

CHRIST – THE WATER OF LIFE

DAILY READINGS:

Monday: Exodus 17
Tuesday: 1 Corinthians 10:1-17
Wednesday: John 7:2, 37-53
Thursday: John 4:1-26
Friday: John 4:27-44
Saturday: John 6:22-35
Sunday: Isaiah 49:1-13

John 4:14

**But whosoever drinketh of the water that I shall give him shall never thirst;
but the water that I shall give him shall be in him a well of water springing up into everlasting life.**

人若喝我所賜的水就永遠不渴。
我所賜的水要在他裡頭成為泉源，直湧到永生。」

INTRODUCTION:

Water is a staple of life. It is absolutely essential to survival. Man may last for a while without food, but he will not survive very long without water. In the wilderness and later in Canaan, water was a precious commodity to the Israelites. To this day, water is highly valued in the land of Palestine. Among the Israelites, water was not only used to drink but was also used for washing and for ceremonial purposes. A shortage of water was a serious situation among these people, just as it is a serious situation and cause for concern in our day.

LESSON NOTES:

Massah and Meribah: The Israelites had just experienced that marvelous and miraculous act of God where they saw bread descend from heaven to feed over two million people in the wilderness. They had not gone very much farther when they "chided" Moses because they had no water to drink (Ex. 17:1,2). If we were not so keenly aware of the evil in our own hearts, we would be quite at a loss to explain this behavior on the part of the Israelites. Here they were "ready to stone" Moses for bringing them out into the wilderness to kill them with thirst. How insensible they were to all of the Lord's goodness, faithfulness, and mighty acts!

Exodus 17:1,2	<p>¹And all the congregation of the children of Israel journeyed from the wilderness of Sin, after their journeys, according to the commandment of the LORD, and pitched in Rephidim: and there was no water for the people to drink. 以色列全會眾都遵耶和華的吩咐，按著站口從汛的曠野往前行，在利非訂安營。百姓沒有水喝，</p> <p>²Wherefore the people did chide with Moses, and said, Give us water that we may drink. And Moses said unto them, Why chide ye with me? wherefore do ye tempt the LORD? 所以與摩西爭鬧，說：給我們水喝罷！摩西對他們說：你們為甚麼與我爭鬧？為甚麼試探耶和華呢？</p>
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It is interesting to note the two great questions raised by unbelief in this and the previous chapter. These questions are precisely those which we face every day: "What shall we eat?" and "What shall we drink?"

Once again, God had the opportunity to display His marvelous grace. It is wrong to say that grace is entirely a manifestation of the New Covenant; grace was exhibited constantly and repeatedly to the Israelites. Only a super abounding grace could have put up with unbelief and wickedness which the children of Israel displayed in their history.

God's remedy was a simply executed one. Using the "rod of God," Moses was to "smite the rock," and it would issue forth water to quench their parched thirst. The site where all this took place was given two names befitting the conduct and attitude of the Israelites. It was named Massah (i.e., temptation) and Meribah (i.e., chiding).

The Rock, Christ Jesus: There can be no doubt that the "spiritual drink" referred to by Paul in [1 Corinthians 10:4](#) is the water that was made to gush from the rock that was smitten by Moses ([EX. 17:6](#)). The water which came from the rock was evidently a stream of considerable size which flowed continually and formed a natural supply of water for all their years of wandering ([Ps. 78:15,16; 105:41](#)). This is undoubtedly what is meant by the "rock that followed them." In any event, that rock in Horeb, with the stream of water gushing from it, was a representation or type of Jesus Christ.

Exodus 17:6	1 Corinthians 10:4
Behold, I will stand before thee there upon the rock in Horeb; and thou shalt smite the rock, and there shall come water out of it, that the people may drink. And Moses did so in the sight of the elders of Israel. 我必在何烈的磐石那裡，站在你面前。你要擊打磐石，從磐石裡必有水流出來，使百姓可以喝。摩西就在以色列的長老眼前這樣行了。	And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ. 也都喝了一樣的靈水。所喝的，是出於隨著他們的靈磐石；那磐石就是基督。
Psalms 78:15,16	Psalms 105:41
¹⁵ He clave the rocks in the wilderness, and gave them drink as out of the great depths. 他在曠野分裂磐石，多多地給他們水喝，如從深淵而出。 ¹⁶ He brought streams also out of the rock, and caused waters to run down like rivers. 他使水從磐石湧出，叫水如江河下流。	He opened the rock, and the waters gushed out; they ran in the dry places like a river. 他打開磐石，水就湧出；在乾旱之處，水流成河。

During the Jewish Feast of Tabernacles, a ceremony involving the pouring of water, took place on the eighth or last day of the feast. This day was also called the "great day of the feast" ([John 7:2, 37](#)). With great solemnity, water was taken on this day from the pool of Siloam and poured on the sacrifice on the altar. There is some question as to the origin of this ceremony. According to some authorities, the ceremony commemorated the water given in the wilderness from the rock. Be that as it may, it was on this day that Jesus cried out to the throng that filled the temple, "If any man thirst, let him come unto me, and drink." He was saying, in effect, "Instead of depending on this ceremony, let him come to Me and find an ever-abundant supply for all the wants (thirsts) of his soul."

