

馬可福音 Mark 14:32

他們來到一個地方，名叫客西馬尼。
耶穌對門徒說：「你們坐在這裡，等
我禱告。」

**They went to a place called Gethsemane,
and Jesus said to his disciples, “Sit here
while I pray.”**

馬可福音 Mark 14:33-34

於是帶著彼得、雅各、約翰同去，就驚恐起來，極其難過，對他們說：

「我心裡甚是憂傷，幾乎要死；你們在這裡等候，警醒。」

He took Peter, James and John along with him, and he began to be deeply distressed and troubled. “My soul is overwhelmed with sorrow to the point of death,” he said to them. “Stay here and keep watch.”

馬可福音 Mark 14:35-36

他就稍往前走，俯伏在地，禱告說：
「倘若可行，便叫那時候過去。」他
說：「阿爸！父啊！在你凡事都能；
求你將這杯撤去。然而，不要從我的
意思，只要從你的意思。」

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. “Abba, Father,” he said, “everything is possible for you. Take this cup from me. Yet not what I will, but what you will.”

馬可福音 Mark 14:37-38

耶穌回來，見他們睡著了，就對彼得說：「西門，你睡覺嗎？不能警醒片時嗎？總要警醒禱告，免得入了迷惑。你們心靈固然願意，肉體卻軟弱了。」

Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Couldn't you keep watch for one hour? Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

馬可福音 Mark 14:39-40

耶穌又去禱告，說的話還是與先前一樣，又來見他們睡著了，因為他們的眼睛甚是困倦；他們也不知道怎麼回答。

Once more he went away and prayed the same thing. When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him.

馬可福音 Mark 14:41-42

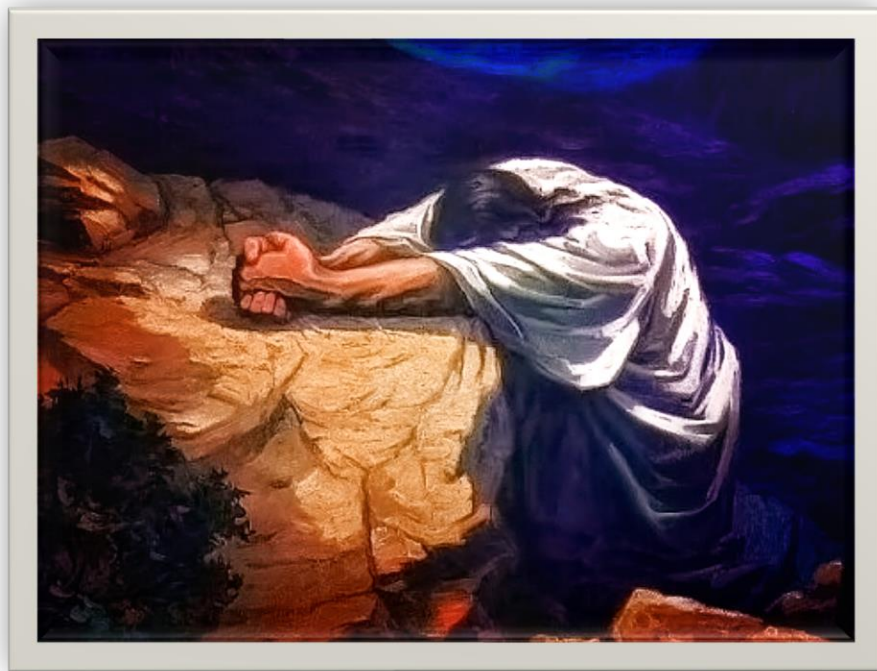
第三次來，對他們說：「現在你們仍然睡覺安歇吧（吧：或作嗎？）！夠了，時候到了。看哪，人子被賣在罪人手裡了。起來！我們走吧。看哪，那賣我的人近了。」

Returning the third time, he said to them, “Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. Rise! Let us go! Here comes my betrayer!”

