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## 我的讀經心得

今天我所要報告的心得，其中有一段讓我印象最深的是孔子說的：「君子無所爭，必也射乎。揖讓而升，下而飲，其爭也君子。」我學習到當我在運動比賽時，要拿出運動家的精神，要遵守運動規則，絕對不可以投機取巧，勝不驕，敗不餒。尤其是我有常常參加籃球和網球比賽，得失心千萬不要太重，輸了下次再努力就好，可是呢？我可以常常做每一件事都說：「下次再努力就好，下一次再努力就好了嗎？」不，不可以。當一個好的讀書人，曾子說：「士不可以不弘毅，任重而道遠。仁以為己任，不亦重乎，死而後已，不亦遠乎！」我是一個學生，最重要的責任就是把書讀好，我的志向就是要成爲一個文武雙全的修道人，而且碰到困難時，我的毅力要很堅定，在讀書時不忘鍛鍊身體和修道，所謂任重而道遠，所有重任要擔當到死那天才可放下。以上是我讀經的心得報告。

I want to share a part of Confucius' (Kong Zi) teaching that has given me the greatest impression. From his teaching I have learned that when I am participating

in sports competitions I need to bring out an athlete's spirit, follow the rules, and not cheat. Furthermore, if I win I should not be too proud and if I lose then I should not be too sad especially since I always go to tennis and basketball competitions. I have learned that I should not emphasize on losing because if I fail then I will just practice harder and do better next time. But, can I always do everything with the same the mentality and excuse "I will just do better next time, I will just do better next time."? No, I can't have this way of thinking all the time.

Something else that I have learned from Zengzi is that I am a student and the most important responsibility as a student is to study hard. My goal is to become a well-rounded person who is good in not only sports and academics but also practicing Tao. Also, I must have willpower to continue striving even through all the difficulties I may encounter in life. Most importantly, when I am studying I must not forget that it is also important to improve my health and practice Tao. I have a lot of responsibilities and the path I must walk in life is still very long. Therefore, I must be committed to fulfilling all my responsibilities for the rest of my life. The above are my thoughts from reading the classics that I would like to share with everybody.