and death, until he learns that God is the only Life. The belief that life and sensation are in the body should be overcome by the understanding of what constitutes man as the image of God. Then Spirit will have overcome the flesh.

證明的真理是永生。凡人永遠無法擺脫錯誤,對罪惡,疾病和死亡的信仰,直到他得知上帝是唯一的生命。對生命和感覺存在於體內的信念應通過對構成人作為上帝形象的理解來克服。這樣聖靈就會戰勝肉體。

**11. 305 : 22-30**

In the illusion of life that is here to-day and gone to-morrow, man would be wholly mortal, were it not that Love, the divine Principle that obtains in divine Science, destroys all error and brings immortality to light. Because man is the reflection of his Maker, he is not subject to birth, growth, maturity, decay. These mortal dreams are of human origin, not divine.

在今天到明天的生活幻覺中,人將是完全凡人的,如果不是愛,神聖科學中的神聖原則,會破壞所有錯誤並帶來永生。因為人是他的創造者的反映,所以他不受出生,成長,成熟和衰敗的影響。這些致命的夢想是人類起源的,而不是神聖的。

**12. 317 : 16-20**

The individuality of man is no less tangible because it is spiritual and because his life is not at the mercy of matter. The understanding of his spiritual individuality makes man more real, more formidable in truth, and enables him to conquer sin, disease, and death.

人的個性之所以如此,是因為它是屬靈的,並且因為他的生活不受物質的支配。對他的精神個性的理解使人更真實,更強大,使他能夠戰勝罪惡,疾病和死亡。

**13. 324 : 13 (Be)-18**

Be watchful, sober, and vigilant. The way is straight and narrow, which leads to the understanding that God is the only Life. It is a warfare with the flesh, in which we must conquer sin, sickness, and death, either here or hereafter, — certainly before we can reach the goal of Spirit, or life in God.

小心,清醒和警惕。道路是直而狹窄的,這導致人們理解上帝是唯一的生命。這是一場與肉體的戰爭,無論在這裡還是在以後,我們都必須征服罪惡,疾病和死亡,當然,在我們達到聖靈的目標或在上帝里生活之前。

14. 322 : 3-13

When understanding changes the standpoints of life and intelligence from a material to a spiritual basis, we shall gain the reality of Life, the control of Soul over sense, and we shall perceive Christianity, or Truth, in its divine Principle. This must be the climax before harmonious and immortal man is obtained and his capabilities revealed. It is highly important — in view of the immense work to be accomplished before this recognition of divine Science can come — to turn our thoughts towards divine Principle, that finite belief may be prepared to relinquish its error.

當理解將生命和智力的立場從物質變為精神基礎時,我們將獲得生命的現實,對靈魂的控制權,並在其神聖的原則中感知基督教或真理。這一定是在獲得和諧和不朽的人並揭示其能力之前的高潮。鑑於在對神聖科學的認可之前要完成的大量工作,將我們的思想轉向神聖原則,這一點非常重要,有限的信念可能準備放棄其錯誤。

15. 496 : 9 (We)-27

We all must learn that Life is God. Ask yourself: Am I living the life that approaches the supreme good? Am I demonstrating the healing power of Truth and Love? If so, then the way will grow brighter "unto the perfect day." Your fruits will prove what the understanding of God brings to man. Hold perpetually this thought, — that it is the spiritual idea, the Holy Ghost and Christ, which enables you to demonstrate, with scientific certainty, the rule of healing, based upon its divine Principle, Love, underlying, overlying, and encompassing all true being.

我們都必須知道生命就是上帝。問問自己：我過著接近至高無上的生活嗎？我在展示真理和愛的治癒力嗎？如果是這樣，那麼方式將變得更亮"到完美的一天。你們的果實將證明上帝的理解帶給人類什麼。永遠持有這種想法——它是靈性思想，聖靈和基督，它使你能夠以科學的確定性，證明基於其神聖原則，愛，基礎，上面，並涵蓋所有真實存在治癒的規則。

"The sting of death is sin; and the strength of sin is the law," — the law of mortal belief, at war with the facts of immortal Life, even with the spiritual law which says to the grave, "Where is thy victory?" But "when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory."

"死亡的刺痛是罪,罪的力量是法則,「——凡人信仰的法則,與永生的事實作戰,甚至與靈法則對墳墓說,「你的勝利在哪裡?但是,"當這個腐敗的人要穿上廉潔,這個凡人要穿上不朽,那麼應該被帶到通過所寫的話,死亡被吞沒在勝利中。



## 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*

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**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)