

Authentic Comfort 真诚的安慰

4th August 2019

Don't worry, everything will be fine.
She'll be right. Don't be sad – it'll all work out.

别担心,一切都会好起来的。
她会好的。别难过,一切最终都会得解决的。

Have you ever heard these kinds of words? Have you ever said something like this?

你听过这些说话吗? 你说过这样的话吗?

Imagine the scene where something terrible has happened. And people keep coming up to you and they try to offer some comfort. But it's not actually comforting. It's just all fake. Comments that sound nice, but actually just make the person think they're doing the right thing.

想象一下发生可怕的事情的情景。人们不断向你走来,他们试图提供一些安慰。但它实际上并不令人安慰。只是全部是假的。听起来不错的评语,但实际上只是让对方认为他们在做正确的事情。

Imagine sharing a painful truth of to a friend, and all they can say is – I'll pray for you. You'll be okay. Something that sounds good but has no substance. Fake comfort.

想象一下,与朋友分享一个痛苦的真相,他们只能说——我会为你祈祷。你会没事的。听起来不错,但没有实质内容的东西。是假的安慰。

I've heard of people who don't like being with someone that's sad and grieving. So it's just easier to say – Oh don't cry – everything will be fine. I know I've said those things.

我听说过一些不喜欢和悲伤的人在一起的人。所以很容易说——哦别哭——一切都会好起来的。我知道我曾说过那些话。

But they're not comforting.

但他们没有带来安慰。

We give fake comfort easily. We eat comfort food which doesn't really comfort us. We do retail therapy – shopping – to feel better for a bit.

我们很容易给出假的安慰。我们吃安慰的食物,但并不真正安慰到我们。我们做零售治疗 - 购物 - 使感觉短暂的好一点。

Do we know where real authentic comfort comes from?

我们知道真正的安慰来自哪里吗？

Do we know how to share authentic comfort with those in need?

我们是否知道如何向那些需要帮助的人分享真诚安慰？

Today we're starting a new series, Authentic. Looking through the book of 2 Corinthians. Paul calls people to be authentic. To have authentic relationships, be authentic and real Christians. Authentic love, generosity and humility. Not pretending and faking it, but being real with God and one another. To have authentic comfort and share it.

今天,我们开始一个以哥林多后书为中心的新的系列,真诚。保罗呼吁人们要真诚。要有真诚的关系,做真诚真实的基督徒。真诚的爱,慷慨和谦卑。不是伪装,不作假,而是真诚的对上帝和其他人。拥有真诚的安慰和把它分享。

I'm going to pray for us.

让我为我们祈祷

1. Corinth in the First Century 第一世纪的哥林多

Before we can get to the topic of Authentic Comfort, we need to understand where this letter is placed and who the Church in Corinth were.

在我们研究"真诚安慰"这个话题之前,我们需要了解这封信的背景及哥林多教会是怎么样。

Corinth in the first century was the new hot town of new money and pursuits of pleasure. One commentator describes society with 5 descriptors. 1. Individualism that valued self-sufficiency; 2. Wealth as the key to status; 3. Self-display of accomplishments and possessions to get praise; 4. Competition for honour that saw boasting as normal, and 5. Pride in your own neighbourhood as a reflection of your social location. It creates a population that has the goal of money and wealth.

第一个世纪的哥林多是新的热点城市,新的金钱和追求享乐。一位注释家用了5个描述来描述当时的社会。1. 重视自给自足的个人主义;2. 财富是地位的关键;3. 自我展示成就和财产来获得表扬;4. 为荣誉而竞争,将夸耀视为正常,以及5. 以自己的邻里为骄傲,作为你的社会地位的反映。它创造了一个以金钱和财富为目标的社会。

But that description of Corinth in the first century doesn't sound that different to today.

但是,这合个对第一世纪的哥林多的描述听起来与今天没有区别。

Into this city God sends the apostle Paul. Paul's message of the gospel confronts the materialism and individualism. The church in this city had a difficult pull of security and social status to ignore in following Jesus.

