

引言 INTRODUCTION

Last week, we saw that Abram was on a moving trip. He took his wife Sarai and his nephew Lot, along with his servants and belongings. They left Ur of the Chaldeans and went to Canaan. God appeared to Abram and promised to bless him and his descendants. From then on, Abram learned to put his faith in this new God he met. He was like a new believer. Recall the time when you first became a Christian. The Bible is full of foreign terms. Building a relationship with God takes time and faith. The more we experience His truthfulness, the stronger our faith will be. The Bible describes such process as refining gold. The ore must pass through extreme heat to burn away the impurities. What is left will be fine gold. Nobody likes to go through hardship. But without those difficulties, we will remain as immature spiritual infants. Abram must go through the same training too. He was an imperfect person like us. In subsequent passages, we see that Abram stumbled over and over again due to a lack of faith. At the same time, God was patient with him. He intervened at the proper time and pulled Abram out of the mess. Today's story is a typical example. Abram succumbed to fear instead of submitting to God in faith. But God came to Abram's rescue. Before we pick up a magnifying glass and find fault in him, we should grab a mirror and examine ourselves. We often let fear overcome our faith too. The lesson for Abram is also for us: We will not compromise our faith if we remember God's promises.

解釋 EXPLANATION

1. 麻煩 Complication

Life in Canaan did not turn out to be smooth-sailing. Abram soon faced a complication. There was a massive famine in the region. Abram reasoned that looking for food in Egypt was a wise move. Abram only planned to stay there for a short time till the famine was over. He made a decision for the survival of his family. But there was a second complication. Abram was concerned about his safety. He said to Sarai that she was a beautiful woman. Any wife will never get tired of hearing that comment! The Bible seldom describes people's appearance unless it is necessary to make a point. In Genesis, Joseph is said to be a handsome man, so much so that he caught the attention of his master's wife. That set off a series of dramatic stories. Prophet Isaiah depicts Jesus as a man of no beauty. People in His time despised Jesus partly because He did not look like a king from any angle. Abram praised Sarai for a reason. He was afraid that the Egyptians would kill him and snatch Sarai. Therefore, he asked Sarai to tell people that she was his sister. According to chapter 20, Sarai was a half-sister born of a different mom. Marrying a family member is not uncommon in Genesis. One goal was to preserve the bloodline. Adam and Eve's children had to marry each other because there were no other people on earth. Isaac and Jacob also had union with close relatives. Later, God prohibits marriage among family members in His Law. Sisters will criticize Abram for being a selfish husband. But do not forget that Abram was just a baby believer. His faith in God was still quite shallow. Paying a price for a wife was a common practice in the ancient times. Here, a powerful king picked a good-looking girl he liked. To Abram, it would mean more than losing a wife. He could also lose God's blessings. God promised to bless Abram with many descendants. At that time, the couple had no child. We may

think that Abram could find another wife to replace Sarai. But God intended to give Abram a son through Sarai. In order to save his own life, Abram told a half-truth, which means a lie. Suppose your boss asks if you have finished a certain project. You replied: “No sir, not yet.” The fact is that you have not completed because you have not started! I must confess that I told the same lie to a previous supervisor too. Abram was dishonest when fear overcame his faith in God. Failure is often our best teacher. Abram learned a good lesson: God’s promises were way bigger than his problems. God promised to bless Abram. He repeats several “I will” in the chapter. God told Abram: “I will show you the land I will give you. I will make you into a great nation, I will make your name great, and I will bless those who bless you.” God will never lie. It is a done deal when He said so. God’s promises will take away our fear. For example, Jesus tells us in Matthew 10:28-31 – **28 “And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell. 29 Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. 30 But even the hairs of your head are all numbered. 31 Fear not, therefore; you are of more value than many sparrows.”** In the context, Jesus cautioned disciples of future persecution. But if they feared God, then they should not fear people. We should not be afraid of God, since He is our heavenly Father. The kind of fear He expects from us comes from our respect toward Him. God loves us, and He sees us much more precious than wild birds. No harm will happen to us without His permission. He always watches over us. Today, some people may not be friendly to us because they hate what we believe. Unlike Christians in some parts of the world, we may not lose our lives due to our faith. But very often, we do not want to claim to be believers, because we are afraid to lose our face, our friendship or our job. We need to revisit God’s promises in the Bible often to overcome fear. People’s reactions toward us may change, our feelings will vary, but God’s promises stay forever.