Watch
and
Pray

馬可福音
Mark
14:32-42

總要 警醒禱告



出埃及記 Exodus 6:6

所以你要對以色列人說：『我是耶和華；我要用伸出來的膀臂重重的刑罰埃及人，救贖你們脫離他們的重擔，不做他們的苦工。』

“Therefore, say to the Israelites: ‘I am the Lord, and I will bring you out from under the yoke of the Egyptians. I will free you from being slaves to them, and I will redeem you with an outstretched arm and with mighty acts of judgment.’

出埃及記 Exodus 6:7

我要以你們為我的百姓，我也要作你們的神。你們要知道我是耶和華你們的神，是救你們脫離埃及人之重擔的。

I will take you as my own people, and I will be your God. Then you will know that I am the Lord your God, who brought you out from under the yoke of the Egyptians.

出埃及記 Exodus 6:6-7

1. 我要把你们从埃及人的重担底下救出来
I will bring you out from under the burdens of the Egyptians.
2. 我要拯救你们脱离他们的奴役
I will rescue you from their bondage.
3. 我要用伸出来的膀臂来救赎你们
I will redeem you with an outstretched arm.
4. 我要以你们作我的百姓
I will take you as My people.

逾越節晚餐上的四道杯

The Four Cups of Passover

出埃及記
Exodus
6:6-7

- 
1. 成聖之杯 the Cup of Sanctification
 2. 釋放之杯 the Cup of Deliverance
 3. 救贖之杯 the Cup of Redemption
 4. 讚美之杯 the Cup of Praise

逾越節晚餐上的四道杯

The Four Cups of Passover

出埃及記
Exodus
6:6-7

1. 成聖之杯 the Cup of Sanctification

我要把你们从埃及人的重担底下救出来

I will bring you out from under the
burdens of the Egyptians.



逾越節晚餐上的四道杯

The Four Cups of Passover

出埃及記
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2. 释放之杯 the Cup of Deliverance

我要拯救你们脱离他们的奴役
I will rescue you from their bondage.



逾越節晚餐上的四道杯

The Four Cups of Passover

出埃及記
Exodus
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3. 救贖之杯 the Cup of Redemption

我要用伸出来的膀臂来救赎你们

I will redeem you with an outstretched
arm.



逾越節晚餐上的四道杯

The Four Cups of Passover

出埃及記
Exodus
6:6-7

4. 讚美之杯 the Cup of Praise

我要以你们作我的百姓
I will take you as My people.



杯 the Cup

馬可福音 Mark 14:22-25

他們吃的時候，耶穌…又拿起杯來，祝謝了，遞給他們；他們都喝了。耶穌說：「這是我立約的血，為多人流出來的。我實在告訴你們，我不再喝這葡萄汁，直到我在神的國裡喝新的那日子。」

While they were eating, Jesus ... took a cup, and when he had given thanks, he gave it to them, and they all drank from it. "This is my blood of the covenant, which is poured out for many," he said to them. "Truly I tell you, I will not drink again from the fruit of the vine until that day when I drink it new in the kingdom of God."

杯 the Cup

馬可福音 Mark 14:36

他說：「阿爸！父啊！在你凡事都能；求你將這杯撤去。然而，不要從我的意思，只要從你的意思。」

"Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

杯 the Cup

馬可福音 Mark 10:38-40

「你們不知道所求的是什麼，我所喝的杯，你們能喝嗎？我所受的洗，你們能受嗎？」他們說：「我們能。」耶穌說：「我所喝的杯，你們也要喝；我所受的洗，你們也要受； ...」

“You don’t know what you are asking,” Jesus said. “Can you drink the cup I drink or be baptized with the baptism I am baptized with?” “We can,” they answered. Jesus said to them, “You will drink the cup I drink and be baptized with the baptism I am baptized with, ...”

