

This is a classic Chinese idiom story from traditional Chinese culture, focusing on Zilu's inspirational journey of carrying rice for miles to support his parents. As a cherished part of ancient Chinese Mengxue education, it embodies the wisdom of filial piety and devotion to family, a timeless virtue passed down through traditional Chinese culture stories.

### 【标题】

子路负米 (拼音: Zǐ Lù Fù Mǐ)

Zilu Carries Rice for His Parents



### 【原文出处】

出自《孔子家语·致思》，是蒙学中“孝亲敬长”主题的核心典故，子路为奉养双亲，不辞辛劳翻越百里背米，其孝行被后世奉为典范，与“黄香温席”“孔融让梨”并称古代蒙学孝亲典故。

### 【故事内容】

chūn qiū zhàn guó shí qī kǒng zǐ de dì zǐ zhòng yóu zì zǐ lù chū shēn pín hán tā cóng xiǎo tǐ  
春秋战国时期，孔子的弟子仲由，字子路，出身贫寒。他从小体  
gé jiàn zhuàng xìng gé zhí lǜ shí fēn xiào shùn fù mǔ yóu yú jiā zhōng pín qióng měi tiān zhǐ néng  
格健壮，性格直率，十分孝顺父母。由于家中贫穷，每天只能  
yǐ cū liè de yě cài wéi shí fù mǔ yīn yíng yǎng bù zú cháng cháng miàn sè cāng bái  
以粗劣的野菜为食，父母因营养不足常常面色苍白。

zǐ lù kàn zài yǎn li xīn zhōng mǎn shì téng tòng tā dǎ tīng dào bǎi lǐ zhī wài de chéng shì mǐ jià  
子路看在眼里，心中满是疼痛。他打听到百里之外的城市米价  
biàn yí biàn jué dìng měi tiān fān shān yuè líng qù nà lǐ bèi mǐ yǐ ràng fù mǔ néng chī shàng bǎo  
便宜，便决定每天翻山越岭去那里背米，以让父母能吃上饱  
fàn měi cì chū mén tā tiān bù liàng jiù qǐ chuáng jiān kāng zhòng mǐ jiǎo cǎi qí qū shān lù wǎng  
饭。每次出门，他天不亮就起床，肩扛重米，脚踩崎岖山路，往  
fǎn bǎi lǐ zhī yáo  
返百里之遥。

夏日炎炎，山路灼热，子路的脚底磨出了血泡，汗水浸湿了衣衫；冬  
tiān hán fēng cì gǔ tā de shǒu jiǎo dòng dé fā zǐ què cóng bù bào yuàn yǒu shí yù dào bào yǔ shān  
天寒风刺骨，他的手脚冻得发紫，却从不抱怨。有时遇到暴雨山

hóng tā jiù bǎ mǐ dài jǐn jǐn bào zài huái lǐ pà mǐ bèi lín shī zì jǐ què hún shēn lín tòu jiù zhè  
洪，他就把米袋紧紧抱在怀里，怕米被淋湿，自己却浑身淋透。就这  
yàng zǐ lù jiān chí le shù nián zhí dào fù mǔ qù shì  
样，子路坚持了数年，直到父母去世。

fù mǔ shì shì hòu zǐ lù zhuī suí kǒng zǐ zhōu yóu liè guó chéng wéi kǒng mén shí zhé zhī yì hòu lái  
父母逝世后，子路追随孔子周游列国，成为孔门十哲之一。后来  
tā zài wèi guó zuò guān xiǎng shòu qiān zhōng zhī lù měi cān dōu yǒu fēng shèng de fàn cài dàn tā cháng  
他在卫国做官，享受千钟之禄，每餐都有丰盛的饭菜。但他常  
cháng wàng zhe mǎn zhuō měi shí tàn xī shuō rú jīn wǒ yǒu le fù zú de shēng huó què zài yě wú  
常望着满桌美食叹息，说：“如今我有了富足的生活，却再也无  
fǎ bèi mǐ fèng yǎng fù mǔ jí shǐ xiǎng huí dào guò qù chī yě cài bèi zhòng mǐ de rì zǐ yě bù  
法背米奉养父母。即使想回到过去吃野菜、背重米的日子，也不  
kě néng le  
可能了。”

kǒng zǐ tīng dào zhè fān huà shēn yǒu gǎn chù duì dì zǐ men shuō zǐ lù de xiào xīn bù jǐn zài  
孔子听到这番话，深有感触，对弟子们说：“子路的孝心，不仅在  
yú yòng wù zhì fèng yǎng fù mǔ gèng zài yú tā bǎ fù mǔ de ān kāng fàng zài xīn tóu jí shǐ pín  
于用物质奉养父母，更在于他把父母的安康放在心头，即使贫  
qióng yě bù wàng fǎn bǔ zhè cái shì zhēn zhèng de xiào dào  
穷也不忘反哺。这才是真正的孝道。”