2. 補償 Compensation

Abram planned to tackle the complication by lying. Soon the family arrived in Egypt. As Abram had expected, the local people were drawn to Sarai’s appearance. Everyone was fooled into believing that they were siblings. Palace officials reported to the king that a foreign beauty came to town. As a result, Pharaoh gave compensation to Abram for Sarai. He thought it would be a good idea to add another concubine. Abram thus received livestock and servants in exchange for Sarai. It was a generous compensation to an outsider. The king and the rest of the people acted in ignorance. There was no way to verify Sarai’s identity. Poor Sarai could not utter a word to defend herself. She became a pawn in her husband’s hand. Sarai could expect to spend the rest of her life in Egypt. So far Abram’s scheme worked perfectly. Sacrificing Sarai was worth it as long as he could protect himself. Abram might be thinking that it was no big deal. He could look for another wife. But God did not have a plan B in mind. He intended to bless Abram through Sarai. Up to this point, we actually see God’s protection over Abram. Some powerful landlords could have killed his family members and taken Sarai by force. Instead, Abram was treated like an honorable guest and a future brother-in-law of Pharaoh. Abram was well-compensated even though he lied. We should not conclude that God endorses deception because it can lead to some unexpected gain. Since God is the Lord of truth, He does not lie nor can He tolerate any dishonesty. Rather, Abram’s experience proves that God was still in full control. On the surface, Pharaoh gave Abram compensation for Sarai. In reality, God provided compensation to Abram for the crisis he went through. He was a man blessed by God. God would not let His servant walk away empty-handed. In any case, nothing can excuse his lie. It just showed that God can

bring about a favorable outcome despite a man's sins. He protected Abram even though he was outnumbered in enemy's territory. God is our shield when we lean on Him. It is just like what Psalm 27:5-6 say: **5 For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock. 6 And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the Lord.** God is our shelter. Besides, the Bible uses other vivid images to describe how God will defend us. He is our fortress and high place. He is the good shepherd who guards His sheep. He is like a hen that spreads her wings over young ones. Our faith will be rekindled when we recall those pictures. Just like the psalmist says, we can sing praise to God even when we are surrounded by enemies. Songs will elevate us from a difficult circumstance and help us see things from God's perspective. Our hearts will be strengthened, knowing that God will watch over us. Once we are saved, we are forever saved, as Jesus promised us in John 10:28 – **"I give them eternal life, and they will never perish, and no one will snatch them out of my hand."** No force can take us away if we belong to Jesus. Nothing will change our eternal destiny. We have peace in the hand of our Lord. Satan will keep attacking us with different weapons. He uses chaos to scare us. He uses uncertainties to unsettle our faith. He uses setbacks to discourage us. He uses guilt to accuse us. Do not believe in his lies. Run to Jesus and seek His protection. What enemies are you facing today? Perhaps it is the anxiety about the future. You worry about job security, immigration status or your family. You may be struggling with a chronic disease or relational issue. It can also be a hostile work environment due to a harsh supervisor and some unfriendly colleagues. Satan tries to tear you down with various enemies. But God wants to build you up. He is an unshakable foundation we can stand on.

3. 憐憫 Compassion

Abram used a lie to deal with a complication. God blessed the man with compensation. At the end, God delivered Abram from trouble out of His compassion. God intervened by inflicting great plagues to the royal family. The word "plagues" can refer to some skin diseases. Pharaoh correctly deduced that the sickness was caused by taking Sarai. The passage does not explain how the king found out Sarai was actually Abram's wife. Regardless, allowing her to stay might lead to further bad fortune. Therefore, Pharaoh told the officials to let them go, and leave them alone. Eventually, Abram took Sarai out of Egypt with a lot of free gifts. The picture is a prelude to what happened 400 years later. The Israelites walked out of Egypt with gold, silver and clothing they plundered from the Egyptians. The plagues actually fulfilled what God told Abram earlier in verse 3: **"I will bless those who bless you, and him who dishonors you I will curse..."** The plagues were God's warning to Pharaoh. The king might think that it was a blessing to acquire a beautiful woman. But such a dream turned out to be a nightmare. We see a similar irony later in the history of Israel. God's people were constantly harassed by the natives after they settled in Canaan. In 1 Samuel 4, the Israelites were fighting against the Philistines. The enemies killed 4,000 Israelites. Some elders wondered why God allowed them to lose. They believed that they could win if God was with them. The conclusion was correct but the solution was wrong. They took the Ark of the Covenant to the battlefield. It symbolizes God's presence. They treated the box as a lucky-charm, much like calling for a mascot and some cheer-leaders to boost up morale of a sport team. Unfortunately, the Israelites suffered an even bigger defeat. More than 30,000 soldiers perished. Worse still, the Philistines took the Ark away and put it in their temple. They thought seizing the Ark would remove the protection of the Hebrew God. But

