

引言 INTRODUCTION

Knowledge and experience can be very different things. You may not know how to do certain things until you actually try it. Any graduate understands that. Your good grades only mean that you are a hard-working student. But what an employer is looking for is a capable worker who can put knowledge into practice. You can speed up the learning process if there is a mentor guiding you. Once a man interviewed for an entry level position. Toward the end of the conversation, the boss said that he would hire the guy. He then added: “Robert who welcomed you at the door will be your future supervisor. He is with us for 20 years now. In fact, he started from the job you will have and worked his way up to become a manager. I hope that you will follow his foot-steps. He will give you all the help you may need.” Those remarks would be an encouragement to the new employee. His future advisor had both knowledge and experience. He had been there and done that. He knew the struggles his apprentice might face, but also what it would take to succeed. Our Lord Jesus is our best mentor. He became a man to identify with us. He understands the hardships we may encounter. He also has the power to fulfill our needs. Jesus came to us first, and He encourages us to come to Him.

解釋 EXPLANATION

1. 有效的幫助 Effective Help (4:14-16)

This passage describes Jesus as our Superior Priest. Because of that, He can give us effective help in times of need. A priest presents animal sacrifice to God on behalf of others. Jesus offered Himself as the ultimate sin sacrifice on the cross to atone for our sins. Jesus began His earthly life as a baby and went through the growing process just like us. He experienced the struggles that we will face – physical, emotional and spiritual. In particular, the author says Jesus was tempted just like us. There were two significant temptations in Jesus’ life. First, He was tempted by Satan before He began His ministries. Satan said to Jesus twice in Matthew chapter 4: “**If you are the Son of God...**” (Matthew 4:3, 6). Satan enticed Jesus to turn stones into bread and asked Him to jump off from the roof of the temple so that angels could protect Him. In each case, Jesus quoted the Bible to resist the devil’s lies. Jesus explained that His mission was to submit to the Father’s will. Therefore, He would not use supernatural power for His own gain. Another temptation happened when Jesus was hanging on the cross. Someone from the crowd shouted: “**If you are the Son of God...**” (Matthew 27:40). They said they would believe if Jesus jumped off from the cross. They questioned how Jesus could save others if He could not even save Himself. Again, Jesus did not yield to the temptation. The author of Hebrews says Jesus did not sin. It implies that Jesus could actually sin. Jesus was born as 100% human just like us. But unlike us, Jesus was not born as a sinner. However, Jesus could freely choose whether or not to obey the Father in every decision. Otherwise, temptations cannot move Jesus as if He was protected in a shield. It is like a person who does not like donuts will not lose control in a pastry store, or a person who does not watch sport will not skip Friday fellowship if someone gives him a free ticket to a game. Jesus did not sin because He chose not to. Jesus’ victory blesses us in at least two ways. First, we can say no to sin by relying on God’s power just like Jesus did. We

were powerless before we are Christians. But now, we can prevail when we ask the Holy Spirits to help us. Jesus' victory also blesses us because He can sympathize with our weaknesses. He knew exactly how temptations feel like. He knew that Judas betrayed Him out of greed for money, the religious leaders sent Him to the cross because of jealousy and the disciples abandoned Him due to fear. Personal experience motivates us to show sympathy to those who are suffering. A pastor's wife once told me that she could identify with cancer patients after she contracted the same disease. In the past when she comforted people with terminal illnesses, she felt like scratching an itch from the surface of her shoe. During chemotherapy, she lost weight, appetite and hair. She felt the same agony other cancer patients had. You see, God never wastes any of our trials. He wants us to triumph by relying on Him. He also wants us to use our experience to strengthen others. The victory of Jesus gives us effective help. Hebrews 4:16 is a beautiful promise: **Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.** Jesus paved the way for us to the Father. He urges us to pour out our hearts to God. Our prayer will never bounce back or get a busy signal. God hears us because Jesus is our Mediator. God's chair is the throne of grace for His children. It is not a judgment seat. God will never condemn us: "How come you fail again? How many times have you repeated the same sin?" Instead, we get mercy and grace from God. We deserve condemnation and punishment due to our sins. Instead, He treats us with acceptance and forgiveness that we are unworthy of. The best part is that God gives us help in our time of need. He does not take vacation. He never stops working for us.

