

SUNDAY MARCH 7, 2021

*SUBJECT*—MAN  
人

*GOLDEN TEXT*: I CORINTHIANS 15 : 57

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*“Thanks be to God, which giveth us the victory.”*  
*“感謝上帝，這給了我們勝利。”*

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RESPONSIVE READING: **II Corinthians 4 : 8, 9**  
**Romans 8 : 31, 35, 37-39**

8. *We are* troubled on every side, yet not distressed; *we are* perplexed, but not in despair;  
我們在每一邊都受到困擾，但並不沮喪；我們感到困惑，但不是絕望；
9. Persecuted, but not forsaken; cast down, but not destroyed.  
迫害，但不放棄：投下來，但沒有被摧毀。
31. What shall we then say to these things? If God *be* for us, who *can be* against us?  
那我們要對這些事情說些什麼呢？如果上帝支持我們，誰能反對我們？
35. Who shall separate us from the love of Christ? *shall* tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?  
誰來把我們與基督之愛分開？苦難，苦難，迫害，飢荒，赤裸裸，危險，劍？
37. Nay, in all these things we are more than conquerors through him that loved us.  
不，在所有這些事情中，我們不僅僅是通過他愛我們的征服者。

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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.*

38. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,  
因為我被說服了，既沒有死亡，也沒有生命，也沒有天使，也沒有公國，也沒有權力，也沒有存在的事物，也沒有即將來臨的事物，
39. Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.  
高度，深度，或任何其他生物，都不能把我們與上帝的愛分開，上帝是基督耶穌的主。

## LESSON SERMON

### *The Bible*

#### 1. Proverbs 11 : 3 (to :)

- <sup>3</sup> The integrity of the upright shall guide them:  
正直人的正直性應當指導：

#### 2. Philippians 2 : 14, 15

- <sup>14</sup> Do all things without murmurings and disputings:  
做到所有事情都不要抱怨和爭執：

- <sup>15</sup> That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;  
你們可能是無可指責和無害的，神的兒子，沒有責備，在一個歪理邪說的國家，其中你們閃耀作為世界的光：

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**3. Philippians 4 : 11 (for)-13**

<sup>11</sup> ...for I have learned, in whatsoever state I am, *therewith* to be content.  
...因為我已經學會了，無論我處於什麼狀態，都有滿足感。

<sup>12</sup> I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.  
我知道如何成為基礎，我知道如何比比皆是：每一個地方和所有的事情，我被告知既要飽，又要餓，既要比比皆是，又要遭受需要。

<sup>13</sup> I can do all things through Christ which strengtheneth me.  
我可以通過基督做所有使我增強的事。

**4. Genesis 37 : 2 (Joseph) (to ;), 3, 4, 24 (to :), 28 (to :)**

<sup>2</sup> Joseph, *being* seventeen years old, was feeding the flock with his brethren;  
約瑟夫，十七歲，正在喂羊群與他的弟兄們：

<sup>3</sup> Now Israel loved Joseph more than all his children, because he *was* the son of his old age: and he made him a coat of *many* colours.  
現在以色列比他所有的孩子都更愛約瑟夫，因為他是他晚年的兒子：他給他做了一件顏色各異的外套。

<sup>4</sup> And when his brethren saw that their father loved him more than all his brethren, they hated him, and could not speak peaceably unto him.  
當他的弟兄們看到他們的父親愛他更多時，他們就恨他，無法與他和平地說話。

<sup>24</sup> And they took him, and cast him into a pit:  
他們帶他去，把他扔進坑里：

<sup>28</sup> Then there passed by Midianites merchantmen; and they drew and lifted up Joseph out of the pit, and sold Joseph to the Ishmeelites for twenty *pieces* of silver:  
然後有經過米迪安人商人：他們把約瑟夫從坑裡拉了出來，把約瑟夫賣給了伊什米利特人，買了二十塊銀幣：

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**5. Genesis 39 : 1, 3, 7, 8 (to 1st ), 12, 19 (when)-20 (to 2nd ), 21, 22**

