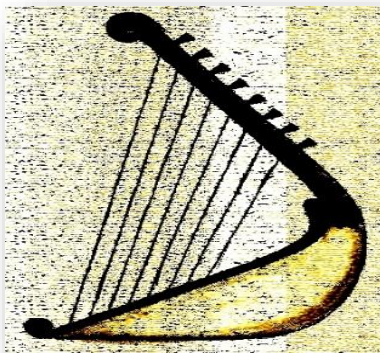


Title and Subject: A Psalm of David. David felt as if he had been forgotten by God, and therefore, he recounted his sorrows and cried mightily for help. The same title is given to Psalm 70, where in like manner the Psalmist pours out his complaint before the Lord. It would be foolish to make a guess as to when in David's history this was written; it may commemorate his own sickness and endurance of cruelty; or, it may have been composed by him for the use of sick and slandered saints, without reference to himself.



标题和主题:大卫的诗篇。大卫觉得自己好像被神遗忘了,所以他向神述说他的痛苦,大声求援。《诗篇》第70篇也有同样的标题,诗人在耶和华面前也以同样的方式诉苦。猜测大卫的历史是何时写的是愚蠢的;它可以纪念他自己的病痛和对残酷的忍耐;或者,它可能是他为使用生病的和被诽谤的圣徒而编写的,而不涉及他自己。

Divisions: The Psalm opens with a prayer (1); continues in a long complaint (2-9); proceeds with a second tale of sorrow (10-14); and interjects another hopeful address to God (15); a third time pours out a flood of griefs (16-20); and then closes as it opened, with renewed petitioning (21-22) – Charles Spurgeon.

分节:诗篇以祷告开头(1);持续长时间的抱怨(2-9);继续第二个悲伤的故事(10-14);并向上帝插入一段充满希望的演说(15);第三次倾泻出洪水般的悲伤(16-20);然后随着再次请愿而关闭(21-22)——查理斯·司布真。

### A Psalm of David, for a memorial

### 大卫的纪念诗

**<sup>1</sup> O LORD, in Your wrath do not rebuke me: and in Your hot displeasure do not chasten me.**



**<sup>1</sup> 耶和华阿, 求你不要在怒中责备我。不要在烈怒中惩罚我。**

**<sup>2</sup> For Your arrows stick deep in me, and Your hand presses down on me.**

**<sup>2</sup> 因为你的箭射入我身, 你的手压住我。**

**<sup>3</sup> There is no soundness in my flesh because of Your anger; there is no health in my bones because of my sin.**

**<sup>3</sup> 因你的恼怒, 我的肉无一完全。因我的罪过, 我的骨头也不安宁。**

**<sup>4</sup> For my sins have gone over my head: and like a burden they are too heavy for me.**

**<sup>4</sup> 我的罪孽高过我的头, 如同重担叫我担当不起。**

**<sup>5</sup> My wounds are foul and festering because of my foolishness.**

**<sup>5</sup> 因我的愚昧, 我的伤发臭流脓。**

**<sup>6</sup> I am bent over; and greatly bowed down; I go mourning all day long.**

**<sup>6</sup> 我疼痛, 大大拳曲, 终日哀痛。**

**<sup>7</sup> For my loins are full of burning pain: and there is no health in my body.**

**<sup>7</sup> 我满腰是火。我的肉无一完全。**

**8 I am feeble and severely broken: I groan because of the troubles in my heart.**

Think about it: The arrows came flying fast and furious; missiles from the hand of another, not his own; and swift and invisible they came at first.

The victory lies not in escaping one or two. "they stick"... so the blow he felt and the wound he discerned, and with all this they stick to him; that is, in all of him, in his body and soul, in his thoughts and actions, in his sins and in his good works too; there is no part of him, in which they do not stick. Like a flood, he was drowning -  
- John Donne, 1573-1631.

