

The God of Second Chances

赐人第二次机会的上帝

Jonah 3:1-10 | 约拿书 3:1-10

TBC July 26, 2026 / 2026 年 7 月 26 日

Most of us know what it is like to wish we could begin again. We have made choices we regret, spoken words we cannot take back, or walked away from something God asked us to do. We may wonder whether our failure has disqualified us or whether God can still use us.

我们大多数人都曾经希望，人生可以重新来过。我们做过令自己后悔的选择，说过再也收不回来的话，也曾离开上帝吩咐我们去做的事。我们或许会问：我的失败是不是已经使我失去了资格？上帝还会不会使用我？

Jonah 3 opens with wonderfully hopeful words: “Then the word of the Lord came to Jonah a second time.” Jonah had run from God, endangered the lives of others, and resisted God’s call. Yet God did not abandon him. He rescued Jonah, restored him, and called him again.

约拿书第三章一开始，就出现了一句充满盼望的话：“耶和华的话第二次临到约拿。”约拿曾经逃避上帝，使别人陷入危险，也抗拒上帝的呼召。然而，上帝并没有丢弃他。上帝救他、挽回他，又一次呼召他。

But Jonah is not the only one given another chance. Nineveh, a city known for violence and cruelty, is warned of coming judgment. Yet within that warning is an opportunity to turn—to leave its evil ways and receive mercy. God gives a second chance to a disobedient prophet and to an undeserving city.

但得到第二次机会的，不只是约拿。尼尼微是一座以暴力和残酷闻名的城市，上帝警告他们，审判即将到来。然而，在这警告里面，也包含着一个回转的机会——离开恶行，领受怜悯。上帝把第二次机会赐给一个悖逆的先知，也赐给一座不配蒙恩的城市。

Jonah 3 reminds us that failure does not have to be the final chapter of our story. God’s grace meets us where we have gone wrong, but it does not leave us there. The God of second chances calls us to rise, turn around, and walk once again in obedience to him.

约拿书第三章提醒我们：失败不一定是我们人生最后的一章。上帝的恩典会在我们走错路的地方遇见我们，却不会让我们继续停在那里。赐人第二次机会的上帝呼唤我们站起来，转回头，再一次顺服地与他同行。

We are continuing our series from the book of Jonah, entitled “Hope for the Wayward.” Last week, if you recall, Jonah was in the belly of a great fish. In that dark, cramped, and confining place, Jonah remembered to pray. He did not merely cry for relief; he thoughtfully turned his mind toward God, who must always be at the centre of our prayers. As Jonah prayed, his attention moved from the despair of his circumstances to hope in God’s deliverance. God did not fail him. The Lord commanded the fish, and it vomited Jonah onto dry land.

我们继续查考约拿书这个系列，题目是《迷途者的盼望》。大家还记得吗？上个星期，约拿仍然在大鱼的肚子里。在那个黑暗、狭窄、令人窒息的地方，约拿终于想起要祷告。他不只是呼求上帝救他脱离困境；他也认真地把心思转向上帝，因为上帝必须永远是我们祷告的中心。当约拿祷告的时候，他的注意力渐渐从眼前的绝望，转向上帝拯救的盼望。上帝没有让他失望。耶和华吩咐那条鱼，鱼就把约拿吐在旱地上。

Our story does not tell us how long Jonah’s journey took, but when he reached dry land, he was finally facing the right direction. Nineveh was still many miles away, and the road ahead would not be easy. Jonah was weak and exhausted. He had spent three days without sunlight, surrounded by darkness and the threat of death. Yet now the sun was on his face and solid ground was beneath his feet. He was bruised, humbled, and barely alive—but alive all the same.

圣经没有告诉我们，约拿走了多久才到达那里。但当他踏上旱地的时候，他终于朝着正确的方向了。尼尼微仍在很远的地方，前面的路也不会轻松。约拿身体虚弱，疲惫不堪。他已经三天没有见过阳光，四周只有黑

暗和死亡的威胁。可是现在，阳光再次照在他的脸上，脚下也重新有了坚实的土地。他浑身受伤，被上帝降卑，几乎只剩下一口气——但无论如何，他还活着。

It took a storm, a desperate prayer, and the mercy of God, but Jonah was finally going to Nineveh—a real city filled with real people and real problems. He was on the right road, but he had not arrived there by his own strength. God's severe mercy had pursued him through the storm, the sea, and the great fish.

