

INTRODUCTION 引言

Facts build our faith. Simply because many people believe in the same things do not make them real. You may have heard of the following examples. The Great Wall of China can be seen from space. In reality, you need some powerful telescope to do so. Coca-Cola is strong enough to dissolve your teeth. Gaining weight should be a bigger concern if you drink too much of it. A coin falls down from a tall building will damage your car. The fact is, it will hurt your wallet more than anything if you throw money away. The matter gets more personal with regard to the resurrection of Jesus Christ. Is Jesus truly alive or is the resurrection story just a lie? The foundation of our faith is the Bible. The reliability of the Bible is yet another huge debate. Christianity is opened to objective investigation. We should encourage seeker friends to ask questions. We would be preaching a blind faith if we tell people: “Don’t ask, just believe!” However, it would be equally unwise not to believe if you find the evidence compelling. Today, we will study the stories of some witnesses of the resurrection. When you read the four gospels, you may find seemingly conflicting information. Do not jump to a conclusion so quickly that there are errors in the Bible. The four writers present their reports based on personal experience, testimonies of others, or both. Suppose someone asks you later: “How was the Easter service at your church?” You say: “Oh, I love the children’s choir. Those kids are so cute.” You do not mention the adult choir, but that does not mean there was only one special music. Or you may reply: “I received a warm welcome from the greeters.” It will be a mistake to deduce that the rest of the people were rude. The point is that we should not impose our imagination to a Bible passage. Rather, we need to focus on the information in the text first. Then we compare it with the other gospels. Actually, the four gospels do not contradict with, but complement, each other. Many Bible scholars tried to harmonize the four accounts. I put the links of two such reports in the sermon outline. I encourage you to read those articles. The fact is that Jesus either came back to life or He did not. There is no third possibility. The central theme of our message today is this: Jesus rose not because we believe; but we believe because He rose.

EXPLANATION 解釋

1. Guards: From Disbelief to Disregard 守衛：從不信到不管
(Matthew 馬太福音 28:1-4, 11-15)

The first group of witnesses of Jesus’ resurrection were actually some non-believers. They were the guards at Jesus’ tomb. I describe them as people who changed from disbelief to disregard. Let us hear their stories in [Matthew 28:1-4 and 11-15](#). The guards were scared to death when they saw the angel. Why were there some soldiers? The Jewish religious leaders asked for them from the Roman governor Pilate. Listen to their request in Matthew 27:63-64 – **63 ...“Sir, we remember how that impostor said, while he was still alive, ‘After three days I will rise.’ 64 Therefore order the tomb to be made secure until the third day, lest his disciples go and steal him away and tell the people, ‘He has risen from the dead,’ and the last fraud will be worse than the first.”** The religious leaders remembered Jesus say that He would come back to life three days after death. They did not believe in Jesus’ words. They were only afraid that the disciples might steal His body and make up a resurrection story. To them, that would be a bigger lie than the fake

news that Jesus claimed Himself to be the Savior. Pilate gave the religious leaders permission to dispatch their temple police. He might think: "It's the Jews' business. Let them handle it. After all, Jesus has died. What can his followers do?" Thus, the tomb was closed with a large stone, a rope sealed the entrance and guards were stationed outside. The tomb was basically a cave with an opening. On that Sunday morning, an angel rolled the stone away. The guards quickly reported it to the religious leaders. But those teachers did not bother to investigate what had happened. Jesus proved Himself to be God if He had indeed risen from the dead. The public would instantly realize that the religious leaders were running a religious show all along. The risks were too big to bear. Therefore, they bribed the guards and asked them to spread a lie. Since then, the lie was circulated among the Jews. The guards buried the fact, because exposing it would be costly. They could lose their job. They would be kicked out of the Jewish community. They thought it was smarter to take the money and keep their mouths shut. Many people today also think that the price to become a Christian is too high. They reason that they have more urgent matters to deal with. There are bills to pay, family to raise and work to get done. Attending church meetings means less time to make money. Some people say: "I'll go to the church after I'm retired." But they are busy enjoying retirement life afterward. They feel that the Bible teaches good but impractical moral lessons. They are afraid others may take advantage of them if they live by Biblical principles. Going to heaven is good. But they think they can decide that later. Do not let your disbelief become disregard. It is true that we have to work, take care of our family and put food on the table. Believing in Jesus is about life in this world as much as about life in heaven. The resurrection of Jesus brings meaning to our daily life. Jesus is a living God. He lives in those who believe in Him and walk with Him. He gives us strength to face struggles, gives us joy when we are in despair and gives us hope for the future. This life is like a training course to make us more like Jesus. It prepares us to spend eternity with Him forever.