zǐ lù fù mǐ de gù shì cóng chūn qiū liú chuán zhì jīn chéng wéi zhōng huá mín zú xiào qīn wén huà de  
子路负米的故事，从春秋流传至今，成为中华民族孝亲文化的  
zhòng yào biāo shí tā gào sù wǒ men xiào shùn fù mǔ bù děng yú wù zhì fēng hòu ér zài yú yòng xīn  
重要标识。它告诉我们，孝顺父母不等于物质丰厚，而在于用心  
guān ài jí shí xíng xiào  
关爱、及时行孝。

### 【English Translation】

During the Spring and Autumn and Warring States Periods, Zhong You, also known as Zilu, was a disciple of Confucius. Born into poverty, he was strong and straightforward from childhood, and deeply filial to his parents. Because his family was poor, they could only eat coarse wild vegetables every day, and his parents often looked pale due to malnutrition.

Seeing this, Zilu was filled with pain. He heard that rice was cheaper in a city a hundred miles away, so he decided to trek back and forth every day to carry rice,

so that his parents could have enough to eat. Every time he set out, he rose before dawn, shouldered the heavy rice sack, and walked along the rugged mountain roads, covering a hundred miles round trip.

In the scorching summer, the mountain roads were hot, and blisters formed on Zilu's feet while his clothes were soaked with sweat. In the freezing winter, his hands and feet turned purple from the cold, but he never complained. Sometimes when encountering rainstorms and floods, he would hold the rice sack tightly to his chest to keep the rice dry, even though he was soaked to the bone. Zilu persisted in this for years until his parents passed away.

After his parents died, Zilu followed Confucius on his travels around the states and became one of the "Ten Wise Disciples of Confucius". Later, he became an official in the state of Wei, enjoying a generous salary and abundant meals every day. But he often sighed looking at the rich food on the table, saying: "Now I have a prosperous life, but I can no longer carry rice to support my parents. Even if I want to go back to the days of eating wild vegetables and carrying heavy rice, it is impossible."

When Confucius heard this, he was deeply moved and said to his disciples: "Zilu's filial piety lies not only in supporting his parents materially, but also in putting their well-being first, never forgetting to repay them even in poverty. This is the true meaning of filial piety."

The story of Zilu carrying rice has been passed down from the Spring and Autumn Period to the present, becoming an important symbol of the Chinese nation's culture of filial piety. It tells us that filial piety is not about material wealth, but about sincere care and acting promptly to show respect to parents.

### **【启蒙寓意】**

1. **Filial piety is about timely action:** We should cherish the time we have with our parents and express our love while they are still with us, as we cannot go back in time once they are gone.
2. **True care lies in effort, not just material gifts:** Zilu's devotion was shown through his hard work and sacrifice, not through expensive offerings, reminding us that sincerity matters more than luxury.
3. **Gratitude is the foundation of filial piety:** Recognizing the care our parents have given us and actively returning that kindness is the core of being a responsible person.
4. **Adversity can cultivate noble character:** Zilu's experience of enduring hardship to support his parents helped him develop a strong sense of responsibility and compassion, which later became the foundation of his achievements.

### 【互动小练习】

1. 填空题 (Fill in the blanks) :

子路为了让父母吃上米饭，每天往返\_\_\_\_\_ (bǎi lǐ) 背米。

Zilu traveled \_\_\_\_\_ (a hundred miles) back and forth every day to carry rice so his parents could eat rice.

2. 选择题 (Multiple choice) :

子路负米的故事主要体现了什么品质? ( )

What quality does the story of Zilu carrying rice mainly reflect? ( )

- A. 勤奋好学 (Diligence in learning) B. 孝亲敬长 (Filial piety to parents) C. 勇敢无畏 (Bravery and fearlessness)

3. 思考题 (Think and share) :

你平时会为爸爸妈妈做哪些小事来表达孝心? 和大家分享你的 “孝行小计划” 吧!

What small things do you usually do for your parents to show your filial piety? Share your "filial piety plan" with everyone!

As one of the most beloved traditional Chinese culture stories about filial piety, "Zilu Carries Rice" has inspired generations to honor their parents. It perfectly showcases the core value of family devotion in Chinese idiom stories, making it a timeless educational tale for readers interested in traditional Chinese culture.