经历了一场风暴、一次绝望中的祷告，以及上帝的怜悯，约拿终于踏上了前往尼尼微的路。尼尼微不是一个抽象的名字，而是一座真实的城市，里面住着真实的人，也面对真实的问题。约拿终于走在正确的路上，但他不是靠自己的力量走到这里。上帝严厉却充满恩典的怜悯，穿过风暴、海洋和大鱼，一路追赶着他。

Jonah had passed through some terrible days. He had been thrown overboard in a violent storm and faced what appeared to be certain death. He had been swallowed by a great fish and spent three days in darkness. The experience had taught him about his weakness, his need for God, and the nearness of death. Now he was receiving the wonder of life again—life rescued, restored, and reclaimed by grace.

约拿刚刚熬过了一段可怕的日子。他在猛烈的风暴中被抛进海里，眼看着就要死去；他又被大鱼吞下，在黑暗中度过了三天。这一切让他看见自己的软弱，看见自己多么需要上帝，也看见死亡离他有多近。如今，他再一次体会到活着是何等奇妙——这条命是上帝救回来的，是上帝恢复的，也是恩典重新赐给他的。

Jonah finally arrived in Nineveh and began to proclaim the message the Lord had given him. As chapter 4 will reveal, Jonah was still not happy about his assignment. His feet were moving in obedience, even though his heart had not yet caught up with God's heart. Nevertheless, Jonah preached, the people believed God, and even the king humbled himself. To Jonah's disappointment—but to Nineveh's salvation—the city turned from its evil ways.

约拿终于来到尼尼微，开始宣讲耶和华交给他的信息。到了第四章我们就会看见，约拿对这个任务仍然很不高兴。他的脚虽然已经顺服地向前走，他的心却还没有跟上上帝的心。然而，约拿还是传了道，百姓也相信了上帝，连王也谦卑下来。让约拿失望、却使尼尼微得救的是：整座城竟然离开了他们的恶行。

The storm became a storm of salvation, and the fish became God's means of rescue. Through them, Jonah received a new beginning and a renewed calling. But a second chance is more than escaping the consequences of yesterday; it is an invitation to live differently today. Jonah 3 shows us three dimensions of God's restoring grace.

那场风暴成了带来拯救的风暴，那条大鱼也成了上帝施行拯救的工具。借着这一切，约拿得到了一个新的开始，也重新领受了呼召。但第二次机会，不只是让我们逃过昨天的后果；第二次机会也是一个邀请，叫我们今天开始用不同的方式生活。约拿书第三章让我们看见，上帝恢复人的恩典有三个层面。

1. God Offers a New Beginning

一、上帝赐下一个新的开始

Jonah's new lease on life begins with these words: The word of the Lord came to Jonah a second time...

约拿的新生命，是从这一句话开始的：“耶和华的话第二次临到约拿……”

Jeremiah writes these words in the book of Lamentations:

先知耶利米在《耶利米哀歌》中这样写：

Lamentations 3:22,23 Because of the Lord's great love we are consumed for his compassions never fail...they are new every morning; great is your faithfulness.

《耶利米哀歌》三章 22 至 23 节：“我们不至消灭，是出于耶和华诸般的慈爱；是因他的怜悯不至断绝。每早晨，这都是新的；你的信实何其广大！”

We can take comfort from this text that God does not give up on us very easily...even a culturally insensitive, ethnocentric, self-absorbed, prayer-less person like Jonah.

这段经文带给我们很大的安慰：上帝不会轻易放弃我们。甚至像约拿这样一个对别人的文化毫不敏感、以自己民族为中心、只顾自己、又不祷告的人，上帝仍然没有放弃他。

Jonah gets a second chance at life. If you've ever survived a serious accident or sickness, you know how Jonah feels. I know how that feels because I've saved twice from drowning and once from a possibly killed in a car accident. I'll tell you how I felt - relief...

