

SUNDAY JANUARY 24, 2021

SUBJECT—TRUTH
真相

GOLDEN TEXT: PSALM 86 : 11

“Teach me thy way, O LORD; I will walk in thy truth.”
“主啊,請教我你的路;我將走你的真理。.”。

RESPONSIVE READING: **Psalm 100 : 1-5**

1. Make a joyful noise unto the LORD, all ye lands.
給主發出歡快的聲音, 所有的人。
2. Serve the LORD with gladness: come before his presence with singing.
樂意為主服務: 唱歌前要在祂面前。
3. Know ye that the LORD he *is* God: *it is* he *that* hath made us, and not we ourselves; *we are* his people, and the sheep of his pasture.
你知道, 他是上帝: 是他造就了我們, 而不是我們自己。我們是他的人民, 是他的牧場。
4. Enter into his gates with thanksgiving, *and* into his courts with praise: be thankful unto him, *and* bless his name.
帶著感恩進入祂的大門, 帶著讚美的進入祂的法庭: 感謝祂, 祝福祂的名字。
5. For the LORD *is* good; his mercy *is* everlasting; and his truth *endureth* to all generations.
因為主是好的; 祂的憐憫是永恆的; 和祂的真理經久不衰。

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.

LESSON SERMON

The Bible

1. Psalm 117 : 1, 2

¹ O praise the LORD, all ye nations: praise him, all ye people.
你們萬民都要讚美主，你們萬民都要讚美他。

² For his merciful kindness is great toward us: and the truth of the LORD *endureth* for ever.
Praise ye the LORD.
因為他慈悲的善意對我們很有幫助：和上帝賦予的真相。讚美主。

2. II Kings 20 : 1-11

¹ In those days was Hezekiah sick unto death. And the prophet Isaiah the son of Amoz came to him, and said unto him, Thus saith the LORD, Set thine house in order; for thou shalt die, and not live.
在那些日子里，赫澤基亞病死了。先知以賽亞阿莫茲的兒子來到他，對他說，因此說主，設置薄的房子秩序；因為你死了，而不是活著。

² Then he turned his face to the wall, and prayed unto the LORD, saying,
然後他把臉轉向牆，向耶和華祈禱，說：

³ I beseech thee, O LORD, remember now how I have walked before thee in truth and with a perfect heart, and have done *that which is* good in thy sight. And Hezekiah wept sore.
我懇求你，主啊，現在記住我是如何走在你面前的真理和完美的心，並做了你眼前的好事。赫澤基亞痛哭。

⁴ And it came to pass, afore Isaiah was gone out into the middle court, that the word of the LORD came to him, saying,
以賽亞進中院之前，耶和華的話臨到他說，

⁵ Turn again, and tell Hezekiah the captain of my people, Thus saith the LORD, the God of David thy father, I have heard thy prayer, I have seen thy tears: behold, I will heal thee: on the third day thou shalt go up unto the house of the LORD.
再轉一遍，告訴我的人民隊長赫澤基亞，因此，主，大衛的神，你父親，我聽過你的禱告，我聽見你的眼淚：看哪，我會醫治你：第三天，你應該到主的房子里去。

- 6 And I will add unto thy days fifteen years; and I will deliver thee and this city out of the hand of the king of Assyria; and I will defend this city for mine own sake, and for my servant David's sake.
我要加你十五年的日子。我要把你和這座城市從亞述王手中救出來。為了我自己和我的僕人大衛的緣故，我將捍衛這座城市。
- 7 And Isaiah said, Take a lump of figs. And they took and laid *it* on the boil, and he recovered.
以賽亞說，請帶一大無花果。然後他們把它放在鍋裡煮沸，他康復了。
- 8 And Hezekiah said unto Isaiah, What *shall be* the sign that the LORD will heal me, and that I shall go up into the house of the LORD the third day?
希西家對以賽亞說，主必醫治我，第三日我上主的殿，這是什麼信號呢？
- 9 And Isaiah said, This sign shalt thou have of the LORD, that the LORD will do the thing that he hath spoken: shall the shadow go forward ten degrees, or go back ten degrees?
以賽亞說，這個標誌表明，你擁有主，主將做他講的事情：陰影是向前走十度，還是回到十度？
- 10 And Hezekiah answered, It is a light thing for the shadow to go down ten degrees: nay, but let the shadow return backward ten degrees.
希西家回答說：影子下降十度是輕的事：不可以，但影子要倒退十度。
- 11 And Isaiah the prophet cried unto the LORD: and he brought the shadow ten degrees backward, by which it had gone down in the dial of Ahaz.
先知以賽亞向主喊道：他把陰影向後轉了十度，在阿哈茲的錶盤裡，陰影就消失了。

