

Authentic Grace 无伪的恩典

2 Cor 11:29 – 12:10 林后 11:29-12:10

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Have you or your family ever been to a “treetop experience”? One that you do obstacle course from high above ground, flying fox and rope net climb. (slides)

您或您的家人是否去过“树顶体验”？一个你从高地上做障碍活动，飞狐和绳网攀登。（幻灯片）

We went a couple of years ago with a couple other families, while the youngest kids have their own program, our older children join us to do the junior/adult courses.

几年前，我们和其他几个家庭一起去了，最小的孩子有自己的范围，大一点的孩子和我们一起爬同一个路程。

The terms and conditions say participant must be 10 years and older, at least 1.4m tall and under 120kg, one adult must accompany juniors to make sure they follow all the safety instruction, and there are no exceptions to age, size, or weight.

条款规定，参与者必须年满 10 岁，身高至少 1.4 米，体重低于 120 公斤，一名成人必须陪同小孩，以确保他们遵守所有安全指示，年龄、身高或体重的要求无例外。

So we started from the easiest course and the course get longer and harder as we approach lunch. It was still a lot of fun and kids have a great time. However I notice that every time when I fly back, the wheel will get so hot that it stops short about 15-20 meters before the platform, so I literally have to pull myself along to finish each course whole morning. There is a weight limit on the condition of entry for a very good reason and even though I am under it but I am also very close to it.

我们从最简单的路程开始，随着我们接近午餐，路程变得越来越长，越来越难。仍然是很多的乐趣和孩子们有一个美好的时间。然而，我注意到，每次我飞回来时，车轮会变得如此热，在未到平台前约 15-20 米就停止，所以整个上午我其实都是拉自己去完成每个路程。这是有一个重量限制的入场条款的一个很好的理由，虽然我在它之下，但我也非常接近它。

So while experiencing the challenges on top of all the trees, I had my weight and gravity as my enemy which is very hard to overcome. However the enemies that Paul is facing in 2 Corinthian are beyond what we can image.

因此，在经历所有的树顶挑战时，我的体重和地心吸力成为了一个我很难克服的敌人。然而，保罗在哥林多后书面对的敌人超过我们所能想象的。

Paul is facing enemy from within and without, from those that were his colleague, went to the same school with him, pursued the same ideal with him before he become a Christian. People that are his kinsman but now traces after him to destroy everything he worked hard to build. It started as soon as he become a follower of Jesus. What he mentions in 2 Cor 11:32-33 would most likely be the same incident in Acts 9:22-25, straight after he become a follower of Christ, he was preaching about Jesus in Damascus, and it says from verse 22,

保罗面对来自内外的敌人，从那些他的同事，和他一起上同一所学校，在他成为基督徒之前和他追求同样的理想的人。是他的亲人，但现在跟着他去摧毁他努力建立的一切。这些是从他一成为耶稣的追随者就开始了。他在林后 11: 32-33 中提到的内容很可能跟在使徒行传 9: 22-25 中发生的是同一事件，就在他成为基督的追随者之后，他在大马士革宣扬耶稣，第 22 节中说，

22 Saul grew more and more powerful and baffled the Jews living in Damascus by proving that Jesus is the Messiah. 23 After many days had gone by, there was a conspiracy among the Jews to kill him, 24 but Saul learned of their plan. Day and night they kept close watch on the city gates in order to kill him. 25 But his followers took him by night and lowered him in a basket through an opening in the wall.

22 但扫罗越发有能力，驳倒住在大大马士革的犹太人，证明耶稣是基督。23 过了好些日子，犹太人商议要杀扫罗，24 但他们的计谋被扫罗知道了。他们昼夜在城门守候着要杀他。25 他的门徒就在夜间用筐子把他从城墙上缒了下去。

If you follow along in Acts, you will see the suffering Paul go through for the sake of Christ; 9:26, people afraid of him, not believing he really was a disciple; 28-29 he speak boldly in the name of the Lord, talked and debated with Hellenistic Jews, but they tried to kill him; 13:6-8 in Paphos face with opposition from false prophet and sorcerer; 13:45&50 in Pisidian Antioch, the Jews were filled with jealousy of their popularity and

began to contradict what Paul was saying and heaped abuse on him, the Jewish leaders incited the God-fearing women of high standing and the leading men of the city. They stirred up persecution against Paul and Barnabas, and expelled them from their region.

