

## 受难节静修

1) 找个不被人打扰的角落。把电话设置静音模式。

2) 在开始读经之前，可以播放这首诗歌：

<https://youtu.be/q0tYvhDmWZs>

预备心与主同行。

3) 给自己充裕的时间，慢慢读和默想，安静等候。可以把领受写在灵修笔记。

**耶稣受难之旅:**

默想十架苦路

**JESUS' WAY OF**

**SUFFERING:**

**MEDITATIONS ON THE VIA DOLOROSA**

<p><b>始祷：</b> 天父上帝，孩子奉耶稣基督的名将以下的时间交托于你。你的爱长阔高深、你的道路高过人的道路、你的意念非同人的意念。当我沿着这段路边走边默想耶稣所走的十架苦路，恳求圣灵引导光照，使我能明白耶稣的苦心，并在十架苦路中看见自己。使我因此愿意背起自己的十字架跟随主。 奉主耶稣的名祷告。阿们。</p>	<p><b>PRAYER:</b> God our Heavenly Father, in the name of Christ Jesus, I surrender the following moments to you. Your love is so deep and wide, your ways higher than man's ways and your thoughts higher than our thoughts. As I wander down this via dolorosa meditatively, may your Holy Spirit give me light so that I can understand the suffering heart of Jesus and be able to see myself on this journey. Enable me to be willing to carry my own cross to follow the Lord. In Jesus' Name I pray. Amen.</p>



<p><b>第一站：耶稣被定罪及判处死刑</b></p>	<p><b>Station 1: Jesus is condemned to death</b></p>
<p><b>经文：马太福音 27: 1-2, 11-14, 20-26</b>（和合本修订版）</p>	<p><b>Text: Matt 27:1-2, 11-14, 20-26</b> (English Standard Version)</p>
<p><sup>1</sup>到了早晨，众祭司长和百姓的长老商议要处死耶稣，<sup>2</sup>就把他绑着，解去，交给<u>彼拉多</u>总督。</p> <p><sup>11</sup>耶稣站在总督面前，总督问他：“你是<u>犹太人</u>的王吗？”耶稣说：“是你说的。”<sup>12</sup>他被祭司长和长老控告的时候，什么都不回答。<sup>13</sup><u>彼拉多</u>就对他 说：“他们作证告你这么多的事，你没有听见吗？”<sup>14</sup>耶稣仍不回答，连一句话也不说，以致总督觉得非常惊讶。</p> <p><sup>20</sup>祭司长和长老挑唆众人，要求释放<u>巴拉巴</u>，除掉耶稣。<sup>21</sup>总督回答他们说：“这两个人，你们要我释放哪一个给你们呢？”他们说：“<u>巴拉巴</u>。”<sup>22</sup><u>彼拉多</u>说：“这样，那称为基督的耶稣我怎么办他呢？”他们都说：“把他钉十字架！”<sup>23</sup>总督说：“为什么？他做了什么恶事</p>	<p><sup>1</sup>When morning came, all the chief priests and the elders of the people took counsel against Jesus to put him to death. <sup>2</sup>And they bound him and led him away and delivered him over to Pilate the governor.</p> <p><sup>11</sup>Now Jesus stood before the governor, and the governor asked him, “Are you the King of the Jews?” Jesus said, “You have said so.” <sup>12</sup>But when he was accused by the chief priests and elders, he gave no answer. <sup>13</sup>Then Pilate said to him, “Do you not hear how many things they testify against you?” <sup>14</sup>But he gave him no answer, not even to a single charge, so that the governor was greatly amazed.</p> <p><sup>20</sup>Now the chief priests and the elders persuaded the crowd to ask for Barabbas and destroy Jesus. <sup>21</sup>The governor again said to them, “Which of the two do you want me to release for you?” And they said, “Barabbas.” <sup>22</sup>Pilate said to them, “Then what shall I do with Jesus who is called Christ?” They all said, “Let him be crucified!” <sup>23</sup>And he said, “Why? What evil has he done?” But</p>

<p>呢？”他们更加喊着说：“把他钉十字架！”<sup>24</sup> <u>彼拉多</u>见说也无济于事，反要生乱，就拿水在众人面前洗手，说：“流这人的血，罪不在我，你们承当吧。”<sup>25</sup> 众人都回答：“他的血归到我们和我们的子孙身上！”<sup>26</sup> 于是<u>彼拉多</u>释放<u>巴拉巴</u>给他们，把耶稣鞭打后交给别人钉十字架。</p>	<p>they shouted all the more, “Let him be crucified!”</p> <p><sup>24</sup> So when Pilate saw that he was gaining nothing, but rather that a riot was beginning, he took water and washed his hands before the crowd, saying, “I am innocent of this man's blood; see to it yourselves.” <sup>25</sup> And all the people answered, “His blood be on us and on our children!” <sup>26</sup> Then he released for them Barabbas, and having scourged Jesus, delivered him to be crucified.</p>
<p><b>默想：</b></p>	<p><b>Meditation</b></p>
<p>耶稣站在<u>彼拉多</u>面前，沈默不语、不作任何辩护。。。这是耶稣与堕落世界的一场生死之战。<u>彼拉多</u>代表世界向耶稣发出挑战。。。你要站在哪一边？你选择哪一边的旗帜？拥护世界就是判处耶稣；拥护耶稣就表示要为了爱而甘心与耶稣一起被世界审判。。。 </p>	<p>Jesus stood in front of Pilate, silent, refuse any effort to defend himself...</p> <p>This is a life-and-death battle between Jesus and the fallen world. Representing the world, Pilate threw a gauntlet at Jesus.</p> <p>Which side are you on? Under who's banner will you choose to stand? To endorse the world is to condemn Jesus; to endorse Jesus means to will to be condemned together with Him...</p>
<p><b>祈祷：</b></p>	<p><b>Prayer:</b></p>
<p>主耶稣啊！帮助我不站在世界那一边随波逐流。我愿意单单属于你，跟随你。就算会像你一样，为义受逼迫、遭世界排斥定罪，也不退缩！我明白：一个人不能事奉两个主。惟独你是我生命的主。阿们。</p>	<p>O Lord Jesus! Enable me not to drift along with the rest of the world. I long to simply belong to you, to follow you. Even if it means being persecuted for righteousness, to be condemned by the world like you, I shall not flinch and shrink back! I understand: One cannot serve two masters. You alone are the Lord of my life. Amen.</p>