John 7:2, 37	² Now the Jew's feast of tabernacles was at hand. 當時猶太人的住棚節近了。 ³⁷ In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink.
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節期的末日，就是最大之日，耶穌站著高聲說：人若渴了，可以到我這裡來喝。

This is similar to what Jesus personally told the woman at Jacob's well in Samaria ([John 4:5, 6](#)). Jesus had a wonderful way of using common topics of conversation as a means of introducing spiritual truths. Here was a woman who had, naturally speaking, lived a "full" life, tried many ways to find happiness, but still her soul thirsted for reality. Jesus told her that He could give her water which not only would quench her thirst so that she would "never thirst" again but which would also be in her a "well of water springing up into everlasting life" ([John 4:14](#)). This is a beautiful image. He didn't offer a pool of water which would become stagnate, or a well that could run dry, but a constantly bubbling fountain of water which would continue to spring up in all kinds of situations to refresh and cheer the soul and impart life. Moreover, its supply would continue to live on forever.

John 4:5,6	<p>⁵Then cometh he to a city of Samaria, which is called Sychar, near to the parcel of ground that Jacob gave to his son Joseph. 於是到了撒瑪利亞的一座城，名叫敘加，靠近雅各給他兒子約瑟的那塊地。</p> <p>⁶Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour. (12 p.m.) 在那裡有雅各井；耶穌因走路困乏，就坐在井旁。那時約有午正。</p>
John 4:14	<p>But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." 人若喝我所賜的水就永遠不渴。我所賜的水要在他裡頭成為泉源，直湧到永生。」</p>

THE LESSONS:

While the rock of Horeb is a type of Jesus Christ, it is also a type of the work of the Holy Ghost. The rock itself symbolized Jesus. Note that the Israelites could not drink of the rock until it was smitten by the rod of God. They would have literally died of thirst gazing at the rock; until it was smitten, it could yield no refreshment. So it is only through Jesus, "smitten of God," that the blessings of God could flow to man. The Rock of Ages had to be cleft before the streams of living water could gush forth. Similarly, the "promise of the Father," the "gift of the Holy Ghost," could not be fulfilled until Christ took His place at the right hand of the Father, having wrought perfect righteousness.

John tells us that when Jesus, on "the great day of the feast," said, "He that believeth on Me, as the Scripture hath said, out of his belly shall flow rivers of living water," He was actually speaking of the Holy Spirit (see [John 7:37-39](#)). This is the blessing which they that believe on Him should receive (see [Acts 19:2](#)). To the woman at the well, Jesus said, "If thou knewest the gift of God ... thou wouldest have asked of Him, and He would have given thee living water" (i.e., the Holy Spirit). The Holy Spirit comes to those who ask and seek for Him.

John 7:37-39	<p>³⁷In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink. 節期的末日，就是最大之日，耶穌站著高聲說：人若渴了，可以到我這裡來喝。</p> <p>³⁸He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. 信我的人就如經上所說：從他腹中要流出活水的江河來。</p>
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	<p>³⁹(But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet given; because that Jesus was not yet glorified.) 耶穌這話是指著信他之人要受聖靈說的。那時還沒有賜下聖靈來，因為耶穌尚未得著榮耀。</p>
<p>Acts 19:2</p>	<p>He said unto them, Have ye received the Holy Ghost since ye believed? And they said unto him, We have not so much as heard whether there be any Holy Ghost. 問他們說：你們信的時候受了聖靈沒有？他們回答說：沒有，也未曾聽見有聖靈賜下來。</p>

The fountains of "living waters" have a two-fold purpose. First, they satisfy the thirst of the soul so that it will never thirst again. He who has this well springing up within him will not seek for happiness in any other object because his innermost need will have been satisfied. The fountains and pleasures of worldly amusements and joys will not be sought, for the thirst will already have been satisfied with living water. At the same time, this spring of water which springs "out of (the) belly" (i.e., out of a person's midst or from his heart), will extend blessings to others. "Rivers of living water" imply an abundance, a blessing so great that copious blessings will constantly flow to those around us. A Christian's life should be like a river of "living water." This is why the Holy Ghost was given and why the question, "Have ye received the Holy Ghost?" is so imperative to the believer.

Monday: Exodus 17

¹And all the congregation of the children of Israel journeyed from the wilderness of Sin, after their journeys, according to the commandment of the LORD, and pitched in Rephidim: and there was no water for the people to drink.

以色列全會眾都遵耶和華的吩咐，按著站口從汛的曠野往前行，在利非訂安營。百姓沒有水喝，

²Wherefore the people did chide with Moses, and said, Give us water that we may drink. And Moses said unto them, Why chide ye with me? wherefore do ye tempt the LORD?

所以與摩西爭鬧，說：給我們水喝罷！摩西對他們說：你們為甚麼與我爭鬧？為甚麼試探耶和華呢？

³And the people thirsted there for water; and the people murmured against Moses, and said, Wherefore is this that thou hast brought us up out of Egypt, to kill us and our children and our cattle with thirst?

百姓在那裡甚渴，要喝水，就向摩西發怨言，說：你為甚麼將我們從埃及領出來，使我們和我們的兒女並牲畜都渴死呢？

⁴And Moses cried unto the LORD, saying, What shall I do unto this people? they be almost ready to stone me.

摩西就呼求耶和華說：我向這百姓怎樣行呢？他們幾乎要拿石頭打死我。

⁵And the LORD said unto Moses, Go on before the people, and take with thee of the elders of Israel; and thy rod, wherewith thou smotest the river, take in thine hand, and go.

