

Sermon 講道信息

September 九月 3, 2023

Jeremiah 耶利米書 32:6-12

Trusting God in Tough Times

在艱難時期信靠神

My mom was a violin teacher. 我媽媽是一名小提琴老師。

It was her profession for about 65 years. 這是她長達 65 年的職業。

She loved it – most of the time. 大多數時候她是喜歡這個職業的。

But there were one or two students who hardly practised, were obstinate, and whose parents never paid the teaching fees on time. 但也有一些學生會不練習，不聽勸，他們的父母也從不按時交學費。

Mom was usually very gracious. 媽媽通常很仁慈。

Her cat, however, wasn't. 然而，她的貓卻沒有。

One time, the cat, clearly upset by the behaviour of a student, decided to relieve itself in the students open violin case. 有一次，這隻貓顯然對學生的行為感到不滿，在學生的小提琴盒裡撒了尿。

Inwardly, I think my mom found that very, very funny. 在心裡，我相信我媽媽覺得這非常非常有趣。

Now, I say my mom was usually very gracious. 我剛剛不是說我媽媽通常很仁慈。

And she was. 她是。

But I can remember times when she was ready to scream. 但我記得她也有過想要尖叫的時候。

She didn't. 她沒有這麼做。

Instead, when teaching was tough, she'd end the day eating chocolate cake.

相反，當教學很困難時，她會吃巧克力蛋糕來結束那一天。

How do you handle tough times? 您會如何應對困難的時候呢？

It's been a long day at work, customers have been annoying. 工作了漫長的一天，客戶一直很煩人的時候。

What do you do? 你會怎麼做呢？

It's been a difficult day with family, kids are rude and objectionable.

和家人度過的艱難的一天裡，孩子們粗魯又不聽話。

What do you do? 你會怎麼做呢？

It's been a stressful day travelling, other drivers making gestures that are not part of the BC drivers' manual.

開了一天的車非常疲憊，其他司機做出的不禮貌且卑詩省司機手冊裡沒有的手勢。

What do you do? 你會怎麼做呢？

It's said that when the going gets tough, the tough go shopping – or eat chocolate cake.

據說，當事情變得艱難時，堅毅的人會去購物—或者吃巧克力蛋糕。

Of course, most of the tough times we experience are not that stressful.

當然，我們經歷的大多數艱難時期都沒有那麼大的壓力。

Our hearts go out to those facing severe illness or who can't meet the bills or who have had to abandon homes because of war or, in BC, raging fires.

我們同情那些面臨嚴重疾病、無法支付帳單、因戰爭或卑詩省熊熊大火而不得不放棄家園的人。

I'm very conscious that just saying to people facing enormous difficulty, "Just trust God" or "God has a plan" can almost feel dismissive, even offensive.

我非常清楚，只是對面臨巨大困難的人說“相信神吧”或“神是有計畫的”幾乎會讓人感到不屑，甚至會附有攻擊性。

It's true, we must trust God; 確實，我們必須相信神;

it's true, God has a plan; 確實，神有一個計劃;

but surely God has more to say than this.但神肯定有更多的話要說。

We're in a series of sermons with the title, "Living in the light of what God has done."

我們這一系列講道的標題是“活在神旨意的光中”。

As Christians we are shown a different perspective 作為基督徒，我們被賜予了一個不同的視角

– God wants to open our eyes to see things from his point of view.

– 神想打開我們的眼睛，從他的角度看問題。

And his point of view is the cross and the resurrection. 他的觀點是十字架和復活。

We can know that even in the toughest of times, God remains Lord and sovereign, his grace will never end, his love will triumph.

我們可以知道，即使在最艱難的時期，神仍然是主和至高無上的，祂的恩典永遠不會結束，祂的愛會得勝。

The Apostle Paul writes in 2 Corinthians 1:8-9 that he was under great pressure, far beyond his ability to endure, so that he even despaired of life.

使徒保羅在哥林多後書 1: 8-9 中寫道，他承受著巨大的壓力，遠遠超出了他的承受能力，以至於他甚至對生活感到絕望。

In fact, he says, he felt as if he were under the sentence of death.

事實上，他說，他覺得自己好像被判了死刑。

But this happened, he says, so that we do not rely on ourselves, but on God, who raises the dead.