2. 缺欠的角色 Defective Role (5:1-6)

Jesus gives us effective help when we need it. Next, the author compares Jesus the Superior Priest to the Old Testament priests. Those servants played a defective role. Let us first consider some similarities between Jesus and the priests. They were both appointed an honorable position by God. They presented sacrifice to atone for people's sins. They sympathized people's weaknesses. But there are some key differences between them. The priests were mortal people with short lifespan. Jesus is God and He lives forever. The priests had to repeat the ceremony because it could only provide limited forgiveness for sins. Jesus died once and for all to remove the sins of those who put their trust in Him. Animal sacrifice could only be performed at the altar. But Jesus' forgiving grace is not bound by time and space. The role of priests was defective because they were sinful men. Look at verse 2-3: **2 He is able to deal gently with those who are ignorant and are going astray, since he himself is subject to weakness. 3 This is why he has to offer sacrifices for his own sins, as well as for the sins of the people.** Priests were imperfect humans just like the people they served. That flaw causes positive and negative effects to their ministries. On the one hand, the priests understood that anyone was prone to sin unintentionally and intentionally. When a person brought an animal for sin offering, a priest would not say: "Didn't you make the same confession last week?" We will be more gracious too if we put ourselves in others' shoes. You will learn a lot about grace when you become a parent. Kids will commit mistakes all the time. A toddler will make a mess when learning to eat by himself. But sometimes he will mix his food into his drink on purpose. We need to practice grace everywhere too. Your colleagues may be sloppy and slow. Church coworkers can be careless and absent-minded. Thank you for your mercy over my silly mistakes. "Just As I Am" should be our theme song. Jesus forgives and accepts us just as we are. We should treat people the same way. Because priests were imperfect, they had to cleanse their own sins before they performed a service. The

background for verse 3 comes from Leviticus 16. The chapter has instructions for observing the Day of Atonement. It is the most sacred day of the year for the Jews even till now. At that time, a high priest had to take a bath, then put on his special robe. Then he offered a bull as a sin offering for himself and his family. He then took the blood and sprinkled it on the Ark of the Covenant. After that, he offered a goat as a sin offering for all the people. He repeated the same process to sprinkle blood. The symbolic meaning is that no one can come before God unless his sins are taken care of. The priest had fear when he entered into the Most Holy Place, because the holy God would appear there. The ceremony provided short-term forgiveness. People's sins were only covered, not removed. It foretold Jesus' death on the cross. Jesus' redemption is so effective that it does not have to be repeated. People thought of their sins when they saw animals burning on the altar. Today, we remember God's love when we see a cross. Jesus took away the sins – past, present and future – of His believers. But of course, we will continue to sin in this life. We must go to the Lord and ask for His forgiveness whenever the Holy Spirit convicts us in our hearts. God's forgiveness is a security of our salvation, but we should never treat it as a license to sin. Today, we come before a gracious God with joy rather than fear. We express our praise and thanks to Him when we gather for worship. We no longer need drag an animal to the church or ask a priest to perform a religious service on our behalf. Rather, we come before God in-person to present our love and gratitude.

3. 完美的典範 Perfect Model (5:7-10)