耶和華對摩西說：你手裡拿著你先前擊打河水的杖，帶領以色列的幾個長老，從百姓面前走過去。

⁶Behold, I will stand before thee there upon the rock in Horeb; and thou shalt smite the rock, and there shall come water out of it, that the people may drink. And Moses did so in the sight of the elders of Israel.

我必在何烈的磐石那裡，站在你面前。你要擊打磐石，從磐石裡必有水流出來，使百姓可以喝。摩西就在以色列的長老眼前這樣行了。

⁷And he called the name of the place Massah, and Meribah, because of the chiding of the children of Israel, and because they tempted the LORD, saying, Is the LORD among us, or not?

他給那地方起名叫瑪撒（就是試探的意思），又叫米利巴（就是爭鬧的意思）；因以色列人爭鬧，又因他們試探耶和華，說：耶和華是在我們中間不是？

⁸Then came Amalek, and fought with Israel in Rephidim.

那時，亞瑪力人來在利非訂，和以色列人爭戰。

⁹And Moses said unto Joshua, Choose us out men, and go out, fight with Amalek: to morrow I will stand on the top of the hill with the rod of God in mine hand.

摩西對約書亞說：你為我們選出人來，出去和亞瑪力人爭戰。明天我手裡要拿著神的杖，站在山頂上。

¹⁰So Joshua did as Moses had said to him, and fought with Amalek: and Moses, Aaron, and Hur went up to the top of the hill.

於是約書亞照著摩西對他所說的話行，和亞瑪力人爭戰。摩西、亞倫，與戶珥都上了山頂。

¹¹And it came to pass, when Moses held up his hand, that Israel prevailed: and when he let down his hand, Amalek prevailed.

摩西何時舉手，以色列人就得勝，何時垂手，亞瑪力人就得勝。

¹²But Moses hands were heavy; and they took a stone, and put it under him, and he sat thereon; and Aaron and Hur stayed up his hands, the one on the one side, and the other on the other side; and his hands were steady until the going down of the sun.

但摩西的手發沉，他們就搬石頭來，放在他以下，他就坐在上面。亞倫與戶珥扶著他的手，一個在這邊，一個在那邊，他的手就穩住，直到日落的時候。

¹³And Joshua discomfited *(to defeat overwhelmingly)* Amalek and his people with the edge of the sword.

約書亞用刀殺了亞瑪力王和他的百姓。

¹⁴And the LORD said unto Moses, Write this for a memorial in a book, and rehearse 再三講 it in the ears of Joshua: for I will utterly put out the remembrance of Amalek from under heaven.

耶和華對摩西說：我要將亞瑪力的名號從天下全然塗抹了；你要將這話寫在書上作紀念，又念給約書亞聽。

¹⁵And Moses built an altar, and called the name of it **Jehovahnissi**:

摩西築了一座壇，起名叫 **耶和華尼西**（就是耶和華是我旌旗的意思），

¹⁶For he said, Because the LORD hath sworn that the LORD will have war with Amalek from generation to generation.

又說：耶和華已經起了誓，必世世代代和亞瑪力人爭戰。

Tuesday: 1 Corinthians 10:1-17

¹Moreover, brethren, I would not that ye should be ignorant, how that all our fathers were under the cloud, and all passed through the sea;

弟兄們，我不願意你們不曉得，我們的祖宗從前都在雲下，都從海中經過，

²And were all baptized unto Moses in the cloud and in the sea;

都在雲裡、海裡受洗歸了摩西；

³And did all eat the same spiritual meat;

並且都吃了一樣的靈食，

⁴And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ.

也都喝了一樣的靈水。所喝的，是出於隨著他們的靈磐石；那磐石就是基督。

⁵But with many of them God was not well pleased: for they were overthrown in the wilderness.

但他們中間多半是神不喜歡的人，所以在曠野倒斃。

⁶Now these things were our examples, to the intent we should not lust after evil things, as they also lusted.

這些事都是我們的鑑戒，叫我們不要貪戀惡事，像他們那樣貪戀的；

⁷Neither be ye idolaters, as were some of them; as it is written (Exodus 32:6), The people sat down to eat and drink, and rose up to play.

也不要拜偶像，像他們有人拜的。如經上所記：百姓坐下吃喝，起來玩耍。

⁸Neither let us commit fornication, as some of them committed, and fell in one day three and twenty thousand.

我們也不要行姦淫，像他們有人行的，一天就倒斃了二萬三千人；

⁹Neither let us tempt Christ, as some of them also tempted, and were destroyed of serpents.

也不要試探主（有古卷：基督），像他們有人試探的，就被蛇所滅。

¹⁰Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer.

你們也不要發怨言，像他們有發怨言的，就被滅命的所滅。

¹¹Now all these things happened unto them for examples: and they are written for our admonition, upon whom the ends of the world are come.

他們遭遇這些事，都要作為鑑戒；並且寫在經上，正是警戒我們這末世的人。

¹²Wherefore let him that thinketh he standeth take heed lest he fall.

所以，自己以為站得穩的，須要謹慎，免得跌倒。

¹³There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

你們所遇見的試探，無非是人所能受的。神是信實的，必不叫你們受試探過於所能受的；在受試探的時候，總要給你們開一條出路，叫你們能忍受得住。

¹⁴Wherefore, my dearly beloved, flee from idolatry.

