

主擔去了我的重擔

THE LORD CARRIED MY BURDEN

我今年六十六歲，六十多年來我歷盡人間滄桑，坎坷苦難的歷程，痛苦憂患的一生。

童年在日本侵略中國的苦難中度過。從有記憶沒和父親生活過，九歲時母親死于逃難的途中，從此成為孤兒，進了孤兒院。幼小心靈的創傷不僅是失去母愛，更重要是在完全沒有愛，有的只是受欺凌、孤苦、無助、悲傷。

直到一九四九年的三月出孤兒院四個月就解放了。上了一學期初中即失學，在鄉下跟著長工種田、紡棉花，過著吃糠咽菜的日子。為尋求生存和出路，也為著追求民主、自由、平等的理想，於是參軍，當了兵。

當兵後幸運地被分配到軍醫學校學醫，三年後以優異成績和突出的勤奮熱心幫助同學而畢業，留在學校任助教，以後到醫院作醫生。

從離開學校直到我退休，幾十年我都背著一個無法卸掉的包袱，壓得我喘不過氣來。這個包袱就是我的家庭出身是大地主，伯父在土改時被鎮壓，而且家庭社會關係複雜，父親的歷史我們完全不清楚。

I am sixty six years old now. In the past sixty some years, I have experienced many kinds of hardship and sufferings as well as the loss of loved ones.

My childhood was spent in affliction when Japan cruelly invaded China. I do not have any recollection of my father, and my mother died in the midst of chaos during the war time when I was only nine. Therefore, I became an orphan and was take in by an orphanage. The wound in my heart was not only caused by the loss of my dear mother at a young age, but also by the taste of loneliness, helpless, sorrow and lack of protection.

I got out of the orphanage in 1949, due to the movement of "Great Release", I only had a chance to attend a junior high for one semester. Immediately, along with many others, I was sent to work in the field. The quality of life when working in the field was very poor. In order to pursue a brighter future, I joined the army.

After becoming a soldier, I was luckily assigned to a military medical school to be trained up to be a medical doctor. Due to my diligence and helpful attitude to other classmates, I graduated with honor in three years. I was therefore retained by school to be a teaching assistant, and later became a doctor at a hospital.

All these years after graduation and before retirement, I was constantly under an undeliverable burden. The burden existed because of my family background. I came from a family that owned land, a background despised and persecuted by communists. My uncle was persecuted

during the movement of “Land Revolution” where landowners were deadly persecuted and lost all they had. I grew up not knowing clearly my father family condition, but never was able to be separately from it.

雖然我工作出色，在醫療中我的擔子要比工農出身的人付出的勞動和代價多二到三倍，但仍受到排斥，功是立得不少，但是輪到級別待遇都是比人低，得不到提升，始終受壓。這還不說，凡運動來了就首當其衝，心驚膽顫，精神緊張，不得安寧。凡下鄉吃苦的任務我也是首選人物，下鄉搞「三同」：與農民同吃、同住、同勞動，晚上還要看病。一星期吃兩次乾飯，主要吃木薯、菜，長期的過度疲勞和長期的精神心理壓抑，積勞成疾，接著而來的是十二指腸潰瘍出血，五次出血，兩次出現休克後，胃大部分切除，動了胃腸吻合手術；以後膽囊又因生瘤而摘出；又患甲狀腺機能亢進；風濕關節炎，兩膝關節積液；跟著面部神經麻痺，眼歪口斜；進而患代謝免疫性肝硬化，連路都走不動了，不能工作而退休。退休後雖然沒有政治上的壓力，但心情仍始終壓抑，又得了冠心病，突發心絞痛，先後在醫院搶救治療三次。我又面臨隨時心肌梗死，死亡的威脅。

所以這一生，從幼年、青年、到老年，苦難就跟著我，追求了幾十年的民主、平等、自由泡影後，心裏從沒有平衡安寧過。為了要解脫使心靈安寧，接觸過香功、元推功、道教、法輪功，佛教我自母親去世後即不信，都覺得沒道理，特別是法輪功，更認為是胡說八道，大雜燴，不可信，經不起推敲。

但是，當一九九三年，與我斷絕音訊整四十五年住在台灣，已九十七歲的

Although my work performance was outstanding, the treatment I received was always much worse than those who had the right kind of background. Not only not being fairly promoted when opportunities arose, I would always be among the first to be chosen to work in poor quality places whenever any anti-capitalism movement occurred. In those places, I had to work in the field with farmers during the day, and work as a doctor at night treating sick village people. Therefore, after a long period of time of emotional and physical sufferings, I developed many diseases. I had ulcers which resulted in internal bleeding five times. Most of my stomach was removed. I was in coma twice. Later my gall bladder was taken out due to tumors. I also suffered from active thyroid, arthritis, stroke, and heart problems. I was rushed into hospital emergency three times.