After mentioning the defective role of the priests, the author returns to his discussion about Jesus. In particular, Jesus is the perfect model for our submission. Verse 7 reads: **During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission.** This verse remind us of Jesus' prayer at Gethsemane. Jesus prayed earnestly with agony. He pleaded to the Father that He would rather not go to the cross if there was an alternative way. Jesus knew that there would be pain and shame. He would also be separated from the Father temporarily as He shouldered the sins of mankind. At the end, Jesus said: "Not my will but yours be done." Jesus obeyed the Father in His entire earthly life. Verse 9 tells us the benefits of Jesus' submission to us: **and, once made perfect, he became the source of eternal salvation for all who obey him.** Crucifixion was like a final test to Jesus' submission. It is similar to final exams for students. Teachers use questions to check if their students indeed acquired knowledge in class. Jesus did not only get a pass. He perfected! Jesus thus became the source of our salvation. We are saved by God's grace because of Jesus' sacrifice. In addition, Jesus also became our perfect model of obedience. We need to submit to God especially when His way is different from our way. For example, God asks us to do good to those who do not treat us nicely. We do not want to walk an extra mile for others when we are busy, tired or hurt. God urges us to resist temptations, but we prefer to indulge in the sins we used to enjoy. But if even Jesus had to learn to obey God's will, how much more do we need the same training? If even Jesus had to pray for God's strength, how much more do we need to rely on the Father? If even Jesus had to suffer for obeying God, then based on what we can expect to live an easy Christian life? Following Jesus is hard, but it is the only way to receive God's blessings. Since Jesus overcame all the sufferings He faced, He was granted the status of high priest following the order of Melchizedek. We will talk more about him when we come to chapter 7. In verses 6 and 10, the author quotes the line **"You are a priest forever, in the order of Melchizedek"** from Psalm 110. The psalm also foretells that Jesus will be

sitting on the right side of God. Combining the two concepts together, Jesus is the Superior High Priest sitting beside the Father. Jesus could not follow the order of Aaron because He was not a Levite. Jesus was a descendant of King David, who belonged to tribe of Judah. Jesus became a priest of a different rank. Better still, Jesus continues His priestly functions after He went back to heaven. Look at Romans 8:34 – ... **Christ Jesus, who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us.** Jesus prays for us. Think about that! Jesus is not only a bridge that connects us to the Father. He even intercedes for us. When do we need Jesus to pray for us? At any time! When we are weak in our faith, Jesus asks the Father to strengthen us. When we sin and deserve God’s judgment, Jesus reminds the Father: “I died for that person too. Please forgive him.” When we are hesitant to follow God’s will, Jesus prays for our courage to make the right choice. If the Father listens to us, how much more will He listen to His own Son? We often stumble in our words. Jesus’ prayer is effective because He knows our hearts. We are never alone. Jesus walks beside us. He is also sitting beside the Father praying for us. Jesus is always there for us when we need help.

結論 CONCLUSION

Jesus came to us first, and He encourages us to come to Him. Jesus does not only have the knowledge about our suffering, He also experienced all the pain and sorrow that we may face. He has every solution to resolve our problems too. Jesus is better than a seasoned worker who has been in his profession for years. A story was told about an important medical breakthrough in 1921. Dr. Evan O’Neill Kane decided to test a theory. At that time, people with certain severe existing health conditions could not undergo a simple operation. General anesthesia was considered too dangerous for them. Dr. Kane wondered if a local anesthesia might be an alternative. But he faced a hurdle. Who would dare to be a volunteer to prove his hypothesis? Rather than risking the life of any patient, finally Dr. Kane decided to do an appendectomy on himself. The 60-year-old surgeon had performed over four thousand similar surgeries in his career. But on that day, he was both the doctor and the patient. He sat up on the operation table. He numbed himself in the abdomen. He finished the procedure with great precision. He told a news reporter afterward that the experience helped him know exactly how a person would feel. It enabled him to provide better care for future patients. Likewise, Jesus became a man to allow him to become the best Savior for us. He came, He cares and He can. We can put our trust in Him.

引言 INTRODUCTION

知識和經驗是兩回事。你理論上知道怎樣做某些事情，並不等於你真的會做。任何畢業生都明白這一點。你的好成績只證明你是一個勤奮的學生。但是雇主要找的是能把知識應用出來的工人。如果有一位導師帶領你，你便可以加快學習過程。曾經有一個人應徵一個基礎等級的職位。面試快結束時，老闆說他會僱用那個人。然後他補充說：「在門口迎接你的老張是你的未來主管。他已經在我們公司做了 20 年。事實上，他是從你的職位開始的。然後他一直努力並成為一名經理。我希望你能跟隨他的腳步。他會給你任何的幫助。」這番話肯定能鼓勵那位新員工。他未來的主管既有知識又有經驗。這位上司經歷過他將來會遇到的情況。他知道他的徒弟可能面對的困難，他也知道如何幫助他成功。我們的主耶穌是我們最好的導師。祂成為人與我們認同。祂了解我們可能會碰到的問題。祂也有能力解決我們的需要。耶穌先來到我們中間，祂並且鼓勵我們到祂面前。

