



有問必答?

QUIZ NIGHT



歡迎您參加[身心社靈]選擇題問答

Welcome you to take the “Health/Mind/Community/Spiritual” Quiz

如英文版本和中文版本有任何不一致或不清晰之處，以中文版本為準。

If there is any inconsistency or ambiguity between English version and Chinese version, the Chinese version shall prevail.

S1. 愛是一切的根基, 包括有喜樂、
求和平、能忍耐、有恩慈、要良善、
有信實、夠溫柔、和_____?

- A. 同情心
- B. 正能量
- C. 有節制
- D. 真心話

S1. Love is the foundation of all things, including joy, peace, patience, kindness, goodness, faithfulness, tenderness, and _____?

- A. Compassion
- B. Positive Energy
- C. Self-Control
- D. True words from heart

S2. “勸老年人要有節制、端莊、自守，在信心、愛心、忍耐上都要純全無疵。

又勸老年婦人，舉止行動要恭敬，不說讒言，不給酒作奴僕，用善道教訓人，好指教少年婦人，愛丈夫，愛兒女，謹守，貞潔，料理家務，待人有恩，順服自己的丈夫，免得神的道理被毀謗。”

在聖經那章節出現？

A. 提摩太後書一章5-8

C. 腓利門書一章6-9

B. 提多書 二章2-5

D. 提摩太前書二章8-11

S2. “That the aged men be sober, grave, temperate, sound in faith, in charity, in patience. The aged women likewise, that they be in behaviour as becometh holiness, not false accusers, not given to much wine, teachers of good things; that they may teach the young women to be sober, to love their husbands, to love their children, to be wise in mind, clean in heart, kind; working in their houses, living under the authority of their husbands; so that no evil may be said of the word of God.”

It appears in which biblical chapter?

A. 2 Timothy, 1:5-8

B. Titus 2:2-5

C. Philemon 1:6-9

D. 1 Timothy, 2:8-11

S3. 耶穌的十二位門徒中，
那位在以弗所牧養教會：

- A. 安德烈
- B. 馬太
- C. 約翰
- D. 腓力

S3. Of the 12 disciples of Jesus, who managed the church in Ephesus:

- A. Andrew
- B. Matthew
- C. John
- D. Philip

S4. 啟示錄的七個教會包括: (1)以弗所、(2)士每拿、(3)別迦摩、(4)推雅推拉、(5)撒狄、(6)非拉鐵非、(7)老底嘉。

確切會址都因年代久遠,歷經大地震與戰火的摧毀,或原貌風化而殘破不全,實在難以復古。

只有兩個教會後來加築圍牆的遺跡嘗全:

A. (1), (2)

C. (3), (7)

B. (7), (5)

D. (4), (6)

S4. The seven Churches of Revelation include:

(1) Ephesus, (2) Smyrna, (3) Pergamos, (4) Thyatira,
(5) Sardis, (6) Philadelphia and (7) Laodicea.

The exact meeting place is very old, after the destruction of the great earthquake and war, or the original weathering and dilapidated, it is difficult to retro:

Only two churches later built the ruins of the wall to taste the whole:

A. (1), (2)

C. (3), (7)

B. (7), (5)

D. (4), (6)

S5. 使徒行傳 第二章17節: 神說：在末後的日子，我要將我的靈澆灌凡有血氣的。你們的兒女要_____；你們的少年人要_____；老年人要_____。

- A. 見異象, 做異夢, 說預言
- B. 孝順父母、行為正直、福壽康靈
- C. 說預言, 見異象, 做異夢
- D. 說方言、做公益、見神蹟

S5. Acts chapter II, verse 17: God said, in the days to come, that I will send out my Spirit on all flesh; and your sons and your daughters will _____, and your young men will _____, and your old men will _____.

- A. see the vision, have dream, say the prophecy
- B. respect to parents, integrity of behavior, longevity
- C. be prophets, see visions, have dreams
- D. Speak dialects, do public goods, see miracles

S6. 那個關係現今婚姻的教訓在聖經內？

- A. 它是終生的委身
- B. 它是一夫一妻的
- C. 它在人際關係中最優先
- D. A 和 B

S6. Which relationship, the lesson of today's marriage is in the Bible?

A. It's a lifetime commitment.

B. It's a monogamous

C. It's the highest priority in relationships.

D. A 和 B

S7. 箴言書十章1節,所羅門說:"智慧之子使父親歡樂,愚昧之子叫母親擔憂。"
以弗所書六章2-3節說:"要孝敬父母,使你得福,在世??。"
這是**第一條應許的誡命**。

A. 喜樂

B. 成就

C. 長壽

D. 富足

S7. Proverbs 10:1, Solomon says, "The son of intelligence makes the father happy, and the son of fools us the mother worried。

Ephesians 6: 2-3 says, " To honor your parents, to make you blessed, to be alive?? 。

This is the **first promised commandment.**

A. Happiness

C. Longevity

B. Success

D. Wealth

S8. 屬靈生命長進的好建議有：

- A. 在急難中向神祈求
- B. 每天藉著你的生活言行
為基督作見證
- C. 在大事上依靠神和順服神
- D. 謹記一些經文

S8. Good suggestions for spiritual life to grow are:

- A. Pray to God in the middle of an emergency
- B. Testify to Christ every day through your life and deeds.
- C. Relying on God and obedience to God in great things.
- D. Remember some verses.

S9. 每個人生命中都有苦難,它是無可避免,是無法預料,是多變的,是有目的。那麼,我們應該怎樣面對苦難,得勝的秘訣:

- A. 在患難中有盼望能喜樂,來結出聖靈的果子
- B. 凡事禱告,祈求智慧,來明白神的旨意
- C. 快快地冷靜,然後管束舌頭,和承擔責任
- D. A 和 C

S9. There is suffering in everyone's life, it is inevitable, it is unpredictable, it is changeable, it is purposeful. So, how should we face suffering, **the secret of victory?**

- A. In trouble there is hope to rejoice, to bear the fruit of the Holy Spirit
- B. Pray for everything, pray for intelligence, to understand God's will.
- C. Calm down quickly, then bundle your tongue, and take responsibility
- D. A and C

S10. 巨人歌利亞與瘦小的大衛交鋒
失敗最主要原因:

- A. 沒有全副軍裝
- B. 假裝巨大的外表
- C. 對上帝沒有信心
- D. 不能經歷真正的考驗

S10. The **main reason for the failure** of giant Goliath's encounter with the skinny David:

- A. There's no army uniform
- B. Pretending to have a huge appearance
- C. No faith in God
- D. You can't go through a real test

S11. 那節經文記載：“你們得救是本乎恩，也因著信，這並不是出於自己，乃是神所賜的；也不是出於行為，免得有人自誇。”

- A. 以弗所書二章8-9節
- B. 羅馬書三章23-24節
- C. 希伯來書九章27-28節
- D. 約翰福音一章12-13節

S11. **Which Bible verse says**, “Because by grace you have salvation through faith; and that not of yourselves: it is given by God; not by works, so that no man may take glory to himself.”

- A. Ephesians 2:8-9
- B. Romans 3:23-24
- C. Hebrew 9:27-28
- D. John 1:12-13

S12. 聖經告訴我們要愛人如己,那麼
偏心待人是指那方面:

- A. 看人的外貌,出身,年紀,成就,財富
- B. 不合乎基督信仰
- C. 於理不合的
- D. A 和 B

S12. The Bible tells us to love ourselves, and to be eccentric is to mean that:

- A. Look at people's appearance, origins, age, achievements, wealth
- B. Not in accordance with the Christian faith
- C. Unreasonable
- D. A and B

S13. 雅各書一章22至23節說：“只是你們要行道，不要單單聽道，自己欺哄自己。因為聽道而不行道的，就像人對某某看自己本來的面目。”

- A. 影子
- B. 日子
- C. 鏡子
- D. 朋友

S13. Book of James 1:22-23 said:

“But be doers of the word, and not only hearers of it, blinding yourselves with false ideas. Because if any man is a hearer of the word and not a doer, he is like a man looking at his natural face in XX? ”

- A. a shadow
- B. daily life
- C. a glass
- D. a friend

S14. 癱子的四位朋友不辭勞苦和不怕麻煩的將朋友抬來見耶穌；原來困難可變成創意；麻煩可化作祝福；生命影響生命的朋友，令我們更成長及成熟，可以幫助我們：

- A. 與神建立更親密的關係
- B. 更投入群体的生活和更明白教會的需要
- C. 塑造品格來直言別人的罪過
- D. A 和 C

S14. Paralytic's four friends worked hard and did not fear trouble to carry friends to see Jesus; The original difficulties can be turned into ideas; Trouble can be turned into blessing; Life affects the lives of friends, so that we grow and mature, can help us:

- A.** To build a more intimate relationship with God.
- B.** More engaged in the life of the group and more aware of the needs of the church
- C.** Shaping character to speak out about the sins of others
- D.** A and C

S15. 箴言書廿一章20節說：

“明智人過著富足舒適的生活；
愚昧人因任意揮霍，家產蕩然。”

這裏指那樣妥善理財：

- A. 忠心地儲蓄金錢
- B. 誠實地賺取金錢
- C. 計劃地善用金錢
- D. 慷慨地施予金錢

S15. Proverbs 21:20 says, "There is a store of great value in the house of the wise, but it is wasted by the foolish man."