约拿得到了第二次活下去的机会。你若曾经从严重的意外或疾病中死里逃生，就会明白约拿当时的感受。我自己也明白，因为我曾经两次差一点溺水，也曾经在一次车祸中险些丧命。让我告诉你，当时我最深的感受，就是松了一口气——我还活着。

What would you do with a second chance to make things right? You do it...that's what you do...Jonah learnt that much from his experience.

当你得到第二次机会，可以把错误纠正过来，你会怎么做？当然是去做！这就是你应该做的。至少，约拿从他的经历中学会了这一点。

The question for us is: "Are there areas of our lives we need to make right...Are there relationships that we need to make right?..." The truth of the matter is everyday you have can be a fresh start for you.

所以，我们也要问自己：“我的生命中，有什么地方需要重新修正？有没有一段关系，是我需要去挽回的？”事实是，只要上帝又赐给你一天，那一天就可以成为你新的开始。

You don't have to carry that burden...that you've carried for so long...you don't have to remain angry with the person who has hurt you...you don't have to get even...you can have a fresh start...

你不必继续背着那个已经背了很久的重担；你不必一直向伤害过你的人怀怒；你也不需要报复。你可以有一个新的开始。

The road to rebuilding a life shattered by storms of disobedience begins with the understanding that as long as you are alive, you are given the opportunity to make things right...if not for others...at least for yourself.

一场悖逆的风暴，也许已经把你的生命打得支离破碎。但重建生命的第一步，就是明白：只要你还活着，你就仍然有机会把事情做对。即使你暂时不能为别人挽回什么，至少也可以为自己走向正确的路。

The word of the Lord came to Jonah...for a second time..."耶和华的话……第二次临到约拿……"

2. God Calls Us to a New Way of Living

二、上帝呼召我们过一种新的生活

Someone has said that the definition of insanity is doing things the way you've always done it and expect a different result. So Jonah has come full circle doing things differently.

有人说，所谓疯狂，就是一直用同样的方法做事，却期待得到不同的结果。如今，约拿终于绕了一大圈，回到了起点；这一次，他开始用不同的方式回应上帝。

There was no way for Jonah to reach these Ninevites if he was unwilling to engage them in conversation. There was no way to build any kind of relationship with people who were alienated from you without changing the way you act towards them.

约拿若不愿意与尼尼微人接触、对话，他就不可能把上帝的信息带给他们。你若不愿意改变自己对待别人的方式，也不可能和那些与你疏远、甚至彼此敌对的人建立任何关系。

That is what has happened to Jonah. In verse 3 a better translation might be Jonah went "according to the word of the Lord."

这正是约拿身上发生的改变。第三节也可以译作：约拿“照着耶和华的话”去了。

Remember that the writer of Jonah has composed this for us very carefully. He wants us to understand very clearly the change that has taken place in him. He finally will do what God has instructed him to do - even though reluctantly.

请记住，《约拿书》的作者在这里写得非常用心。他要我们清楚看见，约拿身上确实发生了变化。虽然约拿仍然很勉强，但他终于愿意去做上帝吩咐他的事。

One of the ways he informs us about his changed behaviour is through the construction of our text. It is in direct contrast with chapter 1 verse 3. In 1:3 we read...Jonah ran away...In 3:3 we read...Jonah went...The emphasis in our texts is on the verbs ran away...and went...Jonah wants us to take note that a change has taken place in him...

作者让我们看见约拿行为改变的方法之一，就是把这段经文和第一章第三节作鲜明的对比。第一章第三节说：“约拿逃跑了。”第三章第三节却说：“约拿去了。”这里强调的是两个动作：“逃跑”和“前去”。作者要我们留意：约拿已经开始改变了。

Rebuilding always involves change - a change in our perspective, a change in our hearts that translate into a change in our behaviour. It is not easy to change behaviours that have been normalized in one's life.

