

## Christadelphian Bible Mission--BASIC BIBLE TRUTHS

基督弟兄会圣经传教-基本圣经真理

### The Sabbath, IS IT A SPECIAL DAY?

安息日，是不是特别的日子？

**When you have read this leaflet you will know the answers to these questions:**

1. Which day is the Sabbath?
2. Did Jesus think the Sabbath was a special day?
3. Should Christians keep the Sabbath?
4. What is "the Rest" that God has promised to faithful Christians?

当你读了本小册子，你就能明白下列问题的答案：

1. 哪一天是安息日？
2. 是不是耶稣认为安息日是一个特别的日子？
3. 基督徒应守安息日吗？
4. 神应许给忠诚基督徒的“安息”是什么？

#### 1. Which day is the Sabbath?

##### 1. 哪一天是安息日？

The answer to this question may surprise you. The sabbath in the Bible began at sunset on Friday and ended at sunset on Saturday. That is how the Jews observed it. The 'day' began when darkness fell. The reason for this is found in Genesis 1:5: "So the evening and the morning were the first day." The evening came first.

这个问题的答案或许会使你惊讶。圣经里的安息日始于周五傍晚，终于周六的傍晚。犹太人就是这样认为的。夜幕降临时“日”开始。其原因见于创世记1:5：“有晚上，有早晨，这是头一日。”先有晚上。

The sabbath, and man's duties on it, is first recorded 2,500 years later, in Exodus 20:9,10: "Six days you shall labour and do all your work, but the seventh day is the sabbath of the LORD your God. In it you shall do no work ... The LORD blessed the sabbath day and hallowed it." Today, orthodox Jews still keep that sabbath. It was a wonderful rest for those who worked six days a week, and especially for slaves. For everyone, it was a release from busy days focussed on making a living. They could, on the sabbath, give their full attention to worshipping God.

安息日，以及人们开始守安息日最早记录的时间在2,500年之后，见于出埃及记20:9,10：“六日要劳碌做你一切的工，但第七日是向耶和华你神当守的安息日。这一日你和你的儿女、仆婢、牲畜，并你城里寄居的客旅，无论何工都不可做...耶和华赐福与安息日，定为圣日。”今天，正统的犹太人仍守安息日。每周工作六天后人们能得到很好的安息，特别是那些辛勤工作的人。对于每个忙于谋生的人都是一次放松。他们在安息日有更多的时间拜神。

#### 2. DID JESUS THINK THE SABBATH WAS A SPECIAL DAY?

##### 2. 是不是耶稣认为安息日是一个特别的日子？

There is a marked contrast between the ideas of the Jewish leaders about the sabbath day, and those of Jesus. The leaders were very strict. They were hard on people who were not equally strict. In fact, they were more severe than God had intended. Jesus took a very different view. He understood the real meaning of the sabbath.

犹太人领袖关于安息日的观点与耶稣的观点有明显的不同。犹太人领袖极为严格。他们对那些没有严格遵循的百姓几近苛刻。事实上他们的严厉程度超越了神的本意。耶稣的观点截然不同。他理解了安息日的真意。

The leaders were concerned about the "letter of the law". Jesus cared about the spirit of the law. When Jesus healed men and women on the sabbath day, the leaders were against him. They even complained that a lame man who Jesus healed was "working" on the sabbath. All because he carried his mat after being healed! They also spoke against the disciples of Jesus for plucking ears of corn to eat, on the sabbath.

领袖们关心“律法的条文”。耶稣关心律法的精神。当耶稣在安息日医治百姓时，领袖们都反对他。他们甚至抱怨说耶稣医治的跛足在安息日“工作”。都因为他被治愈后般了垫子！他们还反对耶稣的门徒在安息日采玉米穗吃。

When Jesus healed on the sabbath, he saw it as a way in which God was glorified. Jesus must have been right, because he came to do his Father's will, and he did it. God was pleased to call Jesus, "My beloved Son". Jesus said: "The sabbath was made for man." It was a day of rest and worship, and for honouring God by doing His will.

