

Grace in the Storms of Life

人生风暴中的恩典

Jonah 约拿书 1:13-17 | July 5, 2026 | TBC

We are continuing this morning reflecting on the story of Jonah. I am still in chapter one as there is a lot of material for us to think about in this chapter. Jonah is a story of a wayward prophet. He is not going in the direction he should be going...but he is not lost. He is disobedient, rebelling from the mercy of God.

今天早上，我们继续思想约拿的故事。我仍然停留在第一章，因为这一章有很多内容值得我们仔细思想。约拿是一个偏行己路的先知。他走的不是自己应该走的方向，但神并没有丢弃他。他不顺服，悖逆神，也抗拒神的怜悯。

As we noted in the last couple of weeks he is running as far as he can from the place God wants him to be at. He thinks he could manipulate God into doing what Jonah wants - the destruction of Nineveh.

过去几个星期我们已经看见，约拿尽可能逃离神要他去的地方。他以为自己可以用行动迫使神照他的意思行，就是毁灭尼尼微。

Jonah is a story of God's grace for rebellious people. God's grace extends an open hand to the disobedient heart, seeking restoration for the rebel, and forgiveness for the sinner. Part of God's grace to Jonah comes in the form of a great wind, and a dangerous ocean. There is a storm blowing in Jonah's life. Not a storm of punishment, but a storm of grace.

约拿书讲的是神怎样向悖逆的人施恩。神向不顺服的心伸出双手，要挽回悖逆的人，也要赦免犯罪的人。神给约拿的恩典，有一部分竟然是借着狂风和危险的大海临到他。约拿的人生正刮起一场风暴——这不是惩罚的风暴，而是恩典的风暴。

Storms are difficult to navigate and can even be life threatening as the sailors on the ship have discovered. But this storm, though fierce and dangerous was sent to save and restore a prophet who had lost his way.

正如船上的水手所经历的，风暴很难应付，甚至可能夺去人的性命。然而，这场风暴虽然猛烈又危险，却是神用来拯救和挽回一个迷失方向的先知。

The scene in verse 4 is that the Lord hurled a great wind upon the sea and there was a mighty tempest on the sea, so that the ship threatened to break up. Have you ever been in a storm at sea? I have and I can testify that it is quite scary - at least for me as an 8 year old travelling from Hong Kong to San Francisco.

第4节说，耶和華使海中起了大风，海上狂风大作，甚至船几乎要破裂。你有没有在海上遇过风暴？我遇过。至少对当年那个只有八岁，正从香港乘船前往旧金山的我来说，那实在非常可怕。

In 1964, our family immigrated to Canada in search of a better life. Where we lived, civil war was brewing, and my parents hoped for a safer future.

1964年，我们一家移民到加拿大，希望过上更好的生活。我们原来居住的地方局势越来越动荡，战争的阴影正在逼近，父母盼望能为我们找到一个更安全的将来。

Most of the ocean voyage was exciting, but we were also taught what to do in an emergency—how to use a life jacket and where to find the lifeboats.

大部分航程都很新鲜，也很令人兴奋。不过，船员也教我们遇到紧急情况时该怎么办：怎样穿救生衣，以及救生艇在哪里。

One day, those lessons suddenly became real when our ship entered a storm. The coat hangers in our cabin swung violently from side to side. When I looked through the porthole, all I could see was a wall of water. As a young boy, I was terrified. I wondered whether the lifeboats and life jackets could really save us if the ship went down.

有一天，当我们的船驶进一场风暴时，这些训练突然变得非常真实。船舱里的衣架猛烈地左右摇摆。我从舷窗望出去，只看见一面巨大的水墙。那时我还是个小孩子，心里非常害怕。我不断在想：如果船真的沉了，救生艇和救生衣究竟能不能救我们？

That voyage reminds me of life. Life is not always smooth sailing. Storms come, and when they do, our world can suddenly feel small and unsafe. We lose sight of the horizon and struggle to find our direction. Most storms eventually pass, but while we are in them, sometimes all we can do is hold on and survive. 那次航程常常使我想到了人生。人生并不总是一帆风顺。风暴一来，我们的世界会突然变得很小，也变得很不安全。我们看不见远方，也不知道该往哪里走。大多数风暴最后都会过去，但身在风暴中的时候，有时我们能做的，只是紧紧抓住，努力撑下去。

Storms are scary because they expose how fragile and helpless we at times. This was the situation of the experienced crew taking a rebellious prophet - Jonah away from the command of the Lord... Jonah's sin had consequences as we observed last week. Storms can come with disobedience.