- <sup>1</sup> And Joseph was brought down to Egypt; and Potiphar, an officer of Pharaoh, captain of the guard, an Egyptian, bought him of the hands of the Ishmeelites, which had brought him down thither.  
約瑟夫被帶到埃及：波蒂法爾是法老的軍官，衛隊隊長是埃及人，他手中的伊什米利特人把他買走了。
- <sup>3</sup> And his master saw that the LORD *was* with him, and that the LORD made all that he did to prosper in his hand.  
他的主人看到主與他在一起，主做了他所做的一切，在他的手中繁榮。
- <sup>7</sup> And it came to pass after these things, that his master's wife cast her eyes upon Joseph; and she said, Lie with me.  
這些東西之後，他的主人的妻子把目光投向了約瑟夫：她說，和我一起躺下。
- <sup>8</sup> But he refused,  
但是他拒絕了
- <sup>12</sup> And she caught him by his garment, saying, Lie with me: and he left his garment in her hand, and fled, and got him out.  
她抓住他的衣服，說："跟我躺下：他把衣服留在她手裡，然後逃走了。
- <sup>19</sup> ...when his master heard the words of his wife, which she spake unto him, saying, After this manner did thy servant to me; that his wrath was kindled.  
...當主人聽到他妻子的話，她向他說，他的僕人這樣對我；他的憤怒被點燃了。
- <sup>20</sup> And Joseph's master took him, and put him into the prison,  
約瑟夫的主人把他領進監獄，
- <sup>21</sup> But the LORD *was* with Joseph, and shewed him mercy, and gave him favour in the sight of the keeper of the prison.  
但耶和華與約瑟同在，向他施憐憫，使他在監獄管理者眼前蒙恩。
- <sup>22</sup> And the keeper of the prison committed to Joseph's hand all the prisoners that *were* in the prison; and whatsoever they did there, he was the doer *of it*.  
監獄的管理者將全部囚犯交給了約瑟。他們在那裡所做的一切，他都是它的執行者。

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6. Genesis 41 : 1 (to :), 14 (to :), 15, 16, 28-30 (to 1st :), 33, 37-40

1 And it came to pass at the end of two full years, that Pharaoh dreamed:  
到了整整兩年，法老開始夢想：

14 Then Pharaoh sent and called Joseph, and they brought him hastily out of the dungeon:  
法老派人要求約瑟來，他們趕緊把他帶出了地牢：

15 And Pharaoh said unto Joseph, I have dreamed a dream, and *there is* none that can interpret it: and I have heard say of thee, *that* thou canst understand a dream to interpret it.  
法老對約瑟夫說，我做了一個夢，沒有人可以解釋它；我聽見你說過，你可以解夢。

16 And Joseph answered Pharaoh, saying, *It is* not in me: God shall give Pharaoh an answer of peace.  
約瑟回答法老，說：這不是我：上帝會給法老一個和平的答案。

28 This *is* the thing which I have spoken unto Pharaoh: What God *is* about to do he sheweth unto Pharaoh.  
這是我對法老所說的話：神將要對法老說上帝的話 將要他做什麼。

29 Behold, there come seven years of great plenty throughout all the land of Egypt:  
看哪，埃及全境有七年的豐收：

30 And there shall arise after them seven years of famine;  
在他們以後的七年飢荒中將會出現。

33 Now therefore let Pharaoh look out a man discreet and wise, and set him over the land of Egypt.  
因此，現在讓法老謹慎和明智地看著一個人，並把他放在埃及的土地上。

37 And the thing was good in the eyes of Pharaoh, and in the eyes of all his servants.  
在法老的眼裡，在他所有僕人的眼裡，事情是好的。

38 And Pharaoh said unto his servants, Can we find *such a one* as this *is*, a man in whom the Spirit of God *is*?  
法老對臣僕說：我們能找到一個這樣的人嗎，一個有上帝之靈的人嗎？

39 And Pharaoh said unto Joseph, Forasmuch as God hath shewed thee all this, *there is* none so discreet and wise as thou *art*:

法老對約瑟說：因為神把這一切都播給了你，沒有一個人像你這樣謹慎和明智的：

40 Thou shalt be over my house, and according unto thy word shall all my people be ruled: only in the throne will I be greater than thou.

