

Sermon 讲道信息

February 2 月 22, 2026

What Will You Give Up for Lent? 你在大斋期愿意放下什么？

Lent, an ecclesiastical season, begins on Ash Wednesday and spans six weeks, including six Sundays, concluding with Palm Sunday right before Holy Week and Easter.

大斋期是一个重要的教会节期，从圣灰星期三开始，持续六周（包含六个主日），在圣周和复活节之前，以棕榈主日结束。

Similar to how Advent prepares us for celebrating Jesus's incarnation at Christmas, Lent is intended as a time for deep reflection on Jesus's suffering, sacrifice, life, death, burial, and resurrection.

正如将临期预备我们在圣诞节庆祝耶稣的道成肉身一样，大斋期的目的是让我们有一段时间，深入反思耶稣的受苦、牺牲、生命、死亡、埋葬，以及复活。

The well-known Christian author Philip Yancey, in his book *The Jesus I Never Knew* states: "the church I grew up in skipped past the events of Lent and Holy Week and rushed to hear the cymbal sounds of Easter." 著名的基督教作家杨腓力在他的书《我从未认识的耶稣 *The Jesus I Never Knew*》中写道：“我成长的那间教会跳过了大斋期和圣周，急忙赶去聆听复活节的钹声。”

But we can only truly appreciate and celebrate the meaning of the resurrection if we slow down and spend meaningful time on the days leading up to it. This is the purpose of Lent.

然而，只有当我们放慢脚步，在复活节前付出真实而有意义的时间，我们才能真正欣赏并庆祝复活的意义。这正是大斋期存在的目的。

Historically, during Lent, individuals will give up something as a symbolic act of self-denial in the spirit of Jesus' 40 days of fasting and abstinence in the wilderness.

历史上，在大斋期期间，人们通常会放弃某些事物，作为象征性的自我否定行为，效法耶稣在旷野中四十天禁食与节制的精神。

What have you given up for Lent in the past? Chocolates and other sweets? Alcohol? Screen time? Chips? 你过去在大斋期放弃过什么？巧克力或其他甜食？酒精？使用屏幕时间？薯片？

These can all be worthy practices, not just for Lent, but maybe longer!

这些都可以是值得肯定的操练，不仅适用于大斋期，也许适合持续更长时间！

However, on this first Sunday of Lent, I encourage us to reflect on certain attitudes and behaviours of greater significance that we might consider relinquishing.

然而，在大斋期的第一个主日，我想鼓励我们去反思一些更重要的态度与行为，并考虑是否愿意放下它们。

This list which I wish to share with you today, borrowed from Rev. Margrey deVega, Senior Pastor of Hyde Park United Methodist Church in Tampa, Florida, contains ten items.

今天我想与大家分享的这份清单，是借用佛罗里达州坦帕市海德公园联合卫理公会的主任牧师 Margrey deVega。这份清单一共有十项。

While we can't fully develop each point in detail in this one sermon, I pray that it encourages reflection as we enter this holy season and seek spiritual transformation daily.

虽然我们无法在这篇讲道中逐一详尽展开，但我祈祷，当我们进入这神圣的节期，并每日寻求属灵更新时，这些内容能激发我们的反思。

This Lenten Season, God help us to give up....

在这个大斋期，愿上帝帮助我们放下.....

### **1.The need to be right all the time.**

总是要证明自己是对的的需要

Understand what I'm saying. We should be firm in our convictions, and know what we believe, and why.

请理解我要说什么。我们应当在信念上坚定，清楚自己相信什么并为什么这样相信；

We should be able to express the elements of our value system and the reasoning behind it.

同时，我们也应当能够清楚表达我们的价值体系，以及其背后理由。

Yet, my experience has taught me that we will be most blessed and edified when we are willing to humble ourselves and admit that we can, just possibly, be wrong, and we just might be able to learn something new from others, even those with whom we disagree!

然而，我的经验教导我：当我们愿意谦卑自己，承认我们也可能（真的可能）是错的，并且可能从他人身上学习一些新的东西时，哪怕是从那些与我们意见不同的人那里，我们往往会得到最大的祝福与造就。

This simple, yet profound, directive from the Apostle Paul is often overlooked: "Submit to one another out of reverence for Christ." (Eph.5:21).

