

Don' t Count the Days...

Make the Days Count

让日子值得数算

Mary Abib

玛丽亚比

Forword 前言

Fr. Dawood Lamei 达伍德拉美 神父

Presented to

By

On

Amen

FOREWORD 前言

I am happy to see these powerful devotions coming to see light & coming to enlighten many hearts for loving our Lord Jesus Christ more and more.

看到这些信心强大愿意奉献自己的人们，爱主的心越来越深，不断追寻真光，来点亮更多心灵，我深感欢欣。

Mrs. Mary Abib is a real servant who loves the church & wishes as God that all people may know the truth to enjoy God's salvation.

玛丽亚比夫人 (Mrs. Mary Abib) 是主的真仆人，她爱教会，想耶稣之所想，盼望所有人都能认识真理，享受到神的救赎。

May her words with the Power of Praying touch all the hearts of those who read them to change into Christ-like creatures.

愿她这带有祷告能力的话语，能触动到所有读者的心，使他们转变为有基督样式的人。

God rewards her with the blessings of our great father Pope Shenouda the Third.

神赐福玛丽亚比夫人，伟大教宗谢努达三世 (Pope Shenouda the Third) 祝福玛丽亚比夫人。

达伍德拉美 神父 (Abouna Dawood Lamei)

ACKNOWLEDGEMENT 致谢

I deeply thank Fr.Dawood Lamei who encouraged me to see this book to fruition. Fr.Dawood Lamei is God's gift to us & the church.

我深深地感谢达伍德拉美神父，是他的鼓励让这本书得以成形。
达伍德拉美神父是神赐给我们、赐给教会的礼物。

Being short of words, I feel that following lines appropriate to describe him:

限于我语言表达的有限，我感觉下面这些话语，比较合适用来描述达伍德拉美神父：

I, the Lord of Sea & Sky.

I have heard my people cry.

All who dwell in dark & sin

I will make their darkness bright.

My Hand will save.

我，创造天地的主，

我已经听到百姓的哭声，

所有那些住在黑暗和罪中的百姓，

我将用光驱散黑暗，

我双手必施行拯救。

Who will bear my light to them?

Whom shall I send?

谁愿把这光带给我的百姓？

我将派遣谁去呢？

Fr. Dawood answered the call:

Here I am Lord, I will go Lord, if you lead me.

I will hold your people in my heart.

达伍德拉美神父回应了呼召：

主啊，我在这儿，只要你带领我，我愿意去，

我愿意把你的百姓放在我的心上。

Dear Brothers & Sisters,

This book is a humble effort to let you share with me the inspiring thoughts it portrays.

May it be a whisper of hope that the best is yet to come.

If the reader has been able to mediate peacefully with insight, we would have achieved our aim.

亲爱的弟兄姊妹，

这本书所尽的一点绵薄之力，是让我们分享其中所描绘的那鼓舞人心的思想。

愿它成为那即将到来的最美未来的一束盼望。

如果你能够有洞察地平静地去默想，此书目的就达到了。

God Bless You 上帝祝福你

Mary Abib 玛利亚比

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1. THE GREAT PHYSICIAN 伟大医生

The next time you feel like GOD can't use you, just remember:

当你感觉神不用你，请想想：

Noah was a drunk

Abraham was too old

Isaac was a day dreamer

Jacob was a liar

挪亚醉酒露丑

亚伯拉罕老态龙钟

以撒白日做梦

雅各撒谎骗人

Leah was ugly

Joseph was abused

Moses had a stuttering problem

Gideon was afraid

利亚长像不佳

约瑟受过虐待

摩西说话结巴

基甸胆小如鼠

Samson had long hair and was a womanizer
Jeremiah and Timothy were too young
David had an affair and was a murderer
Elijah was suicidal
参孙长发花心
耶利米提摩太年轻无经验
大卫有奸淫绯闻还是杀人犯
以利亚企图自杀过

Isaiah preached naked
Jonah ran from God
Naomi was a widow
Job went bankrupt
以赛亚裸体传道
约拿逃避神
拿俄米是寡妇
约伯还破产过

Peter denied Christ
The Disciples fell asleep while praying
Martha worried about everything
The Samaritan women was divorced, more than once
彼得不认主
门徒祷告时打瞌睡
马大做事焦虑
撒玛利亚妇人多次离婚

Zaccheus was too short

Paul was too religious

Timothy had an ulcer...AND

Lazarus was dead !

AND don't forget Jesus... Helped them all !!!

撒该是个矮子

保罗曾热心律法

提摩太患溃疡

拉撒路还经历死亡！

别忘了耶稣，耶稣帮助他们所有人！！！！

Now! No more excuses!

God can use you to your full potential.

Besides you are not the message, You are just the messenger.

就现在，不要再给自己借口了！

神会使用你全部潜能。

毕竟，你不是那使者的讯息，你是那信息的使者。

In the Circle of God's love,

... God is waiting to use your full potential.

在神爱的环绕中，神时刻等待着启用你全部才能。

2. GOD WILL 神愿意

God will walk with me down the streets...

where no one else will walk

神愿意陪我走那些路，

那些没有人愿意走的路。

God will talk with me about things...

of which no one else will talk

When on one else will walk...And no one else will talk

When no one will... GOD WILL

神愿意陪我聊那些事情，

那些没人想和我聊的事。

当没有人想走，没有愿意聊时，

当没有人愿意时，神愿意。

God will bare with me the little worries...

No one knows are there

神愿意忍受我无端的焦虑，

那无人察觉的焦虑。

God will care for me...

Whenever there is no one else to care

Where no one will be there... and no one else will care...

When no one will... GOD WILL

神愿意在乎我，
任何没有人在乎我时，
没有人愿意来陪伴我，也没有人愿意在乎我，
当没有人愿意时，神愿意。

God will talk with me...

When friends forget and fail to understand
当朋友忘记我、不理解我时，
神愿意与我聊。

God will strengthen me...

When I am weak & need a helping hand
When no one understands ... or lends a helping hand
When no one will...GOD WILL
神愿意让我刚强，
当我软弱或需要帮助时，
当没有人理解、没有人帮助我时，
当没有人愿意时，神愿意。

All that the Father giveth me shall come to me; and him
that cometh to me I WILL BY NO MEANS CAST OUT. (John 6:37)

“凡父所赐给我的人，必到我这里来；到我这里来的，我总不
丢弃他”。（约 6:37）

3. THINGS GOD WON'T ASK

神不会问的事

He won't ask what kind of car you drove...

He'll ask how many people you drove who didn't have transportation.

神不会问你的车是什么牌子，

神会问你的车载过多少需要交通帮助的人。

He won't ask the square footage of your house...

He'll ask how many people you welcomed into your home.

神不会问你家的房子多大，

神会问你的家接待过多少人。

He won't ask about the clothes you had in your closet...

He'll ask how many you helped to clothe.

神不会问你衣柜里衣服怎样，

神会问你接济了多少人衣服。

He won't ask what your highest salary was...

He'll ask if you compromised your character to obtain it.

神不会问你的最高薪水是多少，

神会问你是否为了金钱而妥协过自己人品。

He won't ask what your job title was...

