

Graduation Testimony 畢業見證——Aaron Chang

My name's Aaron Chang, and I'm a Richmond Christian secondary school graduate.
我叫 Aaron Chang，我是里士滿基督教中學的畢業生。

I was your average Christian child born and raised in a Christian family.

我是一個典型的在生長在基督徒家庭中的孩子。

Some things I enjoy as hobbies include playing basketball, skiing, and hanging out with friends.

我喜歡打籃球、滑雪以及和朋友出去玩。

For most of my school life, from kindergarten to grade 12, I've been in a Christian School system, and the messages of Christianity and faith have been spoken to me quite frequently.

我大部分學生生涯，從幼兒園到 12 年級，都在基督教學校度過，經常能聽到關於基督教信仰的信息。

For my graduation speech, I'll answer these two inquiry questions: How has my faith developed throughout being in a Christian school/family, and how has He worked in my life to allow me to strengthen my relationship with Him?

在這個畢業演講中，我將回答兩個問題：我的信仰如何在基督教學校/家庭中形成，以及神如何在我的生活中工作，使我與他的關係更加堅固？

My faith started forming when I was around 15-16 years old. When I was younger, I had a very lukewarm faith. 我真正的信仰始於 15-16 歲左右。在此之前，我對神不冷不熱。

What do I mean by this? I knew God, but I didn't know Him personally.

也就是說，我知道有上帝，但他和我沒關係。

Specifically, God was more of a side character in my life, and I made little effort to develop a relationship with God. 具體來說，上帝在我的生活中更像是一個配角，我幾乎沒有努力去更深的認識他。

Learning bible stories, worship, and attending youth and church was all I did for my faith in God.

我的信仰只停留在參加聖經學習、參加敬拜、參加青年團契和教會活動。

I knew all these things about Christianity, but I did not know and focus on one thing and that was Jesus' sacrifice. 我知道關於基督教所有的知識，但卻忽略和漠視了一件事情，那就是耶穌的犧牲。

I understood Christianity well but needed to realize its meaning and significance.

我很瞭解基督教，但我需要知道它對我的意義和重要性。

My thoughts on receiving eternal life and going to Heaven were from being a good person and performing good deeds. 我認為得永生和上天堂，就是做個好人和做好事的結果。

However, this mindset wasn't, wouldn't, and would never be accurate because God said through John 14:6 that Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me' (John 14:6).

然而，這個想法是不對，因為上帝通在約翰福音 14 章 6 節中說：「耶穌說，『我就是道路、真理、生命。若不借著我，就沒有人能到父那裡去』（約翰福音 14：6）。

And also because we are not good people and are saved by grace, not works. (Ephesians 2:8-9)

並且，我們是罪人，得救是靠恩典而不是靠行為。（以弗所書 2:8-9）

It wasn't until James, a former youth leader at Trinity, asked me a few questions about what I did to strengthen my faith. (我並不知道這些)直到三一浸信會的前青年領袖 James 挑戰我，問我如何來堅固我的信仰。

He asked me how I connected to God in my faith, and I told him essentially all I did, and he could tell that I did not put much effort into my faith.

他問我如何與神建立關係，我告訴了他我做的。他看出我沒有在信仰上付出太多努力。

He encouraged me to start doing devotionals, as they took a short amount of time, and they were helpful for someone that wants to start taking that step towards developing their faith.

於是他鼓勵我開始靈修，因為靈修只需要很短的時間，卻可以大大的幫助我的信心成長。

After this conversation, I didn't immediately start to connect to God.

在這次談話之後，我並沒有立竿見影的和神建立關係。

Through my tenth grade of high school, the covid-19 pandemic was still a prominent factor in society that affects everyone's lives. 在我十年級時，covid-19 依然嚴重的影響著我們的生活。

After many temptations and trials, God eventually led me to Him amidst my difficulties. 經過許多試探和試煉，神最終在我的困境中帶領我歸向祂。

He let me realize that my individualistic thinking and selfishness would not bring me anywhere and would only bring myself and others down.