这使徒保罗给我们简单又深刻的教导，却常常被忽略：“又当存敬畏基督的心，彼此顺服”（弗 5:21）。

The Apostle James points out that "Everyone should be quick to listen, slow to speak..." (1:19).

使徒雅各也指出：“各人都要快快地听，慢慢地说.....”（雅 1:19）。

This is the genius of the church. We deepen our roots and grow in the faith when we are willing to humbly learn from one another!

这正是教会的智慧所在：当我们愿意彼此谦卑学习时，我们的信仰就会扎根更深，并持续成长。

### **2. Your reluctance to ask for help.**

不愿意开口求助

Why are we reluctant to ask for help from our brothers and sisters and other good actors in society?

为什么我们如此不愿意向弟兄姐妹，或向社会中其他善意的人寻求帮助？

King David, the king who should have known all things, had it all figured out, and needed nothing, without shame or apology cried out to God:

大卫王——那位似乎理应无所不知、事事通达、毫无所缺的君王——却毫不羞愧、毫不辩解地向上帝呼求：

"Save me, oh God, for the waters have come up to my neck...I am worn out calling for help; my throat is parched. My eyes fail, looking for my God...but I pray to you Lord...Rescue me from the mire...Do not let the floodwaters engulf me, or the depth swallow me up, or the pit close its mouth over me." (Ps.69:1,3,13,14,15)

“神啊，求你救我！因为众水涨到我的颈项.....我因呼求疲乏，喉咙干渴；我等候我的神，眼睛失明.....耶和華啊，我.....向你祈禱.....求你救我出離淤泥.....不要让洪水漫过我，也不要让深渊吞灭我；不要让坑口向我关闭.....”（诗 69:1,3,13-15）

The secret to King David's effectiveness was the fact that he was willing to cry "help" from time to time.

大卫王之所以如此有能力，秘诀就在于：他愿意在需要的时候呼喊“帮助！”

Asking for help and admitting that we have a need we cannot meet on our own requires humility and trust. 向人求助，并承认我们有无法靠自己解决的需要，需要谦卑，也需要信靠。

These characteristics go to the very heart of the meaning of Lent, as we remember that our Lord “humbled himself” and “became obedient to death, even death on a cross” (Phil.2:8), while trusting His Heavenly Father with the outcome.

这些特质直指大斋期意义的核心，因为当我们纪念我们的主“谦卑自己，存心顺服，以至于死，且死在十字架上”（腓 2:8）的时候，祂同时将信靠祂的天父，将结局交托给祂。

### 3. Fear of failure.

#### 对失败的恐惧

Mother Teresa said: “God does not call us to be successful; God calls us to be faithful.”

德兰修女曾说：“上帝并没有呼召我们去成功，而是呼召我们去忠心。”

We often hesitate to take risks for God or for good, preferring safety out of fear of judgment from others or, worse, ourselves, if we fail, thinking our worth depends on success.

我们常因害怕他人的判断，甚至害怕自己的失败，而不敢为上帝或为善事冒险，误以为自己的价值取决于是否成功。

I hope you know that nothing life-transforming or world changing has been accomplished without failure along the way.

但我希望你知道：任何真正改变生命、改变世界的事，都不可能在没有经历过失败的情况下完成。

If we allow God to judge our worth as his child, then we need not fear potential failure.

如果我们让上帝来判断我们作为祂儿女的价值，那么我们就需要惧怕任何可能的失败。

King Solomon wisely advises: “Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” (Pr.3:5-6).

所罗门王智慧地劝勉说：“你要专心仰赖耶和华，不可倚靠自己的聪明；在你一切所行的事上都要认定他，他必使你的路直”（箴 3:5-6）。

### 4. Comparing yourself to others.

#### 拿自己与他人比较

From an early age we make the mistake of judging our worth and measuring our success against others. But we're using the wrong measuring stick.

从小我们就犯了一个错误：用别人来衡量自己的价值，用别人来测量自己的成功。但我们用错了尺子。

God made each of us unique and wonderful individuals with our particular gifts, talents, and personalities.

