A Biblical Walk Through the Mass

聖經瞭解彌撒聖祭

Session Three - The Liturgy of the Word

第三節 - 聖道禮儀

The Readings from Scripture

讀經

1. Paul teaches that all Scripture is inspired by God (see 2 Timothy 3:16). The word in Greek for “inspiration” (theopneustos) means “God-breathed.” The Bible is God’s divine Word communicated to us in the words of men.

依保祿教導，全部聖經都是天主所默啓的（見弟茂德後書 3:16）。 “默啓”（theopneustos）在希臘語中的意思是“上主的氣息”。聖經是上主用人的話傳達給我們的神聖話語。

a.Read CCC 105. Who is the common author of all the varied books of the Bible ?

閱讀 CCC 105。聖經各卷書的共同作者是誰？

b.Read CCC 106. What is the relationship between the human writers of Scripture

and God, the divine author.

閱讀 CCC 106。寫聖經的人與神聖作者 - 上主之間有什麼關係。

c.Read the following passages. What does the Bible teach about the power of God’s Word ?

閱讀以下經文。聖經對上主話語的力量有何教導？

Isaiah 55:10-11

以撒意亞書 55:10-11

Hebrews 4:12

希伯來書 4:12

2 Timothy 3:14-17

弟茂德後書 3:14-17

***The First Reading***

讀經一

The First Reading is generally from the Old Testament, with texts typically chosen for their connection with the Gospel reading. Following ancient custom, the First Reading during Easter Season is taken from the Acts of the Apostles, which highlights how the Church bore witness to the death and resurrection of Christ.

讀經一通常選自舊約，一般選擇與福音相關的經文。按照古老的習俗，復活節期間的讀經一取自宗徒大事錄，其中突出了教會如何見證基督的死亡和復活。

2. Read CCC 121-123 and CCC 129.

閱讀 CCC 121-123 和 CCC 129。

a. Why is the Old Testament still important today?

為什麼舊約在今天仍然很重要？

b. How should Christians read the Old Testament and understand its relationship to the New Testament?

基督徒應該如何閱讀舊約，並理解它與新約的關係？

***The Responsorial Psalm***

***答唱詠***

During the Responsorial Psalm, we praise, thank, or call out to God as the lector and the people recite lines from Scripture in alternating fashion. This practice has roots in the Bible.

在答唱詠中，我們讚美、感謝或呼求上主，因為讀經員和信眾以對答的方式誦讀聖詠中的詩句。這種方式源於聖經。

3. The back-and-forth movement of the Responsorial Psalm can be found in different places in both the Bible and the Mass.

Read the following passages and notice how they reflect the antiphonal pattern of the Responsorial Psalm:

在聖經和彌撒聖祭中，可以在不同的地方可找到對答式的聖詠。

閱讀以下篇章，並注意它們如何反映聖詠的對答模式：

Psalm 124:1

聖詠124:1

Revelation 5: 11-14

默示錄 5：11-14

**Think About It**: In addition to the Responsorial Psalm, what are some other places in the Mass where this kind of liturgical dialogue-this back and forth of praise or thanksgiving-is found?

想一想：除了答唱詠之外，在彌撒中還有哪些地方可以找到這種禮儀對答 -- 這種來回互動的讚美或感恩對話？

***The Second Reading and the Gospel***

讀經二與福音

The Second Reading, which comes from the New Testament, is used on Sundays and solemnities. It is usually chosen independently of the First Reading and the Gospel, but it sometimes corresponds to the themes of a particular season, such as Christmas or Lent.

選自新約的讀經二是在主日和瞻禮慶日使用。它的選取通常獨立於讀經一和福音，但有時與特定慶節的主題相對應，例如聖誕節或四旬期。

4. After the Second Reading, the Liturgy of the Word reaches a climactic moment in the Proclamation of the Gospel.

在讀經二後，宣讀福音使聖道禮儀達到了高峰。

a. Drawing on your own recollection of this moment of Mass, what happens at the Proclamation of the Gospel that does not happen with the other readings from the Bible? In other words, what unique rituals and prayers occur specifically before the reading of the Gospel?

根據你自己對彌撒那一刻的回憶，在宣讀福音時，會出現什麼在其他讀經時沒有發生的事情？換句話說，在宣讀福音之前，會進行哪些獨特的儀式和祈禱？

b. Why do you think the Gospel receives this extra attention in the Mass? (See CCC 125.)

你認為福音在彌撒中，為什麼受到如此格外的關注？ （見 CCC 125。）

***The Homily***

***講道***

The word homily means "explanation" in Greek. Itis used to describe the priest's (or bishop's or deacon's) explanation of and expounding upon the biblical texts proclaimed in the Liturgy of the Word. This practice has its roots not only in the early Church but also in the Scriptures themselves.

Homily 這詞彙在希臘語中的意思是「解釋」。它用於描述司鐸（或主教或執事）對聖道禮儀中宣讀的聖經篇章，加以解釋和闡述。這種做法不僅源於早期教會，也源於聖經本身。

5. Read Nehemiah 8:5-8. In this passage, the book of the Law is not merely proclaimed to the people. What do the Levites do to ensure that the Word of God is understood properly?

閱讀厄斯德拉下8:5-8。在這段經文中，法律書不僅是向人們宣講的。肋未人如何確保上主的聖言得到正確理解？

6. In Jesus' day, the Scriptures were read in the synagogue and then explained by the rabbis or other leaders. How is this reflected in the following verses, which report Jesus' own ministry in the synagogues?