他讓我認識到，我的個人主義思想和自私不會對我有任何好處，只會讓我自己和別人失望。

However, later that year, I found some devos James told me before lying around my house.

然而，幾個月以後，我在家裡發現了 James 提及過的一些靈修材料。

Constant use of devoting a few minutes of my day to God allowed me to get a better understanding of how God wanted me to live in action.

在堅持每日幾分鐘的靈修後，我更深的認識了神，以及他想要我如何去生活。

During grade 10 bible class, I learned more about apologetics, which are reasoned arguments that discuss how God works and evidence of God's existence.

在 10 年級的聖經課上，我學到了更多關於護教學的知識，也就是討論上帝如何工作以及上帝存在的證據。

During that period, I started learning more about the purpose in life that God has called me to live.

在那段時間里，我開始更多地明白上帝在我生活中的呼召。

Later during my grade 10 year, I joined a youth group many people at my school go to. This youth program was called Tap Youth at the Tapestry Church.

在 10 年級下半段，我和很多同學一起加入了列治文掛毯教會(Tapestry Church)的青年小組。

In the spring break of 2022, I attended an event by tap youth called spring retreat. It was a three-day youth retreat to camp squeah in Hope, BC.

在 2022 年春假，我參加了 tap 青年組織的春季退修會。這是一個為期三天的青年靜修營，位於 BC 省 Hope 市的 Camp Squeah。

I felt emotionally and spiritually unstable during spring break due to my stressful lifestyle.

由於生活壓力，我在營會中經歷了情緒上和靈里的波動。

I had high expectations for the camp, and I thought it would give me a spiritual renewal for the lost parts of me. It was the complete opposite of what I felt during those three days.

我對這個營會抱有很高的期望，我以為它會讓我的靈里得到更新。可事實卻完全相反。

Sometimes I felt spiritual highs through worship and lows from loneliness and negativity in such a big youth community.

有時我在敬拜中熱情高漲，但卻也會因為孤獨和龐大團體中的負面遭遇而感到失落

Near the end of the camp, I strengthened friendships with those in my cabin, and we all talked about the struggles we all faced in our faith.

營會快結束時，我與同屋的人成了朋友，我們都談到了自己在信仰上所面臨的掙扎。

On the third day, God spoke through the youth pastor to preach a meaningful sermon that touched everyone's hearts.

第三天，神借著青年牧者說話，那場意味深長的講道，打動了每一個人的心。

One line that stood out to me completely. He asked: "If you don't have youth, church, or being at a Christian school, what kind of faith do you have with God?"

有一句話震撼了我。他問：「如果你沒有青春，沒有教會，也沒有上過基督教學校，你對神的信心是什麼樣的？」

I realized I wasn't prioritizing God at the center of my life, with all my desires over Him.

我意識到我並沒有把上帝放在我生命的中心，我對任何事的渴望都超過了他。

God showed me that He works even through lows, and the many times I went through hard times, that's the best time I could connect with Him.

上帝向我展示了他在我低谷中的工作，每一次我所經歷的艱難時期，都是我轉向他的機會。

That's the time when I accepted Jesus into my heart.那一刻，我真的接受了耶穌進入我心中。

Fast forwarding to grade 12, keeping my faith while balancing basketball season, homework, tests, friends, and even university applications was challenging.

時間快進到 12 年級，在為籃球賽季、家庭作業、考試、朋友，甚至大學申請焦頭爛額的同時保持信仰是件艱難的事情。

I subconsciously put pressure on myself, saying: "If I didn't get good grades, or go to a good university, then I'm useless." 我會下意識地給自己壓力說：「如果我沒有取得好成績，沒有上好大學，那我就是個沒用的人。

However, that's not true because your mistakes and imperfections don't define you; your new relationship with God does.然而，事實並非如此，定義你的是我們與神的關係，而非因為你的錯誤和不完美。

Grade 12 was another trial I went through in terms of my faith and my overall well-being.

12 年級是對我和我的信仰的又一次考驗。

However, God has allowed me to get closer to Him through these struggles and has continuously reminded me when I'm stressed or panicked that I'm never alone and that He has a plan for me.

