

生命的糧與永生之道

The Bread of Life and the Way to Eternal Life

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約翰福音 John 6

48 我就是生命的糧。

49 你們的祖宗在曠野吃過嗎哪，
還是死了。

50 這是從天上降下來的糧，
叫人吃了就不死。

48 I am the bread of life. 49 Your ancestors ate the manna in the wilderness, yet they died. 50 But here is the bread that comes down from heaven, which anyone may eat and not die.

約翰福音 John 6

51 我是從天上降下來生命的糧；
人若吃這糧，就必永遠活著。
我所要賜的糧就是我的肉，
為世人之生命所賜的。

51 I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world."

約翰福音 John 6

52 因此，猶太人彼此爭論說：
「這個人怎能把他的肉給我們
吃呢？」

52 Then the Jews began to argue sharply among themselves, "How can this man give us his flesh to eat?"

約翰福音 John 6

53 耶穌說：「我實實在在的告訴你們，你們若不吃人子的肉，不喝人子的血，就沒有生命在你們裡面。」

53 Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you."

約翰福音 John 6

54 吃我肉、喝我血的人就有永生，
在末日我要叫他復活。

55 我的肉真是可吃的，我的血真是可喝的。

54 Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. 55 For my flesh is real food and my blood is real drink.

約翰福音 John 6

56 吃我肉、喝我血的人常在我裡面，我也常在他裡面。

66 從此，他門徒中多有退去的，不再和他同行。

56 Whoever eats my flesh and drinks my blood remains in me, and I in them. 66 From this time many of his disciples turned back and no longer followed him.

約翰福音 John 6

67 耶穌就對那十二個門徒說：

「你們也要去嗎？」

68 西門彼得回答說：「主啊，你有永生之道，我們還歸從誰呢？」

67 "You do not want to leave too, do you?" Jesus asked the Twelve. 68 Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life.

金句 Key Verses

主啊，你有永生之道，
我們還歸從誰呢？

Lord, to whom shall we go?
You have the words of eternal life.

序言 Introduction:

耶穌說：
我是從天上降下來生命的糧

Jesus said, "I am the living bread that came down from heaven."

一、耶穌所說的生命
代表什麼意思？

What does the “life”
Jesus spoke about mean?

馬可福音 Mark (耶穌說)

8:36 人就是賺得全世界，賠上自己的生命，有什麼益處呢？

What good is it for someone to gain the whole world, yet forfeit their soul?

馬太福音 Matthew (耶穌說)

10：28 那殺身體，不能殺靈魂的，
不要怕他們；惟有能把身體和靈魂
都滅在地獄裡的，正要怕他。

Do not be afraid of those who kill the body
but cannot kill the soul. Rather, be afraid of
the One who can destroy both soul and
body in hell.

傳道書 Ecclesiastes

7 : 16 不要行義過份，也不要過於
自逞智慧，何必自取敗亡呢？”

Do not be overrighteous, neither be
overwise- why destroy yourself?

傳道書 Ecclesiastes 1

¹ 在耶路撒冷作王、大衛的兒子、傳道者的言語。² 傳道者說：虛空的虛空，虛空的虛空，凡事都是虛空。

³ 人一切的勞碌，就是他在日光之下的勞碌，有什麼益處呢？

¹ The words of the Teacher, son of David, king in Jerusalem: ² "Meaningless! Meaningless!" says the Teacher. "Utterly meaningless! Everything is meaningless." ³ What do people gain from all their labors at which they toil under the sun?

傳道書 Ecclesiastes 2

10 凡我眼所求的，我沒有留下不給它的；我心所樂的，我沒有禁止不享受的；因我的心為我一切所勞碌的快樂，這就是我從勞碌中所得的分。

10 I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my labor, and this was the reward for all my toil.

傳道書 Ecclesiastes 2

11 後來，我察看我手所經營的一切事和我勞碌所成的功。誰知都是虛空，都是捕風；在日光之下毫無益處。

11 Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.

二、耶穌要我們“吃祂的肉，
喝祂的血”的意義何在？

What is the meaning of Jesus' command to "eat My flesh and drink My blood"?

“壯志飢餐胡虜肉，
笑談渴飲匈奴血”

I resolve to gorge on Tartar's flesh in hunger.
Drink in thirst the Hun's blood
amid talks and laughter!

滿江紅 - 作者：岳飛

Man Jiang Hong ("All Red The River")
- by Yue Fei

“食肉寢皮”

Swear revenge and want to eat the flesh of
the enemy and sleep on his skin

出自：左傳襄公二十一年

The Zuo Tradition, Duke Xiang Year 22

三、耶穌是生命的糧，
也是永生之道

Jesus is the Bread of Life and
the Way to Eternal Life

約翰福音 John

14：6 耶穌說 “我就是道路、真理、生命，若不藉著我，沒有人能到父那裏去。”

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

結論：你預備好了嗎？

Conclusion: Are you ready?