

Jonah 2 – Running from Grace

约拿书 2 - 逃避恩典

There's a man sitting here worried that he has sinned too much.

在我们当中，有一个男人担心他犯了太多罪。

A woman sitting here worried that her hidden sin will be revealed, and God will stop loving her.

在我们当中，有一个女人担心她隐藏的罪会被揭露，而上帝会停止爱她。

There's a person here worried that God doesn't love them because they can't think of a reason to love themselves.

在我们当中，有一个人因为无法想到爱自己的理由，担心上帝不爱他们。

A child in kid's church who's unsure how God the Father will treat them because of how their own father treats them.

在主日学里，有一个孩子因为他们自己的父亲如何对待他们，而不确定父神将如何对待他们。

There's a parent (friend) angry with themselves because they were not patient, gentle, or loving with their kids (friends).

有一位父母（朋友）对自己生气，因为他们没有耐心，温柔，或爱着他们的孩子（朋友）。

There's a man and a woman exhausted from pushing themselves to obey God, because they're scared, he doesn't love them.

有一个男人和一个女人用尽自己去服从上帝，因为他们害怕他不爱他们。

These are all hypothetical.

这些都是假设的。

But they are all us. Ordinary people, that feel like they are sinking down to rock bottom. Trying to earn, to deserve, and to be worth God's favour.

但他们就是我们。普通人，感觉他们正在沉沦到谷底。努力去获得，去配得，并且值得上帝的青睐。

What each of them desperately need is to know the Grace of God. The grace which forgives, and loves, and reorients expectations of this world. The covenant grace of God which is unmerited, undeserved, and very, very costly.

他们每个人迫切需要的是了解上帝的恩典。那宽恕，爱和把这个世界的期望重新定位的恩典。上帝的恩典之约不是靠功德，是不配得的，和非常非常昂贵的。

Jonah is one of those people.

约拿就是那些人之一。

He is jealous of God's grace and love. He doesn't want any other city like Nineveh to have it. He has made God into his own version of God, who will only show grace and mercy to whom Jonah decides. So when God sends Jonah to preach to Nineveh – he runs. Even on a ship heading in the opposite direction. God sends a storm and Jonah is thrown overboard. His life is sacrificed for the lives of the sailors.

他因上帝的恩典和爱而嫉妒。他不希望任何像尼尼微这样的城市拥有它。他使上帝成为他自己版本的上帝，只会向约拿所决定的显示恩典和怜悯。所以当上帝派约拿去向尼尼微传道时 - 他就跑了。在朝着相反方向前进的船上。上帝发出风暴，约拿被扔到海里。他为了水手的生命而牺牲自己的生命。

Jonah isn't that different to us. He too needs God's grace and love.

约拿与我们没有什么不同。他也需要上帝的恩典和爱。

It just takes him being thrown into the ocean, down into rock bottom, to realise that. What will it take us to realise we need God's Grace?

他要被抛入海里，在人生低谷，才意识到这一点。我们需要什么才认识到我们需要上帝的恩典？

Pray 祈祷

Heavenly Father, as we come before you today, we come before you in desperate need. Help us to know your grace. Amen.

天父，我们今天来到你面前，我们迫切的需要你。帮助我们了解你的恩典。阿门。

1. Down to the depths 下到深渊

Jonah was thrown into the water in the middle of a divine storm. Sacrificing himself for the lives of the sailors, and it is most likely that he was fully expecting to die. Who would expect what God did next.

约拿在神圣风暴中被扔进水里。为了水手的生命而牺牲自己，他很有可能完全期待死亡。没有人会预料到上帝下一步所做的事。

Verse 17 of chapter 1.

第1章第17节。

Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

耶和华安排一条大鱼吞下约拿，约拿在鱼腹中三日三夜。

Often when we think of Jonah, we think of the big fish. The fish gets 3 verses. It really is a story of God's grace and mercy – towards Jonah and Nineveh, people far from God.

通常当我们想到约拿时，我们会想到大鱼。有关鱼的经文只有 3 节。这故事真正的重点是关于上帝对于像约拿和尼尼微远离他的人的恩典和怜悯。

And it takes going down to the depths of the ocean for Jonah to know God's grace personally. 约拿需要被带到海的深渊才亲自了解上帝的恩典。

Ever since God told Jonah to arise, to go up to Nineveh, he has done the opposite. Jonah has been going down. He went down to Jopah, down onto a ship, down into the ship, and now he's going even further. He's metaphorically going into hell itself.

