

诗篇

Psalms

卷一

Book 1 (Psalms 1-41)

第一篇

Psalm 1

- 1 不从恶人的计谋、不站罪人的道路、不坐
褻慢人的座位、
- 2 惟喜爱耶和华的律法、昼夜思想、这人便
为有福。
- 3 他要像一棵树栽在溪水旁、按时候结果
子、叶子也不枯乾、凡他所作的、尽都顺
利。
- 4 恶人并不是这样、乃像糠秕被风吹散。
- 5 因此当审判的时候、恶人必站立不住、罪
人在义人的会中、也是如此。
- 6 因为耶和华知道义人的道路、恶人的道
路、却必灭亡。

1:1 How happy is the one who does not follow the
advice of the wicked,
or stand in the pathway with sinners,
or sit in the assembly of arrogant fools!
1:2 Instead he finds pleasure in obeying the LORD's
commands;
he intently studies his commands day and night.
1:3 He is like a tree planted by flowing streams;
it yields its fruit at the proper time,
and its leaves never fall off.
He succeeds in everything he attempts.
1:4 Not so with the wicked!
Instead they are like wind-driven chaff.
1:5 For this reason the wicked cannot withstand
judgment,
nor can sinners join the assembly of the godly.
1:6 Certainly the LORD rewards the behavior of the
godly,
but the behavior of the wicked is self-destructive.

第二篇

Psalm 2

- 1 外邦为甚么争闹、万民为甚么谋算虚妄的
事。
- 2 世上的君王一齐起来、臣宰一同商议、要
敌挡耶和华、并他的受膏者、
- 3 说、我们要挣开他们的捆绑、脱去他们的
绳索。
- 4 那坐在天上的必发笑、主必嗤笑他们。
- 5 那时他要在怒中责备他们、在烈怒中惊吓
他们、
- 6 说、我已经立我的君在锡安我的圣山上
了。
- 7 受膏者说、我要传圣旨、耶和华曾对我
说、你是我的儿子、我今日生你。
- 8 你求我、我就将列国赐你为基业、将地极
赐你为田产。

2:1 Why do the nations cause a commotion?
Why are the countries devising plots that will fail?
2:2 The kings of the earth form a united front;
the rulers collaborate
against the LORD and his chosen king.
2:3 They say, "Let's tear off the shackles they've put
on us!
Let's free ourselves from their ropes!"
2:4 The one enthroned in heaven laughs in disgust;
the sovereign Master taunts them.
2:5 Then he angrily speaks to them
and terrifies them in his rage.
2:6 He says, "I myself have installed my king
on Zion, my holy hill."
2:7 The king says, "I will tell you what the LORD de-
creed. He said to me:
'You are my son! This very day I have become your
father!
2:8 You have only to ask me,
and I will give you the nations as your inheritance,
the ends of the earth as your personal property.

- 9 你必用铁杖打破他们·你必将他们如同窑匠的瓦器摔碎。
10 现在你们君王应当省悟。你们世上的审判官该受管教。
11 当存畏惧事奉耶和华、又当存战兢而快乐。
12 当以嘴亲子、恐怕他发怒、你们便在道中灭亡、因为他的怒气快要发作。凡投靠他的、都是有福的。

2:9 You will break them with an iron scepter;
you will smash them as if they were a potter's jar."
2:10 So now, you kings, do what is wise!
You rulers of the earth, submit to correction!
2:11 Serve the LORD in fear!
Repent in terror!
2:12 Give sincere homage!
Otherwise he will be angry,
and you will die because of your behavior,
when his anger quickly ignites.
How happy are all who take shelter in him!

第三篇

- 1 [大卫逃避他儿子押沙龙的时候作的诗。]
耶和華阿、我的敌人何其加增·有许多人起来攻击我。
2 有许多人议论我说、他得不著 神的帮助。〔细拉〕
3 但你耶和華是我四围的盾牌·是我的荣耀、又是叫我抬起头的。
4 我用我的声音求告耶和華、他就从他的圣山上应允我。〔细拉〕
5 我躺下睡觉·我醒著·耶和華都保佑我。
6 虽有成万的百姓来周围攻击我、我也不怕。
7 耶和華阿、求你起来·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。
8 救恩属乎耶和華·愿你赐福给你的百姓。〔细拉〕

Psalms 3

A psalm of David, written when he fled from his son Absalom.