你應該在我的房子里，根據你的話，我所有的人都將被統治：只有在王位上，我才會比你大。

7. **Genesis 42 : 3, 7 (to 1st ,)**

3 And Joseph's ten brethren went down to buy corn in Egypt.

約瑟夫的十個兄弟去埃及買玉米。

7 And Joseph saw his brethren,

約瑟看見他的弟兄，

8. **Genesis 45 : 4, 5**

4 And Joseph said unto his brethren, Come near to me, I pray you. And they came near.

And he said, I *am* Joseph your brother, whom ye sold into Egypt.

約瑟夫對弟兄們說：靠近我，我祈禱你。他們走近了。他說，我是約瑟夫你的兄弟，你們把我賣給埃及人。

5 Now therefore be not grieved, nor angry with yourselves, that ye sold me hither: for God did send me before you to preserve life.

因此，現在不要為自己賣掉我而感到悲傷，也不要為自己生氣。因為上帝保佑我在你面前保住了生命。

9. **I Peter 2 : 19-23**

19 For this *is* thankworthy, if a man for conscience toward God endure grief, suffering wrongfully.

因為這是值得感謝的，如果一個人對上帝的良心忍受悲傷，痛苦不當。

20 For what glory *is it*, if, when ye be buffeted for your faults, ye shall take it patiently? but if, when ye do well, and suffer *for it*, ye take it patiently, this *is* acceptable with God.

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為了什麼光榮，如果，當你因為你的過錯而遭受打擊時，你會耐心地接受它？但是，如果你做得好，為之受苦，你耐心地接受它，上帝是可以接受的。

21 For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps:  
你們甚至還被稱為：因為基督也為我們受了苦，為我們樹立了榜樣，你們應當遵循他的腳步：

22 Who did no sin, neither was guile found in his mouth:  
誰沒有犯罪，口中也沒有狡猾的人：

23 Who, when he was reviled, reviled not again; when he suffered, he threatened not; but committed *himself* to him that judgeth righteously:  
誰當他受到譴責時，再也不會受到譴責。當他受苦時，他不威脅；但要對正直判斷的人作出承諾：

#### 10. **Philippians 2 : 12, 13**

12 Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.  
在此之前，我親愛的，你們一直服從，不只是在我面前，但現在更多在我缺席的情況下，用恐懼和顫抖來拯救你自己。

13 For it is God which worketh in you both to will and to do of *his* good pleasure.  
因為有上帝在你裡面行事，要儘自己的樂意行事。

#### 11. **Romans 8 : 28**

28 And we know that all things work together for good to them that love God, to them who are the called according to *his* purpose.  
我們知道，萬事萬物對於愛上帝的人和對照他旨意被召喚的人都是有益的。

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## *Science and Health*

### 1. 115 : 15-16

MAN: God's spiritual idea, individual, perfect, eternal.  
人：神的靈性思想，個人，完美，永恆。

### 2. 258 : 13-15, 19-24

God expresses in man the infinite idea forever developing itself, broadening and rising higher and higher from a boundless basis.  
上帝在人類中表達了無限的自我發展思想，從無限的基礎上不斷拓寬和上升。

The infinite Principle is reflected by the infinite idea and spiritual individuality, but the material so-called senses have no cognizance of either Principle or its idea. The human capacities are enlarged and perfected in proportion as humanity gains the true conception of man and God.  
無限原則體現在無限的思想和精神個性上，但物質的所謂感官對原則或其思想都缺乏認識。隨著人類獲得人與神的真正概念，人類的能力被按比例擴大和完善。

### 3. 307 : 25 (The)-30

The divine Mind is the Soul of man, and gives man dominion over all things. Man was not created from a material basis, nor bidden to obey material laws which Spirit never made; his province is in spiritual statutes, in the higher law of Mind.  
神聖的心靈是人的靈魂，賦予人類對一切事物的統治。人不是從物質基礎上創造的，也不是為了遵守精神從未制定的物質法則而創造的：他的省是在精神法規，在更高的思想法。

