

Facing Giants 面对生命中的巨人

Numbers 民数记 13:25-33, 14:6-9

Good morning friends. My name is Tom Mei, happy to be able to share god's word with you this morning. Our story comes from Numbers 13 and 14, as was read to you.

朋友们，早上好。我叫汤姆·梅，很高兴今天早上能与大家分享上帝的话语。正如刚才所读的，今天的经文选自《民数记》第13章和第14章。

Years ago, I watched a Winnie-the-Pooh cartoon with my kids. Tigger was always eager to help. His favourite line was, "That's what Tiggers do best!"

几年前，我和孩子们一起看了一部《小熊维尼》的动画片。跳跳虎总是热心助人。他最喜欢的一句话是：“这就是跳跳虎最拿手的！”

But one day, while teaching little Roo to bounce, they bounced to the top of a tall tree. Tigger looked down and realized he was afraid of heights. He froze. He held tightly to the tree and could not come down. Fear had stopped him from doing what he loved.

但有一天，当他教小鲁跳跃时，他们一跃跳到了高树顶端。跳跳虎往下看，这才意识到自己恐高。他顿时僵住了。他紧紧抓住树干，却无法下来。恐惧让他无法去做自己热爱的事。

We are not so different. Fear can stop us from doing what God calls us to do, and from becoming who God calls us to be.

我们其实并无二致。恐惧会阻碍我们去完成上帝呼召我们去做的事，也会阻碍我们成为上帝呼召我们成为的人。

That is what we see in the story of Israel. 这就是我们在以色列的历史中看到的。

God had brought His people out of Egypt, out of slavery, and now they stood at the edge of the Promised Land. After 400 years of waiting, their inheritance was finally before them. All they needed was the report from the twelve spies.

上帝已将祂的子民从埃及、从奴役中领出来，如今他们正站在应许之地的边缘。经过400年的等待，他们将要继承的土地终于展现在眼前。他们所需要的，只是那十二个探子的报告。

When the spies returned, they brought both good news and bad news. The good news was that the land was everything God had promised — a land flowing with milk and honey. But the bad news was that strong nations lived there too. They had armies, fortified cities, and power.

探子们回来时，带来了好消息和坏消息。好消息是，那片土地完全符合上帝的应许——那是一片流奶与蜜之地。但坏消息是，那里也住着强大的民族。他们拥有军队、坚固的城池和强大的力量。

So ten of the twelve spies gave a fearful report: "Yes, the land is good — but giants live there. Compared to them, we felt like grasshoppers."

于是，十二个探子中有十个带来了令人胆寒的报告：“没错，那地确实肥美——但那里住着巨人。跟他们比起来，我们简直就像蚱蜢一样。”

Isn't that how fear often works? 恐惧不就是这样起作用的吗？

We can see the promise, but we focus on the problem. 我们能看到希望，却只关注问题；

We hear the good news, but we fixate on the bad news. 我们听到好消息，却只盯着坏消息。

When life becomes difficult, fear makes us feel small, powerless, and inadequate.

当生活变得艰难时，恐惧让我们感到渺小、无力且不堪重负。

And when fear takes over, even ordinary problems begin to look like giants.

而当恐惧占据上风时，即便是平凡的小事，也会显得像巨兽一般。

That is when we begin to complain, grumble, blame, and point fingers.

这时，我们便开始抱怨、发牢骚、指责和推卸责任。

In Numbers 14, the people respond this way: 在《民数记》第14章中，百姓是这样回应的：

“That night all the people of the community raised their voices and wept aloud. All the Israelites grumbled against Moses and Aaron... ‘If only we had died in Egypt! Or in this wilderness! Why is the Lord bringing us to this land only to let us fall by the sword?’”

“全会众大声喧嚷，那夜百姓哭号。以色列众人向摩西和亚伦发怨言，全会众对他们说：‘我们宁愿死在埃及地，宁愿死在这旷野！耶和华为什么要把我们领到那地，让我们倒在刀下呢？’”

When they saw the challenges ahead of them, they lost heart. 当他们看到面前的困难时，便丧失了勇气。

Challenges are difficult. That is the nature of challenges. Otherwise, they would not be challenging. And all of us will face them from time to time — individually and together as a church.