自从上帝告诉约拿起来，到尼尼微大城去，他做了相反的事。约拿一直在走下坡路。他下到约帕，上了船，下到舱底，现在他走得更远了。他隐喻地陷入了地狱。

Verse 2. from deep in the realm of the dead I cried for help.

第 2 节。我从阴间的深处呼求，

Verse 3. You hurled me into the depths.

第 3 节。你将我投下深渊。

Verse 5. Engulfing waters threatened me, the deep surrounded me.

第五节。众水环绕我，几乎淹没我；深渊围住我；

Verse 6. To the roots of the mountains I sank down.

第 6 节。我下沉到山的根基。

All of this imagery presents a picture of a watery grave. He was as good as dead until God sent the fish. But for how long? It was only a temporary salvation. It is a radical mercy by God, but he needs another act of God to save him.

所有这些图像都呈现出一幅水中坟墓的图片。在上帝安排鱼之前，他就像死了一样。但会持续多久？这只是暂时的救赎。这是上帝非凡的怜悯，但他需要上帝的另一个行动来拯救他。

That would only come he was all the way down to the bottom. The rock bottom. Until he couldn't be lifted up by his own false self sufficiency. But instead when he could depend on God's saving Grace. There was a fatal flaw in his character. And it got him sent to rock bottom so that his complete failure could be seen. So that he could begin to change.

那只会在他到了谷底，最低点。直到他不能依靠自己的虚假自足来自救。相反地，他可以依靠上帝拯救的恩典时。他的性格中有一个致命的缺陷。他要被送到了谷底，这样才可以看出他彻底失败了。这样他就可以开始改变了。

2. Down to Rock Bottom. 下沉到谷底

There are different types of rock bottom that we will experience in life.

我们将在生活中体验不同类型的谷底。

There are absolute rock bottoms, and crisis induced rock bottoms. Let me explain.

有绝对的谷底和紧要关头引发的最低点。让我解释。

Absolute rock bottoms are when a person because of their actions has lost everything. Jonah here has lost everything. And from this position of rock bottom he cries out in desperation. All he has is God. He is unable to solve this situation.

绝对的谷底是当一个人因为他们的行为而失去了一切时。约拿在这里失去了一切。从这个最低点，在绝望中他呼求。他只剩下上帝。他无法解决这种情况。

Verse 5. 第 5 节。

The engulfing waters threatened me. the deep surrounded me; seaweed was wrapped around my head.

众水环绕我，几乎淹没我；深渊围住我；海草缠绕我的头。

He is in the depths. He may as well be dead. It truly is a crisis. It's a rock bottom.

他处于深渊。他跟死了没有多大的分别。这确实是一个紧要关头。是一个谷底。

You may have experience this. You may have seen someone hit absolute rock bottom. It's the type of crisis you see when someone is bankrupt and they have nothing left. When someone is convicted of a crime and sent to jail. It's like Job in the Old Testament losing absolutely everything he had.

你可能有过这样的经历。你可能曾看到有人沉到绝对的谷底。当有人破产并且他们什么也没有的时候，这就是你所看到的紧要关头。当有人被判罪并被送进监狱。这就像旧约中的约伯失去了他所拥有的一切。

Crisis induced rock bottom is not about losing people or things – but a crisis that causes us to evaluate our actions. It's the crisis that comes when there's a health scare. A family member dies and it causes you to think about your own mortality. When your sin is revealed publicly. It's the moment that you wish that everything would change, you want to run and hide.

紧要关头引发的谷底不是失去人或事，而是一场导致我们自我检讨的危机。当健康出现问题时，当一个家庭成员去世，它会让你思考自己的死亡率。当你的罪被公开披露时。是你希望一切都会改变的那一刻，你想要逃跑和隐藏。

They're different, but what is unique is that it leads people to say "something has to change". 它们是不同的，但独特的是，它都引导人说“有些东西必须要改变”。

Jonah's rock bottom moment is different to Job's who lost his family and everything he had acquired in life. It's different to the apostle Paul's when he's confronted with Jesus' identity. We all have different experiences of what our rock bottom is. And we can experience different levels of crisis, high and low, throughout our lives.

约拿的谷底与约伯失去了他的家庭以及他所拥有的一切的谷底是不同的。与使徒保罗面对面见到耶稣时的谷底也是不同的。我们对我们的谷底都有不同的体验。在我们的生活中，我们可以经历不同程度的紧要关头，有高有低。

What is important about these rock bottom moments is not about what sent us there. It's not about how big the crisis is, or how lasting it is. The most important thing is how we respond to a crisis.

