

改变世界

*Making a
difference*



Moral Values for Children

我们很少人处在享有权力的位子、能在组织国家方面带来巨大的不同，能影响世界的就更少了，但我们都处在能做些事情的位子上，比如好撒玛利亚人* ——一个人能帮助另一个人。



* 一个犹太人在从耶利哥往耶路撒冷的路上，被强盗抢劫。强盗把他打得半死，丢他在路边。两个人路过了，却没有施以援手。一位撒玛利亚人却同情那位可怜人，把他带到邻镇的驿馆里，还付了钱，承担了他康复前的所有开销。（撒玛利亚人却是被犹太人鄙视的种族。）

Few of us are in positions of power such that we can make a radical difference in the organization of our country, much less the world, but we are all in a position to do something, like the Good Samaritan* — one individual helping one other individual.

* A Jewish man was traveling from Jerusalem to Jericho when thieves robbed him, beat him, and left him for dead. After two men had passed without helping, a Samaritan (a race despised by the Jews) had compassion on the poor man and brought him to an inn in the next town, even arranging to pay all of his expenses until he had made a full recovery.



要做出改变，你不必成为手握大权或声名显赫的人。无论多么微小，每个正面的改变都把这个世界变得更美好。用我们的善行、体贴与信任，可以让身边的人生活得更加美好，这样我们就可以改变世界。

You don't need to be someone powerful or famous to make a difference. Each positive change—no matter how small—is changing the world for the better. We can change the world by improving the lives of those around us, through deeds of kindness and consideration, and by showing faith in them.

在接下来的一周里，尽力为某人做件仁慈的事—朋友、家人或陌生人，不告诉任何人你做的事，也不期待任何回报。当然，你若能每周都这么做，就会更好了。你或许看不见非凡的奇迹，但你会为一些人带来微笑。

Make it a point over the coming week to do a kindness for someone—a friend, family member, or stranger—without telling anyone what you've done or expecting anything in return. Better still, try to do this every week. You may not witness an outstanding miracle, but you will have brought a smile to somebody else.





把别人和他们的需求置于自己之上，会有一种特别的欢乐和满足。当你仁慈待人，那不仅让他们受益，同时也令你得益处。欢乐会从这些仁慈、体贴又慷慨的举动里萌生，却不是肤浅轻佻的满足或者愉悦；那是一种深厚的成就感。

There is a special happiness and contentment that comes from putting others and their needs above your own. When you're doing something kind for someone, it doesn't just benefit them, it also benefits you. The happiness that comes through kind and caring and generous actions is not a light or frivolous satisfaction or pleasure; it's a much deeper feeling of fulfillment.