

《天路导向》双语讲义

诗篇中的解脱 - 11

PSALMS OF DELIVERANCE - 11

SECTION A

甲部

1. Hello, listening friends.
亲爱的朋友，你好。
2. It is a joy and delight for us to know that you are on the other side of the radio listening to us. 知道你此时此刻正在收听我们的节目，真是非常欣慰。
3. It is our prayer that God is using these messages to bless your life.
我们祈求神，使用这个节目来赐福给你。
4. More importantly, we pray that you become a blessing to many others.
更重要的是，祈求神让你成为多人的祝福。
5. We have been looking at a selective number of Psalms;
近一段时间，我们一直在学习诗篇的有关信息；
6. and, today, we're going to look at Psalm 37;
今天，让我们一起来看，诗篇第 37 篇；
7. but I want to begin by asking you a question.
在开始的时候，我想问你一个问题。
8. Have you ever known someone whose sin seemed to go unpunished?
你是否认识一些人，他们的罪似乎并没有受到惩罚？
9. And did this make you angry?
这让你感到愤愤不平吗？
10. Did it discourage your walk with the Lord?
这会削弱你与神同行的信心吗？
11. Maybe, you know someone who is dishonest in his business dealings,
也许，你知道某些人作生意不诚实，
12. and, yet, this person is very successful.
但这个人却非常地成功。
13. At the same time, you, yourself, may be experiencing financial hardship,
与此同时，你自己也许正处在经济困境当中，
14. and you say to yourself,
你会对自己说：
15. "Honesty does not pay."
“诚实也没什么好处。”
16. Have you ever looked at someone who seemed to have an immoral lifestyle
你是否认识一些人，看起来他们过着一种放纵的生活，
17. and yet, everything seemed to be going his way?
却好像又事事顺心如意呢？
18. And you look at yourself, who is a moral person, an upright person,
反观你自己，虽然正直、仁德，
19. but you are suffering in some way.
但却遭受着苦难。
20. Do you ever get angry at the unfairness of it all?
你为这所有的不公平而感到愤怒吗？
21. Have you ever compared yourself with someone who may be less intelligent than you are?
你是否曾和那些没有你聪明人比较？
22. Someone who may be less capable than you are?
那些人不及你有能力？
23. Someone who is less hard-working than you are?
那些人没有你勤奋？
24. And, yet, that person is far more successful than you are?
然而却远比你成功？
25. And you say to yourself,
你会对自己说：
26. "I am the one who deserves success."
“我才应该是那个成功的人。”
27. Well, I want to tell you something about that feeling that you have when you look at these things.
那么，现在我想跟你谈一谈，当你碰到这些事的时候所产生的感受。

28. If you do not deal with these feelings very quickly,
如果你不能迅速地地理顺这些感受,
29. you will find yourself moving in a dangerous direction.
你将发现自己在滑向一个危险的境地。
30. First, you will experience covetousness;
首先, 你会经历到贪婪;
31. and, if covetousness is left unchecked,
如果你放任贪婪不管,
32. it will turn into resentment;
它将转变为苦毒;
33. and, if resentment is allowed to flourish,
如果你任由苦毒膨胀,
34. it will soon turn into hatred.
它会很快转变为仇恨。
35. If you have ever been angry at the unfairness of life, please stay tuned to this program.
如果你曾为生活中的不平而感到愤怒, 请你不要走开, 继续听下去。
36. We will begin a study from Psalm 37.
我们一起来学习诗篇第 37 篇。
37. Please listen carefully, as we read the first 20 verses of Psalm 37.
我们一起来看诗篇第 37 篇前 20 节, 请留心听。诗篇 37 篇 1 到 20 节。
38. David probably wrote this Psalm in his old age.
大卫写这篇诗的时候, 很可能年事已高。
39. He had been through a great deal in his life.
在他的生命中已经历了很多的事情。
40. He spent many years running as a fugitive from King Saul;
他曾被扫罗王追缉, 沦为逃犯流亡了很多年;
41. and, during that time, he probably asked himself several questions.
在那段岁月里, 他可能也曾问过自己一些问题。
42. “Why does this wicked King enjoy his life in the palace
为什么这个恶毒的国王可以在皇宫中享受生活,
43. while I, David, the righteous and the faithful one, must run for my life?”
而我, 大卫, 正直且忠心于神的人, 却要逃亡求生?
44. David probably reflected on all the struggles that he had in his earlier years
大卫或许是在反省, 他早年的这些挣扎,
45. and how God brought him so far in life.
并思想, 神如何在他的生命中一步步的带领。
46. As he looks back, he realizes that things do not often turn out the way they appear;
当他回头细想, 事情的演变并不像其表面所显示的那样;
47. so, he gives us his advice in Psalm 37;
所以他在诗篇 37 篇给我们一个忠告;
48. and David’s advice can be summarized in two words -
大卫的劝告可以归纳为几个字:
49. don’t fret.
“不要心怀不平”。
50. Don’t worry about the apparent success of the wicked.
不要为恶人表面上的成功而烦恼。
51. Don’t waste your time feeling anxious over appearances,
不要花时间为这些表象焦虑,
52. and he gives us four reasons why we shouldn’t worry.
他给了我们四个理由, 告诉我们不要忧虑。
53. Reason number one,
第一个理由,
54. found in verses 1 to 3,
在第 1 到第 3 节,
55. he said, “Don’t worry because of what you cannot see.”
他说: “不要为那些你看不见的而忧虑。”
56. Secondly,
第二,
57. verses 4 to 7,
第 4 到第 7 节,
58. he said, “Don’t worry, because of what you have.”
他说: “不要为那些你已拥有的而忧虑。”
59. Thirdly,
第三,
60. verses 8 to 11,
第 8 到第 11 节,