3:1 LORD, how numerous are my enemies!
Many attack me.
3:2 Many say about me,
"God will not deliver him." (Selah)
3:3 But you, LORD, are a shield that protects me;
you grant me honor and give me renewed strength.
3:4 To the LORD I cried out,
and he answered me from his holy hill. (Selah)
3:5 I rested and slept;
I awoke, for the LORD protects me.
3:6 I am not afraid of the multitude of people
who attack me from all directions.
3:7 Rise up, LORD!
Deliver me, my God!
Yes, you will strike all my enemies on the jaw;
you will break the teeth of the wicked.
3:8 The LORD delivers;
you show favor to your people. (Selah)

第四篇

- 1 [大卫的诗、交与伶长·用丝弦的乐器。]
显我为义的 神阿、我呼吁的时候、求你应允我·我在困苦中、你曾使我宽广·现在求你怜恤我、听我的祷告。
2 你们这上流人哪、你们将我的尊荣变为羞辱、要到几时呢·你们喜爱虚妄、寻找虚假、要到几时呢。〔细拉〕
3 你们要知道耶和華已经分别虔诚人归他自己·我求告耶和華、他必听我。
4 你们应当畏惧、不可犯罪·在床上的时候、要心里思想、并要肃静。〔细拉〕

Psalms 4

For the music director, to be accompanied by stringed instruments; a psalm of David.

4:1 When I call out, answer me,
O God who vindicates me!
Though I am hemmed in, you will lead me into a wide, open place.
Have mercy on me and respond to my prayer!
4:2 You men, how long will you try to turn my honor into shame?
How long will you love what is worthless and search for what is deceptive? (Selah)
4:3 Realize that the LORD shows his faithful follower special favor;
the LORD responds when I cry out to him.
4:4 Tremble with fear and do not sin!
Do some soul-searching as you lie in bed, and repent of your ways! (Selah)

- 5 当献上公义的祭、又当倚靠耶和华。
6 有许多人说、谁能指示我们甚么好处。耶
和华阿、求你仰起脸来、光照我们。
7 你使我心里快乐、胜过那丰收五谷新酒
的人。
8 我必安然躺下睡觉、因为独有你耶和华使
我安然居住。

第五篇

- 1 [大卫的诗、交与伶长、用吹的乐器。]
耶和华阿、求你留心听我的言语、顾念我
的心思。
2 我的王我的 神阿、求你垂听我呼求的声
音、因为我向你祈祷。
3 耶和华阿、早晨你必听我的声音、早晨我
必向你陈明我的心意、并要儆醒。
4 因为你不是喜悦恶事的 神、恶人不能与
你同居。
5 狂傲人不能站在你眼前、凡作孽的、都是
你所恨恶的。
6 说谎言的、你必灭绝、好流人血弄诡诈
的、都为耶和华所憎恶。
7 至于我、我必凭你丰盛的慈爱进入你的居
所、我必存敬畏你的心向你的圣殿下拜。
8 耶和华阿、求你因我的仇敌、凭你的公
义、引领我、使你的道路在我面前正直。
9 因为他们的口中没有诚实、他们的心里满
有邪恶、他们的喉咙、是敞开的坟墓、他
们用舌头谄媚人。
10 神阿、求你定他们的罪。愿他们因自己
的计谋跌倒、愿他们在他们许多的过犯中、
把他们逐出、因为他们背叛了你。
11 凡投靠你的、愿他们喜乐、时常欢呼、因
为你护庇他们、又愿那爱你名的人、都靠
你欣欣。
12 因为你必赐福与义人、耶和华阿、你必用
恩惠如同盾牌四面护卫他。

- 4:5 Offer the prescribed sacrifices
and trust in the LORD!
4:6 Many say, "Who can show us anything good?"
Smile upon us, LORD!
4:7 You make me happier
than those who have abundant grain and wine.
4:8 I will lie down and sleep peacefully,
for you, LORD, make me safe and secure.

