

生於憂患死於安樂

sen+ rhi^Y rhiu^Y fam[`] si[^] rhi^Y on+ log[`]

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年代：戰國時期

孟子

孟子曰：舜發於畎畝之中，傅

men[`] zii[^] rhed[^] shun[`] fad[^] rhi^Y kien[^] mu+ zii+ zhung+ fu[`]

說舉於版築之間，膠鬲舉於魚鹽

rhed[`] gi[^] rhi^Y ban[^] zhug[^] zii+ gien+ gau+ gag[^] gi[^] rhi^Y ng^Y rham^Y

之中，管夷吾舉於士，孫叔敖舉

zii+ zhung+ guan[^] rhi^Y ng^Y gi[^] rhi^Y sii[`] sun+ shug[^] ngau^Y gi[^]

於海，百里奚舉於市。故天將降

rhi+ rhi^Y bag[^] li+ hi+ gi[^] rhi^Y shi[`] gu[`] tien+ ziong+ gong[`]

大任於斯人也，必先苦其心志，

tai[`] rhim[`] rhi^Y sii+ ngin^Y rha[^] bid[^] sien+ ku[^] ki^Y sim+ zhi[`]

勞其筋骨，餓其體膚，空乏其身，

lo^Y ki^Y gin+ gud[^] ngo[`] ki^Y ti[^] fu+ kung+ fad[`] ki^Y shi+

行拂亂其所為，所以動心忍性，

hang^Y fud[`] lon[`] ki^Y so[^] vui^Y so[^] rhi+ tung[`] sim+ ngiun+ sin[`]

曾益其所不能。

zen+ rhid[^] ki^Y so[^] bud[^] nen^Y

人恆過，然後能改；困於心，

ngin^Y hen^Y go[`] rhen^Y heu[`] nen^Y gai[^] kun[`] rhi^Y sim+

衡於慮，而後作；徵於色，發

fen^Y rhi^Y li[`] rhi^Y heu[`] zog[^] zhin+ rhi^Y sed[^] fad[^]

於聲，而後喻。入則無法家拂

rhi^Y shang+ rhi^Y heu[`] rhi[`] ngib[`] zed[^] vu^Y fab[^] ga+ pid[`]

士，出則無敵國外患者，國恆

sii[`] chud[^] zed[^] vu^Y tid[`] guad[^] nguai[`] fam[`] zha[^] guad[^] hen^Y

亡。然後知生於憂患，而死於

mong^Y rhen^Y heu[`] di+ sen+ rhi^Y rhiu^Y fam[`] rhi^Y si[^] rhi^Y

安樂也。

on+ log[`] rha[^]