这些低谷的重要性不在于将我们送到那里的原因。这不是危机有多大，也不是多久。最重要的是我们如何回应。

Getting out of rock bottom might be something that we try and do ourselves. Imagine you've had a health crisis. Risk of cancer, or diabetes. You change everything about your life. You start a new diet, you exercise. It's all done in an attempt to not be in a crisis again. Not to depend on others. It's a grasping for control of life.

走出谷底可能是我们自己尝试做的事情。想象一下，你有健康问题，有患癌症或患糖尿病的风险。你改变生活的一切，开始新的饮食，锻炼身体。这一切都是为了脱离风险。不要依赖别人。都是尝试对生命有多些把握。

But even if we pull ourselves up by our bootstraps. We can work really hard, but there will always be another crisis. There will always be something in the future. Whether it's another Global Financial Crisis. A severe storm that damages your house. You lose your job. You recover from one health scare only for another to hit.

但即使我们尝试自我提升自己。我们可以努力，但总会有另一场危机。将来总会有一些东西。可能是另一场全球金融危机。破坏你房子的一场严重风暴。你失去了工作。你从一个健康恐慌中恢复，又面临另一个健康恐慌。

Something will always come along to make us realise we are not in control.

总会有一些东西让我们意识到我们无法控制。

Our biggest moment of hitting rock bottom was in 2011. Alisa and I had lost our first pregnancy. It was utter grief. We didn't know why. We spend says in tears unsure why God had let this happen. I was at Moore College studying to be a pastor, and there was a part that cried out "God I'm studying to serve you, where is your blessing!"

我们在 2011 年沉到人生的谷底。我和 Alisa 的第一次怀孕流产。真是悲痛欲绝。我们不知道为什么。我们有很多天在泪中不清楚为什么上帝让这种事发生。我当时正在摩亚神学院学习预备成为一名牧师，我内心有部份在呼喊，“上帝，我正在学习去为你事奉，你的祝福在哪里！”

That rock bottom sent us to God in prayer. Confused and angry. Many questions. When we get pregnant a second time, with Isaac, we were totally worried. All we had to depend on was God, and his control, and his grace to us. We were unsure of what was going to happen. That rock bottom moment sent us to God in prayer and dependence. That even though his love is unearned, undeserved, he still chooses to show grace and love to ones such as us.

那个谷底把我们送到上帝面前去祷告。困惑和愤怒。许多问题。当我们第二次怀孕时，怀上 Isaac 时，我们完全担心。我们所能依赖的只有上帝，和他的控制，以及他对我们的恩典。我们不确定会发生什么。那个谷底的时刻在祈祷和依赖中将我们送到上帝面前，尽管他的爱是不可赚取的，是我们不配得的，他仍然选择向我们这样的人展示恩典和爱。

Don't miss out on making the most of your Rock Bottom. God may be using it to give you an opportunity not to depend on yourself. But instead to draw you closer to him.

不要错过充分利用你的谷底。上帝可能会用它来给你一个机会去不依赖自己，让你更接近他。

You may be in one of those moments right now. Where it feels like you're stuck at the bottom. When all seems lost, life is crippling, like it was for Jonah – come to our heavenly father in prayer, as one who loves and shows his grace to us.

你可能正处于同样的时刻。感觉你被困在谷底。当一切似乎都失去了，生命就像约拿的一样瘫痪了，在祷告中来到那爱我们并向我们显示他恩典的我们的天父。

We must hand over these moments to God. To actively say – God, I am fearful. I don't know what is going to happen. I don't know what is going to come from this. But I know you are in control. And regardless of what happens you have shown your love for me at the cross.

我们必须将这些时刻交给上帝。要积极地说 - 上帝，我很害怕。我不知道会发生什么。我不知道结果会是怎样。但我知道你在掌控之中。无论发生什么事，你已经在十字架上表现出对我的爱。

If we don't, we'll risk these crisis moments rocking the boat and sending us to rock bottom.

如果我们不这样做，我们将冒这些危机时刻摇晃船只并将我们投向谷底的风险。

For Jonah to be brought up and out of this situation he needed help. Being cast down to rock bottom doesn't necessarily bring Jonah closer to God. But it gives him an opportunity now that everything has been silenced. He is left alone with God in the belly of that fish. He's all alone, he can no longer run. And in his prayer, he comes to understand and draw closer to God.