61. he said, "Don't worry, because of what is coming to you."
他说：“不要为那些将要发生的而忧虑。”
62. Fourthly,
第四，
63. verses 12 to 20,
在 12 到 20 节，
64. he says, "Don't worry, because there is a penalty for the wicked."
他说：“不要忧虑，因为那些恶人迟早会受惩罚。”
65. If you think that someone is happy because they have what you don't have,
如果你认为某些人快乐，是因为你不能拥有的东西，他们却能拥有，
66. then, you are like a blind person who thinks that the world is dark 24 hours a day.
那你就好像是一个盲人，总是认为这个世界一天 24 小时都是黑夜。
67. The truth is, the people whom you envy are not as happy as you may think.
事实上，你羡慕的那些人，并不像你所想象的那么快乐。
68. When you scratch below the surface, they are sad, lonely and miserable;
当你拨开表面，他们是忧伤，孤独，甚至是可怜的；
69. so don't worry.
所以不要忧虑。
70. Don't be envious,
不要嫉妒，
71. because things are not as they appear.
因为事情并不如表象那样。
72. In fact, the words "fret not" are mentioned three times in the first half of the Psalm,
事实上，“不要心怀不平”在这篇诗的上半部份出现了三次，
73. in verses 1, 7 and 8.
分别在第 1，第 7 和第 8 节。
74. David looks back with hindsight and he sees that he had wasted time worrying;
大卫回过头来一看，他发觉自己，因为忧虑浪费了光阴；
75. but jealousy and envy are not only directed at the wicked.
嫉妒和羡慕并不是单单针对恶人的。
76. There are many Christians who are envious of other Christians.
许多基督徒也会嫉妒别的基督徒。
77. My listening friend, listen very carefully.
亲爱的朋友，请留意。
78. Envy and jealousy only hurt one person,
嫉妒和羡慕只会伤害一个人，
79. and that is the person who is doing the envying.
就是那嫉妒的人自己。
80. Envy and covetousness only devastate the person who is doing the envying.
嫉妒和贪婪只会毁灭嫉妒者。
81. Envy destroys the envious emotionally.
嫉妒会在情绪上打垮嫉妒者。
82. Envy destroys the envious mentally.
嫉妒会在精神上压倒嫉妒者。
83. Envy destroys the envious psychologically.
嫉妒会在心理上摧毁嫉妒者。
84. Envy destroys the envious socially.
嫉妒会在社交方面吞噬嫉妒者。
85. Envy destroys the envious even physically,
嫉妒甚至会在生理上毁掉嫉妒者，
86. so, don't worry because of what you cannot see.
所以，不要为那些你看不见的忧虑。
87. Secondly,
第二，
88. don't worry because of what you have.
不要为那些你所拥有的而忧虑。
89. Look at verses 4 to 7.
请看第 4 到第 7 节。
90. When worrying and envying are set in motion in a person's life,
当忧虑和嫉妒在一个人的生命中开始酝酿，
91. intense and irrational thinking begins to take place.
偏激和荒谬的想法就随之而来。
92. Discouragement and danger set in.
沮丧和危机就来临了。
93. The person who is worrying becomes blind as to what he or she already has.
一个忧虑中的人，会对他所拥有的视而不见。
94. What do you have in Christ?
你在基督里拥有什么呢？

