

Order of Service · 崇拜程序

5 July 2026 · Pentecost 6A

2026年7月5日 圣灵降临节后第六主日 (甲年)

Pre-Service Singing	崇拜前诗歌
Learn "Come to me"	学唱《来到我这里》 (Come to me)
Welcome and Notices	欢迎与报告
Greeting and Welcome	问安与欢迎
The God of Promise and Peace be with you all. And also with you.	应许与平安的上帝与你们众人同在。 也与你同在。
Acknowledgement of Country	承认原居民之地宣言
Before we share our Acknowledgement of Country this morning in NAIDOC week, I want to say a brief word about one of the names we use for the first peoples here — Wurundjeri Woiwurrung.	在NAIDOC周的今天，在我们诵读「承认原居民之地宣言」之前，我想先简单说说我们用来称呼这片土地原住民的其中一个名字——Wurundjeri Woiwurrung (乌伦杰里·沃伊沃隆)。
Elder Mandy Nicolson explains. Video 0:52	长者曼迪·尼科尔森 (Mandy Nicolson) 将为我们讲解。 视频 0:52
So the name "Wurundjeri" belongs, strictly speaking, to one clan. Over time, because the Wurundjeri clan was the one most visibly present around early European settlement, their name came to be used loosely for all Woiwurrung-speaking peoples. Today, the descendants of that clan ask to be known by the fuller and more accurate name, Wurundjeri Woiwurrung, honouring both their particular identity and their place within the broader language group.	严格来说，「Wurundjeri」这个名字原本只属于一个氏族。随着时间推移，由于Wurundjeri氏族在欧洲人早期定居时期最为人所见，这个名字逐渐被泛用于指称所有讲Woiwurrung语的族群。如今，该氏族的后裔希望人们使用更完整、更准确的名字——Wurundjeri Woiwurrung，以此既尊重他们独特的身份，也承认他们在更广泛语言群体中的位置。
As we gather this morning in NAIDOC week, we pause to acknowledge that we meet on the lands of the Wurundjeri Woiwurrung and Boonwurrung peoples of the Kulin nation — the traditional custodians of the Birrarung, the Yarra River, and these surrounding lands. We recognise their continuing connection to Country, culture, and community, and we pay our respects to their Elders and Ancestors. As people of faith, we give thanks for this land and commit ourselves to walking gently and justly upon it.	在NAIDOC周的今天，当我们在此聚集，我们要静下心来，承认我们所在之地是库林民族 (Kulin nation) 中Wurundjeri Woiwurrung与Boonwurrung族人的土地——他们是Birrarung (雅拉河) 及周边土地世代相传的守护者。我们尊重他们与这片土地、文化和群体之间生生不息的联系，并向他们的长者和祖先致敬。作为信仰群体，

	我们为这片土地献上感恩，并承诺在其上温柔而公正地行走。
Welcome	欢迎词
Welcome to those in the room and those joining us on the livestream.	欢迎在场的每一位，也欢迎透过网络直播与我们同在的朋友们。
A special welcome and blessing to those who are visiting with us today and to those who are celebrating birthdays this week.	特别欢迎并祝福今天前来探访我们的朋友，以及本周过生日的弟兄姊妹。
Notices	报告事项
School Holiday Program	学校假期活动
Disability Awareness Sunday 26 July	7月26日 残障关怀主日
Geoff stepping back from organ for the time being.	Geoff暂时停止司琴事奉。
Call to Worship	宣召
Come, all who are weary, all who carry heavy burdens. Jesus says: come to me, and I will give you rest. Take up my yoke, and learn from me, for I am gentle and humble in heart. For my yoke is easy, and my burden light. Let us lay our burdens down, and worship the One who gives us rest.	来吧，一切劳苦的人， 一切背负重担的人。 耶稣说：到我这里来， 我就使你们得安息。 背起我的轭，向我学习， 因为我心里柔和谦卑。 我的轭是容易的， 我的担子是轻省的。 让我们放下重担， 敬拜那赐我们安息的主。
Song of Praise – TIS105	颂赞诗歌 – 普天下每个角落歌唱
Bible and Candle come in during song	圣经与烛光在诗歌中被请入
1 Let all the world in every corner sing: My God and King! The heavens are not too high, his praise may thither fly; the earth is not too low, his praises there may grow. Let all the world in every corner sing: My God and King!	1 愿普天下每个角落歌唱： 我的上帝，我王！ 诸天虽高， 颂赞可飞扬； 大地虽卑， 颂赞可滋长。