Jehovah would not let His glory go down the drain. The idol statue of the Philistines fell before the Ark. Its head and both hands were broken off. It proved that Jehovah was above all man-made gods. Moreover, God inflicted the Philistines tumors, which could be another skin disease. They realized that Jehovah was a real deal. To prevent further damages, they better return the Ark. God saved the Israelites, even though they put their trust in the Ark and not in Him. He shows compassion to us despite our little faith. Another story in the Bible illustrates that. Once a father asked Jesus for help because his son was possessed by an evil spirit. The demon tortured the boy since he was little. The Lord told the man that he could cast out the spirit if he had enough faith. Mark 9:24 records: **Immediately the father of the child cried out and said, "I believe; help my unbelief!"** The man honestly admitted that his faith was too small. It is like trying to buy something that you cannot afford. You have some money, but you do not have enough for the purchase. It is a humbling experience to ask God for help. In normal times, we trust our abilities and resources. We believe we can take care of everything by DIY. Therefore even before we pray to God for a solution, we should ask Him for compassion. Picture parents holding their fearful children in their arms, or a dear friend puts his hand on your shoulder. The message is clear: "Don't worry. I'm with you. Let's work it out together." We may want a quick answer from God. But He hopes to build relationship with us through solving our problems. He wants to increase our faith. Faith will grow as we experience God's grace through difficulties. The more we practice, the stronger our faith will be. It is similar to running, lifting weights or eating spicy food. Small challenges prepare us for bigger tests. God showed compassion to Abram at the beginning of his faith journey. God showed compassion to the Israelites when their faith was shaky. God will also show us compassion when put our trust in Him.

結論 CONCLUSION

We will not compromise our faith if we remember God's promises. Abram failed the first test. He reacted in fear instead of faith. At least he learned some important lessons. God was with him no matter where he was. Also, God's promises would not be frustrated by men's schemes. He allows troubles in our life to develop our faith. Going through hardships is a valuable part for our spiritual maturity. We can get wisdom from how coffee is processed. A coffee plant may take up to four years before yielding a harvest. Coffee beans are actually the seeds of berries. Farmers pick the fruits when they are ripe. Seeds are then separated from the berries and are allowed to dry. Next, the seeds will be roasted at 400F. They will turn brown as a result. Those are the coffee beans we are familiar with. The high heat helps release the flavor and aroma of coffee. It will go through heat again when you put the powder in a coffee-maker. The result will be a delicious drink. There will be no product without the process. The same is true for our faith. Pressure is a good test of our faith. God is our only hope when we realize that there is no one or no resource we can count on. Do not let fear beat you down. Instead, step out in faith and walk with God.

引言 INTRODUCTION

上週我們看到亞伯蘭踏上了搬家的旅程。他帶著妻子撒萊、侄兒羅得，以及僕人和財物，離開了迦勒底的吾珥，前往迦南。神向亞伯蘭顯現，答應祝福給他和他的後裔。從那時起，亞伯蘭要學習信靠這位他剛認識的神。他就像一個新的信徒。回想一下你剛信主的時候。聖經裡充滿了陌生的用詞。與神建立關係需要時間和信心。我們越經歷神的真實，我們的信心就越堅固。聖經將這個過程形容為提煉黃金。礦材必須經過高溫才能燒去雜質，剩下的就是純金。沒有人喜歡碰到困難。但是如果沒有這些挑戰，我們就會一直是個不成熟的屬靈嬰孩。亞伯蘭也必須經歷同樣的磨練。他和我們一樣，都是不完美的人。在接下來的經文中，我們看到亞伯蘭因為缺乏信心而一次又一次地跌倒。同時，神對亞伯蘭很有耐心。祂在適當的時候介入，將亞伯蘭從困境中拯救出來。今天的故事就是一個例子。亞伯蘭因為害怕而擔心，而不是憑著信心順服神。但神幫助了他。在我們拿起放大鏡挑他的毛病之前，我們應該先拿起鏡子看看自己。我們也常常讓擔心戰勝信心。亞伯蘭的故事也給我們一個教訓：如果我們記住神的應許，就不會在信仰上妥協了。

