

《天路导向》双语讲义

自由无惧 - 1

FREEDOM FROM FEAR - 1

SECTION A

甲部

1. Hello, listening friends.
亲爱的朋友，你好，
2. We're going to begin a new series of messages entitled, "Freedom from Fear,"
今天，我们要开始一个新的系列信息，叫做“自由无惧，”
3. and I want to begin by telling you about a book;
首先，我想和你谈一本书；
4. and this book was recently published in China.
这本书在中国发行。
5. It is written by a Chinese who was a former student in the United States.
作者是一名曾留学美国的中国人。
6. He was the son of the foreign minister of China,
他是一名中国外交官的儿子，
7. studying in America.
在美国深造。
8. Some people have said that this book is very, very significant;
有人说，这本书非常非常有价值。
9. and this book chronicles Mr. Ning's life in America,
它记录了宁先生在美国的生活，
10. as well as the life of other Chinese students.
也介绍了其他中国留学生的生活。
11. The one point that he makes in this book is this:
在这本书里他提出一个观点：
12. the biggest adjustment that most Chinese students have to make when they come to America is how to handle freedom.
大多数中国留学生来到美国后，最需要适应的，就是怎样面对自由。
13. One of the most difficult emotions of those who lived most of their lives in fear and oppression
对于那些生活在恐惧和压迫下的人来说，最困难的就是，
14. is how to overcome fear and enjoy their newfound freedom.
怎样克服恐惧，并享受新得到的自由。
15. You've heard people often talk about freedom in the West;
你一定常听人们谈论西方人的自由；
16. but I want to tell you that most Westerners take their freedom for granted,
但我要告诉你，大部分西方人认为自由是天经地义的，
17. but those who escaped fear and oppression take a long time to adjust to freedom from fear.
但那些从恐惧和压迫中挣脱出来的人，需要很长的时间来调整自己，脱离恐惧。
18. In the same way, it happens in the Christian life.
同样，基督徒的生活也是如此。
19. It works the same way for those who have submitted their life to the Lord Jesus Christ.
对那些已经将自己的生命交托主耶稣基督的人，也是同样的。
20. In the West, they talk about freedom of religion,
在西方，人们讨论着宗教自由，
21. freedom of speech;
言论自由；
22. but, despite of all these freedoms, there is a type of freedom that democracy does not and cannot grant.
但是，除此之外，还有一种自由，是民主政治所没有，也无法给予的。
23. There is a type of freedom that all of the money in the world cannot buy.
这种自由，就是用全世界所有的钱都买不到。
24. There is a type of freedom that all the power and prestige and fame can never secure.
这种自由，是靠所有的权能，威信和声望都无法保持的。

25. There is a type of freedom that so many people in the West do not know how to appropriate.
这种自由，连许多西方人都不知道该怎样获得。
26. They do not know how to exercise or to enjoy or experience this type of freedom.
他们不知道怎样行使，享受，或者经历这种自由。
27. Do you know what kind of freedom I'm talking about?
你知道我所讲自由是什么吗？
28. It is a freedom from fear.
就是脱离恐惧的自由。
29. People in the West may be free,
或许我们可以说，西方人虽有自由，
30. but fear imprisons countless numbers of people.
但事实上，恐惧却捆绑了无数人。
31. People in the West may be free,
西方人或许是自由的，
32. but millions are bound and enslaved to "Master Fear."
但数百万的人却被“恐惧霸王”束缚奴役着。
33. Many in the Western world may be free,
许多西方人或许是自由的，
34. but so many of them voluntarily submit to the slavery of fear.
但他们当中许多人却自愿屈从于恐惧，成为它的奴隶。
35. Countless people are breathing the dust of anxiety
无数人的呼吸，充满着焦虑，
36. and worry
和担忧的灰尘。
37. on a daily basis.
天天如此。
38. That is why I will take time in the next few messages to deal with freedom from fear.
所以我要用几次的节目时间，来谈谈“脱离恐惧”这个专题。
39. Regardless where you live in the world, you can be free from fear.
不论我们住在世界的哪一个角落，你都可以远离恐惧。
40. A person who claims the Lord Jesus Christ to be the Savior of her soul, and the Lord of his life, ought to live a fear-free life.
一个人若承认耶稣基督是他灵魂的拯救者和生命之主，他就可以过一个无所畏惧的生活。
41. I want to explain this.
我来解释一下这一点。
42. Fear, worry, anxiety are closely connected to each other.
恐惧，担心，忧虑彼此之间紧密联系。
43. In their proper context, they are all a gift from God to us.
从正确的意义上来说，这些都是神赐给我们的礼物。
44. Someone would say, "Wait a minute. Wait a minute. Fear is a gift from God?"
一些人会说，“等等，等等，恐惧也是神赐给我们的礼物吗？”
45. I say, "Yes,"
我说，“是的，”
46. in the same way that sexuality is a gift in its proper context, which is marriage.
同样的，从正确的意义上来说，性欲在婚姻里，也是神赐给我们的礼物。
47. The fact that the gift can be abused or perverted does not make it less of a gift.
虽然恩赐会被扭曲滥用，这是事实，却不影响它被称为“礼物”。
48. God's gift of fear is given to us supremely so that we may fear Him and Him alone.
神赐给我们的恐惧，是一种高超的情怀，让我们单单敬畏神。
49. The Bible says, in Proverbs 9:10,
在圣经里，箴言9章10节那里说，
50. "The fear of God is the beginning of wisdom."
“敬畏耶和华，是智慧的开端。”
51. Biblical fear is not being terrified;
圣经所说的恐惧，不是被惊吓；
52. but it is being careful to give God the honor that is due to His name,
而是慎重地，将神的名当得的荣耀归给祂，
53. to make every effort to revere God,
尽我们所能地崇敬神，
54. to respect God,
尊重神，