Looking back my life, I was accompanied by sufferings and sicknesses. All my effort of pursuing freedom, equality and democracy had all burst like bubbles. I never had peace in my heart. I tried to seek peace through many kinds of religions or philosophies. However, none of them convinced or helped me.

In 1993, my 97-year-old aunt with whom our communication had been cut off for

姨媽，第一次寫信給我，信中給我傳福音，叫我信主。我立即到書店買了本聖經，回來飯都不吃就讀聖經，第一章就給卡住了。聖經說，神創造了宇宙天地萬物，創造了人。人不是進化來的嗎？我幾十年所受的教育就是無神論、唯物論、進化論。入伍就唱的共產國際歌：「從來就沒有神仙和皇帝，就靠我們自己救自己」。我不相信有神，而且創造天地萬物，覺得太不可思議，看不下去。於是就翻到新約，有馬太福音，當看到第五章耶穌說愛仇敵，不要與惡人作對，有人打你右臉，連左臉也轉過來由他打，有人要告你，要拿你的裏衣，連外衣也由他拿去，有人強逼你走一里路，你就同他走兩里。然而幾十年我們所接受的是「人不犯我，我不犯人，人若犯我，我必犯人」。看到這裡腦子怎麼也想不通。看不下去了，把書合起來放到書櫃的最高層，再也不看了。寫信給姨媽也不提。

去年三女兒從新澤西回國看我們，帶了許多福音書和袖珍聖經本，還有錄音帶，給我們傳福音，每次她講我都打岔過去，笑一笑不理會。

到去年八月，女婿經營的公司失敗，女兒必須出來工作，一個五歲，一個九歲的孩子放學後家裡無人照管，無力請人，要求我去幫助照應一下。我自從九六年第二次到美國後下決心再不來美國，一則是我心臟病，突發心肌梗塞的機率很高，怕死在國外。二則不喜歡

over 45 years wrote to me for the first time. She shared the gospel with me and urged me to believe in Jesus. I immediately went to a bookstore and bought a Bible. I could not wait to read it. However, I was confused when reading the first chapter of the book. Bible indicated that God created the entire universe. This teaching was completely contrary to the evolution teaching I received since a child. I had been an atheist all my life, so I only believed in myself. Therefore, I flipped forward to the New Testament of the Bible. I read how Jesus told us in Matthew chapter five regarding loving our enemies. Jesus said: "...do not resist him who is evil; but whoever slaps you on your right cheek, turn to him the other also. And if anyone wants to sue you, and take your shirt, let him have your coat also. And whoever shall force you to go one mile, go with him two..." My principle of living had always been: "I will not offend others, if they do not offend me. But if they do, I will do the same." Therefore, I could not read on any more the Bible. Mixed with disappointment and confusion, I put the Bible at the highest level of my bookshelf and never wanted to touch it again.

Last year, my third daughter returned home from New Jersey. She brought to my husband and I many gospel-centered books and mini size Bibles as well as message tapes. She tried to share the gospel with us, yet we just ignored her.

Last August, the business run by my son-in-law closed down, so my daughter had to find a job to co-support the family. However, they also had two young children that needed to be cared for after school, so they asked us to help out. I visited them twice before and decided never to the U.S. again. One reason was

美國的生活，而認為女婿太驕傲，怕在一起傷了和氣，不肯來。而我的老伴他脾氣好，心地寬，他習慣美國的生活，由他來美國幫著照看兩個外孫也可以。所要的經濟擔保，女兒證件等都齊了，但就是護照壓在機關裡拿不到，走前門正式寫報告拿不到，又走後門找有關領導也辦不到，一拖兩個多月，這邊兩孩子下學後沒人管，警察都來干涉了，女兒急得要命，打電話哭著說度日如年，五歲的外孫女還病了，體重一下掉了四磅。我的心也軟了，愛孩子的感情逼使我不顧老命來美國幫他們一把。女兒立即用聯邦快件寄了經濟擔保來。十月三十一日收到經濟擔保，真驚奇，第二天十一月一日上午，老伴的護照突然給送來了。十一月二號去美國領事館簽證，連話都沒問，十一月三號就拿到簽證，六號就到了美國。

到美國又一個驚奇，女婿謙和了。我曾經認為一個人江山易改，本性難移，女婿的驕傲沒人能改造他。我悄悄地問女兒是誰，什麼力量使女婿變了。女兒說是神，他決志信主了。神能改造人，這又是一個驚奇。

