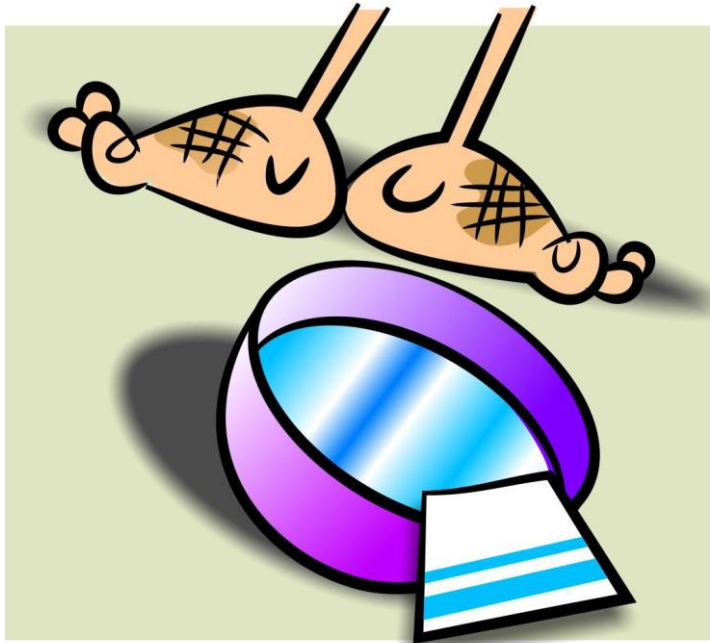


The Last Supper

最后的晚餐



[Jesus] poured water into a basin. Then he began to wash the disciples' feet, drying them with the towel he had around him. After washing their feet, he put on his robe again and sat down and said, "Do you understand what I was doing? You call me 'Teacher' and 'Lord,' and you are right, because that's what I am. Now I have given you an example to follow. The most important one of you should be like the least important, and your leader should be like a servant."

[耶稣] 随后把水倒在盆里，就洗门徒的脚，并用自己所束的手巾擦干。耶稣洗完了他们的脚，就穿上衣服，又坐下，对他们说，“我向你们所做的，你们明白吗？你们称呼我‘夫子’，称呼我‘主’，你们说的不错，我本来是。我给你们作了榜样，叫你们照着我向你们所做的去做。你们中间最伟大的应该像最年幼的人一样；统治别人的人，应该像侍奉的人一样。”



他们吃的时候，耶稣拿起饼来，祝谢后掰开分给门徒，说：“拿去吃吧，这是我的身体。”

接着又拿起杯来，祝谢后递给门徒，说：“你们都喝吧，这是我为万人所流的立约之血，为了使罪得到赦免。”

耶稣邀请他们一起喝酒和吃面包来纪念他，直到有一天，他会在天堂里再和他们一同吃喝。现在当基督徒们聚在一起时，通常会举行这个仪式，就叫做“同领圣餐”。

While they were eating, Jesus took some bread and thanked God for it. He broke off some pieces, gave them to his followers and said, “Take this bread and eat it. It is my body.”

Then he took a cup of wine, thanked God for it, and gave it to them. He said, “Each one of you drink some of it. This wine is my blood, which will be poured out to forgive the sins of many and begin the new agreement from God to his people.”

Jesus then asked them to drink wine and eat bread together in remembrance of Him, until the day that He would eat and drink together with them again in Heaven. When Christians gather together, they often perform this ceremony, called *communion*.

面包所代表的意义：耶稣的身体为了我们的医治而被破碎

耶稣的身体是为了使我们的身体得医治而破碎的。

酒的意义：他为我们的救赎所流的血，因而宽恕了我们的罪

酒象征耶稣的血，他为赦免我们的罪，救赎我们的灵魂而流的血。

The meaning of the bread: Jesus' body was broken for our healing

Jesus' body was broken for us for the healing of our bodies.

The meaning of the wine: the blood, shed for our salvation and forgiveness of sins

The wine symbolizes Jesus' blood, shed for the salvation of our souls.