55. to worship God and obey Him.
敬拜并顺服祂。
56. The Bible says, in Ephesians 6:1,
圣经以弗所书 6 章 1 节说,
57. that children are to fear their parents.
孩子要敬畏自己的父母。
58. It doesn't mean that they live in terror of their
parents,
并非要他们恐惧战惊地和父母生活在一起,
59. but it means that they are to respect and honor
and obey their parents.
而是说, 他们应该敬重, 尊荣并服从父母。
60. This is fear in its proper context as a gift from
God.
这就是从正确的意义上来说, 恐惧是神赐给
我们的礼物。
61. Fear is a natural gift from God to us to prevent
us from doing stupid things.
恐惧是神赐的本能, 使我们不至于做出愚蠢
的事来。
62. Let me explain.
请听我解释。
63. Fear says,
恐惧说,
64. "Don't step in front of the traffic."
"别走到来往的车子前。"
65. Fear says,
恐惧说,
66. "Don't try to climb a sheer rock face."
"别爬上尖锐的石头面"
67. because there is a link between fear and
excitement."
因为畏惧和兴奋是相连的。"
68. Excitement makes some people do some dumb
and silly things, like bungee jumping,
兴奋会让人作出一些愚蠢无聊的事, 就像蹦
极跳,
69. or watching a horror movie.
或去看一部恐怖电影。
70. Healthy fear says,
正面而健康的恐惧说,
71. "Do not do it."
"别这样做。"
72. Unhealthy fear
不健康的畏惧说,
73. says, "Die hard."
"壮烈牺牲吧。"
74. The truth is this:
事实上:
75. worry and anxiety are closely related to fear.
担心和忧郁都跟恐惧有关。
76. You cannot experience worry and anxiety
without first experiencing unhealthy fear.
要不是先有不健康的恐惧, 你是不会担忧和
焦虑的。
77. In fact, worry and anxiety can be understood as
fear spread thinly.
实际上, 担忧和焦虑, 是恐惧的延伸。
78. Let me explain it this way.
让我这么解释。
79. Worry is a small trickle of fear
担忧是由恐惧一点一点积累成的。
80. that meanders through the mind,
它在你的脑子中蔓延,
81. until it cuts a channel into which all other
thoughts are drained;
直到它形成一个通道, 把其他思想都驱逐出
去;
82. or, think of it this way:
或者我们来这样想;
83. worry and anxiety in life are like the river that
begins with droplets of fear.
人生的担忧和焦虑就像由恐惧的水滴汇聚成
为河流。
84. Control fear in your life, and you will overcome
worry.
要是你能控制生活中的恐惧, 你就能克服忧
虑。
85. Defeat fear in your life, and you will be able to
live an anxiety-free life.
战胜你生命中的恐惧, 你就可以过一个没有
忧虑的生活。
86. I want to tell you something else.
再说:
87. Fear usually has a focus,
恐惧通常有一个中心,
88. even if the fearful person cannot say what it is.
即使恐惧的人, 自己都说不清害怕些什么。
89. You say, "How come?"
你可能会问, "怎么会?"