解釋 EXPLANATION

1. 麻煩 Complication

迦南的生活並非一帆風順。亞伯蘭很快就遇到麻煩了。當地發生了嚴重的飢荒。亞伯蘭認為去埃及尋找食物是明智的。亞伯蘭只打算在那裡短暫停留，直到飢荒結束。他為了家人的生存做出決定。但還有第二個麻煩。亞伯蘭擔心自己的安全。他對撒萊說她是個美貌的女子。任何妻子都不會厭倦這樣的評價！聖經很少描述人的外表，除非有必要說明。在創世記中，約瑟被形容為一個帥哥，以至於引起了老闆娘的注意。於是引發了一連串戲劇性的故事。先知以賽亞把耶穌描述為一個其貌不揚的人。當時人們藐視耶穌，部分原因是祂怎麼看都不像個君王。亞伯蘭稱讚撒萊是有原因的。他擔心埃及人會殺死他並搶走老婆。因此，他要撒萊告訴人們，她是他的妹妹。根據第 20 章的記載，撒萊是同父異母的姐妹。在創世記中，與近親結婚並不罕見。其中一個目的是為了保存血統。亞當和夏娃的孩子必須彼此通婚，因為當時地上根本沒有其他人。以撒和雅各也和他們的近親結婚。後來，神在律法中禁止家庭成員通婚。我們中間的姐妹會責怪亞伯蘭是個沒有良心的丈夫。但別忘了，亞伯蘭當時只是個嬰孩信徒，他對神的信心還很膚淺。在古代，花錢買妻子是很常見的。在這裡，一位君王選了他喜歡的漂亮女孩。對亞伯蘭來說，這不只是失去太太，他還可能失去神的祝福。神應許賜福給亞伯蘭，使祂後代眾多。當時，這

對夫婦還沒有孩子。我們或許會認為亞伯蘭可以再找一個妻子來代替撒萊。但神的計劃是要透過撒萊賜給亞伯蘭一個兒子。為了保全自己的生命，亞伯蘭說了一半的真話，就等於撒謊。假設你的老闆問你是否完成了某個項目。你回答說：「還沒有。」事實上，你還沒完成，是因為你還沒有開始！我必須承認，我也對以前的主管說過同樣的謊言。當擔心戰勝了他對神的信心時，亞伯蘭便撒謊。失敗往往是我們最好的老師。亞伯蘭學到了一個重要的教訓：神的應許遠比他所遇到的問題更大。神應許賜福亞伯蘭。祂在這一章中重複了好幾次「我必」。神告訴亞伯蘭：「我必使你看見我要賜給你的地。我必叫你成為大國，叫你的名為大；為你祝福的，我必賜福給他。」神從來不會說謊。祂言出必行。神的應許會除去我們的擔心。例如，耶穌在馬太福音 10:28-31 告訴我們：28「那殺身體，不能殺靈魂的，不要怕他們；惟有能把身體和靈魂都滅在地獄裡的，正要怕他。29 兩個麻雀不是賣一分銀子嗎？若是你們的父不許，一個也不能掉在地上；30 就是你們的頭髮也都被數過了。31 所以，不要懼怕，你們比許多麻雀還貴重！」耶穌在上下文提醒門徒將來的信仰逼迫。但如果他們敬畏神，就不應該怕人。我們不應該害怕神，因為祂是我們的天父。祂期望我們是因為尊重祂而敬畏祂。神愛我們，祂看我們比飛鳥珍貴得多。沒有神的允許，任何危難都不會發生在我們身上。祂總是看顧著我們。今天，有些人可能對我們不友善，因為他們討厭我們的信仰。與世界上一些地方的基督徒相比，我們可能不會因信仰而失去生命。但很多時候，我們不願意承認自己是信徒，因為我們害怕失去面子、友誼或工作。我們需要經常重溫神在聖經中的應許，以克服恐懼。人們對我們的反應可能會改變，我們的感覺也會改變，但神的應許永遠長存。