重建生命一定会带来改变——我们的眼光要改变，内心要改变，而内心的改变也必须带来行为的改变。那些已经在我们生活中变成“习惯”、甚至被我们视为“正常”的行为，要改变起来并不容易。

Jonah goes to Nineveh, finally doing what he was meant to do...preach. Listen to Jonah's message "40 days and Nineveh will be overturned."

约拿终于来到尼尼微，开始做他原本就应该做的事——传讲上帝的信息。请听约拿所传的：“再等四十日，尼尼微必倾覆了！”

In response to Jonah's declaration, they decided to change their ways. They called a fast (5); the king covered himself with sackcloth and sat down in the dust (6); proclamation was given (7); fast was called, prayer was given, repentance was ordered (9) - turn from wickedness and violence. in hopes that God would turn from His awesome wrath

尼尼微人听见约拿的宣告，就决定改变自己的生活。他们宣告禁食（第 5 节）；王披上麻布，坐在灰尘中（第 6 节）；王又颁布命令（第 7 节），要求所有人禁食、呼求上帝并悔改（第 8 至 9 节）——离开邪恶和强暴，盼望上帝回心转意，不再向他们发出可畏的怒气。

Nineveh repents, and God relents from the judgment he had announced. Jonah obeys, but chapter 4 will show us that his heart still needs to change.

尼尼微人悔改了，上帝也没有降下他所宣告的审判。约拿顺服了，但第四章会告诉我们，他的内心仍然需要改变。

This chapter is about repentance—a change of direction that becomes visible in a changed way of life. Repentance begins when God's Word reorients our hearts and minds, leading us to respond differently to people and to the circumstances of life. For Nineveh, repentance meant turning from violence. For Jonah, it meant turning from flight to obedience. Yet Jonah's story reminds us that outward obedience is only the beginning; God also desires to transform the heart.

这一章谈的是悔改。悔改就是改变方向，而这个方向的改变，会在新的生活方式中显明出来。当上帝的话重新调整我们的心思意念，使我们用不同的方式回应别人，也用不同的态度面对人生的处境，悔改就开始了。

对尼尼微人来说，悔改是离开暴力；对约拿来说，悔改是停止逃跑，转向顺服。然而，约拿的故事也提醒我们：外在的顺服只是开始，上帝还要改变我们的内心。

Repentance is the only way for you to recover from the storms that come with disobedience to God's way and God's intention for our lives. Anger must give way to forgiveness, hatred must give way to love, prejudice must give way to acceptance, lust must give way to virtue, greed must give way to generosity etc,... the list is long when it comes to our propensity to live life in opposition to God's way...there will be consequences... and some of those consequences are dire.

当我们因为违背上帝的道路和他对我们生命的心意，而陷入风暴时，悔改是唯一真正的复原之路。愤怒必须让位给饶恕，仇恨必须让位给爱，偏见必须让位给接纳，情欲必须让位给圣洁，贪婪必须让位给慷慨。我们里面总有一种倾向，要用与上帝相反的方式生活；这样的例子还有很多。可是，我们必须明白：这种生活一定会带来后果，而有些后果会非常严重。

Nineveh's warning is also a warning to us. God's wrath is his holy and rightful opposition to evil. It is not the uncontrolled anger of a bad-tempered deity; it is God's settled opposition to lives and societies that destroy what he loves.

上帝对尼尼微的警告，也是对我们的警告。上帝的愤怒，是他圣洁而公义地反对邪恶。那不是脾气暴躁的神失去控制地发怒；而是上帝坚定地反对那些摧毁他所爱之人、也摧毁整个社会的罪恶。

Alec Motyer wrote that in a world created by a good God, evil and injustice are "inherently self-destructive." The resulting social disintegration "expresses [God's] wrath. He presides over the cause and effect processes he has built into creation so they are expressions of his holy rule of the world."¹³

亚历克·莫提尔写道：在一位良善上帝所创造的世界里，邪恶和不公义本身就“带着自我毁灭的力量”。由此产生的社会瓦解，“显明了上帝的愤怒。上帝掌管着他放在受造世界中的因果秩序，因此这些后果也表达了他对世界圣洁的治理。” [13]

Jonah's storm was a direct consequence of his disobedience. Thankfully, God provided a way through it. Repentance—the turning of one's life back toward God—is the proper response to disobedience and the gracious doorway to a new beginning.