90. Scientists have concluded
科学已经证明。
91. that it is not what you eat that gives you ulcers,
并非你所吃的食物让你得胃溃疡，
92. but it is what is eating you that gives you
ulcers.
而是侵蚀你的事情，使你有胃溃疡。
93. Whatever form of fear that is eating you,
不管什么形式的恐惧正在吞噬你，
94. the Bible says that it is not from God.
圣经说，都不是来自于神。
95. In fact, the Bible names it the "spirit of fear."
实际上，圣经称之为“胆怯的心。”
96. It is a demon spirit from Satan's pit of Hell.
这是魔鬼的灵，来自撒但的地狱。
97. In 2 Timothy 1:7, Paul names it.
在提摩太后书 1 章 7 节那里，保罗这样称呼
它。
98. The Bible says that you and I can live a fear-
free life.
圣经说，你我都可以过一个没有恐惧的生
活。
99. Whether your fear is fear of failure,
无论你的恐惧来自于害怕失败，

SECTION B

乙部

1. or, fear of success,
或者是，害怕成功，
2. or, fear of rejection,
或者害怕被拒绝，
3. or, fear of people,
或是害怕其他人，
4. or, fear of old age,
或者害怕年老，
5. or, fear of loss of health,
或者害怕失去健康，
6. or, fear of loss of wealth,
或者害怕失去财富，
7. or, fear of losing a loved one,
或者害怕失去一个深爱的人，
8. or, fear of the future,
或者害怕未来，
9. or, even fear of death itself,

- 什至害怕死亡，
10. whatever form of fear that is haunting you,
不论是哪一种纠缠你的恐惧，
11. is orchestrated and manipulated by one of
Satan's lieutenants known as the "spirit of
fear;"
都是撒但的手下，也就是“胆怯的心”在作
祟和操控。
12. and that is why the Apostle Paul said to
Timothy, who was a fearful and timid young
man,
所以使徒保罗对充满惧怕和胆怯的提摩太
说，
13. "The spirit of fear is not from God."
“神赐给我们，不是胆怯的心。”
14. How many of you know that fear causes people
to lie and shade the truth?
有多少人知道，胆怯会促使人们去撒谎，遮
掩事实？
15. And that is why Paul tells Timothy, "Give fear
up..."
这就是为什么保罗对提摩太说，“不要胆
怯……”
16. because Timothy was opening himself up to the
enemy.
因为提摩太为敌人留了地步。
17. The spirit of fear is not from God.
胆怯的心不是从神来的。
18. It is from the pit of Hell.
而是来自地狱深渊。
19. Fear, in any one of its forms, is more common
than you realize.
任何一种形式的恐惧，都比你所知道的更普
遍。
20. Scientific research has shown that ninety
percent (90%) of chronic illnesses in the United
States have their origin in fear.
科学研究已经显示，美国人 90% 的慢性疾病
都来自于恐惧。
21. A professor at Northwestern University proved
conclusively that worry restricts the flow of the
saliva, which leads to tooth decay.
一位西北大学的教授研究得出结论，忧虑拦
阻人唾液的分泌，因此导致蛀牙。
22. As a matter of fact, that same study surveyed
5,000 students at 21 different colleges,
实际上，同样的研究也在 21 所不同的大
学，5000 个学生身上做过，

