Good News in Word and Deed　言行中的福音

Matthew　马太福音　14:13–21　|　November　十一月　22, 2026

Sometimes you find yourself where you expect to be and where you want to be. That may be in terms of being at home, here in Vancouver.
有时候，你会发现自己正身处在一个你预期并希望身处的地方。这指的可能是你在家，在温哥华这里的家。

It may be where you are in life—your job, your relationships.
也可能是指你人生中所处的阶段——你的工作、你的人际关系。

Or it may be where you are spiritually—you feel good about your life with God.
又或者是你属灵生命的光景——你对自己与神的关系感到满意。

Sometimes, however, you find yourself in the middle of nowhere. You get lost, and the panic sets in. Your job and your relationships are not working. Spiritually, you feel adrift.
然而，有时你会发现自己处于不知何去何从的境况。你迷失了方向，恐慌也随之而来。你的工作和人际关系都不顺利。在属灵方面，你也感到漂泊无依。

Where's the hope? Where's the good news?　希望在哪里？好消息在哪里？

At the end of Matthew 13, Jesus returns to his hometown of Nazareth. He's home. Great! But the people scoff, *"Isn't he just the carpenter's son …?"* They reject him (Matthew 13:54–57).
在马太福音第 13 章的结尾，耶稣回到自己的家乡拿撒勒。他回家了。极好！但是那里的人却嗤笑他：「*他不是木匠的儿子吗……？*」他们拒绝了耶稣（马太福音 13:54–57）。

This happens around the same time Jesus hears that his cousin, John the Baptist, has been brutally executed. It has been a difficult few days.
在差不多的时候，耶稣听见了他表亲施洗约翰遭到残忍杀害的消息。对耶稣来说那实在是相当艰难的几天。

Matthew comments, *"As soon as Jesus heard the news, he left in a boat for a remote area to be alone."* I can understand that.
马太这样描述：「*耶稣听到了，就从那里上船，私下退到荒野的地方去。*」我能够理解他的心情。

Sometimes you WANT to be in the middle of nowhere. To think. To pray. To recharge.
有时候，你**希望**自己身处一个远离人群的地方，去思考、去祷告，去重新得力。

But things don't go as planned: *"The crowds heard where he was headed and followed him on foot from many towns. Jesus saw the huge crowd as he stepped out of the boat, and he had compassion on them and healed their sick"* (Matthew 14:13–14).
但事情并没有按计划发展：「*众人听到后，从各城来，步行跟随他。耶稣出来，见有一大群人，就怜悯他们，治好了他们的病人。*」（马太福音 14:13–14）

That evening, the disciples come to Jesus and say, *"This is a remote place, and it's already getting late. Send the crowds away so they can go to the villages and buy food for themselves."* But Jesus replies, *"That isn't necessary—you feed them."*
到了傍晚，门徒到耶稣那里对他说：「*这地方偏僻，而且时候已经晚了，请叫众人散去，他们好进村子，自己买些食物。*」但耶稣回答他们说：「*不用他们去，你们给他们吃吧！*」

They answer, *"But we have only five loaves of bread and two fish."*
门徒回答说：「*我们这里只有五个饼、两条鱼。*」

SLIDE:
投影片：

Jesus takes the five loaves and two fish, looks up toward heaven, and blesses them. Then, breaking the loaves into pieces, he gives the bread to the disciples, who distribute it to the people. Five thousand men—and many women and children as well—eat as much as they want. Afterward, the disciples still pick up twelve baskets of leftovers.
耶稣就拿着这五个饼和两条鱼，望着天祝福，擘开饼，递给门徒，门徒又递给众人。吃的人中，约有五千个男人，以及许多妇女和孩子，他们都吃得饱饱的。之后，门徒甚至还收拾了十二个篮子的剩余食物。

This is the only miracle recorded in all four Gospels other than Jesus' resurrection. Maybe it's important?

除了耶稣从死里复活以外，这是四卷福音书唯一都记载了的神迹。这事也许有它的重要性？

SLIDE: What's going on here? "Jesus had compassion on them …"
投影片：这里发生什么事？「耶稣怜悯他们……」

This is a very practical story. People are hungry. They are in the middle of nowhere. Jesus miraculously provides real, tangible, stick-to-your-ribs food.
这是非常实际的故事。人肚子饿了，他们又身处偏僻的地方。耶稣用神迹为他们供应了真正的、摸得着的，能够让人吃饱肚子的食物。

Often in the Gospels, when people have real, practical, tangible needs, Jesus meets those needs in real, practical ways. When people are hungry, he feeds them. When people are ostracised from their community, he deals with the issues and brings them home. When people are sick, he heals them. When people have died, he even raises them from the dead.
我们经常在福音书中看到，当人有真正、实际、具体的需要时，耶稣就以真正、实际的方式回应他们的需要。当人饥饿时，他就喂养他们。当人被自己的群体排斥时，他就处理问题，并使他们重新回到群体中。当人生病时，他就医治他们。当人死去时，他甚至使他们从死里复活。

