

BEC REFLECTION FOR JULY 2020

2020 年 7 月基信团省思篇

Yearly theme: Sent with Joy to Heal

全年主题：带着喜乐，受遣去治愈

July theme: I have sent them into the world

7 月份副题：我已派遣他们进入世界

Focus: Sent to the world to heal

焦点：受遣去治愈

Event: Bible Sunday

事项：圣经主日

Social Media Trend: pmptbible4a1

网络社交媒体：pmptbible4a1

Introduction 简介

On 26 January 2020, Pope Francis inaugurated the first Sunday of the Word of God, with Mass in St. Peter's Basilica. The Pope established the Sunday of the Word of God, to take place annually throughout the world on the third Sunday of Ordinary Time. Pope Francis preached about the life-changing power of God's word in Scripture, encouraging everyone to keep a Bible close for daily inspiration. He said, "Let us make room in our lives for the word of God. Each day, let us read a verse or two of the Bible. Let us begin with the Gospel: let us keep it open on our table, carry it in our pocket, read it on our cell phones, and allow it to inspire us daily. The Lord gives you his word, so that you can receive it like a love letter he has written to you, to help you realize that he is at your side. His word consoles and encourages us. At the same time, it challenges us, frees us from the bondage of our selfishness and summons us to conversion."

2020 年 1 月 26 日，教宗方济各在圣伯多禄圣殿，举行了首届【天主圣言主日】的弥撒。教宗制定了【天主圣言主日】，于每年的常年期第三个主日在全球庆祝。教宗方济各在讲道中指出：圣经内天主的圣言，有改变人生的力量。教宗鼓励每个人让圣经紧随身边，以获取日常灵感。他说：“让我们在生活中为天主的圣言腾出空间。每天，让我们读一两节的圣经。让我们从福音开始：让我们把福音展开放在桌上，带在口袋里，用手机阅读，并让圣言每天激励我们。天主将祂的话语赐给你们，叫你们接收，好像祂给你们写的情书，叫你们知道祂在你们身边。祂的话安慰且鼓励我们。同时，祂的话也挑战我们，使我们摆脱自私的束缚，并召唤我们皈依。”

Opening Prayer 会前祈祷

Lord, you promise us that we only have to ask for wisdom to receive it. Lord, please give us your wisdom now as we prepare ourselves to dialogue, discern and to act on what we discuss today. Help us not rely on our own understanding, but in your wisdom. Amen.

主啊，祢向我们保证，我们只需要祈求智慧，就可以得到它。主啊，请赐给我们祢的智慧，让我们准备好去对话，去分辨，并按照我们今天所讨论的去付诸行动。求祢帮助我们，不靠自己的聪明，但靠祢的智慧而生活。阿们。

Opening Hymn 开场咏

一位年轻先知之歌

上主所说的话 深入我的心灵
上主所说的话 充满我的心

- 1 在你还未诞生之前，我已经认识你，并决定拣选你。
在你离开母胎之前，我已经召唤你作为我标记。
- 2 我知道你还很年轻，我将使你坚强，我言语充满你。
你将周游列国各地，完成我所交托 你的使命。
- 3 不论你要往何处去，我将跟随你，不会让你孤独。
若你陷于患难困苦，我就在你身旁藉你口发言。

Chorus: O the Word of my Lord,
Deep within my being.
Oh the Word of my Lord,
You have filled my mind.

Before I formed you in the womb, I knew you through and through
I chose you to be mine before you left your mother's side
I called to you my child to be my sign.
I know that you are very young, but I will make you strong
I will fill you with my word, and you will travel through the land
Fulfilling my command, which you have learned.

And everywhere you are to go,
My hand will follow you
You will not be alone,

In all the danger that you fear
You'll find me very near, Your words my own.

Dialogue: 交流与分享:

The Book that Changed St. Augustine's Life

St. Augustine of Hippo is now known as one of the greatest saints of all time. Not only was he a very holy bishop with a gift for preaching, but he also wrote many books, such as *Confessions* and *The City of God*, which are widely considered to be classics of Western literary history. However, if you have done any research into St. Augustine, you know that he lived very sinfully in his youth. He subscribed to pagan philosophies and despite his mother's fervent pleas for repentance, he continued to live with a woman out of wedlock, eventually fathering a child with her. So, what led to Augustine's conversion and made him return to God?

The answer: The Holy Bible.

改变圣奥斯定生活的书

希波圣奥斯定 (St. Augustine of Hippo) 现在被称为有史以来最伟大的圣人之一。他不仅是一位非常圣洁的主教，有传教的天赋，而且还写了许多书，如《忏悔录》和《天主之城》。这些书被广泛认为是西方文学史上的经典著作。然而，如果你对圣奥斯定做过任何研究，你就会知道他年轻时的生活充满罪恶。他曾信奉异教徒的哲学。尽管他母亲强烈要求他悔改，他还是继续和一个女人未婚同居在一起，最终还和她生了一个孩子。那么，是什么导致奥斯定的皈依，并使他回归天主的呢？

答案是：圣经

In his book, *Confessions*, St. Augustine explains that his conversion was not instant. Though he had a strong desire to become a Catholic after befriending St. Ambrose, he struggled to practice some of the Church's teachings, especially that of chastity. He wrote that he asked God "to make him chaste, but not yet." One day, Augustine pleaded with God to fully convert his heart. He wanted to become a Catholic and fully embrace the Church's teachings, but he felt it impossible to detach himself from sins of the flesh.