<p><b>第二站：耶稣背负十字架</b></p>	<p><b>Station 2: Jesus Carries His Cross</b></p>
<p><b>经文：马太福音 27: 27-31</b></p>	<p><b>Text: Matt 27:27-31</b></p>
<p><sup>27</sup> 总督的兵把耶稣带进总督府，把全营的兵都聚集在耶稣那里。<sup>28</sup> 他们脱了他的衣服，穿上一件朱红色的袍子，<sup>29</sup> 用荆棘编了冠冕，戴在他头上，拿一根芦苇秆放在他右手里，跪在他面前，戏弄他，说：“万岁，犹太人的王！”<sup>30</sup> 他们又向他吐唾沫，拿芦苇秆打他的头。<sup>31</sup> 他们戏弄完了，就给他脱了袍子，又穿上他自己的衣服，带他出去，要钉十字架。</p>	<p><sup>27</sup> Then the soldiers of the governor took Jesus into the governor's headquarters, and they gathered the whole battalion<sup>[a]</sup> before him. <sup>28</sup> And they stripped him and put a scarlet robe on him, <sup>29</sup> and twisting together a crown of thorns, they put it on his head and put a reed in his right hand. And kneeling before him, they mocked him, saying, "Hail, King of the Jews!" <sup>30</sup> And they spit on him and took the reed and struck him on the head. <sup>31</sup> And when they had mocked him, they stripped him of the robe and put his own clothes on him and led him away to crucify him.</p>
<p><b>默想：</b></p>	<p><b>Meditation</b></p>
<p>彼拉多交出耶稣，让兵丁蹂躏。耶稣默默承受这一切。。。 </p> <p>耶稣本着对世人的爱，背负你我的罪恶过犯。他背起十字架走向各各他，世人的重担和罪债压在他的心头。。。 </p> <p>看着画像中的耶稣，感受他代替我背负所有罪债。。。 </p>	<p>Pilate handed Jesus over and allowed the soldiers to trample on Him. Jesus quietly bore with everything...</p> <p>With the love for the people in the world, Jesus bore your sins and mine. To Golgotha, He carried the cross with the weight of the debt of human sin across his breast...</p> <p>Look at the image of Jesus and feel the weight of your sin now upon Him...</p>

<p>我不再逃避自己的十字架：不再是老我的控诉或是罪恶的代价，而是信靠耶稣得新生命后，为福音、为上帝的国和义所需要背起的十字架。</p>	<p>No longer will I run away from my own cross: It is no longer the price of sin or the accusations of the old me, but it is for the sake of the gospel, for God's Kingdom and righteousness that I want to carry the cross. This is because I have new life when I placed my trust in Jesus.</p>
<p><b>祈祷：</b></p>	<p><b>Prayer:</b></p>
<p>主耶稣啊！我愿意作你的门徒，帮助我不断舍弃自己，背起我的十字架跟随你的脚踪行。阿们。</p>	<p>O my Lord! I want to be your disciple. Help me that I may continually deny myself, take up my cross and follow Your footsteps. Amen.</p>



<p><b>第三站：耶稣第一次倒地</b></p>	<p><b>Station 3: Jesus fell for the first time</b></p>
<p><b>经文：约翰福音 19: 17</b></p>	<p><b>Text: John 19:17</b></p>
<p><sup>17</sup> 耶稣背着自己的十字架出来。。。</p>	<p><sup>17</sup> and he went out, bearing his own cross, to the place called The Place of a Skull, which in Aramaic is called Golgotha.</p>
<p><b>默想：</b></p>	<p><b>Meditation:</b></p>
<p>耶稣遍体鳞伤，背着自己的十字架走向各各他！ 他体力不支，他跌倒了。。。</p> <p>耶稣没有掩饰他身为一个有血有肉的人的局限和软弱。他彻夜受审，遭受凌辱和鞭打，他皮开肉裂，鲜血直流。。。他精疲力竭，加上拖着沉重的十字架，他在众目睽睽之下跌倒在地上。。。</p> <p>我有没有曾经感觉自己走不下去，或是曾经当众出丑？感到羞辱吗？无奈吗？不服气吗？。。。</p> <p>耶稣经历过，他明白，他认同，他甚至将我们因人性的软弱和局限所遭遇的负面经历背负在他的肩上。</p>	<p>Covered in bruises and gashes, Jesus bore the cross on His own to Golgotha! Physically inadequate, He fell down...</p> <p>Jesus did not conceal his limitations and weaknesses as being of flesh and blood. He was interrogated through the night, endured humiliation and whipping, his skin was torn, his flesh a-gaping, fresh blood flowed down...</p> <p>he was exhausted, and dragging the heavy cross, he fell onto the ground in the sight of the crowd...</p> <p>Have I experienced what it is like not to be able to take another step, or have I experienced being embarrassed in front of a crowd? Have I been shamed? Utterly helpless? Indignant? Jesus experienced them, He understands, He identifies with us, He even bore on His</p>

