

# “ 显明人心的道 ”

可 3:1-6, 4:1-22

*The* GOSPEL of  
MARK  
马可福音

# 今日经文

可3:1-3

- 1 耶稣又进了会堂，在那里有一个人枯乾了一只手。
- 2 众人窥探耶稣，**在安息日医治不医治，意思是要控告耶稣。**
- 3 耶稣对那枯乾一只手的人说：「起来，站在当中。」

Mark 3:1-3

- 1 Another time Jesus went into the synagogue, and a man with a shriveled hand was there.
- 2 Some of them were looking for a reason to accuse Jesus, so they watched him closely to see **if he would heal him on the Sabbath.**
- 3 Jesus said to the man with the shriveled hand, "Stand up in front of everyone.

# 今日经文

可 3 : 4-5

4 又问众人说：「**在安息日行善行恶，救命害命，那样是可以的呢？**」他们都不作声。

5 耶稣怒目周围看他们，**忧愁他们的心刚硬**，就对那人说：「伸出手来！」他把手一伸，手就复了原。

Mark 3:4-5

4 Then Jesus asked them, "**Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?**" But they remained silent.

5 He looked around at them in anger and, **deeply distressed at their stubborn hearts**, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored.

# 安息年

利未记 25:3-4

<sup>3</sup> 六年要耕种田地，也要修理葡萄园，收藏地的出产。

<sup>4</sup> 第七年，地要**守圣安息**，就是向耶和华守的安息，不可耕种田地，也不可修理葡萄园。

Leviticus 25:3-4

<sup>3</sup> For six years sow your fields, and for six years prune your vineyards and gather their crops.

<sup>4</sup> But in the seventh year the land is to have a year of **sabbath rest**, a sabbath to the LORD. Do not sow your fields or prune your vineyards.

# 无土栽培法

## HYDROPHONICS



# 水栽法

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# 安息年取消债

申命记 15:1-2

- 1 「每逢**七年末一年**，你要施行豁免。
- 2 豁免的定例乃是这样：凡**债主要把所借给邻舍的豁免了**；  
不可向邻舍和弟兄追讨，因为耶和华的豁免年已经宣告了。

Deuteronomy 15:1-2

- 1 “At the **end of every seven years** you shall grant a release.
- 2 And this is the manner of the release: **every creditor shall release** what he has lent to his neighbor. He shall not exact it of his neighbor, his brother, because the LORD’s release has been proclaimed.

# 安息年取消债

申命记 15:7-8

7 「在耶和华你神所赐你的地上，无论哪一座城里，你弟兄中若

有一个穷人，**你不可忍著心、**揞着手不帮补你穷乏的弟兄。

8 总要向他松开手，照他所缺乏的借给他，补他的不足。

Deuteronomy 15:7-8

7 If anyone is poor among your fellow Israelites in any of the towns of the land the LORD your God is giving you, **do not be hardhearted or tightfisted** toward them.

8 Rather, be openhanded and freely lend them whatever they need.

# 安息年取消债

申命记 15:9

<sup>9</sup> **你要谨慎，不可心里起恶念，** 说：『第七年的豁免年快到了』，

你便恶眼看你穷乏的弟兄，什麼都不给他，以致他因你求告耶和华，罪便归於你了。

Deuteronomy 15:9

<sup>9</sup> **Be careful not to harbor this wicked thought:** "The seventh year, the year for canceling debts, is near," so that you do not show ill will toward the needy among your fellow Israelites and give them nothing. They may then appeal to the LORD against you, and you will be found guilty of sin.



# 安息日背后的重要原则

- 人不能耕种时，还能不能**信靠神**会供应一整年的食物？
- 当你不再追讨别人的贷款，是否能**相信神**依然会将这些金钱供应给你？



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# 安息年取消债

申命记 15:10

10 你总要给他，给他的时候**心里不可愁烦**；因耶和华你的神必在你这一切所行的，并你手里所办的事上，**赐福与你。**

Deuteronomy 15:10

10 “Give generously to the needy, **without a grudge in your heart, because the Lord God will bless you in all your work** and in everything else where you place your hand”

# 以色列没有守安息年

历代志下 36:21

<sup>21</sup> 这就应验耶和華藉耶利米口所说的话：地享受安息；因为地  
土荒凉便守安息，直满了七十年。

2 Chronicles 36:21

<sup>21</sup> The land enjoyed its sabbath rests; all the time of its desolation it **rested, until the seventy years** were completed in fulfilment of the word of the LORD spoken by Jeremiah.

