

Looking Unto Jesus: Running the Christian Race

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References: Hebrews 12, 2 Samuel 9

Jesus Loves the Little Ones Like Me

Ready to get started again? Praise the Lord! "Christ in His mercy and wonderful love, came down to this world tonight. Oh come, oh come to me, my heart will receive, and live with Him ever on high. Savior above, in wonderful love, came down to this world tonight. He lives within my heart, and lives with me ever on high." That's in the Bible.

大家准备好再次开始了？赞美主！“基督带着祂的慈爱和奇妙的爱，今晚降临到这世界。哦，来到，来到我这里，我的心将接待你，并与祂永远在高空同住。天上的救主，带着奇妙的爱，今晚降临到这世界。祂活在我的心里，与我永远同在。”这其实在圣经里。

Because it's in the Bible, we believe it. But can you understand why the Savior above would leave heaven to come down here?

因为这是在圣经里，所以我们相信。但是你能理解，为什么天上的救主会离开天堂，来到这里呢？

Sometimes when we were younger, we used to travel. Sometimes we would drive to California and back. And that was in the days before I-5. So instead of driving down the main highway, we would drive through all the small towns between here and California. And as we drove through, sometimes we would look around and say, "I would kind of like to live here. This is a nice place to live." And then sometimes we would drive through somewhere else and we would say, "I wouldn't want to live here." Can you understand why Jesus would want to come down here?

记得我们还年轻的时候，我们经常去旅行。有时候我们会开车去加利福尼亚，然后再开回来。那是在I-5高速公路建成之前的日子。所以我们没有开高速路，而是开车穿过介于这里和加利福尼亚之间的所有小城小镇。当我们开车经过时，有时我们会四处看看，说：“我挺想住在这里的，这是一个居住的好地方。”但有时我们开车穿过其他一些地方，我们就会说：“我可不想住在这个地方。”那你能够理解，为什么耶稣愿意来到我们这里吗？

This really isn't the most pleasant place to live. You and I have problems. How much more would He have problems living here? But He came anyway. And that just overwhelms us. We say, "How is it that You could love me?"

这里真的不是一个最令人愉快居住的地方。你和我都有难处。祂住在这里，会有多大的麻烦呢？但祂还是来了。这让我们感到无比震撼。我们不禁会说：“主啊，您怎么可能这样爱我呢？”

So we're going to sing another one now, and it's a little chorus. It simply says, "Jesus loves the little ones like me." And it's true, we're just like little babies in His presence; we're like infants. But He has chosen to love us, and we are absolutely amazed. So the very simple theme is: "Jesus loves the little ones like me. Little ones like me sat upon His knee. Jesus loves the little ones like me." It's very simple, you'll learn it really quickly. We're going to sing it.

我们要唱另一首短歌，这是一首简单的副歌，歌词只是说：“耶稣爱像我这样的小孩。”这是真的，在祂面前我们就像小婴儿一样，就像婴孩。但祂却选择来爱我们，我们绝对感到惊奇。所以这是一个非常简单的主题：“耶稣爱像我这样的小小人，像我这样小小人坐在祂的膝盖上，耶稣爱像我这样的小小人。”这非常简单，你会很快学会，我们一起来唱。

"Jesus loves the little ones like me. Jesus loves the little ones like me. Little ones like me sat upon His knee. Jesus loves the little ones like me." One more time: "Jesus loves the little ones like me, me, me. Jesus loves the little ones like me, me, me. Little ones like me sat upon His knee. Jesus loves the little ones like me, me, me." All right.

“耶稣爱像我这样的小小人。耶稣爱像我这样的小小人。像我这样小小人坐在祂膝盖上。耶稣爱像我这样的小小人。”再来一次：“耶稣爱像我这样的小小人，我，我，我。耶稣爱像我这样的小小人，我，我，我。像我这样小小人坐在祂膝盖上。耶稣爱像我这样的小小人，我，我，我。”好的。

The second verse just flips it over, and it says, "Jesus loves the little ones like you." Frankly, I find it easier to believe the second verse than the first verse. But it's wonderful: He loves me, and He loves you. "Little ones like you, He loves them through and through. Jesus loves the little ones like me and you."