2. 補償 Compensation

亞伯蘭用謊言來應付眼前的麻煩。不久，全家抵達埃及。正如亞伯蘭所預料，當地的人被撒萊的美貌所吸引。他們都被亞伯蘭騙了，以為他們是兄妹。皇宮的官員向法老王報告，說來了外邦美女。法老於是給了亞伯蘭一筆補償，以換取撒萊。他認為再娶一個妾是個好主意。亞伯蘭用牲畜和僕人換取了撒萊。對一個外邦人來說，這筆補償是很慷慨的。王和其他人都被愚弄了。他們也無法證實撒萊的真正身份。可憐的撒萊連一句話都無法說，她成了丈夫手中的棋子。撒萊想像自己可能要在埃及度過餘生。到目前為止，亞伯蘭的計畫非常成功。只要能保住自己的性命，犧牲撒萊也是值得的。亞伯蘭或許覺得這沒什麼大不了的，他可以再找一個妻子。但神並沒有後備計劃。祂要透過撒萊祝福亞伯蘭。我們其實看到了神對亞伯蘭的保護。一些有權勢的地主本來可以殺了他的全家，把撒萊搶走。然而，亞伯蘭卻被法老王視為貴賓和未來的妹夫。雖然亞伯蘭撒謊，他還是得到了豐厚的補償。我們不應該因為欺騙能帶來意外的收穫而以為神認可欺騙。神是真理之主，祂不會說謊，也不會容忍任何不誠實。亞伯蘭的經歷證明神仍然掌管一切。表面上，法老因為撒萊而補償亞伯蘭。實際上，神為亞伯蘭所經歷的危機給他補償。他是被神祝福的人。神

不會讓他空手而歸。無論如何，亞伯蘭不能為說謊找藉口。這恰恰表明，就算人犯罪，神也能帶出美好的結果。雖然被敵人圍繞，神仍然保護亞伯蘭。當我們依靠神之時，祂是我們的盾牌。正如詩篇 27:5-6 所說：**5 因為我遭遇患難，他必暗暗的保守我；在他亭子裡，把我藏在他帳幕的隱密處，將我高舉在磐石上。6 現在我得以昂首，高過四面的仇敵。我要在他的帳幕裡歡然獻祭；我要唱詩歌頌耶和華。**神是我們的盾牌。此外，聖經也用其他生動的比喻來描述神會如何保護我們。祂是我們的山寨和高台。祂是看守羊群的好牧人。祂像母雞以翅膀保護小雞。當我們回想起這些畫面時，我們的信心就會重新燃起。正如詩篇作者所說，縱使我們被仇敵包圍，我們也能歌頌神。歌聲能使我們從困境中提升，幫助我們從神的角度看整個局面。我們的心因此得到堅固，因為知道神會看顧我們。一旦得救，我們就永遠得救了，正如耶穌在約翰福音 10:28 中應許我們的：**「我又賜給他們永生；他們永不滅亡，誰也不能從我手裡把他們奪去。」**如果我們屬於耶穌，就沒有任何力量可以把我們奪走。沒有任何事物可以改變我們的永恆結局。我們在主的手中有平安。撒旦會用不同的武器不斷攻擊我們。他用混亂來恐嚇我們。他用未知的因素來動搖我們的信心。他用挫折來打擊我們。他用罪疚感來控告我們。不要相信他的謊言。奔向耶穌，尋求祂的保護。你今天面對的是什麼敵人？也許是對未來的憂慮。你為工作、身分或家人擔心。你可能正在面對慢性疾病或人際關係的挑戰。也可能是不講理的主管和不友善的同事，使工作環境氣氛緊張。撒旦會用各種敵人來拆毀你的信心。但神想要建立你。祂是我們不能動搖的根基。