# 安息

神设立安息日，为要教导我们：

- **信靠神**（安息，不凭自己苦斗）
- **慷慨并向他人行善**  
（如：取消债务）



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# 神的道显明人心

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- 撒种的比喻 (可4:1-22)



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# 今日经文

可 4 : 14 - 16

14 撒种之人所撒的就是**道**。

15 那撒在**路旁**的，就是人听了道，撒但立刻来，把撒在他心里  
的道夺了去。

16 那撒在**石头地**上的，就是人听了道，立刻欢喜领受，

Mark 4:14-16

14 The sower sows the word.

15 And these are the ones along the **path**, where the word is sown: when they hear, Satan immediately comes and takes away the word that is sown in them.

16 And these are the ones sown on **rocky** ground: the ones who, when they hear the word, immediately receive it with joy.



# 今日经文

可4:17-18

17 但他心里没有根，不过是暂时的，及至为道遭了患难，或是受了逼迫，立刻就跌倒了。

18 还有那撒在**荆棘**里的，就是人听了道，

Mark 4:17-18

17 And they have no root in themselves, but endure for a while; then, when tribulation or persecution arises on account of the word, immediately, they fall away.

18 And others are the ones sown among **thorns**. They are those who hear the word.

# 今日经文

可4:19-20

19 後來有世上的思慮、錢財的迷惑，和別樣的私欲進來，把道擠住了，就不能結實。

20 那撒在**好地**上的，就是人聽道，又領受，並且結實，有三十倍的，有六十倍的，有一百倍的。」

Mark 4:19-20

19 but the cares of the world and the deceitfulness of riches and the desires for other things enter in and choke the word, and it proves unfruitful

20 But those that were sown on the **good soil** are the ones who hear the word and accept it and bear fruit, thirtyfold and sixtyfold and a hundredfold.”

# 今日经文

可4:21-22

21 耶稣又对他们说：「人拿灯来，岂是要放在斗底下，床底下，  
不放在灯台上吗？」

22 **因为掩藏的事，没有不显出来的；隐瞒的事，没有不露出来的。**

Mark 4:21-22

21 And he said to them, "Is a lamp brought in to be put under a basket, or under a bed, and not on a stand?"

22 **For what is hidden will be made manifest, and what is secret will be made known.**

# 耶稣是安息日的主

是什么令我们心里的状态揭露出来？

— 神话语发出的挑战。

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# 耶稣是安息日的主

耶稣已经将我们带入神的安息。我们处在安息的时代，神供应我们一切所需。

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# 我们处在安息的时代

希4:1-2

- 1 我们既蒙留下，有**进入他安息的应许**，就当畏惧，免得我们（原文作你们）中间或有人似乎是赶不上了。
- 2 因为有福音传给我们，像传给他们一样；**只是所听见的道他们无益**，因为他们没有信心与所听见的道调和。

Hebrew 4:1-2

- 1 Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.
- 2 For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed.

# 我们处在安息的时代

希4:10-11

<sup>10</sup> 因为那进入安息的，乃是歇了自己的工，正如神歇了他的工一样。

<sup>11</sup> 所以，我们务必竭力进入那安息，免得有人学那不信从的样子跌倒了。

Hebrew 4:10-11

<sup>10</sup> for anyone who enters God's rests also rests from their works, just as God did from his.

<sup>11</sup> Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience

希4:12-13

12 **神的道是活泼的**，是有功效的，比一切两刃的剑更快，甚至魂与灵，骨节与骨髓，都能刺入、剖开，连心中的思念和主意都能辨明。

13 并且被造的**没有一样在他面前不显然的**；原来万物在那与我们有关系的主眼前，都是赤露敞开的。

Hebrew 4:12-13

12 **For the word of God is alive and active.** Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

13 Nothing in all creation is hidden from God's sight. **Everything is uncovered and laid bare** before the eyes of him to whom we must give account.



# 耶稣是安息日的主

太11:28-30

28 凡劳苦担重担的人可以到我这里来，我就使你们得**安息**。

29 我心里柔和谦卑，你们当负我的轭，学我的样式；这样，你们心里就必得享**安息**。

30 因为我的轭是容易的，我的担子是轻省的。」

Matthew 11:28-30

28 Come to me, all who labor and are heavy laden, and I will give you **rest**.

29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find **rest** for your souls.

30 For my yoke is easy, and my burden is light.”



# 显明人心的道

神在旧约中设立安息日，  
为了教导以色列信靠神。

- 条例(神的话语)正显明大家内心的景况。
- 你依靠神吗？与其靠自己苦苦奋斗，不如祷告寻求神，信靠祂。

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