上帝创造我们每一个人都是独特而奇妙的个体，拥有各自不同的恩赐、才能和性情。

In a song of praise to our loving and All-wise Creator, the Psalmist assures us that we are “made with care”: “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made...” (Ps.139:13,14).

诗人赞美我们慈爱且全智的创造主说：“因为你造了我的肺腑；我在母腹中，你已覆庇我。我要称谢你，因我受造奇妙可畏”（诗 139:13-14）。

It is our Creator, and He alone, who assigns our worth!

唯有我们的创造主，且只有祂，才能决定我们的价值。

## 5. The need to have it all figured out.

### 凡事都要搞清楚的需要

This is one that I personally struggle with. I want answers to all my questions, and I want a clear plan going forward. Can you relate?

我个人也挣扎这一点。我想要所有问题的答案，也希望前方的道路能清楚明确。你是否也有同感？

But regardless of what we want, we simply don't get all our questions answered, and we often find ourselves wandering blindly into a foggy future!

但不论我们多么渴望，我们就是不会得到所有问题的答案，我们发现自己常常只能在迷雾中前行。

It is in times like this that we must learn to accept and rest in our wonderfully mysterious God.

正是在这样的时刻，我们必须学会接受，并安息在这位奇妙而奥秘的上帝里面。

We must join the apostle Paul in his doxology: "Oh, how great are God's riches and wisdom and knowledge! How impossible it is for us to understand his decisions and his ways! For who can know the Lord's thoughts? Who knows enough to give him advice?" (Rom.11:33-34NLT).

我们必须要与使徒保罗一同发出颂赞：“深哉，神丰富的智慧和知识！他的判断何其难测！他的踪迹何其难寻！谁知道主的心？谁作过他的谋士”（罗 11:33–34）？

Please note: this is a praise, not a complaint!

请注意：这是赞美，不是抱怨！

The One True God is far too big to completely understand, and far too wise for us to fully grasp. But He is also good and faithful. We must only trust in this truth!

独一的真神远比我们所能完全理解的要大，也远比我们所能完全掌握的更具智慧；但祂同时也是良善、信实的。我们只需信靠这一真理。

## 6. Fear of the future.

### 对未来的恐惧

Though we plan and predict, as we should, the truth is, the future, both immediate and long term, is veiled to us.

虽然我们应当计划和预测，但事实是无论短期还是长期，未来对我们来说都是被隐蔽的。

This uncertainty makes us uncomfortable and robs us of our peace.

这种不确定性常使我们不安，也夺去我们的平安。

Yet, Jesus instructs us: "do not worry about tomorrow". Why?

然而，耶稣却吩咐我们“不要为明天忧虑”。为什么？

Because just as he cares for "the birds of the air" and the "flowers of the field" so much more does he care for you and me his children (Matthew 6:26,28,33).

因为那位眷顾“天上的飞鸟”、“野地里的百合花”，也必更加眷顾你和我——祂的儿女（太 6:26,28,33）。

If we believe and trust in a Good and Eternal God who is infinite and all-powerful, who knows the "end from the beginning", then we need not fear!

如果我们相信并信靠一位良善、永恒、无限且全能的上帝，一位“从起初指明末后的事”的上帝，我们就不需要惧怕。

The promise that God made to the Israelites as they stood tentatively on the banks of the Jordan River, looking over into an uncertain future in the Promised Land, holds true today:

当以色列人站在约旦河边，面对未知将要发生什么的应许之地时，上帝对他们的应许，今天依然真实：

“The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged” (Deut.31:8).

“耶和华必亲自走在你前面；他必与你同在，必不撇下你，也不丢弃你。不要惧怕，也不要惊惶”（申 31:8）。

Notice that God didn't give them a “road map” for the future, or even attempt to answer their many questions. He simply said: “Trust Me!”.

留意上帝没有给他们一张未来的“路线图”，也没有回答他们的问题。祂只是说了一句话：“信靠我。”

## **7. The need to escape all pain and suffering.**

### **逃避一切痛苦与苦难的需要**

This advice may seem counter intuitive. After all, we spend most of our lives trying to inoculate ourselves against pain and suffering.