第二段歌词稍微翻转了一下，它说：“耶稣爱像你这样的小小人。”坦率地说，对我而言，相信第二段比相信第一段更容易。但这真的很奇妙：祂爱我，也爱你。“像你这样的小小人，祂彻底地爱着他们。耶稣爱像你这样的小小人。”

Okay, so this time through the whole thing, verses one and two. "Jesus loves the little ones like me. Jesus loves the little ones like me, me, me. Little ones like me sat upon His knee. Jesus loves the little ones like me, me, me. Jesus loves the little ones like you, you, you. Jesus loves the little ones like you, you, you. Little ones like you, He loves you through and through. Jesus loves the little ones like you, you, you. Jesus loves the little ones like me. Jesus loves the little ones like me. Little ones like me sat upon His knee. Jesus loves the little ones like me, me, me, me, me." Very good! Praise the Lord, thank you.

好的，这次我们唱完整的一、二两段。“耶稣爱像我这样的小小人。耶稣爱像我这样的小小人，我，我，我。像我这样小小人坐在祂膝盖上。耶稣爱像我这样的小小人，我，我，我。耶稣爱像你这样的小小人，你，你，你。耶稣爱像你这样的小小人，你，你，你。像你这样小小人，祂彻底地爱着你。耶稣爱像你这样的小小人，你，你，你。耶稣爱像我这样的小小人。耶稣爱像我这样的小小人。像我这样小小人坐在祂膝盖上。耶稣爱像我这样的小小人，我，我，我，我，我。”非常好！赞美主，谢谢大家。

Now, I've learned, and you may have learned it too, that if you sing a piece often enough, you will sing it in the middle of the night. So sing it over and over and over, until you sing it in the middle of the night. If you have trouble going to sleep at night, you can just sing that piece. And even if you don't go to sleep, you'll end up with a smile on your face. Imagine: Jesus loves the little ones like me!

我学会了，你们可能也学会了，就是说如果你经常唱一首歌，你在半夜醒来都会唱它。所以我们要一直唱，一直唱，直到你在半夜起来都唱。如果你今天晚上睡不着觉，你可以唱这首歌。即使你还是没睡着，你脸上也会带着笑容。去想象一下吧：耶稣爱像我这样的小小人！

I pulled this off the piano because I thought maybe we would sing it, and I don't even know if it's in the book. I don't see it here. Okay, I thought there was a beautiful hymn, and I wanted to read the words because I haven't memorized them, but it's not in that book.

我把这个从钢琴上拿了过来，因为我想我们可能要唱这首歌，但我甚至不知道它是否在歌本里。我在这里没看到。我以为那是一首很美的圣诗，我很想读读歌词，因为我还没背下来，但这歌本里没有。

Running the Christian Race

Hebrews chapter twelve. Hebrews chapter twelve. You're not surprised if I tell you that Hebrews chapter twelve comes immediately after Hebrews chapter eleven. And Hebrews eleven tells the story of these wonderful men and women of God who believed God, and God blessed them. They are heroes! Hebrews chapter twelve—let's read the first couple of verses. The writer to the Hebrews says:

那么，希伯来书第十二章。希伯来书第十二章。如果我告诉你希伯来书第十二章紧接着第十一章，你一定不会感到惊奇。第十一章告诉我们那些伟大的属神男女的故事，他们相信神，神便赐福给他们。他们是英雄！希伯来书第十二章，让我们来读前几节。希伯来书的作者写道：

[Hebrews 12:1 NKJV]

¹ Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,

我们既有这许多的见证人，如同云彩围着我们，就当放下各样的重担，脱去容易缠累我们的罪，存心忍耐，奔那摆在我们前头的路程。

So it's basically saying we should be like Moses, Abraham, David, and the others we read about in this great list of the outstanding men and women of God. Verse one says, "Let us run with endurance the race that is set before us."

这基本上是在告诉我们，我们要像摩西、亚伯拉罕、大卫，以及在这份杰出属神男女的名单中我们读到的其他人一样。第一节说：“存心忍耐，奔那摆在我们前头的路程。”

When I was a child, I used to run races. And the shorter the race, the better I liked it. Sometimes we would run a race where we had to go halfway across the field. I liked that race better than the one where you had to go all the way across the field! Then they told me about a marathon. A marathon is—is it twenty-eight kilometers or twenty-eight miles? I said, "I'm not interested." I never have run that race; it is too hard.

当我还是个孩子的时候，我经常参加赛跑。赛程越短，我就越喜欢。有时我们赛跑，只需跑过半个操场。我喜欢那种赛跑，胜过那种必须跑完整个操场的赛跑！后来他们告诉我关于马拉松的事。马拉松是——是二十八公里还是二十八英里？我说：“我没兴趣。”我从来没有跑过那种比赛，那太难了。

But what about the Christian race? Sometimes the Christian race is really easy. But usually, sooner or later, the Christian race gets to be hard, and there are difficult days along the way. So why do we keep running the Christian race if some days it gets hard? And the answer is because we're looking to Jesus. That's verse two.