	愿普天下每个角落歌唱： 我的上帝，我王！
2 Let all the world in every corner sing: My God and King! The church with psalms must shout, no door can keep them out; but, above all, the heart must bear the longest part. Let all the world in every corner sing: My God and King!	2 愿普天下每个角落歌唱： 我的上帝，我王！ 教会当以诗篇欢呼， 无门能将其阻挡； 但最重要的， 是心灵长久的颂扬。 愿普天下每个角落歌唱： 我的上帝，我王！
Introduction to Theme — Chris	主题引言
Our culture has a funny relationship with rest. We talk about Mental health breaks, we book holidays, we even download meditation apps, and yet most of us still feel completely worn out. What if the exhaustion we carry isn't just physical? What if it comes from trying to live up to a world that keeps moving faster and faster? In today's service, we're looking at Matthew chapter 11, where Jesus speaks some of the most quietly revolutionary words ever recorded: "Come to me, and I will give you rest." Not rest as a reward for getting everything done, rest as a gift, available right now, to anyone willing to accept it. Let's explore these themes this morning.	我们的文化与「休息」之间的关系很微妙。我们谈论心理健康假，预订假期，甚至下载冥想应用程序，然而大多数人仍然感到彻底疲惫。如果我们所背负的疲惫，不只是身体上的呢？如果它其实来自于我们努力追赶一个不断加速的世界呢？在今天的崇拜中，我们将一同查考马太福音第11章，耶稣在那里说出了历史上最静默却最具革命性的话语之一：「到我这里来，我就使你们得安息。」这不是完成一切之后才配得的奖赏，而是一份此刻就能领受的礼物，只要我们愿意接受。让我们在今天上午一同探索这些主题。
Prayers of Adoration and Confession — Ian	颂赞与认罪祷文
Our prayers today are written for NAIDOC Week by Wuthithi and Mabuiag Island woman Safina Stewart from Common Grace. NAIDOC stands for National Aboriginal and Islander Day Observance – it's a time of celebration of our Nation's ancient heritage and peoples. This year's theme is "50 Years of Deadly". In Aboriginal communities, "deadly" is a slang term of high praise. It describes something or someone as excellent, inspiring, strong, and worthy of celebration.	今天的祷告文由Wuthithi与Mabuiag岛的原住民妇女Safina Stewart（来自Common Grace机构）为NAIDOC周所撰写。NAIDOC全称为「全国原住民及托雷斯海峡岛民纪念日」，是庆祝我们国家古老传统与族群的日子。今年的主题是「Deadly五十年」。在原住民群体中，「deadly」是一个表达高度赞赏的俚语，用来形容某人或某事卓越、鼓舞人心、坚强，值得庆贺。
Including sung response: Come to me (John Bell)	包含吟唱回应诗：《来到我这里》（Come to me，约翰·贝尔 John Bell）
Come to me, come to me, weak and heavy laden;	来到我这里，来到我这里，

<p>trust in me, lean on me. I will give you rest.</p>	<p>软弱又负重的人; 信靠我, 依靠我, 我必使你安息。</p>
<p>Adoration</p>	<p>颂赞</p>
<p>Lord Jesus, You are our Faithful One, our Redeemer and our Ruler. You are the Creator of all peoples, the Maker of community, the Protector of the vulnerable, and the Keeper of every promise.</p> <p>Your love is steadfast through every generation. Your justice is unwavering, and Your mercy knows no end. You call us into relationship with You and with one another, and all creation, teaching us how to walk together in love, truth, and peace.</p> <p>As we celebrate 50 years of NAIDOC, we give thanks for the deadly strength, culture, wisdom, and contributions of Aboriginal and Torres Strait Islander peoples. We honour the ways You have sustained communities, cultures, and faith through times of joy and hardship.</p> <p>Lord Jesus, help us walk together in Your love.</p>	<p>主耶稣, 祢是我们信实的主, 我们的救赎者, 我们的掌权者。祢是万民的创造者, 群体的缔造者, 弱者的保护者, 是信实守约、永不改变的那一位。</p> <p>祢的爱历世历代坚定不移。祢的公义毫不动摇, 祢的怜悯无穷无尽。祢呼召我们与祢建立关系, 也彼此相交, 与万物相连, 教导我们如何在爱、真理与和平中同行。</p> <p>值此庆祝NAIDOC五十周年之际, 我们为原住民与托雷斯海峡岛民所展现的卓越力量、文化、智慧与贡献献上感恩。我们尊崇祢在欢乐与艰难岁月中, 扶持他们的群体、文化与信仰。</p> <p>主耶稣, 求祢帮助我们在祢的爱中同行。</p>
<p>Come to me, come to me, weak and heavy laden; trust in me, lean on me. I will give you rest.</p>	<p>来到我这里, 来到我这里, 软弱又负重的人; 信靠我, 依靠我, 我必使你安息。</p>
<p>Confession</p>	<p>认罪</p>
<p>Merciful Saviour, we come before You with sorrow for the ongoing racism, injustice, violence, and discrimination in our land and in our world.</p> <p>We grieve the silencing of voices, the marginalisation of communities, and the systems that continue to deny dignity, opportunity, and justice.</p> <p>Forgive us when we have chosen comfort over courage and silence over truth.</p> <p>Lord Jesus, help us walk together in Your love.</p>	<p>慈悲的救主, 我们来到祢面前, 为这片土地和这个世界至今仍存在的种族歧视、不公、暴力与歧视深感忧伤。</p> <p>我们为那些被压制的声音、被边缘化的群体, 以及那些持续剥夺人尊严、机会与公义的制度而哀恸。</p> <p>求祢赦免我们, 当我们选择安逸而非勇气, 选择沉默而非真理之时。</p> <p>主耶稣, 求祢帮助我们在祢的爱中同行。</p>
<p>Come to me, come to me, weak and heavy laden; trust in me, lean on me. I will give you rest.</p>	<p>来到我这里, 来到我这里, 软弱又负重的人; 信靠我, 依靠我,</p>