挑战总是艰难的。这就是挑战的本质。否则，它们也就称不上是挑战了。我们每个人都会不时地面临挑战——无论是作为个人，还是作为教会共同面对。

But when challenges come, two things can happen. They can defeat us, or they can instruct and train us.

但当挑战来临时，可能会发生两种情况：它们要么击垮我们，要么教导和磨练我们。

Make no mistake, challenges are real. But when our response is driven by fear, challenges not only become giants — we begin to see ourselves as grasshoppers.

别搞错了，挑战确实存在。但当我们的应对方式被恐惧所驱使时，挑战不仅会变得像巨人一样庞大——我们自己也会开始觉得自己不过是蚱蜢。

Notice their words: “We seemed like grasshoppers in our own eyes.”

请注意他们的话：“在我们自己眼中，我们就像蚱蜢一样。”

And what can grasshoppers do against giants? 蚱蜢面对巨人又能做什么呢？

When we see ourselves as small, useless, or insignificant, we are stunted. We stop living fully into the life God has for us.

当我们认为自己渺小、无用或微不足道时，我们的成长就会受阻。我们便无法充分活出上帝为我们预备的生命。

Let me suggest three ways fear can keep us from living fully.

下面我将列举三种恐惧阻碍我们充分活出生命的方式。

1. Fear exaggerates the problems we face 恐惧会放大我们面临的问题

Notice how the spies describe the land: 请注意探子们是如何描述那片土地的：

“The land we explored devours those living in it.” “我们所走过、所窥探之地是吞没居民之地。”

Really? The land devours people? 真的吗？那地会吞噬人吗？

This is the same land they had just described as flowing with milk and honey. It was fruitful. It was abundant. It was good. But fear twisted their imagination until the promised land became, in their minds, a terrifying monster.

这正是他们刚刚描述过的流奶与蜜的土地。这里物产丰饶，资源充沛，一片祥和。但恐惧扭曲了他们的想象，以至于在他们心中，这片应许之地竟变成了一个令人恐惧的怪物。

Now, some fear is healthy. Without fear, we would not avoid speeding traffic or thin ice. Healthy fear helps us recognize danger.

当然，适度的恐惧是有益的。如果没有恐惧，我们就不会避开疾驰的车流或薄冰。适度的恐惧能帮助我们识别危险。

But unhealthy fear magnifies danger until we can no longer see clearly.

但不健康的恐惧会放大危险，直到我们再也无法看清真相。

Those of us who have raised teenagers know this feeling well — especially when our child is late getting home. In those moments, our minds can race with frightening possibilities: car accidents, violence, tragedy. Even unimaginative people can suddenly imagine the worst when it comes to their children.

我们这些养育过青少年的父母都深有体会——尤其是当孩子回家晚了的时候。在那一刻，脑海中会闪过种种令人恐惧的可能：车祸、暴力、悲剧。即便是平时缺乏想象力的人，只要涉及自己的孩子，也会突然联想到最坏的情况。

Then the door finally opens. We hear footsteps. We hear quiet whispers in the house. And we realize fear had enlarged the danger in our minds.

接着，门终于开了。我们听见脚步声。我们听见屋内传来低声细语。这时我们才意识到，是恐惧让我们在脑海中把危险放大了一番。

Fear has a way of magnifying the problems we face. 恐惧往往会放大我们面临的问题。

For Israel, the promised land had become a monster that “devoured” anyone who tried to live there.

对以色列人而言，应许之地已然变成了一头“吞噬”所有试图在那里生活之人的怪兽。

2. Fear creates a sense of helplessness 恐惧会带来无助感

Fear not only exaggerates the problem; it also shrinks our sense of what is possible.

恐惧不仅会夸大问题，还会缩小我们对可能性的认知。

The spies said, “We seemed like grasshoppers.” 探子们说：“我们看起来就像蚱蜢一样。”

What can grasshoppers do against giants? That is how fear talks to us.

