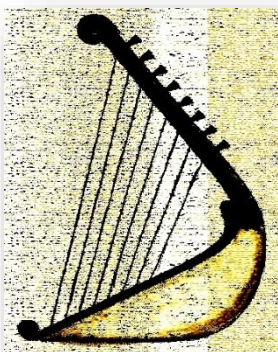


PSALM 23 vs 1

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There is no inspired title to this Psalm, and none is needed, for it records no special events. Sitting under a spreading tree, with his flock around him, we picture David singing this unrivalled pastoral with a heart as full of gladness as it could be.



The position of this Psalm is worthy of notice. There are no green pastures; no still waters on the other side of Psalm 22. Only after we read, My God, my God, why had You forsaken me? we come to, "The Lord is my shepherd". We must by experience know the value of the blood-shedding, and see the sword against the Shepherd, before we are able to know the good Shepherd's care – Charles Spurgeon.

A Psalm of David

¹ The LORD is my Shepherd / the Hebrew word is: *ra'ah*; it's a verb; an action word in the present tense. Here King David compares himself to sheep -- to a creature... weak, defenseless and foolish, and he takes God to be his Provider, Preserver, his everything; and, throughout this psalm, you know what our great Shepherd is doing as He cares for His sheep; we're not learning about ornery goats or vicious wolves. That's a different story... though the goats and wolves always find God's sheep a delicious lunch to munch on.

The LORD shepherding me / If He is the Shepherd of nobody else; King David says, He is mine! He is shepherding me! He cares for me right now... that is what He is doing!



这首诗篇并没有受启发而起的标题，也没有什么必要，因为它没有记录特别的事件。坐在枝繁叶茂的树下，在他羊群的簇拥下，我们想象着大卫唱着无与伦比的牧歌，心中充满了喜乐。

这篇诗篇的位置是值得注意的。没有绿色的牧场;诗篇 22 的另一边没有平静的水。只有在我们读了“我的上帝，我的上帝，你为什么离弃我？”我们来到“主是我的牧者”。我们必须凭经验知道流血的价值，看见刀剑攻击牧人，才能知道好牧人的关心。- 司布真

大卫的诗

¹ 耶和华是我的牧者。 / 希伯来语是: *ra 'ah*; 这是一个动词; 一个现在时的动作词。这里大卫王把自己比作绵羊——一种动物... 软弱、无助、愚蠢，他把上帝当作他的供给者、保护者和一切; 和。通过这篇诗篇，你知道我们伟大的牧者在牧养他的羊

群时所做的事; 我们不是在学习坏脾气的山羊或凶恶的狼。那就另当别论了，尽管山羊和狼总能找到上帝的羊当午餐吃。

主牧养我 / 如果他不是别人的牧人; 大卫王说，他是我的! 他在牧养我! 他现在很关心我，他就是这么做的!

PSALM 23 vs 1

I lack nothing! I have no needs. His grace is sufficient. The LORD says, As your day; so will your strength be. Others, far wealthier and wiser than I, may want; but I do not.

I may have wishes; I might want otherwise; If famine devastates the land, or calamity destroys the city... but for now... I lack nothing!

² **In green pastures laying down** / the word means:

to stretch out; to crouch, to recline and find rest; as green grassy vegetation is nutritious for sheep; so likewise... the Shepherd causes His sheep to find rest and refreshment, food fit for the soul.

Jeremiah says, Thy words I found and I did eat them... and Thy word became for me the joy and rejoicing of my heart... for I am called by Thy Name, O LORD God of hosts; Jesus said, My sheep hear My Voice and they follow Me!



The Shepherd leads and His sheep find His promises; new every morning. Great is His faithfulness:

beside the still waters... He leads me / there are some distracted souls who would give worlds if they could find this rest; if they could stretch out and hear the restful, refreshing waters. Jesus says, Come to Me! Learn from Me! And you will find rest for your soul.

Nothing is more noisy than an empty drum. Still waters run deep. Notice, the Shepherd is doing His job: He leads and gives rest. It is legalists, lovers of man's traditions and rules and regulations, who love to harass and drive others.



我必不至缺乏。 /我没有什么需要。祂的恩典已经够了。耶和华说，当你们的日子。你的力量也会如此。那些比我更富有、更聪明的人可能会这样想;但我没有。我或许有愿望;我可能想要其他的;如果饥荒蹂躏大地，灾难摧毁城市...但现在...我什么都不缺!