上帝派使徒保罗进入这个城市。保罗的福音讯息对唯物主义和个人主义作出挑战。这个城市的教会在跟随耶稣时,很难不忽视社会地位和保障对他们的拉扯。

Coming to the letter that we are looking at, 2 Corinthians. It is actually at least the fourth letter he has sent them. Paul initially stayed for about a year and half before travelling. But stayed in touch as their Pastor by letters. It appears that after he left, Paul's opponents, ones that he calls 'Super-Apostles' come in and preach a different gospel. With a different Jesus. One that looks more attractive to the world. And not so weak. And so Paul heads back, and in 2 Corinthians 2 will talk about it as a painful visit. The church questioned Paul's authority and gospel and attacked him. Paul left without retaliating. Paul then sent Titus with a severe letter warning them to repent.

来到我们正要研究哥林多后书。这应是他给他们的第四封信了。保罗在离开他们之前大约停留了一年半之久。之后作为他们的牧者,以书信保持联系。看来,保罗离开后,保罗的反对者,他称之为"超级使徒"的人进来,宣扬别的福音。一个看起来对这个世界更有吸引力,不同的耶稣。不是那么虚弱。因此,保罗要回到他们那里,在哥林多后书2章提及到他带着悲伤到他们那里去。教会质疑保罗的权威和福音,攻击他。保罗没有作任何反抗便离开了。保罗然后差遣提多去带给他们一封严厉的信,警告他们悔改。

And Paul hears back from Titus that most of the church had repented. And so, Paul sends this letter, defending himself and his job as an apostle. And he defends the gospel that he has been called to preach. And we see a hint of that at the very start.

保罗从提多那里听说,教会的大部分人都悔改了。所以,保罗寄出这封信,为自己和他作为使徒的工作辩护。他捍卫了被召唤去传道的福音。我们一开始就看到了一个暗示。

Verse 1,

第1节,

Paul, an apostle of Christ Jesus by the will of God.

奉上帝旨意作基督耶稣使徒的保罗

He is not an apostle by the will of man. But by God's will alone.

我作使徒不是由于人,也不是借着人。但仅凭上帝的旨意

The themes of Paul's authority and dependence on God in his weakness will continue right throughout this letter.

保罗的权威和在他的软弱中依靠上帝的主题将继续贯穿整个书信。

Having put that context in place. We come to Paul describing and praising God.

拥有这些上下文。我们来到保罗对上帝的描述和赞美。

2. **Comfort** 安慰

3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,

3 愿颂赞归于上帝——我们主耶稣基督的父；他是发慈悲的父，赐各样安慰的上帝。

This is a beautiful description of God. From him comes compassion and comfort. To have compassion means to suffer with. The first half of the word compassion, Com, means with. And the second half, passion, originally meant to suffer. That's why Jesus' crucifixion is called the Passion. If you remember the movie from Mel Gibson years ago the Passion of Christ. It's the suffering of Christ.

这是上帝的美好描述。从他身上传来慈悲和安慰。发慈悲意味着要同受痛苦。compassion 一词前半部分的 Com,意思是"同",后半部分, passion,原本意味着“要受苦”。这就是为什么耶稣被钉十字架被称为 passion。如果你记得几年前的电影《受难曲》的英文原名就是 Passion of Christ。

So Paul praises God because is the father of compassion. God's son Jesus came and was with us, and suffered. Jesus is compassion.

所以保罗赞美上帝,因为上帝是发慈悲的父。神的儿子耶稣来了,和我们同在,受苦了。耶稣是慈悲的。

Jesus knows what our suffering is like because he has been there. He lived life with us in body, and endured the pain of the cross.

耶稣知道我们的痛苦是什么样的,因为他经历过。他以肉身和我们同住同生活,忍受了十字架的痛苦。

He has been with our suffering. Not only that, but Paul describes God as the God of all comfort. The word comfort means to strengthen. That moment when you are down in the depths. And someone sits with you. Walking with you until you are strong again. That is our God. He has experienced our suffering and he walks with us to bring us to strength in him.