面对巨人，蚱蜢能做什么？这就是恐惧在对我们耳语。

“You are not strong enough.” “You are not smart enough.” “You are not good enough.” ... “You cannot change anything.” “你不够强。” “你不够聪明。” “你不够好。” …… “你改变不了什么。”

Have you ever felt that way? 你有没有过这种感觉？

When we believe we are too small or too weak to make a difference, fear starts to take over. It tells us nothing can change, so we stop taking the steps we need to take. We lose the battle before it even begins.

当我们认为自己太渺小或太软弱，无法带来改变时，恐惧便开始占据上风。它告诉我们一切都无法改变，于是我们便不再采取必要的行动。这场战斗甚至还没开始，我们就已经输了。

Yes, there are times when life feels overwhelming. And yes, there are times when we cannot change our circumstances. But there is never a time when we cannot choose our response.

是的，有时生活会让人感到难以承受。是的，有时我们无法改变现状。但无论何时，我们都能选择自己的应对方式。

We may not always be able to choose what happens to us, but by God’s grace, we can choose to face it with hope.

我们或许无法总是选择发生在自己身上的事，但凭着上帝的恩典，我们可以选择怀着希望去面对。

Fear makes us feel like grasshoppers facing an army of giants. But faith reminds us that we are not facing those giants alone.

恐惧让我们感觉自己就像面对巨人军团的蚱蜢。但信心提醒我们，我们并非独自面对那些巨人。

3. Fear shakes our confidence 恐惧动摇我们的信心

Fear also shakes our confidence and fills us with doubt. 恐惧也会动摇我们的信心，让我们充满疑虑。

The people said: “We can’t attack those people; they are stronger than we are.”

百姓说：“我们不能上去攻打那些百姓，因为他们比我们强大。”

The battle was over before the fight had begun. And here is what is so tragic: these were the same people God had delivered from Egypt. They had seen the power of God. They had watched Him confront Pharaoh. They had passed through the Red Sea. They had been fed in the wilderness.

战斗尚未打响，便已结束。而最令人痛心的是：这些人正是上帝从埃及拯救出来的人。他们亲眼目睹了上帝的大能，亲眼看见祂与法老对峙，亲身穿越了红海，还在旷野中得到了祂的供应。

But now, faced with another enemy, they forgot what God had already done.

但如今，面对新的敌人，他们却忘记了上帝曾经所做的一切。

Fear robbed them of memory. And when fear robs us of memory, it also robs us of courage.

恐惧夺走了他们的记忆。而当恐惧夺走我们的记忆时，它也夺走了我们的勇气。

So how our story help us to face the giants in our own lives? I think that Caleb and Joshua gives us two disciplines we can apply to our own situations.

那么，我们的故事如何帮助我们面对生活中遇到的“巨人”呢？我认为迦勒和约书亚为我们提供了两条准则，我们可以将其应用到自己的处境中。

1. Reframe 重新构架

Caleb says: 迦勒说：

“We should go up and take possession of the land, for we can certainly do it.”

“我们立刻上去得那地吧！我们必能征服它。”

You almost wonder if Caleb went to the same land as the other spies.

你几乎不禁要怀疑，迦勒是否去了与其他探子相同的那片土地。

They all saw the same thing. They saw fortified cities. They saw strong armies. They saw a more advanced, culture, a more organized, and more powerful civilization than they were. Caleb was not blind to that reality.

他们都看到了同样的景象。他们看到了坚固的城池，看到了强大的军队，还看到了一种比他们自身更为先进、更有条理、更强大的文明。迦勒并没有对这一现实视而不见。

Caleb was not blind to the problem. Faith is not pretending the giants are not there. Faith is not denying the walls, the weapons, or the danger.

迦勒并没有对这个问题视而不见。信心并非假装那些巨人不存在。信心也不是否认城墙、武器或危险的存在。

Faith enabled Caleb to see their situation from another perspective. Yes, he saw the same challenges as everyone but he is not seeing them from the same perspective. His perspective was framed by God's promise and faithfulness... From that perspective he saw possibilities rather than threats...