杯 the Cup

約翰福音 John 19:28-30

這事以後，耶穌知道各樣的事已經成了，為要使經上的話應驗，就說：「**我渴了。**」有一個器皿盛滿了醋，放在那裡；他們就拿海絨蘸滿了醋，綁在牛膝草上，送到他口。耶穌嘗了那醋，就說：「**成了！**」便低下頭，將靈魂交付神了。

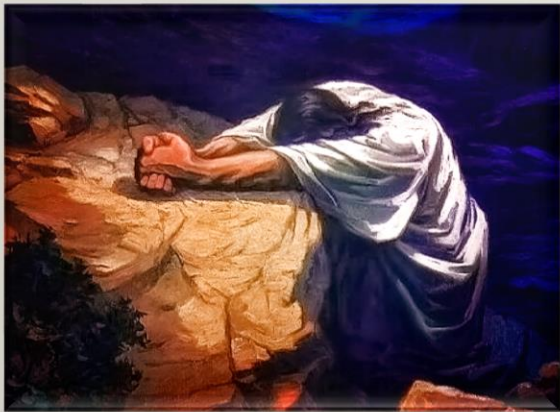
Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, "**I am thirsty.**" A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus' lips. When he had received the drink, Jesus said, "**It is finished.**" With that, he bowed his head and gave up his spirit.

耶穌
信靠上帝

Jesus
Rely on God

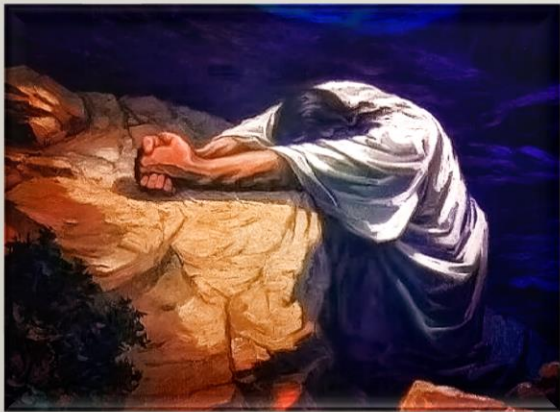
他說：「阿爸！父啊！
在你凡事都能；求你將
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從我的意思，只要從你
的意思。」

"Abba, Father," he said,
"everything is possible for
you. Take this cup from me.
Yet not what I will, but what
you will."



耶穌
信靠上帝

Jesus
Rely on God



他說：「**阿爸！父啊！**
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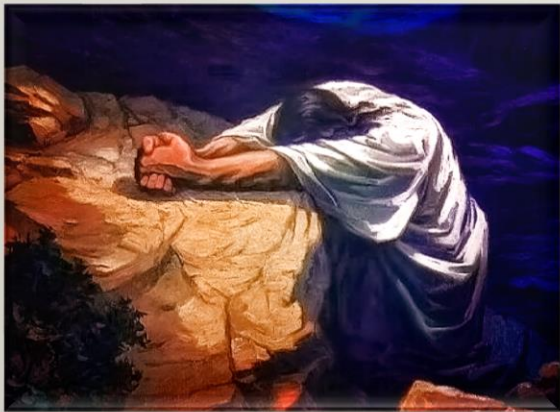
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耶穌
信靠上帝

Jesus
Rely on God

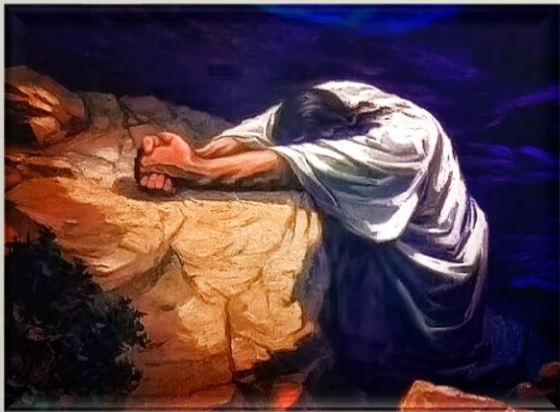
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"Abba, Father," he said,
"everything is possible for
you. **Take this cup from me.**
Yet not what I will, but what
you will."



