

你知不知道對於生命來講，光和水一樣重要？ Do you know that for life, light is as important as water? 特別是冬天，如果沒有曬足夠的日光，會造成維生素 D 缺乏，從而容易引發各種疾病。 Especially during the winter if we do not spend enough time in the sun, we can end up vitamin D-deficient, leaving us vulnerable to a number of infections. 我有位朋友在中國抓進監獄半年，在監獄裡面每天只有一小時放風時間 In China, a friend of mine, who had been put in prison for 6 months, recalled that during his time in the cell, each day he was allowed to have only one hour of outdoor exercise. 由於吸收光線不足，健康出現問題，甚至手指甲都是軟的。 Because of the limited exposure to light, his health declined to an extent that even his finger nails became soft. 那時候他一定渴望見到更多光明。 At that time, he must have been eager to see some light.

記得 80 年代有部日本電視劇阿信，現在仍然在很多亞洲國家收視率第一。 I remember that in 1980s, there was a Japanese television series “A Xin”, which still is the most watched television series in many Asian countries. 其中一個情節忠實記錄 20 世紀初，普通日本家庭第一次通電的感人場面。 One of the scenes faithfully portrays the touching moment when an ordinary Japanese family of the early 20<sup>th</sup> century had electricity in their home for the very first time. 全家人聚在燈下，等著爸爸開燈。 The whole family gathered around the light, waiting for the father to turn it on. 當潔白的燈光出現，又驚訝又興奮。 Then they marvelled at the brightness; they were excited by the warmth of the light. 他們在燈下又唱又跳。 They sang and danced under the lantern. 過節一般！ It was a festival!

生活在现代澳洲，我们习惯于光的唾手可得。 Living in modern Australia, we take for granted that light is always easy and cheap to get. 摁下开关就有光。 Just flip a switch if you need some light. 我们忘记光是上帝的礼物。 Perhaps we have forgotten that light is God's gift to his creation. 圣经里面有两样东西常常代表上帝的恩典和爱：水和光。 In the Bible, there are 2 things which often stand for God's grace and love to his people: water and light.

回到圣诞故事。 Back to the Christmas story. 第一个圣诞夜，全世界都不知道伯利恒发生什么事情。 On the very first Christmas Eve, the whole world was unaware of what was magically happening in a barn in Bethlehem. 在星星的光的引领下东方博士找到婴孩耶稣。 It was the light of a star that led the wise men to find baby Jesus. But when they found baby Jesus. 他们看见什么？ What did they see? 看见了光！ They saw the light! 光引领他们找到真光。 They were guided by a light to find the true light. 当耶稣的光照进他们心里，生命改变了。 When the light of Jesus shone into their hearts, it changed their lives.

耶稣说他就是真光。 Jesus says that he is the true light. 在光的面前没有黑暗能够隐藏。 There is no more darkness that can be hidden from the true light now. 他的爱和恩典的光线能够改变所有邪恶。 There is no evil heart that cannot be changed by the radiance of his grace and love. 从知识上讲，光是真理，道德上讲，光是圣洁。 Intellectually, light refers to truth; morally, light refers to holiness. 反过来，知识上讲黑暗是无知，道德上讲，黑暗是邪恶。 On the contrast, darkness intellectually refers to ignorance and morally refers to evil. 然而当光明进入黑暗，无论光线多么弱，都能让人看见。 However, you may notice that when light enters darkness, no matter how vulnerable the

light is, it can always be seen. 黑暗总不能胜过光。The darkness can never put it out.

照耀博士的光也照耀我们。The same light that shone upon the wise men has shone upon us. 我们是光的子女。We are the children of light. 以弗所书 5:8-9 节就是这样说：如今在主裡面是光明的，行事为人就当像光明的子女。光明所结的果子就是一切良善、公义、诚实 This is what Ephesians 5:8-9 tells us: *now you are light in the Lord. Live as children of light<sup>9</sup> for the fruit of the light consists in all goodness, righteousness and truth.*

能明白保罗的意思吗 Do you see what Paul is saying? 以弗所书不只是写给基督徒个体，更重要的是，针对所有教会—耶稣的身体。Ephesians is not only written for individual Christians, but more importantly, Paul wants to address the universal church—Christ's body. 耶稣呼召他的教会给世界带来光。Jesus has called his church to offer light to the world. 在圣诞夜这个信息每个人都应该知道。I think it is important for everyone to hear this message on Christmas Eve.

市面上百分之 80 的圣诞灯泡都是第三世界血汗工厂生产的？ Do you know that more than 80 percent of those Christmas lightings are manufactured by sweatshops in third world countries? 讽刺的是我们买来装点圣诞—庆祝耶稣到来。 Ironically, we buy them for decking Christmas trees or houses—celebrating Jesus' arrival. 教会难道不是真正的圣诞灯吗？ Shouldn't the church be the real Christmas light? 我们难道不应当与众天使一起宣扬真光耶稣基督，救赎主的到来吗？ Shouldn't we, together with the angels in Heaven, be proclaiming the arrival of the true light, Jesus our Saviour and redeemer? 世界难道不应当被他的光转变吗？ Shouldn't the whole world be transformed by

his light? 保罗 18 节这样说：光顯明出來，因為一切能顯明的就是光。 Listen what Paul says in verse 18: *everything exposed by the light becomes visible – and everything that is illuminated becomes a light.*

让我们感谢上帝我们的父，把光送到世界，使我们成为光的子女。 Let us thank God, our Father, who sent the light into the world that we have become children of light. 让我们求上帝，在我们里面的光能够刺破身边越来越多的黑安，更多的人能够认识他的光，接受他的光。 Let us also ask God that his light in us will penetrate more and more of the darkness of the world around us, and more people will come to recognise his light and will be drawn by his light. 以圣父圣子圣灵的名义， In the name of the Father, the Son and the Holy Spirit, 阿门 Amen.