信心使迦勒能够从另一个角度看待他们的处境。是的，他看到的挑战与其他人一样，但他看待这些挑战的角度却不同。他的视角是由上帝的应许和信实所塑造的……从这个角度看，他看到的不是威胁，而是机遇……

So Caleb says, “We should go up and take possession of the land, for we can certainly do it.”

于是迦勒说：“我们立刻上去得那地吧！我们必能征服它。”

Not because Israel had an experienced, strong military. He must have reckon that If God could deliver them from Pharaoh, open a sea, feed them in the wilderness, then surely this moment was not beyond Him.

并非因为以色列拥有一支经验丰富、实力强大的军队……他一定认为，既然上帝能将他们从法老手中解救出来，能分开红海，能在旷野中供养他们，那么此刻的困境对他来说也绝非难事。

Caleb's faith was not foolish optimism. It was memory shaped into courage. He looked at the giants through the story of God's faithfulness, and that changed everything.

迦勒的信心并非盲目的乐观，而是记忆所铸就的勇气。他透过上帝信实的故事来审视那些巨人，这改变了一切。

Joshua joins Caleb in Numbers 14: 约书亚在《民数记》第14章中与迦勒一同出现：

If the Lord is pleased with us, he will lead us into that land... Only do not rebel against the Lord. And do not be afraid of the people of the land... Their protection is gone, but the Lord is with us. Do not be afraid of them.”

“耶和华若喜爱我们，就必领我们进入那地... 但你们不可背叛耶和华，也不要怕那地的百姓，因为他们是我们的食物。保护他们的已经离开他们，耶和华却与我们同在。不要怕他们！”

That is reframing. 这就是“重新构架”。

Reframing means learning to see the same situation from another angle. It means shifting our focus from the size of the problem to the presence and promise of God.

重新构架意味着学会从另一个角度看待同一件事。这意味着将我们的关注点从问题的严重性，转移到上帝的同在与应许上。

The other spies wanted to go back to Egypt. And we can understand why.

其他探子想回埃及。我们能理解他们为什么这么想。

Life in Egypt was hard — crushingly hard. But at least it was predictable. They did not have to make many decisions. Their lives were already decided by their masters.

在埃及的生活很艰难——艰难得令人窒息。但至少生活有规律可循。他们不必做太多决定。他们的生活早已由主人决定好了。

But now, standing at the edge of the Promised Land, they were facing something they had not known for generations: freedom.但此刻，当他们站在应许之地的边缘时，却面临着几代人从未经历过的东西：自由。

And freedom can be frightening.而自由有时会令人感到恐惧。

Now they had to choose. They had to choose whether to believe God. They had to choose whether to trust His promise. They had to choose whether to reimagine their lives — not as slaves surviving under Pharaoh, but as children walking with the Almighty.

现在，他们必须做出选择。他们必须选择是否相信上帝。他们必须选择是否信靠祂的应许。他们必须选择是否重新规划自己的人生——不再是法老统治下勉强求生的奴隶，而是与全能者同行的人。

That is not easy when slavery has shaped the way you see yourself.

当奴隶制已经塑造了你对自我的认知时，这绝非易事。

And maybe that is true for us too.也许对我们来说也是如此。

Sometimes the past feels safer simply because it is familiar. Even when it was painful, at least we knew how to live there.有时，过去之所以让人感到更安全，仅仅是因为它熟悉。即使那段时光充满痛苦，至少我们知道该如何在其中生活。

But God often brings us to places where we must decide whether we will live out of fear or step forward in faith.但上帝常常将我们带到这样的境地：我们必须决定是活在恐惧之中，还是凭着信心迈出步伐。

Following God may not always feel safe. It may not always be comfortable. It will include difficulty, uncertainty, and risk. But following God is always good.

跟随上帝未必总让人感到安全。未必总让人感到舒适。其中难免会有困难、不确定性和风险。但跟随上帝总是好的。

He is not leading us back into bondage. He is leading us into the life He has promised.

