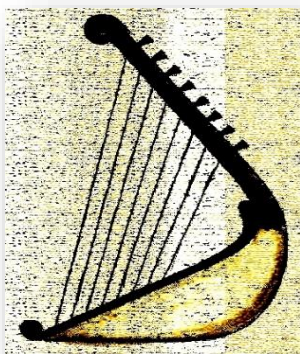


Title and Subject: The dedication to the Chief musician proves this song of mingled measures and alternate strains of grief was intended for public singing, and thus a deathblow is given to the notion that nothing but praise should be sung. The Psalmist in dire affliction appeals to his God for help with confidence and holy pestering, and soon finds his mind reinforced that he magnifies the Lord for His great goodness. Some have thought the occasion that led to this Psalm was when Absalom rebelled, and courtiers fled from him, while lying lips spread a thousand rumors against him.



题目与主题:这首献给首席乐师的歌证明了这首哀歌是由多种哀乐混合而成的,本来是要在公众面前唱出来的,因此这就给了人们一个致命的打击,认为只有赞美才是唱出来的。诗人在极度的苦难中,凭着信心和圣洁的纠缠,向他的神求告帮助,很快就发现他的心坚固了,因为他的大恩慈而赞

美主。有人说,作这诗篇的时候,是押沙龙背叛,臣子从他身边逃跑,说谎的人有一千谣言攻击他。

Divisions: there are no great lines of demarcation, throughout the strain undulates, falling into valleys of mourning; rising on hills of assurance. David testifies of his confidence in God, and asks for help (1-6); then expresses gratitude for mercies received (7-8); describes in detail his case (9-13); pleads for deliverance (14-18); and expects a blessing (19-22); and ends with its affects the people of God – Charles Spurgeon.

分段:没有很大的界限,整个张力起伏,跌入悲恸的山谷;冉冉升起的信心之山。大卫证明了他对上帝信任,并寻求帮助(1-6);然后对收到的怜悯表示感谢(7-8);详细描述他的情况(9-13);解救请求(14-18);期待祝福(19-22);并以它对神的子民的影响结束-司布真。

**For the Chief musician,**

交与伶长

**A Psalm of David**

大卫的诗

**<sup>1</sup> To You, O LORD, I run; let me never be ashamed: deliver me in Your righteousness.**

<sup>1</sup> 耶和华阿,我投靠你,求你使我永不羞愧,凭你的公义搭救我。

**<sup>2</sup> Stretch Your ear to me; deliver me speedily: be my Rock of refuge, a House of defense to save me.**

<sup>2</sup> 求你侧耳而听,快快救我,作我坚固的磐石,拯救我的保障。

**<sup>3</sup> For You are my Rock and my Fortress; for the sake of Your Name, lead me and guide me.**

<sup>3</sup> 因为你是我的岩石,我的山寨。所以求你为你名的缘故,引导我,指点我。

**<sup>4</sup> Pull me from the net that they concealed for me: for You are my Strength.**

<sup>4</sup> 求你救我脱离人为我暗设的网罗。因为你是我的保障。

**5 Into Your hand I commit my spirit:**  
You rescued me, O LORD God of truth.

**6 I hated those who regard useless idols: but on the LORD I lean.**

Think about it: David runs for safety; nowhere else does he fly for shelter, but to the Lord; let the tempest howl. The Psalmist has one refuge, and it's the best one.

The enemy was cunning as well as mighty; if they could not conquer him by power, they would capture him by craft. **Into Your hand I commit my spirit** these living words of David were our Lord's dying words, and are often used by faithful men and women in their hour of death.

Those who will not lean on the true arm of strength, are sure to rely on vain confidences. Man must have a god, and if he will not adore the only true God, he makes a fool of himself, and waits with anxious hope based on delusion. They were none of David's friends.

**7 I am glad and rejoice in Your goodness: for You took note of my trouble;**

**You know the distress of my soul;**

**8 and have not confined me in the hand of the enemy: You set my feet in a spacious place.**

Think about it: The tight spot we are in. The enemy may get a temporary advantage over us, but God will always provide a way of escape.

Blessed be God for liberty: civil liberty is valuable, religious liberty is precious, spiritual liberty is priceless. He opens and no one shuts.