耶稣在安息日医治患者时，他视之为荣耀神的方法。耶稣肯定是正确的，因为他要执行父的旨意，而且他就这么做了。神乐意称耶稣为“我的爱子”。耶稣说：“安息日是为人设立的。”安息日是安息和拜神的日子，是执行神的旨意荣耀他的日子。

Even when Jesus healed a woman who had suffered for 18 years with a bent spine (Luke 13:11-13), and a man who had been paralysed for 38 years (John 5:1-9), the leaders still grumbled. But, the sabbath, through the work of Jesus, reached new heights. He offered more than physical rest when he said, "Come unto me all you who labour, and I will give you rest ... learn of me ... you will find rest for your souls. For my yoke is easy and by burden is light" (Matthew 11:28-30). Jesus could also lift their burden of sin. He could show them a path which would lead to everlasting life.

一个女人十八年腰弯得一点直不起来，耶稣治愈了她(路加福音13:11-13)，还治愈了一个麻痹瘫痪了38年的男子(约翰福音5: 1-9)，那些领袖们都满腹牢骚。但安息日因为耶稣的劳动而到达了新的高度。他说他给予身体上的安息更多，“凡劳苦担重担的人可以到我这里来，我就使你们得安息...学我...你们心里就必得享安息。因为我的轭是容易的，我的担子是轻省的” (马太福音11: 28-30)，他赐予我们的不仅仅是身体上的安息。耶稣还能举起罪的重担。他能给他们指明一条通向永生的道路。

The example of Jesus helps us to understand the true meaning of the sabbath. He did his Heavenly Father's work every day. His followers must do the same. Doing the will of God day by day is far more important than arguing about whether or not the sabbath should be kept as a special day.

耶稣的例子能帮助我们理解安息日的真正意思。他每天都做天上父的工作。他的信徒也必须这么做。日复一日执行神的旨意远比议论是不是该把安息日守为特别的日子重要得多。

### 3.Should Christians keep the Sabbath?

#### 3. 基督徒应守安息日吗？

There are many reasons why Christians should not be compelled to keep the sabbath day as a special one: 我们有很多理由说明为什么不要求基督徒守安息日为特殊的日子：

(a) Nowhere in the New Testament are we told that Christians must keep the sabbath.

(a) 新约圣经没有告诉我们基督徒必须守安息日。

(b) In Acts 15, Christian leaders concluded that, "no greater burden" should be imposed on non-Jewish Christians, than "to abstain from thing polluted by idols, from sexual immorality, from things strangled, and from blood". It was wise advice. This would "keep the peace between Jew and Gentile Christians. Notice that the sabbath was not included as something which Gentile Christians must keep.

b) 在使徒行传第15章，基督徒领袖们总结说非犹太人“就是禁戒祭偶像的物和血，并勒死的牲畜和奸淫。这几件你们若能自己禁戒不犯就好了。”这是明智的忠告。这样能保持犹太人与外邦人基督之间的和平。请注意安息日并不是外邦人基督徒必须遵守的东西。

(c) The New Testament does not refer to Christians being condemned for not keeping the sabbath.

(c) 新约圣经没有说基督徒不守安息日有罪。

(d) In Exodus 31:13-17, it is stated that the sabbath was a sign between God and Israel. There is no mention that it was ever made a sign between God and Christians.

(d) 出埃及记31: 13-17说安息日不是神与以色列之间的标记。其它地方也没有提到它是神与基督徒之间的标志。

(e) Christians are not under the Law of Moses. Paul makes that very clear in Galatians 3:24,25: "The law was our tutor to bring us to Christ, that we might be justified by faith. But after faith has come, we are no longer under a tutor." Paul is telling us that there is freedom in Christ for Christian believers. In fact, Paul was upset when some Christians were going back to the law. He called them "foolish Galatians" for doing so (Galatians 3:1).

(e) 基督徒不受摩西律法的约束。保罗在加拉太书3:24, 25中说得很明确：“律法是我们训蒙的师傅，引我

们到基督那里，使我们因信称义。但这因信得救的理既然来到，我们从此就不在师傅的手下了。”保罗告诉我们基督信徒在基督里有自由。事实上，有些基督徒要回到律法那里去，保罗对此很不满。他称他们这样做是“无知的加拉太人”（加拉太书3:1）。

Christians are free to choose whether or not they want to regard the sabbath as a special day. Paul says: "Let no-one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, which are a shadow of things to come, but the substance is of Christ" (Colossians 2:16,17).