2. Women: From Fear to Joy 婦女：從驚慌到驚喜 (Luke 路加福音 24:1-8; Matthew 馬太福音 28:8-10)

The religious leaders and the guards ignored what had happened at the tomb. In comparison, there were some women whose response changed from fear to joy at Jesus' resurrection. Let us listen to the reading of [Luke 24:1-8](#) and [Matthew 28:8-10](#). Those ladies were faithful followers of Jesus. They financially supported Jesus and the disciples in their gospel works. They were there when Jesus was nailed to the cross. Two of them followed Joseph to the tomb when he buried Jesus. Now those sisters came back on Sunday morning. They brought spices to anoint Jesus' body. The goal was to counter the bad smell from decomposition. The women wanted to pay a final tribute to the teacher they loved. They came with a simple mind. They did not even know how to move the stone away. They might not know guards were present. Love motivated them to take action. They were surprised to see that the stone was rolled away. They went into the tomb but they did not see the body. When they were wondering what was going on, two angels appeared in the form of men. They told the women that Jesus was risen just as He said. Jesus told people before that He would be rejected by the religious leaders, be killed by them but He would rise three days later. The first two things had taken place. Now the angels announced that the final step had come true. The women believed with a simple faith. The news was too important to keep to themselves. Matthew and Mark record that the angels asked the women to tell the disciples. While they were on their way, Jesus appeared to them. Matthew 28:9 reads: [And behold, Jesus met them and said, "Greetings!" And they came up and took hold of his feet](#)

and worshiped him. I would have a heart-attack if I were one of the ladies. In our traditional mindset, a deceased person standing before you is a ghost. Jesus knew the women's mixed feelings. Therefore, He calmed them by saying: "Do not be afraid." Jesus assured them that it was really Him. Why did Jesus appear to them? First, it was a solid proof that He had risen. Second, Jesus wanted to turn their fear to joy. Third, this was Jesus' first appearance to people after His resurrection. He rewarded the ladies for their love and loyalty. There are a few things we can learn from those women. At that time, Jesus' disciples were hiding. They were afraid that they would be next after the religious leaders arrested their teacher. But those women remained faithful to the Lord. There may be situations where we dare not to express our faith. For example, do you say grace at lunch before your classmates or coworkers? How would you react if your boss asks you to lie in a business transaction? Or when your friends make fun of your beliefs? It takes faith to stay faithful to God. He promises to protect us when we seek help from Him. Also, the women came as early as they could. They brought some expensive perfume. They bowed before Jesus when they saw Him. How do you express your love for the Lord? Is there joy instead of grumble when you come here on Sunday? This is not a funeral for a dead founder of a religion, but a celebration for the risen Lord. Being solemn does not mean that we cannot be joyful. Jesus is ready to meet you. Are you prepared to meet Him? Let me give you some suggestions. Go to bed earlier, so that you can get up in time on Sunday. It is also a good habit to get your clothes, Bible and offering ready the night before. Listen to worship music on your way here. I am sure our worship will be much better if we come with a correct attitude.

