

引言 INTRODUCTION

Our world glorifies success, whether it is entrepreneurs, performing artists or athletes. People admire their wealth, talents and accomplishments. However, we pay little attention to the price they need to pay to climb up the pedestal. Many people in my generation will agree that Michael Jordan is the greatest basketball player of all time. It is perfectly fine to me if you have Kobe Bryant or another candidate in your mind. I respect your personal preference. Recently, there is a new documentary about Jordan. I happened to watch a YouTube clip that collects all the Air Jordan shoe commercials in the past. In the 2009 edition, Jordan was talking to a group of young men. He said: “Maybe it’s my fault. Maybe I led you into believing that it’s easy, when it wasn’t. Maybe I led you to think that my highlights start at the free-throw line and not in the gym... Maybe I led you think that basketball is a God-given gift, and not something I worked for – every single day of my life...” You can sense Jordan’s passion in his words. We only focus on the results of Jordan’s hard work: the points he scored and the championships his team won. Few people ask how much time, effort and pain Jordan had to put in. As humans, we want instant gratifications. We do not like to suffer either. Most people think that their parents and themselves had endured enough hardship. They want their children to go through the paths of least resistance. However, the Bible testifies that many people did suffer in their walk with God. They went through hunger, poverty, disease, conflict, exile, betrayal, persecution and even death. Perhaps you or your loved ones are facing some those troubles now. God’s love does not exempt us from suffering. However, suffering does not nullify God’s everlasting love for us. God promises to be with us as we pass through the suffering of this life to the future glory.

解釋 EXPLANATION

1. 不能逃避的痛苦 Inescapable Hurt

Paul starts off by telling us the fact that we have to go through inescapable hurt in life. Look at **verses 20-21**: 20 For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope 21 that the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God. God’s created world is in a state of “frustration” and “bondage to decay.” Don’t we all agree that life is full of helplessness? Just check the mirror if you have any doubt! We also lament that products are not as durable as they used to be. I once bought a brand-new washer that broke in merely two years! The problem was with the electronic circuit panel. To pay money to fix it, I might as well get a new one. The recycle guy who picked up the machine was surprised to see how new it was. We ask what causes so much dissatisfaction in us. We can find the answer in Genesis chapter 3. Adam and Eve disobeyed God. Sin thus entered the world. The result of sin is chaos. There is a spiritual separation between us and God. There is conflict between humans. The natural world is cursed by God. We have to work hard to make a living. We will have a limited lifespan. But notice in verse 20 of the Romans passage we just read that it is God who subjects the creation to its frustration. Adam made a mess. But ultimately God is still in full control. God has His perfect will even when we sin or we become victims of others’ sins. What is God’s plan? Paul tells us in

verse 21, suffering is the transition to deliver us from the current state of captivity to the future glory. Therefore, rather than finding the reason in suffering itself, we have to ask God what He wants to achieve in us through hardship. Think about Jesus. No one can deny that Jesus was the person in history who suffered the most. He told the disciples at the Last Supper that He would go away. Listen to **John 16:20-22**: 20 “I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. 21 A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. 22 So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.” Jesus was describing the hurt He would go through on the cross. The physical pain, the mental agony of shame and abandonment and the spiritual torment of momentary separation from the Father. The disciples could only understand that their teacher was nailed to the cross for the sin He did not commit. It was not until after Jesus’ resurrection that they finally realized God’s plan. Jesus showed His disciples that the path to glory has to go through suffering. God is doing the same thing in us. He does not cause anything to happen in vain. That is why Paul says in **verse 18** of the Romans passage: I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. Yes, we will go through many inescapable hurts. Some can be major ones. When we get to heaven and look back, we may comment: “Nah, what I went through on earth was really a piece of cake.” What we suffer now is to prepare us for something more beautiful in eternity. A story was told when a person walked by the construction site of a church. He saw a workman chiseling a rock. Out of curiosity, he asked what the man was doing. The craftsman replied: “I’m shaping the stone into a cross. When I’m done, the stonework will be put at the top of the building.” By the same token, what God is now doing down here in our lives is to get us ready for up there. Since that is the case, what should be our attitude when we face inescapable hurt? We should not be surprised if hardship is something God has planned for us. We should not be angry or bitter either. God promises to always listens to our prayer, even when we feel that God is away. What God wants us to learn in our hurt varies from person to person, and God’s lesson for you in one experience can be different from another one. Perhaps He disciplines us for our rebellion. He reminds us not to put our focus on the stuff of this world. God wants to draw us closer to Him. Through it all, God helps us realize that this earthly life is only temporary. We are transitioning to a glorious future in eternity.

