

上行之詩 Song of Ascents

我的心平穩安靜

I have calmed and quieted myself

Psalm 詩篇 131 : 1-3

1 耶和華啊，我的心不狂傲，我的眼不高大，重大和測不透的事，我也不敢行。

2 我的心平穩安靜，好像斷過奶的孩子在他母親的懷中，我的心在我裡面真像斷過奶的孩子。

3 以色列啊，你當仰望耶和華，從今時直到永遠。

*1 My heart is not proud, Lord, my eyes are not haughty;
I do not concern myself with great matters or things too
wonderful for me.*

*2 But I have calmed and quieted myself, I am like a weaned
child with its mother; like a weaned child I am content.*

3 Israel, put your hope in the Lord both now and forevermore.



與魔鬼交易 出賣靈魂的 浮士德博士

一、過度的欲望 (1) Excessive desire

1. 志向或野心 aspiration or ambition
2. 誰掌握萬事 who is in control

二、嬰孩的依賴 (2) infantile dependency

1. 斷奶的不快 Unhappiness of weaning
2. 主裡的平靜 Peace in the Lord

三、仰望耶和華 (3) Hope in the Lord

1. 你當仰望主 hope in the Lord
2. 從今到永遠 now and forevermore

*One of the shortest
Psalms to read, but one
of the longest to learn.*

Charles Spurgeon

篇幅最短，卻得花最
長時間學習的詩篇之
一。

司布真



中心信息 Central Message

超越欲望和依賴，
平靜安穩仰望神。

Outgrow desires and dependence,
Hope in the Lord calmly and steadily.