在耶穌的時代，在會堂裡宣讀聖經，然後由辣彼或其他宗教領袖解釋。這如何反映在以下經文中，這些經文講述了耶穌自己在會堂裡的傳教使命？

Mark 1:21

馬竇福音 1:21

Luke 4: 18-30

路加福音 4：18-30

***Profession of Faith: The Creed***

*宣認信仰：信經*

After the homily, we stand and recite the Creed.

講道結束後，我們起立並背誦信經。

7. The ancient Israelites had their own creed-like summary statement of faith, found in Deuteronomy 6:4-5. It is known as the Shema, a Hebrew word meaning "hear," which is the first word of the statement: "Hear, 0 Israel: The LORD our God is one LORD ... " In reciting the Shema, the Israelites expressed a different view of the world than was commonly accepted. The nations around Israel believed in multiple deities; they worshipped not the Creator but the things he created, such as the sun, moon, stars, rivers, and animals. Israel's Shema, however, emphasized belief in only one God (monotheism). Israel's God was the one true God over all and the Creator of all the things that the pagans mistakenly viewed as deities. In this, the Shema was countercultural.

古代以色列人有他們自己的信條式的信仰總綱聲明，見於申命記 6:4-5。它被稱為舍瑪，希伯來語的意思是“聆聽”，這是總綱的第一個詞：“聽，啊 以色列：上主我們的主是獨一的主……”在背誦舍瑪時，以色列人表達了不同於人們普遍接受的世界觀。以色列周圍的民族屬多神的信仰；他們崇拜的不是造物主，而是祂創造的東西，比如太陽、月亮、星星、河流和動物。然而，以色列的舍瑪強調只相信一位神（一神論）。以色列的上主是獨一的真神，祂是異教徒錯誤視為神靈的萬物的創造者。在這方面，Shema (舍瑪)與異教的文化相反。

a. In what ways is the Christian view of the world (as summarized in the Creed) different from the way many modern men and women view the world and live their lives? For some ideas, review pages 91-92 in the book A Biblical Walk through the Mass.

基督徒的世界觀（如《信經》所總結的）與許多現代人看待世界和生活的方式有何不同？對於一些想法，請查看《從聖經瞭解彌撒》一書第 91-92 頁。

b. Read Deuteronomy 6:4-5. In what way is the Christian Creed similar to this Old Testament creedal statement? In what ways is it different?

閱讀申命記 6:4-5。基督徒的信經與舊約信仰宣認有何相似之處？它在哪方面有所不同？

c. Read Deuteronomy 6:6-9. List the things the Israelites are instructed to do with the Shema.

閱讀申命記 6:6-9。列出以色列人獲指示而對舍瑪要做的事情。

d. How might the ancient Israelite devotion to the Shema (as seen in Deuteronomy 6:6-9) inspire us to say and ponder the Creed?

古代以色列人對舍瑪的忠誠（如申命記 6:6-9 所示），如何啟發我們宣示和思考信經？

***Prayer of the Faithful***

***信友禱文***

In the concluding part of the Liturgy of the Word, we respond by presenting our petitions to God through the Prayer of the Faithful. Here we intercede for the Church, for those in authority, for those in need, and for the salvation of all people.

在聖道禮儀的結尾部分，我們的回應是透過信友禱文向天主表達我們的祈求。在這裡，我們為教會、當權者、有需要的人，以及所有人的得救代禱。

8. Read the following passages. What do they tell us about intercessory prayer?

閱讀以下篇章。關於代禱，它們告訴了我們什麽？

Acts l2:1-7

宗徒大事錄 12:1-7

Thessalonians 1 :2-3

得撒洛尼人前書1：2-3

Corinthians 1:11

格林多人前書 1:11

**For Personal Reflection**: In the Prayer of the Faithful, the people are often invited to pray for their own intentions in the silence of their hearts. What intentions would you like to pray for when you next attend Mass?

個人反思：在信友禱文中，信眾經常被邀請在內心的靜默中為自己的意向祈禱。當你下次參與彌撒時，你想祈求什麼意向？

***Application***

This exercise will help you apply one of the key themes of the session to your life. After meditating on it, respond to God with a brief written prayer if you choose.

The people of lsrael prepared themselves for three days before encountering God's Word spoken to them at Mount Sinai. One thing we can do to prepare ourselves better to hear God's Word at Mass is to read the Sunday Mass readings before we go to church. The daily readings are available online at the United States Conference of Catholic Bishops website, at bible.usccb.org/daily-bible-reading.

This week, read the Mass readings for the upcoming Sunday Mass. Before you begin, say a prayer asking God to help you be attentive to what he wants to teach you through these readings. Then think about one thing that stands out to you in the readings-something which either grabs your attention, piques your interest, or is related to something in your life now ... something through which you sense God might be speaking to you.

生活實踐

本練習將幫助您將本課的其中一個關鍵主題應用到您的生活中。在默想後，如果你願意，可以用簡短的書面祈禱向上主作回應。

以色列人準備了三天，然後才在西乃山恭聽上主對他們所說的話語。讓自己在彌撒中聆聽聖言作更好的準備，那就是在我們往聖堂之前閱讀該主日彌撒的讀經。每日讀經可在美國天主教主教會議網站上在線獲取，網址為 bible.usccb.org/daily-bible-reading。

本週，閱讀即將舉行的主日彌撒的讀經。在開始前，祈求上主幫助你留意到祂想透過這些讀經對你的教導。然後想想在閱讀中一件突出的事—或引起你的注意，激發你的興趣，或與你現在生活中的某件事有關……通過它，你感覺到上主可能正在對你說話。