2. 無法形容的盼望 Inexplicable Hope

In this life, we have to go through some inescapable hurts. As Christians, we can react positively by faith. It is because God gives us an inexplicable hope. What is that hope? Let us read **verse 23**: Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. The hope is about “our adoption as sons” and “the redemption of our bodies.” Paul uses two phrases to describe the same truth. Here sons also include daughters. We have been saved when we commit our lives to Christ. However, we are not yet fully “saved” until we see Jesus in glory. Theologians describe that Christians are in a state of already but not yet. We are justified when we received Christ. But we have to wait till we get to heaven before we will be glorified. In this verse, Paul depicts believers as “the firstfruits of the Spirit.” The image goes back to the Feast of the Firstfruits in the Old Testament. The idea is that the Israelites offered the first batch of their harvest to the Lord. It is an action of faith, trusting that God would provide them better and more produce in

the future. Christians are the firstfruits now. When we are in eternity the quality of our spiritual life will be much better. That is why our groaning is expected. We groan because we are still under the oppression of sin. We live in a fallen world where sins are so rampant. We lack the perfect obedience to do what God commands in every decision. We are still impatient, prideful and critical. We desire to love God and others completely. In **2 Corinthians 5:4** Paul uses a tent and our clothes as analogies to illustrate our longing for the future hope: For while we are in this tent, we groan and are burdened, because we do not wish to be unclothed but to be clothed with our heavenly dwelling, so that what is mortal may be swallowed up by life. We will begin to appreciate the future hope when we realize the fleeting nature of our current life. What God has prepared for His children is an explicable hope. When Christ returns, our bodies will be transformed. Paul states in **1 Corinthians 15:42-44** – 42 So will it be with the resurrection of the dead. The body that is sown is perishable, it is raised imperishable; 43 it is sown in dishonor, it is raised in glory; it is sown in weakness, it is raised in power; 44 it is sown a natural body, it is raised a spiritual body... That is the hope God gives us. Our new body will be spiritual, imperishable, glorious and vigorous. We do not need to go to the gym in heaven. We will not find stores that sell nutritional supplements, make-up or seniors' products anymore. Heaven will be like a revitalization of the Garden of Eden! But the best part of this future hope is that we will be with God forever. In this life we can somewhat feel God's presence in our life experience, and when we read the Bible and pray to Him. But it is only like a prelude to a music concert, an engagement for a wedding or an appetizer before a great feast. How much more exciting when we can be with God without any barrier of time and space? If our future hope is so good, then what should our attitude be when waiting for it? Look at **verse 25**: But if we hope for what we do not yet have, we wait for it patiently. Paul's answer is simple: be patient. There is nothing we can do to expediate God's plan. Whatever God has promised us, it will come true in His timing. But we do not wait idly. Remember those parables Jesus told us in the gospels about preparing for His return? The wise servants work hard on the treasure the master entrusts them. The clever maids purchase extra oil for their lamps while waiting for the groom. We have to be ready because Jesus can return next year or next week! We need to diligently invest the resources God assigns us to manage – money, time and talent – like faithful stewards. We need to actively share the gospel to those who do not know Jesus. We can take it lightly on the gain or loss of this life. We have to develop godly characters like love, holiness and righteousness. We have to learn to live to be more like Christ now, to prepare us to live with Him forever in glory.