耶穌
信靠上帝

Jesus
Rely on God



他說：「阿爸！父啊！
在你凡事都能；求你將
這杯撤去。然而，不要
從我的意思，只要從你
的意思。」

"Abba, Father," he said,
"everything is possible for
you. Take this cup from me.
Yet not what I will, but what
you will."

馬可福音 Mark 14:19

門徒 盲目自信

Disciples
Rely on
themselves

他們就憂愁起來，一個一個的問他說：「是我嗎？」

**They were saddened,
and one by one they said
to him, "Surely not I?"**



馬可福音 Mark 14:29, 31

門徒 盲目自信

Disciples

Rely on
themselves



彼得說：「眾人雖然跌倒，我總不能。」……彼得卻極力的說：「我就是必須和你同死，也總不能不認你。」眾門徒都是這樣說。

Peter declared, "Even if all fall away, I will not."... But Peter insisted emphatically, "Even if I have to die with you, I will never disown you." And all the others said the same.

馬可福音 Mark 14:37,40,41

門徒

肉體不警覺

Disciples

Physically
not alert



耶穌回來，見他們**睡著了**...
又來見他們**睡著了**，因為他
們的眼睛甚是困倦...第三次
來...**仍然睡覺安歇**

Then he returned to his disciples
and found them **sleeping**. ...

When he came back, he again
found them **sleeping**, because
their eyes were heavy. ...

Returning the third time, ... still
sleeping and resting

在客西馬尼園

In the garden of Gethsemane

主耶穌 Jesus

警醒禱告

Watch and pray

倚靠父神

Rely on Father

留下來 Stayed

向父神忠心

Faithful to God

門徒們 Disciples

睡覺 Sleeping

倚靠肉體 Rely on flesh

逃跑 Fled

缺少忠心

Lack of faithfulness

馬可福音 Mark 13:35-37

所以，你們要警醒；因為你們不知道家主什麼時候來，**或晚上，或半夜，或雞叫，或早晨**；恐怕他忽然來到，看見你們睡著了。我對你們所說的話，也是對眾人說：要警醒！

“Therefore keep watch because you do not know when the owner of the house will come back—whether in the evening, or at midnight, or when the rooster crows, or at dawn. If he comes suddenly, do not let him find you sleeping. What I say to you, I say to everyone: ‘Watch!’”