他一直与我们受苦。不仅如此,保罗还把上帝描述为赐各样安慰的上帝。安慰这个词意味着加强。那一刻,当你在深渊。有人和你坐在一起,和你一起走,直到你再次坚强。那是我们的上帝。他经历了我们的痛苦,他和我一起走,让我们在他身上坚强。

Paul is not just referring to his feelings. It's not just a feeling of relief, of God comforting him like sitting in a comfortable chair. But instead, he can speak of being at peace. All because God has comforted him in the past. Paul knows God's comfort because he has been delivered. He talks about this in verse 10 that his comfort comes from God being a deliverer. And he has trust that the God who has delivered him will do that again in the future.

保罗不仅仅指他的感受。这不仅仅是一种解脱的感觉,或上帝像坐在安乐椅上一样地安慰他。但是,他可以说的的是平安。这一切都是因为上帝过去安慰过他。保罗知道神的安慰,因为他已经被拯救了。他在第10节中谈到这一点,他的安慰来自上帝曾救他脱离那极大的死亡。他相信,曾救他脱离那极大的死亡的神,要继续救他,而且指望他将来还要救他。

The experience of God's deliverance in the past, gives him hope that he'll be delivered in the future. And that means that in the present it is a comfort! His God is strong, and he will deliver him. Paul's comfort doesn't come from himself, or comfort food. But his comfort comes from the fact that God has committed himself to Paul to sustain and save him, and us his people – no matter what.

上帝过去的救赎经历,给了他希望,他将来会被拯救。这意味着,在目前,这是一个安慰!他的神是强大的,他会救他脱离。保罗的安慰不是来自他自己,也不是来自安慰食物。但他的安慰来自一个事实,即上帝已经承诺去维持和拯救保罗,和我们,他的子民——不管怎样。

I really love this description of God. It encompasses a lovely summary in just these 2 titles. God of compassion and comfort. It shows his fatherly affection for us.

我真的很喜欢这个对上帝的描述。一个可爱的摘要包含在这2个标题中。发慈悲的父,赐各样安慰的上帝。这显示了他作为父亲对我们的感情。

In verse 4 he shows what this God does.

第四节,显示了这个神做什么。

4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

4 我们在一切患难中,他安慰我们,使我们能用上帝所赐的安慰去安慰那些遭各样患难的人。

God comforts Paul. But not Paul alone! God comforts Paul so Paul can comfort others. God has been faithful to Paul. He's seen that throughout the hardship, and struggles and trials that he has been through. And God has strengthened him in all of his troubles, which Paul will go into later in 2 Corinthians in much more detail.

上帝安慰保罗。但不只是保罗一个人!上帝安慰保罗,所以保罗可以安慰别人。保罗在整个艰难困苦,斗争和考验中看到了,经历了,上帝对他一直的忠实。保罗将在接下来的哥林多后书中更详细地描述神怎样在所有的烦恼中加强了他。

Paul has suffered, and has been comforted by God. And now Paul can comfort the church in Corinth.

保罗受过苦,得到了上帝的安慰。现在保罗可以安慰在哥林多的教会

Paul connects his suffering to Jesus'. Verse 5.

保罗把他的苦难与耶稣联系起来。第5节。

5 For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.

5 正如我们跟基督同受许多苦楚,我们也靠基督得许多安慰。

Both Paul's suffering and comfort comes through Jesus. It might seem like a strange idea. Paul views his troubles of every kind as a kind of expression of the same kind of sufferings Jesus experienced under God's hand.

保罗的痛苦和安慰都来自耶稣。这似乎是一个奇怪的主意。保罗把他的各种烦恼看作是耶稣在神手下经历的同样痛苦的一种表达。

Jesus was under the sovereign plan of God, and suffered death on the cross. Paul following Jesus is not killed on a cross. But has troubles because he too seeks to obey God and is persecuted following Jesus.