3. 難以言喻的幫助 Inexpressible Help

In this world, we will continue to experience inescapable hurt. But God gives us an inexplicable hope to look forward to. While we are still in this earthly journey, God provides us an inexpressible help to comfort us in times of need. Let us read **verses 26-27**: 26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. The Holy Spirit is our inexpressible help. He lives in every believer the moment we commit our lives to Christ. Once entered, He will stay forever. Paul specifies that the Holy Spirit helps us in our prayer. Have you experienced a situation when you do not know how to pray? It may be an important decision you need to make, like looking for a job. You do not know the particular will of God for you. Your mind is unclear when you have multiple offers. You do

not know how to pray in a way that is in-line with God's will. Or you may be burdened by some serious illness you or a family member has. You want to know how the Lord is leading you through this crisis. Paul assures us that in those situations of doubt, the Holy Spirit will pray for us. He will pray for us "with groans that words cannot express." That can be words that we cannot hear, or we do not understand. But the key thing is that the prayer from the Holy Spirit is always effective. The Holy Spirit serves as the mediator between us and the Father. The Heavenly Father surely knows everything. But by living in each believer, the Holy Spirit connects closely with every person. Think of it like our government. There are some state officials working in Washington, D.C. They serve the federal government. But they also convey the needs of the states they represent. But the national capital is over 800 miles away. How can someone over there know exactly what we need in this city? Thankfully, there are local government officials who live here. They may even grow up in the area. Therefore, they have a better knowledge about where to set up a new traffic light or assign more police patrol to high crime districts. The Holy Spirit is like a local representative who lives in us. But notice Paul tells us that the Holy Spirit prays for us "in accordance with God's will." Therefore, the Holy Spirit will not ask the Father to give us a CEO job, a million-dollar mansion or a brand-new sport car if those things are outside of God's plan for us. Isn't it a great assurance that the Holy Spirit knows our deepest needs and will pray for our behalf? In [John 14:16-18](#), Jesus told the disciples that He would be away. But He promised them that the Holy Spirit would come to their assistance. The passage reads: 16 "And I will ask the Father, and he will give you another Counselor to be with you forever – 17 the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. 18 I will not leave you as orphans; I will come to you." Jesus knew that the disciples would wonder where He would be going, and what they should do after His death. That is why He promised them the arrival of the Holy Spirit. After Jesus rose from the dead, He visited the disciples hiding in a room. Jesus breathed to them to grant them the Holy Spirit. It was not until after Jesus' ascension that the Holy Spirit manifested His presence at the Pentecost. As Christians, we have this inexpressible help in us. We should never feel alone when struggle in hardship. Our constant help is only a prayer away. It is a humbling experience for us to say to God: "Lord, I don't know how to handle this problem. I need your help." We may not pray as often and as earnestly as we should if we rely on our capability. But God desires for us to admit our helplessness before Him. After all, what can we hide from an all-knowing God? Just pour out your heart to the Holy Spirit. Admit your fear, anxiety, pain and vulnerability. You may have worries about your job, your finance, the health of yourself and your family members or even your family overseas. Take it to the Lord no matter what it is. Sometimes, all you need to do is quiet yourself before Him and sigh: "Lord, I'm confused. I need Your help now."

結論 CONCLUSION

God promises to be with us as we pass through the suffering of this life to the future glory. He knows our hurt. He reminds us of a hope. He also sends the Holy Spirit to give us help. No one likes to suffer. Very often we do not want to let go of the good times. We want to extend our temporary joy into eternity. Then when bad times come, we do not want the pain to stay. We feel like those temporary hardships last forever. We need wisdom from God to separate our current circumstances from eternity. The song "Blessings" released in 2011 is a testimony of writer Laura Story. She lost her husband and high-school sweetheart to a brain tumor. It was an intense

mental struggle for Story to plead with God for a healing that He chose not to grant. The tragedy came soon after a wonderful marriage and successes in Story's song-writing and singing career. She had to choose between judging God for her personal experience, or interpreting her situation based on what she knew about God from the Bible. She chose the latter. As Story looked back, she shared: "There is a blessedness that comes through waiting on the Lord. There's an intimacy that comes in our walk with the Lord through walking through that valley. There's a reliance on His word that we only know when everything else fades away..." In her journey, Story has a new interpretation on God's blessings. The song ends with these lyrics: "What if my greatest disappointments, or the aching of this life, is the revealing of a greater thirst this world can't satisfy? What if trials of this life, the rain, the storms, the hardest nights are your mercies in disguise?" Perhaps only when we face difficulties in life, we will begin to long for something far better than this world can give us. The path to glory must go through hardship. But we are not alone. Even in the darkest and most painful moments, the Holy Spirit in us is our constant help.