Jesus knows people need real food. He also knows they need more than just loaves and fish. They need to know God.
耶稣知道人需要真正的食物，也知道人所需要的不仅仅是饼和鱼。他们需要认识神。

Luke and Mark add that when Jesus sees the crowd, *"he had compassion on them because they were like sheep without a shepherd. So, he began teaching them many things"* (Mark 6:34).
路加福音和马可福音补充了这一点：当耶稣看见群众时，「*他就怜悯他们，因为他们如同羊没有牧人一般，于是开始教导他们许多事*。」(马可福音 6:34)

SLIDE: What's going on here? "I am the bread of life …"
投影片：这里发生了什么？「我就是生命的粮……」

In John's Gospel, John links this story with Jesus' teaching: *"I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty … anyone who believes has eternal life …"* (John 6:35–51).
在约翰福音中，约翰把这个故事与耶稣的教导联系起来。耶稣说：「*我就是生命的粮。到我这里来的，绝不饥饿；信我的，永不干渴……信的人有永生……*」(约翰福音 6:35–51)。

My own story: I moved to this neighbourhood when I was going into Grade 11. Starting at a new school—Churchill—was very difficult. I had been reading a small King James Bible that my grandparents had given me.
我的故事：当我升读 11 年级时，我搬到了这个社区。来到新的学校——Churchill，开始时是非常困难。那时我已一直在阅读小小的钦定本圣经(King James Bible)，那是我祖父母送给我的。

As I struggled to fit in at school and figure out where I was going in life, one Sunday night, I decided I needed support to know God more personally, so I came here to Trinity.
当我努力适应新的学校生活，同时也在摸索自己人生的方向时，在某一个星期日晚上，我决定自己需要一些帮助，好让我能更个人化地认识神。于是我来到了这里——三一教会。

- Here, people fed me spiritually. I learned more about God, and I met Jesus.
  在这里，有人从属灵方面喂养我。我对神有了更多认识，也见到了耶稣。
- Here, I was also made to feel welcome, became part of a community, and was given opportunities to serve.
  在这里，我也感受到别人的欢迎，成为群体的一分子，并且获得了事奉的机会。

I discovered Jesus in both Word and Deed.
我在**言语**和**行动**中发现了耶稣。

That has defined my life as a pastor. I have shared the good news about Jesus in Word, but I have also been very involved in issues around poverty and homelessness. Through my geography studies at UBC, I have also taught geography and creation care at several Christian colleges and universities.
这塑造了我作为牧者的人生。一方面我用言语分享耶稣的好消息，另一方面我也积极参与处理关于贫困和无家可归者的问题。此外，透过我在英属哥伦比亚大学（UBC）学习的地理学，我也曾在几所基督教学院和大学教授地理学与关怀受造界的科目。

What I love about CBM is that they are committed to both as well.
我很欣赏 CBM（加拿大浸信联会差会）的地方是在于他们也致力在这两方面的服事。

SLIDE: Patty Nacho, Latin America
投影片：帕蒂·纳乔 (Patty Nacho)，拉丁美洲

In countries like Bolivia, we work both to build the church through evangelism and to provide practical support.
像玻利维亚这样的国家，我们既透过福音布道建立教会，也透过实际支援去帮助有需要的人。

For instance, many children whose parents are in prison are left to fend for themselves on the streets (they used to stay in prison with their parents).
例如，许多孩子被迫独自在街头生活、照顾自己，因为他们的父母都被关在监狱里（过去，这些孩子是在监狱里与父母一起生活的）。

We work with local churches to provide shelter, education, and food, and to share the Gospel with these kids.
我们与当地教会合作，为这些孩子提供庇护、教育和食物，并向他们分享福音。

One church visitor to the prison told us about a young man she had met who had gone through this program for children.
有一位去监狱探访的教会人士告诉我们，她曾遇到一为年轻人，他小时候参加过这为儿童举办的项目。

She thought he had done something illegal and was now in prison.
她起初以为这年轻人曾经做过什么违法的事，所以现在才身在监狱里。

In fact, he said that thanks to the church people, he had come to faith in Jesus, been baptized, and gone to university. He is now a lawyer and donates his time to help families who cannot afford legal assistance. He is also a deacon in his church.
事实上，他说这是要多亏教会的弟兄姊妹，让他相信了耶稣，也接受了洗礼；后来，他进入大学就读。现在他已经成为一名律师，还无偿贡献自己的时间去帮助那些无力负担法律援助费用的家庭。此外，他也是自己教会的执事。