跟着使徒行传，你会看到保罗为了基督而经历痛苦；9:26 大家却都怕他，不信他是门徒。28-29 奉主的名放胆传道，并和说希腊话的犹太人讲论辩驳，他们却想法子要杀他。13:6-8 在帕弗，遇见术士和假先知敌对。13:45&50 在彼西底的安提阿，犹太人看见这么多的人，就满心嫉妒，辩驳保罗所说的话，并且毁谤他。犹太人挑唆虔敬尊贵的妇女和城内有名望的人，迫害保罗和巴拿巴，把他们赶出境外。

14:5 in Iconium, was a plot afoot among both Gentiles and Jews, together with their leaders, to mistreat them and stone them; 19 in Lystra, some Jews came from Antioch and Iconium and won the crowd over. They stoned Paul and dragged him outside the city, thinking he was dead; 15:36-40, Paul endures a very sharp disagreement with the person who was his mentor and companion that they parted company; 17:4-5 in Thessalonica, some of the Jews were persuaded and joined Paul and Silas, as did a large number of God-fearing Greeks and quite a few prominent women. But other Jews were jealous; so they rounded up some bad characters from the marketplace, formed a mob and started a riot in the city; 13 when the Jews in Thessalonica learned that Paul was preaching the word of God at Berea, some of them went there too, agitating the crowds and stirring them up; 18:12 in Corinth, the Jews made a united attack on Paul and brought him to the place of judgment; 19:23-40, silversmith of Ephesus idol brought the whole city into an uproar against Paul.

14:5 在以哥念，外邦人、犹太人和他们的官长，一齐拥上来，要凌辱使徒，用石头打他们。19: 在路司得城，有些犹太人，从安提阿和以哥念来，挑唆众人，并且用石头打保罗，以为他死了，就把他拖到城外。15:36-40 保罗忍受了与他的导师和同伴非常尖锐的分歧，他们最终分道扬镳。17:4-5 在帖撒罗尼迦，有些人听了劝，就跟从保罗和西拉，还有许多虔敬的希腊人，尊贵的妇女也不少。但不信的犹太人心里嫉妒，聚集了些市井流氓，搭伙成群，煽动全城的人骚动。13: 但帖撒罗尼迦的犹太人知道保罗又在庇哩亚传上帝的道，就往那里去，煽动挑拨群众。18:12 在哥林多，犹太人齐心起来攻击保罗，拉他到法庭。19:23-40 在以弗所制造亚底米神银龕的银匠使满城都骚动起来。

About 20 years has passed from the time Paul become a Christian to the time he had written the letter that we are looking at today, with all that had happened to him, Paul keep on going telling people about Jesus, keep on being an authentic follower of Christ,

I would like to look at three areas to find out why he can say what he said in today's passage.

从保罗成为基督徒到他写了我们今天正在看的信大约过了 20 年，在他身上发生这一切，保罗仍继续告诉人们关于耶稣的事，继续成为基督的正宗的追随者。我想看看三个方面，看看他为何能说出他在今天的一段话中所说的话。

1. It is not what you know, but who you know!
 2. How are your “do” or “say” tell about you?
 3. What are you feeling now?
1. 不是你所知道的是什么，而是你认识的是谁！
 2. 在你身上‘所看见’/‘所听见’的，说你是谁？
 3. 你现在感觉如何？

It is not what you know, but who you know!

不是你所知道的是什么，而是你认识的是谁！

Paul had shared something very intimate in chapter 12, and in a way seems strange. Let us read it again from verse 1-5.

保罗在第 12 章中分享了一些非常亲密的东西，从某程度上似乎有点怪。让我们从第 1-5 节再读一遍。

1 I must go on boasting. Although there is nothing to be gained, I will go on to visions and revelations from the Lord. 2 I know a man in Christ who fourteen years ago was caught up to the third heaven. Whether it was in the body or out of the body I do not know—God knows. 3 And I know that this man—whether in the body or apart from the body I do not know, but God knows— 4 was caught up to paradise and heard inexpressible things, things that no one is permitted to tell. 5 I will boast about a man like that, but I will not boast about myself, except about my weaknesses.