解釋 EXPLANATION

1. 有效的幫助 Effective Help (4:14-16)

這段經文描述耶穌是我們超越的大祭司。因此，祂能夠給予我們有效的幫助。祭司的職責是代表其他人向神獻上祭物。耶穌在十字架上獻上自己作為終極的贖罪祭來贖我們的罪。耶穌以嬰兒的身份來到世界，像我們一樣經歷成長的過程。祂嘗過我們會面對的身體和情感上並靈裡的掙扎。這裡作者特別提到耶穌和我們一樣接受試探。耶穌的生命中有兩個重要的試探。首先，祂在開始事奉之前受到撒旦的試探。撒旦在馬太福音第 4 章兩次對耶穌說：「**你若是神的兒子...**」（馬太福音 4:3, 6）。撒旦引誘耶穌把石頭變成餅，並叫祂從聖殿的屋頂上跳下來，好讓天使保護祂。在每次的試探中，耶穌都引用聖經來抵擋魔鬼的謊言。耶穌解釋說，祂的使命是順服天父的旨意。因此，祂不會為了自己的利益而使用超自然的力量。另一個試探是耶穌釘在十字架上時發生的。群眾喊叫：「**你如果是神的兒子...**」（馬太福音 27:40）。他們說如果耶穌從十字架上跳下來，他們就會相信祂。他們質疑如果耶穌連自己都救不了，祂怎麼能拯救別人。再一次，耶穌沒有降服於試探。希伯來書的作者說耶穌並沒有犯罪。這暗示耶穌實際上是**可以犯罪的**。耶穌和我們一樣，生下來就是百份之百的人。但與我們不同的是，耶穌生來時不是罪人。然而，耶穌可以自由地選擇是否在

每一個決定中順服天父。否則，耶穌就像被盾牌保護一樣，試探根本無法影響祂。就像一個不喜歡吃甜甜圈的人不會在糕餅店裡失控，或者一個不看球賽的人不會因為一張免費球票而不來聚會。耶穌並沒有犯罪，因為祂選擇不去犯罪。耶穌的勝利至少在兩個方面祝福了我們。首先，我們可以像耶穌一樣依靠神的大能不犯罪。在我們成為基督徒之前，我們對罪是無能為力的。但是信主之後，當我們請求聖靈的幫助時，我們便能得勝。另外耶穌能體諒我們的軟弱。祂清楚地知道引誘是什麼滋味。祂明白猶大是由於貪錢而出賣祂，宗教領袖是因為嫉妒將祂送上十字架，門徒出於恐懼而撇棄祂。個人經歷促使我們對受苦的人表示同情。一位師母曾經告訴我，她患癌症時，她才完全認同病患者的感受。過去她安慰末期病患者時，感覺就像隔靴抓癢一樣。在化療期間，她的體重、食慾和頭髮都減少了。她感到與其他癌症患者一樣的痛苦。因此，神從不會浪費我們的任何試煉。祂要求我們依靠祂而得勝。祂也希望我們使用自己的經歷來鼓勵別人。耶穌的勝利給了我們有效的幫助。希伯來書 4:16 是一個美好的應許：**所以，我們只管坦然無懼的來到施恩的寶座前，為要得憐恤，蒙恩惠，作隨時的幫助。**耶穌為我們鋪平了通往天父的道路。祂敦促我們向神傾心吐意。我們的禱告永遠不會打回頭或接不通。神聆聽我們，因為耶穌是我們的中保。神的座位是施恩典的寶座，而不是審判席。神永遠不會譴責我們：「你怎麼又失敗了？你犯了多少次同樣的罪？」相反，我們從神那裡得到憐憫和恩典。由於我們的罪，我們本應該受到責備和懲罰。相反，神給予我們不配得的接納和饒恕。神在我們最需要的時候給我們幫助。祂不會休假，也從來沒有停止為我們工作。

2. 缺欠的角色 Defective Role (5:1-6)