约拿所经历的风暴，是他悖逆所带来的直接后果。感谢上帝，他也在风暴中为约拿预备了一条出路。悔改——就是把生命重新转向上帝——是我们面对悖逆时正确的回应，也是上帝满有恩典地为我们打开、通往新开始的大门。

Repentance is not easy; in fact, it can be deeply uncomfortable. It requires a change in direction, behaviour, and sometimes attitude. It moves us from what is familiar into the uncharted waters of faith. Jonah left the familiar road to Tarshish and went toward Nineveh. The Ninevites left the false security of their established way of life and cast themselves upon the mercy of God.

悔改并不容易；事实上，它常常会让人感到非常不舒服。悔改要求我们改变方向、改变行为，有时也要改变我们的态度。它把我们熟悉的地方带出来，进入信心尚未走过的水域。约拿离开了那条通往他施、自己熟悉的道路，转向尼尼微；尼尼微人也放下了原有生活方式所带来的虚假安全感，把自己完全交托在上帝的怜悯中。

Eugene Peterson, commenting on Nineveh describes it in this way: 尤金·彼得森谈到尼尼微时，这样描述：“Nineveh was a religious city. It had ziggurats reaching to the skies, it had a priestly bureaucracy that organized life so that it would have order and security. By complying with the rituals and obeying the rules, Ninevites eliminated (or at least reduced) risk. Answers were provided for all mysteries. God was put into the service of humanity. When Jonah preached “40 days and Nineveh will be overthrown” He didn't accuse them

of being evil. He didn't denounce their sin and wickedness. He called into question their future. He introduced eschatology into their now-oriented religion, their security-obsessed present”.

“尼尼微是一座宗教气氛浓厚的城市。城里有高耸入云的金字塔式神庙，也有一套由祭司管理的制度，把生活安排得井然有序，让人感到安稳。只要遵守仪式、服从规条，尼尼微人就以为可以消除风险，至少也可以把风险降到最低。每一个奥秘似乎都有现成的答案，上帝反而被人拿来为自己服务。当约拿宣告：‘再等四十日，尼尼微必倾覆了！’他没有逐条控诉他们的邪恶，也没有详细斥责他们的罪。他所挑战的，是他们自以为稳妥的未来。他把末后的审判带进了他们只顾眼前、只求安全的宗教生活之中。”

Repentance comes when we are no longer so self-assured. When we are convinced that we cannot save ourselves...and we are willing to change the way we think and act...not always because we understand fully but because we believe God. Isn't that the conclusion that Jonah came to...Isn't that what the Ninevites say in verse 5.

当我们不再那么自信、不再以为自己什么都能掌握时，悔改才会真正发生。当我们终于承认自己救不了自己，并且愿意改变自己的想法和行为——不一定因为我们已经完全明白，而是因为我们相信上帝——悔改就开始了。这不正是约拿最后不得不面对的结论吗？这不也是第五节所说，尼尼微人“相信上帝”吗？

The road to recover after a storm...is to begin to behave differently.

风暴过后，要走上复原的道路，就必须开始用不同的方式生活。

3. God Welcomes a Humble Response

三、上帝悦纳谦卑的回应

For Jonah...the change included recognition that Nineveh was important. In verse 3 Jonah tells us two things about Nineveh: its size and its significance. Jonah says that it took three days to walk through it.

对约拿来说，这个改变也包括承认尼尼微的重要性。在第三节，他告诉我们尼尼微的两个特点：它的规模，以及它的重要地位。约拿说，走遍这座城需要三天。

Archaeological excavations of Tel Nineveh show that there was a walled city that was relatively small around which sprawled many suburbs like a big metropolitan area. That greater Nineveh area was probably sixty miles in circumference. It would very easily take three days to walk across a city of that size. In the hill country of Israel the cities were made up of multilevel buildings scrunched together in a compact space. Here in the Mesopotamian plain the cities were all spread out.