	我必使你安息。
<p>Prince of Peace, you call us into right relationship with one another.</p> <p>Teach us to stand up and be counted when injustice remains. Help us to use our voices, our influence, and our actions to bring change. May our churches, communities, and nation become places where all are valued, heard, and respected.</p> <p>Lord Jesus, help us walk together in Your love.</p> <p>Amen.</p>	<p>和平的君王，祢呼召我们与彼此建立正直的关系。</p> <p>求祢教导我们，在不公仍然存在之时，挺身而出，被列入其中。求祢帮助我们运用我们的声音、影响力与行动，带来改变。愿我们的教会、群体与国家，成为人人被珍视、被聆听、被尊重的地方。</p> <p>主耶稣，求祢帮助我们在祢的爱中同行。</p> <p>阿们。</p>
<p>Word of Grace — Ian</p>	<p>恩言</p>
<p>Jesus says, Come to me. And in him we find rest and peace through the grace of his healing love.</p> <p>He says to us all, “Your sin is forgiven.”</p> <p>Thanks be to God.</p>	<p>耶稣说：到我这里来。在祂里面，我们藉着祂医治大能的恩典，寻得安息与平安。</p> <p>祂对我们所有人说：「你的罪已经被赦免了。」</p> <p>感谢上帝。</p>
<p>Bible Reading – Matthew 11:16-19, 25-30 — John Campbell</p>	<p>圣经读经 – 马太福音11:16-19, 25-30</p>
<p>16 “But to what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,</p> <p>17 ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’</p> <p>18 “For John came neither eating nor drinking, and they say, ‘He has a demon’; 19 the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”</p> <p>25 At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; 26 yes, Father, for such was your gracious will. 27 All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.</p> <p>28 “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.”</p>	<p>16 我可用什么比这世代呢？好比孩童坐在街市上，招呼同伴，说：</p> <p>17 「我们向你们吹笛，你们不跳舞；我们向你们举哀，你们不捶胸。」</p> <p>18 约翰来了，也不吃也不喝，人就说他是被鬼附着的；19 人子来了，也吃也喝，人又说他是贪食好酒的人，是税吏和罪人的朋友。但智慧总是藉着行为显明为义。</p> <p>25 那时，耶稣说：父啊，天地的主，我感谢你！因为你将这些事向聪明通达的人隐藏起来，向婴孩就显明出来。26 父啊，是的，因为你的美意本是如此。27 一切都是我父交托给我的；除了父，没有人认识子；除了子和子所愿意启示的人，没有人认识父。</p> <p>28 凡劳苦担重担的人，可以到我这里来，我就使你们得安息。29 我心里柔和谦卑，你们当负我的轭，向我学习，这样，你们心里就必得享安息。30 因为我的轭是容易的，我的担子是轻省的。</p>
<p>For these words of Wisdom and for Christ the Living Word:</p>	<p>为这智慧的话语，为基督——那道成肉身的活道：</p>

Thanks be to God.	感谢上帝。
With the Children — Chris	儿童时间
Song – Have faith in God	诗歌 – 要信靠上帝
Verse 1: Oh Lord You lead me By the still waters Quietly restoring my soul You speak words of wisdom The promise of glory The power of the presence of God	第一节: 主啊, 祢引导我 走在宁静的水边 默然使我的灵魂苏醒 祢说出智慧的言语 荣耀的应许 上帝同在的大能
Chorus: Have faith in God Let your hope rest on the faith He has placed in your heart Never give up Never let go of the faith He has placed in your heart	副歌: 要信靠上帝 让你的盼望, 安歇于 祂放在你心中的信心 永不放弃 永不松开 祂放在你心中的信心
Verse 2: Oh Lord You guide me Through all the darkness Turning my night into day You'll never leave me Never forsake me The power of the presence of God	第二节: 主啊, 祢带领我 穿越一切黑暗 把我的黑夜变为白昼 祢永不离开我 永不撇下我 上帝同在的大能
Bible Readings – Psalm 145:8-14 — John Campbell	圣经读经 – 诗篇145:8-14
8 The LORD is gracious and merciful, slow to anger and abounding in steadfast love. 9 The LORD is good to all, and his compassion is over all that he has made. 10 All your works shall give thanks to you, O LORD, and all your faithful shall bless you. 11 They shall speak of the glory of your kingdom and tell of your power, 12 to make known to all people your mighty deeds and the glorious splendor of your kingdom. 13 Your kingdom is an everlasting kingdom, and your dominion endures throughout all generations. The	8 耶和华有恩惠, 有怜悯, 不轻易发怒, 大有慈爱。 9 耶和华善待万民, 他的怜悯覆庇他一切所造的。 10 耶和华啊, 你一切所造的都要称谢你, 你的圣民也要称颂你。 11 传说你国的荣耀, 谈论你的大能, 12 好叫世人知道你大能的作为, 并你国度威严的荣耀。