这建议或许听起来违反直觉。毕竟，我们大半生都在试图避免痛苦与苦难。

The first step in finding victory and hope in the midst of pain and suffering is simply admitting that some suffering is inevitable as we live in a fallen world.

在痛苦和苦难中寻找得胜与盼望的第一步，仅仅是承认：我们活在堕落的世界里时，有些苦难是不可避免的。

We don't need to go looking for it – it will find us in time!

我们不需要主动去寻找——它迟早会找上我们。

Pain and suffering may be inevitable, but it does not have to crush our soul or rob us of our peace.

虽然痛苦与苦难无法避免，但它不必摧毁我们的灵魂，也不必夺去我们的平安。

Indeed, the Apostle Paul suggests that the trials of life can work for our good.

事实上，使徒保罗甚至指出，人生的试炼可以为我们带来益处。

He boldly declares: “we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope” (Rom.5:3,4).

他勇敢宣告说：“我们也以患难为荣；因为知道患难生忍耐，忍耐力老练，老练生盼望”（罗 5:3-4）。

God makes and moulds us through tests and trials for His glory and our ultimate good.

上帝用试炼与考验塑造我们，为了祂的荣耀，也为了我们最终的益处。

## **8. The need to be in control.**

### **凡事都要掌控的需要**

Have you ever been accused of being a “control freak”? I confess that occasionally I have!

你是否曾被人说成是“控制狂”？我承认，我有时也是。

We “control freaks” find comfort and security in the illusion of control over our lives and circumstances.

我们这些“控制狂”在掌控生活与环境的幻觉中寻找安慰与安全感。

But James disabuses us of this impression. He writes:

但雅各打破了这种幻想，他写道：

“Now listen, you who say, ‘Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.’ Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, “If it is the Lord's will, we will live and do this or that” (4:13-15).

“嘻！你们这些说：‘今天或明天我们要往某城里去，在那里住一年，做买卖得利。’其实明天会发生什么事，你们还不知道。你们的生命是什么呢？你们原来是一片云雾，出现少时就不见了。你们只当说：‘主若愿意，我们就可以活着，也可以做这事或那事’”（雅 4:13-15）。

**The fact is, we are only in control of a very small part of our lives, if at all.**

事实是：我们对自己生命的掌控（若有的话），也只是极其有限的一小部分。

**Isn't it good to know, then, that our Good God and Heavenly Father is in control!**

因此，知道我们良善的天父掌权，是何等令人安慰的事！

**Like Jesus in the Garden of Gethsemane on the eve of His crucifixion, we must learn to say with confidence: "Not my will, but thine be done" (Luke 22:42).**

正如耶稣在被钉十字架前夜，在客西马尼园中的祷告，我们也必须学会有信心地说：“不要成就我的意思，只要成就你的意思”（路 22:42）。

## **9. The need to make everyone happy.**

**讨所有人喜欢的需要**

**Is it even possible to make everyone happy? If not, then why do we pursue it?**

真的有可能让所有人都开心吗？如果不可能，那我们为何仍执意追求？

**Are we trying to avoid conflict? Do we need to be liked and accepted by all? Do we fear rejection? Do we have the desire to be kind and accommodating to everybody?**

我们是在试图避免冲突吗？我们是否需要被所有人喜欢并接纳？我们是否害怕被拒绝？我们是否渴望对每一个人都表现出善良和体贴迁就？

**"If you try to make everyone happy, everyone will be happy but you."**

记住一句话：“当你试图让所有人开心时，最终只有你自己不开心。”

**Showing kindness and compassion doesn't mean ignoring your own needs. Suppressing your feelings just to please or "keep the peace" can cause lasting harm.**

表现善良和怜悯并不等于忽视自己的需要。为了取悦他人或“维持和平”而压抑感受，可能会造成长期的伤害。

**Value your convictions and remember your well-being matters too.**

请珍视你的信念，也要记住你自身的福祉同样重要。

**The only one we truly need to focus on pleasing is our Lord and Savior who loves us unconditionally and wants us to flourish in body, spirit, and soul.**