但是基督徒的赛跑呢？有时基督徒的赛跑确实很容易。但通常，迟早这个赛跑会变得艰难，沿途会有不容易的日子。如果有些日子变得如此艰难，我们为什么还要继续跑这基督徒的赛跑呢？答案是因为我们在仰望耶稣。这就是第二节。

Looking Unto Jesus

They tell me about farming. I've never been a farmer, but I learned a little bit about it. In the springtime, in late April and early May, if you're going to be a good corn farmer, you have got to go out and plow the field. And sometimes when you look at some field that's been plowed, you can see the row of corn, or whatever it is; you can see the plowing in the row, and the rows are very, very straight. The plow has brought a very straight line.

有人告诉我关于农耕的事。我从来没当过农民，但我对此略知一二。在春天，在四月底和五月初，如果你想成为一名优秀的玉米农夫，你必须出去犁地。有时，当你看着已经犁好的田地，你可以看到那一排排玉米，或者不管种的是什么，你可以看到垄沟犁得非常非常直。拖拉机犁出了一条非常直的线。

And frankly, if you look at a field like that as you're driving by, as I often do, you marvel! Those fields look beautiful, having every line absolutely perfect, one after another. So when a man first gets into his tractor and learns how to drive, they say to him, "Now, you've got to make sure you plow a straight furrow."

坦率地说，当你开车经过并看到那样的田野时（我经常这样做），你会感到惊叹！那些田地看起来非常漂亮，一排又一排，每一条线都绝对完美。所以当一个人第一次坐上他的拖拉机学习驾驶时，他们会对他：“现在，你必须确保犁出一条笔直的垄沟。”

And so they tell them the trick. They say, "What you do is, you look straight ahead and you pick out something a long way away, and you drive right for that point. You never cheat; you're just always going for that point way out there." If you did that consistently, you'd have a straight line.

所以他们会告诉他这个诀窍，他们说：“你要做的是，直视前方，选择一个非常遥远的目标点，然后笔直地朝那个点开去。永远不要偏离，始终朝着那个远方的点前进。”如果你始终如一地这样做，你就会犁出一条直线。

But if you took your eyes off and you looked at something over there, and then something over there, what would your line look like? It would be crooked. Now, that's the way it is in the Christian life. We carry on, our eyes are on Jesus. A problem arises here, a problem arises there, but we've got our eyes on Jesus; we keep on going and following Him.

但如果你转移了视线，一会儿看这边，一会儿看那边，你的线会变成什么样？就会变得弯弯曲曲。在基督徒的生活中也是如此。我们继续前行，我们的眼睛注视着耶稣。这里出现问题，那里出现难处，但我们的眼睛盯着耶稣，我们就会继续前行并跟随祂。

Look again at verse two:

再次来看第二节：

[Hebrews 12:2 NKJV]

² looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

仰望我们信心的创始成终者耶稣。祂因那摆在前面的喜乐，就轻看羞辱，忍受了十字架的苦难，便坐在神宝座的右边。

So this verse says several things about Jesus. Number one, He was the **author** of our faith. And what does that mean? That means that He planned what He was going to do, and then He started to do it. And that was in order to save us.

所以这节经文提到了关于耶稣的几件事。第一，祂是我们信心的“创始者”（或译“作者”）。这是什么意思呢？这意味着祂计划了祂要做的事，然后开始去实行。这一切都是为了拯救我们。

But He wasn't just the planner, the beginner, the author of our faith; He was the **finisher** of our faith. Why did He finish the faith? He did finish the faith; He had to go all the way to the cross to finish the faith. Why didn't He go home before the cross? Why didn't He go home before He went to the cross? So, I want you to answer that question for me: why didn't He go home before He went to the cross? That is an ESL question!

但祂不仅是计划者、创始者、我们信心的创始者，祂也是我们信心的“成就者”（或译“完结者”）。祂为什么要成就这信心呢？祂确实成就了这信心。祂必须一路走到十字架来成就这信心。为什么祂在十字架之前不回天家呢？为什么祂去十字架之前不回去？我想要你们回答我这个问题：在祂走向十字架之前，为什么不回家呢？这可是个ESL（英语第二语言）问题！

It is right there: "for the joy that was set before Him, He endured the cross." That's the only reason He went to the cross. He went to the cross because the reward for going to the cross was so wonderful. For the **joy** of what was going to happen when He went to the cross, He went to the cross.