1 虽然自夸无益，我还是不得不夸。我现在要提到主的异象和启示。2 我认识一个在基督里的人，他在十四年前被提到第三层天上去；或在身内，我不知道，或在身外，我也不知道，只有上帝知道。3 我认识的这样一个人—或在身内，或在身外，我都不知道，只有上帝知道—4 他被提到乐园里，听见隐秘的言语，是人不可说的。5 为这人，我要夸口；但是为我自己，除了我的软弱以外，我并不夸口。

Paul seems to be talking about himself but in a third person and he had kept this supernatural experience and knowledge for 14 years without telling anyone.

保罗似乎在谈论自己，但以第三身来说，他保守了这个超自然的经验和知识 14 年，没有告诉任何人。

For a lot of us, it is so natural for us to be draw to all those things that are mysterious, it gives us a sense of adrenaline rush, like watching horror movie. We have a very strong curiosity towards things unknown or not permitted, especially when we are much younger, when our sense of fear and self-protection were much weaker, have you ever wondered why?

对于我们很多人来说，我们很自然地那些神秘的东西吸引，它给了我们一种肾上腺素的冲动，就像看恐怖电影一样。我们对未知或不允许的事情有强烈的好奇心，尤其是当我们年轻得多的时候，当我们的恐惧感和自我保护感要弱得多的时候，你有没有想过为什么？

From my observation, it has a lot to do with trying to proof that we are capable to be independent, we believe once we mastered the unknown we somehow can master life better, and we are well on our way to be master of our own life, which mean your life will get somewhere. And when we think we got it, like most kids, when they mastered a new skill, what would they naturally do? They would say “look at me! Look at me!”, we like to show what we know or can do.

根据我的观察，这很有可能与我们试图证明有能力独立有关，我们相信，一旦我们掌握了未知的，我们就可以更好的掌握生活，我们可更好地上路到要去的目的地，成为我们自己的生活的主体，这意味着你的生活将一定的成就。当我们认为我们得到了它，像大多数孩子，当他们掌握了一个新的技能，他们自然会做什么？他们会说“看着我！看着我！”

But Paul held back for 14 years, because even though what he knows and experienced is so great, they are not the things he is chasing after or wanted to boast about. It is who he knows that he values and treasures and wanted to tell people about.

但保罗守口了 14 年，因为即使他所了解和经历的是如此之伟大，它们不是他追逐或想要夸口的东西。他知道自己重视和珍惜并想告诉他人的不是‘东西’而是一个‘谁’。

In 12:1, Paul says those visions and revelations are from the Lord, and repeating the fact that he does not know it was, an in the body or apart from the body experience, seems to point to the fact that they are great experience but they are not originated from him, they are things that outside of him, beyond his control. So it is not something that we can plan to master or chase after.

在 12: 1 中，保罗说这些异象和启示来自主，并重复他不知道这是一个在身内，或在身外的经历的事实，似乎指向它们是伟大的经历，但事实上它们不是来自他，它们是在他之外，超出他的控制的东西。因此，这些不是我们可以计划掌握或追逐的东西。

Paul says in 2 Cor 11:31 that, *The God and Father of the Lord Jesus knows what he is doing* and twice in our passage he says, *only God knows what is going on with him*. He seems very confident that God knows Him and he puts himself as *a man he knows in Christ*. Where does he get such a confident? He most likely gets it from Jesus because it was exactly what Jesus prayed for for his follower in John 17:26, he says to God “I have made you *known* to them, and will continue to make you *known* in order that the love you have for me may *be* in them and that I myself may *be* in them.” Paul is confident that God knows him because Jesus is his mediator, because Paul is in Christ and he knows Christ.

保罗在 2 11: 31 说：那永远可称颂之主耶稣的父上帝知道我不说谎。在我们的段落中，他两次说，只有上帝知道在他身上发生的是什么事。他似乎很有信心，上帝认识他，他把自己当作一个在基督里认识的人。他从哪儿得到这么自信的？他很可能从耶稣那里得到，因为这正是耶稣在约翰福音 17: 26 为跟随者祈祷的，他对神说：“我已让他们认识你的名，还要让他们认识，好让你爱我的爱在他们里面，我也在他们里面。”保罗相信神认识他，因为耶稣是他的中保，因为保罗在基督里，他认识基督。

I don't think I need to say too much about the value of knowing the right person, you will find out if you ever try yum cha. I always like to go with a certain someone here because we will get a table straight away, there is no need to get a number and wait, because that person is known by all the captains, waiters, and waitresses in the restaurant.

