

耶穌，生命活水  
Jesus, the Living Water

約翰福音 4:1-15  
Gospel of John: 4:1-15

## 引言 Intro:

约翰福音第三章述说尼哥底母与耶稣的际遇。

The third chapter of John describes the encounter between Nicodemus and Jesus.

尼哥底母作为一个**宗教领袖**和一个**道德人**他无疑对耶稣的开场白感到震惊：

Nicodemus, as a religious leader and a moral man, was no doubt shocked by Jesus' opening words:

约 3:3 耶稣回答说：「我实实在在的告诉你，*人若不重生，就不能见神的国。*」

**John 3:3** Jesus replied, 'Very truly I tell you, *no one can see the kingdom of God unless they are born again.*'

尼哥底母的宗教信仰有所不及。他需要*重生*。

Nicodemus' religion was not sufficient. He needed *the new birth*.

约翰福音第四章讲述耶稣与不道德的撒玛利亚妇人在雅各井旁相遇的事迹。

The 4th chapter of John gives the account of Jesus' encounter with the immoral Samaritan woman at Jacob's well.

耶稣巧妙的使她体会她需要耶稣能给她们的 **活水**。

Jesus skillfully showed her that she needed the **living water** that He can give.

约翰福音第三章和第四章是以不同的隐喻带出相同的基本信息。

The 3rd and 4th chapters of John bring out the same basic message with different metaphors.

尼哥底母和不具名的撒玛利亚妇人彼此是那么的不同的。

Nicodemus and the unnamed Samaritan woman are as different as they could be.

- 他是一个犹太人男人; 她是撒玛利亚妇女。

He was a Jewish man; she was a Samaritan woman.

- 他受过良好的教育和持守正统犹太人的信仰; 她没有受过教育, 也没有犹太人的正统信仰。

He was educated and orthodox in the Jewish faith; she was uneducated and heterodox.

- 他是一位有影响力的领袖; 她是个无名小卒。  
He was an influential leader; she was a nobody.
- 他是中上阶级社会的; 她是低级阶级社会的。  
He was upper middle class; she was lower class.
- 他过道德正直的生活; 她不道德。  
He was morally upright; she was immoral.

- 他主动来找耶稣，因为他知道自己的优势；她完全不知道这位来到井旁与她相遇的陌生人是谁。

He sought out Jesus because he recognized His merits; she had no idea who the stranger at the well was, who sought her out.

- 他晚上来找耶稣；耶稣和那个女人在中午相遇。

He came to Jesus at night; Jesus and the woman met at noon.

- 尼哥底母对耶稣的回应是缓慢而理性的; 她的回应是当场的和激动的。

Nicodemus responded slowly and rationally;  
she responded quickly and emotionally.

但耶稣两个都爱。  
他来寻找和拯救各类型的人。

**But Jesus loved both of them.  
He came to seek and to save  
all types of people.**

## **A. 耶稣来本是召罪人**

**Jesus comes to call sinners to him**

约 4:1-3 告诉我们耶稣离开犹太前往加利利的原因是要避免与法利赛人发生任何冲突。

John 4:1-3 tells us Jesus left Judea for Galilee because he wanted to avoid any conflict with the Pharisees.

为什么耶稣让他的门徒给人施洗呢？

**Why did Jesus let his disciples baptize people?**

通过施洗，耶稣证实他的工作与施洗约翰的是一致的。

By baptizing, He attested the unity of His work with that of the forerunner.

那为什么耶稣又不自己施洗呢？

**And, why didn't Jesus himself perform baptism?**

耶稣自己不施洗，因为他要显示他的身份是超越了施洗约翰，事实也是如此。

Jesus himself did not baptize because he wanted to show that his identity supersede that of John the Baptist, and so is the truth.

耶稣是天父差来做**世人救主**的**天父的独生子**，**不只是一位先知**。

Jesus is ***the only son of the Father*** who was sent by the Father to be **the Savior of the world, not just a prophet.**

约 4:4 必须 经过撒玛利亚，

John 4:4 Now he had to go through Samaria.

其实，一些严守律法的犹太人会绕过撒玛利亚去到加利利的。

In fact, some Jews who were strict with the laws would bypass Samaria to reach Galilee.

耶稣 必须 经过撒玛利亚因为 他要去遇见那位撒玛利亚妇人。

Jesus *had to* pass through Samaria because he wanted to meet the Samaritan woman.

耶穌定意要到撒瑪利亞去，透過這位婦人讓全城的撒瑪利亞人聽到福音。

Jesus was determined to go to Samaria, and through this Samaritan woman he wanted the Samaritan dwellers in the city to hear the gospel.