耶稣在神的主权计划下,在十字架上受了死。跟随耶稣的保罗不是在十字架上被杀的。但有麻烦,因为他也寻求服从神,并因跟随耶稣受到迫害。

Not only is does Paul suffer like Jesus. But he is also comforted like Jesus. Jesus trusted in God, that God was committed to him, and would deliver him, even from Death. So too Paul is able to be comforted and strengthened by his confidence that God will deliver him. Even if he dies. He has a hope in the resurrection.

保罗不仅像耶稣一样受苦。但他也像耶稣一样得到安慰。耶稣相信神,相信上帝致力于他,并会拯救他,就算从死中。保罗也能够得到安慰和强化,因为他相信上帝会拯救他。即使他死了,他对复活有指望。

Because he has been comforted he can pass it on to others. God comforted Jesus, which gives Paul comfort. And Paul knows that he will do the same for all those who follow Jesus.

因为他得到了安慰,他可以把它传给别人。上帝安慰耶稣,这给了保罗安慰。保罗知道,他也会为所有跟随耶稣的人做同样的事。

Verse 6.

第 6 节。

6 If we are distressed, it is for your comfort and salvation; if we are comforted, it is for your comfort, which produces in you patient endurance of the same sufferings we suffer. ⁷ And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in our comfort.

6 如果我们受患难,那是为使你们得安慰,得拯救;如果我们得安慰,那也是为使你们得安慰,这安慰能使你们忍受我们所受同样的苦楚。7 我们为你们所存的盼望是确定的,因为知道你们分担了我们的痛苦,也要分享我们的安慰。

Paul is showing that the family of Christians are so closely linked. There is a special relationship between believers in the church. Our comfort and compassion comes from Jesus to us – but also goes out from us to each other. It doesn't and shouldn't stop with us.

保罗正在表明基督的大家庭是如此紧密地联系在一起。教会的信徒之间有一种特殊的关系。我们的安慰和同情从耶稣到我们,但也从我们到彼此之间。它不会,也不应该在我们那里停止。

I recently read about a widowed single mother, Ashley. She was in the middle of moving house when she was taken captive by an escaped murderer and held hostage for seven hours. Ashley, who was a drug addict, had lost custody of her daughter, and had been reading the bible, and other books about Christianity. When she was taken captive, she spoke to him and read to him. So that the escaped convict eventually released her, and allowed himself to be re-arrested.

我最近读到一个丧偶的单身母亲, Ashley。当她正在搬家时,被一名逃跑的杀人犯俘虏,被扣为人质长达七个小时。Ashley 是个瘾君子,她失去了对女儿的监护权,一直在读圣经和其他有关基督教的书籍。当她被俘时,她跟他说话,读给他听。于是逃犯最终释放了她,并允许自己再次被捕。

Ashley had begun to see God's compassion and comfort for her only found through Jesus. And that meant that she was able to share that comfort she had with someone else going through the same thing.

Ashley 已经开始看到只有通过耶稣找到的上帝对她的慈悲和安慰。这意味着她能够与其他经历同样事情的人分享她的安慰。

The comfort God gives for us isn't for us alone. We can't hoard it.

上帝给我们的安慰不只是给我们一个人的。我们不能囤积它。

This isn't a fake comfort. Imagine if Ashley just said to him that everything would be alright. This comfort from God is honest about sin. There is no sugar coating it. This comfort seeks help and hope from the only one that can give it.

这不是假的安慰。想象一下,如果 Ashley 只对他的一切都说安好。神的这种安慰是诚实的。没有粉饰。这种安慰从唯一能给予帮助和希望的寻求帮助和希望。

3. Vulnerable 脆弱

Paul has been able to comfort because he has first been comforted in his sufferings. It's hard not to question what Paul's suffering was. Why was he distressed. And he goes into a little more detail here. Not explaining what happened to him, but the process that he has gone through, and how God has shaped him.