为了让约拿成长并摆脱这种局面，他需要帮助。被抛到谷底并不一定会使约拿更接近上帝。但在一切都被沉静下来时给了他一个机会。他在那条鱼的腹中与上帝独处。只有他一个人，他再也无法逃跑了。在他的祷告中，他开始理解并更接近上帝。

3. God's Grace at the Bottom 上帝在谷底的恩典

The climax of Jonah's prayer, the thing that get's him spat out of the fish. Out of the land of the dead, and back to the land of the living is God's grace.

约拿的祈祷的高潮，让他从鱼腹中被吐出来，从死人之地走出来，回到活人的地上是上帝的恩典。

It takes the whole prayer to get there but he does.

虽然他需要整个祷告的时间才理解到，但他达到了。

Verse 7. 第 7 节。

"When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. Those who cling to worthless idols turn away from God's love for them...."

我心灵发昏时，就想起耶和华。我的祷告进入你的圣殿，达到你面前。那信奉虚无神明的人，丢弃自己的慈爱；

Verse 9 第 9 节

Salvation comes from the Lord.

救恩出于耶和华。

Jonah, in his rock bottom moment, remembers God. He remembers who he is. He is a God who loves. He is the God who brings salvation. No one else.

约拿，在他谷底的时刻，记得上帝。他记得他是谁。他是一个爱的上帝。他是带来救恩的上帝。没有别人了。

And this love is not just the love between a husband and wife, 2 friends, or family members. This is a totally different kind of love. The Hebrew word is Hesed. Other translations use the words steadfast love. It is God's gracious covenant love, where he says "I will love you despite you". It is God's gracious love. Where he stays faithful to us, even when we are not faithful to him. I will show grace to you, unmerited favour, even though you do not deserve it. It's a loyal love, one that can not be shaken.

这种爱不只是丈夫和妻子，2 个朋友或家庭成员之间的爱。这是一种完全不同的爱。希伯来语是 Hesed。其他翻译说为坚定的爱。这是上帝亲切的圣约之爱，是他说：“我会爱你，不论你是怎样”。这是上帝满有恩典的爱。他忠于我们的地方，即使我们不忠于他。即使你不配得，我也会向你展示恩惠，不跟据功德的恩惠。这是一种忠诚的爱，是一种无法动摇的爱。

It's the climax of Jonah's prayer, he describes God as one who shows love that is God's grace. That really is the climax – Jonah is in the belly of this fish, and he dwells on the God who shows grace to people like him.

这是约拿祷告的高潮，他将上帝描述为表现出上帝恩典之爱的那位。这真的是高潮 - 约拿在这条鱼的肚子里，他思量向他这样的人展示恩典的上帝。

Here at church we often talk about God's grace. We sing songs about it like Amazing Grace. 在教堂，我们经常谈论上帝的恩典。我们唱像奇异恩典的歌。

It is so important for us to know what it means, we need to feel it in our heart. Because it is only God's grace which brings Jonah back from the rock bottom moment. It is only God's grace which will pull us out of our rock bottom moments.

对我们来说，知道它意味着什么是非常重要的，我们需要在心里感受它。因为只有上帝的恩典才能让约拿从低谷的时刻回来。只有上帝的恩典会让我们脱离最低谷的时刻。

It is crucially important that we know at least 3 things about God's grace.

至关重要，我们至少要知道关于上帝恩典的三件事。

First that it is undeserved. Second it is unearned. And third it is costly.

首先，它是不配得的。其次是不能赚取的。第三是成本高昂。

Undeserved 不配得

We do not deserve anything good from God. This is hard to hear because we so often have an entitlement mentality. I deserve good things to happen to me. I deserve the raise, the good marks the happy family. Not because I have done anything to deserve – but this is just what I expect.

我们不配从神得到什么好处。这很逆耳的，因为我们经常有有权获得的心态。我应该得到好事发生在我身上。我配得加薪，应得到好成绩，得到幸福的家庭。不是因为我做了任何事使我配得，而只是我意料。

This makes God's offer of grace and love unnecessary – even an insult. I don't need your God's forgiveness. I don't have any problems I can't fix. And if your God has problems with me, come and deal with me himself!

这使得上帝赐予的恩典和爱成为不必要，甚至是侮辱。我不需要你上帝的宽恕。我没有任何问题是无法解决的。如果你的上帝认为我有问题，他可亲自来与我处理！

Jonah's prayer recognised that he deserved God's punishment.