然而，上帝讓我在掙扎中更接近祂。他在我有壓力或恐慌時不斷提醒我，我從不孤單，祂對我有一個計劃。

A verse that I've been reflecting on a lot when I'm down is Jeremiah 29:11.

耶利米書 29 章 11 節是我情緒低落時反復思想的一節經文。

It says: "For I know my plans for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." 它說：「耶和華說：我知道我向你們所懷的意念是賜平安的意念，不是降災禍的意念，要叫你們末後有指望。」

Specifically, through grade 12, I've grown friendships with several believers, especially since it's the last year we graduates spend time together.具體來說，在 12 年級時，我與幾位基督徒成了朋友，也特別是因為這是我們作為畢業生在一起的最後一年。

We've gotten closer and more vulnerable in our personal faith journeys.

在我們的信仰之旅中，我們變得更親近也更坦誠。

I feel that God has put these people in place to help keep myself in check, as well as to keep them accountable through what we face in our lives.

我覺得神把這些人放在我身邊幫助我謙卑，也讓我們在生活中學會擔當。

I'm grateful that God always allows me to realize that I'm never alone and can ask Him or others for help when needed.我很感激上帝總是讓我意識到我從不孤單，並且可以在需要時向他或其他人尋求幫助。

What stands out to me is hearing God speak through others from what they are saying. 我真實的聽到上帝通過別人說話。

Many times, I realize God has put me and so many other people in communities, not just Christian communities, to learn from each other to learn and as well as to teach others essential ideals and values. 很多時候，我意識到上帝把我和許多其他人放在社群中，（不僅僅是基督教社群），讓我們互相學習，也彼此教導重要的理念和價值。

These new things and ideas I've learned have deeply impacted my faith through how I treat, see and talk to others.這些新事物和想法深深的影響了我的信仰。改變了我對待他人、看待他人和與他人交談的方式。Overall, God used people in my life to allow me to strengthen my relationship with Him by knowing his character more personally as He works through many people and reminding me that He's always there in the midst of chaos.

總的來說，上帝使用我生活中的人，讓我更多的認識祂的品格，堅固我與祂的關係。他通過在許多人身上的工作，提醒我即使在混亂中，祂依然掌權。

I'm so thankful that He has worked continuously to help every person on this earth, and all glory goes to Him. 我非常感恩他不斷的幫助每一個人，願所有的榮耀都歸於他。

Thanks for listening, and God bless you all.

感謝大家，願上帝祝福每一個人。

Graduation Testimony 畢業見證 ——Daniel Boehm

Hello, I'm Daniel, I am a graduate of 2023, and I'm going to be sharing a bit about my high school experience. 大家好，我是 Daniel，我是 2023 的畢業生，我將分享一些我的高中經歷。

I was not excited going into high school, it was a huge change and I did not like change. 進入高中，我並不興奮，這是一個巨大的變化，但我不喜歡變化。

The summer after kindergarten my family moved here to Vancouver from Vancouver island, and I had to go into grade 1 at a whole new school.

幼兒園畢業的那個夏天，我全家從溫哥華島搬到了溫哥華，我只好在新的學校上一年級。

I don't remember too much from then, but I do remember leaving behind the friends that I had. I wasn't very good at making new friends, and I was scared.

那時候的事我不全記得，但我記得那些離開的朋友們。我不太擅長交新朋友，我很害怕。

However, being welcomed here as part of the church community helped me greatly.

然而，在這裡，教會給了我很大的幫助。

I made many friends who I am still close with today, and throughout the years I grew accustomed to my new school. 我交到了許多朋友，直到今天我們還很親近，並且年復一年，我逐漸適應了我的新學校。

God provided me with a group of people both at school and at church who were caring, and an environment where I could thrive.

上帝在學校和教會為我準備了一群關心我的人，並為我提供了一個可以茁壯成長的環境。

I went through a similar experience with high school. 而到了高中，我又有了類似的經歷。

I wasn't able to go to the same high school as my friends from elementary school, and I was not looking forward to being separated from my friends again.