² **他使我躺卧在青草地上** / 这个词的意思是:伸展;蹲下，躺下，休息;因为绿色的植物对绵羊很有营养;同样，牧羊人也会让他的羊得到休息，得到精神上的满足。耶利米说，耶和华万军之神阿，我是称为你名下的。 .耶和华万军之神阿，我是称为你名下的人。耶稣说，我的羊听我的声音，就跟从我。

牧人带领他的群羊，他的羊得着他的应许;每天早上都是新的。他的信实甚大。

领我在可安歇的水边。 / 有一些心烦意乱的灵魂，如果他们能找到这种安息，他们愿意舍弃世界;如果他们能伸展四肢，聆听宁静而清新的河水。耶稣说，到我这里来!在我这里，你的灵魂将得到安息。 没有什么比空鼓更吵的了。静水流深。请注意，牧者在做他的工作:他引导并赐安息。这是律法主义者，热爱人类的传统和规矩的人，他们喜欢骚扰和驱使别人。

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He is different than us: **His voice is not heard in the streets; a bruised reed will He not break; and a smoldering wick will He not extinguish.**

3 My soul He restores / when my soul grows weary, He revives me; where we get our word for: restaurant! He's a good Chef; He serves good food! When the world would pound me; He gives me back my breath. He can do that:

He leads me in paths of righteousness

/ His righteousness; not mine... not yours.

He leads me in right paths /

His ways are always right. Psalm 103 says, **Moses came to know His ways;** that's the way he is! Moses didn't want to know rules or regulations: he wanted to know the LORD who was leading. And Moses said of the LORD, That's the way He is!

And the sheep -- at least His sheep... don't get to sit in judgment in to pick and choose; evaluating the **right paths**... which are the good ones... and which are the bad ones.

The Shepherd is leading... His sheep hear His voice and follow -- if they have good sense! In Nahum 2 the prophet says, The lion tore in pieces enough for his whelps, and strangled for his lionesses, and filled his hole with prey, and his dens with raven.

Obviously, they followed the wrong shepherd!

He leads me in right paths...

他与我们不同。**街上听不见他的声音。压伤的芦苇，他不折断。将残的灯火，他不将其熄灭。**

3 他使我的灵魂苏醒， / 我疲倦的时候，他使我苏醒。我们的单词来源:餐馆!他是个好厨师;他提供了很好的食物!当整个世界都在捶打我;他使我恢复呼吸。他可以这样做:



为自己的名引导我走义路。 / 他的公义;不是我的，也不是你的。

为自己的名引导我走义路。 / 他的方法总是正确的。诗篇 103 章说，**摩西渐渐明白他的道**，他就是这个样子!摩西不想知道规章制度，他想知道带领他的主。摩西论到耶和华说，他向来是这样。

而羊，至少是他的羊，不会坐下来做评判，做出选择;评估正确的**道路**，哪些是好的，哪些是坏的。

牧羊人在领路，他的羊听到他的声音就跟着走——如果他们有见识的话!在那鸿书第 2 章中，先说，公狮为小狮撕碎许多食物，为母狮掐死活物，把猎物充满它的洞，把乌鸦充满它的洞。

很明显，他们跟错了牧羊人!

引导我走义路...

PSALM 23 vs 1

for the sake of His name / literally... to that purpose; to that end. The people of God... adopted into His family are called by His name: they are given His name... not to sit around and brag how wonderful the choice was that God made.

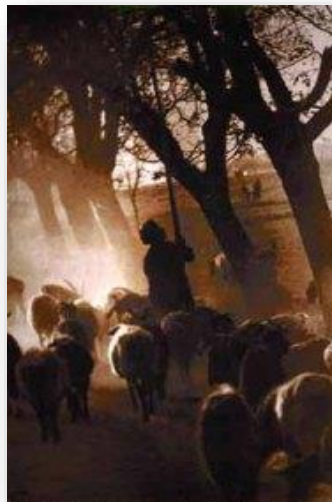
Rather, His people are expected to walk in the same dignity of the Shepherd who leads them, knowing one day, when we see Him face to face... **then we will be like Him**. He has a name above every name... It is a name of great value.

4 Yes, though I walk through the valley of the shadow of death / notice the translators tell us... through the valley of darkness. If the Shepherd leads us, we will get through the valley. Just don't sit down. Winston Churchill once said, If you are going through hell, **keep going!** Isaiah 50 asks: **Who is there among you... who listens to the voice of the Lord... who obeys... and is walking in darkness... and has no light?** Sometimes, darkness is part of the trip. Let him trust in the name of the LORD.