约拿的祷告认识到他应该受到上帝的惩罚。

In verse 3 he describes who's responsible for his situation. To God he says...

在第3节中，他描述了是谁要对他的处境负责。他对上帝说.....

*You hurled me into the depths, into the very heart of the seas,
你将我投下深渊，直到海心；*

Jonah understood that he was guilty. And it was right for him to be punished by God. He didn't deserve God's grace.

约拿明白他是有罪的。他被上帝惩罚是对的。他不配得到上帝的恩典。

Like Jonah, to understand God's grace we must understand that we don't deserve it. It is totally unmerited.

像约拿一样，要明白上帝的恩典，我们必须明白我们不配得到它。这完全是不合适的。

Unearned 不能赚取的

Second must know that we cannot earn God's grace. Again, this is hard for us to hear. How many of us like admitting that we need can't do things on our own? To be told "you can't earn God's grace" almost sounds like a challenge. With hard work, persistence, with a lot of obedience I can get God to turn around. I can earn his favour!

第二个必须知道我们无法赚取上帝的恩典。同样，这对我们来说很不顺耳的。我们中有多少人喜欢承认我们需要自己不能做的事情？被告知“你无法赚得上帝的恩典”几乎听起来像是一种挑战。通过努力工作，坚持不懈，以及很多顺从，我可以上帝转过身来。我可以赢得他的青睐！

I'll read my bible and pray everyday and then he'll have to do what I ask.

我会每天阅读我的圣经并祈祷，然后他必须按照我的要求去做。

Jonah thought he could be self sufficient apart from God and he ended up at the bottom of the ocean in the belly of a fish. Totally helpless. Even if he got out of the fish he'd drown or get eaten by something far worse. He had not earned any of God's grace – rather Jonah had only earned punishment.

约拿认为他可以在远离上帝的情况下自给自足，并最终在鱼肚中到了海的深渊。完全没有帮助。即使他离开鱼，他也会被淹死或被更糟糕的东西吃掉。他没有赚得任何上帝的恩典 - 相反，约拿赚得的只是惩罚。

God's grace is there once we realise that we don't deserve it. But also know how much we depend on it as an unearned gift.

一旦我们意识到我们不配得到它，但也知道我们依靠它作为一种不劳而获的礼物，上帝的恩典就在那里。

It's Costly 是昂贵的

For God to show Grace to us, it cost him something. Twice Jonah mentions God's holy Temple. It's in verse 4 and verse 7.

上帝向我们展示恩典，是他要付出代价的。约拿两次提到上帝的圣殿。这是在第 4 节和第 7 节。

It's not to heaven he looks. It's not specifically to God. Something about God's temple is what draws his eye.

他不是看着天堂。也不是专门对着上帝。一些关于神的圣殿的事情吸引着他的注意力。

It is in God's temple that God has promised to dwell. It's here at the mercy seat that God speaks and brings forgiveness. The mercy seat was a slab of gold on top of the Ark of the covenant. It's on this seat that blood was sprinkled to show that Israel's sins were paid for by the blood of sacrifice.

上帝保证住在上帝的圣殿中。是在圣殿中的施恩座上，上帝说话并带来宽恕。施恩座是在约柜上方的一块金块。是在施恩座上撒了鲜血，表明以色列的罪债是用献祭的血偿还付清的。

So Jonah in the depths of the sea, turns his eye to the place where his sin is paid for. The place where he is no longer condemned. The place that God's loving grace is seen. But it's only through the death of another.

所以约拿在大海的深处，将目光转向他罪债偿清的地方。那他不再受到谴责的地方。看到上帝恩爱的地方。但这只能通过另一个人的死亡。

Just like Jonah sacrificed himself so the sailors could live. So it was an animal sacrificed to pay for Jonah's sins.

就像约拿牺牲自己使水手们能活下去一样。所以，为了支付约拿的罪，牺牲了一只动物。

God's grace is Undeserved. Unearnable. Costly.

上帝的恩典是不配得的。不能赚取的。和昂贵的。

Jonah realized this at his rock bottom.

约拿在他的谷底意识到了这一点。

Our rock bottom could be a low one, like Jonah's. Or it could be a high one – a crisis where we reconsider everything.