我们真正需要专注去讨他喜悦的，只有一位——那位无条件爱我们，并且愿意我们在身、灵与魂各方面都兴盛的主和救主。

**The Apostle Paul found himself caught up in this conundrum, but he would not allow it to compromise his commitment to Jesus. In his letter to the Galatians he wrote:**

使徒保罗也曾陷入这样的两难处境，但他并没有让这件事削弱或动摇他对耶稣的委身。他在写给加拉太人的信中这样写道：

**"Obviously I'm not trying to win the approval of people but of God. If pleasing people were my goal I would not be Christ's servant." (Gal. 1:10NLT)**

“我现在是要得人的心，还是要得神的心呢？我岂是讨人的喜欢吗？若仍旧讨人的喜欢，我就不是基督的仆人

了”（加 1:10）。

This Lenten Season, let's learn to stand up for ourselves when the time is right, and always for God's glory!

在这个大斋期，让我们在适当的时候为自己并始终都为上帝的荣耀而坚定立场。

## 10. The non-essential noise in my life.

### 生命中不必要的噪音

This may be the biggest challenge of all. Our world and our lives are filled with noise, wanted and unwanted. There is a constant stream of voices vying for our attention, some with our best interest at heart, and some not so much.

这也许是最大的挑战。我们的世界和我们的生活充满了各种声音——有我们想要的也有我们不想要的。无数声音不断地争夺我们的注意力，有些出于善意但有些却并非如此。

I'm not suggesting that we shut out all of these voices. Instead, we need the wisdom to discern the essential and the healthy from the superfluous and destructive.

我并不是建议我们要关闭所有的声音，而是需要智慧，去分辨什么是必要而健康的，什么是多余甚至有害的。

James declares: "if any of you lacks wisdom you should ask God who gives generously to all." (1:5).

雅各宣告：“你们中间若有缺少智慧的，应当求那赐众人厚道、不斥责人的神……”（雅 1:5）。

The Lenten Season is our opportunity to sit silently before our God to hear His voice over the surrounding din, and to receive His wisdom.

大斋期提供了一个机会：让我们安静地在上帝面前，在喧嚣之上聆听祂的声音并领受祂的智慧。

We must learn to trust God to help us know when to listen, and when to close our ears. Trust Him to open your mind and heart to that which is edifying and glorifying.

我们必须学习信靠上帝，让祂教导我们什么时候该倾听，什么时候该关闭耳朵；信靠祂开启我们的心思意念，去接受那些能造就人、荣耀祂的声音。

What will you give up this Lent?

你在这个大斋期愿意放下什么？

Will you give up the need to be right all the time?

你是否愿意放下总是要证明自己是对的？

Your reluctance to ask for help?

是否愿意放下不愿求助的心态？

Will you declare freedom from the fear of failure?

是否愿意从对失败的恐惧中得释放？

Will you stop judging your worth by comparing yourself to others?

是否停止用他人来衡量自己的价值？

Will you give up the need to have it all figured out?

是否愿意放下凡事都要搞清楚执念？

Will you find freedom from anxiety over the future?

是否能从对未来的焦虑中得自由？

Will you find the ability to see goodness and hope even in times of suffering and pain?

是否能在痛苦与患难中仍看见良善与盼望？

**Will you give up the obsessive need to always be in control?**

是否愿意放下对掌控的执着？

**Will you stop wasting your time trying to make everyone happy?**

是否停止浪费时间去讨所有人喜欢？

**Will you find relief from the constant noise of modern life and hear only the voices that matter?**

是否愿意远离现代生活持续不断的噪音，只聆听真正重要的声音？

**May this Lenten Season be our time for growth in freedom and faith and a renewed appreciation for our Savior!**

愿这个大斋期，成为我们在自由与信心中成长的时刻，也更新我们对救主的感恩。

**This Lenten Season let us ask: “Lord, what do I need to give up that I might know and serve you better, and that I might be healthy and flourish in mind, body, spirit, and soul?”**

让我们在这个大斋期祈求：“主啊，我需要放下什么，好让我更认识你、更好地服事你，也让我在身、心、灵与魂各方面都能健康并兴盛？”