<p>他倒地，他同时也代替我们倒地。。。</p>	<p>shoulders the negative consequences of our human weakness and limitation.</p> <p>He fell onto the ground, He fell on our behalf at the very same time.</p>
<p><b>祈祷:</b></p>	<p><b>Prayer:</b></p>
<p>主耶稣啊！帮助我每当想要放弃或软弱跌倒时，能转眼看着你的这一幕。让我重新得力，跟着你走完全程。阿们。</p>	<p>O Lord Jesus! Whenever I feel close to giving up and falling because of my weakness, turn my mind's eye to take in this scene. Enable me to continue following you till the end with renewed strength. Amen.</p>



<p><b>第四站：耶稣途中遇见母亲</b></p>	<p><b>Station 4: Jesus meets His mother</b></p>
<p><b>经文：马太福音 2: 17-18</b></p>	<p><b>Text: Matt 2:17-18</b></p>
<p><sup>17</sup>这就应验了耶利米先知所说的话：  <sup>18</sup>“在拉玛听见号啕大哭的声音，  是拉结哭她儿女；  她不肯受安慰，  因为他们都不在了。”</p>	<p><sup>17</sup>Then was fulfilled what was spoken by the prophet Jeremiah:  <sup>18</sup>“A voice was heard in Ramah, weeping and loud lamentation, Rachel weeping for her children; she refused to be comforted, because they are no more.”</p>
<p><b>默想：</b></p>	<p><b>Meditation</b></p>
<p>耶稣背着十字架走向行刑的途中，碰见自己的母亲。</p> <p>耶稣的忧患和<u>马利亚</u>的悲恸融合在一起。。。。</p> <p><u>马利亚</u>目睹耶稣皮肉裂开，背着沉重的木架，脚步阑珊地拖着往前行，身为母亲，她心如刀割，她哭泣。。。。</p> <p>想象耶稣在你面前背着十字架经过。看着这一幕，你有何感受？</p>	<p>While bearing the cross on His way to the execution, Jesus met his mother.</p> <p>The suffering of Jesus and the sorrow of Mary were interlaced together. . .</p> <p>Mary personally witnessed the ruptures on Jesus' flesh, the weight of the wooden contraption, his tottering steps as he pushed forward on his journey. As His mother, she was cut to the heart, and she wept. . .</p> <p>Imagine Jesus passing by in front of you. Looking at this scene, how do you feel?</p>

<b>祈祷:</b>	<b>Prayer:</b>
主耶稣啊！恳求你把我的铁石心肠化为恻隐之心，让我能忧你所忧、乐你所乐。阿们。	O Lord Jesus! I beg you to turn my heart of stone into a heart of compassion, so that I can be concerned over what brings you concern and rejoice in what brings you joy.



<b>第五站：西门替耶稣背十字架</b>	<b>STATION 5: Simon of Cyrene helps Jesus carry the cross</b>
<b>经文：马可福音 15: 21</b>	<b>Text: Mark 15:21</b>
<p><sup>21</sup> 有一个古利奈人西门，就是亚历山大和鲁孚的父亲，从乡下来，经过那地方，他们就强迫他同去，好背耶稣的十字架。</p>	<p><sup>21</sup>And they compelled a passerby, Simon of Cyrene, who was coming in from the country, the father of Alexander and Rufus, to carry his cross.</p>
<b>默想：</b>	<b>Meditation</b>
<p>耶稣脚步阑珊，摇摇晃晃。兵丁眼看他很难继续前进，于是强迫路过的古利奈人西门，好背耶稣的十字架。</p> <p>耶稣所走的十字架道路，是一条心力憔悴和受苦的道路。他不逞强，反倒接受他人帮他同背十字架，甚至替他背十字架！</p> <p>在这艰辛痛苦的救赎大工中，上帝让人类有份参与。耶稣要成为世界的救赎主，就需要有人与他同背十字架。有些人是被强迫、有些人却出于甘心。</p> <p>我是哪一种人？</p>	<p>Jesus staggered along as his steps began to falter. Observing that Jesus would have great difficulty proceeding on the journey, one soldier forced a passer-by, Simon of Cyrene, to carry Jesus' cross. The path to the cross which Jesus took, languished both His spirit and soul. However, He did not pretend to be strong or that He could overcome it alone. He accepted the help of others to bear the cross for Him the rest of the way!</p> <p>In this arduous and painstaking work of redemption, God has given human beings the privilege of participation. If Jesus wants to be the Redeemer of the world, He needs others to bear the cross along with him. Some people are forced into doing it, others do it willingly.</p>

	Which am I?
<b>祈祷:</b>	<b>Prayer:</b>
主耶稣啊！帮助我愿意与你同受苦，让我在为你的缘故而受苦时心中仍有甘甜。阿们。	O Lord Jesus! Help me to be willing to suffer with you, so that when I suffer for your sake, I will still have sweetness in my heart. Amen.