3. Isaiah 25 : 1, 8

- 1 O LORD, thou *art* my God; I will exalt thee, I will praise thy name; for thou hast done wonderful *things*; *thy* counsels of old *are* faithfulness *and* truth.
主阿，你是我的上帝。我要高舉你，讚美你的名。因為你做了奇妙的事；你的忠告是誠實和真理。
- 8 He will swallow up death in victory; and the Lord GOD will wipe away tears from off all faces; and the rebuke of his people shall he take away from off all the earth: for the LORD hath spoken *it*.
他將吞下勝利中的死亡；主神會擦去所有臉上的眼淚；和他的人民應他的譴責，他應該從地球上帶走：因為主有說。

4. John 4 : 1, 3-7, 9-11, 13-26

- 1 When therefore the Lord knew how the Pharisees had heard that Jesus made and baptized more disciples than John,
因此，當主知道法利賽人如何得知耶穌比約翰造更多的門徒時，
- 3 He left Judæa, and departed again into Galilee.
他離開了猶大，再次出發前往加利利。
- 4 And he must needs go through Samaria.
他必須需要經歷撒瑪利亞。
- 5 Then cometh he to a city of Samaria, which is called Sychar, near to the parcel of ground that Jacob gave to his son Joseph.
然後來到撒瑪利亞市，這叫西查爾，靠近雅各給他的兒子約瑟夫的地包。
- 6 Now Jacob's well was there. Jesus therefore, being wearied with *his* journey, sat thus on the well: *and* it was about the sixth hour.
現在，雅各的井在那裡。因此，耶穌因旅途疲倦而坐在井上：大約第六個小時。
- 7 There cometh a woman of Samaria to draw water: Jesus saith unto her, Give me to drink.
撒瑪利亞的婦人來喝水。耶穌對她說，請給我喝。
- 9 Then saith the woman of Samaria unto him, How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria? for the Jews have no dealings with the Samaritans.
撒瑪利亞的婦人對他說，你是猶太人，向我狂飲，是撒瑪利亞的婦人嗎？因為猶太人與撒瑪利亞人沒有交往。
- 10 Jesus answered and said unto her, If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.
耶穌回答說，如果你最瞭解神的恩賜，以及對你的說，給我喝；你會問他，他會給你活水。
- 11 The woman saith unto him, Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water?
女人對他說，先生，你沒有什麼可畫的，井很深：從什麼開始，你那活水呢？

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- 13 Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again:
耶穌回答說，無論誰喝這種水，都將再次渴求：
- 14 But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.
但無論誰喝的水，我會給他永遠不會渴；但我會給他的水，將在他身上，一個水井，斯普林格到永恆的生命。
- 15 The woman saith unto him, Sir, give me this water, that I thirst not, neither come hither to draw.
先生，那個女人對他說，先生，給我水，我不渴，兩個都不來。
- 16 Jesus saith unto her, Go, call thy husband, and come hither.
耶穌對她說，走，叫你丈夫，然後來打她。
- 17 The woman answered and said, I have no husband. Jesus said unto her, Thou hast well said, I have no husband:
女人回答說，我沒有丈夫。耶穌對她說，你很好說，我沒有丈夫。
- 18 For thou hast had five husbands; and he whom thou now hast is not thy husband: in that saidst thou truly.
因為你有五個丈夫；他，你現在沒有不是你的丈夫：在說你真正的。
- 19 The woman saith unto him, Sir, I perceive that thou art a prophet.
這位女士對他說，先生，我認為您是一位先知。
- 20 Our fathers worshipped in this mountain; and ye say, that in Jerusalem is the place where men ought to worship.
我們的祖宗在這座山上敬拜；你們說，在耶路撒冷是人們應該敬拜的地方。
- 21 Jesus saith unto her, Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father.
耶穌對她說，女人，相信我，時間來了，你們既不在這座山上，也不在耶路撒冷，崇拜父。
- 22 Ye worship ye know not what: we know what we worship: for salvation is of the Jews.
你們崇拜你們不知道什麼：我們知道我們崇拜什麼：因為救贖是猶太人的。

