

OVERCOMING FATIGUE

克服疲勞

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聖經說：「等候耶和華的人必更新他們的力量；他們要像鷹一樣長著翅膀；他們應該奔跑，不要疲倦；他們必走，不暈倒。科學與健康告訴我們，「這段經文的含義並沒有被字面上應用於疲勞的時刻而歪曲」，它進一步說，「當我們醒來到存在的真相時，所有的疾病、痛苦、軟弱、疲倦、悲傷、罪惡、死亡都將是未知的。我們已經瞭解到，人類可以通過對等候主的含義的明智和科學的理解來預防或消除疲勞。

The Bible says, “They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” Science and Health tells us, “The meaning of that passage is not perverted by applying it literally to moments of fatigue,” and it further says, “When we wake to the truth of being, all disease, pain, weakness, weariness, sorrow, sin, death, will be unknown.” We have learned that it is possible for a human being to prevent or remove fatigue by an intelligent and scientific understanding of what is meant by waiting upon the Lord.

所有的疲勞，無論是精神上的還是身體上的，都是基於對人的真實本質及其真實活動的誤解。導致疲勞的誤解通常被認為是和談論的。有些人總是疲憊不堪，不斷阻礙他們的工作，造成巨大的痛苦。疲勞源於這樣一種信念，即人是一個與上帝分開工作的人，他是一個物質的存在，能量儲存有限，只允許有限的活動而得不到補充，他的生命將以他的力量逐漸減弱而告終，最後以死亡告終。通常的疲勞補救措施是休息，因為假設如果疲勞活動停止，身心會恢復。然而，許多慢性疲勞患者發現，即使長時間休息，也無法恢復輕鬆快樂地工作的能力。對於由智力或其他腦力勞動引起的疲勞尤其如此。

All fatigue, whether mental or physical, is based on a misconception of the true nature of man and of his real activity. The misconceptions which lead to fatigue are commonly thought and talked about. Some people are so constantly tired, that it continually hinders their work, and causes great suffering. Fatigue originates in the belief that man is a person working separately from God, that he is a material

being, with a limited store of energy which will allow only a limited amount of activity without being replenished, and his life will end in a gradual weakening of his powers, and finally in death. The usual remedy prescribed for fatigue is rest, as it is assumed that mind and body will recuperate if the tiring activity ceases. Yet many sufferers from chronic fatigue have found that rest, even for long periods, doesn't restore the power to work easily and happily. This is particularly the case with fatigue that arises from intellectual or other mental labors.

治療疲勞的科學方法是從思想中消除構成這種邪惡的許多誤解。其中最重要的一個，是相信人與上帝分離。事實上，人是神聖心靈的快樂和不厭其煩的活動的完美體現。神，他自己，對他所有的工作和活動負責。

The scientific remedy for fatigue is to remove from thought the many misconceptions which constitute this evil. One of the most important, is the belief that man is separated from God. In reality, man is the perfect manifestation of the joyful and unwearied activity of divine Mind. God, Himself, is responsible for all his work and activity.

在似乎引起疲勞並使其永久化的想法中，有匆忙，優柔寡斷，憤怒，仇恨，擔憂，以及純粹人類意志的行使，這些意志源於錯誤的責任感或犧牲感。當我們警惕這些思想錯誤時，疲勞就可以消除，我們的工作可以從艱苦的勞動轉變為快樂、不疲倦的活動。匆忙源於對工作無法按時完成的恐懼，但是上帝的工作已經完成，並且完全認識到上帝正在完美地維護和管理他的創造，帶來了必要的遠見，在正確的時間採取所有必要的步驟，以消除匆忙和錯誤。

Among the thoughts which seem to cause fatigue and perpetuate it, are hurry, indecision, anger, hate, worry, and the exercise of mere human will, which arises from a mistaken sense of duty or sacrifice. As we guard against these errors of thought, fatigue can be eliminated and our work transformed from arduous labor into joyful, unwearied activity. Hurry arises from the fear that the work won't be done on time; but God's work is already done, and the full realization that God is maintaining and governing His creation perfectly, brings the foresight necessary to take all the necessary steps, at the right time, so that hurry and mistakes are eliminated.

因為上帝的工作總是完美地完成，就沒有必要害怕或懷疑我們完成任何有價值的任務的能力。完美的、不費力的、成功的工作，當我們明白神與人的合一時，就會自然而然地出現，沒有疲勞。基督教科學不容忍或原諒懈怠、推遲必要的決定或不作為，因為上帝的工作是完美的，不完美或懶惰的信念不是人的一部分，必須克服。

Since God's work is always done perfectly, there's no need to fear or doubt our ability to accomplish any worthwhile task. Perfect, unlabored, successful work will appear naturally, without fatigue, when we understand the unity of God and man. Christian Science doesn't tolerate, or excuse, slackness, postponement of necessary decisions, or inaction, for God's work is perfect, and the belief in imperfection or laziness is no part of man, and must be overcome.

曾經有人對一位基督教科學家說：“你的生命力是巨大的。看到的生命力不是個人的；這是拋開沉重的人類信仰，並清楚地認識到人的真實存在，作為上帝活動的表達的結果。

It was once said to a Christian Scientist, “Your vitality is immense.” The vitality which was seen was not personal; it was the result of laying aside heavy, human beliefs, and clearly recognizing man's real being, as the expression of God's activity.

上帝提供完全成功所需的所有能量、能力、智慧和忍耐力。這種成功不是個人的或自私的，而是祝福所有人的。愛從不疲倦，從不無所事事，永遠有效。當我們充分認識到這一事實時，它會破壞疲勞，甚至消除感到疲勞的責任。

God supplies all the energy, ability, intelligence, and endurance needed for complete success. This success is not personal or selfish, but blesses all. Love is never weary, never inactive, always effective. As we fully realize this fact, it destroys fatigue, and even the liability to feel fatigue.