

Learning to Trust

We all have fears of one type or another:

What if I fall off my bike?

What if my teacher doesn't like me?

What if I don't make the team?

學習信靠

我們全都會有不同種類的恐懼：

我要是騎單車摔倒了怎麼辦？

我的老師要是不喜歡我，怎麼辦？

我要是無法加入那支球隊怎麼辦？



We first learn to deal with our fears by running to our parents for security and reassurance. We crawl into bed with them during a thunderstorm. We ask to be carried in the dark. We take hold of a strong hand when a strange dog approaches. Little by little, our parents help us learn to differentiate between real and imaginary dangers, and how to confront the real ones.

我們學會到父母親那裡尋求安全感和安慰。暴風雨時，我們會爬到他們的床上，和他們擠在一起。在黑暗中，我們會請他們抱著我們。陌生的狗兒靠近我們時，我們會抓緊他們強壯的手。一步步地，我們的父母親幫助我們學會分辨真正的危險和想像的危險，以及如何面對真正的危險。



The more we learn to turn to and depend on God, the more He is able to help us overcome our fears. "You aren't in this alone," He assures us. "Take My hand. We'll make it through this together."

上帝也想這樣幫助我們。我們越是學會向上帝求助和倚靠祂，祂就越能幫助我們戰勝我們的恐懼。「你不是獨自一人，」祂向我們保證：「拉著我的手，我們將一起通過這個情況。」

