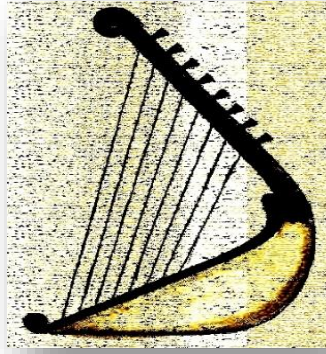


# PSALM 3 vs 1

You will remember the sad story of David's flight from his own palace, when in the dead of night he crossed the brook Kedron, and went with a few faithful followers to hide himself for a while from the fury of his rebellious son. Remember that David in this was a type of the Lord Jesus. He, too, fled, he, too passed over the brook Kedron when his own people were in rebellion against him, and it was with a feeble band of followers He went to the garden of Gethsemane. By very many expositors this is entitled **The Morning Hymn.**



你会记得大卫逃离自己宫殿的悲惨故事，当他在夜深人静的时候，他过了汲沦溪，和几个忠实的随从去躲藏，躲避他叛逆儿子的愤怒。记住，在这一点上，大卫就是主耶稣的一个典型。他也逃走了，他也过了汲沦溪，当他自己的百姓反抗他的时候，他和一群软弱的随从来到客西马尼园。很多释经家把它叫做**清晨之歌**。

Division: This Psalm may be divided into four parts of two verses each. As in our modern sermons, we divide our discourse into different heads, so it is in these Psalms. There is always unity, but it is a unity of a bundle of arrows, and not of a single solitary shaft.

这篇诗篇可以分为四部分，每部分两节。在我们的现代布道中，我们把我们的话语分成不同的小标题，在这些诗篇中也是如此。整体上是统一的，但它好像是一簇箭的统一，而不是一支单独的箭。

In the first two verses you have David making a complaint of God concerning his enemies (1-2); then he declares his confidence in the Lord (3-4); sings of his safety in sleep (5-6); and strengthens himself for future conflict (7-8) – Charles Spurgeon

在前两节中，大卫向神抱怨他的敌人(1-2);然后他宣告他对耶和华的信心(3-4);歌唱他安然入睡(5-6);为将来的冲突加强自己(7-8)——司布真

**A Psalm of David when he fled from Absalom his son.**

大卫逃避他儿子押沙龙时所作的诗。

**<sup>1</sup> LORD, how they increased who trouble me! many rise up against me.**

**<sup>1</sup> 耶和华阿，我的敌人何其加增。有许多人起来攻击我。**

**<sup>2</sup> Many who say of my soul, There is no help for him in God.**

**<sup>2</sup> 有许多人议论我说，他得不着神的帮助。**

**Selah**, pause and think about it: The poor broken-hearted father complains of the multitude of his enemies. We know the conspiracy was strong; for the people increased continually with Absalom, while the troops of David constantly diminished. "There is no help for him in God." Some of his distrustful friends said this sorrowfully, but his enemies exultingly boasted of it, and longed to see their words proved by his total destruction.

**细拉**，请停下来想一想：可怜的心碎的父亲向他众多的敌人抱怨。我们知道这个阴谋很大；撒下 18:22 因为跟随押沙龙的民、时常增多。大卫的军兵、却日渐减少。“上帝没帮他。”一些不信任他的朋友悲伤地说，但他的敌人却兴高采烈地吹嘘这句话，并希望看到他们的话被应验。

# PSALM 3 vs 1

Some flung his crime in his face, some cursed him and swore at him to his face, how slippery and deceitful are the many; how little loyalty and reliability is found among men.

**<sup>3</sup> But You, O LORD, are a Shield for me; my Glory, and the One who lifts up my head.**

**<sup>4</sup> With my voice to the LORD I cried, and He heard me from His holy hill.**

**Selah.** think about it: the word suggests more than a shield; it means “a buckler roundabout” a protection which surrounds a man entirely, above, beneath, around, without and within. He knew that though he was driven from his capital in contempt and scorn, he would yet return in triumph; and by faith he looks to God as honoring him.

And though I hang my head in sorrow, I will soon lift it up in joy and thanksgiving.

**<sup>5</sup> I laid down and slept; and I awoke; for the LORD sustained me.**

**<sup>6</sup> I am not afraid of ten thousands of people, who all around set themselves against me.**

Again, think about it: His faith enabled him to rest; he knew full well what it was to walk in darkness and to see no light. And observe that he does not underestimate the number... or wisdom of his enemies. He reckons them at tens of thousands, and he views them as cunning hunters... chasing him with cruel skill.

There may be no way of escape, they may hem him in as the deer are surrounded by the hunters. Yet he does not tremble.

Anxiety would certainly keep him watching for the enemy. They may surround me on every side, but in the name of the Lord, he will dash them all through. In my very prison I will be free.

有人当面说他的罪过，有人当面诅咒他，咒骂他，这些人是多么圆滑，多么诡诈；他们的忠诚和可靠程度是如此之低。

**<sup>3</sup> 但你耶和华是我四围的盾牌。是我的荣耀，又是叫我抬起头来的**

**<sup>4</sup> 我用我的声音求告耶和华，他就从他的圣山上应允我。**

**细拉。**想想看：这个词的意思不仅仅是盾牌；它的意思是“圆盾”，一种将人完全包围起来的保护，从上到下，从外到内。他知道，虽然他在轻蔑中被赶出都城，但他还是会凯旋而归的。因着信，他就仰望神，荣耀神。

我因忧愁垂下头来，因喜乐和感恩就必快快抬起头来。

**<sup>5</sup> 我躺下睡觉。我醒着。耶和华都保佑我。**

**<sup>6</sup> 虽有成万的百姓来周围攻击我，我也不怕。**

再想想吧：他的信仰使他得以安息；他很清楚在黑暗中行走，看不到光明是什么滋味。注意，他没有低估敌人的数量或智慧。他估计他们有成千上万，他把他们看作是狡猾的猎人，用残忍的技巧追赶他。

可能没有办法逃跑，他们可能围在他周围，因为鹿被猎人包围。他却不发抖。

焦虑无疑会使他警惕敌人。他们虽在四围围绕我，耶和华的名必使他们全然过去。在我的监狱里，我将获得自由。

# PSALM 3 vs 1

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<sup>7</sup> Arise, O LORD; save me, O my God: for You struck all my enemies on the cheekbone; the teeth of the ungodly You broke.

<sup>8</sup> To the LORD, **salvation** belongs: Your blessing is upon Your people.

**Selah**, pause and think about it: in Hebrew, salvation is: **Yeshua** from where comes the name: **Jesus**; of course he didn't know that at the time, but one thing he did know, God was still on His throne; and amid the many promises of God that he knew from the days of Goliath, the Lord had saved his sorry self, many times.

<sup>7</sup> 耶和華阿，求你起來。我的神阿，求你救我。因为你打了我一切仇敌的腮骨，敲碎了恶人的牙齿。

<sup>8</sup> **救恩** 属乎耶和華。愿你赐福给你的百姓。

**细拉**，仔细想想，在希伯来语中，救恩是：耶斯华；这个名字来自哪里：耶稣；当然，当时他并不知道，但有一件事他知道，上帝仍然在他的宝座上；从歌利亚的日子起，他就知道神的许多应许，在这些应许中，神多次拯救了他那可怜的自己。

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