

我的心哪，你要稱頌耶和華

Praise the LORD, My Soul

詩篇 103

Psalm 103

# 一. 為什麼要稱頌和感謝? (103:1, 13, 17)

## A. Why do we praise?(103:1,13,17)

- 我的心哪, 你要稱頌耶和華 (103:1)
- Praise the LORD, my soul (103:1)
- 稱頌的原因 (The reasons to Praise the LORD):
  - 耶和華有憐憫, 有恩典, 不輕易發怒, 且有豐盛的慈愛 (103:8)
  - The LORD is compassionate and gracious, slow to anger, abounding in love. (103:8)
  - 豐盛的慈愛 (steadfast love - "hesed") (103:11, 17)
  - 耶和華的憐憫 (compassion) (103:13)

## 二. 不可忘記神的一切恩惠 (103:2-5)

### **B. Recitation of benefits for the soul(103:2-5)**

- 不可忘記祂的一切恩惠(103:2)
- **List of spiritual benefits (103:2)**
- 人生的掙扎: 罪孽, 疾病, 死亡與 神的恩惠
- **Threatens to life (sin, sickness, death) vs. the Grace of God**
- 神的一切恩惠是神的救贖工作
- **The benefits belong together as aspects of one redemptive process**
- 神的恩惠是以色列人禱告求神幫助的內容
- **The list summarizes what Israel prayed for their prayers for help**

### 三. 神的信實(103:6-13)

#### C. The Gracious God Made Known to His People in History (103:6-13)

- 祂使摩西知道祂的法則, 叫以色列人曉得祂的作為(103:7)
- He made know His ways to Moses, His deeds to the people of Israel
- 耶和華施行公義(103:6)
- The LORD works righteousness...(103:6)
- 耶和華有憐憫, 有恩典, 不輕易發怒, 且有豐盛的慈愛(103:8)
- The LORD is compassionate and gracious, slow to anger, abounding in love.(103:8)
- 祂不長久責備, 也不永遠懷怒(103:9)

四. 耶和華的慈愛歸於敬畏祂的人(103:14-19, 11, 13, 17)  
**D. God's Steadfast Love and Compassion are for "those who fear Him"(103:14-20; 11,13,17)**

- 因為祂知道我們的本體, 思念我們不過是塵土  
(103:14; 90:3-6)
- **For He knows how we are formed, He remembers that we are dust (103:14;90:3-6)**
- 但耶和華的慈愛, 歸於敬畏祂的人, 從亙古到永遠  
(103:17-18)
- **But from everlasting to everlasting the LORD's love is with those who fear Him(103:17-18)**

五. 結論：我的心哪，你要稱頌耶和華 (103:20-22)

**E. Conclusion: Praise the LORD, my soul(103:20-22)**

- 耶和華的恩惠是全權的恩典
- **The grace of the LORD is a sovereignty of grace**
- 我的心哪，你要稱頌耶和華(103:20-22)
- **Praise the LORD, my soul (103:20-22)**