Psalms 5

- For the music director, to be accompanied by wind
instruments; a psalm of David.
5:1 Listen to what I say, LORD!
Carefully consider my complaint!
5:2 Pay attention to my cry for help,
my king and my God,
for I am praying to you!
5:3 LORD, in the morning you will hear me;
in the morning I will present my case to you and
then wait expectantly for an answer.
5:4 Certainly you are not a God who approves of
evil;
evil people cannot dwell with you.
5:5 Arrogant people cannot stand in your presence;
you hate all who behave wickedly.
5:6 You destroy liars;
the LORD despises violent and deceitful people.
5:7 But as for me, because of your great faithfulness
I will enter your house;
I will bow down toward your holy temple as I wor-
ship you.
5:8 LORD, vindicate me as you lead me,
because of those who wait to ambush me,
remove the obstacles in the way in which you are
guiding me!
5:9 For they do not speak the truth;
their stomachs are like the place of destruction,
their throats like an open grave,
their tongues like a slippery slope leading into it.
5:10 Condemn them, O God!
May their own schemes be their downfall!
Drive them away because of their many acts of in-
surrection,
for they have rebelled against you.
5:11 But may all who take shelter in you be happy!
May they continually shout for joy!
Shelter them so that those who are loyal to you may
rejoice!
5:12 Certainly you reward the godly, LORD.
Like a shield you protect them in your good favor.

第六篇

- 1 [大卫的诗、交与伶长、用丝弦的乐器、调用第八。]
耶和華阿、求你不要在怒中責備我、也不要
在烈怒中懲罰我。
- 2 耶和華阿、求你可憐我、因為我軟弱。耶
和華阿、求你醫治我、因為我的骨頭發
戰。
- 3 我心也大大的驚惶。耶和華阿、你要到几
时才救我呢。
- 4 耶和華阿、求你轉回、搭救我、因你的慈
愛拯救我。
- 5 因為在死地無人記念你、在陰間有谁稱謝
你。
- 6 我因唉哼而困乏、我每夜流淚、把床榻漂
起、把褥子濕透。
- 7 我因忧愁眼睛乾癢、又因我一切的敵人眼
睛昏花。
- 8 你們一切作孽的人、離開我罷、因為耶和
華聽了我哀哭的聲音。
- 9 耶和華聽了我的懇求、耶和華必收納我的
禱告。
- 10 我的一切仇敵都必羞愧、大大驚惶、他們
必要退後、忽然羞愧。

第七篇

- 1 [大卫指著便雅憫人古實的話、向耶和華
唱的流離歌。]
耶和華我的 神阿、我投靠你、求你救我
脫離一切追趕我的人、將我救拔出來、
- 2 恐怕他們像獅子撕裂我、甚至撕碎、無人
搭救。
- 3 耶和華我的 神阿、我若行了這事、若有
罪孽在我手里、
- 4 我若以惡報那與我交好的人、（連那無故
與我為敵的、我也救了他）
- 5 就任憑仇敵追趕我、直到追上、將我的性
命踏在地下、使我的榮耀歸于灰塵。〔細
拉〕
- 6 耶和華阿、求你在怒中起來、挺身而立、
抵擋我敵人的暴怒、求你為我興起、你已
經命定施行審判。
- 7 願眾民的會環繞你、願你從其上歸于高
位。

Psalm 6

For the music director, to be accompanied by
stringed instruments, according to the *sheminith*
style; a psalm of David.

6:1 LORD, do not rebuke me in your anger!
Do not punish me in your raging fury!

6:2 Have mercy on me, LORD, for I am frail!
Heal me, LORD, for my bones are shaking!

6:3 I am absolutely terrified,
and you, LORD—how long will this go on?

6:4 Come back, LORD, rescue me!
Deliver me because of your faithfulness!

6:5 For no one mentions your name in the realm of
death,
In Sheol who gives you thanks?

6:6 I am exhausted as I groan;
all night long I drench my bed in tears;
my tears saturate the cushion beneath me.

6:7 My eyes grow dim from suffering;
they grow weak because of all my enemies.

6:8 Turn back from me, all you who behave wick-
edly,

for the LORD has heard the sound of my weeping!

6:9 The LORD has heard my appeal for mercy;
the LORD has accepted my prayer.

6:10 May all my enemies be humiliated and abso-
lutely terrified!

May they turn back and be suddenly humiliated!

Psalm 7

A musical composition by David, which he sang to
the LORD concerning a Benjaminite named Cush.

7:1 O LORD my God, in you I have taken shelter.
Deliver me from all who chase me! Rescue me!

7:2 Otherwise they will rip me to shreds like a lion;
they will tear me to bits and no one will be able to
rescue me.