3. Disciples: From Confused to Confirmed 門徒：從疑惑到確信 (Luke 路加福音 24:9-12; John 約翰福音 20:19-20, 24-29)

The women went to inform the disciples that Jesus was resurrected. The Lord was about to restore their faith. Later, they changed from confused to confirmed. The passages we will cover are in **Luke 24:9-12, and John 20:19-20 and 24-29**. Luke tells us that the disciples rejected the report from the ladies outright. There are at least two reasons for that. First, at that time, women had a lower social status. Their testimonies were not considered as trustworthy. Second, a dead person came back to life is just too hard to accept. However, among those men, Peter went to the tomb to check it out for himself. The gospel of John adds that John himself accompanied Peter. John 20:6-7 record what they saw: **6 (They) saw the linen cloths lying there, 7 and the face cloth, which had been on Jesus' head, not lying with the linen cloths but folded up in a place by itself.** A roll of linen cloth that wrapped around Jesus' body and a headpiece were left in the tomb. They did not find Jesus' body. They wondered what had happened. Most likely, they shared what they saw with the other believers on their return. In the same evening, Jesus showed Himself to the disciples behind a closed door. Luke adds further details about this encounter. As expected, their first reaction was fear. Jesus assured them that it was truly Him by a few actions. He show them the nail wounds on His hands and feet. He encouraged them to touch Him to verify that He was not a ghost. Then Jesus ate a piece of fish in front of them. Their fear was then turned into joy. Jesus was indeed resurrected! But there was a problem. For some reason Thomas was not on the scene. He did not believe even after hearing the testimony from the brothers. Thomas insisted: "I will believe only after I feel the marks of Jesus' wounds with my own hand!" That was how he got the nickname "Doubting Thomas." Jesus appeared again a week later. This time Thomas was there. The Lord could have rebuked Thomas for his disbelief. Instead, Jesus encouraged the brother to touch Him. Thomas exclaimed: "My Lord and my God!" Jesus responds in John

20:29: ...“Have you believed because you have seen me? Blessed are those who have not seen and yet have believed.” Jesus was comparing Thomas to other Christians, including us. Blessed were those who met the resurrected Lord. But more blessed are those who believe without seeing Jesus. There is no video record of the resurrection. We believe it is true because of the eye-witness accounts of Jesus’ followers. That is exactly why Jesus showed Himself to them. Jesus did not appear before the religious leaders after He came back to life. They had made up their mind to reject Jesus. But to those brothers, Jesus commanded them in Luke 24:46-48 – 46 ... “Thus it is written, that the Christ should suffer and on the third day rise from the dead, 47 and that repentance for the forgiveness of sins should be proclaimed in his name to all nations, beginning from Jerusalem. 48 You are witnesses of these things.” The disciples were about to become evangelists and pillars of the first Christian church. They must testify from personal experience that the Bible was true. Jesus had fulfilled the Old Testament prophecies. He was the promised Savior. He died to cover people’s sins. But He rose three days later to prove that He is God. Those who confess their sins and accept the forgiving grace through Jesus will be saved. Since then, Jesus changed the lives of those disciples. They eagerly preached that Jesus was Lord. They were fearless in front of the Jewish and Roman authorities. From Jerusalem the good news was spread to the rest of the world. Today, we can hear the gospel because some Christians are faithful to the same calling. The baton is now in your hand if you are a believer.

CONCLUSION 結論

Jesus rose not because we believe; but we believe because He rose. The religious leaders and the guards intentionally covered the facts. The women joyfully welcomed the news. The disciples boldly proclaimed the truth. If there is no resurrection, Jesus’ death is the end of the story. He was only a human like us. Christians are fooled by a lie. There is no such thing as eternal life. We may as well focus on what we can get from this world. We just disappear after we close our eyes. However, if Jesus is alive, then He gives us meaning to this life. We do not live for ourselves. But we live for the Lord who gives us life. What does the Easter account mean to you today? Two thousand years ago, God became a man and came into our world. He died for your sins on the cross. But He rose three days later. Death could not confine Him because He is the one true God. Jesus now invites you to receive His salvation grace. Will you respond to His calling by three actions? First, admit that you are a sinner and you cannot save yourself. Then believe that Jesus is the only true God and believe that He died for your sins. Thirdly, commit yourself to Him by accepting Him as your Savior and Lord. Will you embrace this gift of salvation today? To those who are believers already, Jesus gives you the same command He gave the disciples. Go share this good news to others who do not know Him. Witness to people that Jesus is living in you.