**5 我将我的灵魂交在你手里。耶和華誠實的神阿，你救贖了我。**

**6 我恨惡那信奉虛無之神的人。我却倚靠耶和華。**

想想看:大卫为了安全而奔跑;除了耶和華，他无处躲避。让暴风雨咆哮吧。诗人只有一个避难所，而且是最好的避难所。

敌人既狡猾又强大;如果他们不能用权力征服他，他们就会用诡计抓住他。**我将我的灵魂交在你手里。**这是我们主大卫临死时所说的话，也是忠信的男女临死时常说的话。

不依靠真正力量的臂膀的人，肯定会依靠徒然的信任。人必须有一个神，如果他不崇拜唯一的真神，他就是在愚弄自己，在妄想中怀着焦急的希望等待着。他们都不是大卫的朋友。

**7 我要为你的慈爱高兴欢喜。因为你见过我的困苦，**

**知道我心中的艰难。**

**8 你未曾把我交在仇敌手里。你使我的脚站在宽阔之处。**

想想看，我们现在的困境。敌人可能暂时胜过我们，但神总要给我们一条逃脱的路。

为自由祝福上帝:公民自由是宝贵的，宗教自由是宝贵的，精神自由是无价的。他开了门就没人闭。

Thank the Lord for an open door that no man nor demons can close. We are not in man's hands, but in the hands of God: or our feet would be in the stocks... and not in the large room of liberty.

**<sup>9</sup> Have mercy on me, O LORD, for I am in distress: My eye fails with grief, Yes, even my soul and my body.**

**<sup>10</sup> For grief has consumed my life, and my years with groaning: my strength fails because of my perversity, and my bones waste away.**

**<sup>11</sup> Among all my enemies, I was a reproach, but among my neighbors especially repulsive, and dreaded by my friends: who see me on the street run from me.**

**<sup>12</sup> I am forgotten like a dead man, gone from memory: I am like a broken vessel.**

Think about it: Have mercy on me ...he describes his sorrowful case; he unpacks his heart, lays bare his wounds, and expresses his inner desolation. Treat me not as I deserve to be treated. My strength fails due to my perverse obstinance, and warped stubbornness.

Was this his worst crime which now gnaws at his heart? Probably. I was a reproach among my enemies, they were pleased to have something to throw at me; even those who were nearest me.

They fled from me afraid to be seen in the company, those who once courted his society, hurried from him as though he had been infected with the plague.

**<sup>13</sup> For I hear the slander of many: terror on every side: while they take counsel together against me, to take away my life, they scheme.**

感谢上帝给了我们一扇任何人或恶魔都无法关闭的门。我们不是在人的手中，而是在上帝的手中，否则我们的脚就会被绑在枷里，而不是在自由的大房间里。

**<sup>9</sup> 耶和华阿，求你怜恤我，因为我在急难之中。我的眼睛因忧愁而干瘪，连我的身心，也不安舒。**

**<sup>10</sup> 我的生命为愁苦所消耗。我的年岁为叹息所旷废。我的力量因我的罪孽衰败。我的骨头也枯干。**

**<sup>11</sup> 我因一切敌人成了羞辱，在我的邻舍跟前更甚。那认识我的都惧怕我。在外头看见我的都躲避我。**

**<sup>12</sup> 我被人忘记，如同死人，无人记念。我好像破碎的器皿。**

想想看:可怜我吧...他描述了他悲伤的情况;他敞开心扉,袒露伤口,表达内心的孤独。不要像对待我一样对待我。我的力量由于我的顽固不化和扭曲的顽固而失败。

现在折磨着他的心的,难道这就是他最大的罪过吗?可能。我在仇敌中受了羞辱,他们乐意拿东西向我扔。甚至那些离我最近的人。

他们逃离了我,害怕在人群中被人看见,那些曾经追求他的人,匆匆离开了他,就像他感染了瘟疫一样。

**<sup>13</sup> 我听见了许多人的谗谤,四围都是惊吓。他们一同商议攻击我的时候,就图谋要害我的性命。**

**14 But on You I lean, O LORD: and I say, You are my God.**

**15 In Your hand are my times: deliver me from the hand of my enemies, and from those who persecute me.**

**16 May Your face shine upon Your servant: save me for the sake of Your mercy.**

**17 O LORD, let me not be ashamed; for I called on You: let the wrongdoer be ashamed, and let them be silent in the grave.**

**18 Silence the lying lips, who speak rudely, and arrogantly mock the ones doing right.**

Think about it: One slanderous viper is death to all comfort – what must be the venom of a whole brood? The accusing voices were so loud; the foul mouths had grown so bold, that they poured forth their lies in the presence of their victim.