On this verse, Spurgeon emphasizes 2 great points, since every word in the book has rich meaning:

Yes, though I walk... as this individual did not quicken the pace, but rather calmly walks with the Shepherd. To walk indicates the steady advance of a soul, which knows its road and knows its end and is quite safe. This one is not baffled, no need to be alarmed; no need to stand still and go no further. He is not confused; he keeps pace with the Shepherd.

Observe: this is not the valley of death; it is **the valley of the shadow... of death**. Death stands by the side of the path; death always stands there... every day. Every day 150,000 people die; so every week that equals nearly 1,000,000 dead.



为自己的名 /字面上...为了那个目的;为实现这一目标。神的子民,被他收养的人,都以他的名字命名,也都以他的名字命名,而不是坐着吹嘘神的选择有多好。

相反,他的子民应该像带领他们的牧人一样昂首阔步,知道有一天,当我们与他面对面时, **我们就会像他一样**。他的名字比任何名字都重要,这是一个很有价值的名字。

4 我虽然行过死荫的幽谷 / 注意译者告诉我们的...通过黑暗的山谷。如果牧羊人带领我们,我们就能穿过山谷。只是别坐下来。温斯顿·丘吉尔曾经说过,如果你正在经历地狱, **继续前进!**以赛亚书 50 问: **你们中间有谁听了主的声音...听从...在黑暗中行走...没有光?**有时候,黑暗是旅途的一部分。他当倚靠耶和華的名。

在这节经文上,司布真强调了两大要点,因为书中的每一个字都有丰富的意义:

我虽然行过... 因为这个人并没有加快脚步,而是平静地跟牧羊人一起走。行走表明一个灵魂的稳步前进,这个灵魂知道自己的路,知道自己的终点,而且非常安全。这个人没有困惑,也没有必要惊慌;没有必要站着不动,也没有必要走得更远。他没有感到困惑;他跟著牧羊人走。

注意:这不是死亡谷;这是**死阴幽谷**。死亡在路的两旁;死亡总是站在那里...每一天。每天有 15 万人死亡;所以每周有将近 100 万人死亡。

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Yet Spurgeon writes: Nobody is afraid of a shadow, for a shadow cannot stop a man's pathway even for a moment.

The shadow of a dog cannot bite; the shadow of a sword cannot kill; the shadow of death cannot destroy.

To the Corinthians, Paul asks: O Death, where is your sting? O Death, where is your victory? Jesus after He rose from the dead was seen by all His disciples and followers -- about 120 and then over 500 brethren.

Knowing Jesus Christ lives today, we too can say:

Yes, though I walk through the valley of the shadow...

of death / knowing a shadow cannot destroy us,

I fear no evil / He does not say... there will be no evil... but Isaiah says of the LORD... let Him be your fear; let Him be your dread... and He will be your sanctuary -- your place of safety. I will fear no evil! Instead, I will fear the LORD:

for You are with me / here, David speaks directly to the Shepherd leading him: **YOU are with me**. Psalm 91 says... we hear from the LORD himself who says, I Am with you.

Though the whole world had forsaken Him in His time of need; Jesus promises, I will never leave you; nor forsake you. He assures us, I am with you to the end of the world so He is present, where you are right now!

Your rod / the royal rod of authority; the Shepherd uses it when necessary to hit, and beat to death the enemy, foreign or domestic, who attacks His sheep.

Know this, the rod is not used on His sheep.

司布真写道:没有人害怕影子, 因为影子一刻也不能阻挡人的脚步。

狗的影子不会咬人;刀剑的阴影不能杀人;死亡的阴影无法摧毁。

保罗对哥林多人说: “死啊, 你的毒刺在哪里?死阿, 你得胜的权势在那里呢。” 耶稣从死里复活后, 他的所有门徒和跟随者——大约有 120 人和 500 多名弟兄——都看见了他。

知道耶稣基督活在今日, 我们也可以说:

我虽然行过死荫的幽谷/ 我知道阴影无法摧毁我们,

也不怕遭害。 / 他并没有说...不会有灾祸...但是以赛亚说到耶和華...-让你敬畏他;他必成为你所敬畏的, 作你的圣所, 你安全的地方。 我不会害怕任何邪恶!我要敬畏耶和華。

因为你与我同在。 / 在这里, 大卫直接对领他的牧人说:你和我在一起。诗篇 91 章说, 我们听见主亲自说, 我与你同在。

虽然整个世界在他需要的时候抛弃了他;耶稣应许说: “我永远不离开你;也不丢弃你。他向我们保证, 我和你在一起, 直到世界的尽头, 所以他与你同在!