引言 INTRODUCTION

這個世界喜歡歌頌人們的成功，無論是企業家、藝人還是運動員。人們羨慕他們的財富、才能和成就。但是，我們很少注意這些成功人士所需付出的代價。我們這一代的許多人都同意邁克爾·喬丹是有史以來最偉大的籃球員。如果你比較仰慕科比·拜恩或其他人選，我尊重你的個人意見。最近，有一套關於喬丹的新紀錄片。我碰巧也看到一個油管的片子，收集了過去所有喬丹運動鞋的廣告。在 2009 年版的廣告中，喬丹與一群年輕人交談。他說：「也許是我的錯。也許我讓你認為這很容易的事，但事實並非如此。也許我讓你認為我的亮點是在投罰球時，而不是在健身房裡……。也許我讓你認為籃球是神賜予我的天賦，而不是我每一天努力的結果……。」從他的話你可以感受到喬丹的激情。我們只關注喬丹的成就：他的得分和他為球隊獲得多少次冠軍。很少有人問喬丹必須付出多少時間、精力和痛苦。作為人，我們希望得到即時的滿足。我們也不喜歡受苦。大多數人認為他們的父母和自己已經嚐過不少磨難。他們希望自己的孩子走平順的道路。但是，聖經告訴我們，許多與神同行的人都經歷苦難。他們遇到飢餓、貧窮、疾病、衝突、流亡、背叛、迫害、甚至死亡。也許你或你的親人現在正面臨這些困難。神的愛不能免除我們的痛苦。然而，苦難並沒有使減少神對我們永恆的愛。當我們度過今生的苦難，走向將來的榮耀時，神應許與我們同在。

解釋 EXPLANATION

1. 不能逃避的痛苦 Inescapable Hurt

首先保羅告訴我們，我們必須經歷不能逃避的痛苦。請看第 20-21 節：**20 因為受造之物服在虛空之下，不是自己願意，乃是因那叫他如此的。21 但受造之物仍然指望脫離敗壞的轄制，得享神兒女自由的榮耀。**神所創造的世界處於「虛空」和「敗壞的轄制」狀態。我們是否同意生活中充滿無助？如有你有任何疑問，請你去照照鏡子！我們也覺得無奈，現在的產品不如以前的那麼耐用。我曾經購買一部全新的洗衣機，用了兩年就壞掉！問題出在電子線路面板上。與其花錢把它修好，我倒不如買一台新的。回收的工人看到機器時很驚訝，因為它就像是新的一樣。我們問是什麼原因導致我們對生活那麼多不滿。我們可以在創世記第 3 章中找到答案。亞當和夏娃違背了神。罪因此進入了世界。罪的結果就是混亂。我們與神之間在屬裡分隔。人與人之間存在衝突。自然界被神所咒詛。我們必須努力工作才能糊口。我們的壽命有限。但是請注意，在我們剛剛讀到羅馬書的第 20 節中，是神使受造之物服在虛空之下。亞當弄到一團糟。但是神仍然完全掌控一切。即使我們犯罪或成為別人犯罪的受害者，神也有祂的完美旨意。神的計劃是什麼？保羅在第 21 節告訴我們，苦難是使我們從目前敗壞的轄制，過渡到將來神兒女自由的榮耀。因此，與其去尋找苦難的原因，我們要問神想要通過苦難在我們身上達到什麼目的。想想耶穌。沒有人可以否認耶穌是歷史上受苦最多的人。祂在最後晚餐中告訴門徒祂要離開。看看約翰福音 16:20-22：**20 「我實實在在的告訴你們，你們將要痛哭、哀號，世人倒要喜樂；你們將要憂愁，然而你們的憂愁要變為喜樂。21 婦人生產的時候就憂愁，因為他的時候到了；既**