风暴之所以可怕，是因为它让我们看见自己有时是多么脆弱、多么无助。船上的情形正是这样：一群经验丰富的水手，正载着一个悖逆的先知——约拿，离神的吩咐越来越远。正如我们上星期所看见的，约拿的罪带来了后果。有些风暴，的确是悖逆所带来的。

But what can we learn from our text? There is much to say about this passage, but for our time together, Here are my two observations:

那么，从今天的经文中，我们可以学到什么呢？这段经文可以谈的很多，但今天我想集中思想两点。

1- Storms have a way to reveal truth. . .

一、风暴能显露真相

My father-in-law enjoyed working with wood. When he began a carving project, he would often start with a rough piece of lumber. He did not begin carving immediately. First, he planed away the rough surface. He needed a smooth place to work, and he needed to see the direction of the grain. Only then could he know how to shape the wood. In much the same way, storms strip away the superficial layers of our lives. They remove the appearances behind which we hide and bring the real issues to the surface, where God can begin His deeper work.

我的岳父很喜欢木工。每当他开始一件雕刻作品时，往往先拿一块表面粗糙的木头。他不会马上动手雕刻，而是先把粗糙的表层刨平。他需要一个平滑的表面，也需要看清楚木纹的方向，然后才知道应该怎样塑造那块木头。同样，人生的风暴也会刨去我们生命中那些表面的东西，剥下我们用来隐藏自己的外壳，把真正的问题带到表面，让神可以在我们里面展开更深的工作。

Jonah's journey had momentum. He had made his decision, boarded the ship, paid the fare, and gone below deck. As long as the sea remained calm, he could keep moving without examining where he was going or why he was going there. Jonah's journey had momentum. He had made his decision, boarded

the ship, paid the fare, and gone below deck. As long as the sea remained calm, he could keep moving without examining where he was going or why he was going there.

约拿的旅程已经有了惯性。他作了决定，上了船，付了船费，又下到底舱。只要海面仍然平静，他就可以继续向前，不必认真面对自己究竟要去哪里，也不必问自己为什么要往那个方向走。

Vrs 8, Then they said to him, "Tell us on whose account this evil has come upon us. What is your occupation? And where do you come from? What is your country?"

第 8 节说，他们问约拿：“请你告诉我们，这场灾祸临到我们，到底是谁的缘故？你是做什么的？你从哪里来？你是哪一国的人？”

These were not casual questions. They forced Jonah to remember who he was and what he had been called to do.

这些并不是随便问问的问题。它们迫使约拿重新想起自己是谁，也想起神曾经呼召他去做什么。

"I am a Hebrew, and I fear the LORD, the God of heaven, who made the sea and the dry land." Then the men are terrified because they know he is fleeing from the presence of the Lord."

约拿回答说：“我是希伯来人。我敬畏耶和华——那创造沧海和旱地、天上的神。”水手们听见以后，就非常害怕，因为他们已经知道，约拿正在逃避耶和华。

The storm exposed the truth about Jonah. Jonah was not a weary traveller enjoying a well-earned rest. He was a disobedient prophet hiding from God.

这场风暴揭露了约拿的真相。他并不是一个旅途疲倦、正在享受应得休息的旅客；他是一个不顺服、躲避神的先知。

Calm conditions can allow self-deception to continue. Storms strip away appearances. They reveal our fears, motives, idols, and spiritual condition.

环境平静的时候，自我欺骗可以一直持续下去；但风暴会剥去外表，显露出我们的恐惧、动机、偶像，以及我们真实的属灵光景。

Somebody has said: "Trouble, at least extreme storm-troubles strips us to the bare essential and reveals the basic realities in our lives." The men travelling with Jonah were men who trusted in false gods; and Jonah though he was right about God didn't mean that he was right with God.

有人这样说：患难，特别是猛烈如风暴般的患难，会把我们剥到只剩下最基本的东西，也会显露出生命最真实的光景。”和约拿同行的水手信靠的是假神；而约拿虽然对神有正确的认识，却不代表他与神有正确的关系。

This is one of the painful gifts of a storm: it forces us to stop. It makes us ask where we are, how we arrived there, and what God may be trying to show us.