**9 LORD, all my desire is before You; and my groaning is not hid from You.**

**10 My heart throbs, my strength fails me: and the light of my eyes, even that is gone from me.**

**11 My loved ones and friends stand aloof from my plague; even my relatives stand afar off.**

**12 They lay snares for me, who seek my life: and those who seek to injure me threaten destruction, and devise treachery all day long.**

**13 But I, like the deaf who do not hear; like the mute who do not speak.**

**14 Thus am I, like that one who does not hear, and in whose mouth there are no arguments.**

Think about it: Why should I hear when I did not mean to speak? And why should I speak when I knew beforehand I would not be heard? I knew by contesting I would provoke them, and make them more guilty, who were already guilty enough.

Therefore, I thought it better for myself to be silent, than to set them roaring and make them grow outrageous – Sir Richard Baker, 1568-1645

**8 我被压伤，身体疲倦。因心里不安，我就唉哼。**



想想看:箭飞得又快又猛;而不是自己手中的导弹;他们来得很快,也看不见。

胜利不在于逃过一两次。“它们粘住了”他觉得挨了一拳,看到了伤口,这些东西粘住了他。也就是说,在他的全身,在他的身体和灵魂里,在他的思想和行为里,在他的罪恶和善行里;他身上没有不粘着的部分。就像洪水一样,他快要淹死了一约翰·多恩, 1573-1631 年。

**9 主阿,我的心愿都在你面前。我的叹息不向你隐瞒。**

**10 我心跳动,我力衰微,连我眼中的光,也没有了。**

**11 我的良朋密友,因我的灾病,都躲在旁边站着。我的亲戚本家,也远远地站立。**

**12 那寻索我命的,设下网罗。那想要害我的,口出恶言,终日思想诡计。**

**13 但我如聋子不听,像哑巴不开口。**

**14 我如不听见的人,口中没有回话。**



想想看:我本来不想说的,为什么要听呢?我既然预先知道不会有人听见,为何还要说话呢?我知道争辩会激怒他们,使他们更有罪,他们已经罪够了。

因此,我想,与其让他们咆哮,使他们变得蛮横,还不如保持沉默

**15 For on You I wait, O LORD: and You will answer, O LORD my God.**

Think about it: for learning to wait on God, He will answer.

**16 For I said, Hear me, lest they should rejoice over me when my foot slips; and they exalt themselves against me.**

**17 For I am about to fall, and my sorrow is continually before me.**

**18 For I confess in my distress; I am full of anxiety for my sin.**

**19 But my enemies are vigorous and strong: and many are those who wrongfully hate me.**

**20 And those who repay evil for good are my enemy; because I follow what is good.**

Think about it: although wobbly, and about to fall over; it is a bold attempt to ding Satan out of his nest. If we conform to the manner of this world, we find peace with them; and they will not be discordant with us so long as we go their way; but to shame them with a faithful life... is an affront they cannot digest. A sleeping dog is quiet, but being stirred, quickly turns to barking and biting – William Struther, 1633.



**21 Do not forsake me, O LORD: O my God, be not far from me.**

**22 Hurry to help me, O LORD my deliverer.**

Think about it: Faith, the cautious suppliant, is now made faith triumphant – Franz Delitzsch, 1868.

**15 耶和華阿，我仰望你。主我的神阿，你必應允我。**

想想看:为了学习等候神，他会回答你。

**16 我曾說，恐怕他們向我夸耀。我失腳的時候，他們向我夸大。**

**17 我几乎跌倒，我的痛苦常在我面前。**

**18 我要承認我的罪孽。我要因我的罪忧愁。**

**19 但我的仇敌又活泼又强壮。无理恨我的增多了。**

**20 以恶报善的与我作对，因我是追求良善。**

想想看:虽然摇摇晃晃，而且快要摔倒了;这是一个大胆的尝试，试图把撒旦赶出他的巢。如果我们遵循这个世界的方式，我们就能与之和平相处;只要我们走他们的路，他们就不会与我们不和;但用忠诚的生活来羞辱他们...是一种他们无法消化的侮辱。一条熟睡的狗很安静，但一旦被搅动，它就会立刻又叫又咬。

**21 耶和華阿，求你不要撇棄我。我的神阿，求你不要遠離我。**

**22 拯救我的主阿，求你快快幫助我。**

想想看:信心，谨慎的求助者，现在成了信心的胜利。

**This is My Father's World**

**火把音樂 - 唯獨倚靠祢**