我认为我不需要说太多关于认识正确的人的价值，如果你曾经尝试“饮茶”，你就会明白。我总是喜欢和某人一起去，因为我们会马上得到一张桌子，没有必要拿一个号码和等待，因为在茶楼里的所有的部长和服务员都已知那个人是谁。

When it comes to understanding about what Christianity is all about, it is important to ask the right question, not to get distracted to chase after some super spiritual experience. Our focus in understanding the Bible is to know “who” we should believe and be known by Him.

当想理解基督教是什么，重要的是要问正确的问题，不要为一些超级属灵的经验而分心，追随在后。我们理解圣经的重点是知道，“谁”，是我们应该相信和被他认识的。

2 Cor 11:31 says, “The God and Father of the Lord Jesus is to be praised forever.” Why is that so? What does this verse tell you about the relationship between Jesus and God the Father? Why do we call Jesus the Lord? Those are the questions we should be asking when we read God’s word in the Bible. If you are just looking into Christianity, those are helpful question to keep in mind. If you are a follower of Jesus, no matter how long you have been one, it is even more important for us to ask why you call Jesus as Lord.

林后 11: 31 说：“那永远可称颂之主耶稣的父上帝。”是什么意思？这节经文告诉你耶稣和天父的关系是什么？我们为什么称耶稣为主？当我们在圣经中读神的话时，我们应该问这些问题。如果你只是研究基督教，这些都是值得记住有帮助有益的问题。如果你是基督徒，不管你作了多久，我们更需要常常问自己为什么称耶稣为主。

Who is Jesus to you? Who is God to you? The God and Father of the Lord Jesus is to be praised forever because of the Gospel that reveals God’s grace to us. God sent his Son into the world to live a perfect life, die as a substitute for sinners, absorb the anger of God, take away our guilt, provide the gift of right standing before God, and give eternal joy through faith in the Lord Jesus alone, apart from any works of obedience on our behalf. This quote is printed in the handout for you to revisit because it is a very important quote.

耶稣是你的谁？谁是你的上帝？主耶稣的父上帝是永远可称颂，因为福音向我们揭示了神的恩典。神派他的儿子到世上过完美的生活，为罪人死作替代，平息神的愤怒，带走我们的内疚，给我们站在神面前的权利作礼物，并通过相信主耶稣给予永恒的喜乐，不需我们任何为代表我们服从的作为。在讲章的打印了此引述，以便您重新再看，因为它是一个非常重要的总结。

That is such a great message to be shared, but very often we confuse the greatness of the message with the greatness of the message bearer, the messenger. We think great experience and great knowledge add value to our life and when we think we got it; a voice will cry out inside us to say "Look at me! Look at me!". But Paul did not boast about himself or and great spiritual experience, he says in verse 6-7.

这是一个伟大值得分享的信息，但很多时候，我们混淆了信息的伟大与传信人的伟大。我们认为伟大的经验和伟大的知识为我们的生活增加了价值，当我们认为我们得到了它时，我们内心会发出声音说："看着我！看着我！"但保罗没有夸耀自己或伟大的属灵经历，他说在第 6-7 节。

6 Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say, 7 or because of these surpassingly great revelations. Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me.

6 就是我愿意夸口也不算狂，因为我会说实话；只是我绝口不谈，恐怕有人把我看得太高了，过于他在我身上所看见所听见的；7 又恐怕我因所得的启示太高深，就过于高抬自己，所以有一根刺加在我身上，就是撒但的差役来折磨我，免得我过于高抬自己。

Paul said he did not want any one to think more of him than is warranted by what he do or say, or because of these surpassingly great revelations.

保罗说，他不希望有人或因为这些高深的启示，把他看得太高了，过于在他身上所看见所听见的。

So, how are your "do" or "say" tell about you?