當我們有需要時，耶穌能給予我們有效的幫助。接下來，作者將耶穌這位超越的大祭司與舊約的祭司作比較。那些僕人扮演一個有缺欠的角色。讓我們首先考慮耶穌和祭司之間的一些共通點。他們都是被神委派一個尊貴的職位，為人獻祭贖罪。他們同情人的軟弱。但是兩者之間也有一些明顯的分別。祭司是平凡人，壽命有限。耶穌是神，祂永遠活著。祭司們必須重複儀式，因為它只能提供有限的贖罪功效。耶穌一次捨命，除去那些信靠祂的人的罪。動物獻祭只能在祭壇上進行，但耶穌赦罪的恩典不受時間和空間的限制。祭司的角色是有缺欠的，因為他們是有罪的人。請看第 2-3 節：**2 他能體諒那愚蒙的和失迷的人，因為他自己也是被軟弱所困。3 故此，他理當為百姓和自己獻祭贖罪。**祭師和他們所服事的人一樣，都是不完美的人。這個缺陷給他們的服事帶來了積極和消極的影響。一方面，祭司們明白，任何人都會無意或故意犯罪。當一個人帶動物來作贖罪祭時，祭師不會說：「你不是上週才為同樣的罪懺悔嗎？」如果我們設身處地為他人著想，我們也會更有恩慈。當你成為父母時，你會學到

更多關於恩典的道理。孩子總是會犯錯。一個學習自己吃飯的孩子肯定會弄得一團糟。但有時他會故意將食物混在飲料中。我們也需要在不同的場合操練恩典。你的同事可能會粗心大意或是動作比較慢。教會的同工也可能會不小心犯錯或健忘。感謝你們體諒我常常做笨事。「照我本相」(“Just As I Am”) 應該是我們人生的主題曲。耶穌完全地饒恕並接納我們，我們應該以同樣的方式對待別人。由於祭司是不完全的人，他們必須在獻祭之前先處理自己的罪。第 3 節的背景來自利未記第 16 章。那段經文講到贖罪日的規條。直到現在，傳統的猶太人仍然把那一天視為一年中最神聖的日子。那時，一位大祭司必須先洗澡，然後穿上特別的長袍。然後他為自己和家人獻上一隻公牛作為贖罪祭，然後他把血灑在約櫃上。之後，他獻上一隻公山羊為眾民作贖罪祭。他重複同樣的過程來灑血。其象徵意義是，除非一個人的罪得到潔淨，否則他不能來到神面前。祭司進入至聖所時會感到恐懼，因為聖潔的神會在那裡顯現。儀式提供了暫時的赦罪。人們的罪只是被遮蓋，而沒有被除去。這個儀式預告耶穌在十字架上的死。耶穌的救贖如此有效，無需重複。當人們看到祭壇上燃燒的動物時，就會想到自己的罪。今天，當我們看到十字架時，我們卻想起神的愛。耶穌除掉信徒過去、現在和未來的罪。但是，當然，我們在今生仍然會繼續犯罪。每當聖靈在心中提醒我們的罪時，我們必須到主面前求祂的饒恕。神的赦免是我們得救的保障，但我們不應該把神的恩典視為犯罪的通行證。今天，我們帶著喜悅而不是恐懼來到這位慈愛的神面前。當我們聚集敬拜時，我們向祂表達我們的讚美和感謝。我們不再需要把動物拖到教會來或是請祭師代表我們進行宗教儀式。我們可以親自來到神面前表達我們的愛和感恩。

3. 完美的典範 Perfect Model (5:7-10)