95. Blessing number one
第一个祝福，
96. is found in verse 4
在第四节可以找到：
97. “Delight yourself in the Lord, and He will give you the desires of your heart.”
“又要以耶和华为乐，他就将你心里所求的赐给你。”
98. What does it mean to “delight yourself in the Lord?”
“又要以耶和华为乐”是什么意思呢？
99. When you delight yourself in someone, you want what that person wants.
当你以某人为乐的时候，你就会想那个人所想的。

SECTION B

乙部

1. When two people are in love, what do they do?
两个人相爱的时候，他们会做什么呢？
2. They work hard to please each other;
他们会尽力取悦对方；
3. so, when I delight myself in the Lord,
所以，当我以耶和华为乐的时候，
4. I want to do what He wants to do.
我会去做，祂希望我做的。
5. I want to go where He wants to go.
我会去到，祂希望我去的地方。
6. I want to do what is pleasing to Him;
我会去做那些让祂喜悦的事情；
7. so, if my desire is His desire,
因此，如果我想神所想的，
8. if my delight is what pleases Him,
如果，我以神的喜悦为乐，
9. then, He will grant me my desire, which is His desire to begin with.
那么，神会将我所渴求的赐给我，也是合祂心愿的。
10. This is a love relationship that the unbeliever cannot understand;
这是一种不信的人难以理解的，因爱而产生的关系；
11. then, there is a second blessing in verses 5 and 6.
第二个祝福，在第 5、第 6 节中。

12. “Commit your way to the Lord; trust in Him and He will act.
“当将你的事交托耶和华，并倚靠他，他就必成全。
13. He will make your righteousness shine like the dawn; the justice of your cause like the noonday sun.”
他要使你的公义，如光发出，使你的公平明如正午。”
14. You may be feeling that you have been passed over;
你也许有被忽略的感觉；
15. yet, you have something that the ungodly do not have.
但实际上，你拥有的东西是不信神的人所没有的。
16. What is it?
那是什么呢？
17. The Judge of the whole earth is watching over you.
这个世界的审判官在看顾着你。
18. The Judge of the whole earth guarantees that you will be openly vindicated.
这个世界的审判官，担保你会在众人面前被判无罪。
19. You will be publicly exonerated.
你将获得公开的赦免。
20. You will be clearly justified.
你将明确地得以称义。
21. You will be generously rewarded.
你会得到优厚的奖赏。
22. You will be lavishly blessed;
你会得到丰丰满满的祝福；
23. so, don't worry because of what you can't see.
因此，不要为那些你看不见的而忧虑。
24. Don't worry, because of what you already have.
不要为那些你已拥有的而忧虑。
25. Thirdly, don't worry, because of what is coming to you.
第三，不要为那些将要发生的而忧虑。
26. Look at verses 8 to 11.
请看第 8 到第 11 节。
27. You will not only be vindicated and justified,
你不仅会被宣判无罪和称义，
28. but you will inherit the earth.
你还将承受地土。

