

特蕾莎修女
灵修笔记
(中英文对照)

〔特蕾莎修女圣爱灵修箴言录〕

爱的纯全

特蕾莎修女◎著

上智文化事业◎编译

The Gospel of
Five Fingers



曾有一位修士问特蕾莎修女：“为何要做这些关爱穷人的事工？”她伸出手，一一搬动五个手指，说出耶稣给她的命令：“YOU DO IT FOR ME.”意即：你为我做！

北方文艺出版社

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I have a happy New Year
God bless you
in Teresa's

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as they are

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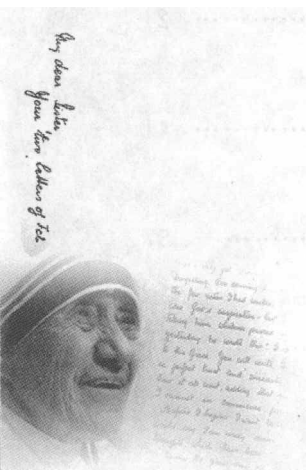
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have a happy New Year
God bless you
in Teresa's

五个手指头的福音

The Gospel of Five Fingers

曾有一位修士问特蕾莎修女：“为何要做这些关爱穷人的事工？”她伸出手，一一移动五个手指，说出耶稣给她的命令：“YOU DO IT FOR ME.”意即：你为我做！

My dear Sister
Your two letters of Feb.

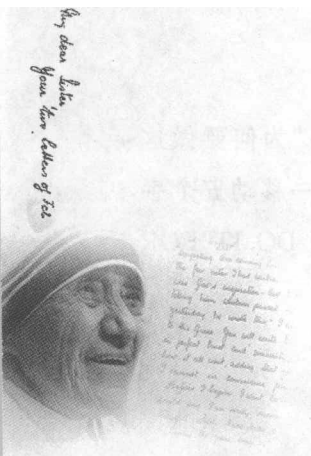
from me - before
I was dead
in - just now
as they are

Jesus said, "You Did It To Me." In your five fingers you have your love for Jesus...

Look at your fingers and often see, and remind yourself of this love.

耶稣说：“你就是对我做了。”你对耶稣的爱，就在你的五个手指头之间……

看着你的五个手指头，而且常常看看它们，提醒自己这份爱。



and all the la-
have a happy New Year
God bless you
in Teresa's

归属耶稣

Belonging to Jesus

耶稣对他们说：“来，跟随我！我要使你们得人如得鱼一样。”他们就立刻舍下网，跟从了他。

(太 4:19-20)

My dear Sister
Your two letters of Feb.

Spin one - 4 hours
Sitting dead
then - just now
as they are

Jesus is the one with whom I am in love
and to whom I belong and favor; whom
nothing and no one will separate me.

He is mine and I am His.

耶稣是我深爱的那一位,我属于他并爱慕他;没有任何人和事可将我们分开。

他是我的主，我属于他！



I have given Him all, even my sins and
He has brought me close to Himself in
Tenderness and Love.

我已全给了他,甚至是我的罪。他把
我紧紧拥入怀中,沉浸在他的爱与温柔里。

I have not been
 available for
 a number of years
 and have to offer
 nothing of the
 kind.

The treasure I have, I want to give to you, but I cannot. I can pray for you that you may have the courage to receive it because faith is a gift of God, that great gift of God that He has given to us in Holy Communion, to satisfy our hunger because we have been created in the image of God.

我有个宝贝，我想将它给你，但我不能。我会为你祈祷，祈求你有勇气接受它，因为信仰是天主的礼物，他在圣体圣事内赐予我们这份厚礼，使我们得到饱足，我们是按天主的形象而受造，我们内心渴慕他。

To be “only all for Jesus”.

存在“全是为了耶稣”。

6. 10/12/79
lean ni
tem. Shreter
gi. Paga
re. xamrat
- fawqit.
kotan.
en. fukarat.
mua.
mija.
jere
Bogakhuin

Mother Teresa's Meditation

In the hospital 19th June, 1983

Who is Jesus to me?

Jesus is the Truth - to be told.

Jesus is the Way - to be walked.

Jesus is the Light - to be lit.

Jesus is the Life - to be lived.

Jesus is the Love - to be loved.

Jesus is the Joy - to be shared.

Jesus is the Sacrifice - to be offered.

Jesus is the Peace - to be given.

Jesus is the Bread of Life - to be eaten.

Jesus is the Thirsty - to be satisfied.

Jesus is the Naked - to be clothed.

Jesus is the Homeless - to be taken in.

Jesus is the Sick - to be healed.

Jesus is the Lonely - to be loved.

Jesus is the Unwanted - to be wanted.

Jesus is the Leper - to wash His wounds.

Jesus is the Beggar - to give Him a smile.