<p>LORD is faithful in all his words and gracious in all his deeds. 14 The LORD upholds all who are falling and raises up all who are bowed down.</p>	<p>13 你的国是永远的国，你执掌的权柄存到万代。 耶和华在他一切所行的，无不信实；在他一切所做的，都有慈爱。 14 凡跌倒的，耶和华将他们扶持；凡被压下的，将他们扶起。</p>
<p>For these words of Wisdom and for Christ the Living Word: Thanks be to God.</p>	<p>为这智慧的话语，为基督——那道成肉身的活道： 感谢上帝。</p>
<p>Reflection – Come to me (Matthew 11:16-19, 25-30) - Chris</p>	<p>证道 – 「到我这里来」 (马太福音11:16-19, 25-30)</p>
<p>Good morning, everyone!</p>	<p>大家早安!</p>
<p>Before I came to work here at GWUC, I was a school chaplain. If you have ever been around a school full of teenagers, you know it takes a lot of energy! It is a wonderful job, but it can be pretty draining.</p>	<p>在我来到格伦韦弗利联合教会 (GWUC) 事奉之前，我曾是一名学校院牧。如果你曾经在一所满是青少年的学校里待过，你就知道那有多耗费精力！那是一份美好的工作，但也相当令人疲惫。</p>
<p>Four times a year, all the school chaplains from our area would get together. We would share ideas, catch up, and pray for each other. At the end of one very long, very busy week, we gathered in a circle for our final group prayer.</p>	<p>每年四次，我们地区所有的学校院牧会聚在一起。我们会分享想法、彼此交流，也为彼此祷告。在一个非常漫长、非常忙碌的一周结束时，我们围成一圈，进行最后的团体祷告。</p>
<p>Now, I have to confess to you: I was not just tired. I was exhausted. My brain was fried, and my body was ready for bed. In our prayer circle, I was sitting right next to my supervisor, and a good friend of mine was sitting on my other side.</p>	<p>我得向大家坦白：我当时不只是累，而是精疲力竭。我的脑袋一片空白，身体也已经准备好要上床睡觉了。在那个祷告圈里，我的督导就坐在我旁边，另一边坐着我的一位好朋友。</p>
<p>The prayer started. Someone was praying for the teachers, someone else was praying for the students... and the next thing I knew, my friend was poking me in the ribs. Not once, but twice!</p>	<p>祷告开始了。有人为老师们祷告，也有人为学生们祷告.....接下来我只记得，我的朋友用手肘戳了戳我的肋骨。不只一次，而是两次！</p>
<p>I blinked my eyes open. I was so confused. The prayer was over, and everyone in the circle was looking at me and has a big smile on their faces. I hadn't just closed my eyes to pray, I had fallen fast asleep. And worse than that, I had started snoring right in the middle of the quiet prayer!</p>	<p>我眨了眨眼睛醒来，感到十分困惑。祷告已经结束了，圈子里的每一个人都看着我，脸上带着灿烂的笑容。原来我不只是闭上眼睛祷告，而是已经睡得不省人事。更糟糕的是，我竟然在安静的祷告当中打起了呼噜！</p>
<p>I tried to act like I was just praying really hard, but I couldn't hide it. I wiped my face and realized I actually had a little bit of drool on my mouth.</p>	<p>我试着装作自己只是祷告得非常投入，但根本瞒不过去。我擦了擦脸，才发现嘴角竟然还挂着一口水。</p>

<p>I was so embarrassed! My face turned bright red. But right then, supervisor looked at me. She didn't get angry. She didn't tell me off. She just smiled kindly and said, "Well... you must have needed the rest."</p>	<p>我实在太尴尬了！脸都涨得通红。但就在那时，我的督导看着我。她没有生气，也没有责备我，只是温柔地笑了笑，说：「嗯.....看来你真的很需要休息。」</p>
<p>Those words stayed with me for years. They felt like a kind gift. They reminded me that sometimes in life, we just go too hard. We push ourselves too much, and we simply need to take a break. Not just a nap for our bodies, but a real rest for our souls.</p>	<p>这句话在我心中留存了许多年，感觉像是一份温柔的礼物。它提醒了我，人生有时候我们真的把自己逼得太紧了。我们太过用力地驱策自己，而其实我们只是需要停下来休息——不只是身体小睡片刻，而是灵魂真正的安息。</p>
<p>When I read Jesus's words in Matthew 11, it feels like He's addressing the very burdens we carry today. Most of us walk into church today feeling a bit like I did in that prayer circle. We are running on empty.</p>	<p>当我读到马太福音第11章耶稣的话时，感觉祂正对着我们今天所背负的重担说话。今天来到教会的我们，大多数人可能就像我在那个祷告圈子里的样子——我们的油箱早已见底。</p>
<p>In the first part of our reading, Jesus looks at the people around Him and tells a funny story. He says the culture of His day is like children playing games in the street.</p>	<p>在我们今天读经的前半段，耶稣看着周围的人，讲了一个有趣的比喻。祂说，那个时代的文化，就像孩子们在街上玩游戏一样。</p>
<p>Jesus is basically comparing the culture to a bunch of bratty toddlers playing in the street, trying to force everyone else to play their game. If they play a happy song, you'd better dance! If they play a sad song, you'd better cry! And if you don't play by their exact, fickle rules, they are going to throw a tantrum.</p>	<p>耶稣基本上是把当时的文化，比作一群在街上玩耍、爱耍脾气的小孩，硬要逼着所有人按他们的规则玩游戏。如果他们奏起欢快的曲子，你最好跳舞！如果他们奏起悲伤的曲子，你最好哭泣！而如果你没有完全照着他们那些反复无常的规矩来，他们就会大发脾气。</p>
<p>He applies this to how people viewed spiritual leadership. John the Baptist came along, and he was the ultimate wilderness fanatic. He didn't eat fine food, he didn't drink wine, he wore camel hair, he was intense! And the culture looked at him and said, "Wow, that guy is crazy. He's got a demon."</p>	<p>耶稣把这个比喻用在人们对属灵领袖的看法上。施洗约翰出现了，他是彻头彻尾的旷野苦行者。他不吃精致的食物，不喝酒，穿着骆驼毛做的衣服，整个人非常极端！于是当时的人看着他说：「哇，这个人疯了，他被鬼附了。」</p>
<p>Then Jesus came along. Jesus loved to celebrate. He went to parties, ate dinners with all kinds of people, and drank wine. And the exact same people looked at Jesus and said, "Look at him! He eats too much and drinks too much! He is friends with bad people!"</p>	<p>接着耶稣出现了。耶稣喜爱庆祝，祂参加宴席，与各种各样的人一同吃饭，也喝酒。而正是同一批人，看着耶稣说：「你看看他！吃得太多，喝得太多！还跟那些坏人做朋友！」</p>
<p>It is funny, but it is also sad. John was too strict, and Jesus was too happy. The world was never satisfied.</p>	<p>这既好笑，也令人难过。约翰太过严格，耶稣又太过喜乐。这个世界，从来没有满足的时候。</p>