这就是风暴所带来的一份痛苦的礼物：它迫使我们停下来，问一问自己——我现在在哪里？我是怎样走到这里的？神正要让我看见什么？

2. Storms teach us lessons we couldn't have learnt otherwise

二、风暴教导我们一些平安日子里学不到的功课

There are times when God brings a storm into our lives — to get our attention or to steer us in the direction He wants us to go, or teach us a divine truth that we needed to learn...-

有些时候，神会让风暴临到我们的生命中，为的是唤醒我们，把我们带回祂要我们走的方向，或教导我们一项早就需要学习的属灵功课。

Jonah is running from God, but God continues to pursue him. God refuses to abandon him. That should give us hope. Even when we wander, God does not easily let us go. He pursues us, not to destroy us, but to restore us and make us into the people He has called us to be.

约拿正在逃避神，但神仍然追赶他，不肯放弃他。这应当给我们盼望。即使我们偏离了道路，神也不会轻易放手。祂追赶我们，不是为了毁灭我们，而是为了挽回我们，使我们成为祂呼召我们成为的人。

Jonah believed he could leave God's call behind by sailing toward Tarshish. But verse 4 says, "The Lord hurled a great wind upon the sea."

约拿以为，只要坐船前往他施，就能把神的呼召远远抛在身后。但第 4 节说：“耶和华使海中起了大风。”

The storm interrupted Jonah's escape. God would not allow him to run peacefully in the wrong direction. 这场风暴打断了约拿的逃亡。神不容许他在错误的方向上平平安安地继续奔跑。

Sometimes grace comes to us as disruption. We often think of grace as comfort, protection, and open doors. But grace can also close the road we have chosen. It can disturb our plans and prevent us from travelling farther into disobedience. What feels like an interruption may actually be the severe mercy of God.

有时，恩典会以打乱我们生活的方式临到。我们常常以为，恩典就是安慰、保护和敞开的门；但恩典也可能关上我们自己选择的道路，打乱我们的计划，不让我们在悖逆中越走越远。我们以为那是拦阻，实际上却可能是神严厉的怜悯。

We must be careful here. Not every hardship is caused by personal sin. The book of Job makes that very clear. Sometimes we suffer because we live in a broken world. Sometimes we suffer because of the choices of others. But whatever the cause, God can use hardship to teach us lessons that comfort alone could never teach.

不过，我们在这里必须小心。并不是每一个困难，都是个人犯罪直接造成的。《约伯记》已经把这一点说得很清楚。有时我们受苦，是因为活在一个破碎的世界里；有时我们受苦，是因为别人的选择。但无论原因是什么，神都能使用苦难，教导我们一些单靠安舒永远学不到的功课。

Haruki Murakami in his novel "Kafka on the Shore" makes this observation : "Once the storm is over, you won't remember how you made it through... But one thing is certain. When you come out of the storm, you won't be the same person who walked in.

村上春树在小说《海边的卡夫卡》中有一句话：“风暴过去以后，你也许不会记得自己究竟是怎样熬过来的.....但有一件事可以肯定：当你走出风暴时，你已经不再是走进风暴时的那个人。”

I remember a particularly difficult storm my wife, our two young children, and I faced in the late 1970s. British Columbia was in a long recession, and jobs were scarce for young men like me.

我还记得，20 世纪 70 年代末，我和妻子以及两个年幼的孩子，也经历过一场非常艰难的人生风暴。当时卑诗省陷入长期经济衰退，像我这样的年轻人很难找到工作。

One fall afternoon, as I was leaving to help an older church member with some repairs, my wife said, "We only have left is a Kraft dinner and pumpkin left to eat, for dinner." Our choices those years very limited as our finances were very tight. . As I went and helped with out our friend, I thought to myself, Kraft dinner and pumpkin- not very appealing.

一个秋天的下午，我正准备出门，去帮教会里一位年长的弟兄修理一些东西。妻子对我说：“我们家里只剩下一盒卡夫牌通心粉和一个南瓜，可以用来做晚餐了。”那几年我们的经济非常紧张，实在没有多少选择。我一边去帮助那位朋友，一边心里想着：通心粉配南瓜，听起来实在不怎么吸引人。

When I returned home, my wife was preparing a wonderful dinner. Surprised, I asked where the groceries had come from. She told me that someone had left a box of food at our door. We had told no one about our need—but God knew.

当我回到家时，却看见妻子正在预备一顿很丰富的晚餐。我很惊讶，就问这些食物是从哪里来的。她告诉我，有人把一箱食物放在我们家门口。我们从来没有把自己的需要告诉任何人——但神知道。

That day, Philippians 4:19 became real to me: "My God will supply every need of yours according to his riches in glory in Christ Jesus."

