

愛救了我

LOVE LIFTED ME

國一讀完的那年暑假，我隨家人移民美國。那時週遭有許多的事叫我的自信受損。雖年紀尚輕，但在美國卻很難適應那邊的環境。回想在台灣時，由於常參加許多的比賽拿獎回來，所以時常受到許多師長們的稱讚，在同輩的學生當中也很有名，很受歡迎。感覺上，從小就是被捧得高高的，所以常就以為自己甚麼都行。到了美國，因語言上的障礙，朋友不容易交，功課一落千丈。週遭環境和原來完全的相反，成天生活在極大的壓力下。

有一位也是從台灣來的朋友向我傳耶穌，說：「祂是神的兒子，祂來是為拯救罪人，你知道耶穌愛你嗎？向祂禱告，祂是神，會救你。」我當時一點也聽不懂，只是對宗教的這一套很反感。但環境逼我到一個程度，就不斷地問自己為甚麼活著？有意義嗎？過了半年多，我給自己下了一個答案：人生沒意義，人活著無目的。那一年家庭中發生了許多事，我又受了許多內心的不滿，過不去，和許多的掙扎，最後我告訴自己，不如死了算了。與其活著，每天對著自己流眼淚，痛苦過日子，不如死了算了。

就在一個決定自殺的晚上，我仍問自己：真的就這樣了嗎？於是 I 想起朋友向我提過的耶穌。我莫名地跪在床前痛哭，說：「若你真是神，那麼你應知道我的一切痛苦(。耶穌救我，叫我你知道你是真的。」那晚我糊塗地睡著了。早晨當我睜開眼睛時，我感覺自己好似一個嬰孩剛降世，看一切覺得都是新的。關於耶穌的事，我那時一概不知，但我知道是祂救我脫離了裏頭一切死亡

After finishing the seventh grade, I immigrated with my family to the United States of America. Many things and experiences during the initial period were very hard for me and greatly lowered my self esteem. I used to be a top student in Taiwan that received many awards and praises in school and also quite popular among friends. However, after coming to the U.S., due to the language barrier, I did not perform well academically. I also had hard time adjusting to the new environment. Therefore, I lived under tremendous pressure every day.

A friend of mine who also came from Taiwan talked to me about Jesus. She told me that "Jesus is the son of God who has come to save sinners and who loves me very much." The only thing I needed to do was to pray to Him and He would help me. At that time, I did not understand at all what she said, nor did I appreciate it. However, the pressure remained strong on me. To a point, I told myself that life had no meaning, and mankind lived without a purpose. Especially, at that time our family went through a lot of difficulties, and I did not internalize those pressures well. At the end, I concluded that it would be better for me to die than live in pain.

On the very night when I planned to kill myself, I still continued to ask myself if killing myself would end all my problems. Suddenly, I remembered Jesus who my friend told me about. Before realizing it, I already knelt down before my bed and wept bitterly. I prayed : "If You are the true God, then You would know my problems and sufferings." "Please save me, so that I would know that You are real." Gradually, I felt asleep. When waking up the next morning, I just felt that

的感覺和生活中的陰影。

後來的二年(我國三和高一的時候，我到教會去認識這位救我的耶穌。不僅從聖經上，我知道祂為我的罪死在十字架上，為我受罪和死的刑罰；在每天的生活中，祂成了我的至友，無論或坐或走，或在學校或在家，在教會，我和我的神可以如朋友般交談。我知道祂在帶領我走一生的道路。因祂愛我，我感覺生命充滿了希望和意義。那是我快樂的二年。

升高二的时候，祂要我經歷更多祂的恩典與真實。有六個月的時間，祂帶我由高潮入低潮。我當時不明白為甚麼，只知自己的情緒失控了，入了所謂的憂鬱症。我禱告我的耶穌，祂似乎已不在。那年暑假我幾乎都在自己的房間中過的，因我深怕走出了房間，情緒若失控，突然的哭起來會嚇著親人朋友。開學了，我也不知該怎麼辦。高二的課業量在高中內屬最重的。我試著不理會我的情緒問題，那起書本來啃。然而，常讀到一半，就會看見自己的眼淚一滴滴的掉到書本上。平日在學校前十名內的成績，一下子落至最後。平日若只需花一小時就可完成的工作量，那段日子，花了五小時也不見得做得完。每次哭累了，頭和眼睛就會痛得使我不能看書。所以我就必須躺下休息半小時再繼續完成我每天的功課。因著這點問題，使得我有幾個月的時間房內的燈在晚上都不曾關過。而這幾個月來我每日都只有二至三小時的睡眠，我整個人幾

I was as fresh as a new born baby. Every thing around me appeared to be new. During that time, I did not know much about Jesus, but one thing I knew for sure was that He had saved me from all the dead feelings and shadow in my life.

In the subsequent two years during my 9th and 10th grades, I came to know more about Jesus. I started to know Him through church meetings and Bible reading. I gradually knew that He died for me on the cross, and took over the punishment for my sins and transgression. He became my best friend every day. No matter sitting down, walking or sleeping, in school, at home or church, I could fellowship with Him as a friend. I knew that He would lead me through my life for He loves me very much. I felt that my life was full of hope and meaning. Those were two happy years!