<p>And this is what I have learnt: If you try to live by what the world expects of you, you will exhaust yourself, because the world's rules are always changing. It seems we can never satisfy the world no matter how hard we try.</p>	<p>而这正是我所学到的：如果你想活成这个世界所期待的样子，你终将耗尽自己，因为这个世界的规则始终在变。无论我们多么努力，似乎都无法真正满足这个世界。</p>
<p>Later in the passage, Jesus says these famous words: "Come to me, all you who are weary and burdened, and I will give you rest."</p>	<p>在这段经文的后半部分，耶稣说出了那句著名的话：「凡劳苦担重担的人，可以到我这里来，我就使你们得安息。」</p>
<p>To understand this, we need to look at how life was different back then compared to now.</p>	<p>要理解这句话，我们需要看看当时的生活与现今有何不同。</p>
<p>In first-century Judea, one of the main things that weighing heavy on the average person was the weight of religious legalism enforced by the Pharisees. The law of Moses was doing its job, but the religious elites had added hundreds of secondary laws, sometimes these were called the 'hedge around the Torah'. They created rules about exactly how far you could walk on a Saturday, exactly how to wash your cups, and exactly what constituted "work."</p>	<p>在第一世纪的犹太地，压在普通百姓身上最沉重的负担之一，就是法利赛人所强制推行的宗教律法主义。摩西的律法本身发挥着应有的作用，但宗教精英们又加上了数百条附加规条，有时被称为「妥拉的篱笆」。他们精确规定安息日能走多远的路，杯子该怎么洗，以及什么才算是「工作」。</p>
<p>If you were a poor farmer or a fisherman just trying to feed your family, keeping up with these microscopic religious expectations was impossible. You walked around with a sense of spiritual failure. You were heavy-laden under a system that told you: "You are never doing enough. God is distant, God is demanding, and you are failing."</p>	<p>如果你只是一个贫穷的农夫或渔夫，努力想养活一家人，要跟上这些琐碎至极的宗教规范根本不可能。你走在路上，心中总带着灵性上失败的感觉。你在一套体制之下负重前行，那体制不断告诉你：「你做得永远不够。上帝很遥远，上帝很苛刻，而你正在失败。」</p>
<p>Now, let's look at our world today in 2026. We don't have Pharisees checking our rules. But do we feel any less tired? No. Our weights have just changed shape. Instead of religious laws, we carry different burdens on our shoulders.</p>	<p>现在，让我们看看2026年的今天。我们没有法利赛人在检查我们是否守规矩，但我们是否因此感到不那么疲惫呢？并没有。我们的重担只是换了个样子。取代宗教律法的，是我们肩上背负的其他种种重担。</p>
<p>In the ancient world, when the sun went down, work stopped because it was dark. Today, we carry a little screen in our pockets that keeps us connected 24 hours a day. We feel like we always have to answer emails, check texts, and reply straight away. Our brains never get a chance to turn off.</p>	<p>在古代世界，太阳一下山，天黑了，工作也就停止了。而今天，我们口袋里揣着一块小小的屏幕，让我们一天24小时都保持连线。我们总觉得必须立刻回复邮件、查看讯息、马上回应。我们的大脑，从来没有机会真正关机。</p>
<p>Many of us feel pressure to keep up with a world that's moving faster than ever. New technology appears every week, cars seem to come with more buttons than we'll ever use, and even everyday tasks, like paying a bill or booking an appointment, now expect us to know the</p>	<p>我们许多人都感受到一种压力，要跟上这个比以往任何时候都快速运转的世界。每星期都有新科技出现，汽车上的按钮似乎多到我们永远也用不完，甚至连缴费、预约这样的日常小事，如今也要求我们</p>

latest digital trick. It can feel exhausting trying not to fall behind	懂得最新的数字操作方式。光是想着不要落后，就已经令人筋疲力尽。
We are going at life too hard. We live in a world that only values us for what we do, what we produce, and what we achieve. The world tells us: If you stop moving, you will be left behind or “If you stop to rest, you are failing.”	我们把生活过得太用力了。我们活在一个只以「你做了什么、你生产了什么、你成就了什么」来衡量我们价值的世界里。这个世界告诉我们：如果你停下脚步，就会被抛在后头；或者说：「如果你停下来休息，你就是在失败。」
So, what is the cure for this modern exhaustion?	那么，对于这种现代式的疲惫，解药究竟是什么呢？
Jesus prays a beautiful prayer in verse 25. He says, “I praise you, Father... because you have hidden these things from the wise and learned, and revealed them to little children.”	耶稣在第25节献上了一段美丽的祷告。祂说：「父啊.....我感谢你，因为你将这些事向聪明通达的人隐藏起来，向婴孩就显明出来。」
The “wise and learned” were the people who thought they were experts, the ones trying to tick every box and look perfect. They completely missed what God was doing.	这里的「聪明通达的人」，指的是那些自认为是专家的人，是那些努力想勾选每一个框框、把自己表现得完美无缺的人。他们却完全错过了上帝正在做的事。
But God reveals Himself to “little children.”	但上帝却向「婴孩」显明自己。
Think about a toddler at the end of a long day. When a little child is completely exhausted, they don't try to hide it. They don't try to look important. They just hold up their arms to their mum or dad and cry. They know they are small, they know they are tired, and they trust their parent to carry them.	想象一下，一个孩子在漫长的一天结束时的样子。当一个小孩彻底累坏了的时候，他们不会试图隐藏，也不会试图装出重要的样子。他们只会向爸爸妈妈举起双臂，哭喊出来。他们知道自己弱小，知道自己累了，也信任父母会抱起他们。
Jesus is saying that if we want real rest, we have to stop pretending we have it all together. We have to drop our pride, come to God like a tired child, and say, “I can't do this on my own anymore.”	耶稣在说的是：如果我们想要真正的安息，就必须停止假装自己一切都能应付。我们必须放下骄傲，像一个疲惫的孩子那样来到上帝面前，说：「我再也没办法靠自己撑下去了。」
Finally, Jesus gives us a strategy for rest. He says, “Take my yoke upon you and learn from me.”	最后，耶稣给了我们一个得安息的方法。祂说：「你们当负我的轭，向我学习。」
This sounds a bit strange to our modern ears. We might ask what is a yoke?	这句话对我们现代人的耳朵来说，听起来有点奇怪。我们可能会问：什么是「轭」？
A yoke was a heavy wooden bar placed over the necks of two oxen (cows) so they could pull a heavy plow through a farmer's field together.	轭是一根沉重的木棍，架在两头牛的颈上，好让它们能一同拉动沉重的犁，耕过农夫的田地。