保罗能够安慰他,因为他首先在痛苦中得到安慰。很难不怀疑保罗的痛苦是什么。他为什么心疼。他在这里详细一点。没有解释发生了什么事,而是解释他所经历的过程,以及上帝是如何塑造他的。

Paul does this, showing his own vulnerability and weakness so that God would be seen to be strong.

保罗这样做,显示他自己的脆弱和软弱,使上帝将被视为强大。

Verse 8

第 8 节

8 We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.

8 弟兄们,我们不要你们不知道,我们从前在亚细亚遭遇苦难,因受到无法忍受的压力,甚至连活命的指望都没有了。

Paul is forthright. He's not going to hide away that he has suffered. He's not afraid of them knowing the pain he has gone through, and the suffering. He doesn't care that it might lower him in their eyes.

保罗直言不讳。他不会隐瞒他遭受的痛苦。他不怕他们知道他所经历痛苦。他不在乎这可能使他们在他们眼中被看低。

I've heard people say, Preacher, don't talk about your sin when you're preaching. People will think less of you. They want to put you on a pedestal to follow.

我听过人们说,传道者,当你讲道时,不要谈论你的罪。人们会少看你。他们想把你放在一个基座上来跟随。

No way! Paul didn't do it. And I definitely can't do it.

不可能! 保罗没有这样做。我绝对不能这样做。

Rather, I would far prefer to be open about my own weaknesses and vulnerabilities so that you can see how God has taught me.

相反,我宁愿公开我自己的脆弱和软弱,这样你就可以看到上帝是如何教导我的。

And that's what Paul is doing here.

保罗就是在这里所做的

He doesn't want the Corinthian church to trust in rumours that they've heard about him. He wants to inform them so they know what has happened.

他不想让哥林多教会相信他们听说过的谣言。他想通知他们,让他们知道发生了什么事。

Paul and Timothy were under great pressure, so that they despaired of life itself. Now, our understanding of mental health has greatly increased since the first century. But what Paul is talking about sounds like depression. He has suffered and could not see any way out.

保罗和提摩太承受无法忍受的压力,甚至连活命的指望都没有了。现在,自从一世纪以来,我们对心理健康的认识有了很大的提高。但保罗所说的听起来像是抑郁。他受了苦,也看不到任何出路。

9 Indeed, we felt we had received the sentence of death.

自己心里也断定是必死无疑

They saw no way out, and thought that death was coming. But God had a purpose.

他们没有看到出路,以为必死无疑。但上帝另有计划。

But this happened that we might not rely on ourselves but on God, who raises the dead. 10 He has delivered us from such a deadly peril, and he will deliver us again.

这是要使我们不依靠自己,只依靠使死人复活的上帝。10他曾救我们脱离那极大的死亡,他要继续救我们,而且我们指望他将来还要救我们。

Paul says that they were at the very end of themselves. Under great pressure, thinking that they were going to die. All so that they would rely upon God, who raises the dead. Is it possible that Paul who had planted so many churches and seen Jesus himself appear to him, is it possible that this Paul stopped relying on God? Could he have gotten caught up in the work, and not relying on God. And so God used hardship and suffering to remind them that only had God to depend upon.

保罗说,他们遭遇苦难,因受到无法忍受的压力,甚至连活命的指望都没有了。自己心里也断定是必死无疑。这一切,使他们将依靠那使人死人复活的上帝。曾经种植了这么多教会,看到耶稣亲自出现在他面前的保罗,有可能停止依赖神吗?他是否过份忙于工作,而不再依靠上帝。因此,上帝用艰辛和痛苦来提醒他们,只有上帝才能依靠

Paul shows his vulnerability. His weakness. For the benefit of the church.

保罗显示了他的脆弱。他的软弱。为了教会的得益处。

He was distressed to the point of thinking that they were going to die.

他烦扰到以为他们必死无疑。

But God has comforted him. Given him strength and delivered him. Pulled him out of that situation. So that now he depends upon God and can share that message of hope.