**第六站：耶稣第二次倒地**

**STATION 6: Jesus falls for the second time**

**经文：路加福音 23: 26**

**TEXT: Luke 23:26**

<sup>26</sup> 他们把耶稣带去的时候，有一个古利奈人西门从乡下来，他们就拿住他，把十字架搁在他身上，叫他背着跟在耶稣后面。

<sup>26</sup> And as they led him away, they seized one Simon of Cyrene, who was coming in from the country, and laid on him the cross, to carry it behind Jesus.

**默想：**

**Meditation:**

耶稣再次跌倒。尽管西门已经背着原属于他的十字架，跟在他后面走，他还是精力耗尽！

Jesus fell again. Although Simon had already carried His cross and followed him from behind, He was totally exhausted!

耶稣的身心灵都面对严峻的煎熬！平日追随他的人背弃他、犹大出卖他、彼得不认他、希律和彼拉多鞭挞和奚落他、敌视的群众辱骂他、罗马兵丁一路上不断地呼喝他。。。

Jesus' body, soul and spirit was put through a severe torment! The persons who followed him on weekdays, had turned their backs on him. Judas betrayed him. Peter denied knowing him. Herod and Pilate castigated and taunted him. The hostile masses insulted him. The Roman soldiers continually riled at him...

有时候我们也会感到精疲力竭，身心灵都全然透支。我们甚至哭诉：“我活着到底为什么？我的生命有什么价值？我是为谁辛苦为谁忙？！”

We experience exhaustion at times when our body, soul and spirit mind are totally impoverished. We also cry out:

<p>耶稣倒下，是与我们一起承受这些苦楚。他要我们知道：他的倒地和我们的倒下都是十字架道路中真实的部分；面对挫折、感觉情感上的透支，并不是绝路。</p> <p>耶稣倒地后再次站起来，继续走向各各他。</p>	<p>"Why do I even live?! Is there value in my life? Who am I busying myself for?"</p> <p>Jesus fell down to bear these sufferings with us. He wants us to know that his fall and our falls are the authentic portions of that journey to the cross. In the face of setbacks, feeling emotionally exhausted is not a dead end.</p> <p>After Jesus fell to the ground, he stood up again and continued to go to Golgotha.</p>
<p><b>祈祷：</b></p>	<p><b>Prayer:</b></p>
<p>主耶稣啊！帮助我每次跌倒后能支取你的力量，再次站起来。叫我知道，路还是要走下去，直到尽头。阿们。</p>	<p>O Lord Jesus! Help me to draw strength from you after each fall and stand up once more. Let me understand that the journey has to go on, right to its very end. Amen.</p>



**第七站：耶稣劝告耶路撒冷的妇女**

**Station 7: Jesus meets the women of Jerusalem**

**经文：路加福音 23: 27-29**

**Text: Luke 23:27-29**

<sup>27</sup>有许多百姓跟随耶稣，其中有好些妇女为他号啕痛哭。<sup>28</sup>耶稣转身对她们说：“耶路撒冷的女子，不要为我哭，要为你们自己和你们的儿女哭。<sup>29</sup>因为日子将到，人要说：‘不生育的、未曾怀孕的，和未曾哺乳孩子的有福了！’”

<sup>27</sup>And there followed him a great multitude of the people and of women who were mourning and lamenting for him. <sup>28</sup>But turning to them Jesus said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children."<sup>29</sup>For behold, the days are coming when they will say, 'Blessed are the barren and the wombs that never bore and the breasts that never nursed!'

**默想：**

**Meditation**

耶路撒冷的妇女一路跟着耶稣，随跟随号啕痛哭。她们惯于为被定罪的死囚哭号，并且给他们一些镇痛的饮料。

The women of Jerusalem followed Jesus all the way, wailing as they went along. They were used to crying for prisoners consigned to death and giving them some analgesic drinks to manage their pain.

哭泣的人虽多，真正追随耶稣走苦路的人却很少！

While the numbers who wailed were many, the true followers who accompanied Jesus were sadly too few on this road of suffering!

难怪耶稣耶稣转身对她们说：“耶路撒冷的女子，不要为我

It is no wonder that Jesus turned to them and said, " Daughters of Jerusalem, do not

<p>哭，要为你们自己和你们的儿女哭。。。 ” 耶稣所指的乃是耶路撒冷的摧毁，以及所有临到人类的争战和暴力。</p> <p>如果我们要为耶稣哭泣哀恸，我们就必须为著耶稣要医治和救赎的受苦人类而哀恸。若我们真正因著他所受的苦难和痛楚悲伤，就会把现在世界中所有受苦的人也包括在忧伤里。</p>	<p>weep for me, but weep for yourselves and for your children..." Jesus was referring to the destruction of Jerusalem and all the consequential strife and violence that came upon mankind.</p> <p>If we are to mourn for Jesus, we must mourn the miserable human beings that Jesus wants to heal and redeem. If we are truly saddened by the sufferings and pains of his suffering, we need to embrace all the suffering people in the present world in it too.</p>
<p><b>祈祷:</b></p>	<p><b>Prayer:</b></p>
<p>主耶稣啊！你曾为耶路撒冷哭泣、为我的世界哭泣，求你使我们的眼泪可以引领我们靠近你的心。阿们。</p>	<p>O Lord Jesus! Once upon a time, you wept for Jerusalem, you wept for our world, let our tears lead us closer to your very heart. Amen.</p>



