

来得安息 Come to the Rest

读经：

Please Read the Bible Verse:

太十一 28 凡劳苦担重担的，可以到我这里来，我必使你们得安息。

Matt. 11:28 Come to Me all who toil and are burdened, and I will give you rest.

人生的劳苦

The Labor of the Human Life

人生从始至终都是劳苦的。举实例说，小孩子读小学，以后读中学、大学如何劳苦，士农工商，每一行都有不同的劳苦。人生的劳苦不仅是一个劳苦的问题，乃是一个苦的问题。所以中国的用辞相对，有劳又有苦，要把苦味说出来。

Man's whole life is a labor. For example, how laborious it is from grade school to college! There are different kinds of laboring in all occupations: teachers, farmers, workers, and merchants. Not only is man's laboring something laborious, but it is also a suffering. When there is laboring, there is also suffering. Point out the suffering of man to touch people's feeling.

人生的重担

The Heavy Burden of the Human Life

人生的劳苦就是人生的重担，劳是重担，苦更是重担。除了劳苦的重担之外，还有罪的重担。劳苦的重担是身体和心情，以及心理上的重担；罪的重担是良心上的重担。有人犯罪作恶叫他的良心一直负重担，不得释放，一直定罪自己。劳苦的重担是生活方面的重担，罪的重担是在道德方面的重担。无论是生活、道德、心情、身体、心理、良心，都有重担。

Man's laboring and suffering is his heavy burden. Laboring is a heavy burden, and so is suffering. Besides the heavy burden of laboring and suffering, there is the heavy burden of sin. The heavy burden of laboring and suffering is physical, emotional, and psychological. The heavy burden of sin is a matter of the conscience. When a man is committing sins and doing evil, his conscience is bearing a heavy burden. He feels bound up and condemned. The heavy burden of laboring and suffering is related to the matter of man's living. The heavy burden of sin is related to the matter of morality. There is a heavy burden and demand in man's daily living on his morality, on his emotions, on his physical body, on his psychological being, and on his conscience.

惟有基督能使人得安息

Only Christ Can Give Man Rest

人在自己这一面得不到安息，人用任何方法都找不到安息，也不能把劳苦罪恶的重担去掉。人需要安息，人也需要拯救。一切圣贤、教主，只能加重人的重担，不能减轻人的苦楚；他们都不是人的拯救，所以他们都不能叫人得到安息。只有基督能救人脱离人生的重担，和罪恶的重担，所以能叫人得到安息。祂就是人安息之所，所以祂呼召人到祂这里来得安息。

Man himself has no rest. No matter how he may try, he cannot find rest, nor can he put off the heavy burden of laboring, suffering, and sin. Man needs rest and salvation. All the philosophers and founders of religious movements only increase man's heavy burden. They cannot reduce man's suffering; therefore, they are not man's salvation, because they cannot cause

man to find rest. **Only Christ can save man from his heavy burden of sin, laboring, and suffering.** Therefore, He alone can give man rest. He is the place of rest. This is why He calls man to come to Him to find rest.

基督如何使人得到安息

How Christ Gives Man Rest

祂除去人的罪。主在十字架上流血，洗人的良心，叫人脱去罪的重担。祂叫人得着祂的生命，作人的能力，应付人生的需要。祂的生命拯救人脱离人生不需要的生活，人一脱离就安息了。换言之就是：祂的流血叫人的良心得洗净，脱罪担。祂的生命叫我们得能力，应付人生的需要。祂的生命也叫我们脱离人生不需要的生活。

He takes away man's sin. The Lord was crucified and shed His blood to cleanse man's conscience and to take away man's heavy burden of sin. He gives man His life to be man's strength and to meet man's need. His life saves man from inordinate living. Man thus finds rest. In other words: **His shed blood cleanses man's conscience and washes away man's sins; His life gives us strength and meets our daily needs; and His life also saves us from inordinate living.**

如何得着基督的安息

How to Receive the Rest of Christ

“凡劳苦担重担的人，可以到我这里来。”来就耶稣，来到耶稣这里。要把自己的罪和自己整个人生都交给基督，把自己的一切完全缴械。你这个人要投降，将一切都交给基督。要接受基督和祂的救赎。（福音题纲，一三一至一三三页。）

“Come to Me all who toil and are burdened, and I will give you rest” (Matt. 11:28). **Come to Jesus. Come to where Jesus is. Surrender yourself, your sins, and all you have to Christ. Commit your life and all your being to Christ. Accept Christ and His salvation.** (Gospel Outlines, Subject Sixty-three.)

参读：福音题纲，第六十三题；马太福音生命读经，第三十一篇；倪柝声文集第一辑第十七册，两个安息。

Reference: Gospel Outlines, Subject Sixty-three; Life-Study of Matthew, Message Thirty-one; The Collected Works of Watchman Nee (Set 1) Vol. 17, The Two Rests.