在你身上‘所看见’/‘所听见’的，说你是谁？

We boast because we want to build a certain perception in other's mind, we want others to think of us or value us in a certain way. We sometimes talk ourselves up or talk ourselves down, we say one thing but go and do others.

我们自夸是因为我们想要在别人的头脑中建立某种观念，我们希望别人以某种方式看待我们或重视我们。我们有时自夸自擂或自称不如，我们很多时说一套，做一套。

So is what you do and say really match up? If you call yourself a Christian, are you really living out your life as a follower of Christ?

那么，在你身上‘所看见’/‘所听见’的是一致的吗？如果你称自己为基督徒，你有真正像基督的追随者般生活吗？

Paul warn us not to do things like a fool, even when we are boasting. How does a fool live out their life? They will always be looking for something to gain or asking what is in it for me. A fool definitely cannot hold on to surpassingly great revelations for 14 years, they will tell things that is not permitted if that could make others think more of them. A fool will not be speaking the truth and will not be able to refrain themselves from becoming conceited. But who can really keep oneself from becoming conceited, who can really from chasing after fame, from talking themselves up?

保罗警告我们就是愿意夸口也不狂妄。狂妄的人是怎样生活？他们总是在寻找一些可以收益的东西，或者问对我有什么益处。一个狂妄的人绝对不能对一个高深伟大的启示或不可告人的事绝口不谈 14 年，如果可以让别人高看他，他们必会公诸于世。狂妄的人不会讲真话，也不会避免自大。但是，谁能真正不高抬自己，谁能真正不追逐名利，不自夸自擂呢？

Even Paul say he was given a thorn in his flesh to keep him from becoming conceited, a messenger of Satan, to torment him. He was given some kind of physical suffering to keep me from puffing himself up.

甚至保罗也说，有一根刺加在他身上，就是撒但的差役来折磨他，免得他过于高抬自己。他得到了某种身体上的痛苦，以防止他自吹自擂。

What is your view on suffering? Suffering is such a mystery that we would not be able to work out within our lifetime. We can be suffering from many different reasons. One can be suffering because it is the natural occurrence of a human body that is growing and heading to the grave, I remember a friend tell me that her kid is so sensitive to pain that as their body grow, they need pain killers to ease off the discomfort.

你对苦痛的看法是怎样？苦痛是如此神秘，我们在有生之年都于无法解决。我们可能因许多不同的原因受苦。可能是因应人体的自然定律，正在成长和走向坟墓而觉痛苦，我记得一个朋友告诉我，她的孩子对苦痛是如此敏感，他们的身体成长时，他们需要止痛药，以减轻不适。

Someone can also be suffering as a consequence of being foolish or sinful, disobedient to God, engaging in behaviour that ended up hurting themselves and others. As I have mentioned earlier, we all have a natural tendency and inclination to be independent and be the master of our life, that in itself has nothing wrong to it, however as theologian J.I. Packer put it, if we allow it to become an energy of irrational, negative, and rebellious reaction to God's call and command, allowing it to become a spirit of fighting God in order to play God, we are committing sinful acts. The root of sin is pride and enmity against God, sinful acts is expression of the wilful opposition of the fallen heart to God's claim on our lives.

某人也可能因为狂妄或罪恶、不服从上帝、从事最终伤害自己和他人的行为而遭受痛苦。正如我前面提到的，我们都有一种自然的倾向，要独立，成为我们生命的主人，这本身没有错，然而，正如神学家 J.I.Packer 所说，如果我们允许它成为非理性的，消极的，叛逆的能量，来反抗上帝的呼召和命令，让它成为一种战斗上帝的精神以致自封为神，我们正在犯罪。罪的根源是骄傲和对上帝的敌意，罪恶的行为是表达堕落的心对上帝对我们生命的要求的故意反对。

However, suffering can also be a way of God working in our life to build us up, to make sure what we do and say warrant how other's think of us. As the case for Paul, having a great surpassing experience of visiting paradise can lead to pride which will develop into different kind of sins, so God gave him a thorn in his flesh to keep him humbled and to build his character.