<p><b>第八站：耶稣第三次倒地</b></p>	<p><b>STATION 8: Jesus Falls for the Third Time</b></p>
<p><b>经文：希伯来书 4: 15-16</b></p>	<p><b>Text: Hebrews 4:15-16</b></p>
<p><sup>15</sup> 因为我们的大祭司并非不能体恤我们的软弱；他也在各方面受过试探，与我们一样，只是他没有犯罪。<sup>16</sup> 所以，我们只管坦然无惧地来到施恩的宝座前，为要得怜悯，蒙恩惠，作及时的帮助。</p>	<p><sup>15</sup> For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. <sup>16</sup> Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.</p>
<p><b>默想：</b></p>	<p><b>Meditation:</b></p>
<p>耶稣第三次倒地。他再次艰辛地爬起来，继续走完当走的路。</p> <p>我们也多次跌倒。因为在跟从耶稣的路途中，时不时难免会感到疲倦，有时还会消沉郁闷，几乎一蹶不振。越是这种时候，越是要记住耶稣这一幕。他知道倒地的滋味，他能体恤我们的软弱。</p> <p>不管前路有多遥远又艰苦，我们只管坦然无惧地来到施恩的</p>	<p>Jesus fell to the ground for the third time. Once more, with great effort He picked Himself up and continued to finished the appointed journey.</p> <p>We have our fair share of falls. In our following after Jesus, it is inevitable that we will feel weary from time to time, sometimes we even become depressed and dejected. It is precisely at these moments that we have to recall this scene even more. He knows what it is like to fall, he can empathize with our weakness.</p>

<p>宝座前，为要得怜悯，蒙恩惠，作及时的帮助。</p> <p>耶稣说：“坚忍到底的终必得救。”（马太福音 24:13）</p>	<p>No matter how far and hard the road ahead may be, let us come boldly to the throne of grace, to receive pity, grace, and timely help.</p> <p>Jesus said, “but the one who endures to the end will be saved.” (Matthew 24:13)</p>
<p><b>祈祷：</b></p>	<p><b>Prayer:</b></p>
<p>主耶稣啊！帮助我愿意与你同受苦，让我在为你的缘故而受苦时心中仍有甘甜。阿们。</p>	<p>O Lord Jesus! Help me to be willing to suffer with you. Let my heart experience the sweetness when I suffer for your sake. Amen.</p>



<p><b>第九站：耶穌被剝去衣服</b></p>	<p><b>Station 9: Jesus is stripped of his clothes</b></p>
<p><b>经文：马可福音 15: 22, 24</b></p>	<p><b>Text: Mark 15:22, 24</b></p>
<p>22 他们带耶稣到了一个地方叫各各他（翻出来就是“髑髅地”）， 24 于是他们把他钉在十字架上，抽签分他的衣服，看谁得什么。</p>	<p>22 And they brought him to the place called Golgotha (which means Place of a Skull). 24 And they crucified him and divided his garments among them, casting lots for them, to decide what each should take.</p>
<p><b>默想：</b></p>	<p><b>Meditation:</b></p>
<p>耶稣遭人剥去衣服、剥夺权力和尊严。他被脱光衣服的躯体向我们显露出，在这世界中所有时空下有无数的人要忍受各种轻贱和羞辱。耶稣与受苦难、受欺压的人认同；耶稣承受了我们的苦难。</p> <p>耶稣被夺去一切，以致我们会勇于拥抱自己的贫乏，以及我们人类的贫乏，叫我们勇于轻看功名和身外物。</p> <p>耶稣说：“凡要救自己生命的，必丧失生命；凡为我丧失生命的，他必救自己的生命。”（路加福音 9:24）</p>	<p>Jesus was stripped of his clothes, deprived of power and dignity. Denuded, His naked body brings into the open the countless number of people who had to endure contempt and humiliation in various forms in our world. Jesus identifies with those who suffer and are oppressed; Jesus endured our suffering.</p> <p>Everything was snatched away from to encourage us to embrace our own poverty and the poverty of our humanity. It dares us to take fame and worldly possessions lightly.</p> <p>Jesus said, “For whoever would save his life will lose it, but whoever loses</p>

	his life for my sake will save it.” (Luke 9:24)
<b>祈祷:</b>	<b>Prayer:</b>
主耶稣啊！叫我不怕被人剥夺，叫我能轻看世上的名和利。谢谢你为我承受的一切。阿们。	O Lord Jesus! Let me not be afraid of being deprived, enable me to take worldly fame and gain lightly. Thank you enduring everything for my sake. Amen.