This refers to proper financial management:

- A. To save money faithfully**
- B. To earn money honestly**
- C. Plan to make the best use of money**
- D. To give money generously**

S16. 你們若真能按著經上所說：
"愛某某如同愛自己"，把這至尊的
律法完全行出來，這是好的。但是
你們如果偏心待人，就是犯罪，就要
被律法裁定為違法。

(雅各書二章8-9節)

A. 父母

B. 鄰舍

C. 敵人

D. 教友

S16. But if you keep the greatest law of all, as it is given in the scripture, Have love for your X as for yourself, you do well. But if you take a man's position into account, you do evil, and are judged as evil-doers by the law.

(James 2:8-9)

A. parent

C. enemy

B. neighbour

D. church member

S17. 士師:底波拉並沒有自己領軍出戰,她容讓巴拉去打這場,原本是屬於她的戰爭。她的領袖品格不屬於那類:

- A. 有敏銳的屬靈知覺力,看事物很清晰
- B. 有迅速而聰明的判斷力及清楚明白上帝的旨意
- C. 極其謙遜,不單只是自己成長,也讓他人成長
- D. 喜愛領袖的權利,不愛承擔責任

S17. The Judge, Deborah, did not lead the war on his own, and she allowed Barak to fight it, which had belonged to her. Her leadership character does not fall into that category:

- A. The spiritual consciousness, the view of things is very clear;**
- B. With swift and intelligent judgment and a clear understanding of God's will;**
- C. Extremely humble, not only to grow on their own, but also to allow others to grow;**
- D. Love the right of a leader, do not love to take responsibility**

S18. 穆斯林是遵從並實行伊斯蘭律法的人。伊斯蘭的意思是順服神。
他們不相信以下:-

- A. 審判日
- B. 有位神是萬物的創造者
- C. 古蘭經,律法書,詩篇,福音書為聖書
- D. 耶穌基督是神的兒子

S18. Muslims are the people who obey and practise Islamic law. Islam means obedience to God. They don't believe the following :-

A. Judgement Day

B. There is a god who is the creator of all things

C. The Quran, the law book, the Psalm, the Gospel is the holy book

D. Jesus Christ is the Son of God

S19. 音樂來自上帝,在創造天地的一刻,上帝把音樂賜給人類:"那時,晨星一同歌唱"(約伯記38章7節) 聖經說:"你們應當彈琴稱謝耶和華,用十弦瑟歌頌祂... 彈得巧妙,聲音洪亮"(詩篇33章2-3節); 音樂的目的,在過去和現在都是:

- A. 讚美上帝
- B. 帶給我們喜樂,增加工作效率
- C. 對人類有傑出的創造力,感到自豪
- D. 人在異鄉聽自己國家的歌,倍感民族驕傲

S19. Music comes from God, and at the moment of the creation of heaven and earth, God gave music to mankind: " When the morning stars sang together, " (Job 38:7) " Give praise to the Lord on the corded instrument; make melody to him with instruments of music... Play skilfully with a loud noise. " (Psalms 33:2-3). The purpose of music, both in the past and in the present, is:

- A. Praise God**
- B. Bring us joy and increase productivity**
- C. Be proud of the outstanding creativity of mankind**
- D. People in a foreign country to listen to their own national songs, feel national pride**

S20. 雅各書二章14-26節的教導，
跟保羅在以弗所書二章8-10節，
及加拉太書二章16節的教導比較
一下。請指出這些經文重點是解釋：

- A. 怎樣獲得真信心
- B. 上帝的恩典,憑信心而得救的,不是靠行為
- C. 為要叫我們行善,是神所預備叫我們行的
- D. 你們要自己省察有信心沒有,要自己試驗

S20. Teaching, compared from Job 2:14-26, against Paul in Ephesians 2:8-10, and Gabriel 2:16. Please note that these verses focus on explaining:

- A. How to gain true confidence
- B. The grace of God, saved by faith, is not by deeds.
- C. To make us do good, God is ready to call us.
- D. You have to examine yourselves, you have faith, you have to test it yourself.

S21. 哥林多前書十三章4-7節說：“
愛是恒久忍耐，又有恩慈，愛是不嫉妒；
愛是不自誇，不張狂，不作害羞的事，
不求自己的益處，不輕易發怒，不計算
人的惡，不喜歡不義，只喜歡真理；凡事
包容，凡事相信，凡事盼望，凡事??。”

A. 忍耐

C. 禱告

B. 謝恩

D. 樂觀

S21. Corinthians 13:4-7 says, " Love is enduring patience, and kindness, love is not jealous; Love is not boastful, not crazy, do not do shy things, do not seek their own benefits, do not easily angry, do not calculate human evil, do not like injustice, only like the truth, all things inclusive, all things believe, hope for everything, ?? for everything."

A. Patience

B. Thanks

C. Pray

D. Optimistic

S22. 世上有否必勝的投資？

投機與投資分別在於掌握多少資訊。

主耶穌所求於作投資管家,是重視
其在投資過程中是否有:

- A. 正義
- B. 忠心
- C. 信賴
- D. 自信

S22. Is there a must-win investment in the world? Speculation and investment lie in how much communication is mastered. The Lord Jesus sought to be an investment housekeeper and valued whether he had in the investment process:

A. Righteous

B. Loyal

C. Trust

D. Confidence

S23. 當耶穌在長大痲瘋的西門家裏坐席的時候,有一位女士拿著一瓶真哪噠香膏,把膏澆在耶穌的頭上;以下那句**不是**耶穌的回應:

- A. 這香膏可以賣三十多兩銀子賙濟窮人哩!
- B. 她在我身上作的是一件美事
- C. 她所作的,是盡她所能的
- D. 由她吧! 為甚麼難為她呢?

S23. When Jesus sat at the house of Simon, Lepers, who was growing up, a lady took a bottle of true balm and poured the ointment on Jesus ' head.

The following sentence was **not** a response from Jesus:

- A. This balm can sell more than 30 pieces of silver help the poor!
- B. What she did to me was a beautiful thing.
- C. What she did was to do what she could. Let her do it!
- D. Why is it difficult for her?

S24. 伊斯蘭的五善功包括：
唸功, 拜功, 課功, 戒功, 朝功。
穆罕默德則被他們尊為???的先知。

- A. 最後且最偉大
- B. 唯一
- C. 最大有能力
- D. 最受人敬拜

S24. The five Good Works of Islam include: work, worship, lesson, abstinence, and merit.

Mohammad was respected by them as ??? of the Prophet.

- A. The last and greatest
- B. The only one
- C. The greatest and most powerful
- D. The most able to be worshipped

S25. 基督徒退休之後,要先建立一個健康的敬虔生活,生活有規律,多參加教會的義工服事,又彼此相助,常為教會和眾聖徒代禱,作神家中的??。
(路加福音二章36-37節)

A. 哈拿

B. 器皿

C. 忠心僕人

D. 蒙福之人

S25. When Christians retire, they must first establish a healthy Godly life, have a regular life, take part in the church's volunteer service, and help each other, often praying for the church and the Saints, to be the home of the God's ??
(Luke 2:36-37)

- | | |
|------------------|----------------------------|
| A. Hannah | C. Faithful servant |
| B. Tool | D. Blessed man |

S26. 基督徒不能接受以下的哪一個？

- A. 飲酒作樂
- B. 社交舞蹈
- C. 吸煙/大麻
- D. 慈善獎票

S26. Which of the following cannot be accepted by Christians?

- A. Drinking alcohol as leisure
- B. Social dance
- C. Smoking/ Cannais
- D. Charity Award Ticket

S27. 根據神的律法, 那一種對金錢財富的觀點是**不正確**的?