基督徒有自由选择是否把安息日视为特别的日子。保罗说：“不拘在饮食上，或节期、或月朔、安息日都不可让人论断你们。这些原是后事的影儿；那形体却是基督”（哥罗西书2: 16,17）。

Jesus Christ himself is the substance. His words and actions must transform our lives. The law was only a shadow. To argue about whether or not we should keep the sabbath as a special day, is to argue about a shadow. It is missing the point. Understanding the life of Jesus Christ is much more important.

耶稣基督自己就是实底。他说的话和他的行为必定改变我们的生活。律法只是一个影子。争论我们是否必须守安息日为特别的日子就好比争论一个影子。那不是要点。理解耶稣基督的生活要重要得多。

Paul tells us, in simple language: "One person esteems one day above another, another man esteems every day alike. Let each be fully convinced in his own mind" (Romans 14:5). This means that no Christian, or Christian group, has the right to tell others how they should regard the sabbath. The Jews had to keep the sabbath because God commanded them to do so. Christians may choose to, but they don't have to keep the sabbath. God has not given Christians a commandment to do so.

保罗用一种简单的语言告诉我们：“有人看这日比那日强；有人看日日都是一样。只是各人心里要意见坚定”（罗马书14:5）。这意味着任何基督徒或基督教组织都没有权利告诉他人如何看待安息日。犹太人必须守安息日，那是因为神吩咐他们这么做。基督徒可以选择这么做，但他们也可不守安息日。神没有命令基督徒这么做。

Our whole focus must be on Jesus Christ, his teaching, his perfect life and his sacrifice. This can lead to salvation and everlasting life. Christians need to realise that every day belongs to God. Because all our time belongs to God, Christians must live every day in a Godly way.

我们全部的注意力必须集中在耶稣基督、他的教义、他完美的生活和牺牲上。这样能带给我们拯救和永生。基督徒必须认识到每一天都属于神。因为我们所有的时间都属于神，基督徒每天都必须过属灵的生活。

#### **4. What is "The Rest" that God has Promised to Faithful Christians?**

##### **4. 神应许给忠诚基督徒的“安息”是什么？**

"A promise remains of entering his rest ... Today if you will hear his voice, do not harden your hearts ... There remains therefore a rest for the people of God" (Hebrews 4:1-9). Knowing Jesus brings us spiritual rest now. But even greater blessings are yet to come. They will begin when Jesus returns to the earth. He will raise the dead and give everlasting life to his faithful followers from every generation. He will come as "King of kings and Lord of lords". It will be a time of peace and great joy.

“有进入他安息的应许...你们今日若听他的话，就不可硬着心...必另有一安息日的安息为神的子民存留”（希伯来书 4: 1-9）。我们现在应知道耶稣要带给我们精神的安息。但更大的赐福还在后头。这些赐福始于耶稣返回到地球上的时候。他会复活死者，把永生带给世代代忠诚的信徒。他将作为“万王之王，万主之主而来”。那是和平与极大欢乐的时刻。

The Bible calls this future time the "Kingdom of God". At that time, the wonderful message will be "the kingdoms of this world have become the kingdoms of our Lord and of his Christ, and ye shall reign for ever and ever" (Revelation 11:15).

圣经称这未来的时间是“神的国”。那时，美妙的信仰将是“世上的国成了我主和主基督的国；他要作王，直到永永远远”（启示录11: 15）。

Those who are saved will help Jesus to teach his message of salvation to the mortal population of the earth. What a prospect! What a blessing! If we worship God acceptably every day now, and not just on the sabbath, then everlasting life will be ours at the coming of our King.

那些得救的人将帮助耶稣把拯救的消息传播给地球上腐朽的人。这是多么美好的前景啊！是多么大的赐福啊！如果我们现在每天拜神，而不仅仅在安息日拜神，那么在我们的王到来时永生就属于我

们的了。

"Even so, come, Lord Jesus."

“主耶稣啊，我愿你来！”

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