我们的谷底可能是像约拿一样是非常低的。或者它可能是一个很高的，一个使我们重新考虑一切的紧要关头。

For Jonah he reminded himself of God's awesome undeserved unearnable expensive grace by looking to the temple.

对于约拿来说，他通过仰望圣殿来提醒自己，上帝那不可思议，不配得，不能赚取的昂贵恩典。

We see it in a new symbol, the cross. Where the one who deserved life had it taken so life could be given to us who don't deserve it. He who had earned God's love by perfect obedience gives it to us who can't earn it. And he pays that costly price of death so that life can be free for us.

我们在一个新的象征，十字架中，看到它。那个配得的人的生命被强夺了，给予我们不应得的人生命。通过完美的顺从而获得上帝之爱的人，把那爱带给那些无法获得它的人。而且他支付了那么昂贵的死亡代价，这样我们就可以免费获得生命。

Casting our eyes to the cross is the antidote for despair when we are at rock bottom.

当我们处于最底谷时，将目光投向十字架是绝望的解毒剂。

God's grace becomes endlessly wondrous, endlessly consoling, beautiful, humbling, and uplifting when we believe, and grasp and hold on to these three truths.

当我们相信并抓住并坚持这三个真理时，上帝的恩典变得无穷无尽，无尽的安慰，美丽，谦卑和振奋。

That God's grace to us is undeserved, unearned, and costly.

上帝对我们的恩典是不配得的，不劳而获的，代价高昂的。

We do run the risk of becoming familiar with the phrase Grace that it loses all meaning to us, and we pay lip service to God's Grace.

我们冒着熟悉恩典这个词的风险，以致它对我们失去了所有的意义，我们只是口头上为上帝的恩典付出代价。

We can sing of amazing grace but not let it penetrate our very souls.

我们可以唱奇异恩典的歌，但不让它穿透我们的灵魂。

A funeral I was involved in a couple of years ago wanted the song Amazing Grace in it. No problems there, seems fairly normal. But one of the family members didn't want it for his mother to be referred to as a wretch.

我几年前参与的一场葬礼想要包括“奇异恩典”这首歌。没有问题，似乎很正常。但其中一位家庭成员并不希望他的母亲被称为罪人。

Amazing Grace, how sweet the sound, that saved a Wretch like me.

奇异恩典，何等甘甜，拯救我这罪人。

She was a lovely Christian woman, who knew that she was a wretch who was in need of God's grace.

她是一个可爱的基督徒女人，她知道她是一个需要上帝的恩典可怜的人。

Conclusion 结论

Jonah has hit rock bottom in the belly of the fish and realized that God's grace is all he had. It was undeserved, unearned, and costly Grace. And when he grasps this, God instructs the fish to spit him out. Back from the dead. Only by God's grace.

约拿已经在鱼的腹部达到了谷底，并意识到上帝的恩典就是他所拥有的。这是不值得的，不劳而获的，昂贵的恩典。当他掌握这一点时，上帝指示鱼将他吐出来。死而复生。只有靠上帝的恩典。

To the man who is sitting here worried that he has sinned too much – God says in his grace – you could never have earned my grace, take it for free.

对于坐在这里担心他犯了太多罪的人，上帝在他的恩典中说，你永远无法赚得我的恩典，免费接受它。

To the women sitting here worried about her hidden sin being revealed – God says in his grace – You do not deserve my love, but I will take away your hidden shame on the cross for you to come to me.

对于坐在这里担心她隐藏的罪被揭露的人，上帝在他的恩典中说，你不配得到我的爱，但我会把你隐藏的羞耻在十字架上带走，让你来找我。

To the person worried that God doesn't love them – God says in his grace – I love you even though it cost me the life of my Son.

对于担心上帝不爱他们的人，上帝在他的恩典中说，我爱你，即使我要付上我儿子的生命。

Communion 圣餐

As we come before you Lord. Bring us down to rock bottom, the end of ourselves, the end of thinking we don't need you. Lord we need you. Lift us up in your Grace towards us.

当我们来到你面前时。把我们带到最谷底，自我的尽头，结束我们认为不需要你的思想。主啊，我们需要你。在你的恩典中把我们升起来带向你。

Confession 忏悔

At the cross where Jesus bled and died, God's undeserved, unearned, and costly grace is given to us. Eat and drink in remembrance of our dependence on him.

在十字架上，耶稣流血和死亡，上帝赐予我们不配得的，不劳而获的，昂贵的救恩。吃这饼和喝这杯，以纪念我们对他的依赖。