- 23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.
但時間來了，現在，當真正的崇拜者在精神和真理中崇拜父時：為父尋求這樣的崇拜。
- 24 God *is* a Spirit: and they that worship him must worship *him* in spirit and in truth.
神是靈靈，崇拜神靈的神靈必須崇拜他。
- 25 The woman saith unto him, I know that Messias cometh, which is called Christ: when he is come, he will tell us all things.
女人對他說，我知道梅西亞斯來了，這叫基督：當他來的時候，他會告訴我們所有的事情。
- 26 Jesus saith unto her, I that speak unto thee am *he*.
耶穌對她說，我對你說的是他。

5. John 17 : 1, 6, 17

- 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:
這些話使耶穌大為光，把目光抬起來，說：父啊，時間來了，讚美你的兒子，你的兒子也可以榮耀你：
- 6 I have manifested thy name unto the men which thou gavest me out of the world: thine they were, and thou gavest them me; and they have kept thy word.
我已經把你的名字表現給你的人，你給了我的世界：薄他們，你給他們我；他們一直信守你的話
- 17 Sanctify them through thy truth: thy word is truth.
用你的真理使他們成聖：你的道就是真理。

Science and Health

1. vii : 13-21

The time for thinkers has come. Truth, independent of doctrines and time-honored systems, knocks at the portal of humanity. Contentment with the past and the cold conventionality of materialism are crumbling away. Ignorance of God is no longer the steppingstone to faith. The only guarantee of obedience is a right apprehension of Him whom to know aright is Life eternal. Though empires fall, "the Lord shall reign forever."

思想家時代已經到來。真理，獨立於教義和歷史悠久的系統，敲開人類的門戶。對過去的滿足和物質主義的冷常規正在崩潰。對上帝的無知不再是信仰的墊腳石。服從的唯一保證是正確逮捕他，而他知道的權利是永生。雖然帝國衰落，"主將永遠統治。

2. 259 : 6-14

In divine Science, man is the true image of God. The divine nature was best expressed in Christ Jesus, who threw upon mortals the truer reflection of God and lifted their lives higher than their poor thought-models would allow, — thoughts which presented man as fallen, sick, sinning, and dying. The Christlike understanding of scientific being and divine healing includes a perfect Principle and idea, — perfect God and perfect man, — as the basis of thought and demonstration.

在神科學中，人是神的真正形象。神性最好用基督耶穌來表達，他把神的真實倒影扔給凡人，並提升他們的生命，高於他們可憐的思想模型所允許的——這些思想把人視為墮落、生病、犯罪和死亡。基督般的對科學存在和神聖療癒的理解包括一個完美的原則和思想，即完美的上帝和完美的人，作為思考和示範的基礎。

3. 286 : 1-15

To seek Truth through belief in a human doctrine is not to understand the infinite. We must not seek the immutable and immortal through the finite, mutable, and mortal, and so depend upon belief instead of demonstration, for this is fatal to a knowledge of Science. The understanding of Truth gives full faith in Truth, and spiritual understanding is better than all burnt offerings.

通過相信人類教義來尋求真理，並不是要理解無限。我們絕不能通過有限、可變和凡人尋求不可變和不朽，因此依賴於信仰而不是示範，因為這對科學知識是致命的。對真理的理解給予對真理的充分信心，靈性的理解比所有被燒毀的祭品都好。

The Master said, "No man cometh unto the Father [the divine Principle of being] but by me," Christ, Life, Truth, Love; for Christ says, "I am the way." Physical causation was put aside from first to last by this original man, Jesus. He knew that the divine Principle, Love, creates and governs all that is real.

大師說，「沒有人來到父（存在的神聖原則），而是由我，「基督，生命，真理，愛；因為基督說，「我是路。身體因果關係被這個原始人耶穌從第一個到最後放在一邊。他知道，神聖的原則，愛，創造和治理一切是真實的。

4. 231 : 3-11

Unless an ill is rightly met and fairly overcome by Truth, the ill is never conquered. If God destroys not sin, sickness, and death, they are not destroyed in the mind of mortals, but seem to this so-called mind to be immortal. What God cannot do, man need not attempt. If God heals not the sick, they are not healed, for no lesser power equals the infinite All-power; but God, Truth, Life, Love, does heal the sick through the prayer of the righteous.

除非真理正確地遇見病人並公平地克服病人，否則病人永遠不會被征服。如果上帝不摧毀罪、病和死，它們不是在凡人的心中被摧毀，而是在這個所謂的心靈中顯得不朽。上帝不能做的事，人類不需要嘗試。如果神醫治不治病，他們就不治病，因為沒有較小的力量等於無限的全權；但上帝，真理，生命，愛，確實通過正義的祈禱治癒病人。

5. 167 : 22-31

It is not wise to take a halting and half-way position or to expect to work equally with Spirit and matter, Truth and error. There is but one way — namely, God and His idea — which leads to spiritual being. The scientific government of the body must be attained through the divine Mind. It is impossible to gain control over the body in any other way. On this fundamental point, timid conservatism is absolutely inadmissible. Only through radical reliance on Truth can scientific healing power be realized.