INTRODUCTION 引言

事實建立我們的信心。只是因為許多人相信同樣的事情並不能使它們變為真實。你可能聽說過以下例子。從太空中可以看到中國的長城。事實上，你需要一副強力的望遠鏡才能看得到。可口可樂會溶解你的牙齒。如果你喝太多，體重增加應該是一個更嚴重的問題。一枚硬幣從高樓上掉下來會砸壞你的汽車。事實上，如果你亂丟錢，傷害最大的是你的錢包。關於耶穌基督的復活，對我們更有切身關係。到底那個是事實還是騙局？我們信仰的根基是聖經。聖經的可靠性是另一個巨大的爭論。它到底是人寫的故事書，還是神的話？基督信仰可以被客觀驗證。我們應該鼓勵福音朋友提出疑問。如果我們告訴他們：「不要問，只要相信！」，我們就是在宣揚盲目的信心。然而，如果你發現證據令人信服，不相信也是不明智的。今天，我們會查考一些復活見證人的故事。當你讀四福音書時，你可能會發現看似相互矛盾的訊息。不要太快下結論，認為聖經有錯誤。四位作者根據個人經歷、別人的見證或兩者結合來寫他們的報告。假設有人問你：「你們教會的復活節崇拜如何？」你說：「我喜歡兒童詩班。那些孩子太可愛了。」你沒有提到大人詩班，但這並等於只有一個小組獻詩。或者你可能說：「我受到了迎賓熱烈的歡迎。」推斷其他人沒有禮貌是錯誤的結論。重點是我們不應該把我們的想像力強加在聖經經文上。我們需要先集中在經文本身的信息，然後我們用其他福音書作比較。事實上，四福音書並不矛盾，而是互相補充。許多聖經學者試圖協調這四個記載。我在講道大綱中放了兩篇這樣的報告的鏈結。我鼓勵你去看那些文章。耶穌要不然真的復活，要不然就是沒有復活。沒有第三種可能性。我們今天信息的中心主題是：耶穌復活不是因為我們相信；耶穌復活因此我們相信。

EXPLANATION 解釋

1. Guards: From Disbelief to Disregard 守衛：從不信到不管 (Matthew 馬太福音 28:1-4, 11-15)

耶穌復活的第一批證人其實是一些非信徒。他們是耶穌墳墓的守衛。我形容他們是從不信到不管的人。讓我們從馬太福音 28:1-4 和 11-15 中聽聽他們的故事。守衛看到天使時都嚇得要死。為什麼會有一些士兵在哪裡？猶太宗教領袖向羅馬巡撫彼拉多要求守衛。請聽馬太福音 27:63-64 中他們的請求：63 「大人，我們記得那誘惑人的還活著的時候曾說：『三日後我要復活。』」 64 因此，請吩咐人將墳墓把守妥當，直到第三日，恐怕他的門徒來，把他偷了去，就告訴百姓說：『他從死裡復活了。』這樣，那後來的迷惑比先前的更利害了！」宗教領袖記得耶穌說過祂會在死後三天復活。他們不相信耶穌的話。他們只是擔心門徒會偷走祂的身體並編造復活

的故事。對他們來說，這比耶穌聲稱自己是救世主的假消息是更大的謊言。彼拉多允許宗教領袖派遣聖殿的守衛。他可能想：「這是猶太人的事。讓他們來處理吧。畢竟，耶穌已經死了。他的跟隨者還能做什麼？」於是，墳墓被一塊大石頭擋住，一條繩子封住了入口，在外面有衛兵駐守。那個墳墓其實是一個有開口的洞穴。那個星期天早上，一位天使把石頭滾開了。守衛馬上通知宗教領袖。但是那些老師懶得去調查到底發生了什麼事情。如果耶穌真的從死裡復活了，那麼便證實祂是神。大眾立刻就會意識到原來宗教領袖一直都在做宗教表演。這些損失太大，難以承受。於是，他們賄賂警衛，要他們散播謊言。從此，這個謊言就在猶太人之間流傳。守衛掩蓋事實，因為揭露它需要付出高昂的代價。他們可能會失去工作。他們將被趕出猶太人的圈子。他們認為拿錢然後閉嘴比較明智。今天許多人也覺得成為基督徒的代價太高了。他們認為自己有更緊急的事情要處理。有帳單要付，有家人要養，還有工作要完成。參加教會聚會意味著減少了賺錢的時間。有些人說：「我退休後就去教堂。」但他們之後卻忙著享受退休生活。他們認為聖經的道德教訓很好但不切實際。他們擔心如果他們按照聖經的原則去生活，就會被人佔便宜。去天堂是一件好事，但他們認為可以以後再做決定。不要讓你的不信變成不管。誠然，我們必須工作、養家、糊口。相信耶穌不僅關乎天堂的生活，也關乎今生的生活。耶穌的復活為我們的日常生活帶來了意義。耶穌是永活的主。祂住在那些相信祂並與祂同行的人裡面。祂給我們力量面對困難，使我們在失望中有喜樂，也給我們將來的盼望。今生就像一個訓練課程，讓我們變得更像耶穌。它讓我們準備好與主永遠共度永恆。