3. 憐憫 Compassion

亞伯蘭用謊言來處理他的麻煩。神賜福給亞伯蘭，並補償了他。終於，神出於憐憫，把亞伯蘭從困境中拯救出來。神介入，降下大災與王的家人。「災」這個字可以指某些皮膚病。法老正確地推斷出，疾病是由於娶了撒萊而引起的。這段經文並沒有解釋王是如何發現撒萊實際上是亞伯蘭的妻子的。無論如何，讓她留下可能會帶來更大的不幸。因此，法老告訴官員們，讓他們離開，不要干涉他們。於是，亞伯蘭帶著撒萊和許多禮物離開了埃及。這幅圖畫是 400 年後發生的事情的預告。以色列人帶著從埃及人那裡奪來的金銀和衣服離開了埃及。對亞伯蘭來說，這場災難其實應驗了神在第三節向他所說的話：**「為你祝福的，我必賜福與他；那咒詛你的，我必咒詛他。…」**這個疾病是神對法老的警告。法老或許以為多一個漂亮的老婆是個祝福，但他的美夢卻變成了一場惡夢。我們在後來以色列的歷史中也看到了類似的諷刺。神的子民在迦南定居後，不斷受到當地人的騷擾。在撒母耳記上第四章，以色列人與非利士人打仗，4,000 名以色列人喪命。有些長老猜想為何神讓他們被打敗。他們相信，如果神與他們同在，他們就能贏。結論是正確的，但解決方案是錯誤的。他們把約櫃抬到戰場，它像徵著神的同在。他們把這個箱子當作護身符，就像找吉祥動物和啦啦隊來打氣一樣。很不幸，以色列人遭受了更大的損失。超過三萬士兵陣亡。更糟的是，非利士人奪走了約櫃，把它放在他們的神殿裡。他

們認為拿走約櫃就能消除希伯來人的神的保護。但耶和華不會讓自己的名被羞辱。結果非利士人的偶像倒在約櫃前。它的頭和雙手都折斷了。這證明了耶和華超越了所有人製造的神明。此外，神也讓非利士人長了痔瘡，這可能是另一種皮膚病。他們意識到耶和華是真實存在的。為了避免更大的損失，他們最好歸還約櫃。神拯救了以色列人，雖然他們倚靠約櫃而不是信靠神。縱然我們的信心不足，神仍然憐憫我們。聖經中的另一個故事也說明了這一點。有一位父親向耶穌求助，因為他的兒子被邪靈附身。邪靈從小就折磨他。主告訴那人，只要他有足夠的信心，就能趕走污鬼。馬可福音 9:24 記載：孩子的父親立時喊著說：「我信！但我信不足，求主幫助。」這位父親坦白地承認自己的信心不足。這就像你想要買一件你負擔不起的東西。你不是沒有錢，只是不足夠。向神求助是謙卑的表現。在平常的時候，我們靠自己的能力和資源，以為可以搞定一切。因此，在我們向神祈求解答之前，我們必須先祈求祂的憐憫。想像好像父母把害怕的孩子抱在懷裡，或是一位好朋友把手放在你的肩膀上。訊息很明確：「不用擔心。我與你同在。讓我們一起解決問題。」我們可能只期望神馬上賜下答案，但祂希望透過解決問題來與我們建立關係。祂希望增加我們的信心。當我們在困境中經歷神的恩典時，信心自然會增長。我們操練越多，信心就越堅固。這就像跑步、舉重或吃辣的食物一樣。小小的挑戰幫助我們迎接更大的考驗。在亞伯蘭信心旅程的開始，神向他施憐憫。在以色列人信心動搖的時候，神也向他們顯示憐憫。當我們信靠神的時候，神也會向我們表現憐憫。

結論 CONCLUSION

如果我們記住神的應許，就不會在信仰上妥協了。亞伯蘭在第一次考驗中失敗了。他的回應是擔心而不是信心。至少他學到了一些重要的教訓。無論在哪裡，神都與他同在。此外，神的應許不會被人的計謀攔阻。祂使用困境來鍛鍊我們的信心。經歷磨難是我們靈命成熟寶貴的一部分。我們可以從咖啡的加工過程中獲得智慧。一棵咖啡樹可能需要長達四年才能結果子。咖啡豆實際上是果子的種子。農夫在果子成熟時把它摘下來。然後，他們把種子分離出來，然後弄乾。接下來，種子將在 400 度華氏的高溫下烘烤。它們會變成棕色，這就是我們熟悉的咖啡豆。高溫有助於釋放咖啡的味道和香氣。咖啡需再次加熱，就是當你將咖啡粉放入咖啡機的時候。結果就是一杯美味的咖啡。沒有整個過程就沒有產品。我們的信心也是如此。壓力是對我們信心最好的考驗。當我們意識到沒有任何人或資源可以依靠時，我們才會明白神是唯一的盼望。不要讓擔心把你打倒。要憑著信心踏出一步，與神同行。