正好來美後的第五天，教會有一對弟兄姊妹來看望女兒女婿，和他們查經。我帶著好奇坐在旁邊聽，鑒于以往接觸各教派的經驗，所以我先向他們聲明，我不信有神。聽的過程，我提出不少疑問，他們耐心的解釋，我也不明白。他們走時留下一本代摩士著的「世界上最快樂的人」給女婿，我好奇地拿來一看就放不下來了，我被神的愛

that I was afraid to die in a foreign country. Another reason was that I did not like my arrogant son-in-law. My husband was willing to help out, so we submitted the application for him. However, after everything was turned in, his passport was kept by his employer agency. The delay lasted for more than two months. In the meantime, my daughter called us and cried on the phone telling us even policemen came to warn them about leaving young kids at home alone. The younger child due to lack of care also became sick and lost four pounds in a short period of time. Moved by the love for my grandchild, I decided to apply for visiting them in the U.S. Marvelously, the day after I receive required documents from my daughter, my husband's passport was suddenly delivered to us. We went to the U.S. Embassy the very next day and obtained visa without even answering one question. Three days later, we were on the airplane to New Jersey.

Another big and pleasant surprise awaited us in the U.S. was that my son-in-law was totally changed from being arrogant to modest. I used to believe one can change anything but his own personality. Hence, I privately asked my daughter about his change. She said he was changed since he believed in Jesus. God can change even our personality. Now, that was a big surprise.

Five days after our visit in the U.S., Christians from my daughter's church came to visit them and studied Bible with them. Out of curiosity, I sat by them and listened. I also made clear to them that I was an atheist. During their study time, I asked many questions, and they were very patient in answering my questions. Before leaving, they gave my son-in-law a book titled "The Happiest Man in the World". I

所吸引，被一種崇高聖潔的愛所包裹，心被融化了一般，暖融融的。兩天就看完了，整個的人有一種特殊的吸引力，使我又找女兒要福音書看，緊接著我看了許多屬靈的書，如「科學與信仰」、「遊子吟」、「愛能創造奇蹟」、「耶穌釋放的大能」、「暗室之后」及「蔡蘇娟續集」。科學論證否認了神的存在和神的作為，產生了無神論、唯物論和進化論，我覺得這些是荒謬的，因為這些論證只看到或認識證明了被創造的宇宙和萬物，而對創造者的奧秘完全不認識，就自以為是的否認神的存在，否認創造者的存在和被創造的事實。

於是，我開始讀聖經創世記，這次讀起來不僅覺得神的存在，而且對神的大能、奇妙的智慧嘆服不已。雖然很多地方不懂，但不會覺得看不下去，而且一心想看，教會姊妹讓我先讀新約會懂些，一讀新約，簡直說是愛不釋手，有著被一種大愛包容的感覺。一個月我就讀完了新約，而且做了許多摘錄。真是使我驚奇的是，我從四十歲老花，五十二歲時老花已是五百度，散光五十度，又患了白內障，又不願做手術，戴眼鏡看書報一個小時頭就昏，視力模糊，而且放下眼鏡好一陣才調節過來。所以有七、八年都不看書報了，可自從讀第一本福音書，我一連四、五個小時，有時到深夜一點，還是就著燈光看的，也不覺視力模糊，我真是驚奇不已。

雖是這樣，就在十二月十日，我到美後一月，當一位姊妹看到我追求主，要給為做決志禱告時，我一聽她講「為你作個決志禱告」，我就不由自主莫名其妙的緊張、震顫、心跳、四肢發涼。我說「不行，我還不夠資格做基督徒」，她就沒有做成。

took a look at it, and could not let go until finishing it. I was drawn by God's love while reading that book. I felt surrounded by an unspeakable and holy love. My stubbornness melted gradually. I was eager to read more books like that one. Therefore, within a short period of time, I finished reading many popular books regarding Christian faith and testimony. I then realized how foolish atheism was for we discovered or proved many facts which existed due to God's creation, but we totally neglected or denied the existence of the Creator.

I started reading Bible again, from the first book "Genesis". This time not only I sensed God's holy presence, but also was amazed at His wisdom and wonder. A Christian sister advised me to read from New Testament first, so I finished it in one month. During this period of time, I experienced something miraculous. My vision was very poor due to high degree of Presbyopia and other eye problems, so I usually could not read more than one hour without feeling dizzy. Therefore, I pretty much stop reading for about eight years by then. Miraculously, since that time I could read for four to five hours even into midnight and felt nothing wrong.

