

忙碌生活中的省思—停聽看



『忙碌』與『匆促』

*One of the great illusions of our day is that
hurrying will buy us more time.*

在現代生活中有一些很大的假象，
其中之一就是，人們以為『匆促』
能給自己帶來更多的『時間』。

— by John Ortberg from his book
『The Life You've Always Wanted』

『忙碌』與『匆促』

*Jesus often had much to do...
Jesus was often **busy**, but never **hurried**.*

耶穌在這世上的時候，
常常有許多的事要做...
耶穌是常常『**忙碌**』、
但祂卻從來不『**匆促**』。

— by John Ortberg from his book
『*The Life You've Always Wanted*』

『忙碌』與『忙亂』

馬大伺候的事多、心裡忙亂...
耶穌回答說、馬大、馬大、
你為許多的事、思慮煩擾...

*Martha was **distracted**
by the big dinner she was preparing...
The Lord said to her, "My dear Martha,
you are **worried** and **upset** over all these details...*

(路加福音：十40a, 41, NLT)

在忙碌中懂得『停』

停下來『享安息』

停下來『再聚焦』

停下來『倚靠神』

在忙碌中懂得『聽』

聆聽『牧者』聲音

聆聽『人心』聲音

聆聽『自己』聲音

聆聽『牧者』聲音



聆聽『牧者』聲音

雅典人、和住在那裡的客人，
都不顧別的事，只將新聞說說聽聽。

*For all the citizens of Athens and the foreigners
who lived there liked to spend all their time
telling and hearing the latest new thing.*

(使徒行傳：十七21, GNT)

聆聽『牧者』聲音

無奈我的民不聽我的聲音，
以色列全不理我。
我便任憑他們心裡剛硬，
隨自己的計謀而行。

*But no, my people wouldn't listen.
Israel did not want me around.
So I let them follow their own stubborn desires,
living according to their own ideas.*

(詩篇：八十一11-12, NLT)

聆聽『牧者』聲音

我的羊聽我的聲音、
我也認識他們，他們也跟著我。

*My sheep **listen** to my voice;
I **know** them, and they **follow** me.*

(約翰福音：十27, *NLT*)

聆聽『牧者』聲音

你們若常在我裡面，
我的話也常在你們裡面……。

*Stay joined to me
and let my teachings become part of you.*

(約翰福音：十五7a, CERV)

聆聽『牧者』聲音

讓我們在忙碌中懂得『聽』…

聆聽『牧者』聲音

聆聽『人心』聲音



聆聽『人心』聲音

*From the fact that
God gave us two ears and one mouth,
the Irish have drawn the thoughtful conclusion that
we should listen twice as much as we talk.*

從神造每一個人
有兩個耳朵、一個嘴巴的事實，
愛爾蘭人推想了一個令人深思的結論：
『人們應該要「聽」
雙倍於自己所「說」的』。

— by Josh McDowell from his book 『The Secret of Loving』

聆聽『人心』聲音

各人不要單顧自己的事、
也要顧別人的事。

Let each of you look out not only for his own interests, but also for the interests of others.

(腓立比書：二4, NKJV)

聆聽『人心』聲音

耶穌就站住、叫他們來，說、
要我為你們作甚麼。

*Jesus stopped and called them. He asked,
“What do you want Me to do for you?”*

(馬太福音：二十32, *NLV*)

聆聽『人心』聲音

『快快的聽』，其實是包括了：

願意去聆聽…

專心去傾聽…

用心去體會…

接納其感受…

— *from* 『曠野微聲 2022-05-20』

聆聽『人心』聲音

這樣的話我聽了許多，
你們安慰人、反叫人愁煩…
你們要細聽我的言語，
就算是你們安慰我。

*I have heard many such things.
All of you bring trouble instead of comfort...
Be careful to listen to my words.
Let this be the comfort you give me.*

(約伯記：十六2，二十一2, *NLV*)

聆聽『人心』聲音

讓我們在忙碌中懂得『聽』…

聆聽『人心』聲音

聆聽『自己』聲音



聆聽『自己』聲音

常存**信心**和**無虧的良心**。

有人丟棄良心，
就在真道上如同船破壞了一般。

*Keep your **faith** and **a clear conscience**.
Some people have not listened to their conscience
and have made a ruin of their faith.*

(提摩太前書：一19, GNT)

聆聽『自己』聲音

我必稱頌那指教我的耶和華；
我的心腸在夜間也警戒我。

*I will bless the Lord who guides me;
even at night my heart instructs me.*

(詩篇：十六7, *NLT*)

聆聽『自己』聲音

我的心哪、你為何憂悶、
為何在我裡面煩躁。應當仰望神。
因我還要稱讚他。
他是我的幫助、是我的神。

*O my soul, don't be discouraged. Don't be upset.
Expect God to act!
For I know that I shall again have plenty of reason
to praise him for all that he will do.
He is my help! He is my God!*

(詩篇：四十二11, TLB)

聆聽『自己』聲音

*Self-care is never a selfish act—
it is simply good stewardship
of the only gift I have,
the gift I was put on earth to offer others.*

『照顧自己』並不是『自私』的舉動，而
是忠心的管理神所賜給自己
『獨特的恩賜』，
藉自己所得恩賜在這世上祝福其他的人。

— by Parker Palmer

聆聽『自己』聲音

讓我們在忙碌中懂得『聽』…

聆聽『自己』聲音

忙碌生活中的省思



忙碌生活中的省思

求你使我清晨得聽你慈愛之言、
因我倚靠你，
求你使我知道當行的路、
因我的心仰望你。

*Let the morning bring me word
of your unfailing love,
for I have put my trust in you.
Show me the way I should go,
for to you I entrust my life.*

(詩篇：一百四十三8, NIV)

在忙碌中懂得『聽』

聆聽『牧者』聲音

聆聽『人心』聲音

聆聽『自己』聲音