

A to Z of things to do, watch & foster

環顧過去大半年，世上有很多的人，都活在某種形式的坐困愁城。

在新加坡服侍的同工 *Andy Smith*，便按著英文字母排序，去考量在閉關自守的歲月裡頭，我們可以動手去做、留神細察或加以培育的事情。

以下各項，有多少是你曾想過去做，或經已做過的？

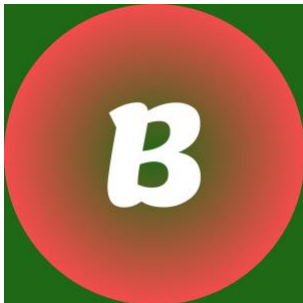
一旦不用自我幽閉，你又會持守哪些事情？



Appetite (飲食調理)

Watch what you are eating. Eat a healthy variety of foods. Do not fall into bad habits.

對你的日常飲食要花點心思，多吃各樣不同種類的健康食物。切勿不自覺地養成不良的飲食習慣。



Books (開卷有益)

Make good use of any extra time during lockdown by read more than usual. Why not tackle a thick classic you have never completed? If it's better for you, listen to books in an audio format.

足不出戶，時間自然多了，正好趁機比平日多看點書。那麼，何不索性拿出那本厚厚的、從未看完的經典名著，好好讀完它？若你覺得收聽錄播的書籍更加愜意，亦可悉隨尊便。



Cleaning (洒掃庭除)

Clean parts of your house that rarely see a broom. Keep your eyes open for items that had disappeared long ago.

清理家中往日甚少顧及的角落，順便留意可會尋回失落已久的東西。



Dawn (黎明即起)

Get up and watch a sunrise. If possible, take a video of it and share it with others.

早些起來看一回日出，可以的話，錄映下來與人分享。



Efforts (仗義幫忙)

Thank every person who takes the effort to offer you help. Make this a season of gratefulness rather than grumbling.

向每一個主動幫助過你的人道謝，讓這段日子充滿的不是抱怨，乃是感恩。



Friends (友誼萬歲)

Make the effort reach out to friends, especially those who tend towards extroversion. Talk to them and make sure you listen to them well.

盡量主動與朋友保持聯繫，尤其是那些性情較為外向的人；多與他們傾談，並確保你聽到他們的心聲。



Games (其樂融融)

Create a trivia game to play with your siblings or friends. You could base it on events and personalities from your childhood. 自創一套常識問答遊戲，和兄弟姊妹或友人一起玩。問題可以是基於你們兒時的人物或事件。



Hobby (自得其樂)

Whatever your hobby is, spend time on it. For instance, do you have a jigsaw puzzle that has never been put together? 不管你的嗜好是甚麼，只管花時間投入其中。例如，你是否有一套從來都未砌得成的拼圖玩具？



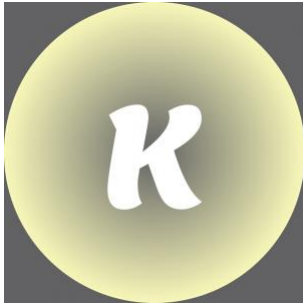
Instrument (初試啼聲)

Learn to play a musical instrument you have always wanted to get the hang of. Take advantage of free online lessons. 你若一向都渴望要學會彈奏某種樂器，如今正好利用網上的免費課程去學習。



Joy (喜氣洋洋)

Find joy in small things. For example, being in lockdown may mean your laundry piles up more slowly! 從小事領略到欣喜。例如，鎮日在家的好處，便是污衣桶會久些才載滿。



Kindred (親朋戚友)

Reach out to relatives you rarely communicate with. Get up-to-date with each other.

主動聯絡那些你向來甚少交往的親友，互道近況，彼此珍重。



Laments (哀慟有時)

Read some of the lament Psalms (for example, Psalms 60, 74, 126, 137). Gain a better understanding of how Old Testament saints responded to tragedies and crises.

閱讀詩篇裡頭某些哀歌（例如：詩篇第六十、七十四、一百二十六和一百三十七篇），從中嘗試更深入地了解：舊約的聖徒在遭遇苦難及面對危機時，會如何應對。



Memories (溫故知新)

Exchange favorite childhood memories with your parents, siblings, and friends. Remember to pull out old photographs, too.