He'll ask if you performed your job to the best of your ability.

神不会问你的职称头衔，

神会问你工作是否尽心尽力。

He won't ask how many friends you had...

He'll ask how many people to whom you were a friend.

神不会问你有多少个朋友，

神会问你成为了多少人的朋友。

He won't ask in what neighborhood you lived...

He'll ask how you treated your neighbors.

神不会问你跟什么样的邻居比邻，

神会问你如何对待你的邻居。

He won't ask about the color of your skin...

He'll ask about the content of your character.

神不会问你的皮肤颜色，

神会问你的内在品性如何。

4. GETTING ALONG 相处

- Do not seek so much to be consoled, as to console.
与其寻求安慰，不如去安慰别人。
- Do not seek so much to be understood, as to understand.
与其寻求理解，不如去理解别人。
- Do not seek so much to be loved, as to love.
与其寻求爱，不如去爱别人。
- Make promises sparingly and keep them faithfully.
谨慎承诺，信守承诺。
- Avoid to think negative things, gossip, and listening to a gossip.
不负面思考，不说长道短，不听闲言碎语。
- Before we say anything to anyone, ask ourselves 3 things:
 - 1- Is it true?
 - 2- Is it kind?
 - 3- Is it necessary?在我们跟别人开口说话之前，问自己三个问题：
 - 1- 我要说的是真实的吗？
 - 2- 我要说的是良善的吗？
 - 3- 我要说的是必须的吗？
- Don't miss the opportunity to compliment or say something encouraging to someone.
不要吝啬称赞和鼓励别人。
- Have a forgiving view of people. Believe that most people are doing the best they can.
宽以待人，相信人人都在尽力而为。

- Keep an open mind; discuss, but don't agree.
(It is possible to disagree without being disagreeable)
敞开心门，讨论，和而不同。
(和而不同是可能的)
- Forget about counting to 10. Count to 1000 before doing
or saying anything that could make matters worse.
无论说话做事，在让事情变得更糟之前要思忖再三。
- Let your virtues speak for themselves.
让德行自己说话。
- If someone criticizes you, see if there is any TRUTH to
what he is saying; if so, make changes. If there is no
truth to the criticism ignore and live so that no one
will believe the negative remark.
如果有人批评你，思考他话中是否有对的成分，有则改之；如果没有就当作什么也没有发生，继续走自己的路，流言会不攻自破。
- Cultivate your sense of humor;
 Laughter is the shortest distance between two
people.
培植你的幽默感；
 笑声是人与人之间最短的距离。

5 . PARADOX 反常

- Today we have bigger houses and smaller families!!
我们拥有越来越大的房子，家却越来越小。
- More conveniences but less time;
设施越来越便利，时间却越来越少；
- We have more degrees but less common sense;
more knowledge , but less judgement;
学历越来越多，常识却越来越缺乏；
知识越来越多，判断却越来越欠缺；
- We have more experts but more problems;
more medicine but less wellness;
专家越来越多，问题却更多；
药品越来越多，健康却更低；
- We spend too recklessly, laugh too little, drive too fast, get too angry too quickly, wake up too late, get up too tired, read too little, watch TV too often, and pray too seldom.
我们购物轻率，笑容少见，开车太快，发怒太易，醒得太迟，起床太累，阅读太少，看电视太多，祷告太不常规。
- We have multiplied our possessions, but reduced our values.
我们的财产翻倍，我们的价值缩减。
- Talk too much, love too little and lie too often.
说得太多，爱得太少，撒谎太经常。
- We have learned how to make a living, but not a life;
我们学会了谋生，却不会生活。

- We've added years to life, not life to years.
我们延长了寿命，却未将生命内涵赋予年岁。
- We have taller buildings, but shorter tempers,
wider freeways, but narrower view points.
住的楼房越来越高，人的性情越来越急，
行的公路越来越宽，人的观点越来越窄；
- We spend more, but have less, We buy more, but enjoy it less.
挥霍多，拥有少；购物多，享用少。
- We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor.
我们一路能来去月球，但过街拜望新邻居却有困难。
- We've conquered outer space, but not inner space.
我们征服了外空，却未征服我们的内心。
- We've split the atom, but not our prejudice.
我们劈开了原子，却劈不开我们的偏见。
- We write more, but learn less; plan more, but accomplish less.
我们写得多，但学得少；规划得多，但完成得少。
- We've learned to rush, but not to wait, we have higher incomes, but lower morals.
我们学会了仓促行事，而不是耐心等待；我们收入变高，但道德变低。
- We build more computers to hold more information to produce more copies, but have less communication.
我们建立更多的计算机，管理更多信息，有了更多备份，但却更少沟通。

- We are long on quantity, but short on quality.
我们长于数量，却短于质量。
- These are the times of fast foods and slower digestion;
这是快餐时代，但消化越来越慢。
- Tall men and short character;
steep profits and shallow relationships.
个头高大，却品性矮小，
收益高涨，却关系浅薄。
- More leisure and less fun; more kinds of food, but less
nutrition; two incomes, but more divorce;
fancier houses, but broken homes.
空闲多，却少乐趣；食物多，却少营养；收入双份，却多离婚；
房子变时尚，家庭变破碎。

6. GRATITUDE 感恩

- The most powerful force in life-----Love!
生命里最强大的力量——爱！
- The greatest asset-----Faith!
最大的资产——信仰！
- The most powerful channel of Communication-----Prayer!
最有力的沟通途径——祷告！
- The most important thing in life-----The Power of God.
生命中最重要事情——神的同在！
- The greatest joy-----Giving!
最大的喜乐——给予！
- The worst to be without-----Hope!
一无所有也不要忘记的——希望！
- The most destructive habit-----Worry!
最具破坏性的习惯——焦虑！
- The World's most incredible computer-----The Brain!
世上最不可思议的计算机——人脑！
- The greatest loss-----the loss of Self Respect!
最大的损失——失去自尊！
- The greatest natural resource-----Youth!
最大的自然资源——年轻！
- The ugliest personality trait-----Selfishness!
最丑陋的品性——自私！
- The greatest problem to overcome-----Fear!
需要克服的最大问题——恐惧！

- The most dangerous pariah-----Gossip!
最危险的无赖——流言蜚语！
- The two most powerful-filled words-----I can!
最充满能力的词语——我能！
- The most worthless emotion-----Self-Pity!
最无价值的感情——自怜！
- The greatest "shot in the arm"-----Encouragement!
最有力的强心剂——鼓励！
- The most effective sleeping pill-----Peace of Mind!
最有效的安眠药——内心平安！
- The most prized possession-----Integrity!
最值得骄傲的拥有——正直！
- The most satisfying work-----Helping Others!
最令人满足的工作——帮助他人！
- And the greatest attitude-----GRATITUDE!
最棒的态度——感恩！
- Gratitude unfolds the goodness of life. It turns what we have into enough & more. It turns denial into acceptance, chaos to order, confusion to clarify. It can turn a meal into a feast, a house into a home.
感恩会彰显生活的美好。它把我们已有的变得更丰盛。它把拒绝变为接纳；把喧嚣变为秩序；它把疑惑变为澄清。它能把平常一餐变为盛宴，把房子变成家。
- Gratitude makes sense of our past, brings peace for today, & creates a vision for tomorrow.
感恩会让我们重新理解过去，把平安带到当下生活，并成就未来异像。

7. LONELINESS 孤独

I lost the privileges & fantasies of childhood...

but had the opportunity of growing & living free.