生了孩子，就不再記念那苦楚，因為歡喜世上生了一個人。22 你們現在也是憂愁，但我要再見你們，你們的心就喜樂了；這喜樂也沒有人能奪去。」耶穌在描述祂將在十字架上經歷的痛苦。身體上的傷害、精神上的羞辱與被遺棄的痛苦、以及在靈裡短暫地與天父分離的折磨。門徒只能理解他們的老師是無原無故地被釘在十字架上。直到耶穌復活之後，他們才終於明白到神的計劃。耶穌向門徒表明，通往榮耀之路必須經過苦難。神在我們生命中做同樣的事情。祂不會使我們白白受苦。這就是為什麼保羅在羅馬書第 18 節中說：我想，現在的苦楚若比起將來要顯於我們的榮耀就不足介意了。是的，我們將遭受許多不能逃避的痛苦。有些可能是嚴重的事故。但當我們到天堂回首時，我們可能會說：「我過去在地上經歷的真是微不足道。」我們現在所遭受的是為我們準備永恆更美好的事物。有這樣一個故事，一個人經過一所教堂的建築工地。他看到一個工人在鑿石頭。出於好奇，他問那個人在做什麼。工匠回答：「我正在把石頭做成一個十字架。完成後，石雕將放置在建築物的頂部。」同樣，神現在在我們的生命中做的就是讓我們為上面做準備。既然是這樣，當我們面對不能逃避的痛苦時，我們的態度應該如何？如果苦難是神的計劃，我們就不應該感到驚訝。我們也不應該生氣或心裡產生苦毒。縱使我們感覺不到神在我們旁邊，祂始終應許聆聽我們的禱告。神希望我們在痛苦中學習的功課因人而異，神在一次事件中給你的教導可能與另一次的經歷不同。也許神因為我們的背逆而管教我們。祂提醒我們不要將注意力集中在這個世界上。神要使我們更加接近祂。通過這一切，神幫助我們認識到塵世只是暫時的。我們正在過渡到將來榮耀的永恆。

2. 無法形容的盼望 Inexplicable Hope

在這一生中，我們必須經歷一些不能逃避的痛苦。作為基督徒，我們可以憑信心做出積極回應。這是因為神給了我們一個無法形容的盼望。那是什麼盼望？讓我們讀第 23 節：不但如此，就是我們這有聖靈初結果子的，也是自己心裡歎息，等候得著兒子的名分，乃是我們的身體得贖。那個盼望是關於我們「得著兒子的名分」和「身體得贖」。保羅用兩個詞語來形容同一個真理。這裡的兒子也包括女兒。當我們將生命委身給基督時，我們已經得救了。但是，直等到在榮耀裡看到耶穌，我們才能完全「得救」。神學家描述基督徒正在處於已經但尚未的狀態中。當我們接受基督時，我們已經被神稱為義。但是，我們必須等到升天之後，才能得榮耀。在這節經文中，保羅將信徒形容為「聖靈初結的果子」。這幅圖畫可以追溯到舊約中的初熟節。其中的含義是以色列人將第一批收成獻給耶和華。這是一個信心的行動，相信神會在將來給他們更好和更多的農產品。基督徒目前是初結的果子。當我們在永恆裡之時，我們的屬靈生命的質量會更好。這就是為什麼我們會歎息。我們歎息是因為我們仍在罪的壓制之下。我們生活在一個罪惡氾濫的墮落世界中。我們缺乏完全的順服在每一個決定中去做神所命令的事。我們仍然沒有耐性、驕傲和喜歡批評別人。我們渴望完全愛神和他人。在哥林多後書 5:4 中，保羅用帳篷和我們的衣服作為類比來說明我們對將來盼望的渴望：我們在這帳棚裡歎息勞苦，並非願意脫下這個，乃是願意穿上那個，好叫這必死的被生命吞滅了。當我們意識到當前生活的短暫時，我們將開始渴望將來的盼望。神為祂的兒女預備的是一個無法形容的盼望。當基督回來時，我們的身體將會改變。保羅在哥林多前書 15:42-44 中陳述：42 死人復活也是這樣：所種的是必朽壞的，復活的是不朽壞的；43 所種的是羞辱的，復活的是榮耀的；所種的是軟弱的，復活的是強壯的；44 所種的是血氣的身體，復活的是靈性的身體...。那是神賜給我們的盼