<p>Notice that Jesus does not say, “Come to me, and I will let you lie on a beach and do nothing forever.” Jesus doesn't offer a permanent holiday. He offers a yoke.</p>	<p>请注意，耶稣并没有说：「到我这里来，我会让你永远躺在沙滩上什么都不用做。」耶稣提供的，不是一场永远放假的假期，祂提供的，是一副轭。</p>
<p>It might seem odd that Jesus offers the image of a tool that is used for work as an illustration for rest.</p>	<p>耶稣用一件本来是用来工作的工具，作为安息比喻，这似乎有点奇怪。</p>
<p>Because in the ancient world, a farmer would often put a young, wild, untrained ox into a yoke alongside an older, stronger, experienced ox. The older ox did all the hard work and carried the real weight. The young ox just had to walk along at the same pace, learning how to move without having to carry the heavy load.</p>	<p>因为在古代，农夫常常会把一头年轻、野性未驯的牛，与一头年长、强壮、经验丰富的牛一同套上轭。年长的牛承担了所有的苦工，扛起真正的重量；年轻的牛只需要跟着同样的步伐前行，学习该如何行走，而不必真正背负那沉重的担子。</p>
<p>When Jesus says, “Take my yoke,” He is saying: “Stop trying to pull the heavy weight of life by your own strength. Get into the harness next to Me. Let Me carry the heavy side of the load.”</p>	<p>当耶稣说「负我的轭」时，祂其实是在说：「不要再靠自己的力量，去拖拽人生沉重的担子了。到我身边来，套上这副轭。让我来承担重的那一边。」</p>
<p>When we walk with Jesus, we walk at His pace. He tells us: “I am gentle and humble.” He doesn't shout at us to hurry up. He doesn't get angry when we feel weak. He walks with us, step by step.</p>	<p>当我们与耶稣同行时，我们是照着祂的步伐行走。祂告诉我们：「我心里柔和谦卑。」祂不会对我们大吼，要我们加快脚步；当我们感到软弱时，祂也不会生气。祂与我们同行，一步一步。</p>
<p>I feel our theme today is very simple: In a culture that values us for what we produce, Jesus values us for who we are. He invites us off the exhausting treadmill of modern life and into a rhythm of deep, soulful rest.</p>	<p>我觉得我们今天的主题非常简单：在一个以「你生产了什么」来衡量你价值的文化中，耶稣却因着「你是谁」而看重你。祂邀请我们走下那令人筋疲力尽的现代生活跑步机，进入一种深邃、滋养灵魂的安息节奏。</p>
<p>Taking time to rest is not a sign of weakness. It is a way of saying to the busy world, “You do not own me. My value does not come from how much work I do. I am a child of God.”</p>	<p>花时间休息，并不是软弱的记号，而是一种向这个忙碌的世界宣告的方式：「你并不拥有我。我的价值，不在于我做了多少工作，我是上帝的孩子。」</p>
<p>Sometimes, we just try too hard. We try to be the perfect worker, the perfect parent, the perfect friend, and always up to date with every trend. We run until we crash.</p>	<p>有时候，我们真的太努力了。我们想成为完美的员工、完美的父母、完美的朋友，并且随时紧跟每一个潮流。我们不停地奔跑，直到彻底崩溃。</p>
<p>But remember my supervisor from the school chaplaincy days. Remember her kind words when I fell asleep and drooled in front of everyone: “Well... you must have needed the rest.”</p>	<p>但请记住我在学校院牧时期那位督导。记得当我在众人面前睡着、流着口水时，她那句温柔的话：「嗯.....看来你真的很需要休息。」</p>

<p>Imagine Jesus looking at your life today. He sees your busy calendar. He sees how tired your mind is from your phone and your endless to-do lists. He sees how hard you are trying.</p>	<p>试着想象耶稣正看着你今天的生活。祂看见你忙碌的行程表，看见你的心思因手机和永无止尽的待办事项而多么疲惫，也看见你是多么努力地在撑着。</p>
<p>He is not disappointed in you. He is not angry.</p>	<p>祂并没有对你失望，也没有生气。</p>
<p>He just looks at you with love, smiles gently, and says, "Well... you must have needed the rest. So stop running. Come stand next to Me. Let's walk together at My pace, and I will give your soul the beautiful, deep rest you really need."</p>	<p>祂只是满怀慈爱地看着你，温柔一笑，说：「嗯.....看来你真的很需要休息。所以别再奔跑了。来，站到我身边。让我们照着我的步伐一同前行，我必将你灵魂真正需要的那份美好、深邃的安息，赐给你。」</p>
<p>Amen.</p>	<p>阿们。</p>
<p>Offering Song – Christ be our light</p>	<p>奉献诗歌 – 基督，作我们的光</p>
<p>Verses 1, 2 & 5</p>	<p>第一、二、五节</p>
<p>1 Longing for light, we wait in darkness. Longing for truth, we turn to you. Make us your own, your holy people, light for the world to see.</p> <p>Christ, be our light! Shine in our hearts. Shine through the darkness. Christ, be our light! Shine in your church gathered today.</p>	<p>1 渴望光明，我们在黑暗中等候。 渴望真理，我们转向祢。 使我们成为祢的子民，祢的圣洁百姓， 成为世界所见的光。</p> <p>基督，作我们的光！ 照亮我们的心。 照亮黑暗之处。 基督，作我们的光！ 照亮今日聚集的祢的教会。</p>
<p>2 Longing for peace, our world is troubled. Longing for hope, many despair. Your word alone has pow'r to save us. Make us your living voice.</p>	<p>2 渴望平安，我们的世界动荡不安。 渴望盼望，许多人陷入绝望。 唯有祢的道，有拯救的大能。 使我们成为祢活的见证。</p>
<p>5 Many the gifts, many the people, many the hearts that yearn to belong. Let us be servants to one another, making your kingdom come.</p>	<p>5 恩赐众多，众人聚集， 许多心灵渴望归属。 让我们彼此服事， 使祢的国度降临。</p>