我所親愛的弟兄阿，你們要逃避拜偶像的事。

¹⁵I speak as to wise men; judge ye what I say.

我好像對明白人說的，你們要審察我的話。

¹⁶The cup of blessing which we bless, is it not the communion of the blood of Christ? The bread which we break, is it not the communion of the body of Christ?

我們所祝福的杯，豈不是同領基督的血麼？我們所擘開的餅，豈不是同領基督的身體麼？

¹⁷For we being many are one bread, and one body: for we are all partakers of that one bread.

我們雖多，仍是一個餅，一個身體，因為我們都是分受這一個餅。

Wednesday: John 7:2, 37-53

²Now the Jew's feast of tabernacles was at hand.

當時猶太人的住棚節近了。

³⁷In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink.

節期的末日，就是最大之日，耶穌站著高聲說：人若渴了，可以到我這裡來喝。

³⁸He that believeth on me, as the scripture (*Isaiah 58:11*) hath said, out of his belly shall flow rivers of living water.

信我的人就如經上所說：從他腹中要流出活水的江河來。

Isaiah 58:11	John 7:38
And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. 耶和華也必時常引導你，在乾旱之地使你心滿意足，骨頭強壯。你必像澆灌的園子，又像水流不絕的泉源。	He that believeth on me, as the scripture (<i>Isaiah 58:11</i>) hath said, out of his belly shall flow rivers of living water. 信我的人就如經上所說：從他腹中要流出活水的江河來。

³⁹(But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet given; because that Jesus was not yet glorified.)

耶穌這話是指著信他之人要受聖靈說的。那時還沒有賜下聖靈來，因為耶穌尚未得著榮耀。

⁴⁰Many of the people therefore, when they heard this saying, said, Of a truth this is the Prophet.

眾人聽見這話，有的說：這真是那先知。

⁴¹Others said, This is the Christ. But some said, Shall Christ come out of Galilee?

有的說：這是基督。但也有的說：基督豈是從加利利出來的麼？

⁴²Hath not the scripture said, That Christ cometh of the seed of David, and out of the town of Bethlehem, where David was?

經上豈不是說基督是大衛的後裔，從大衛本鄉伯利恆出來的麼？

⁴³So there was a division among the people because of him.

於是眾人因著耶穌起了分爭。

⁴⁴And some of them would have taken him; but no man laid hands on him.

其中有人要捉拿他，只是無人下手。

⁴⁵Then came the officers to the chief priests and Pharisees; and they said unto them, Why have ye not brought him?

差役回到祭司長和法利賽人那裡。他們對差役說：你們為甚麼沒有帶他來呢？

⁴⁶The officers answered, Never man spake like this man.

差役回答說：從來沒有像他這樣說話的！

⁴⁷Then answered them the Pharisees, Are ye also deceived?

法利賽人說：你們也受了迷惑麼？

⁴⁸Have any of the rulers or of the Pharisees believed on him?

官長或是法利賽人豈有信他的呢？

⁴⁹But this people who knoweth not the law are cursed.

但這些不明白律法的百姓是被咒詛的！

⁵⁰Nicodemus saith unto them, (he that came to Jesus by night, being one of them,)

內中有尼哥底母，就是從前去見耶穌的，對他們說：

⁵¹Doth our law judge any man, before it hear him, and know what he doeth?

不先聽本人的口供，不知道他所做的事，難道我們的律法還定他的罪麼？

⁵²They answered and said unto him, Art thou also of Galilee? Search, and look: for out of Galilee ariseth no prophet.

他們回答說：你也是出於加利利麼？你且去查考，就可知道加利利沒有出過先知。

⁵³And every man went unto his own house.

於是各人都回家去了；

Thursday: John 4:1-26

¹When therefore the Lord knew how the Pharisees had heard that Jesus made and baptized more disciples than John,

主知道法利賽人聽見他收門徒，施洗，比約翰還多，

²(Though Jesus himself baptized not, but his disciples,)

(其實不是耶穌親自施洗，乃是他的門徒施洗，)

³He left Judaea, and departed again into Galilee.

他就離了猶太，又往加利利去。

⁴And he must needs go through Samaria.

必須經過撒瑪利亞，

⁵Then cometh he to a city of Samaria, which is called Sychar, near to the parcel of ground that Jacob gave to his son Joseph.

於是到了撒瑪利亞的一座城，名叫敘加，靠近雅各給他兒子約瑟的那塊地。

⁶Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour. (12 p.m.)

在那裡有雅各井；耶穌因走路困乏，就坐在井旁。那時約有午正。

⁷There cometh a woman of Samaria to draw water: Jesus saith unto her, "Give me to drink".

有一個撒瑪利亞的婦人來打水。耶穌對他說：「請你給我水喝。」

⁸(For his disciples were gone away unto the city to buy meat.)

(那時門徒進城買食物去了。)

⁹Then saith the woman of Samaria unto him, "How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria?" for the Jews have no dealings with the Samaritans.

撒瑪利亞的婦人對他說：「你既是猶太人，怎麼向我一個撒馬利亞婦人要水喝呢？」原來猶太人和撒瑪利亞人沒有來往。

¹⁰Jesus answered and said unto her, "If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water."

