



今日《論語》

溫良恭儉讓

《學而·論語》

溫良恭儉讓，被稱為儒家五德，也是古代君子待人接物的行為準則。《論語·學而》中有云：子禽問於子貢曰：「夫子至於是邦也，必聞其政，求之與？抑與之與？」子貢曰：「夫子溫、良、恭、儉、讓以得之。夫子之求之也，其諸異乎人之求之與？」

這段話的意思是：子禽問孔子的學生子貢：「為什麼夫子（孔子）每到一個國家都能聽到該國的政事，這是求人家告訴他的呢？還是別人主動說給他聽的呢？」子貢回答說：「夫子以溫、良、恭、儉、讓的品德和態度對待別人，別人自然會把政事說給他聽，這是他與眾不同的品德。」

下面介紹一下溫、良、恭、儉、讓分別代表的品德和態度。

溫：指溫和厚道。溫和指待人得體、有分寸，即不要過冷，也不要過熱，過冷或過熱都會出現問題，這也是一種待人的中庸之道。朋友之間交往太頻繁，就該疏遠了。所以與人交往不能太頻繁，否則會適得其反。厚道是指做人要敦厚和善，沒有人喜歡和刻薄寡恩的人交往和相處，所謂厚德才能載物。

良：指平和正直。平和是指內心和性格平和，一個平和的人，他們說話合乎時宜，做事合理貼切，性格平和而不偏執，思想中正而不偏激，所以別人與他交往時，就會感覺如春風拂面一樣舒適，自然產生渴望與之交往之心。正直是指為人正直，他們做事有責任感，為人處世有原則和底線，他們背後不會做傷害他人的事，並且人前人後都一樣，所以這樣的人是值得信賴和深交的。

恭：指端莊恭敬，也就是對人恭敬有禮，自己不卑不亢。所以「恭」不是奴顏婢膝、諂媚逢迎，而是待人恭敬有禮，對他人有禮貌，且自尊自重。

儉：指克制自己的欲望，不僅是在財物上的節約和不浪費，還指自我行為的約束和欲望的克制。因為人的欲望是無窮的，只有克制自己的欲望，約束自己的行為，才能達到「仁」的境界。

讓：指謙遜又不爭強。在與人交往時，要盡量柔和謙讓，和人交談，處處留有餘地，得理也需讓人，這樣別人就願意和你交往。謙遜不爭不是叫人做事不積極努力，而是一種不爭功的態度。如果一個人太過爭強好勝和爭名奪利，哪怕爭來了一點蠅頭小利，但他失去了為人的胸襟和氣度以及人生的格局，結果是得不償失。



10分鐘小練習

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The Lazy Donkey

Characters

- James and the donkey

Setting

- Near the river; in the house

In Rocky Town, there is a seller whose name is James. James goes to Jumbo Town to buy salt once a week. He takes his donkey with him because the bags of salt are very heavy.

One day, James and his donkey set off for Jumbo Town again. On the way home, the donkey slipped and fell into a river. Some of the salt got wet and melted in the water. "Good! The salt is lighter!" the donkey thought. When they arrived home, James checked the receipt and weighed the salt. He said to himself, "Oh! The salt is lighter. That's strange."

A week later, James and his donkey came back from Jumbo Town. The donkey fell into the river again. At home, James checked the receipt and weighed the salt as usual. He found that the salt was lighter again!

Yummy Market

Receipt

Item	Amount	Price
Happy Salt (40 kg)	1	\$70
Good Salt (20 kg)	1	\$40
Smart Salt (5 kg)	1	\$10

One week passed. James went to Jumbo Town to buy some cotton. On the way home, the donkey fell into the river again. The cotton got wet and became heavier. The donkey was upset!

"I believe my donkey won't fall into the river again, ha ha..." James thought.