- A. 要對我們的身家財富知足
- B. 橫財是神祝福的標誌
- C. 金錢萬能可以受魔鬼的控制
- D. 我們的產業為神所擁有

S27. According to God's Law, is that a view of money wealth **incorrect**?

- A. To be content with our wealth
- B. A windfall is a sign of God's blessing
- C. Money Almighty can be controlled by the devil
- D. Our heritary is owned by God

S28. 我們怎樣求得忍耐？

- A. 動機在自己的益處上
- B. 禱告滿有力量
- C. 憑著信心求,堅忍到底
- D. 苦難才祈求,並彼此認罪

S28. How do we get blessing on patience?

- A. Motivational prayer for strength in one's own benefits
- B. Prayer in full faith and strength
- C. In faith but endurance to the end
- D. Pray only in suffering and pleads guilty to each other

S29. 聖經教導基督徒不作以下的
社會行動:

- A. 反對加稅
- B. 選舉投票
- C. 罷工抗議
- D. 推翻政府

S29. The Bible teaches
Christians **not** to make the
following social actions:

- A. Oppose Tax increases
- B. Election vote
- C. Strike protests
- D. Overthrow the government

S30. 聖經說：“....他叫日頭照好人，也照惡人；
降雨給義人，也給不義的人。”（太5：45）
將退休的基督徒如果也按世人的想法，選擇他們追求的“多姿多彩”的生活，關鍵是“想法”，而不是“形式”。將退休基督徒選擇他們生活方式時，不妨問問自己：“我是誰？ 你的答案是：

- A.** “我”的家在天上。
- B.** “我”在世界上的生活，是在編織將來要得到的冠冕。
- C.** 世界上有福樂能與“我”所擁有的福樂相比。
- D.** A 和 B

S30. The Bible says, “.... for His sun gives light to the evil and to the good, and He sends rain on the upright man and on the sinner. ”

(Matthew 5:45)

Retiring Christians, if they also choose the “wonderful” life they seek, the key is "idea", not "form". When retiring Christians choose their way of life, they may as well ask themselves, "Who am I?" Your answer is:

A. The home of "Me" is in the sky. B.

The life of "I" in the world is weaving the crown to be obtained in the future.

C. Bliss in the world is comparable to the bliss that "I" has.

D. A and B

S31. 得智慧的藥方是要:

- A. 謙遜人有智慧陪伴他
- B. 祈求和期望,主必賞賜
- C. 憑信心得到神的歡心
- D. B 和 C

S31. The prescription for wisdom is :

- A. like a humble man who has intelligence to accompany him
- B. to pray and hope, the Lord will reward
- C. to get God's grace in faith
- D. B and C

M32. 父母必需幫助孩童建立起
自制力....

- A. 不必太早開始
- B. 刻意製造機會,好讓孩子學習
控制自己
- C. 督察要緊密,後果要嚴厲
- D. B 和 C

M32. Parents must help children build up their self-control

A. Do not start too early

B. Deliberately creating opportunities too soon, so that children learn to control their own

C. Inspection to be tight, the consequence should be severe

D. B and C

S33. 以下那節雅各書經文形容舌頭
可以毀滅我們的一切:

- A. 用舌頭稱頌我們的主, 我們的父, 也用舌頭
詛咒按照神形象的人
- B. 舌頭就是火, 在我們身体的衆多部份中, 是
個不義的世界....
- C. 各人要快快地聽, 慢慢地說, 慢慢地動怒
- D. 我們如果把嚼環放入馬嘴.... 就可以控制
整隻馬...

S33. The following verse of Jacob's book describes the tongue as destroying everything we have:

A. Praise our Lord with your tongue, our Father, and curse those who follow the image of God with their tongues

B. The tongue is fire, and in many parts of our body, it is an unrighteous world ...

C. Everyone should listen quickly and speak slowly, and angry slowly

D. If we put the chewing ring in the mouth of the horse You can control the whole horse....

S34. “基督照聖經所說,為我們的罪死了,而且埋葬了。又照聖經所說, 第三天復活了,並且顯給磯法看, 然後顯給十二使徒看, 後來一時顯給多少弟兄看。”

(哥林多前書十五章3-6節)

A. 500+

C. 1000

B. 5000

D. 100 -500

S34. "...that Christ died for our sins according to the scriptures; and that he was buried; and that he hath been raised on the third day according to the scriptures; and he was seen by Cephas; then by the twelve; then he appeared to X brothers at once, ..." (1 Corinthians 15:3-6)

A. 500+

C. 1000

B. 5000

D. 100 - 500

S35. 在末後的世代，教會該如何準備迎接主的再來呢？在啟示錄的七個教會信中耶穌對教會給予肯定、指責、勸勉及應許。也是提醒我們這末後的教會，務要_____，直到世界的末了。

- A. 持守忠心及殷勤侍奉
- B. 共同勸勉
- C. 聆聽聖靈的教導
- D. C 及 A

S35. In the end stage of generation, how should the church be prepared to prepare for the Lord's coming back again? In the Seven church letters of Revelation, Jesus gave affirmation, blame, exhortation, and promise to the church. It is also an important reminder to us of this end stage of church, _ _ _ _ _, until the end of the world.

- A. Faithful and attentive to serve**
- B. Co-exhortation**
- C. Listen to the teachings of the Holy Spirit**
- D. C and A**

S36. 馬太福音廿八章19-20節，
主耶穌所吩咐信徒傳福音的大使命，
有三大要項：

- A. 傳揚，見證，行道
- B. 出去，施洗，教訓
- C. 生命力，完美生活，愛主更多
- D. 信靠主，跟隨主，見證主

S36. Matthew 28:19-20, there are three main commands of the great mission of the Lord Jesus to preach the gospel:

- A. Preach, witness, and act in our daily life
- B. Go out, baptize, and teach
- C. Vitality, perfect life, love the Lord more
- D. Trust the Lord, follow the Lord, witness the Lord

S37. 作見證的重點包括:

- A. 生命的經歷和得救見證
- B. 明確的主題和容易被聽者明白
- C. 有系統的結構除了實例來支持
- D. B 和 A

S37. Highlights of the testimony include:

A. The experience of life and the testimony of salvation

B. Clear themes and easy to be understood by the listener

C. There is a system structure in addition to instances to support

D. B and A

S38. 在第一個聖誕節時 - 耶穌生在猶太的伯利恆; 幾位東方博士, 來到耶路撒冷, 送來許多禮物; 那種是對今天逆境的基督徒最佳的良藥, 可以得著福氣和幫助:

A. 黃金

B. 沒藥

C. 乳香

D. 良言

S38. On the first Christmas Day – Jesus was born in Bethlehem; there were wise men from the east came to Jerusalem, and sent many gifts; the best medicine for Christians of today's adversity can be blessed and helped:

A. Gold

C. Frankincense

B. Myrrh

D. Good words

M39. 猶太人素以上帝選民自居,因此
“重信守約” 成為他們經商的傳統; 傳統
猶太人有一部家教法典, 倡導 創意教育
, 是一種培養世界性人才的先進教育理
念, 和完整的教育體系; 以下人物都是
猶太人, 通過創意教育, 改變了他們的
一生, 除了那位:

A. 愛因斯坦

C. 畢卡索

B. 馬丁路德金

D. 馬克思

M39. The Jews were chosen by God, and therefore "to abide by the Covenant" became their tradition of doing business; Traditional Jews have a tutor code, advocating creative education, is a training of the world's advanced educational concepts, and a complete education system; The following characters, all Jewish, changed their lives through creative education, **except** for the one:

A. Einstein

C. Picasso

B. Martin Luther King

D. Marx

S40. 以利亞的祈禱符合上帝的心意； 約伯的祈禱不單是向神傾訴,更是屬靈的操練; 他的祈禱比較接近但以理那三位朋友 (沙得拉,米煞,亞伯尼歌) 的祈禱重點; 你認為是那方面相同:

- A. 十足信心,十足信靠神
- B. 全然等候神的應許
- C. 忍耐的心,對神不捨不棄
- D. 主若願意,甘願被神掌管生命

S40. The prayer of Elijah in accordance with God's heart; Job's prayers are not only to confide in God, but also to practice spiritually; his prayers are closer to Daniel's prayer focus of three friends (Shadrach, Meshach, Abednego). What do you think that they have **common practice**?