<p><b>第十站：耶稣被钉十字架</b></p>	<p><b>STATION 10: Jesus is nailed to the cross</b></p>
<p><b>经文：路加福音 23: 33-34</b></p>	<p><b>Text: Luke 23:33-34</b></p>
<p><sup>33</sup> 到了一个地方，名叫髑髅地，他们就在那里把耶稣钉在十字架上，又钉了两个犯人：一个在右边，一个在左边。<sup>34</sup> 这时，耶稣说：“父啊！赦免他们，因为他们所做的，他们不知道。”</p>	<p><sup>33</sup> And when they came to the place that is called The Skull, there they crucified him, and the criminals, one on his right and one on his left. <sup>34</sup> And Jesus said, “Father, forgive them, for they know not what they do.” And they cast lots to divide his garments.</p>
<p><b>默想：</b></p>	<p><b>Meditation</b></p>
<p>锤子打下，铁钉刺透了耶稣的骨肉，鲜血直流，疼痛难堪。。。</p> <p>耶稣被钉在十字架上，在两个囚犯中间，三小时后才死去。。。</p> <p>围观的人讥笑耶稣说：“救救你自己吧！如果你是上帝的儿子，就从十字架上下下来呀！”（马太福音 27:40）</p> <p>耶稣却不反击、也没有扭转劣势；他甘心默默地为了你我的罪，承受被钉在十字架的痛苦，心中没有丝毫苦毒或怨恨。他所记挂的不是自己的遭遇，而是世</p>	<p>The hammer came down, and the nail pierced through the flesh and bone of Jesus. Fresh blood flowed, the pain, excruciating. . .</p> <p>Jesus was crucified on the cross, between two prisoners, he died only three hours later. . .</p> <p>The onlookers sneered at Jesus and said, “... save yourself! If you are the Son of God, come down from the cross.” (Matthew 27:40)</p> <p>Jesus did not retaliate, nor did He turn the table around. Instead, he willingly bore your sins and mine silently, endured the pain of crucifixion without</p>

<p>人与天父的关系：“父啊！赦免他们，因为他们所做的，他们不知道。”</p>	<p>bitterness or resentment in His heart. What he was concerned about was not his own misfortune but rather the relationship between humanity and the heavenly Father: “Father, forgive them, for they know not what they do.”</p>
<p><b>祈祷：</b></p>	<p><b>Prayer:</b></p>
<p>父啊！赦免我们。有时候我们竟然把耶稣再度钉在十字架上！求你让耶稣的祷告，此刻在我们生命中生效：“父啊！赦免他们，因为他们所做的，他们不知道。”阿们。</p>	<p>O Father! Forgive us. Sometimes we actually nailed Jesus to the cross again! Let the prayer of Jesus come into force in our lives right now: " Father, forgive them, for they know not what they do." Amen.</p>



<p><b>第十一站：耶稣死在十字架上</b></p>	<p><b>STATION 11: Jesus dies on the cross</b></p>
<p><b>经文：路加福音 23: 44-46</b></p>	<p><b>TEXT: Luke 23:44-46</b></p>
<p><sup>44</sup> 那时大约是正午，全地都黑暗了，直到下午三点钟，<sup>45</sup> 太阳变黑了，殿的幔子从当中裂为两半。<sup>46</sup> 耶稣大声喊着说：“父啊，我将我的灵交在你手里！”他说了这话，气就断了。</p>	<p><sup>44</sup> It was now about the sixth hour, and there was darkness over the whole land until the ninth hour, <sup>45</sup> while the sun's light failed. And the curtain of the temple was torn in two. <sup>46</sup> Then Jesus, calling out with a loud voice, said, "Father, into your hands I commit my spirit!" And having said this he breathed his last.</p>
<p><b>默想：</b></p>	<p><b>Meditation:</b></p>
<p>耶稣大喊一声，气就断了。。。</p> <p>耶稣临终前不是歇斯底里的喊叫，也不是委屈或含冤的呐喊。他是用尽自己最后一口气，大声祷告：“父啊，我将我的灵交在你手里！”</p> <p>耶稣以生命作为完全的礼物，呈献给生命的主。死亡不是最终的得胜者。耶稣的死亡征服了一切死亡的力量，“要释放那些一生</p>	<p>With a loud shout, Jesus breathed his last. . .</p> <p>The loud cry that Jesus let out before He died, was not a hysterical one, nor one of grievance or injustice. He used his last breath in order to give voice to His last prayer: "Father, into your hands I commit my spirit!"</p> <p>Jesus presented life as a total gift to the Lord of life. Death is not the ultimate winner. The death of Jesus conquered all the powers of death, to “deliver all those who through fear of death were</p>

<p>因怕死而作奴隶的人。”（希伯来书 2:15）</p> <p>面对耶稣的死，我当如何重新看待死亡和生命呢？</p>	<p>subject to lifelong slavery.” (Hebrews 2:15).</p> <p>In the face of the death of Jesus, how can I revisit the issue of death and life?</p>
<p><b>祈祷：</b></p>	<p><b>Prayer:</b></p>
<p>主耶稣啊！谢谢你为我死在十字架上。帮助我面对罪和世界时，看自己是死的；面向为我受死的耶稣基督，看自己是活的。阿们。</p>	<p>O Lord Jesus! Thank you for dying on the cross for me. Enable me to consider myself dead when I confront sin and the world. When I turn my face to Jesus Christ, who died for me, let me see myself alive. Amen.</p>