SLIDE: Beth Kamathi, Kenya
投影片：贝丝·卡马蒂 (Beth Kamathi)，肯尼亚

Beth was here in February. She works on integrating faith and work in the marketplace in East Africa, furthering CBM's plan to engage missionally in the marketplace with our partners.
贝丝 (Beth) 曾经在二月份到过这里。她在东非致力于推动信仰与职场生活的结合，进一步推动 CBM 与我们的伙伴在职场中实践宣教使命的计划。

She serves as the Principal of the School of Theology and Professional Studies at African Christian Church and Schools in Kenya.
她目前在肯尼亚非洲基督教会及学校（African Christian Church and Schools）的神学与专业研究学院担任院长。

Especially in countries like South Sudan and the Democratic Republic of the Congo—which face challenges such as civil war and Ebola—please pray for her as she works with pastors to help them share the Good News about Jesus AND help people escape the cycle of poverty through economic development.
特别是与南苏丹和刚果民主共和国类似国家，他们面对着挑战，包括内战和埃博拉疫情。请为贝丝祷告，因为她正与当地牧师们合作，帮助他们分享耶稣的好消息，**同时**也帮助当地人透过经济发展，摆脱贫穷的循环。

One of the key approaches is the use of microloans—loans of a couple of hundred dollars—that help people buy a sewing machine or start a basket-making business, enabling them to build a sustainable future.
其中一个重要的方法就是运用小额贷款。贷款金额大约只有几百美元，却能够帮助人购买一台缝纫机，或开展一门编织篮子的生意，从而使他们能建立一个能够持续发展的未来。

SLIDE: What does this mean for us?
投影片：这对我们有什么意义？

The disciples are facing overwhelming needs in the middle of nowhere. *"This is a remote place, and it's getting late.*

Send the crowds away so they can go and buy food for themselves." (Matthew 14:15)

门徒当时正身处一个偏僻的地方，面对着一个令人不知所措的需要。「*这地方偏僻，而且时候已经晚了，请叫众人散去，他们好进村子，自己买些食物。*」(马太福音 14:15)

The needs in our community can seem daunting. The needs in our world certainly seem overwhelming. We can send people on their way. Surely, they can look after themselves?
在我们群体中的各种需要，可能让人觉得难以应付。而在世界各地的需要，更是令人不知所措。我们可以叫人自行离开，走自己的路。毕竟，他们应该能自己照顾自己吧？

But Jesus may be saying to us, *"That isn't necessary—you feed them."* (Matthew 14:16)
然而，耶稣可能正在对我们说：「*不用他们去，你们给他们吃吧！*」(马太福音 14:16)

We can come up with excuses: *"But we have only five loaves of bread and two fish."*
我们也可以提出各种借口：「*可是，我们这里只有五个饼、两条鱼！*」

Jesus *"looks up toward heaven"*—he prays—and God provides. (Matthew 14:19)
耶稣「*望着天*」——他祷告，神就供应了所需要的。(马太福音 14:19)

Maybe we need to look up to heaven more? Maybe we need to trust that God will provide?
也许，我们需要更多地举目望着天？也许，我们需要相信神，他会供应？

Then Jesus involves the disciples in distributing the food.
接着，耶稣让门徒参与分发食物的工作。

SLIDE: 投影片：

- Who performs the miracle? Jesus does, of course.
  是谁施行了神迹？当然，是耶稣。
- Who takes the bread and fish to the people? The disciples do.
  是谁把饼和鱼送到众人手中？是门徒。
- God provides.
  神供应。
- We serve.
  我们服事。

The hands and feet Jesus uses to pass on his blessing are ordinary people, a lot like us …
耶稣用来传递他的祝福、成为他双手和双脚的，就是一群普通人，与我们十分相似……

Whether it's in our own backyard or around the globe, when we bring what little we have, God can use it to change lives—in practical ways and by bringing people to faith in Jesus.
无论是在我们身边，或是在世界各地，当我们愿意把自己仅有的一点点带到神面前时，神就能使用这些来改变人的生命——在实际生活中帮助他们，也使他们能够相信耶稣。

- When life is thrown into a tizzy, turn to Jesus. He will be there for you.
  当我们的生活陷入混乱、失去方向时，要转向耶稣。他会在那里陪伴你、帮助你。
- Our world IS in a tizzy. Turn to Jesus. Give what you can give—a bit of time, help, compassion, care, money, or expertise—and see what God can do with it.
  我们的世界确实正处于混乱之中。要转向耶稣，并把自己能给予的拿出来——一点时间、帮助、怜悯、关怀、金钱或专业知识——然后看看神能够怎样使用这些。

SLIDE: This week, in our circumstances …
投影片：这周，在我们所处的环境中……

- The invitation we all have is to see that God provides.
  我们每一个人都收到邀请去看神是供应的神。
- We can be his hands and feet.
  我们可以成为神的双手和双脚。