我虽失去童年的逍遥与烂漫，

但却有自由的机会，生活成长；

I lost a lot of people whom I loved & still love...

but have their affection and a model from their lives.

我虽失去所爱的并依然爱着的那些人，

但却有源自他们的爱和榜样；

I lost moments of life because I cried instead of smiling,

but I discovered that it is from planting love that love
is harvested.

我曾因为只会哭不会笑，失去过人生许多美好的时刻，

但我却领悟了，有了爱的播种才有爱的收获；

I lost many things in my life.

But in that “loss”,

oday I aspire for the value of “gain”;...

Because it is always possible to fight for that which we
love;

Because there is always time to start all over again.

我失去过很多很多，
但正因着过去那些“失”，
如今，我对“得”的真谛更加向往；
因为总有可能，为我们所爱的去奋斗；
因为总有时机，重新开始一切。

Did you suffer greatly sometime ?

... that was a time for learning.

你遭受过极大痛苦吗？

那是你学习的一次好机会；

Did you cry a lot ?

... you were cleansing the soul.

你伤心痛哭过吗？

那是你在清洗自己的灵魂；

Did you feel spiteful?

... it was a lesson on forgiveness.

你幽怨怀恨过吗？

那是教你学习原谅的功课；

At times were you alone ?

... it was because you closed the door.

有时你孤单吗？

那是因你关上了自己的门；

Were there times you believed everything was lost ?

... it was simply the beginning of your improvement.

有时你感到失去了所有吗？

那只是你成长更新的开始。

Did you feel lonely? 你感觉孤独吗？

- Look around you & you will see people waiting for your smile, just to get closer to you;

环顾四周，人们想亲近你，正等着你迎接的笑容；

- Look higher, dream higher, desire the best; life brings what we aspire;

放眼高处，放大梦想，追求完全，生活会如我们所向往的；

- Today is the great mental cleaning day.

Throw away all that binds you to the past; All that hurts you.

Discard everything into garbage;

Clean your heart, prepare it for a new life.

今日是伟大的灵魂洁净日，

抛弃一切与过去纠缠不清的、伤害你的，

统统扔进垃圾桶，

洁净你的心，迎接新的生命。

8. WORDS OF WISDOM 智慧之语

- Enjoy life, this is not a rehearsal.
享受当下的生活，生活不能彩排再上演。
- Learn to accept the reality of yourself as someone with strengths and weaknesses, who will have some good days and somebad days.
学会接纳真实的自己，人有长短，日子也有苦有甜。
- Don't fear pressure, for pressure is what turns rough stone into diamonds.
不要惧怕压力，压力能让糙石变钻石。
- Our greatest glory is not in never failing, but in rising every time we fall.
伟大荣耀不在于从不失败，却在于每一次跌倒后再爬起。
- Heal the past...live the present...dream the future.
愈合过去，活在当下，梦想着未来。
- Don't count the days...make the days count.
不要数算日子，让日子值得数算。
- Don't allow guilt to eat away your happiness...
不要让内疚吞噬你的幸福。
- Accept your mistakes...it will make you feel much better.
接纳自己的失误，这会让你感受好点。
- Happiness is not having what you want. It is wanting what you have.
幸福不是拥有你想要的，幸福是追求你想拥有什么。

- Learn to listen...opportunity sometimes knocks very softly.
学会倾听，机会敲门有时很轻。
- Good times become good memories...But times become good lessons.
好时光，成为快乐的回忆；不好的，成为有益的教训。

Think 思考：

- The attitude of keeping a heap of useless stuffties your life down.
积累无用之物的习惯，会牵绊你生命成长。
- It is not the object that stagnates your life but rather the attitude of keeping.
不是那些堆积之物阻碍你生命成长，而是固守陈规的观念让你生命停滞不变。
- When things get tough, always remember.....faith doesn't get you around trouble, it gets you through it.
当环境开始变得艰难，要记得，信心不会让你被困难包围，而是帮助你突出重围。
- When you relinquish the desire to control your future, you obtain happiness.
当你交出对你未来掌控的渴望，你将赢得幸福。

- Thank you for giving your life,
so that I might live mine for
you.

感谢主为我舍命，让我能够为主而活。

May God Bless you 愿神赐福给你

Love: As though you have never been hurt before.

去爱，就像从未受伤过。

9. WHISPERS 用心听

The man whispered... **"God speak to me"**

And a meadowlark sang.

But, the man did not hear.

一人轻声低语：“上帝，对我说话吧”，

一只小鸟在吟唱，

但，人没有听见。

So the man yelled... **"God speak to me"**

And the thunder rolled across the sky.

But, the man did not hear.

于是人大声呼叫：“上帝，对我说话吧”，

一阵响雷滚过天空，

但，人没有听见。

The man looked around and said... **"God let me see you"**

And a star shined brightly.

But, the man did not see.

人环顾四周说：“上帝，让我见到你吧”，

一颗明星闪烁夜空，

但，人没有看见。

And the man shouted... **"God show me a miracle"**

And a life was born.

But, the man did not hear.

人高声呼喊：“上帝，给我显个神迹吧”，

一个新生命诞生了，

但，人没有听见。

So, the man cried out in despair...

"Touch me God, and let me know you are here"

Whereupon, a butterfly touched the man.

But, the man brushed the butterfly away and walked on.

于是，人绝望地哭喊，

“上帝，触摸我，让我知道你在这儿”，

于是，一只蝴蝶飞来触摸人，

但，人把蝴蝶赶走了，自己继续前行。

I found this to be a great reminder that God is always around

us in the little and simple things that we take for granted.

我发现这是需要特别注意的一个提醒，上帝就在我们身边，在我们习以为常微不足道的小事里。

Don't miss out a blessing because it isn't packaged the way that you expect.

不要错过任何一个祝福，祝福的来临，不是以人的方式，是以上帝的方式。

10. PUMPKINS 南瓜

A woman asked a co-worker: WHAT IS IT LIKE TO BE A CHRISTIAN?
一位妇人问她的同工，成为基督徒会是什么样子？

The co-worker replied: it is like a pumpkin.
同工回答说：像一只南瓜。

God picks you from the patch, brings you in, and washes all
the dirt off you.
神从田里挑选你，把你带进房间里，洗净你身上的污垢。

Then he cuts off the top and scoops out all the mucky stuff.
然后，他切掉瓜蒂，挖出瓜瓤。

He removes the seeds of doubt, hate and greed.
他取出你里面所有怀疑、憎恨和妒忌的种子。

Then he carves you a new smiling face and puts his light
inside of you...
然后，他给你雕刻了一张新笑脸，并把他的光放在你里面...