Offering Dedication — Chris	奉献祷文
<p>Gracious God, You have shown us this morning what it means to lay burdens down – and now we bring you what we carry: our gifts, our resources, our labour, and this bread and wine.</p> <p>Take what we bring. Let it become light for a world still longing for light, rest for those who are still waiting for rest, and a sign that we mean to walk together – gently, and justly, upon this land and with one another.</p> <p>In the name of Christ, who is gentle and humble in heart, we pray. Amen.</p>	<p>慈悲的上帝， 祢今天上午向我们显明了 放下重担的意义—— 如今我们将所背负的献给祢： 我们的礼物、我们的资源、我们的劳力， 以及这饼与杯。</p> <p>求祢悦纳我们所献上的。 愿它成为光，照亮仍在渴望光明的世界； 成为安息，赐给仍在等候安息的人； 也成为一个记号，表明我们愿意同行—— 温柔而公正地，行在这片土地上，也彼此同行。</p> <p>奉基督的名， 祂心里柔和谦卑， 我们祷告。 阿们。</p>
Prayers of the People — Jan Clear	会众代祷
Holy Communion	圣餐
<p>Servers: Margaret Duncan, Michelle Smith, Rufane Smith, Sony Simanjuntak</p>	<p>服事同工: Margaret Duncan, Michelle Smith, Rufane Smith, Sony Simanjuntak</p>
Invitation — Ian	邀请
<ul style="list-style-type: none"> • all welcome • serve in pews – hold until all have been served and eat and drink together • gluten free bread and nonalcoholic wine 	<ul style="list-style-type: none"> • 欢迎所有人领受圣餐 • 将在座位上分领——请等候大家都领到后，一同领用 • 备有无麸质饼与无酒精的葡萄汁
Communion Song	圣餐诗歌
<p>Come to me, come to me, weak and heavy laden; trust in me, lean on me. I will give you rest.</p>	<p>来到我这里，来到我这里， 软弱又负重的人； 信靠我，依靠我， 我必使你安息。</p>
Thanksgiving	感恩祷文

<p>Chris: We are the body of Christ. His Spirit is with us.</p> <p>Lift up your hearts. We lift our hearts to God.</p> <p>Let us give thanks to God who is Wisdom and Love. It is right to give our thanks and praise.</p>	<p>Chris: 我们是基督的身体。 祂的灵与我们同在。</p> <p>你们心里要仰望上主。 我们心里仰望上主。</p> <p>让我们感谢那作为智慧与爱的上帝。 这是合宜、也是理所当然的。</p>
<p>Father of goodness, Mother of kindness, for creation in its wonder and mystery we thank you</p> <p>for Jesus your beloved Son, who says, “Come to me” and gives us rest, we thank you</p> <p>for your Holy Spirit in her grace, we thank you</p> <p>And we sing the hymn of unending praise:</p>	<p>良善的父，慈爱的母， 为着创造中的奇妙与奥秘， 我们感谢祢；</p> <p>为着祢所爱的儿子耶稣， 祂说「到我这里来」，赐我们安息， 我们感谢祢；</p> <p>为着祢恩典中的圣灵， 我们感谢祢。</p> <p>我们同声歌唱这不止息的赞美之歌：</p>
<p>Holy, holy, holy (TIS763)</p>	<p>圣哉、圣哉、圣哉 (TIS763)</p>
<p>Holy, holy, holy, Lord God of power, Lord God of might, Lord God of power and might. Heaven and earth are full of your glory. Hosanna in the highest. Hosanna, hosanna, hosanna in the highest. Hosanna, hosanna, hosanna in the highest</p> <p>Blessed, blessed, blessed, blessed is he, who comes in the name, who comes in the Lord's own name. Hosanna, hosanna, hosanna in the highest. Hosanna, hosanna, hosanna in the highest</p>	<p>圣哉、圣哉、圣哉， 大能大力的主上帝， 大能大力的主上帝。 天地充满祢的荣耀。 和散那，在至高之处。 和散那、和散那、和散那，在至高之处。 和散那、和散那、和散那，在至高之处。</p> <p>当称颂、当称颂、当称颂， 奉主名而来的那位当受称颂， 奉主的名而来的那位。 和散那，在至高之处。 和散那、和散那、和散那，在至高之处。</p>
<p>Eucharistic Prayer — Ian</p>	<p>圣餐感恩祷文</p>
<p>Blessed is our brother Jesus, who on the night of his betrayal took bread, gave thanks, broke it and said: This is my body given for you.</p>	<p>当称颂的是我们的弟兄耶稣，祂在被出卖的那一夜 ，拿起饼，感谢了，擘开，说：</p>