然而，痛苦也可以是上帝在我们的生命中努力建立我们，对我们的看法与他在我们身上所看见所听见的是一致的。正如保罗的情况一样，有一个伟大超凡的经验被提到乐园里，可以导致骄傲从而发展成不同类型的罪，所以上帝把有一根刺加在他身上，以保持他谦卑和建立他的性格。

What would people normally do with suffering? Some would try to run away, some may try to ignore it, some may try to suppress it by pain killers or other means like my friend treating her kid. Some may look at suffering and say suffering is a prove that God does not exist and even if he exists he is not loving, because how would a loving God allow so much pain to exist.

人们通常如何处理苦痛？有些人会试图逃跑，有些人可能会试图忽略它，有些人可能试图通过止痛药或其他手段，如我的朋友治疗她的孩子般抑制它。有些人看着痛苦，说苦难是上帝不存在的证明，即使他存在，他也不是爱，因为一个充满爱的上帝怎么会允许这么多的痛苦存在。

What we do or say about suffering tell us what we know or do not know about God. You can allow pain and suffering to push you away from God, or you can allow pain and suffering to draw you closer to God like what it did to Paul.

他人在我们身上所看见所听见的对苦难的解说表明我们对上帝所知道的或不知道的是什么。你可以允许苦痛把你从上帝身边推开，你也可以允许苦痛拉近你更接近上帝，就像它对保罗所做的那样。

8 Three times I pleaded with the Lord to take it away from me. 9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

8 为了这事，我曾三次求主使这根刺离开我。9 他对我说：「我的恩典是够你用的，因为我的能力是在人的软弱上显得完全。」

What are you feeling now? 你现在感觉如何?

It is not clear how long Paul had been living with the thorn in is flesh, the best estimate would be about 14 years and the way he says about a messenger of Satan to torment me seems to indicates that it will be on going, even at this point of sharing with the Corinthian church, he is feeling the pain right there and then. And that feeling is compounded by what he is already feeling for the Corinthian church shown in 11:29, "Who is weak, and I do not feel weak? Who is led into sin, and I do not inwardly burn?"

我们不清楚保罗身上加了那一根刺有多久，可能有大约 14 年，他说撒但的差役来折磨我的方式似乎表明是一直继续进行，即使正在与哥林多教会分享的这个时候，他也在那里感受着苦痛。11:29 中，他对哥林多教会的感觉使这种感觉更加复杂，“有谁软弱，我不软弱呢？有谁跌倒，我不焦急呢？”

I feel very challenged recently with a few sufferings of departure and lost, on top of that with the ongoing unrest in Hong Kong, compounded with being confronted about not being impartial or even being unloving regarding what is happening in Hong Kong and towards the protestors, and then come to be reminded of mine often have a patronizing superiority feeling towards people during a reflection in college and remembering about 25 years ago a sister stopped me mid conversation to tell me to stop patronizing her. I consider them as my thorn in my flesh.

我最近感到非常难过，有众叛亲离之感的痛苦，此外，香港持续的动荡，再加上被指出对在香港的抗议者没有不偏不倚，甚至没有爱心，然后在神学院的反思课程中提醒我是一个常常自优和居高临下地对人的人，和记得大约 25 年前，一位姊妹打段我与她的对话来作出同样的指控。我认为这些都是在在我身上加了那一根刺。

We have not been told what exactly the thorn is referring to because we are free to relate to Paul in whatever way we can, and we are shown in how to address it in our life.

我们还没有被告知那一根刺究竟指的是什么，因为我们可以自由地以任何可能的方式与保罗看齐，并且我们被指明在如何在生命中处理它。

As he feels the torment of that thorn in his flesh, as he feels the indignation within his heart, Paul recalls his plead with the Lord. Three times he pleaded with God to take the thorn away. His pain and suffering did not drive him to frustration or despair, it draw him closer to God. What is your feeling now? Try to relate to Paul's feeling in whatever way you can? The suffering and pain did not change Paul's feeling towards God, they did not make Paul doubt the ability of God, he knows God can heal him, he is confident that God can, so he ask for help.