**To shine for all the world to see.
来照亮世界。**

11. TAKE THE TIME 花时间

- Take the Time to LOVE-----Secret of eternal youth.
花时间去爱——永葆青春的秘诀。
- Take the Time to LAUGH-----Music of the heart.
花时间去笑——开启心扉的音乐。
- Take the Time to CRY-----Sign of a large heart.
花时间去哭——开阔心胸的表现。
- Take the Time to READ-----Source of knowledge.
花时间阅读——拓展知识的来源。
- Take the Time to HEAR-----Power of intelligence.
花时间聆听——汲取智慧的力量。
- Take the Time to THINK-----Key of success.
花时间思考——迈向成功的关键。
- Take the Time to PLAY-----Freshness of childhood.
花时间玩耍——拥抱童年的天真。
- Take the Time to DREAM-----Breath of happiness.
花时间梦想——感受幸福的呼吸。
- Take the Time to LIVE-----Time passes quickly and never returns.
花时间生活——时不我待，只争朝夕。

12. WHO AM I 我是谁

Who am I ?

That the Lord of all the earth,
Would care to know my name,
Would care to feel my hurt.

我是谁？

那万物之主，
竟愿了解我的名字，
竟愿关心我所受的伤。

Who am I ?

That the bright and morning star,
Would choose to light the way,
For my ever wandering heart.

我是谁？

那明亮晨星，
竟愿为我彷徨迷茫的心，
点亮前行的路。

Who am I ?

That the eyes that see my sin,
Would look on me with love,
And watch me rise again.

我是谁？

那洞悉我罪的眼，
竟以爱眸看我，
扶我重新立定。

Who am I ?

That the voice that calmed the sea,
Would call out through the rain,
And calm the storm in me.

我是谁？

那声音，能平息大海，
竟穿越风雨，
进入我心，平息我里面的风暴。

Not because of who I am,
But because of who You are.
Not because of what I've done,
But because of what You've done.
不是因着我是谁，
乃是因着全能主。
不是因着我的所为，
乃是因着你在作为。

I am a flower quickly fading,
Here today and gone tomorrow,
A wave tossed in the ocean,
A vapor in the wind.

我似将残的花，朝荣夕悴，
我似洋中一片浪，颠沛流离，
我似空中水汽珠，随风即逝，

Still you hear me when I'm calling,
Lord, you catch me when I'm falling,
And you've told me who I am.

I am yours.

I am yours.

我向你呼求，你依然在垂听我，
我飘落之际，你在托住我，
我的主，我是谁，你已告诉我，

我属乎主，我属乎主。

13. SOME TIPS FOR LIFE 生活小贴士

Live with the 3 E's: Energy, Enthusiasm, Empathy.

& 3 F's: Faith, Family & Friends.

带着信仰，生活在家人、朋友间，有活力，有热情，有同理心。

- Spend more time with people over 70 & under age of 6.
多花时间陪伴70岁以上长者，多花时间陪伴6岁以下孩童。
- Realize that life is a school and you are here to learn
pass all your tests. Problems are simply part of the
curriculum…… They appear and fade away like algebra
class. But the lessons you learn will last a lifetime.
要知道生活就像是一所学校，你要在这儿通过所有考试。你面临的
各种问题，只不过是生活这门课程的组成部分……问题的出现
和隐退，就像是在上代数课。但你从中学习到的经验，会让你受益
终生。
- Smile and laugh more it will keep the vampires away.
生活中越多欢笑，撒旦越逃之夭夭。
- Life isn't fair but it is still good.
生活虽有不公，但还不算差。
- Life is too short to waste time hating anymore.
生命太短暂，没时间再去憎恨。
- You don't have to win every argument… Agree to disagree.
不必非得赢得每一争辩，求同存异，包容大千。

- Don't compare your life with others, you have no idea what their journey is all about.
不要把自己与别人比较，其实你对别人的生命旅程也毫无概念。
- Forgive everyone for everything.
饶恕任何人任何事。
- Time heals everything, give time, time.
时间能治愈一切。
- However bad a situation is , it will change.
不管环境如何坏，它总会改变。
- Get rid of anything that isn't useful, beautiful or joyful.....
去除无用的，保持美丽的、喜乐的。
- Remember this is not Disney World and you certainly don't want a Fast Pass. Make the most out of it & Enjoy the ride.
记住，生活本身不是迪斯尼乐园，你当然不想走上快车道，尽力过好生活，享受生命的旅程。
- Try to make at least 3 people smile each day.
每天至少感慰三个人，让他们会心微笑。
- No matter how you feel, get up, dress up, & show up.
每天不管你感觉多糟，都要：起床，收拾，向生活报个到。
- Make peace with life & people.
与人与事平和。
- Enjoy nature.
享受自然。
- Learn new things.
吐故纳新。

14. SEASONS OF LIFE 生命的季节

There was a man who had four sons.

有位父亲育有四子。

He wanted his sons to learn not to judge things too quickly.

他希望儿子们学会不轻易论断。

So he sent them each one a quest, in turn, to go and look at a pear tree that was a great distance away.

于是，他给儿子们每人一个问题，轮流打发他们去很远的地方，观察一棵梨树。

The 1st son went in the winter,

大儿子冬天去的那儿。

The 2nd son in the spring,

二儿子春天去的那儿。

The 3rd son in the summer,

三儿子夏天去的那儿。

And the youngest son in the fall.

小儿子秋天去的那儿。

When they had all gone and returned, he called them together to describe what they had seen.

当他们去了并都回来之后，父亲叫儿子们聚在一起，分享他们的观察和见闻。

The 1st son said that the tree was ugly, bent, and twisted.
大儿子说，那棵树很难看，主干不直，旁枝扭曲。

The 2nd son said that it was covered with green buds and full of promise.

二儿子说，那棵树布满绿芽，充满生机。

The 3rd son said, that it was laden with blossoms that smelled so sweet and looked so beautiful, it was the most graceful thing he had ever seen.

三儿子说，那棵树满树梨花盛开，香气四溢，非常漂亮。这是他见到的最美景象。

The last son disagreed with all of them; he said it was ripe and drooping with fruit, full of life and fulfillment.

小儿子不同意哥哥们说法。他说这棵树结满成熟果子，充满生命果实与丰收。

The man then explained to his sons that they were all right, because they had each seen only one season in the tree's life.
父亲就向儿子们解释：你们说得都对，因为你们每人所见到的，只是这棵树的一个生命季节。

He told them that you cannot judge a tree, or a person, by only one season. That the essence of who they are, and the pleasure, joy, and love that come from that life, can only be measured at the end, when all the seasons are up.

父亲告诉他们，由树及人，不要仅由一个季节论断全部。一个人的本质如何，他是怎样的人，他的生活是否愉快、喜乐和充满爱，只有在历经生命的各个季节之后，才可以评说。

If you give up when it is winter, you will miss the promise of your spring, the beauty of your summer, And the fulfillment of your fall.

如果你在冬天就放弃了，你就会错过充满希望的春天、美丽的夏天和丰收的秋天。

Don't let the pain of one season destroy the joy of all the rest.

不要让一个季节的伤痛，摧毁你余生的所有喜乐。

Don't judge life by one difficult season.

不要因着一个季节的难处论断整个生命。

Persevere through the difficult patches...and better times are sure to come in time.