應當警醒的時候

Time that need to keep watch



晚上

In the evening



半夜

At midnight



雞叫

When the rooster crows



早晨

At dawn



應當警醒的時候

Time that need to keep watch

- 或晚上：最後的晚餐

In the evening: at the last supper

- 或半夜：客西馬尼園中的禱告

At midnight: prayed in Gethsemane

- 或雞叫：基督被審問

When the rooster crowed: Jesus was accused

- 或早晨：主耶穌被釘十字架

In the morning: Jesus was crucified

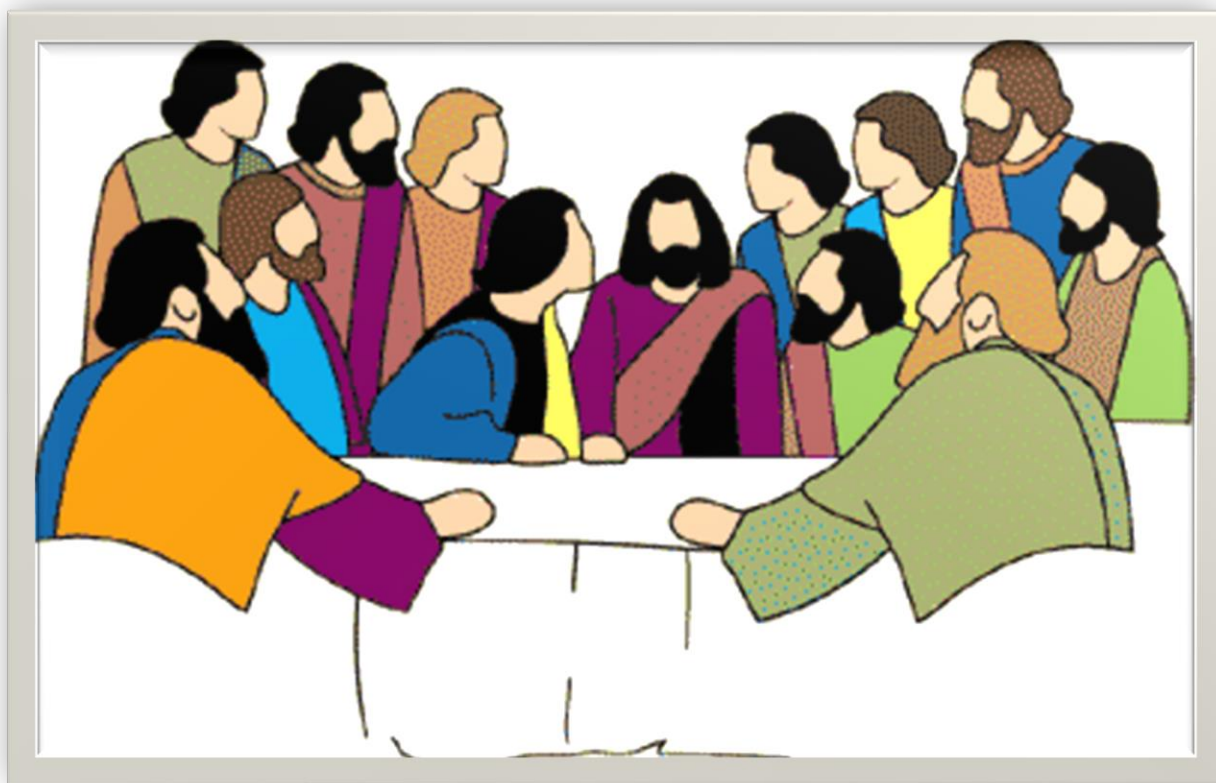
警醒

❖ 最後的晚餐

Jesus at the last supper



晚上
In the
evening

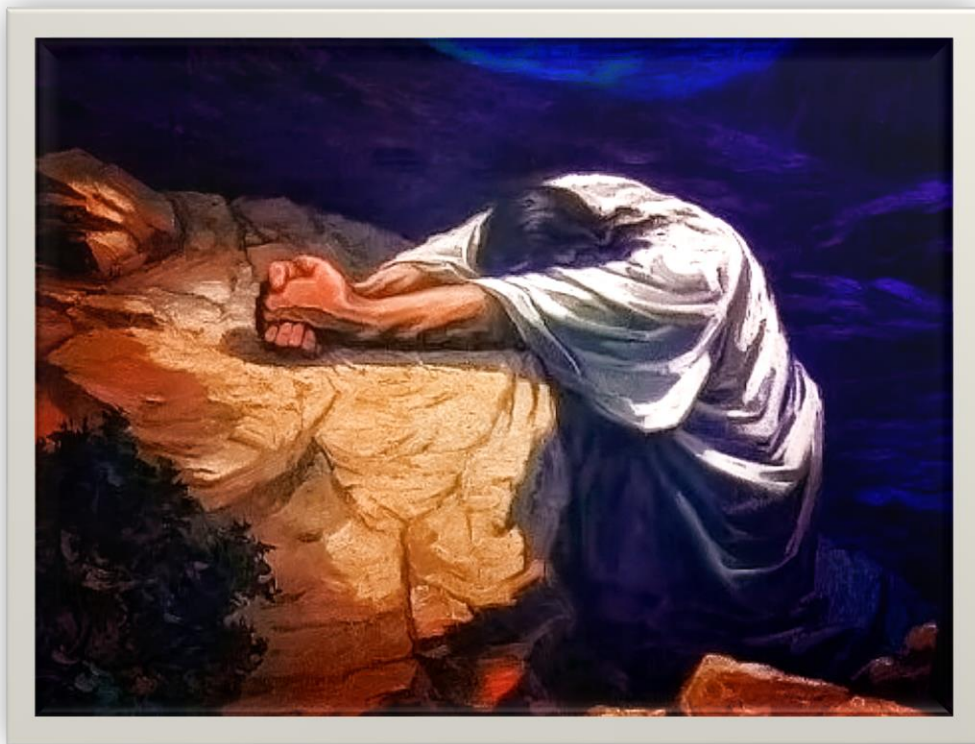