对尼尼微遗址的考古发掘显示，城墙以内的范围相对不大，但城外有许多向四周延伸的居民区，就像今天一个大型都会区。整个大尼尼微地区，周长可能约有六十英里。要走过这样一座城市，三天并不奇怪。以色列山地的城市，通常把多层建筑紧紧挤在有限的空间里；但在美索不达米亚平原，城市向四面八方铺展开来。

Nineveh was the capital city of Assyria and it was the centre of Assyrian military, economic, and religious power. It was a world-class city, overwhelming in its influence of the ancient world.

尼尼微是亚述的重要城市，也是亚述军事、经济和宗教权力的中心。它是一座世界级的大城，在古代世界拥有令人震撼的影响力。

In verse 3 Jonah makes this confession describing Nineveh as "an exceedingly great city," literally in the Hebrew, "a great city to God." This is quite an admission from a prophet of Israel, partly because the capital city Samaria he came from only had about 30,000 people... Compared to Nineveh, Samaria...was a hick town. But theologically it is a huge shift in Jonah's attitude...as he comments that this city was of great importance to God – what he is admitting to is God was as concerned with what was going on in Nineveh as he was in what was happening in Jerusalem.

第三节中，约拿称尼尼微为“一座极大的城”。按希伯来文直译，就是“一座在上帝眼中极大的城”。对一位以色列先知来说，这是一个很不容易作出的承认。他所熟悉的首都撒马利亚大约只有三万人；跟尼尼微相

比，撒马利亚几乎只是一个不起眼的小城。但在神学上，这句话更显出约拿态度上的重大转变。他承认尼尼微在上帝眼中非常重要，也就是说，上帝关心尼尼微所发生的事，就像他关心耶路撒冷所发生的事一样。

Jonah wants us to understand that he got the message. The message was that God cared a lot about this city and the people who live there.

约拿要我们明白，他终于听懂了上帝的信息：上帝非常关心这座城市，也非常关心住在城里的每一个人。

The word that best describes Nineveh's response is repentance. Repentance is more than a momentary decision; it is a reorientation of the mind and heart that produces a new direction in life. The New Testament word *metanoia* carries this sense of a transformed understanding that leads to transformed action.

最能形容尼尼微人回应的词，就是“悔改”。悔改不只是某一刻作了一个决定；悔改是心思和内心重新被调整，以致人生走向一个新的方向。新约所用的希腊字 *metanoia*，正包含这个意思：认识被改变了，行动也随之改变。

Repentance at times takes everything you have to say no to behaviours that was once normal. It begins with a change in your mind and heart. Most people have heard stories of addicts and their hard journey of recovery...but repenting from anger, hatred, long held prejudices - I think is just as hard or perhaps even harder because changing the way one sees the world takes work, takes reflection, takes honest self-evaluation...even sorrow...We don't talk a lot about that kind of repentance...and it is as hard of a journey as those of recovering addiction.

有时候，为了向那些过去已经被我们视为正常的行为说“不”，我们必须付上极大的代价。悔改首先从心思和内心的改变开始。我们大多听过成瘾者艰难戒瘾、走向康复的故事；可是，我认为要离开愤怒、仇恨和多年累积的偏见，同样困难，甚至可能更困难。因为改变一个人看世界的方式，需要下功夫，需要反省，需要诚实地面对自己，有时甚至需要经历忧伤。我们很少谈这种悔改，但这条路并不比戒除毒瘾或其他成瘾容易。

Jonah needed to turn from running away from God's call. He finally began taking steps toward the people he despised and proclaiming God's message to them. He was not doing so because his heart had been completely transformed; chapter 4 makes that clear. Yet it was a beginning. The God of second chances had turned Jonah's feet around and was still at work on his heart.