答案就在这里：“因摆在前面的喜乐，就忍受了十字架。”这是祂走向十字架的唯一原因。祂走向十字架，是因为走向十字架的奖赏是如此美妙。因着对祂走上十字架后将要发生之事的那份“喜乐”，祂走向了十字架。

What was that joy? That He could be with you. We could all go to heaven to be with Him. Love is a wonderful thing, and Jesus loves me, and Jesus loves you enough.

那喜乐是什么呢？就是祂能够与你同在，我们全都可以去到天堂与祂同在。爱是一件奇妙的事，耶稣爱我，耶稣也足够爱你。

Do you think Jesus is looking forward to the Rapture? The Bible says that those of us who love Jesus are all going to go up towards heaven, and we're going to meet Jesus in the air, and we're all going to go up together. Do you think that is going to be an exciting day? Raise your hand if you'd like that to be tomorrow. Norman says, "No, today!"

你认为耶稣正在期盼着被提吗？圣经说，我们这些爱耶稣的人，有一天都将升到天上，我们将在空中与耶稣相遇，我们都要一起升上去。你认为那会是令人兴奋的一天吗？如果你希望明天就发生，请举手。诺曼说：“不，今天！”

Do you think Jesus would like that to be today or tomorrow? Absolutely amazing. Jesus endured the cross because of the joy that He was going to get when you put your faith in Him and go to heaven to be with Him.

你认为耶稣希望是今天还是明天呢？这绝对是令人惊叹的。耶稣忍受了十字架，是因为祂因你信靠祂、并去天家与祂同在而将获得的喜乐。

Why did the shepherd go after the lost sheep? Answer: because when he got his lost sheep, he put it on his shoulders, he was rejoicing, and he said to his friends when he got home, "Come with me, we're going to have a great big party! I found my sheep."

牧羊人为什么要寻找迷失的羊？答案是：因为当他找到迷失的羊，他把它扛在肩上，心里极其欢喜，回到家里就对朋友说：“来和我一起庆祝吧，我们来开个盛大的派对！我找到了我失去的羊。”

And when the father sees the son come back, he rejoices, he throws his arms around him, he takes him home, and he says, "Let's have a great big party! My son was lost and is found; he was dead, and he's alive." Jesus loves me.

而当父亲看到儿子回来时，他极其欢喜，跑过去抱着他，把他带回家，说：“让我们大开宴席庆祝吧！我这个儿子是死而复生，失而复得的。”耶稣爱我。

The Story of Mephibosheth

Can you understand why Jesus loved Elijah, or Elisha, or Abraham, or David? Can you understand that? You say, "Oh yeah, I can understand that; they were great men, they were wonderful men."

你能理解为什么耶稣爱以利亚、以利沙、亚伯拉罕或大卫吗？你能理解吗？你会说：“噢，当然，我能理解，他们是伟大的人，他们是奇妙的人。”

But can you understand why Jesus loves you? "Oh," you say, "if I were like David, if I were like Elijah, I know He would love me then. But I'm just—I'm just a little one." Do you remember the story of Mephibosheth in the Bible?

但你能理解为什么耶稣爱你吗？“噢，”你说，“如果我像大卫，如果我像以利亚，我知道祂那时一定会爱我。但我只是——我只是一个小人儿。”你们还记得圣经中米非波设的故事吗？

He was the king's grandson. And the king, Saul, was set aside, and David took the throne. And the new king usually kills everybody associated with the old king, doesn't he? When a new political ruler comes in, what does he do? He brings in all his own men and gets rid of all the other guys.

他是扫罗王的孙子。而扫罗王被废黜了，大卫登上了王位。通常情况下，新王会除掉所有与前朝国王有关系的人，不是吗？当一个新的政治统治者上台时，他会做什么？他会带进自己所有的人，除掉所有其他的人。

So, there was this fellow, Mephibosheth. He was a little boy. And when the new king came in, the family ran away from the new king. In this particular story, Mephibosheth's nurse took him all the way to a little place called Lodebar. And it's about as far away as you can get. And the name of the place means "no pasture."