在困难中坚忍，好时光一定会及时到来。

- Aspire to Inspire... Before You Expire.
有生之年，奋力求索，被主激励也去激励他人的生活。
- Live simply. Love generously. Care Deeply. Speak Kindly. And leave the rest to God.
简单生活，慷慨去爱，深切关怀，言语良善。其余的，交托给神。
- Happiness keeps You Sweet, Trials keep You Strong,
幸福让你漂亮，试炼让你刚强。
- keep You Growing... But Only God Keeps You Going.
伤痛让你成长，但只有神引你前行。

**God Bless you and Keep you in His care through
all the seasons of your life!**

你所有的生命季节，上帝都在祝福你、看顾你！

15. GOD'S PROMISE 上帝承诺

Although things are not perfect

Because of trial or pain

Continue in thanksgiving

Do not begin to blame

因着试炼或苦难，

事事未必都如愿，

不要因而心发怨，

继续生活存感恩。

Even when the times are hard

Fierce winds are bound to blow

God is forever able

Hold on to what you know

世事有时会艰难，

狂风常常不停刮，

我主上帝有大能，

信仰坚守不摇动。

Imagine life without

His love

Joy would cease to be

Keep thanking Him for all the things

Love imparts to thee

如果没有神的爱，
喜乐生活不复在，
诸事存着感恩心，
父神把爱赐下来。

Move out of "Camp complaining"
No weapon that is know
On earth can yield the power
Praise can do alone
快快离开抱怨营，
摧毁武器未发明，
唯有赞美藏大能，
助你停止不发怨。

Quit looking at the future
Redeem the time at hand
Start everyday with worship
To "thank" is a command
不要坐视待明日，
救赎时刻已来临，
每日敬拜成生活，
感恩荣耀归主名。

Until we see Him coming
Victorious in the Sky
We'll run the race with gratitude
Xalting God most high

带着感恩之心，
高举上帝圣名，
我们奔跑不停，
直至主的来临，
胜利充满天国！

Yes, there'll be good times and yes some will be bad,
but...

Zion waits in glory...where none are ever sad!

是的，世事沧桑，风云际会。

但是，负重致远，

锡安山在荣耀里等着...

在那里，再没有人会有悲伤！

16. A GLASS OF MILK 一杯牛奶

One day, a poor boy who was selling clothing door to door, to pay his education, realized that he only had ten cents left in his pockets. He was hungry and so decided to ask for some food at the next house that he came to.

一天，一位穷男孩为付学费，挨家挨户在卖服装。口袋中仅有十分钱，他又饥又渴。他决定在敲下一户门时，要点吃的充饥。

In the meantime he lost his hunger when a beautiful young woman opened the door. Instead of a meal, he asked her for a glass of water.

门开了，开门的是一位年轻貌美女子，穷男孩立时忘了饥饿，他没去要吃的，而只是想要一杯水喝。

She saw that he was very hungry so instead brought him a huge glass of milk. He drank it very slowly and then asked "How much do I owe you?"

女子见他很饿的样子，没给他拿水，而是拿给他一大杯牛奶。男孩舍不得一下子喝完，问那女子：“我该付你多少钱呢？”

"You do not owe me anything at all", she replied: "My mother taught us never to accept anything for doing someone a kindness".

“你什么也不欠，不用付我钱”，女子答道：“妈妈告诉我们，做好事，永远不是为要回报”。

He replied: "Then I thank you from the bottom of my heart".

男孩说：“我从心底里感谢你”。

When Howard Kelly left the house, as he was feeling stronger physically, he sensed a return of his faith in the Lord which he had nearly abandoned.

当男孩霍华德·凯利离开那家门口时，他体力得到了恢复，他感觉对上帝的信靠也回来了，他回到了几乎要放弃的信仰里。

Years later, this same young woman fell gravely ill. The local doctors were mystified, so they send her to the big city where they knew that the specialists would be able to diagnose this rare sickness.

数年后，那女子得了一种病。当地医生弄不清楚是什么病，他们把她送往大城市就医，那儿也许会有专家大夫能诊断出这种罕见病。

Doctor Howard Kelly was called as a consultant. When he heard the name of the city where she lived, a memory burned brightly in his eyes.

霍华德·凯利是这一病例的会诊大夫，当他听到这位女子居住的城市的名字，那场记忆，一下子历历在目。

He got up and went to her room. As he entered her room, he immediately recognized her. He returned to the consultation room, determined to do his best to save her life.

他起身来到那女子病房。一进门，他就立刻认出了她。他回到会诊室，下决心一定要医治好她。

From that day on, he paid special attention to this case. After a long battle, the war was finally won.

从那日起，霍华德·凯利大夫就特别关注这一病例。经过很长时间的努力，那女子战胜了病魔，身体终于得到了康复。

Doctor Kelly left instructions that the bill should be sent to him for authorization. He looked it over, wrote something in the margin, and send it to her room.

霍华德·凯利大夫要求此病例的医疗账单需经他来核准。他检查了账单，然后在账单的页边空白处写了几句话，送到病房给那女子。

She thought that when she opened the envelop she would find an invoice that would take the rest of her life to pay in full. But when she finally opened it, something caught her attention in the margin of the invoice.

当那女子打开信封时，她想这次医疗费一定会花费她的余生来偿还才能还完。但是，当她最后打开账单，她看到了页面空白处的话语。

She read these words:

Paid in full with a glass of milk:

Doctor Howard Kelly

她一字一句地念道：

医药费已付，用一杯牛奶付清。

霍华德·凯利大夫。

Tears of joy filled her eyes and her heart.

泪水溢出她的眼，喜乐充满她的心。

She prayed: "Thank you Lord, for your love has crossed the hands and hearts of man".

她祷告说：“主啊，感谢你，你的爱已经通过人的手和心，在播撒了”。

There is a saying that goes like this:

有句话这样说：

Bread thrown over the water returns to you.

当将你的粮食散在水面，因为日久必能得着。（传11：1）

An act of goodness that you do today can come back to you or someone that you love, when you are not expecting it.

你今天做的好事，在你意想不到的时候，会返回给你或你所爱的人。

If you do not see this act of goodness returned, at least you will have made a difference in this world.

即使你没有见到回报，至少你所做的，也让这个世界变得不同。

And in the end, isn't that what life is all about?

最终，生命的价值不就如此吗？

17. I ASKED GOD 我求告神

I Asked God: To do away with my vices.

God said No: They are there for you to resist them.

我求告神：除去我身体的不足地方。

神回应不：它们是用来锻炼你的抵挡能力。

I Asked God: To complete my body.

God said No: Your spirit is complete, your body is only temporary.

我求告神：让我的身体变得完美。

神回应不：你的灵是完全的，躯体只是你的暂居所。

I Asked God: To give me patience.

God said No: Patience is a by product of difficulties. It is not given but learned.

我求告神：请赐给我忍耐力。

神回应不：忍耐力是经历困难的副产品。忍耐力不是赐予的，是学来的，是经历困难学来的。

I Asked God: To give me happiness.

God said No: I give blessings. Happiness depends upon you.