就在那一天，《腓立比书》4 章 19 节对我变得真实起来：“我的神必照祂荣耀的丰富，在基督耶稣里，使你们一切所需用的都充足。”

It was a lesson teaching us to trust in God. We learned that , God will provide. He has a way of making a path through the wilderness and carrying us through the storms of life.

那次经历教导我们学习信靠神。我们明白了：神必供应。祂能在旷野中开道路，也能带领我们走过人生的风暴。

Lutheran theologian Helmut Thielicke, once made this observation:Our faith's grip on the Father may loosen. But he in whom we believe holds us fast in his grasp."

路德宗神学家赫尔穆特·蒂利克曾经这样说：“我们抓住天父的手也许会松开；但我们所信的那一位，却始终紧紧抓住我们。”

That is the grace we see in Jonah's story. In the storm, Jonah volunteers to be thrown overboard. As we saw last week, he appears more willing to die than to repent and return to Nineveh. But even being thrown into the sea will not allow Jonah to escape God's call.

这就是我们在约拿的故事里所看见的恩典。在风暴中，约拿主动提出，要水手把他扔进海里。正如上星期我们所看见的，他似乎宁愿死，也不愿悔改，更不愿回头前往尼尼微。然而，即使被扔进海里，约拿仍然逃不掉神的呼召。

This is not the end of Jonah's story. It is the beginning of a long road back. God is not finished with him. Jonah enters the water expecting to die, but God appoints a great fish to save him and carry him toward the place he has been trying to avoid. We will come to that part of the story in the weeks ahead.

这并不是约拿故事的结局，而是他漫长归回之路的开始。神还没有放弃他。约拿进入海中，以为自己必死无疑；但神却安排一条大鱼救他，并把他带向那个他一直想要逃避的地方。接下来的几个星期，我们会继续思想这部分的故事。

Perhaps you are here this morning and you are passing through a storm of your own. You may feel that all you can do is hold on and survive. Ask the Lord: What truth are You revealing to me? What do You want to teach me? Is there something I need to face, confess, release, or trust?

也许今天早上，你正经历自己人生中的一场风暴。你可能觉得，自己能做的只是紧紧抓住，努力撑下去。你可以向主祷告：你正在向我显明什么真相？你要教导我什么功课？有没有什么事情，是我需要面对、承认、放下，或重新依靠你的？”

The God who followed Jonah into the storm is the same God who is present with you in yours. Your grip on Him may feel weak, but His grip on you remains strong. He has not abandoned you, and He is not finished with you. Amen.

那位跟随约拿进入风暴的神，也同样与你一同进入你的风暴。你抓住祂的手也许已经很软弱，但祂抓住你的手仍然坚定。祂没有离弃你，祂在你身上的工作也还没有结束。阿们。

In the storm, Jonah volunteers to be thrown overboard. He is ready to die rather than repent as we mentioned last week. But thrown overboard does not allow him to escape his responsibility as we will see in the next few messages, it is only the beginning of a long road to recovery because God is not finished with Jonah. His grace will follow him even through the most difficult of life circumstances. He gets thrown overboard hoping to die but he is saved by a great fish who takes him to where he needed to go. You'll have to wait for the fish story in the next few messages

在风暴中，约拿主动提出，要水手把他扔进海里。正如我们上星期所提到的，他宁愿死，也不愿悔改。但被扔进海里，并不能让他逃避自己的责任。正如我们接下来几篇信息将会看见的，这只是他漫长复原之路的开始，因为神还没有放弃约拿。即使在人生最艰难的处境中，神的恩典仍然一路跟随他。他被扔进海里，本来希望就此死去，却被一条大鱼救了，并被带到他本来就应该去的地方。至于大鱼的故事，就要留到接下来的几篇信息再说了。

Perhaps you are here this morning and you are going through some storms in your life and you are fighting for dear life. Ask the Lord, what truth is he trying to reveal to you and what lessons does He want you to learn? The God who followed Jonah into the storm is the same God who holds you fast in His grip. Amen.

也许今天早上，你正经历人生的风暴，甚至觉得自己正在拼命求生。你可以问主：“你正在向我显明什么真相？你要我学习什么功课？”那位跟随约拿进入风暴的神，也正紧紧地把你握在祂的手中。阿们。