在提到祭司缺欠的角色之後，作者轉回到討論耶穌。特別是，耶穌是我們順服的完美典範。第 7 節說：**基督在肉體的時候，既大聲哀哭，流淚禱告，懇求那能救他免死的主，就因他的虔誠蒙了應允。**這節經文使我們想到耶穌在客西馬尼園的禱告。耶穌痛苦地懇切禱告。祂向天父懇求，如果有其他方法，祂寧願不要上十字架。耶穌知道前面會有痛苦和羞辱。當祂承擔世人的罪時，祂會暫時與父神分離。最後，耶穌說：「不要照我的意思，只要照祢的意思。」耶穌在世的每一刻都順服天父。第 9 節告訴我們耶穌的順服帶來的祝福：**他既得以完全，就為凡順從他的人成了永遠得救的根源。**釘十字架就像是對耶穌順服的最後考驗。它類似於學生的期末考試。老師使用問題來檢查學生是否在課堂上學到東西。耶穌不僅及格，祂拿到滿分！耶穌因此成為我們得救的根據。由於耶穌的犧牲，我們靠著神的恩典而得救。此外，耶穌也成為我們順服的完美典範。我們需要順服神，尤其是當祂的心意與我們的想法不一致時。例如，神要求我們善待那些欺侮我們的人。當我們忙碌、疲倦或受傷時，我們不想為他人

多走一里路。神提醒我們抵抗誘惑，但我們寧願沉迷在我們曾經享受的罪中。但如果連耶穌都必須學會順服神的旨意，我們豈不是更需要同樣的操練嗎？如果連耶穌都要祈求神加添力量，我們豈不是更需要依靠天父嗎？如果連耶穌都因順服神而受苦，我們怎能期望過輕鬆的基督徒生活？跟隨耶穌很難的，但那是獲得神祝福的唯一途徑。由於耶穌克服了祂所面臨的苦難，祂按照麥基洗德的等次得到大祭司的地位。當我們來到第 7 章時，我們將更多地談論麥基洗德。作者在第 6 和第 10 節引用了詩篇 110 篇中「你是照著麥基洗德的等次永遠為祭司。」這句話。這首詩還預言耶穌將坐在神的右邊。把這兩個概念結合在一起，耶穌是坐在天父右邊的超越大祭司。耶穌不能跟從亞倫的等次，因為祂不是利未人。耶穌是大衛王的後裔，屬於猶大支派。耶穌成了不同等次的祭司。更美的是，耶穌在回到天堂後繼續祂的祭司職責。看看羅馬書 8:34：…**基督耶穌已經死了，而且從死裡復活，現今在神的右邊，也替我們祈求。**想想看：耶穌為我們禱告！耶穌不僅是連接我們與天父之間的橋樑，祂甚至為我們代禱。我們什麼時候需要耶穌為我們禱告？任何時候！當我們的信心軟弱時，耶穌求父神加添我們力量。當我們犯罪並配得神的審判時，耶穌提醒天父：「我也為那個人而死。請祢原諒他。」當我們對遵行神的旨意猶豫不決時，耶穌會祈求我們有勇氣做出正確的選擇。天父若聽我們的話，祂豈不是更聽他的兒子呢？我們經常在禱告中詞不達意。耶穌的禱告是有效的，因為祂知道我們的心。我們從來不孤單，耶穌在我們身旁，祂也在天父的右邊為我們禱告。當我們需要幫助時，耶穌總是在我們那裡。

結論 CONCLUSION

耶穌先來到我們中間，祂並且鼓勵我們到祂面前。耶穌不僅知道我們的苦難，祂還親身經歷了我們可能面對的所有痛苦和悲傷。祂也有能力解決我們的任何問題。耶穌比一個有豐富經驗的工人更好。在 1921 年有一個重要的醫學突破。埃文·奧尼爾·凱恩醫生決定驗證一個理論。那時，一些有某種健康狀況的人無法進行簡單的手術。全身麻醉對他們來說太危險了。凱恩醫生想知道局部麻醉是否可行。但他遇到了一個障礙。誰敢做志願者來證明他的假設？最終，凱恩醫生沒有冒任何病人的生命危險，而是決定對自己進行盲腸切除手術。這位 60 歲的外科醫生曾經做過四千多次類似的手術。但在那一天，他既是醫生又是病人。他在手術台上坐起來，在腹部注射麻醉藥，然後非常精確地完成了手術。事後他告訴記者，這次經歷讓他完全了解一個病人的感受。這使他能夠為未來的病人提供更好的護理。同樣，耶穌成為人，讓祂成為我們最好的救主。耶穌來了，祂關心我們，祂也能夠幫助我們。因此我們可以信靠祂。