望。我們新的身體將是屬靈的、不朽壞的、榮耀的和強壯的。我們在天堂裡不再需要去健身房鍛鍊。我們也找不到買營養品、化妝品或老年人產品的商店。天堂就像是復興的伊甸園！但是，這個將來的盼望最美的部分是，我們將永遠與神同在。在這一一生中，當我們閱讀聖經、向神祈禱時或是在生活中都能稍為感覺到神的同在。但這只好像是一場音樂會的序樂、訂婚儀式或是吃大餐前的開胃菜。當我們可以與神在一起，而沒有時間和空間的障礙時，那豈不是更令人興奮的事情？如果我們將來的盼望如此美好，那麼我們應該用什麼態度去等待它？看第 25 節：**但我們若盼望那所不見的，就必忍耐等候。**保羅的答案很簡單：要忍耐。我們無法加快神的計劃。不論神應許我們什麼，一切都會在祂的時間之內實現。但是，我們不應該在白等。還記得耶穌在福音書中告訴我們有關祂再來的比喻嗎？有智慧的僕人努力經營主人交託給他們的財寶。聰明的童女在等待新郎時購買了額外的燈油。我們必須做好準備，因為耶穌可以在明年或下週回來！我們需要勤奮地投資神分配給我們的資源，比如金錢、時間和才能，做一個忠心的管家。我們需要積極地向那些不認識耶穌的人分享福音。我們可以輕看今生的得與失。我們必須培養敬虔的品格，例如愛、聖潔和公義。我們必須現在開始學會變得更像基督，準備在榮耀裡永遠與主在一起。

3. 難以言喻的幫助 Inexpressible Help

在這個世界上，我們將繼續遭受不能逃避的痛苦。但是神給了我們一個無法形容的盼望。當我們仍在塵世的旅途中時，神為我們提供了難以言喻的幫助，在需要時安慰我們。讓我們讀 26-27 節：**26 況且我們的軟弱有聖靈幫助，我們本不曉得當怎樣禱告，只是聖靈親自用說不出來的歎息替我們禱告。27 鑒察人心的，曉得聖靈的意思，因為聖靈照著神的旨意替聖徒祈求。**聖靈是我們難以言喻的幫助。當我們委身給基督時，聖靈就進入每一個信徒心中。一旦進入之後，祂將永遠停留。保羅註明聖靈幫助我們禱告。你是否遇到過某些情況，你不知道該如何禱告？可能是你需要做出重要決定，例如尋找工作。你不知道神對你的獨特旨意。當你有幾個工作機會時，你就覺得更不清楚。你不知道如何以符合神旨意的方式禱告。又或是你或家人被嚴重的疾病困擾。你想知道主將如何帶領你度過這場危機。保羅向我們保證，在那些有疑問的情況下，聖靈會為我們禱告。祂將用「說不出來的歎息替我們禱告」。那可能是我們聽不到的話，或者是我們聽不懂的話。但是關鍵是，聖靈的禱告總是有效的。聖靈是我們與天父之間的中間人。天父肯定知道一切。但是通過活在每個信徒中，聖靈與每個人都緊密地聯繫在一起。我們可以把情況想像成我們的政府。在華盛頓有一些州的議員在工作，他們為聯邦政府服務。但是他們也傳達了他們所代表的州的需求。但是首都距離這裡有 800 多英里。那裡的人怎麼能確實地知道我們在這個城市需要什麼？還好有一些地方政府官員住在這裡。他們甚至可能是在附近長大的。因此，他們了解在那裡設置新的交通燈或那些高犯罪率的地區需要分配更多的警察巡邏。聖靈就像住在我們裡面的地方代表一樣。但是請注意，保羅告訴我們，聖靈是「照著神的旨意」為我們祈求。因此，聖靈不會要求天父給我們擔任公司總裁、得到百萬豪宅或一輛全新的跑車，如果那些事情超出了神對我們的計劃。聖靈知道我們內心深處的需求，並會為我們代禱，這是很寶貴的應許。在約翰福音 14:16-18 中，耶穌告訴門徒祂將要離開。但是祂向他們保證，聖靈會幫助他們。這段經文寫道：**16 「我要求父，父就另外賜給你們一位保惠師，叫他永遠與你們同在，17 就是真理的聖靈，乃世人不能接受的；因為不見他，也不認識他。你們卻認識他，因他常與你們同在，也要在你們裡面。18 我不撇下你們為孤**