但他說，這事的發生使我們不依靠自己，而是依靠使死人復活的神。

Paul saw tough times as an opportunity to learn to trust God. 保羅把艱難的時期看作是學習信靠神的機會。

And that's what we'll discover today as we look at the life of another less-well-known character from the Bible

– Baruch.這就是我們今天在看聖經中另一個不太知名的人物——巴錄的生平時要發現的。

Who is Baruch? 巴錄是誰?

Baruch was a scribe, skilled in record keeping and writing. 巴錄是一名抄寫員，擅長記錄和書寫。

He came from a family of scribes. 他來自一個文士家庭。

We know him as the close, trusted friend of one of the greatest prophets in the Old Testament – Jeremiah.

我們知道他是舊約中最偉大的先知之一——耶利米親密和值得信賴的朋友。

In fact, the reason we have the written prophecies of Jeremiah is because Baruch and his brother Seraiah wrote and compiled them under the Holy Spirit's guidance.

事實上，我們有耶利米書面預言的原因是因為巴錄和他的兄弟塞拉雅在聖靈的引導下寫下並編纂了它們。

Baruch may not be that well-known, but he is very important. 巴錄可能不是那麼出名，但他非常重要。

To understand how Baruch teaches us to live in the light of what God has done

為了瞭解巴錄如何教導我們活在神旨意的光中

– and to live trusting God in tough times – 並在艱難時期信靠神

– let's outline Jeremiah's ministry. – 讓我們開始概述耶利米的事工吧。

Jeremiah was called by God to be a prophet in about 626 BC. 耶利米在西元前 626 年左右被神呼召為先知。

His ministry spanned the last 5 kings of Judah, concluding with Zedekiah in 587 BC.

他的事工跨越了猶大的最後 5 位國王，在西元前 587 年以西底家結束。

For nearly 40 years, God called Jeremiah to bring God's word to his people

近 40 年來，神呼召耶利米將神的話語帶給他的子民

– a people who had rejected God and now faced the horror of God's judgement at the hands of the Babylonians.

– 一個拒絕了神所以將因神審判的恐怖落在巴比倫人手中的民族。

To read Jeremiah is to read of God's heart, broken because of sin. 讀耶利米書就是讀到神因罪而破碎的心。

But, as we'll see, it is also to read of God's faithfulness, bringing hope when judgement is at its height.

但是，正如我們將要看到的，這也是讀到神的信實，在審判達到頂峰時帶來希望。

This is crucial to understand. 理解這一點至關重要。

It's also worth knowing that the Book of Jeremiah is not written in chronological order.

同樣值得一提的是，耶利米書不是按時間順序寫的。

You'll see this as we follow Baruch – events that happen later in Baruch's life are sometimes placed in earlier chapters in Jeremiah.

當我們跟隨巴錄時，你會看到這一點——巴錄晚年發生的事件有時被放在耶利米書的前幾章。

The key detail is this: 關鍵細節是這樣的：

Baruch lived during some of the most terrifying and turbulent times in Israel's history,

巴錄生活在以色列歷史上一個最可怕和動蕩的時期，

in the decades leading up to the moment when the Babylonians finally crushed Jerusalem and exiled Jews to Babylon. 在巴比倫人最終粉碎耶路撒冷並將猶太人流放到巴比倫之前的幾十年裡。

The northern kingdom of Israel had been destroyed by Assyria about 100 years before Jeremiah.

北部的以色列王國在耶利米之前大約 100 年被亞述摧毀。

Only the southern kingdom of Judah remained. 只剩下南部的猶大王國。

Regionally, there were two super-powers: Egypt and Babylon. 在附近有兩個超級大國：埃及和巴比倫。

Egypt's power was waning; Babylon's growing. 埃及的勢力正在減弱；巴比倫卻相反。

Judah was caught between these two powers. 猶大被夾在這兩種勢力之間。

But over all of them, God was at work. 但在所有這些事情上，神在作工。

Babylon would be God's instrument of judgement on Judah because of Judah's sin and rebellion.

因為猶大的罪和悖逆，巴比倫將成為神審判猶大的工具。

This judgement finally reached its pinnacle in 586 BC when Nebuchadnezzar, for the third time, defeated Judah and, this time, destroyed Jerusalem and the Temple.