Noticing how I was drawn by God's love, a Christian sister asked me if I would accept Jesus as my Savior. That was about one month after I arrived in the U.S. Upon hearing her question, I suddenly froze and became nervous. My spontaneous response was: "No! I am not yet qualified to be a Christian." That night lying on the bed, a voice reminded me by saying: "You

可當我十一點睡了一小會就突然醒了，心裡就有聲音說你既認識了神，又承認神的存在，就應該決志信他。可另一個聲音又說，必須是承認自己是罪人。我認為自己沒有罪，我經過多少苦難，就憑一身正氣，光明磊落，熱心助人，從不虧欠人，從沒有昧過良心，救人卻不少，何罪之有。於是，兩種思想在交鋒，混亂極了。一直折騰到兩點多，突然我左腳底第四掌指關節處像有個錘子鑽一樣的疼痛，直連到心，從來沒有這樣痛過。

這時我突然醒悟，是神在鞭策我，我的罪就是不認識神，神好不易把我從遠方帶來，讓我認識了祂，卻不承認祂、信祂，我怎能說自己不是罪人。

現在明知道神創造了宇宙天地萬物，創造了人類，我們之所以得以生命，得以生存，全是神給的。正像父母生養了我們，我們反不認父母，這不是罪是什麼？真是不孝之子，還說自己無罪。神為了救世人，把自己獨生子差遣到地上，道成肉身，以最卑微的身份，體驗人世的不平和苦難，最後捨命在十字架，流寶血為世人贖罪，死而復活作挽回祭，作我們人類的中保，使我們世人能得救，也能從死裡復活，回到天國去。神是多麼愛我們，耶穌基督是多麼愛我，不僅不降罪于我，還一而再地將救恩臨于我，可我還悖逆神居然不肯認神。我意識到我的罪後，立即禱告認罪。我請求神寬恕我的罪，我心裡相信，口裡承認耶穌基督是我的救主，我決志信靠主。就那麼幾句話，禱告完，

have known and acknowledge the Creator God, then you should just believe in Him.” At the same time, another voice said: “In order to believe God, you have to confess that you are a sinner. But, you did not sin, even in the midst of very difficult trials in your life.” The second voice was exactly how I felt about myself all the time. I suffered a lot, but never took advantage of others. I only helped or even saved others, but never committed sins. With those two thoughts busy crossing in my mind, I could not sleep at all. At about 2 a.m., a sharp pain pierced through the 4th toe of my left foot. The pain was so sharp that even caused my heart to ache badly. Suddenly, I realized that God was disciplining me. He tried to show me that just the fact of not knowing Him was a serious sin against Him, the Creator. He brought me afar from China so that I could know Him, but I still hesitated to believe in Him. I behaved like a rebellious son who denied the existence of his parents. How could I argue that I was not a sinner.

God loved us so much that He even sent His only son into the world as a man. Standing at the lowest position, He experienced sufferings and trials and finally died on the cross for the sins of the world. He was then raised from the dead to become the mediator between Holy God and us sinners. Hence, sinners who believe in Him can be saved and one day be in His kingdom with Him in eternity. How God loves us! Not only He did not condemn me for disbelieving, but always gently waited for me to repent. After realizing what a terrible mistake it is of not acknowledging Him, I immediately confessed my sin and asked for His forgiveness. Just after that simple prayer, the pain stopped, and I felt into a sweet sleep.

腳一點不疼了，至今也沒疼痛過。

再神奇的是我一禱告完發現腳不疼了就睡著了，一直睡到第二天九點，這是我從十六歲當兵以來，五十年從未有過的。無論多晚睡，無論是吃安眠藥，我早上六點鐘必醒，那生物鐘怎麼給改變了。而且醒來後心情是那麼的好，那麼的寧靜、歡喜。幾十年結在心中的怨恨、不平、憂慮，一掃而光，只覺心裡非常舒暢、平安，真是奇妙。而且從決志後至今兩個多月，我沒用過安眠藥，晚上禱告完頭一倒枕就睡著了。

我失眠已二十多年，吃完晚飯就不能喝茶，一點小事就經常靠安眠藥入睡，無論到什麼地方，要緊的是帶上安眠藥。到新澤西女兒家中睡不著覺，先是說空調聲音太響，換了一個房間，又說床不好睡，搞得女兒不好辦。可是信了主後，晚上睡得好，喝茶也沒事，就是到洛杉計小女兒花四百四十元租的公寓，既沒暖氣，又沒做飯的煤氣，沒電話、電視、冰箱不說，就只一張小床，我和老伴擠在地上的小墊上睡，女兒睡床墊的底墊。天又冷，兩人蓋一床薄被還蓋不住。可當我禱告完，仍是立即入睡，一樣的香甜，醒來心情仍是那麼好。發生了事，一禱告，一樣睡好。比如年三十，我們一家三口只用借來的飯鍋煮了兩包餃子，就算過了年。雖然這麼淒慘的光景，也是這二十多年來沒有的，完全沒有過年的任何氣氛和熱鬧、美食，但是我們心裡卻充滿了主的愛和平安、喜樂。睡得一樣香甜、安寧、舒服。