你的杖/ 至高无上的权威;牧羊人在必要的时候用它来打击和打死攻击他羊群的敌人, 无论是外国的还是国内的。

要知道, 杖不是用在他的羊身上的。



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and Your staff / the walking-stick with the large hook on its end; the Shepherd frequently uses it to grab the neck and yank His sheep which wander off the path.

they comfort me / David says, knowing the Shepherd watches for my good, this brings me great relief.

⁵ You prepare a spread before me / this means: **table**... it also means: **to spread out**. Psalm 78 asks: **Can God furnish a table in the wilderness?** Of course, He can!

Here, most commentaries depart from the allegory of the Shepherd leading His sheep, but that departure is not necessary. With rod and staff in hand and ready, the Shepherd steadily continues to go before his flock... surveying and inspecting the spacious pastures and resting places for his sheep.

As He turns over the rocky fields preparing the ground for His flock to spread out, He searches for poisonous snakes in the grass... and voracious wolves... and ravenous lions and bears looking for a tasty treat to steal from His flock:

You prepare a spread before me... in the presence of my enemies / as shepherds abided in the field keeping watch over their flocks by night. Spurgeon says, the good man has his enemies. He would not be like his Lord if he had not.



And though the enemy of our soul does not want us to pause and reflect... on how our Great Shepherd has provided a table for us... **Jesus, the night He was betrayed**, took bread and took a cup... and said, as often as we eat this bread and drink this cup... remember Him!

Why the bread? His body was broken for us, that we might be healed. Lift the bread... **there in your home**... and thank Him! **Why the cup?** Without the shedding of blood, there is no forgiveness.

你的竿 / 一端有大钩子的手杖;牧羊人经常用它抓住羊的脖子, 把羊从路上拽走。

都安慰我 / 大卫说, 他知道牧羊的人窥探我的益处, 所以叫我大大放心。

⁵ 你为我摆设筵席/ 这里的意思是: “桌子” ...也是“摆设” 诗篇 78 问: **神能在旷野提供桌子吗?**他当然可以!

这里, 大多数评论都偏离了牧羊人带领羊群的寓言, 但这种偏离是不必要的。准备好了竿和杖, 牧羊人稳步地走在他的羊群前面...为他的羊群察看广阔的牧场和休息的地方。

当他翻过岩石田野, 为他的羊群铺好土地时, 他在草丛中寻找毒蛇, 贪婪的狼, 贪婪的狮子和熊, 那些想从他的羊群中饱餐一顿的野兽。

在我敌人面前, 你为我摆设筵席 / 像牧羊人住在田野, 夜间按着更次看守羊群。司布真说, 好人有敌人。如果没有, 他就不像他的主。

虽然我们灵魂的敌人并不希望我们暂停和反映...我们伟大的牧人耶稣为我们提供了一张桌子...**他被背叛的那晚**, 拿起饼和杯...说,我们要经常吃这饼、喝这杯...为的是纪念他!

为什么是饼呢?他的身体为我们掰开, 好叫我们得医治。举起饼, **在你的家里**, 感谢他!**为什么有杯?**没有流血, 就没有宽恕。

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His blood was shed... once for all time for us. Lift the cup and thank Him!

Like disciples of old, we can do that in our own homes, or **wherever we are!**

You anoint my head with oil / to the Shepherd, this is called: the rodding of the sheep.

When leaving the safety of the sheepfold, the Shepherd calls his sheep by name. He does not say, Hey you! As he calls them, he inspects them... and throws them out of the sheep pen onto the pathway.

When returning to the sheepfold, again He inspects his sheep, and oil is used to anoint each as needed... from its head to its hinder-parts... enough oil for the scrapes and bruises received;

my cup runs over / clearly the oil flows generously; there is enough oil for all the cuts and bruises along the way!

⁶ **Surely** / this word has a variety of meanings. **only**... is its most frequent translation. So, let's try it:

Only goodness and mercy follows me all the days of my life / the word means: **to chase**, to pursue.

We learned the Shepherd leading his sheep, led them in the presence of the enemy, those spying on His sheep. **So, what happened to the enemy?**

You'd think they would be in hot pursuit of this one, right? Apparently, the Shepherd is a **good** Shepherd... and not like those who are quick to run away! This Shepherd **does** His job, He cares for His sheep; He used His rod to land a few lumps on their head! So what do we read?

他的血为我们流了...永远。举起杯子，谢谢他!

就像古代的门徒一样，我们可以在自己家里或**任何地方**这样做!