7:3 O LORD my God, if I have done what they say,
or am guilty of unjust actions,

7:4 or have wronged my ally,
or helped his lawless enemy,

7:5 may an enemy relentlessly chase me and catch
me;

may he trample me to death
and leave me lying humiliated in the dust. (Selah)

7:6 Rise up angrily, LORD!
Spring into action with raging fury against my ene-
mies!

Intervene for my sake and execute the judgment you
have decreed for them!

7:7 The countries are assembled all around you;
take once more your rightful place over them!

- 8 耶和華向眾民施行審判·耶和華阿·求你按我的公義、和我心中的純正、判斷我。
- 9 願惡人的惡斷絕·愿你堅立義人·因為公義的 神察驗人的心腸肺腑。
- 10 神是我的盾牌·他拯救心里正直的人。
- 11 神是公義的審判者·又是天天向惡人發怒的 神。
- 12 若有人不回頭、他的刀必磨快、弓必上弦、豫備妥当了。
- 13 他也豫備了殺人的器械·他所射的是火箭。
- 14 試看惡人因奸惡而劬勞·所懷的是毒害、所生的是虛假。
- 15 他掘了坑、又挖深了、竟掉在自己所挖的阱里。
- 16 他的毒害、必臨到他自己的頭上·他的強暴必落到他自己的腦袋上。
- 17 我要照著耶和華的公義稱謝他、歌頌耶和華至高者的名。

- 7:8 The LORD judges the nations.
Vindicate me, LORD, because I am innocent,
because I am blameless, O Exalted One!
- 7:9 May the evil deeds of the wicked come to an end!
But make the innocent secure,
O just God,
you who examine inner thoughts and motives!
- 7:10 The Exalted God is my shield,
the one who delivers the morally upright.
- 7:11 God is a just judge;
he executes judgment throughout the day.
- 7:12 If a person does not repent, God sharpens his sword
and prepares to shoot his bow.
- 7:13 He prepares to use deadly weapons against him;
he gets ready to shoot flaming arrows.
- 7:14 See the one who is pregnant with wickedness,
who conceives destructive plans,
and gives birth to harmful lies—
- 7:15 he digs a pit
and then falls into the hole he has made.
- 7:16 He becomes the victim of his own destructive plans
and experiences the violence he intended for others.
- 7:17 I will thank the LORD for his justice;
I will sing praises to the Sovereign LORD!

第八篇

- 1 [大卫的诗、交与伶长、用迦特乐器。]
耶和華我們的主阿·你的名在全地何其美·你將你的榮耀彰顯于天。
- 2 你因敵人的緣故、從嬰孩和吃奶的口中、建立了能力、使仇敵和報仇的、閉口無言。
- 3 我觀看你指頭所造的天、并你所陳設的月亮星宿、
- 4 便說、人算甚么、你竟顧念他·世人算甚么、你竟眷顧他。
- 5 你叫他比天使〔或作 神〕微小一點、并賜他榮耀尊貴為冠冕。
- 6 你派他管理你手所造的、使萬物、就是一切的牛羊、田野的獸、空中的鳥、海里的魚、凡經行海道的、都服在他的腳下。

Psalm 8

For the music director, according to the *gittith* style;
a psalm of David.

- 8:1 O LORD, our sovereign Master,
how magnificent is your reputation throughout the earth!
You reveal your majesty in the heavens above!
- 8:2 When children and nursing babies cry for help,
you protect them from your foes,
so that you might put an end to the vindictive enemy.
- 8:3 When I look up at the heavens, which your fingers made,
and see the moon and the stars, which you set in place,
- 8:4 I think,
“Of what importance is the human race, that you should notice them?
Of what importance is mankind, that you should pay attention to them,
- 8:5 and make them almost like the heavenly beings?”
You grant mankind honor and majesty;
- 8:6 you allow them to rule over your creation;
you have placed everything under their authority,
- 8:7 including all the sheep and cattle,
as well as the wild animals,
- 8:8 the birds in the sky, the fish in the sea
and everything that moves through the channels of the seas.

9 耶和華我們的主阿、你的名在全地何其美。

8:9 O LORD, our sovereign Master,
how magnificent is your reputation throughout the earth!