耶穌回答說：「你若知道神的恩賜，和對你說『給我水喝』的是誰，你必早求他，他也必早給了你活水。」

¹¹The woman saith unto him, "Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water?"

婦人說：「先生，沒有打水的器具，井又深，你從那裡得活水呢？」

¹²Art thou greater than our father Jacob, which gave us the well, and drank thereof himself, and his children, and his cattle?"

我們的祖宗雅各將這井留給我們，他自己和兒子並牲畜也都喝這井裡的水，難道你比他還大嗎？」

¹³Jesus answered and said unto her, "Whosoever drinketh of this water shall thirst again:
耶穌回答說：凡喝這水的還要再渴；

¹⁴But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."
人若喝我所賜的水就永遠不渴。我所賜的水要在他裡頭成為泉源，直湧到永生。」

¹⁵The woman saith unto him, "Sir, give me this water, that I thirst not, neither come hither to draw."
婦人說：「先生，請把這水賜給我，叫我不渴，也不用來這麼遠打水。」

¹⁶Jesus saith unto her, "Go, call thy husband, and come hither (*here*)."
耶穌說：「你去叫你丈夫也到這裡來。」

¹⁷The woman answered and said, "I have no husband." Jesus said unto her, "Thou hast well said, I have no husband:
婦人說：「我沒有丈夫。」耶穌說：「你說沒有丈夫是不錯的。

¹⁸For thou hast had five husbands; and he whom thou now hast is not thy husband: in that saidst thou truly."
你已經有五個丈夫，你現在有的並不是你的丈夫。你這話是真的。」

¹⁹The woman saith unto him, "Sir, I perceive that thou art a prophet.
婦人說：先生，我看出你是先知。

²⁰Our fathers worshipped in this mountain; and ye say, that in Jerusalem is the place where men ought to worship."
我們的祖宗在這山上禮拜，你們倒說，應當禮拜的地方是在耶路撒冷。」

²¹Jesus saith unto her, "Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father.
耶穌說：婦人，你當信我。時候將到，你們拜父，也不在這山上，也不在耶路撒冷。

²²Ye worship ye know not what: we know what we worship: for salvation is of the Jews.
你們所拜的，你們不知道；我們所拜的，我們知道，因為救恩是從猶太人出來的。

²³But the hour cometh, and now is, when **the true worshippers shall worship the Father in spirit and in truth:** for the Father seeketh such to worship him.
時候將到，如今就是了，那真正拜父的，要用心靈和誠實拜他，因為父要這樣的人拜他。

²⁴God is a Spirit: and they that worship him must worship him in spirit and in truth."
神是個靈（或無個字），所以拜他的必須用心靈和誠實拜他。」

²⁵The woman saith unto him, "I know that Messias cometh, which is called Christ: when he is come, he will tell us all things."
婦人說：「我知道彌賽亞（就是那稱為基督的）要來；他來了，必將一切的事都告訴我們。」

²⁶Jesus saith unto her, "I that speak unto thee am he."
耶穌說：「這和你說話的就是他！」

Friday: John 4:27-44

²⁷And upon this came his disciples, and marvelled that he talked with the woman: yet no man said, What seekest thou? or, Why talkest thou with her?

當下門徒回來，就希奇耶穌和一個婦人說話；只是沒有人說：「你是要甚麼？」或說：「你為甚麼和他說話？」

²⁸The woman then left her waterpot, and went her way into the city, and saith to the men, 那婦人就留下水罐子，往城裡去，對眾人說：

²⁹Come, see a man, which told me all things that ever I did: is not this the Christ?

「你們來看！有一個人將我素來所行的一切事都給我說出來了，莫非這就是基督嗎？」

³⁰Then they went out of the city, and came unto him.

眾人就出城，往耶穌那裡去。

³¹In the mean while his disciples prayed him, saying, Master, eat.

這其間，門徒對耶穌說：「拉比，請吃。」

³²But he said unto them, I have meat to eat that ye know not of.

耶穌說：「我有食物吃，是你們不知道的。」

³³Therefore said the disciples one to another, Hath any man brought him ought to eat?

門徒就彼此對問說：「莫非有人拿甚麼給他吃嗎？」

³⁴Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.

耶穌說：「我的食物就是遵行差我來者的旨意，做成他的工。」

³⁵Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest.

你們豈不說『到收割的時候還有四個月』嗎？我告訴你們，舉目向田觀看，莊稼已經熟了（原文是發白），可以收割了。

³⁶And he that reapeth receiveth wages, and gathereth fruit unto life eternal: that both he that soweth and he that reapeth may rejoice together.

收割的人得工價，積蓄五穀到永生，叫撒種的和收割的一同快樂。

³⁷And herein is that saying true, One soweth, and another reapeth.

俗語說：『那人撒種，這人收割』，這話可見是真的。

³⁸I sent you to reap that whereon ye bestowed no labour: other men laboured, and ye are entered into their labours.

我差你們去收你們所沒有勞苦的；別人勞苦，你們享受他們所勞苦的。」

³⁹And many of the Samaritans of that city believed on him for the saying of the woman, which testified, He told me all that ever I did.

那城裡有好些撒瑪利亞人信了耶穌，因為那婦人作見證說：「他將我素來所行的一切事都給我說出來了。」

⁴⁰So when the Samaritans were come unto him, they besought him that he would tarry with them: and he abode there two days.