我沒能和小學的朋友們進入同一所高中，沒想到我又和朋友們分開了。

I tried to ignore the fact that I would have to move on from elementary school, but I couldn't run from it forever. 我一直試圖逃避我早晚要告別小學的事實，但我不能永遠逃避它。

I was, however, recommended a mini school program at John Oliver and I was greatly encouraged to go by my parents. 當時有人向我推薦了 John Oliver 中學的實驗班，我的父母也非常鼓勵我參加。

Looking back on it now, this program was a great fit for me, but I was very reluctant to pursue it.

現在回想起來，這個項目其實非常適合我，但當時我很不願意參加。

I was set on trying to find a way to go to the schools that my friends were going to, ignoring this perfect opportunity that had been dropped into my lap.

(因為)我一心想去我的朋友們所要去的學校，而試圖忽略這個手邊的寶貴機遇。

With much deliberation I applied for the program, and after going through the somewhat extensive process, I was accepted.

但經過深思熟慮，我還是申請了這個項目，在經歷了一些複雜的程序之後，我被錄取了。

Being a part of the mini school was an amazing part of my high school career, and I think it was God who put me on this path. 這個項目是我高中生涯中美好的一部分，我想是神讓我走上了這條道路。

I was not eager to follow, but now I can't imagine what it would have been like somewhere else.

我並沒有急切的跟隨，但現在我無法想象如果做了其他選擇，自己會是什麼樣子。

I've become extremely close with the people I came to know because of this choice.

因為這個選擇，我和我認識的人變得非常親密。

I met many different kinds of people, and some were also christian.

我遇到了很多不同類型的人，有些是基督徒。

I was able to grow and find my passions throughout highschool, while growing in my faith as well.

在整個高中期間，我能夠成長，並找到我所愛的事情，同時我的信仰也在成長。

The people in the program became some of my closest friends.

這個項目中的同學成為了我最親密的朋友。

I was able to share my faith with some of the people at school, and while I could tell some people didn't take it seriously, there were people who did. Some even come to services here at the church.

我可以與學校的人分享我的信仰，我可以看出有些人沒有把信仰當回事，但也有人認真對待了。有些人甚至開始來教堂做禮拜。

I faced many challenges through high school, with the start of Covid in grade 9 being one of the largest ones.我在高中時面臨過許多挑戰，9 年級開始的 Covid 是其中最嚴峻的之一。

It disrupted everything right as I was starting to get adjusted to things. 它打亂了我剛剛適應的一切。

Mountains of homework and busy schedules were common.堆積如山的作業和繁忙的日程成了平常事。

There were times when these obstacles had seemed impossibly large but I've always been able to get through them with the help of everyone around me.

有时这些困难似乎大得不可思议，但在大家的帮助下，我总是能够克服它们。

I've learned a lot thanks to the experience I've gained throughout high school, and not just boring stuff like the pythagorean theorem.整个高中时期，我学到了很多東西，不仅仅是像勾股定理这种无聊的知识。

I've been able to grow emotionally, intellectually and spiritually, while finding my passions and gaining much more independence.

我在寻找自己真正所愛的事情的过程中学会了独立，在情绪、智力和灵性上成长。

Now I'm at the final stage of high school, and I think I understand what God is telling me.

现在我在高中的最后阶段，我想我明白了上帝想要告诉我什么。

I've been mostly occupied with preparing for post-secondary. Deciding on what I want to pursue in the future. 我大部分时间都在为进入大学做准备。思考我将来要做什么。

I've felt stressed and nervous, but now I know that God will provide the right path.

我感到压力和紧张，但现在我知道上帝会为我显明正确的道路。

I was extremely unsure about high school, and I'm quite unsure about university, but I am confident that if I trust in God and listen to his guidance, I will find what is best for me according to his plan.

我曾经对高中生活充满不确定，现在对大学也同样不确定，但我相信，如果我相信神并听从他的引导，就一定会找到他在我身上的最适合我的计划。

The future holds many things to come, and I have no way of knowing what, but if I continue to walk with God I know I will end up where he wants me to be.