採取停止和半途而廢的立場，或期望與聖靈和物質、真理和錯誤平等地工作，這是不明智的。只有一種方法——即上帝和他的思想——導致靈性存在。身體的科學政府必須通過神聖的心靈實現。不可能以任何其他方式控制身體。在這個基本點上，膽怯的保守主義是絕對不能接受的。只有徹底依賴真理，才能實現科學的治癒能力。

6. 230 : 1-10

If sickness is real, it belongs to immortality; if true, it is a part of Truth. Would you attempt with drugs, or without, to destroy a quality or condition 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。你會試圖用毒品，或沒有，摧毀真理的質量或條件？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。

7. 130 : 26-5

If thought is startled at the strong claim of Science for the supremacy of God, or Truth, and doubts the supremacy of good, ought we not, contrariwise, to be astounded at the vigorous claims of evil and doubt them, and no longer think it natural to love sin and unnatural to forsake it, — no longer imagine evil to be ever-present and good absent? Truth should not seem so surprising and unnatural as error, and error should not seem so real as truth. Sickness should not seem so real as health. There is no error in Science, and our lives must be governed by reality in order to be in harmony with God, the divine Principle of all being.

如果對科學對上帝至上或真理的強烈主張感到震驚，並懷疑善的至高無上，那麼，我們是否應該對邪惡的強烈主張感到震驚，並懷疑它們，不再認為愛罪和不自然地拋棄它——不再想像邪惡永遠存在，永遠不存在？真理似乎不應該像錯誤那樣令人驚訝和不自然，錯誤不應該像真理那樣真實。疾病看起來不應該像健康那樣真實。科學沒有錯誤，我們的生活必須受現實的支配，才能與神和諧相處，神是萬有的神聖原則。

8. 120 : 17-24

The Science of Mind-healing shows it to be impossible for aught but Mind to testify truly or to exhibit the real status of man. Therefore the divine Principle of Science, reversing the testimony of the physical senses, reveals man as harmoniously existent in Truth, which is the only basis of health; and thus Science denies all disease, heals the sick, overthrows false evidence, and refutes materialistic logic.

心靈修復科學表明，女兒不可能作證，也不可能真實地展示人的真實地位。因此，科學的神聖原則，扭轉了物質感官的見證，揭示了真理中和諧的存在，這是健康的唯一基礎；因此，科學否認所有疾病，治癒病人，推翻虛假證據，駁斥唯物主義邏輯。

9. 288 : 31-7

The eternal Truth destroys what mortals seem to have learned from error, and man's real existence as a child of God comes to light. 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.

永恆的真理摧毀了凡人似乎從錯誤中學到的，人類作為神的孩子的真實存在被揭示出來。真理所證明的是永生。死亡的人永遠無法從錯誤、對罪、疾病和死亡的信仰的時空中解脫出來，直到他知道上帝是唯一的生命。生命和感覺在體內的信念應該通過理解什麼構成人作為神的形象來克服。然後，聖靈將戰勝肉體。

10. 367 : 30-32

Because Truth is infinite, error should be known as nothing. Because Truth is omnipotent in goodness, error, Truth's opposite, has no might.

因為真理是無限的，所以錯誤應該被稱為什麼。因為真理是無所不能的，錯誤，真理是相反的，沒有可能。

11. 368 : 2-9

The confidence inspired by Science lies in the fact that Truth is real and error is unreal. Error is a coward before Truth. Divine Science insists that time will prove all this. Both truth and error have come nearer than ever before to the apprehension of mortals, and truth will become still clearer as error is self-destroyed.

受科學啟發的信心在於真理是真實的，錯誤是不真實的。錯誤在真理面前是懦夫。神聖科學堅持認為，時間將證明這一切。真理和錯誤都比以往更加接近於對凡人的憂慮，真理將變得更加清晰，因為錯誤是自我毀滅的。

12. 174 : 17-21

The thunder of Sinai and the Sermon on the Mount are pursuing and will overtake the ages, rebuking in their course all error and proclaiming the kingdom of heaven on earth. Truth is revealed. It needs only to be practised.

西奈山的雷聲和山上的佈道正在追隨著，並且將超過年齡，在他們過程中所有錯誤地，並宣佈地球上的天國。真相被揭露了。它只需要練習。

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)