

但你在忙什麼？
馬可福音6章30-34節

BUT WHAT ARE YOU BUSY WITH?
Mark 6:30-34

引言

你忙碌嗎？你在忙什麼？

Introduction:

“Are you busy? What are you busy with?”

有關障礙成長的調查結果：

The Obstacles to Growth Survey

Result:

➤ 全世界超過四成的基督徒說他們
“經常” 或 “總是” 從一件工作轉
到另一件工作

More than 4 in 10 Christians
around the world say they “often”
or “always” rush from task to
task

➤ 大約有六成的基督徒表示“贊同”或“非常贊同”：“生活的忙碌阻礙了與上帝建立關係”。

About 6 in 10 Christians say that it's "often" or "always" true that "the busyness of life gets in the way of developing my relationship with God."

- 按職業劃分，傳道人是最常說他們從一件工作緊接到另一件工作（超過一半），這影響他們與上帝的關係（三分之二）。

By profession, pastors were most likely to say they rush from task to task (54%), which adversely affects their relationship with God (65%).

一個確實的問題：你在忙什麼呢？

The real question is: “What are you busy with?”

Peter Drucker: 「再沒有甚麼比很有效率地去做一些根本不需要做的事更無謂的了。」

Peter Drucker: “There is nothing so useless as doing efficiently that which should not be done at all.”

1. 我們可以有意義地忙碌

a. 耶穌也有意義地忙碌(可6：2-6)

b. 耶穌的門徒也有意義地忙碌(可6：
7-11)

1. We can be meaningfully busy

a. Jesus was meaningfully busy (Mark 6:2-6)

b. Jesus' disciples were meaningfully
busy (Mark 6:7-11)

可6:30-31

使徒們回來聚集在耶穌跟前，把他們所作和所教導的一切都報告給他聽。

耶穌對他們說：“來，你們自己到曠野去休息一下。” 因為來往的人多，他們甚至沒有時間吃飯。

6:30 “The apostles gathered together with Jesus; and they reported to Him all that they had done and taught.”

6:31 “And He said to them, “Come away by yourselves to a secluded place and rest a while.” For there were many people coming and going, and they did not even have time to eat.”

2. 我們需要在主裡學習“安息”的價值

6:31 耶穌對他們說：“來，你們自己到曠野去休息一下。” 因為來往的人多，他們甚至沒有時間吃飯。

2. We need to learn the value of “resting” in the Lord

6:31 “And He said to them, “Come away by yourselves to a secluded place and rest a while.” For there were many people coming and going, and they did not even have time to eat.

4件值得注意的重要事項：

- a. “來”
- b. “你們自己”
- c. “到曠野去”
- d. “休息一下”

Four Important Things Worthy of Attention:

- a. “Come away”
- b. “by yourselves”
- c. “to a secluded place”
- d. “and rest awhile”

當我們輕看在主裡面休息的價值時可能會產生的結果：

- a. 我們會只是專注在我們的工作和事奉上。
- b. 我們最終會導致筋疲力盡及疲倦不堪。

Possible results when we trivialize the Value of resting in the Lord:

- a. We become so absorbed in our work and ministry.
- b. We end up exhausted and burnt out.

3. 我們可以在忙碌當中得到更新

3. We can be refreshed in the midst of
busyness

a. 我們需要正確地設定我們的價值觀和優先事項。

b. 我們需要在計劃前先安排我們與上帝的獨處時間，我們需要非常小心地保護這些時間，作為敬拜祂的一部份。

c. 在這個過程中，我們需要互相幫助和鼓勵。

a. We need to set our values and priorities right.

b. We need to prayerfully plan in advance our times alone with God and we need to guard these times very carefully as an act of worship unto Him.

c. We need to help and encourage each other in this journey.

可6:31-32

耶穌對他們說：“來，你們自己到曠野去休息一下。”因為來往的人多，他們甚至沒有時間吃飯。他們就悄悄地上船，到曠野去了。

6:31-32 31 And He said to them, “Come away by yourselves to a secluded place and rest a while.” For there were many people coming and going, and they did not even have time to eat.”

32 They went away in the boat to a secluded place by themselves.

當我們的休息被“打斷”時，我們該怎麼辦？

6:33-34 群眾看見他們走了，有許多人認出了他們，就從各城出來，跑到那裡，比他們先趕到。耶穌一下船，看見一大群人，就憐憫他們，因為他們好像羊沒有牧人一樣，就開始教導他們許多事。

What do we do when our rest gets “interrupted?”

6:33-34 33 The people saw them going, and many recognized them and ran there together on foot from all the cities, and got there ahead of them. 34 When Jesus went ashore, He saw a large crowd, and He felt compassion for them because they were like sheep without a shepherd; and He began to teach them many things.”

為了上帝的國度，我們需要以耶穌作為榜樣，學會接納及擁抱由上帝發出的“中斷”。

As modelled by Jesus, we need to learn to welcome and embrace God-appointed “interruptions” for the sake of His Kingdom purposes.