未来有很多事情在等待我，我无法知道是什么，但我知道如果我继续与上帝同行，最终我会成为他想要我成为的那个我。

I want to thank everyone here at Trinity, for guiding me and providing an amazing community that I have been able to be a part of for more than 10 years now.

我要感谢三一浸信会的每一个人，感谢他们引领我，给了我如此美好的群体，我已经在这里超过 10 年了。

I am eager to continue to grow with this church in future.

我渴望在未来继续与这个教会一起成长。

My Graduation Testimony 畢業見證— Zephan Bayos

On Friday, June 16, 2023, my journey of 5 years at high school had come to its conclusion.

2023 年 6 月 16 日星期五，我在高中 5 年的旅程結束了。

It was a bittersweet moment to see this pivotal point in my life see its end but I am very thankful to God that it happened in my life.

到我生命中的這個關鍵點看到它的結束是一個苦樂參半的時刻，但我非常感謝神允許我有這樣的經歷。

As some of you might know, my name is Zephan. 你們中的一些人可能知道，我的名字是 Zephan。

I have been at this church for all of my life. 我一生都在這個教堂。

You may sometimes see me singing up here on stage worshiping God with all of you, like right now.

你們有時可能會看到我在臺上唱歌，和你們所有人一起敬拜神，就像現在一樣。

Besides singing, I love to draw, paint, play piano, basically anything that allows me to be creative.

除了唱歌，我還喜歡畫畫、油畫、彈鋼琴，基本上任何能讓我發揮創造力的東西。

These are some of the things that I passionately worked on at school and continue to work on today!

這些是我在學校熱情地做並今天繼續在做的事情！

But let's jump a few years back to when I was new to high school.

但是，讓我們回想幾年前我剛上高中的時候。

I went to Churchill secondary which for those who may not know is a very big school with around 2000 students.

我去了邱吉爾中學，對於那些可能不知道的人來說，這是一所非常大的學校，大約有 2000 名學生。

I was extremely nervous about going to a new school. 我去一所新學校非常緊張。

I had just left the tight bond I had with my Grade 7 class and was now in a school with 400 other grade

8s. 我剛剛離開了與 7 年級關係緊密的同學們，現在與其他 400 名 8 年級學生一起在一所學校。

Compared to my elementary school, Churchill was humongous! 與我的小學相比，邱吉爾是巨大的！

I would often get lost and sometimes walk into the wrong classroom which I'm sure has happened to many of us in the past. 我經常迷路，有時會走錯教室，我相信過去我們中的許多人都發生過這種情況。

But eventually, I got used to it. 但最終，我習慣了。

I managed to navigate the school pretty well, met some new friends and even joined some clubs.

我設法很好地駕馭了學校，結識了一些新朋友，甚至加入了一些俱樂部。Maybe high school isn't that bad.

也許高中並沒有那麼糟糕。

Fast forward to 2020 when Covid19 went rampant. 進到 2020 年，Covid19 猖獗。

School had gone online but like many of my schoolmates, my motivation went down.

學校已經上網了，但像我的許多同學一樣，我的動力下降了。

However, God gave me the strength to move forward and continue working at school and in my faith.

然而，神给了我力量，讓我繼續在學校和信仰中堅持前進。

My parents, although under a lot of pressure, stayed calm and helped pick me up whenever I felt

stressed. 我的父母雖然承受著很大的壓力，但只要我感到壓力，他們就會保持冷靜，幫我接我。

I also can't say that video games weren't a big part in keeping me sane.

也不能說電子遊戲不是讓我保持理智的重要部分。

As restrictions started to loosen, school started to become more and more in-person.

隨著限制開始放鬆，學校開始越來越親自上課。

I was happy to gradually return to a sense of normal. 我很高興逐漸恢復正常。

However, do not ask me about how the quarterly system was at school.

但是，不要問我學校的季度制度如何。

After the worst part of the pandemic, I was suddenly in Grade 11.

在疫情最嚴重的時期過後，我突然已經進入了 11 年級。

Unlike the previous years, Grade 11 and 12 are the years when work becomes more challenging and grades become more and more daunting.