這個審判終於在西元前 586 年達到頂峰，當時尼布甲尼撒第三次擊敗猶大，這一次摧毀了耶路撒冷和聖殿。

Jeremiah was called to proclaim this judgement for 40 years. 耶利米被呼召宣告這個審判長達 40 年。

It was one of the hardest things anyone could be called to do. 這是任何人被可能要求做的最困難的事情之一。

No one believes Jeremiah. 沒有人相信耶利米。

Jeremiah is rejected, shackled, imprisoned, placed under house arrest, mocked, isolated, and, eventually, dragged off to Egypt against his will.

耶利米被拒絕，戴上鐐銬，被監禁，被軟禁，被嘲笑，被孤立，最終被違背自己的意願帶到埃及。

And with him throughout is his faithful friend Baruch. 與他自始至終的是他忠實的朋友巴錄。

Can you imagine being the best friend of the least-liked person at work, at school, among the neighbours, on the sports team, in the community?

你能想像去當在工作、學校、鄰居、運動隊、社區中最不受歡迎的人最好的朋友嗎？

That was Baruch. 這就是巴錄。

Truly, Baruch had to trust God in tough times. 的確，巴錄在艱難時期必須信靠神。

What does Baruch teach us about trusting God in tough times? 巴錄教導我們在艱難時期信靠神的是什麼？

There are three moments in Baruch's life that show us how to trust God in tough times.

巴錄一生中有三個時刻告訴我們如何在艱難時期信靠神。

The first comes in Jeremiah 36. 第一個出現在耶利米書 36 章。

It's the fourth year of the reign of Jehoiakim – 605 BC. 這是約雅敬統治的第四年—西元前 605 年。

It's a tough time. 這是一個艱難的時期。

That year, the Babylonians inflicted a massive defeat on the Egyptians.

那一年，巴比倫人使埃及人經歷了巨大的失敗。

Everyone is living on edge. 每個人都生活在岌岌可危的狀態。

God speaks to Jeremiah. 神對耶利米說話。

God tells him to write down all that God has told him to date. 神叫他寫下神迄今為止告訴他的一切。

Jeremiah asks Baruch. 耶利米問巴錄。

So, as Jeremiah dictates, Baruch writes on a scroll. 所以，按照耶利米的口述，巴錄在書卷上寫下。

A year passes and Jeremiah tells Baruch to read the scroll in the Temple.

一年過去了，耶利米叫巴錄去聖殿里讀這書卷。

Baruch obeys. 巴錄服從了。

News reaches the king. 消息傳到了國王那裡。

The king asks for the scroll. 國王索要了書卷。

As the scroll is read to the king, the king cuts off each paragraph and throws it into the fire.

當書卷被讀給國王聽時，國王剪下了每個段落並將其扔進火中。

The king shows total contempt for God's word. 國王完全蔑視了神的話語。

What happens next? 接下來會發生什麼？

God tells Jeremiah to rewrite all the words. 神叫耶利米重寫所有的話。

Once again, Jeremiah dictates, Baruch writes. 於是，耶利米再次口述，巴錄記錄了下來。

Do you remember Isaiah 40:8? 你還記得以賽亞書 40: 8 嗎？

“The grass withers and the flowers fall, but the word of our God endures forever.”

「草必枯乾，花必凋謝，惟有我們 神的話永遠立定。」

1 Peter 1:25, quotes Isaiah 40:8 and adds “And this is the word that was preached to you.”

彼得前書 1: 25, 引用以賽亞書 40: 8, 並補充說：「所傳給你們的福音這就是這道。」

God has a word for us – the Scriptures. 神有話要給我們 — 聖經。

See, the king and Baruch faced the same tough times, with the Babylonians threatening them.

看，國王和巴錄面臨著同樣的艱難時期，因為巴比倫人威脅著他們。

But one of them refused to hear God's word, while the other honoured God's word.

但是其中一個拒絕去聽神的話語，而另一個人卻尊重了神的話語。

Scripture may be ignored, sliced, even burned, but Scripture can never be destroyed.

聖經可以被忽略，撕碎，甚至被燒焦，但聖經永遠不會被摧毀。

“Heaven and earth will pass away,” said Jesus in Matthew 24:35, “but my words will never pass away.”

耶穌在馬太福音 24:35 說：「天地要廢去，我的話卻絕不廢去。」

To live in the light of what God has done, to trust God in tough times, we always come back to the Bible.

為了活在神旨意的光中，在艱難時期信靠神，我們總是回到聖經。

Remember, I told you about Japanese Canadians who were forced from their homes to live almost as prisoners in Canada during World War 2.