<p>Whenever you eat it, remember me.</p> <p>In the same way, after supper, he took the cup saying: This is the cup of a new covenant in my blood. Whenever you drink it, remember me.</p> <p>Come now, Holy Spirit of our God, love us into the unity of peace through this bread and wine. For: Christ has died, Christ is risen, Christ will come again!</p> <p>Through Christ, with Christ, in Christ all glory be to you, Source of all Being, Eternal Wisdom and Holy Spirit, one God and Mother of all creation. Amen.</p>	<p>这是我的身体，为你们舍的。 你们每逢吃的时候，要纪念我。</p> <p>饭后，祂也照样拿起杯来，说： 这杯是用我的血所立的新约。 你们每逢喝的时候，要纪念我。</p> <p>求祢，我们上帝的圣灵，如今降临，藉着这饼与杯， 使我们在爱中合而为一、彼此和睦。因为： 基督已经死了，基督已经复活，基督还要再来！</p> <p>藉着基督、偕同基督、在基督里，一切荣耀都归于祢， 万有的本源， 永恒的智慧与圣灵， 一体的上帝，万物的慈母。 阿们。</p>
<p>Lord's Prayer</p>	<p>主祷文</p>
<p>Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.</p>	<p>我们在天上的父： 愿人都尊祢的名为圣。 愿祢的国降临； 愿祢的旨意行在地上， 如同行在天上。 我们日用的饮食，今日赐给我们。 免我们的债， 如同我们免了人的债。 不叫我们遇见试探； 救我们脱离凶恶。 因为国度、权柄、荣耀， 全是祢的， 直到永远。阿们。</p>
<p>Breaking of the Bread — Chris</p>	<p>擘饼</p>
<p>Christ is the bread of resurrection: new life for all. Christ is the cup of life: who revives the faint-hearted. We who are many are one body, for we all share in the one bread. Let us receive what we are. Let us become what we receive: The body of Christ.</p>	<p>基督是复活的饼：赐万人新生命。 基督是生命的杯：使灰心丧志的人重新振作。 我们虽多，仍是一个身体，因我们同领一个饼。 让我们领受我们本是的样式，</p>

<p>The gifts of God for the people of God.</p>	<p>让我们成为我们所领受的： 基督的身体。 上帝的恩赐，赐给上帝的子民。</p>
<p>Distribution — Chris</p>	<p>分领圣餐</p>
<p>Receive this holy sacrament of the body and blood of Christ and feed on him in your hearts by faith with thanksgiving.</p> <p>Music: musician's choice. Distribution: in pews.</p>	<p>请领受基督身体与宝血的圣礼，凭信心存感恩的心，在你们心中因祂得饱足。</p> <p>音乐：由司乐自选。 分领方式：在座位上分领。</p>
<p>The Peace — Ian</p>	<p>平安礼</p>
<p>The peace of Christ be always with you. And also with you.</p>	<p>愿基督的平安常与你们同在。 也与你同在。</p>
<p>Sending Song – TIS210</p>	<p>差遣诗歌 – 愿有千万舌头歌颂</p>
<p>(verses 1, 2, 4 & 6)</p>	<p>(第一、二、四、六节)</p>
<p>1 O for a thousand tongues to sing my great Redeemer's praise, the glories of our God and King, the triumphs of his grace!</p>	<p>1 愿有千万舌头歌颂， 我伟大救赎主的美名， 歌颂我们上帝与君王的荣耀， 歌颂祂恩典的得胜！</p>
<p>2 Jesus! the name that charms our fears, that bids our sorrows cease; such music in the sinner's ears is life, and health, and peace.</p>	<p>2 耶稣！这名安抚我们的惧怕， 使我们的忧愁止息； 这乐音落在罪人耳中， 就是生命、健康与平安。</p>
<p>4 He speaks, and listening to his voice new life the dead receive, the mournful, broken hearts rejoice, the humble poor believe.</p>	<p>4 祂说话，凡听见祂声音的， 死人也得着新生命， 忧伤破碎的心得欢喜， 谦卑贫穷的人得相信。</p>
<p>6 My gracious Master and my God, assist me to proclaim, to spread through all the earth abroad</p>	<p>6 我满有恩典的主与我的上帝， 求祢帮助我传扬，</p>

the honours of your name.	将祢名的尊荣， 传遍普天下。
Blessing and Sending — Chris and Ian	祝福与差遣
by Wakka Wakka woman Brooke Prentis	(由Wakka Wakka族妇女Brooke Prentis撰写)
Chris: May our footsteps, on these ancient lands, remind us of creation and connectedness, in our search for truth.	Chris: 愿我们的脚步，行在这古老的土地上，提醒我们在寻求真理时，记念创造与彼此的联系。
Ian: May the Gum Tree, from its roots to its branches, remind us to dig deep and reach high, in our action for justice.	Ian: 愿桉树，从根到枝，提醒我们在行公义时，要向下扎根，向上伸展。
Chris: May the Eagle, who soars in the sky, remind us of the power, in our call for love.	Chris: 愿翱翔天际的老鹰，提醒我们在呼求爱时，记念那力量。
Ian: May the expanse of the lands and seas, of the sky and stars, remind us of God's timing in our faith in hope.	Ian: 愿广袤的大地与海洋、天空与星辰，提醒我们在盼望中信靠上帝的时机。
Chris: May the Holy three, Creator Spirit, Lord God, Papa Jesus, remind us of community.	Chris: 愿三一之神——创造的灵、主上帝、爸爸耶稣，提醒我们群体的意义。
Ian: So with grace, mercy, and peace, go in truth, justice, love and hope.	Ian: 因此，愿带着恩典、怜悯与平安，在真理、公义、爱与盼望中前行。