- A. Self-confidence, full faith in God's total waiting
- B. for God's promise to endure the heart,
- C. do not give up to God If the Lord wishes, D.
- He is willing to be in charge of life by God

S41. 基督徒真正的屬靈更新指標，
那個是犯錯誤的：

- A. 在各樣的經歷中要學會親身的經歷主
才最重要
- B. 在事奉上只求自己的成功和內心喜樂
- C. 真正的屬靈經歷是被神自己及被神的方法所吸引
- D. 對上帝更加敬畏, 信靠, 及順服

S41. The Christian True Spiritual renewal pointer, **which one is a mistake:**

A. Learn to experience firsthand in all kinds of experiences, and the Lord is the most important thing

B. Ask for your own success and inner joy in ministry

C. The true spiritual experience is attracted by God himself and by God's methods.

D. Be more in fear of God, trust, and obey

S42. 聖經對制裁重罪犯的主要目的是：
是：

- A. 以阻嚇制止有潛能去犯法的人
- B. 禁制罪犯不再犯法的潛力
- C. 報應或懲罰犯法者要知道犯法是社會不能接受的
- D. 為罪犯提供恢復過新的生活

S42. The main purposes of the Bible for sanctioning criminals are:

A. To deter people who have the potential to break the conflict.

B. The unhelpful insinuation force to ban criminals from breaking the conflict

C. Retribution or punishing offenders need to know that breaking the conflict is socially unacceptable.

D. To provide criminals with a return to a new life.

S43. 啟示錄第六章3-4節說：“揭開第二印的時候，我聽見第二個活物說你來；就另有一匹馬出來，有權柄給了那騎馬的，可以從地上奪去太平，使人彼此相殺，又有一把大刀賜給他。”

那隻馬是甚麼顏色的？

A. 紅

C. 白

B. 黑

D. 灰

S43. Revelation 6:3-4 says: " When the second seal was opened, I heard the second living creature say that you had come, and another horse came out, and had the authority to give the rider, that he could take peace from the earth, that he would kill one another, and that a great sword should be given to him."

What color is that horse?

A. Red

C. White

B. Black

D. Grey

S44. 上帝多次利用夢向信與未信的人
啟示旨意；以下那個**不正確**例子：

- A. 在夢中對法老王預言七年饑荒
- B. 在夢中對但以理呈現四獸預言未來戰亂
- C. 在夢中對保羅應許賜伯特利為基業
- D. 在夢中命外族的亞比米勒不要沾污撒拉

S44. God has repeatedly used dreams to enlighten the will of faith and unbelief;

The following is an **incorrect** example:

A. In his dreams, he predicted seven years of famine to the pharaohs.

B. In the dream, Daniel presented the four beasts to predict the Future picker chaos.

C. In the dream, Paul should be promised Bethel as the foundation.

D. In the dream of the alien Abimelech did not stain Sarah

S45. 個人佈道或陪談進程必需:

- A. 引進福音和建立關係
- B. 事前跟進和使用屬靈術語
- C. 福音內容和決志的禱告
- D. A 和 C

S45. The process of personal sermon or accompanying conversation with new believer must:

A. Introduction of the Gospel and establishment of relationships

B. Follow up and use of spiritual terms in advance

C. Prayer of Gospel content and determination

D. A and C

S46. 弟兄們哪,你們要忍耐,直到主來。
看哪,農夫忍耐等候,地裡寶貴的出產,
直到得了秋雨春雨。你們也當忍耐,
堅固你們的心,因為主來的日子近了。
弟兄們,你們不要彼此??,免得受審判。
(雅各書五章7-9節)

A. 埋怨

C. 爭吵

B. 疏遠

D. 比較

S46. Go on waiting calmly, my brothers, till the coming of the Lord, like the farmer waiting for the good fruit of the earth till the early and late rains have come. Be as calm in your waiting; let your hearts be strong: because the coming of the Lord is near. Brothers, do not ??, each other lest you be judged. (James 5:7-9)

A. Blame

C. Quarrel

B. Alienated

D. Comparison

S47. 我們都是從學效別人開始；
靈命成長的智慧，是自覺成為好的
影響和榜樣，令人得到上帝最大的
祝福。

以下那位我們不應效法的：

- A. 該猶 (行道的人)
- B. 丟特腓(作眾人的領袖)
- C. 低米丟 (作見證)
- D. 尼希米 (化悲哀為力量)

S47. We all start with learning to be effective; Spiritual growth of intelligence, is self-conscious to become a good influence and role model, to get God's greatest blessing.

We should not follow the following:

- A. Gaius (love in the truth)
- B. Diotrephes (the leader of all people)
- C. Demetrius (as a witness)
- D. Nehmeya (to see the sorrow as strength)

S48. 尼希米為同胞的苦難,在上帝面前祈禱及禁食;他對上帝的敬畏及對罪的敏銳,對基督徒是何等重要。

那些是**非常重要**的具備條件:

- A. 一雙聆聽的耳朵和一個寬恕的擁抱
- B. 一句鼓舞的說話和溫柔的微笑
- C. 一顆謙卑的心
- D. A, B 和 C

S48. Nehmeya prayed and fasted before God for the suffering of his countrymen, and how important his fear of God and the sense of sins were to Christians.

Those are very important to have the conditions:

- A. A pair of listening ears skeleton and a forgiving embrace
- B. an inspiring speech and
- C. a gentle smile a humble heart
- D. A, B 和 C

S49. 雅各書四章14節說:" 但其實, 你們自己的生命, 明天將要怎樣, 你們都不曉得! 你們原是雲煙, 出現瞬間, 便又消逝。"

以下那種解決辦法可行:

- A. 與神一起訂下自己的目標**
- B. 一天的難處, 一天擔當就夠了**
- C. 現在就去做, 生命是不可預知的**
- D. B 和 C**

S49. Jacob 4:14 says, “ But in fact, your own life, what will happen tomorrow, you do not know! You were a cloud of smoke, and in an instant, you disappeared again.”

The following solutions are feasible:

- A. To set your own goals with God.**
- B. The difficulty of the day is enough to bear the day**
- C. Do it now, life is unpredictable.**
- D. B and C**

S50. 最能使老年基督徒生命豐盛經文，
有哪些是正確？

- A. 強壯乃少年人的榮耀，白髮為老年人的尊榮。(箴言 20:29)
- B. 不可嚴責老年人、只要勸他如同母親.. 總要清清潔潔的。(提摩太前書 5:1-2)
- C. 勸老年人要有節制、端莊、自守，在信心、愛心、忍耐上都不要純全無疵。(提多書 2:2)。
- D. A, B 和 C

S50. What is the right thing to do to make the life of an elderly Christian from **useful scripture** below?

- A. Strength is the glory of a young man. White hair is the honor of the old. (Proverbs 20:29)
- B. Not to blame the elderly, as long as he is advised to be like a mother ... Always clear clean. (1 Timothy 5:1-2)
- C. Urge the elderly to be measured, dignified, self-guarding, in confidence, love, patience should not be pure and flawless. (Titus 2:2).
- D. A, B and C

S51. 試煉是來自神的,目的使人成長;
試探是來自魔鬼的,目的使人犯罪。

我們不應該用那種對策來抵擋試探:

- A. 要作好準備,不要被人欺騙
- B. 藉著神的大能和聖經的教導
- C. 靠自己能力破撒但的詭計
- D. 人經歷試探後,不要說我被神試探; 定要承擔責任

S51. Trials come from God, with the aim of making people grow; Temptation comes from the devil, for the purpose of committing a crime. We **should not use** that countermeasure to resist temptation:

A. Be prepared not to be deceived

B. By the great energy of God and the teachings of the Bible

C. The trick of breaking Satan by his own ability.

D. When one experiences temptation, do not say that I am tempted by God, but must be held accountable

S52. 主告訴我們：“應當一無掛慮，只要凡事藉著禱告祈求和感謝，將你們所要的告訴上帝，上帝所賜出人意外的平安，必在基督耶穌裡保守你們的心懷意念。”

這些經文在聖經何處？

- A. 腓立比書四章6-7節
- B. 彼得前書五章7-8節
- C. 以賽亞書四十二章3-4節
- D. 路加福音四章4-5節

S52. The Lord tells us: “Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which is deeper than all understanding, shall keep your hearts and minds through Jesus.”

Where are these verses in the Bible?