與往年不同，11 年級和 12 年級是工作變得更具挑戰性的年份，成績對將來升學變得越來越重要。

There were many times when I felt I was being pushed out of my limit but throughout all those years, there was one verse I couldn't keep out of my mind:

有很多次我覺得自己被推到了極限之外，但這些年來，有一句經文我無法忘記：

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus." Philipians 4:6-7 NIV

「應當一無掛慮，只要凡事藉着禱告、祈求和感謝，將你們所要的告訴 神。神所賜那超越人所能了解的平安，必在基督耶穌裏，保守你們的心懷意念。」腓立比書 4:6-7

Just reciting the verse in my mind really gave me peace knowing that there is a God looking out for me.

只是在我腦海中背誦這節經文真的給了我平安，知道有一位神在看顧我。

My time with the youth here really pushed me to seek more of what God has to offer and has now become a stable foundation in high school and in life.

我與這裡的年輕人在一起的時光真的促使我尋求更多神所為我預備的東西，現在已成為高中和生活的穩定基礎。

High school has presented many challenges to my life. 高中給我的生活帶來了許多挑戰。

There were tears, anger, frustration and doubt. 有眼淚，有憤怒，有沮喪和懷疑。

But, with all those came joy, laughter, passion and determination.

但是，伴隨著這一切的是歡樂、歡笑、激情和決心。

Triumph is not complete without the hardship you had to go through.

沒有你必須經歷的艱辛，勝利是不完整的。

I am sad to leave this chapter of my life but now the question is where am I going?

我很傷心離開我生命的這一章，但現在的問題是我要去哪裡？

I plan to take a gap year, allowing me to explore my interests, and work on my hobbies before the life of university takes over my life.

我計劃休學一年，讓我探索自己的興趣，並在大學生活佔據我的生活之前做我的愛好。

After that, I plan to go to KPU or BCIT for Interior Design. 之後，計劃去 KPU 或 BCIT 讀室內設計。

This is a career that has intrigued me and allows me to keep my passion for creativity alive.

這是一個吸引我的職業，讓我保持對創造力的熱情。

My involvement at the church will continue as I learn more about the God who has provided for me for all these years. 隨著我更多地了解這些年來供應我所需的神，我將繼續參與教會。

Now, for those of you who are still on their journey of high school, here are a few words of advice.

現在，對於那些仍在高中路上的人，這裡有些建議。

One, don't be afraid of taking risks. 第一，不要害怕冒險。

Mistakes and setbacks are what help us to grow more as a person. 錯誤和挫折有助於我們成長的。

Two, organize your time and work.

第二，好好安排你的時間和工作。

Being organized is just as important as actually doing the work.

有條理與實際工作一樣重要。

And most importantly three, know that your identity is found in God.

最重要的是，第三，要知道你的身份是在神身上找到的。

Our identity should be formed around God as our centre, not the other way around.

我們的身份應該以神為中心，而不是相反。

Pretending to be someone just to “fit in” is not worth the time or effort in the long run.

從長遠來看，是不值得花時間或精力去假裝自己只是為了“融入”。

Know that there is already a place where you belong.

要知道，已經有一個屬於你的地方。

The last thing I want to say is thank you.

我想說的最後一件事是謝謝。

Thank you to those who have been a major part of my life.

感謝那些在我生命中佔據重要部分的人。

My parents, my friends, the youth group, and all those who have watched me grow.

我的父母，朋友，青年團體，以及所有看著我成長的人。

You are the reason I stand here today.

你就是我今天站在這裡的原因。

I would like to thank especially the Lord who has been an unwavering rock in a sea of change.

我要特別感謝主，他是變化海洋中一塊堅定不移的磐石。

I honestly don't know where I would have been or who I would have become without him.

老實說，我不知道如果沒有祂，我會在哪裡或我會成為怎樣的人。

Congratulations to my fellow graduates.

恭喜同我一起的畢業生們。

I wish you the best in the years to come.

我祝願你在今後的歲月里一切順利。

May we welcome what lies ahead for us with open arms with the help of our lord and saviour Jesus Christ.

願我們在主和救主耶穌基督的幫助下張開雙臂迎接我們未來的一切。