兒，我必到你們這裡來。」耶穌明白門徒會想知道祂要去哪裡，以及他們在祂死後應該做什麼。這就是為什麼主向他們應許聖靈的降臨。耶穌從死裡復活之後，祂來到藏在房間裡的門徒之中。耶穌向他們吹氣，賜予他們聖靈。直到耶穌升天之後，聖靈在五旬節時才顯現祂的同在。作為基督徒，我們得到了難以言喻的幫助。在苦難的掙扎中，我們也不應感到孤單。我們隨時的幫助離我們只是一個禱告那麼遠而已。當我們對神說：「神啊，我不知道如何處理這個問題。我需要祢的幫助。」這是謙卑的表現。如果我們依靠自己的能力，我們可能不會經常和懇切地禱告。但是神希望我們在祂面前承認我們的無助。畢竟，我們在一位全知的神面前還能隱藏什麼？向聖靈傾吐你的心意，承認你的恐懼、焦慮、痛苦和軟弱。你可能正在擔心自己的工作、經濟需要、自己和家人的健康、甚至是為海外的家人憂慮。不管是什麼需要，都全交給主。有時，你需要做的就是祂面前安靜下來，然後嘆口氣說：「神啊，我很困惑。我現在需要祢的幫助。」

結論 CONCLUSION

當我們度過今生的苦難，走向將來的榮耀時，神應許與我們同在。祂了解我們的痛苦。祂提醒我們將來的盼望。祂還差遣聖靈給我們幫助。沒有人喜歡受苦。很多時候，我們想抓住美好的時光。我們希望將短暫的快樂延伸到永恆。然後，當困難來臨時，我們不希望痛苦繼續存在。我們感到那些暫時的困難會永遠持續下去。我們需要神的智慧，才能使我們把目前的處境與永恆分開。2011年發行的歌曲「祝福」是作曲家羅拉·施多莉的見證。她的丈夫和高中戀人因腦瘤去世。施多莉懇求神醫治她的丈夫，可是神並沒有應允她的禱告，這是一場難耐的心靈爭戰。這個悲劇發生在一段美好的婚姻，並在施多莉的歌曲創作和演唱事業中取得了成功之後。她必須選擇根據自己的親身經歷來評估神的作為，還是根據她從聖經中對神的了解來解釋自己的處境。她選擇了後者。當施多莉回顧那段經歷時，她分享道：「等待主的回應其實本身是一種祝福。當我們穿越山谷，與主同行時會覺得與祂很親近。只有在一切我們能緊握的東西都消失後，我們才能學會依靠祂的話……。」施多莉在這段旅途中，對神的祝福有了新的理解。這首歌結尾的歌詞寫道：「說不定經歷最大的失望或人生的痛苦後，才會顯示出我們內心深處的渴求，是這個世界根本無法滿足的？說不定人生中遭受的考驗、下雨、暴風和最艱難的夜晚，是主祢所安排化妝的憐憫？」也許只有當我們面對生活中的困難時，我們才會開始渴望比這個世界所能給我們帶來的更好的祝福。榮耀之路必須走過艱難。但是我們並不孤單。即使在最黑暗和最痛苦的時刻，我們裡面的聖靈是我們持續的幫助。