請記得，我告訴過你關於日裔加拿大人在第二次世界大戰期間被迫離開家園，幾乎像囚犯一樣生活在加拿大。

Those who were Christian took the most basic items with them: a pair of shoes, small amounts of clothing.

那些基督徒隨身攜帶最基本的物品：一雙鞋，少量的衣服。

But they always took their Bibles. 但他們總是拿著聖經。

They knew that in tough times, it's the living word of God who will sustain them.

他們知道，在艱難時期，是神活生生的話語支撐著他們。

Baruch knew this too. 巴錄也知道這一點。

When the going gets tough, the tough don't go shopping – they open their Bibles.

當事情變得艱難時，堅毅的人不會去購物 — 他們會打開聖經。

If today is tough and tomorrow tougher, go to the Bible.

如果今天很艱難，明天將更艱難，那就去看聖經吧。

Only the words of eternal life can sustain you and encourage you and lift your eyes to the living God and Lord of eternity. 只有永生的話語才能支撐你，鼓勵你，抬眼仰望永生的神和永恆的主。

It's why daily Bible reading is so important: 這就是為什麼每天的讀經如此重要：

we develop the habit of reading Scripture so that when tough times come, it's second nature to open the Bible and listen to God speak to us.

我們要養成閱讀聖經的習慣，這樣當艱難時刻到來時，打開聖經並聆聽神對我們說話將成為第二天性。

I encourage you to cultivate this habit – it'll be the best lifeline in tough times.

我鼓勵你養成這個習慣 — 這將是艱難時期最好的生命線。

Three moments in Baruch's life show us how to trust God in tough times.

巴錄一生中的三個時刻告訴我們如何在艱難時期信靠神。

That was the first. 這是第一個。

What's the second? 第二個是什麼？

Here we turn back 4 chapters, to Jeremiah 32. 在這裡，我們回到 4 章前，到耶利米書 32 章。

It's 20 years later (remember, Jeremiah is not written chronologically!).

這是 20 年後（記住，耶利米書不是按時間順序寫的！）

It's 587 BC. 這是西元前 587 年。

The Babylonians are besieging Jerusalem. 巴比倫人正在圍攻耶路撒冷。

In just a few months the city will be destroyed. 在短短幾個月內，這座城市將被摧毀。

Any semblance of ordinary life has collapsed: children who once played games in the street now starve.

任何平凡生活的表像都已經崩潰：曾經在街上玩遊戲的孩子現在正在挨餓。

Business leaders used to negotiating deals now grovel for food in the dirt.

習慣於談判交易的商界領袖現在卑躬屈膝地在泥土中尋找食物。

Young moms who celebrated the birth of their children now eat them just to survive.

慶祝孩子出生的年輕媽媽現在為了生存會吃掉他們。

Just look at the Book of Lamentations. 讀《耶利米哀歌》就知道了。

Do you get how serious this is? 你知道這有多嚴重嗎？

Jeremiah and Baruch are living in a war zone. 耶利米和巴錄正生活在戰區。

And then Jeremiah's cousin arrives. 然後耶利米叔父的兒子來了。

He asks Jeremiah to buy his family's field in Anathoth, barely a couple of kilometres outside the city.

他要求耶利米買下他家在亞拿突的田地，離城只有幾公里。

Can you imagine? 你能想像嗎？

Buying property in a country destined for ruin, at a time when the enemy is destroying everything.

在敵人正在摧毀一切的時候，在一個註定要毀滅的國家裡購買房產。

In fact, scholars agree that at that moment, the Babylonian army would be encamped on the field in Anathoth.

事實上，學者們一致認為，當時，巴比倫軍隊將在亞拿突的田地上紮營。

Buying land occupied by the enemy in the middle of a war has got to be the craziest thing to do.  
在戰爭中購買被敵人佔領的土地一定是最瘋狂的事情。

God told Jeremiah to buy it. 神吩咐耶利米買下它。

And Jeremiah told Baruch to preserve the sale receipt. 然後耶利米叫巴錄去保留買契。

Why would Jeremiah and Baruch do this? 耶利米和巴錄為什麼要這樣做？

Because they trusted God. 因為他們信靠神。

They knew God's promise. 他們知道神的應許。

Look at the end of Jeremiah 32. 請看耶利米書 32 章的結尾。

The Lord says there will be a day when houses, fields, and vineyards will again be bought – when life will return to this forsaken land.