These boastful hypocrites, these demon inspired useful idiots; slanderous lies – are part of their speech; things cut deep into the soul. May they all go to hell.

**19 How great is Your goodness, which You stored up for those who fear You; which You prepared for those who run to You in the presence of the sons of men!**

**20 You hide them in the secret of Your presence from the schemes of man: concealing them in a shelter from contentious lies.**

Think about it: How great is Your goodness... it is not often to find such a joyful sentence in connection with so much sorrow. Truly the life of faith is a miracle of God. What specifically happened? We do not know; he does not tell us. No measures can set forth the immeasurable goodness of the Lord.

**14 耶和華阿，我仍舊倚靠你。我說，你是我的神。**

**15 我終身的事在你手中。求你救我脫離仇敵的手，和那些逼迫我的人。**

**16 求你使你的臉光照仆人，凭你的慈愛拯救我。**

**17 耶和華阿，求你叫我不至羞愧。因為我曾呼喚你。求你使惡人羞愧，使他們在陰間緘默無聲。**

**18 那撒謊的人，逞驕傲輕慢，出狂妄的話攻擊義人。愿他的嘴啞而無言。**

想想看：一條誹謗人的毒蛇會使所有人都感到死亡——那麼，對一群人來說，它的毒液又是什麼呢？指責的聲音是那麼響亮；那些滿嘴污言穢語的人變得如此放肆，竟在他們的犧牲品面前滿口謊言。

這些自吹自擂的偽君子，這些魔鬼激發的有用的白痴；誹謗性的謊言一是他們演講的一部分；事物深深地刺入靈魂。愿他們都下地獄。

**19 敬畏你投靠你的人，你為他們所積存的，在世人面前所施行的恩惠，是何等大呢。**

**20 你必把他們藏在你面前的隱密處，免得遇見人的計謀。你必暗暗地保守他們在亭子里，免受口舌的爭鬧。**

想想看：你的恩慈是多麼的伟大……在这么多的悲伤中，却能找到这样一句令人喜悦的话，这是不常见的。信心的生活确实是上帝的奇迹。发生什么特别的事吗？我们不知道；他没有告诉我们。耶和華的美無法測度，無法測度。

<sup>21</sup> with bended knee for the LORD: for His amazing kindness in a city under siege.

<sup>22</sup> For I said in my haste, I am cut off from before Your eyes: yet You listened to my requests when I cried out to You.

<sup>23</sup> O love the LORD, all His faithful ones: for the LORD watches over the faithful, and repays in full the big-headed doer.

<sup>24</sup> Be resolute, and He will strengthen your heart, all who wait on the LORD.

Think about it: Be adamant having done all, call on the Lord; and wait on Him; then be inflexible, like a rock that is not afraid of any weather, summer or winter, sun and showers, heat and cold, frost and snow; it does not blush; it does not shrink; it does not change its complexion. Our God hears and He will answer.

<sup>21</sup> 耶和华是应当称颂的。因为他在坚固城里，向我施展奇妙的慈爱。

<sup>22</sup> 至于我，我曾急促的说，我从你眼前被隔绝。然而我呼求你的时候，你仍听我恳求的声音。

<sup>23</sup> 耶和华的圣民哪，你们都要爱他。耶和华保护诚实人，足足报应行事骄傲的人。

<sup>24</sup> 凡仰望耶和华的人，你们都要壮胆，坚固你们的心。

想想看:坚定不移地做完所有的事，呼求耶和华;服侍他;然后坚定不移，像岩石一样不怕任何天气，春夏秋冬，太阳和阵雨，热和冷，霜和雪;它不脸红;它不缩水;它不会改变它的肤色。我们的神听见了，就必应允。

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