当他感到他肉体上那刺的折磨，当他感到内心的愤慨时，保罗回忆起他对主的恳求。他三次恳求上帝把那一根刺挪移。他的苦痛并没有使他陷入挫折或绝望，它拉近了保罗与神的距离。你现在感觉如何？尽量以任何可能的方式与保罗的感觉联系起来？苦痛并没有改变保罗对上帝的感觉，他们并没有使保罗怀疑上帝的能力，他知道上帝可以医治他，他相信上帝可以，所以他请求帮助。

And what did God said to him, "My grace is sufficient for you, for my power is made perfect in weakness." God had a much better and greater solution to Paul's pain and suffering, His Grace. His Sufficient Grace. So what is Grace?

上帝对他说了什么："我的恩典是够你用的，因为我的能力是在人的软弱上显得完全。"上帝对保罗的苦痛有一个更好、更大的解决方案，他的恩典。他足够的恩典。恩典是什么？

GRACE is God giving us what we do not deserve. We deserve to be punished but instead we got a gift of forgiveness in a new live that fill with joy, it is a gift because we cannot work for it or earn it. Grace means God is not angry with us because his anger has been

absorbed by the price of Jesus' life paid on the Cross. Christ lives a perfect obedient life and die as substitute for sinners takes away our guilt. Someone had put GRACE as God's Riches Available at Christ's Expense.

恩典是上帝把我们不应得的给了我们。我们应该受到惩罚，但我们得到了在充满了喜悦的新生命中宽恕的礼物，它是一份礼物，因为我们不能为它工作或赢得它。恩典意味着上帝不再对我们生气，因为他的愤怒已经被耶稣在十字架上付出的生命的代价所吸收。基督过着完美的顺从生活，代替罪人死来带走了我们的内疚。有人把 GRACE 解作神的(God's) 致富(Riches) 可得到(Available at) 因基督的(Christ's) 支付(Expense)。

God says, "My grace is sufficient for you, for my power is made perfect in weakness." It is sufficient for Paul and for us because God knows us, he knows what we are going through. God knows what we are going through no matter we are experiencing it within our body or from out of our body. It is sufficient because God's grace is never ending and He knows exactly how much suffering we need to deal with our pride so to keep us from becoming conceited, so others think of us exactly as what we do and say warranted.

上帝说："我的恩典是够你用的，因为我的能力是在人的软弱上显得完全。"这对保罗和我们来说都足够的，因为上帝了解我们，他知道我们正在经历什么。无论我们正在经历的是在身内，或在身外经历，上帝知道我们。因为上帝的恩典永远不会结束的，所以是够用的，他知道为免得我们过于高抬自己，我们需要多少苦痛来处理我们的骄傲，以保证他人对我们的看法与他在我身上所看见所听见的是一致的。

God's grace is sufficient and God is powerful, so we can totally entrust ourselves to him and depend on him even at the time that He did not answer our plead as we have asked.

神的恩典是够用的，神是大有能力的，所以我们完全可以委负于他，并依赖他，即使在他也没有跟我们的要求回答我们的恳求。

My treetop experience had taught me a lesson of dependence, I was already tired from all the pulling before lunch but I think I should be able to take a few more courses after lunch to make sure I get the full value of the entry fee before I go home. I come to one course that I have to swing over and grasp the rope net and climb up (slide), like that but with much wider opening. As I am fighting my own weight and gravity, and the tiredness from the morning, I managed to swing but ended at the lower end of the net and could not pull myself up. So after what seems to be the longest 2-3 mins struggle

and not getting anywhere, I called for help. As I was dangling there waiting for help, I have to keep apologising to people for blocking their way.

我的"树顶体验"给了我一个依赖的功课，我在午饭前已经因所有的拉动疲惫不堪，但我认为我应该能够在午饭后再多走几个路程，以确保我在回家之前得到入场费的全部价值。我来到一个路程，我必须荡过去和找着绳网和向上爬。在与我自己的体重和地心吸力，以及疲劳作斗争，我荡了过去，但在绳网的低端，无论怎样挣扎也爬不起来。因此，在经历了最长的 2-3 分钟的挣扎之后，我请求帮助。当我挂在那里等待救援时，我不得不不断向被阻碍了的人道歉。

Then a staff came to help me, he was a young man that has the built of Tim Reyes or Tom Powell. I was so helpless and embarrassed at this point that any help to get me out will do. That poor man had to struggle a lot to finally lower me down to the ground. A nice treetop experience had ended up being a painful experience because I did not see myself as weak and I was humbled, and I was rescued by someone that seem weak but know what he is doing and willing to go through the pain to set me free.