### 4. 90 : 24-32

The admission to one's self that man is God's own likeness sets man free to master the infinite idea. This conviction shuts the door on death, and opens it wide towards immortality. The understanding and recognition of Spirit must finally come, and we may as well improve our time in solving the mysteries of being through an apprehension of divine Principle. At present we know not what man is, but we certainly shall know this when man reflects God.  
承認人是上帝自己的肖像，使人可以自由地掌握無限的想法。這一信念關上了死亡之門，向著永生敞開了大門。對聖靈的理解和承認必須最終到來，我們不妨通過對神聖原則的憂慮來改善我們解決存在奧秘的時間。目前我們不知道人是什麼，但當人反映上帝時，我們當然會知道這一點。



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**5. 228 : 11-19**

The enslavement of man is not legitimate. It will cease when man enters into his heritage of freedom, his God-given dominion over the material senses. Mortals will some day assert their freedom in the name of Almighty God. Then they will control their own bodies through the understanding of divine Science. Dropping their present beliefs, they will recognize harmony as the spiritual reality and discord as the material unreality.

奴役人是不合法的。當人類進入他的自由遺產，他上帝賜予的對物質感官的統治時，它就會停止。有一天，凡人會以全能的上帝的名義維護他們的自由。然後，他們將通過對神聖科學的理解來控制自己的身體。放棄他們目前的信仰，他們會認識到和諧是精神現實，不和諧是物質上的不真實。

**6. 262 : 9-16**

We cannot fathom the nature and quality of God's creation by diving into the shallows of mortal belief. We must reverse our feeble flutterings — our efforts to find life and truth in matter — and rise above the testimony of the material senses, above the mortal to the immortal idea of God. These clearer, higher views inspire the Godlike man to reach the absolute centre and circumference of his being.

我們無法通過潛入凡人信仰的淺水區來理解上帝創造的本質和品質。我們必須扭轉我們微弱的飄蕩——我們努力尋找生命和真理——超越物質感官的見證，超越凡人對上帝不朽思想的見證。這些更清晰、更高的觀點激勵著神一樣的人達到他存在絕對的中心和周長。

**7. 517 : 30-4**

Divine Love blesses its own ideas, and causes them to multiply, — to manifest His power. Man is not made to till the soil. His birthright is dominion, not subjection. He is lord of the belief in earth and heaven, — himself subordinate alone to his Maker. This is the Science of being.

神聖的愛祝福自己的想法，並導致它們繁殖，以顯示他的力量。人不是要耕種土壤的。他與生俱來的權利是統治，而不是受制於人。他是地球和天堂信仰的領主——他自己只服從於他的締造者。這就是存在科學。

**8. 444 : 2-6, 10-12**

In some way, sooner or later, all must rise superior to materiality, and suffering is oft the divine agent in this elevation. "All things work together for good to them that love God," is the dictum of Scripture.

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從某種意義上說，遲早，一切都必須高於物質性，而痛苦是這個高度的神聖代理人。聖經的格言是"一切為了愛神而共同工作"。

Step by step will those who trust Him find that "God is our refuge and strength, a very present help in trouble."

相信他的人會一步一步地發現"上帝是我們的避難所和力量，一個非常現實的麻煩說明。

#### 9. 22 : 11-17

"Work out your own salvation," is the demand of Life and Love, for to this end God worketh with you. "Occupy till I come!" Wait for your reward, and "be not weary in well doing." If your endeavors are beset by fearful odds, and you receive no present reward, go not back to error, nor become a sluggard in the race.

"鍛煉自己的救贖"，是生命和愛的要求，為此上帝與你共事。"佔領，直到我來！等待你的獎勵，並"不厭倦做好。如果你的努力被可怕的賠率所困擾，而你沒有得到現在的獎勵，不要回到錯誤，也不會在比賽中成為一個流人。

#### 10. 254 : 19 (the) -23

...the human self must be evangelized. This task God demands us to accept lovingly to-day, and to abandon so fast as practical the material, and to work out the spiritual which determines the outward and actual.

