

Sermon on the Mount: Salt and Light

登山训众论福：你们像盐、像光

Jesus told the people, “You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless.

耶稣说，“你们就好像是世上的盐，但是，如果盐失去了咸味，它怎么可能再变咸呢？它也就没有任何用处了，只能被扔掉，任人践踏。



“You are the light of the world—like a city on a hilltop that cannot be hidden. No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house.”

“你们是世界的光。山上的城市是藏不住的；点燃的灯火也不会被扣在碗下面，而是被放在灯台上，把光带给屋子里的人们。”



“In the same way, let your good deeds shine out for all to see, so that everyone will praise your heavenly Father.”

同样，你们的光也应该照亮在人们面前，让他们看见你们的善行，把荣耀归给你们在天上的父。”