主是信實的。主說：『凡勞苦擔重擔的人可以到我這裡來，我就使你們得

Another marvelous thing happened to me was ever since that night, the sleeping problem which bothered me for 50 years suddenly disappeared. I used to take sleeping pills every night and always woke up at 6 a.m., as regular as an alarm clock. It has been two months since I accepted Jesus as my Lord, and I had not sought the help from sleeping pills ever since. The only thing I have to do each night is to pray, and I would fall asleep shortly. I now wake up with a peaceful and joyful mood. All the hatred, worries and pressure disappeared. It was truly a marvelous experience for a critical sleeper like me.

When I was in my daughter's house in New Jersey, I could not sleep due to the noise from the air-conditioner. She moved me to another room, but I had hard sleeping for the bed did not feel right. Any little worry would also prevent me from sleeping. Now, we live with our youngest daughter who rented an unfurnished little apartment. There is no heater, stove, telephone, TV, refrigerator, but one small bed and two thin blankets. Three of us split the upper and lower mattress and share the blankets. Every night we would pray and fall right into sweet asleep, and wake up with a joyful mood. We just celebrated Chinese New Years recently. We cooked some frozen dumplings with a borrowed pot. Although we did not have gourmet food and guests as previous 20 some years, our hearts were filled with the Lord's love, peace and joy. We had a night of sweet and comfortable sleep again.

The Lord is faithful. He said: "He who is weary and heavily burdened, come to me.

安息。』果然，我就簡簡單單地信了主。什麼也沒付出，什麼事都沒為主做，主卻給了我六十多年來拼命追求而得不到的安寧、喜樂。這種幸福感真是太奇妙了。

我決志以後，積在心裡幾十年的怨恨、憤世嫉俗神奇的消失之後，我才明白了主耶穌說的「要愛仇敵」，這是神的話，人是說不出也做不到的。信了主以後，主的大愛包容了我，我整個的身心如浸在愛的長河裡，是那麼的溫暖，那麼的得安慰，那麼的美好，心裡覺得人與人之間的關係變了，一切是可親可愛的，怨什麼怨不起來，恨什麼恨不起來，那種感覺真好。

在我這年老又病又殘毫無指望的晚年，得著主奇妙的救恩，得著我自童年起就缺少的愛，而且是那麼聖潔的愛，實在是太幸福了。

感謝主，感謝父神。我愛你，主耶穌基督。

彭孝昭姊妹

日日充滿憂傷重擔，心中苦悶孤單；
重擔可解脫在加略山，耶穌何等親近。

(副) 重擔可解脫在加略山，
加略山，加略山；
重擔可解脫在加略山，耶穌何等親近。

今向主交託你重擔，一切恐懼、愁煩；
重擔可解脫在加略山，耶穌何等親近。

I will give you rest.” Indeed, with a simply heart, I believe in Him. I did not pay any price for all things are done by Him. For that faith, the Lord gave me a true peace and joy which I pursued for years and could not obtain on my own. This blessed feeling is truly wonderful!

After I believed in Him, all the hatred that filled in my heart was gone. I then understood what Jesus meant by “Loving your enemies”. These are words said by God, so can not be done by men. These days, His love surrounded me and filled me. My whole being is covered by His river of love. I feel all things around me are just beautiful, so I can no longer hate others or recall any wrongs others did to me. This is such a great feeling!

At such an old age, I feel so blessed to be able to receive His marvelous salvation and find a love which had been absent since my childhood. All I want to say is: Thank You, Lord!”
Thank You, Father!” I love You! Lord Jesus Christ!”

Sister Xiao-Zhao Peng

*Days are filled with sorrow and care,
Hearts are lonely and drear;
Burdens are lifted at Calvary,
Jesus is very near.*

*(Refrain)
Burdens are lifted at Calvary,
Calvary, Calvary;
Burdens are lifted at Calvary,
Jesus is very near.*

*Cast your care on Jesus today,
Leave your worry and fear,
Burdens are lifted at Calvary,*

主看見你一切艱難，眼淚、痛苦悲嘆；
重擔可解脫在加略山，耶穌何等親近。

(聖徒詩歌 503 首)

Jesus is very near.

(Hymnary 503)