Jesus is the Drunkard - to listen to Him.



immaculate, so full of love
and humility. that I may
revere Jesus as you did.
and go in haste to give him
to others.
God bless you
Mother Teresa
10/9/88

特蕾莎嬷嬷的默想(医院中 1983.6.19)

为我 耶稣是谁？

耶稣是真理，需要被宣讲。

耶稣是道路，需要被行走。

耶稣是光明，需要被点燃。

耶稣是生命，需要被活出。

耶稣是爱，需要被爱。

耶稣是喜乐，需要彼此分享。

耶稣是牺牲，为我们当祭献。

耶稣是和平，需要彼此给予。

耶稣是生命之粮，将被分食。

耶稣口渴，需要解渴。

耶稣赤身露体，需要衣物蔽体。

耶稣无家可归，需要被收留。

耶稣患病，需要被治愈。

耶稣孤苦无依，需要被疼爱。

耶稣被遗弃，他等着被需要。

耶稣是麻疯病人，要清洗他的伤口。

耶稣是乞丐，给他一个微笑。

耶稣是醉汉，去聆听他。



March 53

Advers of Feb
He
would have died
old not
to our comfort
going to see it - as
a photo I have
- but my thoughts
often linger
encaged into the
ray, suffer for me
to be your friend
must be so hard
to do it - I need
I am better very
it is one of the
given me. I know
Sister Jack
this is just now
as they are

You and all the loved
ones have a happy New Year
God Bless You
in Teresa

You must love your sisters with a deep, sincere love as you love Jesus.

Never forget that they are His - and His love and trust in you have entrusted them to your care. "Feed my lambs, feed them with love, with kindness, with humility, with your good example."

你要以发自内心真诚的爱来爱你的姊妹，如同你爱耶稣一样。

永不要忘记她们是属于他的；基于他对你的爱和信任，他把她们托付给你看顾：“牧养我的羊，用爱、仁慈、谦卑及你的表率喂养他们。”



If you learn the art of being thoughtful, you will be more and more like Christ.

假如你懂得体贴的艺术，你会愈来愈像基督。



Jesus is God, and therefore His love, His thirst is infinite. Our aim is to quench this infinite thirst of God for the love of all His creation.

Just like the adoring angels in Heaven who ceaselessly sing the praises of God, so the sisters, using the four vows of chastity, poverty, obedience and charity towards the poor, ceaselessly quench the thirsting love of God by their love and by the love of the souls they bring to Him.

耶稣是主，他有永无止尽的爱情与渴望。他渴望所有受造物的爱情，我们的目标就是要满足天主无止尽的渴望。

如同天上不停地敬拜、讴歌赞美主的天使，发贞洁、贫穷、服从和对穷人的爱四圣愿誓言的修女们，也无休止地以她们的爱情，和由她们带领到天主跟前的众灵之爱，来满足天主渴望的爱情。

*May, my dearest Mother,
Give me your heart,
so beautiful, so pure, so
immaculate, so full of love
and humility: that I may*

give me - I love
Sister Jim
I'm just now
as they are

Be a living expression of God's kindness
in your face, in your eyes, in your smile.
We must be holy. We must be able to see
Jesus in our sisters.



让天主的慈爱洋溢在你的脸上、你的
眼眸、你的微笑里。我们必须是圣洁的，必
须由姊妹身上看见耶稣。



Just as the seed is meant to be a tree,
we are meant to grow into Jesus.

正如种子要长成一棵大树，我们也应
该不断成长，愈来愈像耶稣。

unbelievable
and minister
as we go
to give
to others
and Jesus
to others
God bless
the
people

and my thoughts
when I pray
to see it - as
that I have
to know that
I am
of the
back 53

I believe that God has created each soul, that all souls belong to God, and that each soul has to find God in its own lifetime and enter into His life. That is what is important. All of us need to seek God and find Him.

我相信天主创造了每个灵魂，相信所有的灵魂都属于天主，相信每个灵魂在其一生岁月中，定要寻得天主，并进到他的生命里。这是何等重要的事。我们全都需要寻找天主，找到他。



o. 10/2/79
kam. nē
tem. Shupkar
gi. Pappa
nd. Kaurat
faulish.
kotan.
in fukarat.
mura.
mija.
jawa
Kopashin

God has His own ways of working in the hearts of others, and we do not know how close He is to each one. We have no right to condemn, to judge, or to say things that can hurt other people for their beliefs. It is possible that a person has never heard a word about Christianity.

Then we do not know how God is revealing Himself to that soul, or in what way God is forming it. So who are we to condemn anyone?

天主在人心中有他自己工作的方式，我们并不知道他与每个人到底有多亲近。我们无权责问、判断，或说一些伤害他人信仰的事情，因为有人可能从来没有听说过基督宗教。

再者，我们不清楚天主如何向那个灵魂启示他自己，或以什么方式塑造他。因此我们有什么资格去责备人呢？