**约 4:7** 有一个撒玛利亚的妇人来打水。耶稣对他说：「请你给我水喝。」 **8** （那时门徒进城买食物去了。） **9** 撒玛利亚的妇人对他说：「你既是犹太人，怎麼向我一个撒玛利亚妇人要水喝呢？」 **原来犹太人和撒玛利亚人没有来往。**

**John 4:7** When a Samaritan woman came to draw water, Jesus said to her, 'Will you give me a drink?' **8** (His disciples had gone into the town to buy food.) **9** The Samaritan woman said to him, '**You are a Jew and I am a Samaritan woman. How can you ask me for a drink?**' (**For Jews do not associate with Samaritans.**)

耶稣请撒玛利亚妇人给他水喝，得到不友善的回应。经文说是因为原来犹太人和撒玛利亚人没有来往。

Jesus asked the Samaritan woman to give him water and got an unfriendly response. The scripture says that it was because the **Jews do not associate with Samaritans.**

这里头有历史渊源：

**There is a historical reason here:**

- 主前722年，亚述攻打以色列北国，把多数以色列人放逐到其他各地去，将外族安置在以色列。这些留在以色列的以色列人与外族人通婚了就成为撒玛利亚人。

In 722 BC, Assyrians attacked the Northern Kingdom of Israel, deporting most Israelites to different places and placing foreigners in Israel. These Israelites who stayed in Israel intermarried with the foreigners and became the Samaritans.

- 他们的信仰是他们的外国神与犹太教的混合物。

Their religion was a mixture of their foreign gods with Judaism.

- 当南方犹大王国的流亡者从巴比伦回来时，撒玛利亚人主动要帮助他们重建圣殿人，犹太人却认为撒玛利亚人是外敌，并拒绝了他们的提议。

When the exiles from the Southern Kingdom of Judah returned from Babylon, the Samaritans offered to help them rebuild their temple, but the Jews viewed them as foreign enemies and refused their offer.

- 当尼希米重建耶路撒冷的城墙时，同样的事情再次发生了(尼4:1-3)。

The same thing happened later when Nehemiah was rebuilding the walls of Jerusalem (Neh. 4:1-3).

- 然后，公元前400年左右，撒玛利亚人在基利心山建造了一座自己的神庙来对抗犹太人。犹太领导John Hyrcanus在公元前128年将它烧毁。

Then, in about 400 B. C., the Samaritans built a rival temple on Mount Gerazim. The Jewish leader John Hyrcanus burned it down in 128 B.C.

- 撒玛利亚人只接受旧摩西五经 (旧约的前五卷书), 而不是整本的犹太圣经。因此, 犹太看撒玛利亚人不是混种民族, 所信仰的也是混杂的宗教。

the Samaritans only accepted the Pentateuch (the first five books of the Old Testament), not all of the Jewish Scriptures. So the Jews viewed the Samaritans as biological and religious half-breeds.

耶稣作为一位犹太男人，向撒玛利亚妇人要水喝是件不可思议的事情。

It is an incredible thing for Jesus, a Jewish man, to ask for water from a Samaritan woman.

有尊严的犹太男人像犹太拉比都不在公开场合与妇女谈话。

Dignified Jewish men like Jewish rabbis did not talk to women in public.

耶稣不仅与一位撒玛利亚妇女交谈，甚至还向她要水喝，这水对任何犹太人来说都是礼仪上不洁净的！

Jesus had not only talked with a Samaritan woman, he even asked her for water that would be seen as ritually unclean for any Jew to drink!

撒玛利亚妇人正午来打水很可能因为自己不道德的生活而想避开别人。

It is very likely that the Samaritan woman came to fetch water at noon because she wanted to avoid others due to the immoral life she was living.

她没有说：“先生，你看来像一位犹太人的老师，我渴想认识你们的神，你可以告诉我我该怎么去做吗？”

She did not say: "Sir, you look like a Jewish rabbi, I thirst to know your God, can you tell me how to do that?"

因着她有罪的生活方式，她并不想要认识神！

Because of her sinful lifestyle, she wasn't seeking to know God!

耶稣“**必须**”经过撒玛利亚，因为他要寻找在撒玛利亚丧失的灵魂。

Jesus “**had to**” pass through Samaria because he was seeking for the lost souls in Samaria.

耶稣来不是为着要成为一个文化和宗教上很好、很被人赞许的犹太人。他来为要完成神的旨意。

Jesus did not come to be a culturally and religiously good and much commended Jewish man. He came to accomplish God's will.

耶稣在马太福音 9:13 说：

Jesus says in Matthew 9:13:

经上说：『我喜爱怜恤，不喜爱祭祀。』  
这句话的意思，你们且去揣摩。我来本不是召义人，乃是召罪人。』

‘But go and learn what this means: “I desire mercy, not sacrifice.” For I have not come to call the righteous, but sinners.’