警醒

❖ 客西馬尼園中的禱告 Jesus pray in Gethsemane



半夜
At
midnight



警醒

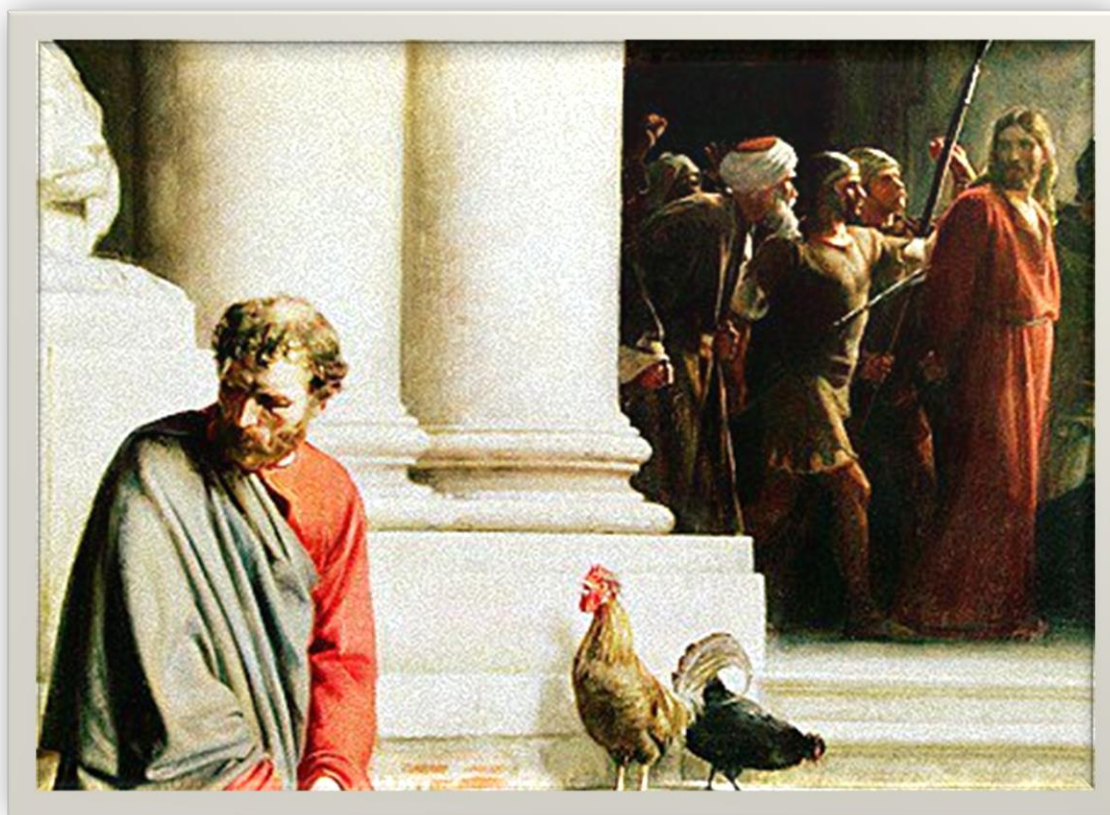
❖ 基督被審問

Jesus was accused



雞叫

When the
rooster
crowed



警醒

❖ 主耶穌被釘十字架
Jesus was crucified



早晨
At dawn



結論 Conclusions

總要 警醒禱告

耶穌完全相信父神的主權，並且藉著禱告，倚靠聖靈的能力而不自己的肉體，來成就父神的旨意。

Jesus fully believed in the sovereignty of God the Father, and through prayer, relying on the power of the Holy Spirit rather than his own flesh, to accomplish God's will.

效法耶穌，門徒向主忠心的三個要素

3 keys to be faithful to Jesus