我求告神：请赐给我幸福。

神回应不：我祝福你，但你是否幸福取决于你自己。

I Asked God: To free me of pain.

God said No: Suffering makes you go far away from this world
and brings you nearer to me.

我求告神：请从痛苦中释放我。

神回应不：苦难让你远离世界，带你靠近我。

I Asked God: To make my spirit grow.

God said No: You have to grow by yourself.

But I will prune to make you bear fruit.

我求告神：请让我的灵快快成长。

神回应不：你需要自己成长。我会修枝打叶来让你的灵结满硕果。

I Asked God: For the things that would make me like life.

God said No: I will give you life, so you can enjoy all
things.

我求告神：赐给我那些让我更加热爱生命的東西。

神回应不：我将给你生命，因此你能享受所有事物。

I Asked God: To help me love the others, like He loves me.

God said No: ...Ohhh, you finally got the idea...

我求告神：帮助我爱别人，像神爱我一样。

神回应说不用了：哈，你终于已经这样想了……

18. ADVICE 良言

Be like the sun:

arise early and do not go to bed late.

像太阳一样，

早睡早起；

Be like the moon:

Shine in the darkness but submit to the greater light.

像月亮一样，

顺服大光，照亮黑夜；

Be like the flowers:

Loving the sun, but faithful to your roots.

像花儿，

喜慕阳光，却植根土壤；

Be like the faithful dog:

But only to your Lord.

像忠犬狗狗，

我心只有上主；

Be like the fruit:

Beautiful on the outside, and healthy on the inside.

像收获的硕果，

外秀而内实；

Be like the day:

Which arrives and leaves without boasting.

像日月光阴，

来去悄然，无浮华；

Be like the oasis:

Give your water to the thirsty.

像沙漠绿洲，

给口渴的，甘露之泉；

Be like the water:

Good and transparent.

像水，

上善，透明。

Be like the river:

Always moving forward.

像河川，

奔腾不息。

And above all things be like the heavens:

A home for God.

万物，似在天堂，

上帝的家。

诗篇 143: 10

Teach me to do your will,
For you are my God.
May your gracious Spirit
Lead me into the land of uprightness.
求你指教我遵行你的恶旨意，
因你是我的神。
你的灵本为善，
求你引我到平坦之地。

Lord, don' t let me remain where I am,
Help me reach where you want me to be.
主啊，不要让我停滞不前，
帮助我，让你的旨意成就在我身上。

19. JESUS TAKE THE WHEEL

耶稣，你来掌舵

She was driving last Friday on her way to Cincinnati
上周五她驱车前往辛辛那提

On a snow white Christmas Eve
在那飘雪的白色圣诞前夕

Going home to see her Mama and her Daddy with the baby in
the back seat
她把宝贝放后座，她要回家看望父母

Fifty miles to go and she was running low on faith and
gasoline
还有五十英里的路要赶，信心和汽油一并在沉陷

It'd been a long hard year
过去的一年冗长而艰难

She had a lot on her mind and she didn't pay attention
She was going way too fast
思虑重重中，她的车快如飞，精神已分散

Before she knew it she was spinning on a thin black sheet
of glass

不觉间，车已似在无形的黑色薄冰上打转

She saw both their lives flash before her eyes

只有血肉模糊的自己和孩子在眼前闪现

She didn't even have time to cry

她甚至来不及哭泣

She was so scared

她恐惧至极

She threw her hands up in the air

她把双手伸向空中

Jesus take the wheel

耶稣，你来掌舵

Take it from my hands

我愿放手

Cause I can't do this on my own

因为我已无能为力

I'm letting go

我愿放手

So give me one more chance

请再给我一次机会

To save me from this road I'm on

从这路上拯救我

Jesus take the wheel

耶稣，你来掌舵

It was still getting colder when she made it to the
shoulder

当她将车子靠到路边，天气越发冷寒

And the car came to a stop

车终于刹住停下

She cried when she saw that baby in the backseat sleeping
like a rock

看到在后座正熟睡的宝贝，她痛哭失声

And for the first time in a long time

很久以来第一次

She bowed her head to pray

她低头祷告

She said I'm sorry for the way
I've been living my life
为自己过去的生活方式说抱歉

I know I've got to change
我知道自己需要改变

so from now on tonight
从今夜开始

Jesus take the wheel
耶稣，你来掌舵

Take it from my hands
我愿放手

Cause I can't do this on my own
因为我已无能为力

I'm letting go
我愿放手

So give me one more chance
请再给我一次机会

To save me from this road I'm on
从这路上拯救我

Jesus take the wheel

耶稣，你来掌舵

Oh I'm letting go

噢，我愿放手

So give me one more chance

请再给我一次机会

Save me from this road I'm on

从这路上拯救我

From this road I'm on

从这条路上

Jesus take the wheel

耶稣，你来掌舵

Oh take it, take it, from me.

噢，耶稣，你来掌舵，我愿放手。

20. A LETTER FROM YOUR HEAVENLY FATHER

天父来信

The following words come from the heart of God. After all God loves you, and He is the Father you have been looking for all your life. This is His Love Letter to you!

以下话语，源自神的心。神爱你到底，他是你一生都在寻找的天父。这是他向你爱的表白。

（译者注：以下每一句文字，并非圣经原文，圣经原文请参考每句文字后所附经文索引。）

My Dear Child,
我亲爱的孩子，

You may not know me, but I know everything about you. (Ps 139:1)

你或许不认识我，但我却了解你的一切。(诗139:1)

I know when you sit down and when you rise up. (Psalm 139:2)

你或坐下或起立，我都了解。(诗139:2)

I am familiar with all your ways. (Psalm 139:3)

我熟悉你的一切所行。(诗139:3)

Even the very hairs on your head are numbered. (Matthew 10:29-30)

就连你的头发，我也数算过。(太10:29-30)

For you were made in my image. (Genesis 1:27)

因为，你是照我形象所造。(创1:27)

In me you live and move and have your being.

For you are my offspring. (Acts 17:28)

你的动静存留，全在于我，你是从我而生。(徒17:28)

I knew you even before you were conceived. (Jeremiah 1:4-5)

你在母腹中孕育之前，我就已经知道你。(耶1:4-5)

I chose you when I planned creation. (Ephesians 1:11-12)

是我在创世之先，就拣选了你。(弗1:11-12)

You were not a mistake, for all your days are written in my book. (Psalm 139:15-16)

你的存在，不是一个错误或偶然，你的所有日子，都记录在册。(诗139:15-16)

I determined the exact time of your birth and where you would live. (Acts 17:26)

我定准了你出生时间和生活地方。(徒17:26)

You are fearfully and wonderfully made. (Psalm 139:14)

你的受造，奇妙可畏。(诗139:14)

I knit you together in your mother's womb. (Psalm 139:13)

我在你母亲腹中造你。(诗139:13)

And brought you forth on the day you were born. (Psalm 71:6)

你出生那日，是我领你出母腹。(诗71:6)

I have been misrepresented by those who don't know me. (John 8:41-44)

那些不认识我的，误传了我。(约8:41-44)

I am not distant and angry, but am the complete expression of love. (I John 4:16)