2. Women: From Fear to Joy 婦女：從驚慌到驚喜

(Luke 路加福音 24:1-8; Matthew 馬太福音 28:8-10)

宗教領袖和守衛忽視了在墳墓發生的事。相比之下，有些婦女對耶穌復活的反應是從驚慌變為驚喜。讓我們來聽聽路加福音 24:1-8 和馬太福音 28:8-10 的記載。那些女士是耶穌忠實的追隨者。她們在經濟上支持耶穌和門徒的福音工作。當耶穌被釘在十字架上時，她們也在場。當約瑟埋葬耶穌時，她們中的兩個人跟著約瑟來到墳墓。現在那些姐妹在星期日的早上回來了。她們帶著香料來膏耶穌的身體，目的是蓋過遺體腐爛所產生的臭味。婦女們想向她們所愛的老師表達最後的敬意。她們帶著單純的心。她們甚至不知道如何移動擋住墳墓的石頭。她們可能也不知道有守衛在那裡。愛驅使她們採取行動。她們驚訝地發現石頭被滾開了。她們進入墳墓，但沒有看到遺體。當她們正在猜疑發生了什麼事時，兩個天使以人的形態出現。他們告訴婦女們，耶穌正如祂所說的復活了。耶穌之前告訴人們，祂會被宗教領袖拒絕，被他們殺害，但三天後祂會復活。前兩件事已經發生了。現在天使宣布最後一步也實現了。婦女們懷著單純的心相信了。這個消息太重要了，不能保密。馬太和馬可記載，天使要婦女去告訴門徒。當她們在路上的時候，耶穌向她們顯現。馬太福音 28:9 寫道：忽然，耶穌遇見他們，說：「願你們平安！」他們就上前抱住他

的腳拜他。如果我是其中一位女士，我肯定會心臟病發作。在我們的傳統觀念中，站在你面前的死人就是鬼魂。耶穌知道婦女們複雜的心情。因此，祂安慰她們說：「不要害怕。」耶穌向她們保證那的確是祂。耶穌為什麼要向她們顯現？首先，這是祂復活強而有力的證據。其次，耶穌希望將她們的驚慌變成驚喜。第三，這其實是耶穌復活後第一次顯現給人看。耶穌以此獎賞婦女們的愛和忠誠。我們可以從這些女士身上學到一些東西。那時，耶穌的門徒都躲起來。他們擔心宗教領袖抓了他們的老師後，然後便會輪到他們。但那些婦女仍然忠於主。在某些情況下，我們可能不敢表達我們的信仰。例如，吃午餐時你會在同學或同事面前做謝飯禱告嗎？如果你的老闆要求你在生意交易中說謊，你會如何反應？或者當你的朋友取笑你的信仰時，你會怎樣做？對神保持忠誠需要信心。當我們向祂尋求幫助時，祂承諾會保護我們。此外，婦女們也盡她們的可能一大早便跑來。她們帶著一些昂貴的香料。當她們看見耶穌時，她們就在耶穌面前下拜。你如何表達你對主的愛？當你星期日來到這裡時，你是充滿喜樂還是心裡埋怨？我們不是為已故的宗教創始人舉行葬禮，而是為復活的主舉行慶祝。莊嚴並不等於我們不能充滿喜樂。耶穌已經準備好來見你。你準備好朝見祂嗎？讓我給你一些建議。早點睡覺，這樣主日就能準時起床。前一天晚上準備好衣服、聖經和奉獻也是好習慣。來教會的路上聽一些敬拜的詩歌。我相信，如果我們有正確的心態，我們的敬拜會更好。