约拿需要停止逃避上帝的呼召。他终于开始一步一步走向自己所厌恶的人，并向他们宣讲上帝的信息。他这样做，并不是因为他的内心已经完全改变了；第四章会把这一点说得很清楚。但这至少是一个开始。赐人第二次机会的上帝，已经使约拿的脚转回正确的方向，而上帝仍然在继续改变他的心。

Jonah on the edge of the Mediterranean...doing things differently. Going to Nineveh...Preaching and engaging with people he did not particularly want to be with...and surprisingly, the people responded to his message by doing something about the way they lived...

约拿曾经站在地中海边，选择逃跑；如今，他开始用不同的方式生活。他前往尼尼微，向那些自己并不愿意亲近的人传道、与他们接触。令人惊讶的是，这些人听见信息以后，竟然真的开始改变自己的生活。

How can we respond to this passage? Well ask yourself the question: What do I need to surrender in my life so that I can become the person that God intended for me to be?

那么，我们应当怎样回应这段经文呢？请问问自己：为了成为上帝原本要我成为的人，我生命中有什么是必须交出来、向上帝降服的？

Who or what might be the Ninevites in your life? Maybe it is a relationship that God is asking you to make right. Maybe it is unresolved anger that God is inviting you to resolve. Maybe it's an addiction you need to let

go of...I'm so surprised, but I shouldn't be of all the different kinds of addiction people fall into. There are those that are very obvious : drugs, alcoholism etc.

在你的生命中，谁或什么是你的“尼尼微人”？也许是一段上帝要你修复的关系；也许是一股一直没有处理的怒气，上帝正在邀请你去化解；也许是一种你必须放下的瘾。我常常惊讶，人会陷入这么多不同形式的成瘾；但其实我也不应该惊讶。有些成瘾很明显，例如吸毒、酗酒等等。

And there are those that are not so evident - gaming, gambling, sex. A friend of mine leads a group of men, many involved in some kind of vocational ministry who are addicted to pornography - they meet every Saturday to pray and support each other. If you have an addiction of any type - please, please, please - seek help and make changes in your life - I promise you won't regret it.

也有一些成瘾不那么容易被看见，例如沉迷电子游戏、赌博，或性方面的成瘾。我有一位朋友带领一个男性小组，其中不少人从事教会或其他全职事奉，却一直被色情内容捆绑。他们每个星期六聚在一起祷告，彼此扶持。你若正被任何一种成瘾捆绑，我恳求你——请你、请你、请你——一定要寻求帮助，并且开始作出改变。我向你保证，你不会后悔。

Maybe for some of you repentance is simply surrendering your life to Jesus. He has been tugging at your heart for so long...you've felt him...you know what you have to do...Maybe today you need to say 'yes 'to God and commit your life to following Him in Jesus.

也许对这里有些人来说，悔改就是把你的生命交给耶稣。很久以来，他一直在轻轻叩你的心门。你已经感受到他的呼唤，也知道自己应该做什么。也许今天，就是你向上帝说“是”的时候，把自己交给耶稣，决心跟随他。

How do we recover from the storms brought about by our disobedience? We turn back to God. We receive the new beginning he offers, learn a new way of living, and humble our hearts before him. This is the invitation of the God of second chances.

我们怎样才能从自己悖逆所带来的风暴中重新站起来？就是转回上帝。领受他所赐的全新开始，学习一种新的生活方式，并在他面前谦卑自己的心。这就是赐人第二次机会的上帝，今天向我们发出的邀请。

In a few moments, we will sing the old hymn "Search Me O God." I am going to come to the front. If God has spoken to your heart and you need to surrender a relationship to him—your anger, your burdens, your fears, or perhaps your whole life—I invite you to come forward. I would count it a privilege to pray with you. Do not leave this service carrying a burden that God is inviting you to release. There is something powerful about stepping forward publicly and saying yes to God. Let us pray.

再过一会儿，我们要唱一首古老的诗歌《求主鉴察》。我会走到前面来。上帝若已经对你的心说话，而你需要把一段关系交给他，或把你的愤怒、重担、恐惧，甚至整个人生交给他，我邀请你走到前面来。能够为你祷告，是我的荣幸。不要在聚会结束以后，仍然背着上帝正在邀请你放下的重担。公开走出来，向上帝说“是”，是一件很有力量的事。让我们一起祷告。