我不是冷漠也不是忿怒，我乃是完全的爱。(约壹4:16)

And it is my desire to lavish my love on you. (I John 3:1)

我渴望在你身上彰显我的爱。(约壹3:1)

Simply because you are my child and I am your Father. (I John 3:7)

只因你是我的孩子，我是你的天父。(约壹3:7)

I offer you more than your earthly father ever could. (Matthew 7:11)

我给你的，远超过你世上父亲能给的。(太7:11)

For I am the perfect Father. (Matthew 5:48)

因我是完全的天父。(太5:48)

Every good gift you receive comes from my hand. (James 1:17)

你拥有的各样美善恩赐，都是从我这里领受的。(雅1:17)

For I am your provider and I meet your needs. (Matthew 6:31-33)

因我是你的供应者，我供应你一切所需。(太6:31-33)

My plan for your future has always been filled with
hope. (Jeremiah 29:11)

你的未来充满了希望。(耶29:11)

Because I love you with an everlasting love. (Jeremiah 31:3)

因为，我爱你，恒久不变。(耶31:3)

My thoughts towards you are countless as the sand on the
seashore. (Psalm 139:17-18)

我向着你的心思意念，其数比海沙还多。(诗139:17-18)

And I rejoice over you with singing. (Zephaniah 3:17)

我因你而喜乐欢歌。(番3:17)

I will never stop doing good to you. (Jeremiah 32:40)

我必永远施恩给你。(耶32:40)

For you are my treasured possession. (Exodus 19:5)
因你是我的珍宝。(出19:5)

I desire to establish you with all heart and all my
soul. (Jeremiah 32:41)
我渴望用我全部心力来造就你。(耶32:41)

And I want to show you great and marvelous things. (Jeremiah
33:3)
我想把伟大奥秘的事指示你。(耶33:3)

For if you seek me with all your heart, you will find me.
(Deuteronomy 4:29)
只要你全心寻求我，你必定会寻见我。(申4:29)

So, Delight in me and I will give you the desires of your
heart. (Psalm 37:4)
以我为喜乐，我必将你心里所求的赐给你。(诗37:4)

For it is I who gave you those desires. (Philippians 2:13)
因为是我在你心里动工，给了你那些心里的向往。(腓2:13)

I am able to do more for you than you could possible
imagine. (Ephesians 3:20)
我能为你成就一切，超过你的所求所想。(弗3:20)

For I am your greatest encourager. (2 Thessalonians 2:16-17)
我是你最大能的鼓励者。(贴前2:16-17)

I am also the Father who comforts you in all your troubles. (2 Corinthians 1:3-4)
我也是你在一切患难中的安慰者，你的天父。(林前1:3-4)

When you are brokenhearted, I am close to you. (Psalm 34:18)
你伤心的时候，我靠近你。(诗34:18)

As a shepherd carries a lamb, I have carried you close to my heart. (Isaiah 40:11)
我如牧人怀抱羊羔一般，我怀抱你在胸前，将你贴近我的心。(赛40:11)

One day I will wipe away every tear from your eyes. And I will take away all the pain you have suffered on this earth. (Revelation 21:3-4)
终有一天，我要为你擦去一切眼泪，并带走你在这世上所经受的一切苦楚。(启21:3-4)

I am your Father, and I love you even as I love my son, Jesus. (John 17:23)
我是你的天父，我爱你如同爱我的儿子耶稣。(约17:23)

For in Jesus, my love for you is revealed. (John 17:26)
因为在耶稣那里，已经显明了我对你的爱。(约17:26)

And to tell you that I am not counting your sins. Jesus died so that you and I could be reconciled. (2 Corinthians 5:18-19)
我想告诉你，我不是要追究你的罪。耶稣的死，乃是让你与我可以重新和好。(林前5:18-19)

His death was the ultimate expression of my love for you. (I John 4:10)

耶稣的死，是我向你表达的，我永恒的爱。(约壹4:10)

I gave up everything I loved that I might gain your love. (Romans 8:31-32)

我为获得你的爱，我舍弃了我所爱的一切。(罗8:31-32)

If you receive the gift of my son Jesus, you receive me. (I John 2:23)

如果你接待我儿子耶稣，你就接待了我。(约壹2:23)

And nothing will ever separate you from my love again. (Romans 8:38-39)

并且，再也没有什么能叫你与我的爱隔绝。(罗8:38-39)

When it's time for you to come home, I'll throw the biggest party heaven has ever seen. (Luke 15:7)

当你回家那一刻，我要在天上举行绝无仅有的盛大宴会为你祝贺。(路15:7)

I have always been your Father, and will always be your
Father. (Ephesians 3:14-15)

我一直是你的天父，而且永远是。（弗3:14-15）

My question is ...Will you be my child?(John 1:12-13)

我想问，你愿意成为天父的孩子吗？（约1:12-13）

I am waiting for you. (Luke 15:11-32)

我在等着你。（路 15:11-32）

With Love, Your Father, Almighty God

爱你的天父 全能神

21. MAY YOU BE BLESSED 赐福于你

May you Be Blessed

With all things good.

祝福你，一切蒙福。

May your joys like the stars at night,

Be too numerous to count.

愿你的喜乐，像夜空繁星，

数不胜数。

May your victories be more abundant than all the grains of
sand on all the beaches on all the oceans, in all the world.

愿你的胜利，

比世上海洋全部海滩的沙还多。

May lack & struggle

Only serve to make you stronger.

愿你的贫乏和挣扎，

只是用来使你更加刚强。

May beauty & order & abundance

Be your constant companions.

愿美丽、秩序和丰盛，

与你如影相随。

May every pathway you choose

Lead to which is pure & good.

愿你的每一步选择，

都引导你走向纯净和美好。

May every doubt & fear

Be replaced by a deep, abiding trust as you

observe evidence of a Higher Power.

愿任何怀疑和恐惧，

都在你见证至高全能主的那刻，

被坚定不移的信心取代。

And when there is only darkness

& the storms of life are closing in may the light at the
core of your being illuminate the world.

当只有黑暗，当风暴逼近，愿你里面的光，照亮这个世界。

May you always be aware,

You are loved beyond measure, & may you be willing to
love unconditionally in return.

愿你始终明白，

你是被无比珍爱的，愿你也能无条件去爱。

May you always feel protected & cradled in the arms of God,
Like the cherished child you are.
愿你始终感到，
你是像宝贝婴孩一般
永受上帝拥抱和保护。

And when you are tempted to judge,
May you be reminded that we are All One. And that every
thought you think reverberates across the universe
touches everything & everyone.
当你因受试探而去论断，
愿你意识到我们本为一体，
你的每个心思意念，
都在宇宙万物中回响。

And when you think to hold back,
May you remember that it is in giving that we receive
the greatest gift.
当你想退缩，
愿你记得，在给予中我们会收到最好礼物。

May always a rainbow follow every storm.
愿雨后总会见彩虹。

May gladness wash away every disappointment.
愿快乐洗刷掉任何的失望。

May joy dissolve every sorrow & may love ease every pain.

愿喜乐溶化每一份悲伤，愿爱抚平每一点苦痛。

May every wound bring wisdom & may every trial bring triumph.

