

# 主耶穌是從天上來的生命之糧

Lord Jesus is the bread of life from heaven

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# 撒玛利亚妇人打水的故事



## (约翰福音 John 7:37-38)

37 节期的末日，就是最大之日，耶稣站着高声说，  
人若渴了，可以到我这里来喝。

On the last and greatest day of the Feast, Jesus stood and said in a loud voice, "If anyone is thirsty, let him come to me and drink."

38 信我的人，就如经上所说，从他腹中要流出活水的江河来。

Whoever believes in me, as the Scripture has said, streams of living water will flow from within him."



# 约翰福音 (John) 6:4-7

4 那时犹太人的逾越节近了。

The Jewish Passover Feast was near.

5 耶稣举目看见许多人来，就对腓力说，我们从哪里买饼叫这些人吃呢？

When Jesus looked up and saw a great crowd coming toward him, he said to Philip, "Where shall we buy bread for these people to eat?"

6 说这话，是要试验腓力。他自己原知道要怎样行。

He asked this only to test him, for he already had in mind what he was going to do.

7 腓力回答说，就是二十两银子的饼，叫他们各人吃一点，也是不够的。

Philip answered him, "Eight months' wages would not buy enough bread for each one to have a bite!"

# 五个大麦饼，两条鱼

Five small barley loaves and two small fish



## 约翰福音 (John) 6:8-11

8 有一个门徒，就是西门彼得的兄弟安得烈，对耶稣说，  
Another of his disciples, Andrew, Simon Peter's brother, spoke up,

9 在这里有一个孩童，带着五个大麦饼，两条鱼。只是分给这许多人，还算什么呢？

"Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?"

10 耶稣说，你们叫众人坐下。原来那地方的草多，众人就坐下。数目约有五千。

Jesus said, "Have the people sit down." There was plenty of grass in that place, and the men sat down, about five thousand of them.

11 耶稣拿起饼来，祝谢了，就分给那坐着的人。分鱼也是这样，都随着他们所要的。

Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.

# 约翰福音 (John) 6:26-29

26 耶稣回答说，我实实在在地告诉你们，你们找我，并不是因见了神迹，乃是因吃饼得饱。

Jesus answered, "I tell you the truth, you are looking for me, not because you saw miraculous signs but because you ate the loaves and had your fill."

27 不要为那必坏的食物劳力，要为那存到永生的食物劳力，就是人子要赐给你们的。因为人子是父神所印证的。

Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval."

28 众人问他说，我们当行什么，才算作神的工呢？

Then they asked him, "What must we do to do the works God requires?"

29 耶稣回答说，信神所差来的，这就是作神的工。

Jesus answered, "The work of God is this: to believe in the one he has sent."



# 约翰福音 (John) 6:35; 47-51

35 耶稣说，我就是生命的粮。到我这里来的，必定不饿。信我的，永远不渴。

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.

47 我实实在在地告诉你们，信的人有永生。

I tell you the truth, he who believes has everlasting life.

48我就是生命的粮。

I am the bread of life.

49 你们的祖宗在旷野吃过吗哪，还是死了。

Your forefathers ate the manna in the desert, yet they died.

50 这是从天上降下来的粮，叫人吃了就不死。

But here is the bread that comes down from heaven, which a man may eat and not die.

51 我是从天上降下来生命的粮。人若吃这粮，就必永远活着。我所要赐的粮，就是我的肉，为世人之生命所赐的。

I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."

# 耶稣为门徒洗脚

Jesus washes his disciples' feet



# 约翰福音 (John) 13:1-11

1 逾越节以前，耶稣知道自己离世归父的时候到了。他既然爱世间属自己的人，就爱他们到底。

It was just before the Passover Feast. Jesus knew that the time had come for him to leave this world and go to the Father. Having loved his own who were in the world, he now showed them the full extent of his love.

2 吃晚饭的时候，（魔鬼已将卖耶稣的意思，放在西门的儿子加略人犹大心里）。The evening meal was being served, and the devil had already prompted Judas Iscariot, son of Simon, to betray Jesus.

3 耶稣知道父已将万有交在他手里，且知道自己是从神出来的，又要归到神那里去，

Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God;

4 就离席站起来脱了衣服，拿一条手巾束腰。

So he got up from the meal, took off his outer clothing, and wrapped a towel around his waist.

5 随后把水倒在盆里，就洗门徒的脚，并用自己所束的手巾擦干。  
After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him.

6 挨到西门彼得，彼得对他说，主阿，你洗我的脚吗？  
He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?"

7 耶稣回答说，我所作的，你如今不知道，后来必明白。  
Jesus replied, "You do not realize now what I am doing, but later you will understand."

8 彼得说，你永不可洗我的脚。耶稣说，我若不洗你，你就与我无分了。  
"No," said Peter, "you shall never wash my feet." Jesus answered, "Unless I wash you, you have no part with me."

9 西门彼得说，主阿，不但我的脚，连手和头也要洗。  
"Then, Lord," Simon Peter replied, "not just my feet  
but my hands and my head as well!"

10 耶稣说，凡洗过澡的人，只要把脚一洗，全身就干净了。你们是干净的，然而不都是干净的。  
Jesus answered, "A person who has had a bath needs  
only to wash his feet; his whole body is clean. And  
you are clean, though not every one of you."

11 耶稣原知道要卖他的是谁，所以说，你们不都是干净的。  
For he knew who was going to betray him, and that  
was why he said not every one was clean.

# (约翰一书 1 John 1: 1, 5)

( 约翰一书 1 John 1:1, 5 )

论到从起初原有的**生命之道**，就是我们所听见所看见，亲眼看过，亲手摸过的。

That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked at and our hands have touched--this we proclaim concerning the Word of life.

**神就是光，在他毫无黑暗。**这是我们从小所听见，又报给你们的信息。

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.

# Summary

1. 神就是爱 ( God is love )
2. 耶稣是神的儿子 ( Jesus is the son of God)
3. 主耶稣是从天上来的生命之粮 (Lord Jesus is the bread of life from heaven)