

**It's all
about
Love**

**人生的意义，
就是为了爱**



It's easy to make choices that squeeze love out of the picture. But the right choice is always the loving choice. It pays to remember the importance of those little acts of love, being kind or courteous or simply taking time for others.

If we make an effort to love God, then it will show in our interactions with others. Of course, we're human and make mistakes, we have good days and bad days, and God understands that, but if we want to change the world for the better, we need to make an effort to put love into action. "By this shall all men know that you are My disciples, if you have love one for another." (John 13:35)

我们就很容易选择不发自爱心来做事了。但正确的选择，总是爱的选择。我们应该记住，那些满怀爱心的细小行为、友爱、有礼貌或愿意为别人花时间有多么地重要。

当然，我们是会犯错的凡人，我们有时做得好，有时做得不好，这些上帝都理解，但我们若想改变世界，使它变得更美好，就需要努力把爱付诸行动。“你们若有彼此相爱的心，众人因此就认出你们是我的门徒了。”（约翰福音13：35）



How can we show love? One of the beautiful things about love is that it adapts to the need. There's no set formula, so part of loving is finding out what the need is and how to meet it. Here are a few ideas to get you started:

- Try to see others through eyes of love; find and encourage their good qualities.
- Build others up; commend people for doing a good job. Everyone appreciates being appreciated.

我们如何表现爱心呢？谈到爱，有件美好之事就是，爱会适应需要，随事改变，没有所谓固定的公式。因此，给出爱时要做的一部分事情，就是看看当时有什么需要，以及如何提供这些需求。以下这些主意，聊作参考：

- 尽量透过爱的眼光去看别人，寻找和鼓励他人的优点和美好品性。
- 激发他人更有自信心，称赞别人工作做得好。每个人都喜欢得到感激赞赏。



- When someone does something that bothers you, try to put yourself in that person's position. What might have caused them to act the way they did?
- Connect with people. Something as simple and seemingly small as a smile or sympathetic word can be the turning point in a stranger's day and possibly the start of a lasting and meaningful friendship.
- Do little "extras" to lighten the load someone is carrying, and thereby convey understanding and concern.
- Make an effort to get to know your friends better. What makes them tick? What matters most to them? What do they dream of doing someday? What has been their proudest moment?

• 当有人做了让你不悦的事，或你发现自己变得批评或不满他人时，尝试设身处地为对方着想。可能有什么原因使得他们那样做呢？

- 与人建立友好关系。有时仅是些简单的小事情，如一个微笑或一句同情的话语，也许可成为一个陌生人当天的转折点，甚至可能会是一个持久而有意义之友谊的开始。
- 做些小小的份外之事，去减轻别人的负担，以表达你的体谅和关心。
- 更努力了解你的朋友。什么事会使他们开心？什么事对他们最重要？他们未来有什么梦想？他们曾经有过最自豪的时刻是什么？



Maybe you already try to be loving, but sometimes you feel you don't have any more love to give. Those feelings are natural. And it's true—our love isn't sufficient. But when we run out of love, Jesus always has more. His love is wonderfully sufficient, unconditional, unlimited, and without end. Tell Him, "Jesus, I need more of You in my life. I need more of Your love." Then put little and big deeds of love into action, and He will give you more of His love. The more you give, the more Jesus will give you in return.

也许你已在尽力去爱别人，只是有时觉得你的爱已经枯竭。这些感觉都是很自然的，且也是事实，我们的爱的确不够。然而，当我们的爱耗尽时，耶稣总是还有更多的爱。他的爱丰盈充沛，不附带任何条件，永不止息。要给予他人更多爱，关键就在连接上耶稣的爱。对他说：“耶稣，我生命中需要更多你。我需要更多你的爱。”然后，把你的爱心付诸行动——不论大小事都行，而他就会把更多他的爱赐给你。你给出的越多，耶稣给你的也越多。



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