Commencing the summer before 11th grade, the Lord wanted me to experience more of His grace and truth. For six months, He allowed me to fall into deep depression. I did not know what happened at that time. I just felt very depressed and could not control my emotion. I tried to pray to Him, but He seemed to have disappeared. That summer I could only stay in my room, for I was afraid that the minute I walked out of my room I might start crying and startle my family. When the school started in September, I still did not have the control over my mood. School work was the heaviest in the 11th grade. However, often time when picking up a textbook to read, very soon I would find myself crying again. My academic performance declined dramatically from the top ten school-wide to the tail end. Home work, which used to take me one hour, then took me more than five hours to finish. Crying too much gave me severe headaches and eye pains. Often time, I ended up leaving my light on for the whole night when struggling among reading, crying and fighting headaches as well as trying to get

乎崩潰。

曾有一段時間，我試著喝濃咖啡來鎮定情緒，沒多久發現自己已咖啡中毒（不喝就會全身發抖，所以嚇得我將咖啡趕緊戒掉。朋友當中有知道的，也只能望著我嘆氣。我對神的信心已掉至谷底、我已不確定以往所經歷的耶穌是否真實，或原只是我心裏作用。慢慢的，我也脫離了教會的生活。有一天是一天的過。

那年十一、二月時到了聖迦谷基督徒聚會。我來聚會只是因為覺得自己需要，至於有沒有神我也不確定。直至去了基督見證使團冬令會，在這一切事上才有了轉機。去冬令會幾天前，我才了解到冬令會其實是許多的聚會，並不是去散心用的。我內心有許多的不願和掙扎，因不確定聚會對我是否有益或有任何的意義。感謝神，我還是去了！第一天晚上我並未得著甚麼，因我原是存著看戲的心態去的。第二天早上（週六）我告訴自己：既然來了，何不試試看尋找神，看祂是否存在。所以我的心軟了下來，向耶穌禱告，經過六個月「沒有神」的生活，我已經不知該向祂說甚麼，所以我只是說了：「主，我在這裏。」之後就開始了那天早上的聚會。

當我一坐上聚會廳的椅子上開始唱詩時，我頓時看見耶穌為我釘十字架。雖是個在一瞬間的畫面，我的悟性被開啟了。接下來，祂用愛不斷的澆灌、醫治我，愛自頭流至腳如同淋浴一般。我被神的愛愛得全身發抖，那時站也不是，坐也不是的。我不知要如何形容這樣的經歷。我只能說，耶穌的愛很完全，很美！祂問我：「你知道我愛你，

some sleep. In those months, I could only sleep about two to three hours a day. I almost had nervous breakdown at the end.

For a period of time, I tried to calm myself down by drinking coffee. Nevertheless, before long I was very addicted to it. If not drinking it, my body would shake badly. Therefore, I quitted drinking coffee right away. My friends could not help me. My faith toward God had gone down to the bottom of the valley. I was not sure if Jesus was real or just my imagination. Slowly, I stopped to go to church.

Approaching the end of that year, I visited this church. I went because I felt a need, even though I was not sure if God existed. Until one day, we went to the Winter Conference, where I had my turning point. At first, I did not know the purpose of the conference until a few days prior to it. I then realized it was noting but a meeting after another, instead of some relaxation program. Therefore, with a unwilling heart, I went. I did not pay much attention during the meeting at the first night. However, next morning, I figured that since I had come, I might as well give it a try. Try to see if God really existed. Therefore, I humbled myself and prayed to the Lord. It had been almost six months since I lived a life without God, I really were not able to pray much. I just told Him that "Lord, Here I am." Then, I went to the morning meeting.

The moment that I sat down in the meeting place and began to sing hymns, I suddenly saw a picture in which Jesus was crucified for me. Even though, it was just a split second, my mind was opened. Immediately after that, He poured down His love continuously to heal me. I experienced His outpouring love as a shower of love. To a point, I did not how to put myself any more. The only thing I could say was that Jesus' love was very

我為你流血嗎？你愛我嗎？」我幾乎要大叫！淚哭如水下，裏面含著向神許多的對不起和爆炸般的喜樂。我知道，深知道，真知道，我只需要耶穌，因為只有祂可以將我滿足。連著三天，只要我一坐到聚會廳，主的愛就澆灌下來。祂要我真知道祂是真實存在，愛我，為我捨了自己的神。那次的冬令會中，我並不記得任何一次的信息，可是我知道我的生命又重新和我的耶穌連在一起了。那幾天當中，我又將自己重新奉獻在祂腳前，求祂帶領我走一生的窄路。願榮耀頌讚歸於至高的神！

廖文綺姊妹見證

complete and beautiful.

Jesus then asked me: "Do you know that I love you and die for you? Do you love me?" I almost burst into cry for I felt deeply indebted to God. I truly know now that I only need Jesus. He is my only and true satisfaction. In the following three days in the conference, His love would pour down on me whenever I sat down in the meeting. He wanted me to be sure that He really existed; He loved me; and He gave Himself for me.

Although I do not remember the messages spoken in that winter conference, I know my life is again united with my Jesus. Therefore, I offered myself again before His feet, and asked Him to lead me on in life's narrow way. May God of the most high receive all the glory and praises!

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