所以有这么一个人，米非波设。当时他还是个小男孩。当新王登基时，他的家人为了躲避新王而逃跑。在这个故事中，米非波设的奶妈抱着他一路逃到一个叫罗底巴的小地方。那地方几乎是你所能逃到的最远的地方了，而这个地名的意思是“没有草场”。

Frankly, you're going to have a hard time enjoying supper if there's no pasture out there. It was one of those places you drive through and you say, "I don't want to live here." And in the process of running away, the nurse dropped Mephibosheth. He landed on his legs, broke both his legs, and he never was able to walk properly again.

坦率地说，如果没有草场，你很难享受丰盛的晚餐。这就是那种你开车经过会说“我不想住在这里”的地方。在逃跑的过程中，奶妈不小心把米非波设摔在了地上。他双腿着地，摔断了双腿，从此再也不能正常行走了。

And King David said, "I want to find somebody that I can love. Are there any little ones out there that I could love?" When David found out about Mephibosheth, he said, "Mephibosheth, I want you to leave that town. I want you to move all the way into Jerusalem."

而大卫王说：“我想寻找一个我可以施恩、可以爱的人。外面还有什么微小的人是我可以爱的吗？”当大卫得知米非波设的消息时，他对他说：“米非波设，我要你离开那个小镇，我要你一路搬到耶路撒冷来。”

And he said, "Mephibosheth, I want you to live not just in Jerusalem; I want you to live in my palace." And he didn't just say to him, "Mephibosheth, I will provide you food every day." But he said, "Mephibosheth, I want you to eat at my table." Not once, Mephibosheth: "I want you to eat at my table every day."

大卫说：“米非波设，我要你不仅住在耶路撒冷，我还要你住在我的宫殿里。”他也不仅仅是说：“米非波设，我会每天为你提供食物。”而是说：“米非波设，我要你在我的席上吃饭。”不是只有一次，米非波设，“我要你每天都与我同席吃饭。”

What do you think Mephibosheth might have said? He might have said, "Does David really love little people like me?" And I believe God put that in the Bible for us to cause us to remember: Jesus loves the little ones like you; He loves the little ones like me.

你认为米非波设会说什么？他可能会说：“大卫王真的爱像我这样微不足道的小人物吗？”我相信神把这个故事放在圣经里，是为了让我们记住：耶稣爱像你这样的小人，祂爱像我这样的小人。

And so, you and I say, "I can't understand that." But I sure like the story. You know, you don't have to understand everything to enjoy everything. And I think it's possible that when you get to heaven, you'll be there a long time, and you still won't understand why Jesus would ever love you, or why He would ever love me. But the fact is, Jesus loves the little ones like you and me.

所以，你我会说：“我实在无法理解。”但我真的很喜欢这个故事。你知道，你不需要弄懂每一件事才能去享受它。我想，当你到了天堂，即使你在那里待了很久，你仍然无法完全明白为什么耶稣会爱你，或者为什么祂会爱我。但事实就是，耶稣爱像你我这样的小人。

The little chorus goes like this: "All the way to Calvary, He went for me. He died to set me free." Hallelujah! Let's pray and say thank you.

这首短歌是这样唱的：“一路走到各各他，祂为我而去。祂舍命叫我得自由。”哈利路亚！让我们来祷告并向祂感恩。

Lord, we are thankful that You love us! It is hard for us to understand how You could love the big guys, but how You could love the little people like us, we don't understand. Lord, the verse in Hebrews says because You loved us, You endured the cross. We would say, "Thank You, Lord, for loving us that much."

主啊，我们非常感激您如此爱我们！我们很容易理解您会去爱那些伟大的人，但您怎么会爱像我们这样渺小的人呢？我们无法理解。主啊，希伯来书中的经文告诉我们，因着您对我们的爱，您忍受了十字架。我们要说：“主啊，感谢您如此深爱我们。”

And then each of us would say, "Lord, we want to prove our love to You. We want to endure as well. We don't just want to run a short race; Lord, help us to endure. May we run the marathon for Jesus."

然后我们每个人都会说：“主啊，我们要向您证明我们的爱。我们也愿意忍耐。我们不想只跑一段短跑。主啊，帮助我们忍耐，愿我们能为耶稣奔跑这马拉松。”

And Lord, we believe You told the story of Mephibosheth to prove that as You love Mephibosheth, so You love us. We give You thanks! So thank You for Your kindness today and Your blessings, and we give thanks in Jesus' name. Amen. Amen.

主啊，我们相信您在圣经中记录了米非波设的故事，正是为了证明您如何爱米非波设，也同样如何爱我们。我们感谢您！感谢您今天的慈爱与赐福，我们奉耶稣的名感恩。阿们，阿们。