- A. Philippians 4:6-7**
- B. 1 Peter 5:7-8**
- C. Isaiah 42:3-4**
- D. Luke 4:4-5**

M53. 著名遺傳學家文特(Craig Venter)的研究出第一個人造細胞,稱為人造兒 (Synthia) 。以非生物體上的DNA 礮基為基本材料, 通過電腦軟件的指揮儀器, 將這個人造支原體基因組, 放到另一種支原體身上, 複製出這人造基因組, 所控制產生出活的支原體。

這樣正確表明:

- A. 創世記二章7節: 神將生命的氣息, 使這個用塵土造出的人成為活人
- B. 文特的研究: 只不過是將一個生命, 轉到一個無生命體上, 使它具有生命
- C. 這是一項絕技, 創造了進化樹上一個新分枝
- D. A 和 B: 證明造萬物之神其創造之真實

M53. Famous geneticist, Craig Venter, researched the first man-made cell, known as an artificial child (Synthia). Using the DNA based on non-organisms as the basic material, the artificial mycoplasma genome is placed on another mycoplasma through the command instrument of the computer software, and the artificial genome is reproduced to control the Mycoplasma that produces the conceivable.

This correctly indicates that:

- A. Genesis 2: 7, God brings the breath of life to the living of a man made of dust**
- B. Venter's research report: It's just the transfer of a life to an inanimate body that makes it life.**
- C. It's an absolute technique that creates a new branch of the evolutionary tree.**
- D. A and B: proof of the truth of the universe creation by God**

C54. 在北美的父母**少担心**他們的少年孩子的:

- A. 同輩壓力
- B. 學業成績差
- C. 藥物濫用
- D. 結交朋友

C54. Parents in North America are **less worried** about their teenage children's:

- A. Peer pressure
- B. Poor academic performance
- C. Drug Substance Abuse
- D. Making Friends

C55. 孩子的言行舉止,最能反映出其父母的處事作風,品格性情,原因是孩子的模仿力甚強,家人就是他們的學習對象;要鼓勵小孩說誠實話,父母應**時常緊記**:

A. 語調平靜

C. 情緒安穩

B. 講過要算數

D. A 和 C

C55. Children's behavior, the most reflective of their parents ' style of conduct, character temperament, because the child's imitation is very strong, the family is their object of study, to encourage children to speak honest, **parents should always bear in mind:**

- A. Calm tone**
- B. Count what has been said**
- C. Emotional stability**
- D. A and C**

H56. 世界長者失智症的報告結果發現：長者失智症是損害心智功能,顯著影響著世界的社會照顧系統。65歲以後,發展中國家的長者失智症人數,有可能每隔五年增加一倍。世界長者失智日是在那天?? 這一天,長者失智症的組織在世界各地,提高認識有關長者失智症和阿爾茨海默氏症。(Alzheimer's and Dementia)

A. 每年9月11日

B. 每年9月21日

C. 每年3月8日

D. 每年10月1日

H56. The results of the World Elder Dementia report found that elder dementia is a damage to mental function and a significant impact on the world's social care system. After the age of 65, the dementia of the elderly in developing countries is likely to increase by double every five years. Which date is the World Dementia day? On this day, elder dementia organizations around the world raise awareness about elder dementia and Alzheimer's disease.

A. September 11

B. September 21

C. March 8

D. October 1

M57. 在引致衝突的三種慾望
(佔有, 享樂, 和驕傲);

最佳治療紛爭的方法是:

- A. 應當順服神
- B. 應當親近神
- C. 應當謙卑
- D. 應當抵擋魔鬼

M57. In the three desires that cause conflict (possession, pleasure, and pride).

The **best way to treat** disputes is to:

- A. Should obey God
- B. Should be close to God
- C. Should be humble
- D. Should resist the devil

C58. 最新2018年調查報告顯示加拿大的家庭結構變化很大;所謂傳統家庭的模式已不復存在;現代的家庭組織各色各樣,而且在蛻變中;

那一類家庭在近35年來增長最快:

- A. 同居家庭 (有兒女)
- B. 同居家庭 (沒有兒女)
- C. 單親家庭
- D. 同性家庭

C58. The latest 2018 survey report showed that the family structure in Canada had changed considerably; that the model of the so-called traditional family no longer existed; that modern family organizations were diverse and in the metamorphosis; and that **category of families had grown fastest** in the last 35 years:

- A. Cohabiting families (with children)**
- B. Cohabiting families (no children)**
- C. Single parent families**
- D. Same-sex families**

H59. 美國肯塔大學發表對長者失智症研究,發現那些人患上此症機會較低:

- A. 寫作家
- B. 藝術家
- C. 奧運選手
- D. 音樂教師

H59. The University of Kensington has published a Research Report on Elder Dementia and found that those people have a **lower chance** of developing the disease:

A. Writer

B. Artist

C. Olympian

D. Music teacher

M60. 當你說話之前,可要三思,要說造就人的說話,叫聽的人得益處;

那個英文一詞提醒你說話是:

(a)真實的, (b)有幫助的, (c)重要性,
(d)必要的, (e)有善意的

A. TRAIN

C. THINK

B. TOUCH

D. TEACH

M60. When you speak, think twice, say, make people's words, call the people who listen to the benefit of the person;

The English word _____ reminds you that:

(a) It is true, (b) It is helpful, (c) It is important, (d) It is necessary, (e) there is kindness.

A. TRAIN

C. TOUCH

C. THINK

D. TEACH

C61. 加拿大人口在2018年，人口達到新高峯。平均人口年歲由36.8 (2000) 升至40.7 (2017); 全國省份最多人口是安大畧省有14,840,000; 最少人口是P.E.I. 有146,200; **請猜加國人口數目在2018, 12月31日** (佔全球人口0.48%):

A. 36,953,765

C. 37,603,200

B. 34,168,668

D. 35,949,709

C61. Canada's population reached a new high in 2018. The average age of the population rose from 36.8 (2000) to 40.7 (2017); The largest population in the country is the province of Ontario, which has 14,840,000; The minimum population is P.E.I. There are 146,200; [Please guess: Canadian population in 2018, December 31](#) (accounts for 0.48% of the world's population)

A. 36,953,765

C. 37,603,200

B. 34,168,668

D. 35,949,709

C62. 全加國最老楓樹位於：
COMFORT MAPLE
CONSERVATION AREA,
ONTARIO; 這棵大樹高約八十呎，
粗樹幹要5至6個人張開手互相牽著，
才能圍繞它一週；請猜它的年歲？

A. 800-1000

C. 200-400

B. 600-800

D. 400-600

C62. The oldest maple tree in Canada located in: COMFORT MAPLE CONSERVATION AREA, ONTARIO; The big tree is about 80 feet high, the thick trunk to 5 to 6 people open their hands to hold each other, in order to surround it;

Please guess how old it is?

A. 800-1000

C. 200-400

B. 600-800

D. 400-600

C63. 為甚麼北美洲兒童的閱讀量是中國兒童的5倍？

- A. 兒童看書的時間比電視與電腦遊戲為少
- B. 中國父母花時間陪孩子寫作業,却不肯花時間陪孩子閱讀
- C. 中國父母給孩子選擇的課外閱讀材料多是複雜,孩子難以理解內容,缺閱讀的樂趣
- D. 北美洲父母在睡覺前抽出半小時的時間讀書給孩子聽,既密切了和孩子的關係,也容易堅持更多閱讀的習慣

C63. Why do North American children Read 5 times as much as Chinese children?

- A. Children read less time than TV and computer games
- B. Chinese parents spend time with their children to write homework, but refuse to spend time with their children to read
- C. Chinese parents give their children the choice of extracurricular reading materials are more complex, children difficult to understand the content, lack of reading fun
- D. North American parents smoke for half an hour before going to bed to read to their children, both closely with their children and easy to stick to the habit of reading more

H64. 那種乾淨蔬果有內置的防禦。如果被蟲咬,它會滲出一乳白色汁液,把昆蟲口黏住。在市場賣完前,它在高溫和高濕下自己癒合。這會導致外皮增厚,提供保護防止被傷害和產生疾病。

A. 蜜瓜

B. 蕃薯

C. 西瓜

D. 哈密瓜

H64. That kind of clean fruits and vegetables has built-in defenses. If bitten by a worm, it oozes a milky juice and sticks the insect's mouth. Before the market is sold out, it heals itself at high temperatures and humidity. This can lead to thickening of the outer skin, providing protection against injury and disease.