<p><b>第十二站：耶稣的遗体被取下来</b></p>	<p><b>Station 12: Jesus is Taken Down From the Cross</b></p>
<p><b>经文：马可福音 15: 44-46</b></p>	<p><b>Text: Mark 15:44-46</b></p>
<p>44 <u>彼拉多</u>诧异耶稣已经死了，就叫百夫长来，问他耶稣是不是死了很久； 45 既从百夫长得知实情，就把耶稣的身体赐给<u>约瑟</u>。 46 <u>约瑟</u>买了细麻布，把耶稣取下来，用细麻布裹好。。。</p>	<p>44 Pilate was surprised to hear that he should have already died. And summoning the centurion, he asked him whether he was already dead. 45 And when he learned from the centurion that he was dead, he granted the corpse to Joseph. 46 And Joseph bought a linen shroud, and taking him down, wrapped him in the linen shroud...</p>
<p><b>默想：</b></p>	<p><b>Meditation</b></p>
<p>当耶稣的遗体被取下来时，他的母亲<u>马利亚</u>也在那里。</p> <p><u>马利亚</u>把断了气的耶稣紧抱在怀中。她静静地注视着她的儿子，缄默，流泪。。。</p> <p>很久以前，当<u>西面</u>从她手中接过襁褓耶稣时曾经对她发预言：“你自己的心也要被剑刺透。”（路加福音 2:35）此刻当她再次将儿子抱在怀中时，预言应验了。</p>	<p>When the body of Jesus was taken down, his mother, Mary, was also there.</p> <p>Mary held the breathless body of Jesus close to her breast. Silently, she gazed at her son, softly, shedding tears...</p> <p>Many years before, when Simeon took Jesus from her, still wrapped in swaddling clothes, he had spoken a prophecy to her: “And a sword will pierce through your own soul also” (Luke 2:35). At this moment, the prophecy had come to pass as she held her son in her arms once more.</p>

<p>面对亲人的死亡（尤其是自己的骨肉）、面对肉身的生死别离，谁不心如刀割呢？！</p> <p>然而，这不是结局。死亡不是终点。。。</p>	<p>To face the death of a loved one (especially one's flesh and blood), to experience the separation brought about by death... who wouldn't be cut to the heart?!</p> <p>However, this is not the end. Death is not the terminal point...</p>
<p><b>祈祷:</b></p>	<p><b>PRAYER</b></p>
<p>主耶稣啊！你在十字架上为救赎世人真的死了。当我们面对死亡，当我们与故人的遗体告别时，求你安慰我们悲恸的心，求你让我们坚信死亡只是过程，而不是终点。阿们。</p>	<p>O Lord Jesus! For the salvation of the people in the world, you really died on the cross. When we are faced with death, when we bid goodbye to the body of an old acquaintance, enable me to firmly believe that death is only a passageway and not a terminal point. Amen.</p>



**第十三站：耶稣被安葬于墓穴**

**STATION 13: Jesus is Placed in the Tomb**

**经文：路加福音 23: 53-56**

**Text: Luke 23: 53-56**

53 他把耶稣的身体取下来，用细麻布裹好，安放在凿岩而成的坟墓里；那坟墓从来没有葬过人。54 那日是预备日，安息日快到了。55 那些从加利利和耶稣同来的妇女跟在后面，看见了坟墓和他的身体怎样安放。56 她们就回去，预备了香料香膏。在安息日，她们遵照诫命安息了。

<sup>53</sup> Then he took it down and wrapped it in a linen shroud and laid him in a tomb cut in stone, where no one had ever yet been laid. <sup>54</sup> It was the day of Preparation, and the Sabbath was beginning. <sup>55</sup> The women who had come with him from Galilee followed and saw the tomb and how his body was laid. <sup>56</sup> Then they returned and prepared spices and ointments. On the Sabbath they rested according to the commandment.

**默想：**

**MEDITATION**

耶稣的遗体被安放在没有葬过人的坟墓里。他是那里惟一的遗体，孤单地躺卧在黑暗宁静的墓穴中。墓穴外有一块大石头封住洞口。

The body of Jesus was laid in a tomb that no one had used before. In that darkened and silent tomb, he was the only one laid there... alone. A big stone was rolled in place at the entrance, to seal the tomb.

这一天是安息日。

This was a sabbath day.

沉寂的安息环绕着安葬耶稣的墓穴。“到第七日，上帝已经完成了造物之工，就在第七日安息了，歇了他所做一切的

The stillness of the sabbath revolved around the burial of Jesus in the tomb. “And on the seventh day God finished his work that he had done, and he rested on

<p>工。上帝赐福给第七日，将它分别为圣，因为在这日，上帝安息了，歇了他所做一切创造的工。”（创世记 2:2-3）</p> <p>当耶稣完成天父差派他到世上的工作后，他静静地在坟墓中安息了。</p> <p>耶稣安息了。我们也要欢然接受有一天我们也会息劳，安息在主的怀中。</p>	<p>the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.” (Gen 2:2-3)</p> <p>When Jesus had completed the mission that the heavenly Father had sent him into the world to do, he laid in the tomb quietly and rested.</p> <p>Jesus rested at last. In the same manner, we need to accept that the day will come when we will also cease from our labours and rest on Jesus’ breast.</p>
<p><b>祈祷：</b></p>	<p><b>PRAYER</b></p>
<p>主耶稣啊！无论我们在生命做或不做某些事，帮助我们与安葬日的安息保持连合，就是耶稣被安葬于墓穴、万物都等候一切更新的那个安息日。让我们明白安息的真谛。阿们。</p>	<p>O Lord Jesus! No matter what we accomplish or fail to accomplish with our lives, help us to be connected to that sabbath day, where Jesus was buried inside the tomb, awaiting to make all things new after that sabbath day. Enable us to understand the true meaning of sabbath rest. Amen.</p>