你用油膏了我的头/ 对牧羊人来说，这叫做:牧羊杖。

离开安全的羊圈时，牧羊人叫他的羊的名字。他没有说，嘿，你! 他一边叫它们，一边检查它们... 然后把它们从羊圈里扔到小路上。

回到羊圈后，他再次检查他的羊，根据需要用油涂在每只羊身上，

从头到后面的部位，用油擦在伤口上;

使我的福杯满溢 / 显然，膏油大量流淌;他有足够的油来治疗路上所有的伤口和瘀伤!

⁶ **必** / 这个词有多种意思。仅仅...是它最常用的翻译。所以，让我们来试试:

我一生一世仅有恩惠慈爱随着我/ 这个词的意思是:追逐，追求。

我们学到了牧羊人领着他的羊，在敌人面前领着他们，那些人在暗中监视他的羊。那么，**敌人怎么样了?**

你会认为他们会穷追不舍，对吧?很明显，他是个**好**牧人，不像那些跑得很快的人!这个牧羊人做他的工作，他照顾他的羊;他用竿把他们头上打了几块包!那我们应该读作什么?

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Only... goodness and mercy / the Shepherd's goodness and mercy; will pursue me...

all the days of my life / in the dark days as well as the bright days; the days of fasting as well as the days of feasting; the dreary days of winter as well as the bright days of summer – Charles Spurgeon:

and I / even me... I will need His goodness and His mercy... the last day of my life; still sweeping up after the mess I make that day;

and I / even me... I will require His goodness and His mercy the last hour I breathe,

but that's okay with me!

Many years ago our friend... [Jack Coleman](#) said:
You don't ever need to tell me I'm a sinner! That truth I know all too well.

But please: you can remind me every day that I have a great Savior! Can we thank Him? And as King David said, we can say...

and I... will dwell in the house of the LORD forever. Won't that be glory!

Ephesians 1 states: [The God and Father of our Lord Jesus Christ has called us to the adoption of children](#) through this great Shepherd... to Himself.

So it's no surprise to THEM that one of these days, all the adopted sons and daughters -- all His kids... will soon be moving in.

Well, that includes me, and I hope it includes you, too!

It sounds like THEY have a really big house! Doesn't it?

It certainly is going to be exciting!

仅有恩惠慈爱 / 牧羊人的恩惠慈爱;会跟随我...

我一生一世/无论是在黑暗的日子，还是在光明的日子;禁食的日子、宴乐的日子。冬天的沉闷和夏天的明媚——查尔斯·司布真:

我 / 即使是我，我也需要他的恩惠慈爱，在我生命的最后一天;我还在收拾那天弄得一团糟的东西;

我/ 即使是我，在我呼吸的最后一刻，我也会求他的恩惠慈爱，
但这对我来说没问题!

许多年前，我们的朋友[杰克·科尔曼](#)说: 你不用告诉我我是个罪人!这个真相我太清楚了。

但是请您每天提醒我，我有一位伟大的救主!我们能够感谢他吗?正如大卫王所说，我们可以说...

我且要住在耶和华的殿中，直到永远。

这难道不荣耀吗!

以弗所书 1 章说:[我们主耶稣基督的父神已经呼召我们](#)，藉着这位大牧者，叫我们得着养子的名分...归他自己。

所以对他们来说，这并不奇怪，总有一天，所有被收养的儿子和女儿——所有他的孩子们——将很快搬进来。

好吧，这包括我，我希望也包括你!

听起来他们的房子真大!不是吗?

这当然是令人兴奋的!

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One final comment: Clearly, only one Shepherd, this good Shepherd is needed. It is interesting, in the New Testament, the word used for **shepherd** and **pastor** is the same word: *poimen*. Of the 18 times, the word is used once in Ephesians 4 when it is part of a list with apostles, prophets, evangelists and teachers, so it refers to people.

No other time is it mentioned in the New Testament; all the other times this word refers solo to Jesus, our great **Pastor**. His sheep... still hear... His voice... and follow Him!

Wherever His family gathers, we have one Father and He is in heaven; and all of us, we call one another brothers and sisters.

最后要说的是:很明显, 只有一个牧人, 这个好牧人是必需的。有趣的是, 在新约中, **牧羊人**和**牧师**用的是同一个词, *poimen*。在《以弗所书》第 4 章中, “人” 一词出现在使徒、先知、布道家和教师的名单中, 共有 18 次, 所以它指的是人。

新约在其他时间没有提到;其他时候这个词指的是耶稣, 我们伟大的**牧者**。他的羊...还在听到...他的声音...跟随他!

他的家不管在哪里, 我们都只有一位父, 他在天上。我们所有人都称彼此为兄弟姐妹。

This is My Father's World

天父世界

Salvation is Your Name

你的名是救恩

JESUS it is YOU

耶稣, 是你