

1. 耶稣让我们休息 Jesus Gives Us Rest

他就说：「你们来，同我暗暗的到旷野地方去歇一歇。」这是因为来往的人多，他们连吃饭也没有工夫。」

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”
(马可福音 Mark 6:31)

「凡劳苦担重担的人可以到我这里来，我就使你们得安息。」
“Come to me, all you who are weary and burdened, and I will give you rest.”
(马太福音 Matthew 11:28)

耶稣出来，见有许多的人，就怜悯他们，因为他们如同羊没有牧人一般，於是开口教训他们许多道理。

When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.
(马可福音 Mark 6:34)

「我必立一牧人照管他们，牧养他们，就是我的仆人大卫。他必牧养他们，作他们的牧人。」
“I will place over them one shepherd, my servant David, and he will tend them; he will tend them and be their shepherd.” (以西结书 Ezekiel 34:23)

2. 耶稣赐我们粮食 Jesus Gives Us Food

「请叫众人散开，他们好往四面乡村里去，自己买什麼吃。」
“Send the people away so they can go to the surrounding countryside and villages and buy themselves something to eat.” (马可福音 Mark 6:36)

耶稣回答说：「你们给他们吃吧。」门徒说：「我们可以去买二十两银子的饼，给他们吃吗？」

But he answered, “You give them something to eat.” They said to him, “That would take eight months of a man’s wages! Are we to go and spend that much on bread and give it to them to eat?” (马可福音 Mark 6:37)

...「就是二十两银子的饼，叫他们各人吃一点也是不够的。」
...“Eight months’ wages would not buy enough bread for each one to have a bite!”
(约翰福音 John 6:7)

耶稣拿著这五个饼，两条鱼，望著天祝福，擘开饼，递给门徒，摆在众人面前，也把那两条鱼分给众人。

Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to his disciples to set before the people. He also divided the two fish among them all. (马可福音 Mark 6:41)

...就分给那坐著的人...都随著他们所要的。

...distributed to those who were seated as much as they wanted. (约翰福音 John 6:11)

26 耶稣回答说：「我实实在在的告诉你们，你们找我，并不是因见了神迹，乃是因吃饼得饱。27 不要为那必坏的食物劳力，要为那存到永生的食物劳力，就是人子要赐给你们的，因为人子是父神所印证的。」

26 Jesus answered, "I tell you the truth, you are looking for me, not because you saw miraculous signs but because you ate the loaves and had your fill. 27 Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval." (约翰福音 John 6:26-27)

耶稣说：「我就是生命的粮。到我这里来的，必定不饿；信我的，永远不渴。」

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." (约翰福音 John 6:35)

「你们的祖宗在旷野吃过吗哪，还是死了。」

"Your forefathers ate the manna in the desert, yet they died." (约翰福音 John 6:49)

「我是从天上降下来生命的粮；人若吃这粮，就必永远活著。我所要赐的粮就是我的肉，为世人之生命所赐的。」

"I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."

(约翰福音 John 6:51)