祂并非要将我们带回奴役之中，而是要带领我们进入祂所应许的生命。

2. Remember 铭记

Joshua says:约书亚说：

The land we passed through and explored is exceedingly good. If the LORD is pleased with us, he will lead us into that land, a land flowing with milk and honey, and will give it to us. Only do not rebel against the LORD. And do not be afraid of the people of the land, because we will devour them. Their protection is gone, but the LORD is with us. Do not be afraid of them.” (Nu 14:7-9). (2005).

“我们所走过、所窥探之地是极美之地。耶和华若喜爱我们，就必领我们进入那地，把这流奶与蜜之地赐给我们。但你们不可背叛耶和华，也不要怕那地的百姓，因为他们是我们的食物。保护他们的已经离开他们，耶和华却与我们同在。不要怕他们！”（民数记十四章 7-9 节）

God will lead us.上帝会引导我们。

Joshua and Caleb were calling the people to remember. Remember God’s promise. Remember what you have been waiting for. Remember what God has already done.

约书亚和迦勒呼吁百姓要铭记。铭记上帝的应许。铭记你们一直所盼望的。铭记上帝已经成就的事。

They were standing on the edge of the promise. Would they turn back now?

他们正站在希望的边缘。他们现在会转身回去吗？

Joshua’s words mean this: if we are willing to trust God, we do not have to be ruled by fear.

约书亚的话意思是：如果我们愿意信靠上帝，就不必被恐惧所支配。

Paul writes in Romans:保罗在罗马书里写道：

“If God is for us, who can be against us?”“神若帮助我们，谁能敌挡我们呢？”

Someone once said: “Never doubt in the dark what God has told you in the light.”

有人曾说：“切勿在黑暗中怀疑上帝在光明中对你说过的话。”

Can you and I learn to embrace that promise? If God is for us, who can be against us?

你和我能不能学习抓住这个应许？如果神帮助我们，谁能敌挡我们呢？

Of course life is not easy. Of course, as we try to live out God's intention for our lives, we will face challenges, obstacles, troubles, and disappointments. Jesus never promised us a trouble-free life. In John 16:33, He said:

当然，生活并不容易。当然，当我们努力活出上帝对我们生命的旨意时，我们会面临挑战、障碍、困难和失望。耶稣从未应许过我们会过上无忧无虑的生活。在《约翰福音》16章33节中，祂说：

“Here on earth you will have many trials and sorrows.”“在上你们有苦难。”

That is part of life in this broken world. But Jesus did not stop there. He went on to say: “But take heart, because I have overcome the world.”这就是我们活在这个破碎世界的一部分。但耶稣没有停在那里。祂接着说：“但你们要有勇气，我已经胜过世界。”

Take heart....Don't let fear overwhelm you.放心吧。不要让恐惧压倒你。

Jesus is saying to us, “I have overcome this world. I am with you in the struggles of your life. I will walk with you through the difficulties, through the hurts, through the discouragements, through the places where you feel weak and afraid.”

耶稣对我们说：“我已经胜过了这世界。在你们人生的挣扎中，我与你们同在。我将与你们一同走过艰难、伤痛、沮丧，以及你们感到软弱和恐惧的时刻。”

So as we face the giants in our own lives — the challenges, the uncertainties, the things that make us feel small — we can choose to see them differently.

所以，当我们面对自己生命中的巨人——挑战、不确定、那些使我们觉得渺小的事情——我们可以选择用不同的眼光来看。

We can choose to reframe what is in front of us. We can choose to remember that the giants may be real, but they are not greater than God.

我们可以选择重新看待眼前的事物。我们可以选择记住：那些巨人或许真实存在，但他们绝不会比上帝更强大。

And with God, all things are possible.因为在神那里，凡事都能。

He is able to do far more than we can ask, think, or imagine.

祂能成就的，远超过我们所求、所想、所能想象的。

So take heart, my friends. Take heart.所以朋友们，放心吧。刚强起来。

The road may not always be easy. But we do not walk it alone.

这条路不一定总是容易，但我们不是一个人在走。

God is for us. Christ has overcome. And His Spirit walks with us still.

上帝与我们同在。基督已经得胜。而祂的圣灵依然与我们同在。

Amen.阿们。