耶穌拯救被釘十字架的強盜。

Jesus saved the thief on the cross.

他拯救正在迫害教會的罪魁保羅。

He saved Paul, the chief of sinners who was persecuting the church.

他拯救這位生活在不道德的罪中的撒瑪利亞婦人。

He saved this immoral Samaritan woman.

**耶穌也要拯救你！**

**Jesus wants to save you too!**

## B. 耶穌賜罪人生命活水

### Jesus offers sinners living water

注意三樣事情：

Note three things here:

1. 耶穌賜的活水是一份“**恩賜**”，不是你依靠自己賺取或合格獲得的。

The living water that Jesus gives is a “**gift**”, not something that you can earn or qualify for.

约 4:10 耶稣回答说：「你若知道神的恩赐，  
和对你说『给我水喝』的是谁，你必早求他，  
他也必早给了你活水。」

John 4:10 Jesus answered her, 'If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.'

**约 4:14** 人若喝我所**赐**的水就永远不渴。我所**赐**的水要在他里头成为泉源，直涌到永生。」

**John 4:14** but whoever drinks the water I **give** them will never thirst. Indeed, the water I **give** them will become in them a spring of water welling up to eternal life.'

**救恩是一份恩赐，不是奖赏！**

**Salvation is a gift, not a reward!**

2. 没有罪人是被拒领受这份恩赐的。

No sinner is excluded from the offer of this gift.

在当时多数犹太人，包括这阶段的门徒们的眼光中，这撒玛利亚妇人不值得耶稣拯救她。

In the eyes of most Jews at the time, including the disciples at this stage, this Samaritan woman was not worthy of Jesus to save her.

**但是耶稣没有排除她领受这份恩赐，  
他也不会排除你！**

**Jesus didn't exclude her from receiving this gift,  
he doesn't exclude you, too!**

3. 这活水要永远止渴。

This living water will quench thirst forever.

**约 4:14** 人若喝我所赐的水就永远不渴。我所赐的水要 **在他里头** 成为泉源，直涌到永生。」

**John 4:14** but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become **in them** a spring of water welling up to eternal life.'

“**在他里头**”表明真正的基督信仰主要不是仪式和礼仪的问题，而是内在与永生神的个人关系。

“**in them**” shows that true Christianity is not primarily a matter of rituals and ceremonies, but rather an inward, personal relationship with the living God.

当我们里头有直流到永生的泉源时，我们可以从中饮用解渴，永远不再渴了。

When we have a spring of water welling up inside us to eternal life, we can always drink from it and not ever be thirsty again.

## C. 认识耶稣，获得活水

### Knowing Jesus and receiving living water

要接受上帝的恩赐，你需要：

To receive the gift of God, you need to:

1. 知道这是上帝的恩赐，不是依靠遵守教规和仪式，而是藉着圣灵获得新生活，使我们得以与永生上帝有关系。(10,14)

Know this is a gift from God, not a matter of keeping rules and rituals, but rather of new life through the Spirit that bring us into a relationship with the living God. (10,14)

2. 认识耶稣是可以给予我们生命活水的那位。

Know that Jesus is the one who can give us living water.

耶稣比雅各还大 (12)，是神差来做救主的神的独生子。

Jesus is bigger than Jacob (12), and he is the only begotten Son of God sent to be a Savior.

3. 求耶稣赐给你这生命活水。(10)

Ask Jesus to give you this living water. (10)

## 结语 Conclusion:

我们看到耶稣来到这世界为要拯救罪人。

We have seen that Jesus came to this world to save sinners.

这包括我们这里的每个人和教堂外的人。

This includes everyone of us here and those outside of the church.

如果你还未曾向耶稣求神所赐的恩赐，你愿意今天早上求他吗？

If you haven't asked Jesus for the gift of God, would you be willing to ask him this morning?

如果你已经是基督徒，你愿意与别人分享这个好消息吗？

If you are already a Christian, would you be willing to share the good news with others?

如果你愿意向耶稣祈求这生命活水，  
请你跟着我在心里祷告。

If you are willing to pray to Jesus for  
this life, please pray with me in your  
heart.

我说一句，你跟一句的祷告。

I pray a sentence, you say the  
sentence after me.

主耶稣，我愿意获得神所赐的生命活水。

Lord Jesus, I am willing to receive the living water that God offers to all.

我相信你是神所差来的救主。

I believe you are the Savior sent from God.

我相信你能够将这生命活水赐给我。

I believe you are able to give me this living water of life.

求你现在就赐我这生命的活水。

Please, give me this living water now.

我凭着对耶稣基督的信心领受这生命活水。

By faith in Jesus Christ I receive this living water of life.

奉耶稣基督的名求。阿门。

I pray in the name of Jesus Christ. Amen.