在他的书《忏悔录》中，圣奥斯定解释说，他的皈依不是瞬间的。尽管他在与圣盎博罗削 (St. Ambrose) 成为朋友后，有强烈的愿望要成为天主教徒的，但他对于实践教会的一些教义有所挣扎，特别是有关贞节的教义。他写道，他请求天主“让他纯洁，但暂时还不要。”有一天，奥斯定恳求天主完全改变他的心。他想成为一名天主教徒，并完全接受教会的教导，但他觉得自己不可能脱离肉体的罪恶。

Augustine then retreated to a garden to spend time in deep contemplation. There, he heard a child's voice imploring him to "pick up and read" the copy of Sacred Scripture he had brought into the garden with him. Immediately, Augustine opened the book to St. Paul's Letter to the Romans, 13:13-14, which states that one must "make no provision for the desires of the flesh." It was after reading those words that Augustine knew it was time to change his life.

奥斯定随后退到一个花园里，花时间沉思。在那里，他听到一个孩子的声音，恳求他把带到花园里的圣经本“拿起并阅读”。奥斯定立刻打开圣经，读到圣保禄写给罗马人的书信，罗十三:13-14，信中提到，人“不应只挂念肉性的事”。正是在读了这些话之后，奥斯定才知道是时候改变他的生活了。

We are all called to conversion of heart, and for most of us it is not easy. However, what we can learn from St. Augustine's story is that through the Holy Scriptures, God speaks to our restless hearts and offers us a road map to bring us home to Him.

我们都被召唤去改变内心，这对我们大多数人来说是不容易的。然而，我们可以从圣奥斯定的故事中学到的是，通过圣经，天主向我们不安的心说话，并为我们提供一个路线图，带我们回到祂的身边。

Buzz this month :

- Do you have a favorite scripture verse? If so, what is it, and how has this verse impacted your life?
- Share a personal story or an incident where the Holy Scriptures touched your life deeply or helped you or others overcome a difficult situation.

问题讨论:

- 你有特别喜欢的圣经章节吗？如果有，那是什么章节，它如何影响了你的生活？
- 分享一个你自己的故事或一个事件，当中圣经如何深深地触动了你的生活，或是怎样帮助你或其他人克服了困难。

Discernment:

Colossians 3:16; "Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.

分辨:

恭读哥罗森人书（三：16-17）

要让基督的话充分地存在你们内，以各种智慧彼此教导规劝，以圣咏、诗词和属神的歌曲在你们心内，怀着感恩之情，歌颂天主。你们无论作什么，在言语上或在行为上，一切都该因主耶稣的名而作，藉着他感谢天主圣父。

Reflection:

- We read the text for the first time.
- We read the text again in silence, and we listen intently to the word that the Lord wants to speak to us in our hearts.
- Each of us share aloud the word/phrase that touched us.
- We share why the word/phrase has touched us.
- Together, we choose a “word of life” which the group may reflect on for the coming month.

反省:

- 我们先把这篇经文读一遍。
- 之后，我们再默读，心中细心地聆听天主要对我们说的话。
- 每人分享有那些词或短句触动我们。
- 我们分享为何被这词或短句所触动。
- 大家一起选出一句“生活的圣言”，以在这整个月内各自反省。

Deeds:

- Commit yourself to reading at least one of the Gospels from start to finish in the coming month. Share with others which Gospel you would be interested to read and the reasons why it interests you. As you read through the gospel of your choice, take note of any scenes, phrases or teachings that inspire you or strike you in any way. You are encouraged to journal about how these verses are significant to you, and to allow God to speak through this process.
- In what way could we dedicate ourselves to spending more time in reading, reflecting and discussing the Holy Scriptures as a BEC? What online tools can we use for this purpose? Think of at least 2 different methods of the above, and share your ideas with one another.

实行:

- 承诺在接下来的整个月，从头到尾阅读至少一部福音书。与他人分享你感兴趣阅读哪一本福音，以及你感兴趣的原因。当你读遍你所选择的福音书时，注意任何激发你或以任何方式触动你的场景、词句或教导。我们鼓励你记录下来，这些福音章节对你有何意义，并允许天主通过这个过程来对你说话。
- 作为基信团，我们可以用什么方式，奉献更多的时间来阅读、反省和讨论圣经？我们可以为此使用哪些在线工具？考虑至少两种不同的方法，并互相分享你的想法。

Closing Prayer

“Lord, thank you that you don’t leave us in the dark about who you are and what you are doing in the world, but that you have revealed yourself and your will through the Bible, your sacred words to us. Thank you for the clarity, encouragement and hope your Word brings. In Jesus’ Name I pray, Amen.”

结束祷

“主，感谢祢没有让我们对祢是谁，及祢在这个世界上所做的事，一无所知。通过圣经，祢向我们启示了祢自己和祢的旨意。感谢祢所赐下的清晰、鼓励和希望的话语。我们因着主耶稣的名这样祈祷，阿们。”

Pray a decade of the Rosary for the needs of the families in the BEC.

请为基信团内各个家庭的一切需要，诵念一端玫瑰经。