愿每一次创伤生出智慧，愿每一份付出带来收获。

And with each passing day

May you live more abundantly

Than the day before.

愿渡过的每一日，

使你的生命，一天比一天丰盛。

May you be blessed &

May others be blessed by you.

祝福你，

也愿你为别人祝福。

22. A GENIUS SAYS GOODBYE天才的告别

Mr. Gabriel Garcia Marques, great Latin American writer, has said goodbye to the public life due to complications in his health.

He has sent a letter to his friends & we can all share it.

This short text written by one of the most brilliant Latin American of the past years is really inspiring.

加西亚·马尔克斯是拉丁美洲的一位伟大作家，由于并发症影响身体健康，不得不离开公务生活。他写了封信给朋友们，在此我们来分享这封信。这短短的文字，出自拉丁美洲过去多年众多杰出者中的一位，非常激励鼓舞人。

"If.....God....gave me one more piece of life, I would take advantage of that time, the best I could".

如果上帝再多给我一些时间，我会尽我所能利用好这些时间。

I would probably not say everything I think,

but definitely think all I say.

我不会想到什么就说什么，

但我会开口前仔细思量。

I would value things not for what they are worth,

but for what they represent.

我不会对事物量价而估，

但我会根据其意义评价。

I would sleep less & dream more,
for every minute we close our eyes we lose sixty seconds of light.

我会少沉睡多梦想，
只要闭眼一分钟，我们就会失去六十秒的光明。

I would continue where others have stopped,
and I would rise when others sleep.

我会在别人停下的地方继续前进，
我会在别人睡下的时刻起身前行。

If God allowed me one more piece of life,
I would dress simpler, would wallow in the sunlight, leaving uncovered, my soul.

如果上帝再多给我一些时间，
我会衣着更简，沐浴阳光，让心灵更敞开。

I would give wings to the children, but I would leave the child alone so that he could learn how to fly on his own.

我会给孩子们飞翔的翅膀，
但我会给他们自由的空间，他们就能学会自己如何飞翔。

To the old, I would show them how death occurs not with the aging process but with forgetting.

我会让年长者明白，死亡不是伴随着老化，而是伴随着遗忘的过程。

So many things I have learned from you...

I have learned that everybody wants to live at the top of the mountain, forgetting that how we climb is all that matters.

我从你们那里学了很多...

我学到了每个人都希望自己生活状态达到山之巅峰，但却忘了登山过程的重要。

I have learned that when a newborn grabs his father's thumb, he takes a hold on him forever.

我学到当一个新生命抓住父亲的拇指，他就抓住了永远的支撑。

I have learned that a man must not look down on somebody, only when he is helping him to get up.

我学到人不能俯视他人，除非你正要帮助他重新站起。

So many things I have learned from all of you.

我从你们那里学了这么多，

Always tell what you feel and do what you think.

你们总是抱诚守真，知行合一。

If I knew that today it would be the last time that I will see you, I will embrace you strongly to be the guardian of your soul.

如果今天是我最后一次见你，我会紧紧拥抱你成为你心灵的守护者。

If I would know that these would be the last minutes that I will see you, I would say to you "I love you" and wouldn't assume that you would know it.

如果这是我见你的最后几分钟，我会对你直抒情义说“我爱你”，我不会想当然认为对此你早已知悉。

There is always morning where life gives us another opportunity to make things good.

生命中总有无数的晨曦，成为我们把事情做好的良机。

Keep always close to you, your dear ones, and tell them how much you need them and love and take care of them.

请亲近自己、亲近你亲爱的人，告诉他们你多么需要他们、爱他们、在乎他们。

Take time to say, "I am Sorry", "Forgive me", "Please", "Thank you" and all the nice and lovely words you know.

请花时间说，“对不起”，“原谅我”，“请”，“谢谢你”，说出所有你所知道的可爱美好话语。

Nobody would remember you, if you keep your thoughts secret.

如果你守着你的想法不让人知道，他们很难想起你。

Show your friends and dear ones how much you care about them.

请让你的朋友你所亲爱的人知道，你是多么关心他们。

Show this to the people you care or love.

请让你所关心你所爱的人，知道你的关心你的爱。

If you don't ... tomorrow will be the same as today.

你今天不去表达，明天你还会不去表达，

And it will not matter either.....

长此以往，表达，微不足道了.....

23. PRAYER 祷告

Dear Lord

亲爱的主，

I thank you for this day;

我感谢你，为着你所赐的这一天；

I thank you for being able to see and hear the beauty of your creations.

我感谢你，为着我能耳闻目睹欣赏你所造万物的美好。

I thank you for your blessings in my life.

我感谢你，为着你在我的生命中所赐下的一切祝福。

I humbly request your forgiveness for everything I have done, said or thought in contrary to your will...

我祈求你，饶恕我，饶恕我一切所行、所说的和所思所想的不合你心意的事...

Please protect me, my family, and my friends from all danger, and support me with your wisdom to accept with gratitude all things that come my way.

我恳请你，保护我，保护我的家人、我的朋友，都远离危险；

我恳请你，用来自你的智慧支撑我，让我能以感激的心，接纳自己的一切经历。

Let me not whine and whimper over things beyond my control.
Let me recognize any sin and acknowledge it as evil, and when
I sin give me the courage to confess, and repent for my wrong
doing.

我恳请你，让我对不能掌控的事，不怨声载道。

我恳请你，让我能分辨任何的罪，并认识那罪的邪恶。

我恳请你，当我犯罪时，请赐我认罪的勇气，让我为自己的过错忏悔。

Give me the strength that I could help the weak. Keep me
uplifted, so that I could encourage others. Give me knowledge,
so that I could provide direction to those who have lost
their way.

我恳请你，赐我力量让我能帮助软弱的人；

我恳请你，鼓舞振奋我让我能激励他人；

我恳请你，赐我知识让我能为那迷路的人指点方向。

I pray... for all my near and dear ones to know you intimately;
我向你祷告，为我周围的人、我所亲爱的人，祷告他们与你的关系更
亲密；

I pray... for those misjudged and misunderstood to have mercy.
我向你祷告，为那被不公裁决被误解的人，祷告他们能得到怜悯和看
顾；

I pray...for peace, love and joy to dominate my family's and friends' lives, and that all their needs be met.

我向你祷告，祷告我亲人的生活充满平安、爱和喜乐；

祷告我朋友的生活充满平安、爱和喜乐；

祷告他们的所需得到满足；

Even in those moments when I don't pray, I ask you to please listen to my heart and continue to use me to do your will.

我向你祷告，即使在我没有祷告的时刻，我也恳求你聆听我的心，让我继续行在你的旨意里。

When this world closes in on me, I pray that you make me go as clean as the way you created me.

我向你祷告，当世界包围我，请让我过洁净生活，如你造我之初。

May the words of this prayer be received into the heart of every eye that sees them, and every mouth that confesses them willingly...

我向你祷告，愿这祷告，

能够深入到阅读她的人的心里，

能够深入到因她而愿开口悔改的人的心里。

In My Lord Jesus Christ's Name

以我主耶稣基督的圣名祷告

A Men 阿们