- A. Honeydew Melon
- B. Sweet Potato
- C. Watermelon
- D. Cantaloupe

M65. 唯有對所疼愛的新一代有足夠的信任,在堅持真理之下,懂得放手,新一代才可以跳出安穩的鳥巢,找到自己所屬的一片藍天。這樣應該讓下一代去塑造他們的未來。那一個用詞最適當表達兩代對期望的差異:

A. 一代不如一代

B. 一代不及一代

C. 一代不同一代

D. 一代不知一代

M65. Only to the new generation of love has enough trust, in the adherence to the truth, know how to let go, a new generation can jump out of the stable nest, find their own belong to a blue sky. This should allow the next generation to shape their future. **That one uses the words to most appropriately express the difference between two generations of expectations.**

- A. New generation worse than Old generation**
- B. New generation better than Old generation**
- C. One generation is always different than other generation**
- D. Old Generation not understood by New generation**

C66. 許多家庭問題的產生,以致關係的破裂,都源於那種:

- A. 比較別人勝過自己
- B. 不滿的態度
- C. 不能同心一致
- D. 不能家和萬事興

C66. Many family problems arise, so that the **root cause of the relationship breakup** from the kind of:

A. compare the attitude of others more than their own

B. dissatisfaction

C. cannot be consistent with the “same heart” (common goal)

D. cannot have peace at home

M67. 家庭幸福良方是：夫妻要如何包容對方！

- (1)不在同一時間發脾氣、
- (2)不大聲吼叫、
- (3)當天的不快當天化解、
- (4)批評的話要出於愛、
- (5)每天說一句讚美的話、
- (6)討論誰傷害誰、
- (7)能夠護短、
- (8)相互關愛、
- (9)互相諒解,做伴侶聽家、
- (10)征服對方弱點。

那兩種不應該？

A. 6, 10

C. 1, 7

B. 2, 5

D. 3, 9

M67. The recipe for family happiness is: How couples should accommodate each other!

- (1) Not to lose your temper at the same time,
- (2) not to roar loudly, (3) to resolve the day's unhappiness,
- (4) to criticize words out of Love,
- (5) to say a compliment every day,
- (6) to discuss who hurts who,
- (7) to protect the other's weakness,
- (8) caring for each other,
- (9) Understanding each other, being a partner listening home,
- (10) conquering each other's weaknesses.

Those two shouldn't?

A. 6, 10

C. 1, 7

B. 2, 5

D. 3, 9

C68. 澳大利亞人瑪格麗特 (Margaret Smith Court) 被選入國際壇名人堂;她一共贏了六十四個大滿貫賽事的冠軍;如今她是在傳福音的禾場上競賽,用她自身的經歷和生命見證,向參賽者得到在基督裏豐盛和得勝的生命。

她是那種賽事高手?

A. 溜冰

C. 網球

B. 長跑

D. 槍擊

C68. Australian Margaret Smith Court was elected to the International Altar Hall of Fame; she won a total of 64 grand Slam tournaments; and now she is competing on the developing site of the gospel, using her own experience and life to witness the abundance and Triumph of life in Christ.

She is one of those tournament masters:

A. Skating

C. Tennis

B. Marathon Long run

D. Gun shooter

M69. 中國古人有諺：“五色令人目盲，五音令人耳聾，五味令人口爽，馳騁攻獵令人心發狂，難得之貨令人行妨。”因著社會充滿各種五光十色物慾吸引，令人心發狂，行為不當。這個古人是誰？

A. 孔子

C. 孟子

B. 老子

D. 荀子

M69. The Chinese ancients have a proverb: "Five colors turn people blind, five sounds cause deaf, five tastes make temptation to eat, gallop talk makes us crazy, rare goods can be a nuisance." "Because society is full of all kinds of colorful and materialistic attraction, it makes us crazy and misbehaving. **Who Is this ancients?**

A. Confucius

C. Mencius

B. Laozi

D. Xunzi

M70. 人生七個重要的價值觀包括:事業,感情,財富,健康,良好的人際關係,崇高的品格和信仰。你必要在當中取得平衡,才擁有美滿人生。這人生七個重要的價值觀是影響我們:

- A. 人生目標和人生意義
- B. 凡事勝利和永留千古
- C. 一切行為的解釋和原動力
- D. A 和 C

M70. Seven important values in life include: career, feelings, wealth, health, good interpersonal relationships, lofty character and beliefs. You need to strike a balance in it before you have a happy life.

Seven important values in this life are influencing us:

- A. The goal of life and the meaning of life
- B. Victory in everything and eternity.
- C. Interpretation and original movement of all acts
- D. A and C

H71. 那種蔬果為什麼他們骯髒:

它是一種單純的葉子植物，它吸引多種昆蟲，包括蝗蟲。它往往把殘留在土壤的DDT吸收到葉子上。

這些DDT化學物質在他們被禁止使用幾十年後仍留在土中。

A. 櫻桃

B. 草莓

C. 藍莓

D. 菠菜

H71. What kind of fruits and vegetables why are they dirty: It is a simple leaf plant that attracts a variety of insects, including locusts. It tends to absorb DDT, which remains in the soil, onto the leaves. These DDT chemicals remain in the soil for decades after they were banned from use.

A. Cherries

C. Blueberries

B. Strawberries

D. Spinach

H72. 在最近的一項研究中,蘇格蘭科學家發現,有機蔬菜湯比非有機蔬菜湯含有近6倍之多水楊酸。水楊酸是阿司匹林的主要成分,是自然生成的植物作為防禦的壓力和疾病。有機農業生態方法生長在南半球產生了急劇增加的產量,以及減少病蟲害,提高作物的多樣性,以及改善營養成分。

它有助於對抗:

A. 動脈硬化

C. 腸癌

B. 皮膚癌

D. A, B 和 C

H72. In a recent study, Scottish scientists found that organic vegetable soup contains nearly 6 times as much salicylic acid as non-organic vegetable soup. Salicylic acid is the main component of aspirin and is a naturally occurring plant as a defense of stress and disease. The growth of organic agro-ecological methods in the southern hemisphere has produced dramatic increases in yields, as well as the reduction of pests and diseases, the improvement of crop diversity, and the improvement of nutrients.

It helps to confront:

A. Arteriosclerosis

B. Skin cancer

C. Bowel Cancer

D. A, B and C

C73. 加拿大人有種強烈族群文化特徵的行為是:

- A. 不喜歡排隊時有人插隊 (打尖)
- B. 人情味濃厚
- C. 愛好用名牌商品
- D. 不准拋垃圾

C73. Canadians have a strong ethnic cultural identity of the behavior is:

- A. Don't like queues when someone jumps in line
- B. Warm friendship
- C. Love to use brand-name goods
- D. do not throw garbage

M74. 教導孩子做人做事要誠實，
首先要讓他們學好：

- A. 謙虛
- B. 忍耐
- C. 自立
- D. 有愛心

M74. Teach your children to be honest when they do things, and **first let them learn:**

- A. Modesty
- B. Patience
- C. Self-reliance
- D. Lovely heart

C75. 2018年世界最大的城市，
人口最稠密，有38,001,000，
在那裏？

- A. 巴西聖保羅
- B. 上海
- C. 印度孟買
- D. 東京

C75. The world's largest city in the 2018, the most crowded population, there are 38,001,000, **where is this city?**

- A. Brazil Sao Paulo
- B. Shanghai
- C. Mumbai, India
- D. Tokyo

C76. 2018年世界最優良的大學是：
英國牛頓大學。

加拿大那間大學是頭二十五名內的：

- A. 多倫多大學
- B. 麥吉爾大學
- C. 不列顛哥倫比亞省大學
- D. 阿爾伯塔省大學

C76. The world's finest universities in the 2018 were: Oxford University, UK. Which University in Canada is within the first 25 Members:

- A. U. of Toronto
- B. McGill U.
- C. U. of British Columbia
- D. U. of Alberta

C77. 加拿大過去十年,每年平均接受廿四萬多移民; 2017年增至三十萬。失業率由13.1% (1982) 降至 5.6% (2018); 他們**最難找工作的行業**是:

- A. 貿易業
- B. 專業 (在外國受訓,有碩士學位)
- C. 服務業
- D. 專業 (本地受過大學教育)

C77. Canada has accepted an average of more than 240,000 migrants each year over the past decade; Increased to 300,000 in 2017. The unemployment rate fell from 13.1% (1982) to 5.6% (2018);

The industries where they are hardest to find work are:

- A. Major in trade
- B. Professional (trained in foreign countries with Master's degree)
- C. in services
- D. Professional (local university education)

H78. TC: 總量膽固醇

HDL: 高密度膽固醇

TG: 三甘油脂

LDL: 低密度膽固醇

健康正常的成年人,

(TC/HDL) 倍數應該介乎:

A. 3.5 – 5.0

C. 5.0 – 9.0

B. 1.0 – 2.5

D. 3.0 – 6.0

H78. TC: Total cholesterol
HDL: high density cholesterol
TG: Tri-gan Grease
LDL: Low Density cholesterol

A healthy and normal adult,
(TC/HDL) multiples should be between:

- | | |
|--------------|--------------|
| A. 3.5 – 5.0 | C. 5.0 – 9.0 |
| B. 1.0 – 2.5 | D. 3.0 – 6.0 |

C79. 在北美洲,2018年研究報告指出16-22歲青少年最主要死亡原因是:

- A. 交通意外
- B. 被謀殺
- C. 自殺
- D. 藥物中毒

C79. In North America, the 2018 Statistics report noted that the **leading causes of death** among 16-22 years old adolescents were:

- A. Traffic accident
- B. Murdered
- C. Suicide
- D. Drug poisoning

M80. 現今極多的人都認為

最喜愛的時刻:

- A. 責任完了,算是人生一大樂事
- B. 提早退休的第一天
- C. 睡覺時發美夢
- D. 吃最豐富的自助餐

M80. Nowadays, a great number of people think that **the favorite moment:**

A. The end of responsibility, is a great joy in life

B. On the first day of early retirement

C. Dream when you go to bed

D. Eat the most deluxe buffet

C81. 據國際特赦組織資料，截至2017年4月30日世界上超過69%的國家已經在法律上或事實上廢止了死刑。保持、恢復死刑制度的檢討在各國始終不斷，死刑存廢問題是難論是非對錯與治安相關數據佐證的價值觀之爭。

加拿大在那年廢除死刑？

A. 2001

C. 1976

B. 1997

D. 1867

C81. As of April 30, 2017, more than 69% of the world's countries had abolished the death penalty de jure or de facto, according to Amnesty International data.

The review of the system of maintaining and resuming the death penalty has been constantly in various countries, and the problem of the abolition of the death penalty is difficult to argue about the values of right and wrong and policing related data left.

Canada abolished the death penalty in:

A. 2001

C. 1976

B. 1997

D. 1867

H82. 老年人最忌諱的動作:-

1. 站著穿褲、
2. 上樓梯要慢、
3. 勿提重物、
4. 彎腰不能逞強、
5. 回頭看且慢、
6. 久坐
7. 狼吞虎咽
8. 起床太快

那種動作不適宜？

- A. 1, 6, 7, 8
B. 2, 3, 5, 6

- C. 4, 7, 8, 2
D. 1, 5, 7, 4

H82. The dangerous movements of the elderly:

1. Standing in pants,
2. It's slow to go up the stairs,
3. Do not lift heavy objects,
4. Bend not to be brave,
5. Look back slowly and wait
6. Sedentary (sit too long)
7. Gobble
8. Get up too fast

Which kind of actions are not appropriate?

- | | |
|---------------|---------------|
| A. 1, 6, 7, 8 | C. 4, 7, 8, 2 |
| B. 2, 3, 5, 6 | D. 1, 5, 7, 4 |

M83. 當今流行以量化商數追求人心自控之卓越,並以此傲視同儕。

那類商數研究可以提醒人銳意發掘潛質,側重自我管理能力,以減少與人交惡,達至人際和諧。

- A. 逆境商數 AQ
- B. 成功商數 SQ
- C. 情緒商數 EQ
- D. 智慧商數 IQ

M83. Today's popular use of quantitative quotient to pursue the excellence of human self-control, and to take pride in their peers. What kind of quotient research can remind people to explore the potential, focus on self-management ability, in order to reduce the evil with people, to achieve interpersonal harmony.

- A. Adversity Quotient (AQ)
- B. Success Quotient (SQ)
- C. Emotional Quotient (EQ)
- D. Intelligence Quotient (IQ)

C84. 加拿大感恩節的意義是：
感謝創天地萬物的上帝賜
一般的豐收和幸福給我們。
在那年起，加政府規定十月
第二個星期一是全國感恩日：

A. 1867

C. 1957

B. 1917

D. 1937

C84. The meaning of Thanksgiving Day in Canada is: Thank God for all things in the world to give us the general harvest and blessings.

Since which year, the Government of Canada has stipulated that the second Monday of October is National

Thanksgiving Day:

A. 1867

C. 1957

B. 1917

D. 1937

C85. 科學與高科技**不能**為窮人帶來利益原因是：

- A. 純科學家對人的需要太割離
- B. 實用科學家則只短線回利
- C. 高科技產品越來越平
- D. A 和 B

C85. The reason why science and high technology **do not benefit** the poor is that:

A. Ideal scientists cut off people's needs too much

B. Practical scientists are only short-term rebate.

C. High-tech products are getting flatter

D. A and B

C86. 有一種慘烈災難發生在地勢險峻的山區或者溝壑深谷,流速快,流量大,破壞性強;在暴雨或積雪,冰川消融水的帶動下,加上重力作用,大量固體物質沿溝谷流動,形成特殊洪流,稱為:

A. 山泥傾瀉

C. 泥石流

B. 洪水泛濫

D. 海嘯前兆

C86. There is a tragic disaster in the steep mountainous areas or gully valleys, fast flow rate, large flow, strong destructive, in the rainstorm or snow, glacier ablation of water, coupled with gravity, a large number of solid matter flowing along the gully, forming a special torrent, known as:

A. Landslide

C. Debris flow

B. Flooding

D. Tsunami precursors

C87. 兒童的教育責任權屬於那一個？

- A. 教師或校長
- B. 父母或監護人
- C. 家庭學校輔導員
- D. 高等法院法官

C87. What is the right of children to responsibility for education?

- A. Teacher or Principal
- B. Parent or guardian
- C. Family School Counselor
- D. High Court judge

C88. 縱使有高科技產品,例如:
自動導航,防護空氣袋,ABS煞車掣,
可增加駕駛者的人身安全。不過,
交通意外中,有三分二成因來自:

- A. 醉酒駕車
- B. 濫用毒品或過量藥物
- C. 交通憤戾 (心煩氣燥)
- D. 超速,超載

C88. Even if there are high-tech products, such as: automatic navigation, protective air bags, ABS brakes, can increase the personal safety of motorists.

However, in the traffic accident, there are 65% causes from:

- A. Drunk driving
- B. Drug abuse or overdose traffic
- C. Indignation (upset)
- D. Overspeed, overload

M89. “吾十有五而志於學,三十而立,四十而不惑,五十而知天命,六十而耳順,七十而從心所欲。”若按此人生要奔波到晚年七十歲,才有心滿意足。

接受耶穌的救恩,得著聖靈臨在,神即能予人平安。這個古人是誰?

A. 孔子

C. 莊子

B. 孟子

D. 老子

M89. “For human being, age 15 to aim at learning, 30 to have family, 40 to be unbewildered, 50 to know the destiny, 60 to feel comfort, 70 to fulfill the goal. "If you follow this life to the age of 70, you will be satisfied."

To receive the salvation of Jesus, the Holy Spirit is there, and God can give peace to man.

Who Is this ancients?

A. Confucius

C. Zhuangzi

B. Mencius

D. Laozi

C90. 中國近四十年的改革,改變了中國人的經濟面貌,也改變了中國人的生活風尚,出境旅遊已成為衡量中國城市家庭和年輕人幸福度的一大標準。中國還成為赴南極旅遊的第二大客源國。59%是女性。

請猜有多少中國人在2017年出境旅遊?

A. 13000萬

B. 10600萬

C. 7900萬

D. 5200萬

C90. China's nearly 40 years of reform have changed the economic its of the Chinese people, as well as the Chinese style of life, outbound tourism has become a measure of the happiness of urban families and young people in China a big standard. China has also become the second largest source of tourism to the Antarctic. 59% are women.

Please guess how many Chinese travel abroad in 2017?