然后一个工作人员来帮我，他是一个年轻人，是 Tim Reyes 或 Tom Powell 那般的身段。在这一刻，我是如此的无助和尴尬，任何帮助我都会接受。那个可怜的年轻人挣扎了一段长时间才最终把我放下到地上。一次美好的"树顶体验"最终是一次痛苦的经历，因为我没有把自视过高，我被谦卑了，我被一个看起来软弱但知道他在做什么并愿意经历痛苦来释放我的人救了出来。

9 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 10 That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

9 他对我说：「我的恩典是够你用的，因为我的能力是在人的软弱上显得完全。」所以，我更喜欢夸耀自己的软弱，好使基督的能力覆庇我。10 为基督的缘故，我以软弱、凌辱、艰难、迫害、困苦为可喜乐的事；因为我甚么时候软弱，甚么时候就刚强了。

Paul is glad that he can boast about his weakness, he is glad that God's power is made perfect in his weakness and God's grace was sufficient and did not leave him wanting. It is for that reason that he delights in weaknesses, in insults, in hardships, in

persecutions and in difficulties. He feels delighted facing these things that make us feel like cringing when we hear them.

保罗很高兴他可以夸耀自己的弱点，他以上帝的能力在他的软弱上显得完全为可喜乐的事，而神的恩典是够用的，并没有让他缺乏。正是出于这个原因，为基督的缘故，他以软弱、凌辱、艰难、迫害、困苦为可喜乐的事。面对这些事情，他感到很高兴，当我们听到这些事时，我们感到很畏缩。

How are we to delight in those things? By boasting all the more gladly about our weaknesses.

我们如何以那些事为可喜乐的？更喜欢夸耀自己的软弱。

He delights in them because he faces them for the sake of Christ with Christ's power rested on him. His delight in weaknesses, insults, hardships, persecutions, and difficulties was actually what made him strong because when he delights in them God's perfect power which is Christ's perfect power come rest on him, he become empowered.

他以这些事为可喜乐的，因为他为基督的缘故以基督的能力覆庇着他来面对他们。他对软弱、凌辱、艰难、迫害、困苦的喜悦实际上使他变得刚强，因为当他以这些事为可喜乐的时，上帝完全的能力，基督完全的能力，覆庇他，被赋予了能力。

Paul acknowledges he needs God, he relies only on God's sufficient grace to handle the thorn in his live, he values his supernatural experience with the right perspective without putting them over and above God and becoming conceited.

保罗承认他需要上帝，他只依靠上帝够用的恩典来处理他生命的那一根刺，他以正确的看法对待他的超自然经验，而不是把他们置于上帝之上，变得高抬自己。

Whatever you are feeling in life right now, may be some sins that keep reoccurring, may be you find it very hard to make sense of this Jesus who call God his Father, may be you are experiencing the torment of Satan in your life, may be there are a lot of shame that make you feel like dangling mid-air.

无论你现在对生命的感觉如何，可能有一些不断发生的罪，可能是你发现很难理解这个叫上帝为他的父的耶稣是谁，可能是你正在经历的撒但差役的折磨，可能有很多的耻辱，使你感觉像挂在半空中晃动。

Go to God and plead your case with the Lord, be glad you can experience weakness, insults, hardships, persecutions, and difficulties. The way to become strong in Christ, is not by having a lot of great spiritual experience, the last sentence of the passage says, "For when I am weak, then I am strong." There is a sequence of event, we are strong when we acknowledge we are weak. When you are willing to admit you are weak, you will be strong, because when we acknowledge we need God's strength, it can be displayed in us.

去上帝那里，向主恳求，为你能经历软弱、凌辱、艰难、迫害、困苦为可喜乐的事。在基督里变得刚强的方法，不是因为有很多伟大高深的属灵经历，经文的最后一句说，“因为我甚么时候软弱，甚么时候就刚强了。”是有次序性的，当我们承认自己软弱时，我们就刚强了。当你愿意承认你是软弱的，你就刚强了，因为当我们承认我们需要上帝的能力时，上帝的能力就在我们里显现。