29. Those whom you may be envying right now
那些你此刻所嫉妒的人，
30. will go up like a puff of smoke;
将如一阵烟一般散去；
31. but you will have it all.
而你得到一切。
32. I know it's hard to take the long view of things,
我知道具备长远目光不是一件容易的事，
33. especially when everybody around us is
focusing on this life.
特别是当我们周围的人都在专注于今生的时候。
34. It is hard for us to see beyond what is seen with
our eyes.
我们很难看见视线以外的东西。
35. Earthly life consumes us.
属世的生活吞没了我们。
36. Earthly life preoccupies our lifestyle.
属世的生活占据了我们的生活方式。
37. Earthly life hampers our vision.
属世的生活妨碍了我们的异象。
38. Earthly life grabs our attention.
属世的生活吸引了我们的注意力。
39. Earthly life, at times, even threatens to drown
us;
很多的时候，属世的生活，甚至将我们淹没
危及生命；
40. but David said
但大卫说：
41. everything you have ever coveted is really
yours, but not yet.
所有你梦寐以求的东西将来都会是你的，但
如今还不是时候。
42. Everything that you have envied others for is
really yours, but not yet.
所有曾令你羡慕别人的东西将来都会是你
的，但如今还不是时候。
43. Everything that you wished for is yours, but not
yet.
所有你曾渴望属于你的东西将来都会是你
的，但如今还不是时候。
44. As long as you remain meek,
只要你能保持谦卑，
45. as long as your strength and power remain
under control,
只要你控制好自己的力量，
46. then, the earth will be yours.
这样，你将承受地土。
47. Some people think that meekness means
weakness,
有些人以为谦卑就是软弱，
48. but that's falsehood.
那是谬误。
49. Meekness means "strength under control."
谦卑意味着“力量得到控制”。
50. Moses was called the "meekest man who ever
lived,"
摩西被称为“这世上最谦和的人”，
51. yet, he stood up to Pharaoh and demanded that
he obey God.
但他勇敢地站在法老王面前，宣称他只听从
神。
52. Meekness makes you bow down before God,
谦卑让你在神面前俯伏，
53. but it makes you stand tall before men.
却能使你在人面前昂首挺立。
54. Meekness makes you bend your knee to God,
谦卑让你在神面前屈膝，
55. but stand firm before men.
却能使你在人面前站立得稳。
56. Meekness makes you trust God, even when you
are surrounded by untrustworthy people.
谦卑让你信靠神，即使你周围的人都不值得
信赖。
57. The fourth thing I want to tell you, very quickly,
is this:
我想跟你讲第四点，简而言之就是：
58. don't worry, because there is a penalty for the
wicked.
不要忧虑，因为那些恶人迟早会受惩罚。
59. Verses 12 to 20.
第12到20节。
60. Here's what David is saying.
大卫在这里告诉我们，
61. If you could only see what God sees,
如果你能看到神所看见的，
62. you wouldn't waste a single minute worrying
and envying the apparent success of the wicked.
你就不会因为忧虑和嫉妒恶人表面的成功，
而虚度片刻的光阴。
63. If you could see what God sees,
如果你能看到神所看见的，

64. like God, you would laugh.
你也会像神一样发笑。
65. You would laugh at your own waste of energy.
你会笑自己浪费精力。
66. You would laugh at the foolishness of the wicked.
你会笑恶人的愚昧。
67. You would laugh at the cruel joke that Satan is playing on them and on you.
对于撒但跟大家所玩弄的残酷的把戏，你会一笑置之。
68. Have you ever reacted to some information that you were given,
你是否曾经根据所得到的信息而采取对策，
69. only to discover later that the information you were given was totally false?
事后却发现，你得到的信息全是假的呢？
70. I have done that a few times myself.
我自己就经历过几次这样的事。
71. and that's exactly what happens when you are envious of the ungodly.
这与你嫉妒那些不敬虔的人，是同样的情形。
72. You have the wrong information and you are overreacting to it.
你得到了一个错误的信息，你又反应过度。
73. In fact, instead of envying the wicked, you should weep over them
其实，你大可不必嫉妒恶人，反而应该为他们哀哭，
74. because of their dreadful end,
因为他们会有可怕的结局，
75. because of their coming judgment,
因为他们即将面临审判，
76. because of their coming suffering.
因为他们将要遭受苦难。
77. We live in a time where we confuse reality with fiction.
我们生活在一个真实和虚幻混淆的时代。
78. What you think is real and permanent, God scoffs at,
神对你所认为真实和永恒的东西，嗤之以鼻，
79. because God knows that what is seen is not real.
因为神知道你所看到的不见得是真实的。
80. Even if you look a little bit back to the history,
只要你稍微回顾一下历史，
81. think of people like Hitler and Stalin.
看看像希特勒和史达林这样的人。
82. There was a time when they thought that they owned the world.
曾几何时，他们以为自己拥有全世界。
83. But where are they now?
可现在，他们到哪里去了呢？
84. They are no more.
他们已归于无有。
85. All the wicked that seem to be prosperous and powerful now, soon, they will be no more;
所有那些曾经显赫和权倾一世的恶人，很快地，他们就会归于无有；
86. so, look up to the Lord
因此，我们要仰望我们的主，
87. and be encouraged.
从祂那里得到鼓励。
88. Until next time, we wish you God's richest blessing.
愿神大大地赐福给你，下次节目再会！