主說，總有一天，房屋、田野和葡萄園將再次被買來 — 那時生命將回到這片被遺棄的土地上。

War, judgement, destruction do not have the last word.

戰爭、審判、和破壞沒有最後的決定權。

God's grace has the last word. 神的恩典才有最後的決定權。

In his book about Jeremiah, Eugene Peterson, the well-known professor of theology at Regent College, Vancouver, who died a few years ago,

在他關於耶利米的書中，幾年前去世的溫哥華維真神學院著名的神學教授尤金·彼得森（Eugene Peterson）說：

says that during turbulent, tough times, women and men of faith may weep and wonder “why?”,

在動蕩、艱難的時期，有信仰的男女可能會哭泣並想知道「為什麼？」

but they also do something – they do something that speaks of God's hope.

但他們也會做事 — 他們會做那些講述神盼望的事情。

That's what Jeremiah and Baruch do by buying this field. 這就是耶利米和巴錄買下這塊地所做的。

And it's very wise. 這是非常明智的。

When tough times come, don't focus on the tough times, do something that points to the hope we have in God.

當艱難的時候到來時，不要專注於艱難的那一刻，要去做一些指向我們在神里的盼望的事情。

Think of Peter and Silas in prison in Philippi in Acts 16.

想想使徒行傳 16 章中彼得和西拉在腓立比的監獄里。

They've been stripped and beaten. 他們被剝光衣服，被毆打。

They are literally in chains. 他們確確實實被鎖鏈網綁了。

What do they do? 他們做了什麼呢？

They praise God. 他們讚美了神。

They sing songs of worship. 他們高聲敬拜。

Suddenly an earthquake shakes the prison. 突然，一場地震震動了監獄。

Peter and Silas don't flee. 彼得和西拉沒有逃跑。

They tell the jailer about Jesus 他們向獄卒傳講了耶穌的事

– a jailer who that morning probably had little to hope for, but by the end of the day, with his family, has received Jesus as Lord and has eternal hope.

– 一個在早上還沒有什麼可盼望的獄卒，在傍晚卻和他的家人一起接受了耶穌為主，並有了永恆的希望。

When faced with tough times, the wisest thing to do might be saying to a friend how much Jesus loves them, 當面對苦難時，最明智的做法可能是對朋友說耶穌多麼愛他們，

or give a donation to help victims of the fires in BC, 或捐款幫助卑斯省火災的受害者，

or spend time with someone in need, 或花時間與有需要的人在一起，

or get on our knees to intercede for someone, 或者跪下為某人禱告，

or take a friend or colleague out for dinner, 或帶朋友或同事出去吃飯，

or buy flowers for a loved one 或為親人買花

– anything that invests in showing God’s grace and promise. – 任何投資於顯示神的恩典和應許的東西。

It’s incredibly practical. 這是非常實際的。

You and I will face tough times this week 你和我本周將面臨困難

– maybe we already know what they are, maybe they will surprise us

– 也許我們已經知道是什麼，也許會出乎我們所料

– let us respond by doing something that points to God’s hope and promise.

– 讓我們通過做一些指向神的盼望和應許的事情來回應。

That’s living in the light of what God has done. 這就是活在神旨意的光中。

Baruch reminds us that God’s word is permanent truth. 巴錄提醒我們，神的話語是永恆的真理。

No fire or knife will destroy it. 沒有火或刀可以摧毀它。

Scripture is the best lifeline in tough times. 聖經是艱難時期最好的生命線。

Baruch shows practical faith. 巴錄表現出了實際的信心。

With Jeremiah, a field is bought – a field that points to the hope they have in God.

與耶利米一起買了一塊田地 — 一塊指向他們在神里的盼望的田地。

Finally, trusting God in tough times, allows Baruch to receive a personal word from God.

最後，在困難時期信靠神，讓巴錄從神那裡得到對他個人的話語。

Turn to Jeremiah 45. 轉向耶利米書 45 章。

We go back 20 years, back to 605 BC. 我們回到 20 年前，回到西元前 605 年。

Remember, that’s the year Babylon crushes Egypt in a major battle.

記得，那是巴比倫在一場重大戰役中粉碎埃及的一年。

Everyone is on edge. 每個人都在緊張。

Amid such fear, we have a very tender scene. 在這樣的恐懼中，我們有一個非常溫柔的場景。



Baruch has finished writing the words Jeremiah has dictated. 巴錄已經寫完了耶利米口述的話。

Baruch is exhausted, filled with sorrow, worn out by all that's happening.