3. Disciples: From Confused to Confirmed 門徒：從疑惑到確信 (Luke 路加福音 24:9-12; John 約翰福音 20:19-20, 24-29)

婦女們去告訴門徒耶穌復活了。主即將恢復他們的信心。後來，他們從疑惑變成確信。我們來看路加福音 24:9-12、約翰福音 20:19-20 和 24-29 的經文。路加告訴我們，門徒否定了婦女們的報告。至少有兩個原因。首先，當時女性的社會地位較低，她們的見證被認為不值得相信。其次，死人復活實在令人難以置信。然而，在那些門徒中，彼得親自到墳墓那裡去查看。約翰福音補充說，約翰他自己也跟著彼得去看。約翰福音 20:6-7 記載了他們所看見的情形：6（他們）看見細麻布還放在那裡，7 又看見耶穌的裹頭巾沒有和細麻布放在一處，是另在一處捲著。墳墓裡留下了一卷包裹耶穌身體的麻布和一些頭巾。他們沒有找到耶穌的身體。他們不明白發生了什麼事。很有可能他們回去後與其他信徒分享他們所看到的一切。同一天晚上，耶穌在關著門的房間向門徒顯現。路加補充有關耶穌出現的細節。我們可以想像，他們的第一個反應是害怕。耶穌透過一些行動向他們證明那真的是祂。祂向他們展示祂手和腳上的傷口。祂鼓勵他們去摸祂，以確認祂不是鬼魂。然後耶穌也在他們面前吃了一塊魚。然後他們的恐懼變成了喜樂。耶穌確實復活了！但是有一個問題。由於某種原因，多馬沒有在現場。即使聽了弟兄們的見證，他仍然不相信。多馬說：「除非我親自摸到耶穌的傷痕，否則我不會相信！」這就是「多疑的多馬」這個綽號的由來。一週後耶穌再次出現。這次多馬也在那裡。主本來可以責備多馬的不信。相反，耶穌鼓勵那位弟兄去摸祂。多馬大叫：「我的主，我的神！」

耶穌在約翰福音 20:29 回應說：...「你因看見了我才信；那沒有看見就信的有福了。」耶穌將多馬與其他基督徒（包括我們）作比較。那些遇見復活主的人是有福的。但那些沒有看見耶穌就相信的人更是有福。沒有復活的錄影。我們相信那是真實的，是因為耶穌跟隨者的見證。這正是耶穌向他們顯現的原因。耶穌復活後並沒有出現在宗教領袖面前，因為他們早已下定決心拒絕耶穌。但耶穌在路加福音 24:46-48 中吩咐那些弟兄：46 ...「照經上所寫的，基督必受害，第三日從死裡復活，47 並且人要奉他的名傳悔改、赦罪的道，從耶路撒冷起直傳到萬邦。48 你們就是這些事的見證。」門徒即將成為福音宣教士和第一所基督教會的支柱。他們必須從個人經歷中證明聖經是真實的。耶穌應驗了舊約的預言。祂是應許的救世主。祂的死是為了遮蓋人的罪。但祂在三天後復活了，證明祂是神。那些承認自己的罪並接受耶穌赦罪恩典的人便能得救。從那時起，耶穌改變了那些門徒的生命。他們熱切地傳揚耶穌是主。他們在猶太和羅馬官員面前無所畏懼。那個好消息從耶路撒冷傳到世界各地。今天，我們能聽到福音，是因為有些基督教忠於同一個呼召。如果你是信徒，接力棒就在你的手中。

CONCLUSION 結論

耶穌復活不是因為我們相信；耶穌復活因此我們相信。宗教領袖和守衛故意掩蓋事實。婦女們喜悅地接受消息。門徒們大膽地傳揚真理。如果沒有復活，耶穌的死就是故事的結局。祂和我們一樣只是平凡人。基督徒被一個謊言欺騙了。沒有永生回事。我們應該把注意力放在這個世界能夠給予我們的東西。當我們閉上眼睛之後，我們就消失了。然而，如果耶穌仍然活著，那麼祂便賦予我們生命的意義。我們不是為自己而活，乃是為賜我們生命的主而活。今天復活節的記載對你有何意義？兩千多年前，神成為人來到我們的世界。祂為你的罪死在十字架上，但是三天後祂復活了。死亡不能限制祂，因為祂是獨一的真神。耶穌現在邀請你接受祂的救贖恩典。你願意用三個行動來回應祂的呼召嗎？首先，承認你是個罪人，你無法救自己。然後相信耶穌是唯一的真神，並相信祂為你的罪而死。第三，將自己委身予祂，接受祂為你的救主和生命的主。你今天願意接受這份救恩的禮物嗎？對於那些已經是信徒的人，耶穌給你的命令與祂給門徒的命令是一樣的。去把這個好消息分享給不認識祂的人吧。向人見證耶穌住在你裡面。