

The “Invitations from God” Series

“來自神的邀請”系列

INVITATION TO WEEP

哭泣的邀請

Tears are both **natural** and **biblical**. 眼淚是自然的，也是符合聖經的。

A. WHAT IS AN “INVITATION TO WEEP”? 什麼是“哭泣的邀請”？

1. It is an invitation to be **vulnerable**. 這是個成為脆弱的邀請。

a. Pain is **not** meant to be **held in**. 痛苦並非意味著要壓抑。

b. Jeremiah shows us how to **share our pain** with God through his laments.

耶律米透過他的哀嘆向我們展示如何與神分擔我們的痛苦。

i. To lament: to feel loss, sorrow or regret. It is often expressed in an audible way.

哀嘆：感到失落、悲傷或後悔。它通常以聽得見的方式表達。

¹⁶“This is why I weep and my eyes overflow with tears. No one is near to comfort me, no one to restore my spirit...” ²⁰“I called to my allies but they betrayed me. My priests and my elders perished in the city while they searched for food to keep themselves alive. See, Lord, how distressed I am! I am in torment within, and in my heart I am disturbed for I have been most rebellious...” ²¹“People have heard my groaning, but there is no one to comfort me....”

(Lamentations 1:16,20,21)

我因這些事哭泣，我眼淚汪汪，因為那當安慰我的、救我性命的，離我甚遠...

我招呼我所親愛的，他們卻愚弄我。我的祭司和長老正尋求食物、救性命的時候，就在城中絕氣。耶和華啊，求你觀看，因為我在急難中。我心腸擾亂，我心在我裡面翻轉，因我大大悖逆。

聽見我嘆息的有人，安慰我的卻無人。（耶律米哀歌 1:16,20,21）

c. Pain is meant to be **shared with others**. 痛苦意味著要彼此分擔。

i. Friends can provide **comfort** through pain. 朋友可以透過痛苦提供安慰。

“You are those who have stood by me in my trials.” (Luke 22:28)

我在磨練之中，常和我同在的就是你們（路加福音 22:28）

ii. **Invite** people into your pain. 邀請人進入你的痛苦之中。

2. It is an invitation to **compassion**. 這是個對憐憫的邀請。

“Rejoice with those who rejoice; weep with those who weep.”

(Romans 12:15 ESV)

與喜樂的人要同樂；與哀哭的人要同哭。（羅馬書 12:15）

a. **Share the pain** of others. 分擔別人的痛苦。

i. Accepting the invitation to weep is to be **sensitive** enough, **tender** enough, and **aware** enough, to share the pain of others, and many times, fewer words are necessary.

接受哭泣的邀請就是要足夠的敏感、足夠的溫柔、足夠的覺悟、分擔別人的痛苦，很多時候，少說話是必要的。

¹¹ “When Job’s three friends... heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. ¹³ Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.”

(Job 2:11-13)

約伯的三個朋友...聽說有這一切的災禍臨到他身上，各人就從本處約會同來，為他悲傷，安慰他。他們就同他七天七夜坐在地上，一個人也不向他說句話，因為他極其痛苦。（約伯記 2:11-13）

3. It is an invitation to **action**. 這是個行動的邀請。

a. You cannot fix **everything**, but you can fix **something**.

你不能解決所有問題，但你可以解決一些問題。

¹³ “When the Lord saw her, He felt compassion for her and said to her, ‘Do not go on weeping.’ ¹⁴ And He came up and touched the coffin; and the bearers came to a halt. And He said, ‘Young man, I say to you, arise!’ ¹⁵ And the dead man sat up and began to speak. And Jesus gave him back to his mother.”

(Luke 7:13-15 NASB)

主看見那寡婦，就憐憫她，對他說：不要哭！於是進前按著槓，抬的人就站住了。耶穌說：少年人，我吩咐你起來！那死人就坐起，並且說話。耶穌便把他交給她母親。（路加福音 7:13-15）

b. Jesus felt compassion and he **acted**. 耶穌心感憐憫，便採取行動。

Today’s ‘Big Idea’...今日主旨

Tears allow your pain to be transformed rather than transferred.

眼淚讓你的痛苦被轉化而非轉移。