巴錄筋疲力盡，充滿了悲傷，對正在發生的一切感到疲憊不堪。

The tough times seem too tough. 艱難的時期似乎太艱難了。

But God sees Baruch's pain. 但神看到了巴錄的痛苦。

Suddenly, Jeremiah has a word from God just for Baruch.

突然，耶利米從神那裡得到一句話，只對巴錄說的一句話。

The Lord says, "The judgement I've said I'll do, I'll do. Don't think it won't happen. Don't look for the good times. Judgment will come." (I'm paraphrasing here!).

主說：「我說的審判，我會成就。不要以為它不會發生。不要尋找美好時光。審判終將到來。」（我在這裡用自己的話詮釋！）

Then God says to Baruch, "But wherever you go I will let you escape with your life."

然後神對巴錄說：「但你無論往哪裏去，我要保全你的性命。」

When tough times come, God says to us, 當苦難來臨時，神對我們說：

"I've got your life in my hands – and that's the safest place you'll ever know."

「你的生命掌握在我手裡——那是你知道的最安全的地方。」

The tough times will not conquer you: 苦難不會征服你：

don't let the events of today blur God's plans for you tomorrow.

不要讓今天的事件模糊了神在你的明天裡所做的計劃。

When tough times come, how can we live in the light of what God has done?

當苦難到來時，我們怎樣才能活在神旨意的光中？

How can we trust God? 我們怎麼能信靠神呢？

We turn to the Scriptures – the permanent truth of God. 我們轉向聖經——神永恆的真理。

We bring hope to others – we offer practical response. 我們給他人帶來希望——我們提供實際的回應。

And in those darkest moments, let's hear God's personal word: he says, "I've got you."

在那些最黑暗的時刻，讓我們聽聽神對我們個人的話語：祂說：「你在我手掌心上。」

Telling someone in pain to "Just trust God" or "God's got a plan" can feel dismissive, even offensive.

告訴痛苦中的人「相信神」或「神有一個計畫」可能會讓人感到不屑一顧，甚至令人反感。

Baruch shows us a different way to live in tough times.

巴錄向我們展示了如何在苦難中活出不同的生活方式。

Yet there's one more detail that Baruch could only write about, but we know.

然而，還有一個細節巴錄只能照著寫，但我們明白。

In Jeremiah 33:15-16, Jeremiah dictated these words to Baruch:

在耶利米書 33: 15-16 中，耶利米向巴錄口述了這些話：

the Lord says, "In those days and at that time I will make a righteous Branch sprout from David's line; he will do what is just and right in the land. In those days Judah will be saved and Jerusalem will live in safety. This is the name by which he will be called: The Lord Our Righteous Saviour."

「在那些日子、那時候，我必使大衛公義的苗裔長起來；他必在地上施行公平和公義。在那些日子，猶大必得救，耶路撒冷必安然居住，他的名必稱為『耶和華—我們的義』。」

These words have been fulfilled in ways far more glorious than the prophecy could ever tell.

這些話以遠比預言所能講述的、更榮耀的方式應驗了。

They have been fulfilled in the lives of all who have called upon the righteous Branch from David's line, who have received the Lord our righteous Saviour.

它們在所有從大衛公義的苗裔長出來的人的生命中都應驗了，他們接受了主我們公義的救主。

For these words are about Jesus Christ.

因為這些話是關於耶穌基督的。

Jesus said we shall not live by bread alone but by the Word of God – God's permanent word.

耶穌說，我們不要單靠食物活，而是要靠神的話語 — 神永恆的話語。

Jesus would die a hideous death for you and me on the cross,

耶穌會為你我死在十字架上，

but he knew death would not have the last word

但他知道死亡不會有最後的決定權

– God did something practical: Jesus was raised from the dead.

– 神做了一件實際的事情：耶穌從死裡復活了。

And Jesus speaks a personal word to you and me:

耶穌對你我說了個人的話：

my grace is sufficient for you (2 Corinthians 12);

我的恩典夠你用（哥林多後書 12）；

nothing can separate you from the love of God in Christ Jesus (Romans 8).

沒有什麼能使你與神在基督耶穌里的愛隔絕（羅馬書 8）。

When the going gets tough, Jesus is your hope.

當事情變得艱難時，耶穌是你的盼望。