於是撒瑪利亞人來見耶穌，求他在他們那裡住下，他便在那裡住了兩天。

⁴¹And many more believed because of his own word;

因耶穌的話，信的人就更多了，

⁴²And said unto the woman, Now we believe, not because of thy saying: for we have heard him ourselves, and know that this is indeed the Christ, the Saviour of the world.

便對婦人說：「現在我們信，不是因為你的話，是我們親自聽見了，知道這真是救世主。」

⁴³Now after two days he departed thence, and went into Galilee.

過了那兩天，耶穌離了那地方，往加利利去。

⁴⁴For Jesus himself testified, that a prophet hath no honour in his own country.

因為耶穌自己作過見證說：「先知在本地是沒有人尊敬的。」

Saturday: John 6:22-35

²²The day following, when the people which stood on the other side of the sea saw that there was none other boat there, save that one whereinto his disciples were entered, and that Jesus went not with his disciples into the boat, but that his disciples were gone away alone;

第二日，站在海那邊的眾人知道那裡沒有別的船，只有一隻小船，又知道耶穌沒有同他的門徒上船，乃是門徒自己去的。

²³(Howbeit there came other boats from Tiberias nigh unto the place where they did eat bread, after that the Lord had given thanks:)

然而，有幾隻小船從提比哩亞來，靠近主祝謝後分餅給人吃的地方。

²⁴When the people therefore saw that Jesus was not there, neither his disciples, they also took shipping, and came to Capernaum, seeking for Jesus.

眾人見耶穌和門徒都不在那裡，就上了船，往迦百農去找耶穌。

²⁵And when they had found him on the other side of the sea, they said unto him, Rabbi, when camest thou hither?

既在海那邊找著了，就對他說：拉比，是幾時到這裡來的？

²⁶Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.

耶穌回答說：我實實在在的告訴你們，你們找我，並不是因見了神蹟，乃是因吃餅得飽。

²⁷Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.

不要為那必壞的食物勞力，要為那存到永生的食物勞力，就是人子要賜給你們的，因為人子是父神所印證的。

²⁸Then said they unto him, What shall we do, that we might work the works of God?

眾人問他說：我們當行甚麼，才算做神的工呢？

²⁹Jesus answered and said unto them, This is the work of God, that ye believe on him whom he hath sent.

耶穌回答說：信神所差來的，這就是做神的工。

³⁰They said therefore unto him, What sign shewest thou then, that we may see, and believe thee? what dost thou work?

他們又說：你行甚麼神蹟，叫我們看見就信你；你到底做甚麼事呢？

³¹Our fathers did eat manna in the desert; as it is written, He gave them bread from heaven to eat.

我們的祖宗在曠野吃過嗎哪，如經上寫著說：他從天上賜下糧來給他們吃。

³²Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven.

耶穌說：我實實在在的告訴你們，那從天上來的糧不是摩西賜給你們的，乃是我父將天上來的真糧賜給你們。

³³For the bread of God is he which cometh down from heaven, and giveth life unto the world.

因為神的糧就是那從天上降下來、賜生命給世界的。

³⁴Then said they unto him, Lord, evermore give us this bread.

他們說：主阿，常將這糧賜給我們！

³⁵And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

耶穌說：我就是生命的糧。到我這裡來的，必定不餓；信我的，永遠不渴。

Sunday: Isaiah 49:1-13

¹Listen, O isles, unto me; and hearken, ye people, from far; The LORD hath called me from the womb; from the bowels of my mother hath he made mention of my name.

眾海島啊，當聽我言！遠方的眾民哪，留心而聽！自我出胎，耶和華就選召我；自出母腹，他就提我的名。

²And he hath made my mouth like a sharp sword; in the shadow of his hand hath he hid me, and made me a polished shaft; in his quiver hath he hid me;

他使我的口如快刀，將我藏在他手蔭之下；又使我成為磨亮的箭，將我藏在他箭袋之中；

³And said unto me, Thou art my servant, O Israel, in whom I will be glorified.

對我說：你是我的僕人以色列；我必因你得榮耀。

⁴Then I said, I have laboured in vain, I have spent my strength for nought, and in vain: yet surely my judgment is with the LORD, and my work with my God.

我卻說：我勞碌是徒然；我盡力是虛無虛空。然而，我當得的理必在耶和華那裡；我的賞賜必在我神那裡。

⁵And now, saith the LORD that formed me from the womb to be his servant, to bring Jacob again to him, Though Israel be not gathered, yet shall I be glorious in the eyes of the LORD, and my God shall be my strength.

耶和華從我出胎，造就我作他的僕人，要使雅各歸向他，使以色列到他那裡聚集。原來耶和華看我為尊貴；我的神也成為我的力量。

⁶And he said, It is a light thing that thou shouldest be my servant to raise up the tribes of Jacob, and to restore the preserved of Israel: I will also give thee for a light to the Gentiles, that thou mayest be my salvation unto the end of the earth.

現在他說：你作我的僕人，使雅各眾支派復興，使以色列中得保全的歸回尚為小事，我還要使你作外邦人的光，叫你施行我的救恩，直到地極。

⁷Thus saith the LORD, the Redeemer of Israel, and his Holy One, to him whom man despiseth, to him whom the nation abhorreth, to a servant of rulers, Kings shall see and arise, princes also shall worship, because of the LORD that is faithful, and the Holy One of Israel, and he shall choose thee.