A. 1.30 Billions

B. 1.06 Billions

C. 0.79 Billions

D. 0.52 Billions

H91. 大麻酚 (CBD) 是另一種大麻素。與四氫大麻酚(THC)不同的是, 不會產生高中毒或中毒。有一些證據表明, 可能會阻止或降低四氫大麻酚對心靈的一些影響。當大麻中的生物多樣性公約數量與四氫大麻酚的含量相同或高於四氫大麻酚時, 可能會出現同樣情況。四氫大麻酚有一定的治療作用, 但也有有害作用。

加拿大, 新的《大麻合法化》及其輔助條例
生效日期:

A. 2018年10月17日

C. 2018年7月1日

B. 2019年1月1日

D. 2018年8月8日

H91. Cannabidiol (CBD) is another cannabinoid. Unlike THC, CBD does not produce a high or intoxication. There is some evidence that CBD may block or lower some of the effects of THC on the mind. This may occur when the amount of CBD in the cannabis is the same or higher than the amount of THC. THC has some therapeutic effects but it also has harmful effects

In Canada, the new Cannabis Act and its supporting regulations came into force on:

A. Oct. 17, 2018

B. Jan. 01, 2019

C. July 01, 2018

D. Aug. 08, 2018

C92. 在加拿大2018年調查報告中，甚麼工作最受大學畢業生歡迎？

- A. 公務員 (聯邦及省政府)
- B. 非牟利機構和組織 (像醫院 ...)
- C. 高科技 IT公司, 如 蘋果, 谷歌, 微軟, 亞馬遜, 臉書....
- D. A 和 B

C92. What work was most popular with university graduates in Canada's 2018 survey report?

- A. Civil servants (federal and provincial governments)
- B. Non-profit-making organisations and organizations (like hospitals ...)
- C. High-tech IT companies, e.g. APPLE, GOOGLE, MICROSOFT, AMAZON, FACEBOOK.....
- D. A and B

C93. 加拿大華人社群區分稱為“五代加國人”。第一代是六十年代以前的老華僑，那第五代是：

- A. 七十年代因移民政策改變而獲得居留權的前留學生；
- B. 九七前後大量湧進加國的香港移民；
- C. 八九學運以後與年年經濟激增的中國大陸移民；
- D. 新青年土生掘起

C93. The Canadian Chinese community is divided into "five generations of Chinese immigrants".

The first generation was the old overseas Chinese before the 60 's, and the fifth generation was:

- A. Former international students who were granted the right of abode as a result of changes in immigration policy in the 70;
- B. Hong Kong immigrants who poured into Canada before and after 97;
- C. 1989 school movement after the annual economic surge of immigrants from mainland China;
- D. New Youth Native rising up

H94. 醫學研究發現造成喪失美麗,健康的輪廓原因,不只是脂肪,更是那些聚集在淋巴管附近,海綿体液狀毒素;由於我們不良的飲食和生活習慣造成排泄物的大量堆積;在血液和体液中循環,滯留堆塞,使身体臃腫變形。怎樣減少体内毒素堆積?

- A. 吃油炸食品
- B. 每天睡眠少過五小時
- C. 天天拉力運動
- D. 長期煙酒

H94. Medical research found that the cause of loss of beauty, health contour, not only fat, but also those gathered near the lymphatic duct, sponge liquid toxin, due to our poor diet and habits caused by a large accumulation of excreta, in the blood and body fluids circulating, stranded in the heap plug, so that the body bloated deformation.

How to reduce the accumulation of toxins in the body?

- A. Eat fried food
- B. Sleep less than five hours a day
- C. Daily tension Movement
- D. Long-term taking alcohol and tobacco

H95. Omega-3 魚油含有:

- A. 不飽和脂肪
- B. 飽和脂肪
- C. 反式脂肪
- D. 不飽和脂肪和三甘油脂

H95. Omega-3 Fish oil contains:

- A. Unsaturated fats
- B. Saturated fat
- C. Trans fatty
- D. Unsaturated fats and Tri-gan Oils

C96. 一項新的吉尼斯世界紀錄，世界上最古老的中藥廠。



廣州陳李濟藥廠主要生產和銷售中藥。見證著多年的歷史滄桑，陳李濟藥廠仍然保持著建廠之初的宗旨：“同心濟世”。它一直致力於弘揚中國傳統醫藥，努力為生產高質量的中藥做出貢獻。它已有多少年的歷史？

A. 400 - 500 年

C. 300 - 400年

B. 500 - 600 年

D. 600 - 700年

C96. A new Guinness World Record, the oldest Chinese medicine factory in the world.



Guangzhou Chen Lizi Pharmaceutical Factory mainly produces and sells traditional Chinese medicine, at the beginning: "Curing everyone". It has been committed to promoting traditional Chinese medicine, and strive to make contributions to the production of high-quality Chinese medicine.

How many years of history has it been?

- A. 400 - 500 years
- B. 500 - 600 years

- C. 300 - 400 years
- D. 600 - 700 years

H97. 大麻植物被用來影響心靈。它還用於醫療、社會或宗教目的。大麻的俚語指是大麻植物的幹花、葉子、莖和種子。

大麻可以採取不同的方式, 方法是:

1. 吸煙: 可能與煙草混合的關節或煙熏 (用捲煙紙卷的大麻)
2. 管道和管件 (一種管道)
3. 布隆茨 (部分或全部掏空充滿大麻的雪茄包裝)
4. 喝或吃: 茶, 汽水, 大麻油, 烘焙食品

A. 1, 2

B. 3, 4

C. 1,2,3

D. 1,2,3,4

H97. The cannabis plant is used for its effects on the mind. It is also used for medical, social or religious purposes. Marijuana is a slang term for the dried flowers, leaves, stems and seeds of the cannabis plant.

Cannabis can be taken in different ways, by:

1. smoking: joints or spliffs (cannabis rolled in cigarette paper) which may be mixed with tobacco
2. pipes and bongs (a type of pipe)
3. blunts (partially or entirely hollowed out cigar wrappers filled with cannabis)
4. drinking or eating: teas, sodas, cannabis oil, baked goods

A. 1, 2

B. 3, 4

C. 1, 2, 3

D. 1, 2, 3, 4

H98. 大麻對大腦的長期影響可能包括成癮風險增加。吸食大麻的其他長期影響類似于吸煙的影響。這些影響可能包括對肺健康的風險，例如：支氣管炎，肺部感染，慢性（長期）咳嗽，增加的粘液在胸部積聚

長期使用大麻會損害您的：

1. 記憶
2. 集中精神
3. 智力 (智商)
4. 思考和決策的能力

A. 1, 3

B. 1, 4

C. 2, 4

D. 1, 2, 3, 4

H98. The long-term effects of cannabis on your brain can include an increased risk of addiction. Other long-term effects of smoking cannabis are similar to the effects of smoking tobacco. These effects can include risks to lung health, such as: bronchitis, lung infections, chronic (long-term) cough, increased mucus buildup in the chest,

Long-term cannabis use can harm your:

1. memory
2. concentration,
3. intelligence (IQ)
4. ability to think and make decisions

A. 1, 3

B. 1, 4

C. 2, 4

D. 1, 2, 3, 4

C99. 世界最著名博物館是:

- A. 盧浮宮, 巴黎, 法國
- B. 大英博物館, 英國
- C. 加拿大文明博物館, 加拿大
- D. 紐約大都會現代藝術博物館



C99. The world's most famous museums are:

- A. The Louvre, Paris, France
- B. British Museum, United Kingdom
- C. Canadian Museum of Civilization, Canada
- D. Metropolitan Museum of Modern Art, New York



H100. 研究最多的大麻素是 delta-9-四氫大麻酚 (thc)。四氫大麻酚負責你的大腦和身體對大麻的反應, 包括高中毒和中毒。

政府認為合法化, 可以更有效地讓青少年遠離大麻, 但報告中顯示15至25歲的用家佔大多數, 事實上加拿大青少年服食大麻的人數, 在二十年間升幅幾達一倍, 18.3%升至2017年的39.1%。不少年輕人一踏入19歲便去買大麻, 表示自己成年了。

至於多了50歲以上的人吸食大麻, 似乎反映了:

- A. 他們不能處理情緒和精神健康的問題, 要用毒品去減壓,
- B. 我們的社會出了問題
- C. 他們經濟基礎應該較好, 有錢易於購買大麻
- D. A, B, 和 C

H100. The most researched cannabinoid is delta-9-tetrahydrocannabinol (THC). THC is responsible for the way your brain and body respond to cannabis, including the high and intoxication.

Canadian government believes legalization can be more effective in keeping teenagers away from marijuana, but the report shows that Canadian teenagers who eat marijuana rose by a few times in 20 years from 18.3% to 2017 39.1%. Many young people go to buy marijuana as soon as they step into the age of 19, indicating that they are adults.

As for the more people over the age of 50 who smoke marijuana, it seems to reflect that:

- A. they can not deal with the problem of emotional and mental health, to use drugs to relieve stress,**
- B. another problem in our society**
- C. they should have a better economic base to buy marijuana.**
- D. A, B, and C**