...人類的自我必須被傳福音。這個任務上帝要求我們接受愛到今天，並放棄這麼快的實際材料，並找出決定外在和實際的精神。

#### 11. 183 : 21-25

Divine Mind rightly demands man's entire obedience, affection, and strength. No reservation is made for any lesser loyalty. Obedience to Truth gives man power and strength. Submission to error superinduces loss of power.

神聖的心靈正確地要求人的整個服從，愛和力量。對於任何較小的忠誠度，不作任何保留。服從真理賦予人力量和力量。提交錯誤會過度導致斷電。

#### 12. 202 : 15-23

Outside of this Science all is mutable; but immortal man, in accord with the divine Principle of his being, God, neither sins, suffers, nor dies. The days of our pilgrimage will multiply instead of diminish, when God's kingdom comes on earth; for the true way leads to Life instead of to death, and earthly experience discloses the finity of error and the infinite capacities of Truth, in which God gives man dominion over all the earth.

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在此科學之外，一切都是可變的：但不朽的人，符合他的存在，上帝的神聖原則，既不罪，不受苦，也不死。當神的國度來到地球上時，我們朝聖的日子將成倍增加而不是減少：因為真正的方式導致生命而不是死亡，而塵世的經驗揭示了錯誤的精小和真理的無限能力，其中上帝給予人類統治整個地球。

**13. 571 : 15-19**

At all times and under all circumstances, overcome evil with good. Know thyself, and God will supply the wisdom and the occasion for a victory over evil. Clad in the panoply of Love, human hatred cannot reach you.

在任何時候、任何情況下，用善戰勝惡。瞭解自己，上帝將提供智慧和戰勝邪惡的機會。人類的仇恨被愛所覆蓋，無法到達你。

**14. 452 : 10-15**

When outgrowing the old, you should not fear to put on the new. Your advancing course may provoke envy, but it will also attract respect. When error confronts you, withhold not the rebuke or the explanation which destroys error. Never breathe an immoral atmosphere, unless in the attempt to purify it.

當長出舊的，你不應該害怕把新的。你的前進路線可能會激起嫉妒，但它也會吸引尊重。當錯誤面對您時，不要拒絕責備或破壞錯誤的解釋。永遠不要呼吸不道德的氣氛，除非試圖淨化它。

**15. 261 : 4-7**

Hold thought steadfastly to the enduring, the good, and the true, and you will bring these into your experience proportionably to their occupancy of your thoughts.

堅定地堅持思想的持久，美好和真實，您將把它們與自己對思想的佔有成比例地帶入自己的經驗中。

**16. 451 : 14-18**

Man walks in the direction towards which he looks, and where his treasure is, there will his heart be also. If our hopes and affections are spiritual, they come from above, not from beneath, and they bear as of old the fruits of the Spirit.

人朝他看起來的方向走去，他的寶藏在哪裡，他的心也會在那裡。如果我們的希望和感情是精神上的，它們來自上面，而不是來自下面，它們從舊時就承載著聖靈的果實。

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**17. 21 : 9-14**

If the disciple is advancing spiritually, he is striving to enter in. He constantly turns away from material sense, and looks towards the imperishable things of Spirit. If honest, he will be in earnest from the start, and gain a little each day in the right direction, till at last he finishes his course with joy.

如果門徒在精神上進步，他正在努力進入。他不斷地遠離物質意識，把目光投向精神的不可侵犯的東西。如果誠實，他會從一開始就認真，每天在正確的方向上獲得一點，直到最後他愉快地完成了他的課程。

**18. 453 : 6-8**

Right and wrong, truth and error, will be at strife in the minds of students, until victory rests on the side of invincible truth.

對與錯，真與錯，都會在學生心中紛爭，直到勝利寄託在不可戰勝的真理一邊。

## 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)