救贖主——以色列的聖者耶和華對那被人所藐視、本國所憎惡、官長所虐待的如此說：君王要看見就站起，首領也要下拜；都因信實的耶和華，就是揀選你——以色列的聖者。

⁸Thus saith the LORD, In an acceptable time have I heard thee, and in a day of salvation have I helped thee: and I will preserve thee, and give thee for a covenant of the people, to establish the earth, to cause to inherit the desolate heritages;

耶和華如此說：在悅納的時候，我應允了你；在拯救的日子，我濟助了你。我要保護你，使你作眾民的中保（中保：原文是約）；復興遍地，使人承受荒涼之地為業。

⁹That thou mayest say to the prisoners, Go forth; to them that are in darkness, Shew yourselves. They shall feed in the ways, and their pastures shall be in all high places.

對那被捆綁的人說：出來罷！對那在黑暗的人說：顯露罷！他們在路上必得飲食，在一切淨光的高處必有食物。

¹⁰They shall not hunger nor thirst; neither shall the heat nor sun smite them: for he that hath mercy on them shall lead them, even by the springs of water shall he guide them.

不飢不渴，炎熱和烈日必不傷害他們；因為憐恤他們的必引導他們，領他們到水泉旁邊。

¹¹And I will make all my mountains a way, and my highways shall be exalted.

我必使我的眾山成為大道；我的大路也被修高。

¹²Behold, these shall come from far: and, lo, these from the north and from the west; and these from the land of Sinim.

看哪，這些從遠方來；這些從北方、從西方來；這些從秦（原文是希尼）國來。

¹³Sing, O heavens; and be joyful, O earth; and break forth into singing, O mountains: for the LORD hath comforted his people, and will have mercy upon his afflicted.

諸天哪，應當歡呼！大地啊，應當快樂！眾山哪，應當發聲歌唱！因為耶和華已經安慰他的百姓，也要憐恤他困苦之民。

/*Optional Reading */

Meribah (chiding) 米利巴 (就是爭鬧的意思)

At Rephidim 利非訂 Exodus 17:7

And he called the name of the place Massah, and Meribah, because of the chiding of the children of Israel, and because they tempted the LORD, saying, Is the LORD among us, or not?

他給那地方起名叫瑪撒 (就是試探的意思)，又叫米利巴 (就是爭鬧的意思)；因以色列人爭鬧，又因他們試探耶和華，說：耶和華是在我們中間不是？

At Kadesh in the wilderness of Zin 尋的曠野加低斯 Numbers 20:13

¹³This is the water of Meribah; because the children of Israel strove with the LORD, and he was sanctified in them.

這水名叫米利巴水，是因以色列人向耶和華爭鬧，耶和華就在他們面前顯為聖。(米利巴就是爭鬧的意思)

Exodus 17:1-7 (Rephidim 利非訂)	Numbers 20:1-13 (Kadesh 加低斯)
<p>¹And all the congregation of the children of Israel journeyed from the wilderness of Sin, after their journeys, according to the commandment of the LORD, and pitched in Rephidim: and <u>there was no water</u> for the people to drink.</p> <p>以色列全會眾都遵耶和華的吩咐，按著站口從汛的曠野往前行，在利非訂安營。百姓沒有水喝，</p> <p>²Wherefore the people did <u>chide</u> with Moses, and said, <i>“Give us water that we may drink.”</i> And Moses said unto them, <i>“Why chide ye with me? wherefore do ye tempt the LORD?”</i></p> <p>所以與摩西爭鬧，說：給我們水喝罷！摩西對他們說：你們為甚麼與我爭鬧？為甚麼試探耶和華呢？</p> <p>³And the people thirsted there for water; and the people <u>murmured</u> against Moses, and said, <i>“Wherefore is this that thou hast brought us up out of Egypt, to kill us and our children and our cattle with thirst?”</i></p> <p>百姓在那裡甚渴，要喝水，就向摩西發怨言，說：你為甚麼將我們從埃及領出來，使我們和我們的兒女並牲畜都渴死呢？</p> <p>⁴And Moses <u>cried unto the LORD</u>, saying, <i>“What shall I do unto this people? they be almost ready to <u>stone me.</u>”</i></p> <p>摩西就呼求耶和華說：我向這百姓怎樣行呢？他們幾乎要拿石頭打死我。</p>	<p>¹Then came the children of Israel, even the whole congregation, into the desert of Zin in the first month: and the people abode in Kadesh; and Miriam died there, and was buried there.</p> <p>正月間，以色列全會眾到了尋的曠野，就住在加低斯。米利暗死在那裡，就葬在那裡。</p> <p>²And <u>there was no water</u> for the congregation: and they gathered themselves together against Moses and against Aaron.</p> <p>會眾沒有水喝，就聚集攻擊摩西、亞倫。</p> <p>³And the people <u>chode</u> with Moses, and spake, saying, <i>“Would God that we had died when our brethren died before the LORD!”</i></p> <p>百姓向摩西爭鬧說：我們的弟兄曾死在耶和華面前，我們恨不得與他們同死。</p> <p>⁴<i>“And why have ye brought up the congregation of the LORD into this wilderness, that we and our cattle should die there?”</i></p> <p>你們為何把耶和華的會眾領到這曠野、使我們和牲畜都死在這裡呢？</p> <p>⁵<i>“And wherefore have ye made us to come up out of Egypt, to bring us in unto this evil place? it is no place of seed, or of figs, or of vines, or of pomegranates; neither is there any water to drink.”</i></p> <p>你們為何逼著我們出埃及、領我們到這壞地方呢？這地方不好撒種，也沒有無花果樹、葡萄樹、石榴樹，又沒有水喝。</p> <p>⁶And Moses and Aaron went from the presence of the assembly unto the door of the tabernacle of the</p>