**第十四站：耶稣从死里复活了！**

**STATION 14: Jesus is Resurrected from the Dead!**

**经文：马太福音 28:1-6**

**TEXT: Matthew 28:1-6**

1 安息日过后，七日的第一日，天快亮的时候，抹大拉的马利亚和另一个马利亚来看坟墓。2 忽然，地大震动；因为有主的一个使者从天上下来，把石头滚开，坐在上面。3 他的相貌如同闪电，衣服洁白如雪。4 看守的人吓得浑身颤抖，甚至和死人一样。5 天使回应妇女说：“不要害怕！我知道你们是寻找那钉十字架的耶稣。6 他不在这里，照他所说的，他已经复活了。。。 ”

<sup>1</sup>Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb. <sup>2</sup>And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. <sup>3</sup>His appearance was like lightning, and his clothing white as snow. <sup>4</sup>And for fear of him the guards trembled and became like dead men. <sup>5</sup>But the angel said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. <sup>6</sup>He is not here, for he has risen, as he said.

**默想：**

**MEDITATION**

耶稣在死气沉沉的墓穴里度过了寂静的安息日。意想不到的事发生了，崭新的话语从这里发出：

In the lifeless burial cave, Jesus spent a quiet sabbath. Unexpected things happened, and startling words went out from here:

<p>“他（耶稣）不在这里，照他所说的，他已经复活了！”</p> <p>这是七日的第一日。这是上帝的新创造。起初上帝创造天地的第一日，上帝说：“要有光”，就有了光。”（创世记 1:3）如今上帝差派使者宣告祂的新创造：耶稣已经从死里复活，战胜死亡，成为末后的亚当。“首先的人亚当成了有生命的人；末后的亚当成了赐生命的灵。”（哥林多前书 15:45）</p> <p>“在他里面有生命，这生命就是人的光。”（约翰福音 1:4）</p> <p>感谢主，因耶稣基督是复活的主，我们在基督里都是新造的人：旧事已过，都变成新的了！（哥林多后书 5:17）</p>	<p><b>“He (Jesus) is not here; for he has risen, as he said!”</b></p> <p>This is the first day of the week. This is God’s new creation. When God created the heavens and the earth on the first day, God said, “‘Let there be light’ and there was light.” (Gen 1:3). Now God sent his messenger to announce His new creation: Jesus has risen from the dead, conquered death and has become the Last Adam. “Thus it is written, “The first man Adam became a living being”; the last Adam became a life-giving spirit.” (1 Cor 15:45)</p> <p>“In him was life, and the life was the light of men.” (John 1:4)</p> <p>Thanks be to God, since Jesus is the Lord of the Resurrection, in Christ, we are new creations: The old has passed away; behold, the new has come! (2 Cor 5:17)</p>
<p><b>祈祷：</b></p>	<p><b>PRAYER</b></p>
<p>主耶稣啊！谢谢你为我和为世人所成就的一切。我愿意一生一世在你里面做一个新造的人。现在活着的不再是我，乃是基督在我里面活着。阿们。</p>	<p>O Lord Jesus! Thank you for accomplishing all these things for me and everyone in the world. I am willing to live my entire life as a new man in you. It is no longer I who live, but Christ who lives in me. Amen.</p>

<p style="text-align: center;"><b>结束“耶稣受难之旅”</b></p> <p style="text-align: center;">信仰宣言：</p>	<p style="text-align: center;"><b>End of “Jesus Way of Suffering/Via Dolorosa”</b></p> <p style="text-align: center;">Affirmation of Faith</p>
<p style="text-align: center;"><u>使徒信经</u></p> <p>我信上帝全能的父，  创造天地的主，  我信我主耶稣基督，  上帝的独生子。因圣灵感  孕由童贞女马利亚所生，  在本丢彼拉多手下受难，  被钉在十字架上，受死，  埋葬，降在阴间，第三天  从死里中复活，升天，坐  在全能父上帝的右边，将  来必从那里降临，审判活  人死人。</p> <p>我信圣灵，  我信圣而大公之教会，  我信圣徒相通，  我信罪得赦免，  我信身体复活，  我信永生。</p> <p>阿们！</p>	<p style="text-align: center;"><u>Apostles’ Creed</u></p> <p>I believe in God, the Father Almighty,  Creator of Heaven and earth.  I believe in Jesus Christ, His only Son, our  Lord,  who was conceived by the Holy  Spirit,  born of the Virgin Mary,  suffered under Pontius Pilate,  was crucified, died and was buried.  He descended to the dead.  On the third day, He rose again.  He ascended to Heaven and is seated  at the right hand of the Father.  He will come again to judge the living  and the dead.</p> <p>I believe in the Holy Spirit,  the Holy Catholic<sup>1</sup> church,  the communion of saints,  the forgiveness of sins,  the resurrection of the body,  and life everlasting.</p> <p>Amen.</p>

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<sup>1</sup> “Catholic” (old English) meaning “Universal”

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