與父母、兄弟姊妹及好友互訴陳年往事，同時，記得還要陶出那些陳舊的相片來，公諸同好。



News (新聞報道)

Watch enough news to stay in touch, but don't overload on it. You may find it helpful to set a daily limit on the amount of news you consume.

要有足夠時間觀看新聞報道，緊貼世情，但切勿過度沉溺在這方面。或者，為自己每日花在看新聞報道的時間設限，對你會有幫助。



Obedience (遵從指引)

Follow your government's directives. Do all you can to help them do their job as easily and well as possible.

遵從政府發出的指引，儘你所能，幫助他們儘量從容不迫地做好他們的工作。



Prayer (恆切禱告)

Pray more than you usually do. Experiment with new ways of praying. Pray more often with others.

比往常用更多時間去祈禱。嘗試以一些嶄新的方式去禱告。多花一點時間與其他人一起禱告。



Quiet (靜中得力)

Enjoy the quieter-than-usual environment around you. If allowed, go for a walk. Listen to birds and other creatures you usually can't hear.

好好享受周遭那個比往昔更為幽靜的環境。若情況許可，便出外走走，細聽鳥兒啁啾，以及那些你通常不會聽到的，其他動物的聲音。





Recipes (烹飪食譜)

Discover or create some new recipes. Ask others what they are cooking with their limited ingredient options.

發掘或發明一些新的食譜，又向他人請教，以他們有限的食材選項，他們會煮出甚麼菜式來。



Stretching (舒筋活絡)

Being confined in your residence might limit your movements. Stand up several times a day and stretch.

終日困在家中，行動可能受到限制，每天要多次站起來，舒展四肢活動筋骨。



Thoughts (心懷意念)

Reflect more than usual on big matters and record the fruit of it. Type up those ideas you have long wanted to put on a hard drive.

要比平日更多思量大是大非的問題，並記錄你所思所想的結論。將那些你一向珍重的理念寫下來，存放在電腦的硬盤。



Underdog (鋤強扶弱)

Read stories in the Bible in which God enabled an underdog to defeat a mighty enemy, whether through a literal fight or other means.

閱讀聖經裡頭那些神叫弱者擊敗強者的故事，不論擊敗的過程是藉著真正的搏鬥，或是其他的幫助。



Values (價值重估)

Assess the values which compel you to do what you do.
Consider if some of them should be replaced.

審視那些驅使你做出了你所行的價值觀，仔細思量，當中可有哪一些，是應當要被取締的。



Write (以文會友)

Write an essay or poem to express what you are experiencing.
Share it with someone who knows you well.

撰寫一篇散文或作一首詩，以此表達你正在經歷的事情，並將作品與一個非常了解你的人分享。



Xerophagy (禁食禱告)

Skip a meal. During the time when you would have eaten, pray for people who are on the frontline in the fight against this virus.

少吃一餐，同時，在你本應用膳的那段時間，為那些在前踐對抗疫情的人士禱告。



Yoke (同負一軛)

Create a physical reminder in your residence that you are not facing this challenge alone but that Jesus shares the yoke with you.

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28-29)

在家中自創一件實物，用來提醒自己：面對挑戰，你並非單打獨鬥，而是主耶穌正在與你同負一軛。

「凡勞苦擔重擔的人，可以到我這裡來，我就使你們得安息。我心裡柔和謙卑，你們當負我的軛，學我的樣式，這樣，你們心裡就必得享安息。」（馬太福音十一 28-29）



Zeal (心裡火熱)

Be aware that lockdown may cause you to drift spiritually. So stay connected with fellow believers and find new ways to serve others. Paul reminds us:

“Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. 12 Be joyful in hope, patient in affliction, faithful in prayer.” (Romans 12:11-12)

留心閉關自守可能會令你靈性日漸散漫，故此務要與其他信徒保持聯繫，又要設法以嶄新的方式，去服侍其他的人。保羅提醒我們：

「殷勤不可懶惰，要心裡火熱，常常服侍主。在指望中要喜樂，在患難中要忍耐，禱告要恆切。」（羅馬書十二 11-12）