⁵And the LORD said unto Moses, *“Go on before the people, and take with thee of the elders of Israel; and thy rod, wherewith thou smotest the river, take in thine hand, and go.*

耶和華對摩西說：你手裡拿著你先前擊打河水的杖，帶領以色列的幾個長老，從百姓面前走過去。

⁶*Behold, I will stand before thee there upon the rock in Horeb; and thou shalt smite the rock, and there shall come water out of it, that the people may drink.”* And Moses did so in the sight of the elders of Israel.

我必在何烈的磐石那裡，站在你面前。你要擊打磐石，從磐石裡必有水流出來，使百姓可以喝。摩西就在以色列的長老眼前這樣行了。

⁷And he called the name of the place Massah, and Meribah, because of the chiding of the children of Israel, and because they tempted the LORD, saying, *“Is the LORD among us, or not?”*

他給那地方起名叫瑪撒（就是試探的意思），又叫米利巴（就是爭鬧的意思）；因以色列人爭鬧，又因他們試探耶和華，說：耶和華是在我們中間不是？

Psalm 106:32-33*

³²They angered him also at the waters of strife, so that it went ill with Moses for their sakes:

他們在米利巴水又叫耶和華發怒，甚至摩西也受了虧損，

³³Because they provoked his spirit, so that he spake unadvisedly (*without careful consideration*) with his lips.

是因他們惹動他的靈，摩西（原文是他）用嘴說了急躁的話。

congregation, and they fell upon their faces: and the glory of the LORD appeared unto them.

摩西、亞倫離開會眾，到會幕門口，俯伏在地；耶和華的榮光向他們顯現。

⁷And the LORD spake unto Moses, saying, 耶和華曉諭摩西說：

⁸*“Take the rod, and gather thou the assembly together, thou, and Aaron thy brother, and speak ye unto the rock before their eyes; and it shall give forth his water, and thou shalt bring forth to them water out of the rock: so thou shalt give the congregation and their beasts drink.”*

你拿著杖去，和你的哥哥亞倫招聚會眾，在他們眼前吩咐磐石發出水來，水就從磐石流出，給會眾和他們的牲畜喝。

⁹And Moses took the rod from before the LORD, as he commanded him.

於是摩西照耶和華所吩咐的，從耶和華面前取了杖去。

¹⁰And Moses and Aaron gathered the congregation together before the rock, and he said* unto them, *“Hear now, ye rebels; must we fetch you water out of this rock?”*

摩西、亞倫就招聚會眾到磐石前。摩西說：你們這些背叛的人聽我說：我為你們使水從這磐石中流出來麼？

¹¹And Moses lifted up his hand, and with his rod he smote the rock twice: and the water came out abundantly, and the congregation drank, and their beasts also.

摩西舉手，用杖擊打磐石兩下，就有許多水流出來，會眾和他們的牲畜都喝了。

¹²And the LORD spake unto Moses and Aaron, *“Because ye believed me not, to sanctify me in the eyes of the children of Israel, therefore ye shall not bring this congregation into the land which I have given them.”*

耶和華對摩西、亞倫說：因為你們不信我，不在以色列人眼前尊我為聖，所以你們不得領這會眾進我所賜給他們的地去。

¹³This is the water of Meribah; because the children of Israel strove with the LORD, and he was sanctified in them.

這水名叫米利巴水，是因以色列人向耶和華爭鬧，耶和華就在他們面前顯為聖。（米利巴就是爭鬧的意思）

Numbers 20:24

²⁴Aaron shall be gathered unto his people: for he shall not enter into the land which I have given unto the children of Israel, because ye rebelled against my word at the water of Meribah.

亞倫要歸到他列祖（原文作本民）那裡。他必不得入我所賜給以色列人的地；因為在米利巴水，你們違背了我的命。

Numbers 27:14

For ye rebelled against my commandment in the desert of Zin, in the strife of the congregation, to sanctify me at the water before their eyes: that is the water of Meribah in Kadesh in the wilderness of Zin.

因為你們在尋的曠野，當會眾爭鬧的時候，違背了我的命，沒有在湧水之地、會眾眼前尊我為聖。（這水就是尋的曠野加低斯米利巴水。）

Deuteronomy 32:51

Because ye trespassed against me among the children of Israel at the waters of MeribahKadesh, in the wilderness of Zin; because ye sanctified me not in the midst of the children of Israel.

因為你們在尋的曠野，加低斯的米利巴水，在以色列人中沒有尊我為聖，得罪了我。

Deuteronomy 33:8 (Moses' blessing upon the tribe of Levi before his death)

And of Levi he said, Let thy Thummim and thy Urim be with thy holy one, whom thou didst prove at Massah, and with whom thou didst strive at the waters of Meribah:

論利未說：耶和華阿，你的土明和烏陵都在你的虔誠人那裡。你在瑪撒曾試驗他，在米利巴水與他爭論。