23. and confirmed that worriers constantly get lower grades.
证实了忧虑会让他们的学习成绩下降。
24. Fear undermines your stamina.
恐惧会削弱你的斗志，
25. Fear weakens your immune system.
恐惧会减低你的免疫力。
26. Fear hampers the process of healing.
恐惧会妨碍疗养的进度，
27. When God created us, He gave us healthy fears;
神创造我们的时候，给了我们一种正面的畏惧；
28. but, when sin entered the heart of Adam and Eve,
但是，当罪恶进入亚当和夏娃的心里，
29. the emotion of healthy fears was dislodged from its proper place.
这种健康正面的畏惧就失落了，
30. When sin entered our world,
当罪恶进入我们的世界，
31. we displaced fearing God with fearing man.
对人的惧怕取代了我们对神的敬畏。
32. I want you to listen very carefully. I want to explain this to you.
请你仔细听我的解释。
33. If you read the Bible,
如果你读圣经，
34. you know that Adam and Eve did not immediately listen to Satan the very first time he spoke to them.
你就知道，亚当和夏娃并非是在撒但第一次引诱他们时，就马上听从的。
35. Satan must have come to them again and again and again and again.
撒但一定是一而再地来和他们说。
36. Finally, they gave in.
最后，他们屈服了。
37. When Adam and Eve had fellowship with God before the Fall,
如果亚当和夏娃在犯罪前，一直跟神保持紧密的交往，
38. every time they were tempted by sin, they refused and, thus, they experienced proper fear.
他们每次被罪引诱时都会拒绝，这样，他们便能经历合宜的畏惧。
39. You say, “How come?”
你可能说，“怎么会？”
40. Let me explain it to you.
让我解释给你听。
41. When I fear God,
当我畏惧神，
42. when I honor God,
当我归荣耀给神，
43. I refuse to sin and I refuse to fear.
我就能拒绝犯罪，拒绝恐惧。
44. When I’m in an intimate fellowship with God,
当我和神有一个密切的关系时，
45. I have no room in my life for sin, and, therefore, no room for fear.
罪和恐惧在我的生命里就没有存留的余地。
46. Why?
为什么？
47. Because I know what sin did to the Lord Jesus Christ on the cross.
因为我知道，耶稣基督被钉在十字架上，是因我们的罪。
48. I’m going to tell you more about this in the next time.
我会在下次节目里，多谈谈这个的问题。
49. I hope you’re going to tune in and listen;
我希望你能按时收听；
50. but, when Adam and Eve finally gave in to sin,
但是，当亚当和夏娃向罪屈服时，
51. fear became perverted and they were more afraid of God finding out what they did than being disobedient and dishonoring to God.
恐惧就变了质，他们不怕悖逆和羞辱神，反而害怕自己的所为被神发现。
52. Do you see how fear became inverted?
你看到了畏惧怎样逆转吗？
53. How does this happen for me today?
这些对我今天而言，意味着什么？
54. It means that my irrational fears are often an indication that my relationship and my fellowship with the Lord is out of kilter.
这意味着如果我有不合理的恐惧，就表示我与神的关系和相处出现了问题。
55. Some of you are going to say, “Wait a minute. 有些人可能会说，“等等。”
56. My relationship with the Lord is fine.”
我和神的关系不错。”

57. Listen carefully, please.
请仔细听我说。
58. If God is Number One in your life,
如果神在你生命中占首要的地位，
59. you're going to find that fear will become
Number 600 on your life's priorities list
你就会发现，恐惧将成为你生命中的第 600
号轻重的地位。
60. and you'll never be able to find it.
可以说，你根本找不到它。
61. If you truly surrender to the sovereignty of God
in your life,
如果你真的降服在神的主权之下，
62. you will be incapable of surrendering to your
fears.
你就不会向恐惧低头。
63. If prayer and praise are the habits of your daily
life,
如果祷告和赞美是你日常生活的习惯，
64. fear cannot become your companion.
恐惧就无法和你为伍。
65. If you have not learned how to banish fear out
of your life,
如果你还没学会怎样将恐惧驱逐出你的生
命，
66. fear will banish your peace.
恐惧就会使你失去平安。
67. Fear can make you live in a mental and spiritual
ghetto.
恐惧就会使你的思想和精神自我封闭起来。
68. Fear can set barriers between you and your
loved ones.
恐惧使你和你所爱的人之间有隔阂。
69. Fear will create suspicion and distrust in your
life.
恐惧使你的生活产生猜疑和不信任。
70. Fear will make you see sinister motives behind
every innocent action.
恐惧使你怀疑所有无辜行为的背后，都有恶
毒的动机。
71. Fear will alienate you and isolate you,
恐惧使你孤僻，与人隔绝，
72. even from those who dearly love you;
甚至与深深爱你的人疏远；
73. but, now, some of you are probably saying,
但是，你们中有些人可能会说，
74. "Oh, this is well and good,
“噢，很好，
75. but how can I achieve freedom from fear in my
life?
但是我怎能在生命中摆脱恐惧呢？”
76. How can I continue in that freedom every day?
我怎么能每天生活在自由中呢？
77. I am glad you asked,
很高兴你这样问，
78. because I'm going to spend the next few
messages telling you how;
因为我会以后几次节目里，告诉你怎么
做；
79. and I want you to tune in next time for me to
tell you how to live a fear-free life.
我希望你下次一定要收听，让我告诉你如何
过一个无惧的生活。
80. Until then, I wish you God's richest blessing.
下次节目再见，愿神大大地赐福于你。