但上帝安慰了他。给他力量,并拯救了他。把他从那种境地中拉出来。因此,现在他依靠上帝,可以分享希望的讯息。

Paul's language, the sentence of death is evocative. He's drawing a parallel with Jesus' sentence of death and salvation from death. And comparing it with his own. Just like Jesus was sentenced to death, but was saved by God.

保罗的用词,死刑判决是令人回味的。他与耶稣的死刑和从死中得救作比对。与自己相比。就像耶稣被判处死刑一样,却被神救了。

So too were we! And he will deliver us again.

对我们也是一样!他要继续救我们。

This is important. As we will see in this whole letter, Paul is willing to share his vulnerability and weakness. And the importance of depending on Jesus. The Corinthian church thought that it disqualified him from being an apostle. But it's central to the gospel.

这很重要。正如我们在整封信中所看到的,保罗愿意分享他的脆弱和软弱。和依靠耶稣的重要性。哥林多教会认为这取消了他作为使徒的资格。但这是福音的核心。

4. Sharing Authentic Comfort 分享真诚的安慰

Paul has shared his weakness. The Corinthian church have had an issue with it. He shouldn't be weak! Paul is going to take time to explain throughout this letter that he is living out the gospel. That it might appear weak – that the man we worship as saviour, Jesus, died on a cross. But it shows God's power. Raising Jesus from the dead.

保罗分享了他的软弱。哥林多教会对此产生了问题。他不应该软弱!保罗将花时间在在这封信中解释,他正在活出福音。它可能显得软弱,我们崇拜的救世主耶稣死在十字架上。但它显示了上帝的力量。把耶稣从死里复活。

And Paul, in his weakness shows God's power – delivering them as if they were dead. It is this suffering of Paul's which means that God has comforted him and delivered him. So that he can now comfort the church in Corinth.

保罗在他的软弱中显示上帝的力量 – 拯救他们正如果他们是死了。正是保罗的这种苦难,意味着神安慰了他,并拯救了他。这样他就可以安慰哥林多的教会了

As a church, one of the things we value is having humble authenticity. Declaring war on our daily desires to live independently of God. Central to who we are is the desire to weaken our pride and develop humility. So we desire to be vulnerable with our imperfections and issues, that shows God's love and forgiveness not our own greatness. To be authentic in relationships that are about knowing and caring for others, not just to manipulate and gain power. And a willingness to confront sin, and bring quick to confess.

作为一个教会,我们看重的东西之一是真诚谦卑微。向我们每天离开神独立生活的愿望宣战。我们是谁的核心的愿望是削弱我们的骄傲和发展谦卑。因此,我们渴望在我们的不完美和问题上脆弱,这表明上帝的爱和宽恕,而不是我们自己的伟大。在了解和关心他人的关系中保持真诚,而不仅仅是操纵和获得权力。并愿意面对罪,并迅速认罪。

When we are authentic with each other, we can share the comfort that God gives.

当我们彼此真诚时,我们可以分享上帝给予的安慰。

There are at least four things that are comforting that are worth sharing.

至少有四件令人欣慰的事情值得分享。

1. When the Holy Spirit helps put sin to death. Share that joy that God is working and that he changes lives.
当圣灵帮助把罪置于死亡时。分享上帝正在工作和改变生活的喜悦。
2. When you have endured hardship, and God has delivered you. Share that comfort to encourage others to endure.
当你忍受了艰难困苦,上帝已经拯救了你。分享这种安慰去鼓励他人忍耐。
3. When God provides in miraculous last-minute ways. Share the comfort that comes from a God who knows our needs and provides.
当上帝奇迹地在最后一分钟提供你所需。分享这来自一个了解我们的需求和提供的上帝带来的安慰。
4. When God brings reconciliation between you and someone having conflict with. Share the comfort that comes from the outworking of the God who forgives and redeems people.
当上帝给你和有冲突的人带来和解时。分享来自上帝的和解和救赎的安慰。

Share these and many more to remind each other of the Compassion and comfort our God gives us in Jesus.

分享这些和更多,彼此提醒神在耶稣里给我们的慈悲和安慰。

But I'm concerned. I'm concerned for us as a people and as a church. We might hate it when people show us fake comfort. But are we willing to share real comfort? Paul could only comfort the church because of what he had gone through, and how he had been delivered. And it's the same for us.

但我很担心,我为我们作为一个子民和一个教会而关心。当人们向我们展示虚假的安慰时,我们可能会讨厌它。但是,我们愿意分享真正的安慰吗?保罗能如此安慰教会,因为他曾有的经历,和他是如何被拯救了。对我们来说也是一样。

There are barriers to us sharing how God is working in us. There are barriers that want to stop us from being vulnerable with others and allowing them to comfort us.

有一些障碍会阻止我们分享上帝在我们中的工作。有一些障碍希望阻止我们与他人一起脆弱,让他们安慰我们。

I'm an Aussie male. And I know the temptation to not show or share any weakness. Other men are like predators who jump on the weak to joke about them, or just make themselves feel better. That comes from a fear of being seen as weak so always have to act like the alpha male. Stems from a concern about how a person is perceived by other people.

我是澳大利亚男性。我知道不要分享任何弱点的诱惑。其他人就像捕食者,他们把弱者来开玩笑,或者只是让自己感觉好一些。这源于对被视作软弱的恐惧,所以总是要表现为群雄之首一样。源于关注对他人如何看待一个人。

There are many different cultural ways of behaving that show our desire to protect ourselves and not be vulnerable.

有许多不同的文化行为中,都表明我们渴望保护自己,而不想表示脆弱。

Both Jesus and Paul are such great encouragements. They are both is willing to be seen as small and weak, because it shows how big and powerful our God is. That was totally against the culture then, and it is today.

耶稣和保罗都是如此伟大的鼓励。他们都是愿意被视为弱小,因为这显示我们的上帝是多么强大.这完全违背了当时的文化,如今也是。

How is the cross of Jesus clashing with you preferences to protect yourself and look good? We need to have a willingness to be vulnerable and appear weak with other people.

耶稣的十字架如何与你以保护自己,看起来不错的喜好发生冲突,? 我们需要有愿意变得脆弱和在别人中显得软弱的志愿。

But there's the matter of who. Who do we be vulnerable to? Many of us don't just open up deep issues which need comfort over a biscuit and a cup of coffee. Remember that woman who was held captive by the murderer. She had 7 hours with him.

但有一个问题是我们向谁做? 我们向谁来显得软弱? 我们中的许多人不会随意的打开一个深层次的对话,需要饼干和一杯咖啡先作安慰。记得那个被凶手俘虏的女人,她和他共处了7个小时

To share comfort we actually need to spend time with each other. Paul lived with the church in Corinth and they knew him. How well are you connected here at church? Would you like to know people more deeply? It's going to take time, and a willingness to be vulnerable. Why don't you invite someone to have lunch today? Either go out for a meal, invite someone to your house. And share how God has worked in your life to comfort others.

为了分享安慰,我们实际上需要花时间在一起。保罗在哥林多的教会住过一段时间,他们认识他。你在教会里与其他人联系得怎么样?你想更深入地认识一些人吗?这需要时间,并愿意公开变得脆弱。你试试邀请其他人今天一起吃午饭,可以出去吃,或请人到你家去。分享上帝怎样在你的生命中工作使你去安慰别人。

C.S.Lewis said that friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one.'

C.S.Lewis 说,友谊产生的那一刻,是当一个人对另一个人说:'什么!你也是?我以为我是唯一一个"

How much more with the gospel. You have gone through hard times in life – I thought I was the only one, God has comforted me and he will comfort you too!

福音的产生更是如此。你经历了人生的艰难时刻;我以为我是唯一一个。上帝安慰了我,他也会安慰你!