第九篇

1 [大卫的诗、交与伶长、调用慕拉便。]
我要一心称谢耶和華、我要传扬你一切奇妙的作为。

2 我要因你欢喜快乐、至高者阿、我要歌颂你的名。

3 我的仇敌转身退去的时候、他们一见你的面、就跌倒灭亡。

4 因你已经为我伸冤、为我辨屈、你坐在宝座上、按公义审判。

5 你曾斥责外邦、你曾灭绝恶人、你曾涂抹他们的名、直到永永远远。

6 仇敌到了尽头、他们被毁坏、直到永远、你拆毁他们的城邑、连他们的名号、都归于无有。

7 惟耶和華坐著为王、直到永远、他已经为审判设摆他的宝座。

8 他要按公义审判世界、按正直判断万民。

9 耶和華又要给受欺压的人作高台、在患难的时候作高台。

10 耶和華阿、认识你名的人要倚靠你、因你没有离弃寻求你的人。

11 应当歌颂居锡安的耶和華、将他所行的传扬在众民中。

12 因为那追讨流人血之罪的、他記念受屈的人、不忘记困苦人的哀求。

13 耶和華阿、你是从死门把我提拔起来的、求你怜恤我、看那恨我的人所加给我的苦难。

14 好叫我说说你一切的美德、我必在锡安城的门、〔城原文作女子〕因你的救恩欢乐。

15 外邦人陷在自己所掘的坑中、他们的脚在自己暗设的网罗里缠住了。

16 耶和華已将自己显明了、他已施行审判、恶人被自己手所作的缠住了。〔或作他叫恶人被自己手所作的累住了〕〔细拉〕

17 恶人、就是忘记 神的外邦人、都必归到阴间。

18 穷乏人必不永久被忘、困苦人的指望、必不永远落空。

Psalm 9

For the music director; according to the *alumoth-labben* style; a psalm of David.

9:1 I will thank the LORD with all my heart!

I will tell about all your amazing deeds!

9:2 I will be happy and rejoice in you!

I will sing praises to you, O Sovereign One!

9:3 When my enemies turn back,
they trip and are defeated before you.

9:4 For you defended my just cause;
from your throne you pronounced a just decision.

9:5 You terrified the nations with your battle cry;
you destroyed the wicked;

you permanently wiped out all memory of them.

9:6 The enemy's cities have been reduced to permanent ruins;

you destroyed their cities;

all memory of the enemies has perished.

9:7 But the LORD rules forever;

he reigns in a just manner.

9:8 He judges the world fairly;

he makes just legal decisions for the nations.

9:9 Consequently the LORD provides safety for the oppressed;

he provides safety in times of trouble.

9:10 Those who are loyal to you trust in you,
for you, LORD, do not abandon those who seek your help.

9:11 Sing praises to the LORD, who rules in Zion!

Tell the nations what he has done!

9:12 For the one who takes revenge against murderers took notice of the oppressed;

he did not overlook their cry for help

9:13 when they prayed:

"Have mercy on me, LORD!

See how I am oppressed by those who hate me,

O one who can snatch me away from the gates of death!

9:14 Then I will tell about all your praiseworthy acts;
in the gates of Daughter Zion I will rejoice because of your deliverance."

9:15 The nations fell into the pit they had made;
their feet were caught in the net they had hidden.

9:16 The LORD revealed himself;

he accomplished justice;

the wicked were ensnared by their own actions.

(Higgaion. Selah)

9:17 The wicked are turned back and sent to Sheol;
this is the destiny of all the nations that ignore God,

9:18 for the needy are not permanently ignored,
the hopes of the oppressed are not forever dashed.

- 19 耶和華阿、求你起來、不容人得勝、愿外邦人在你面前受審判。
- 20 耶和華阿、求你使外邦人恐懼、愿他們知道自己不過是人。〔細拉〕

9:19 Rise up, LORD!
Don't let men be defiant!
May the nations be judged in your presence!
9:20 Terrify them, LORD!
Let the nations know they are mere mortals! (Selah)

第十篇

- 1 耶和華阿、你為甚么站在遠處、在患難的時候、為甚么隱藏。
- 2 惡人在驕橫中、把困苦人追得火急、愿他們陷在自己所設的計謀里。
- 3 因為惡人以心愿自夸、貪財的背棄耶和華、并且輕慢他。〔或作他祝福貪財的却輕慢耶和華〕
- 4 惡人面帶驕傲、說、耶和華必不追究。他一切所想的、都以為沒有神。
- 5 凡他所作的、時常穩固、你的審判超過他的眼界。至于他一切的敵人、他都向他們噴氣。
- 6 他心里說、我必不動搖、世世代代不遭災難。
- 7 他滿口是咒罵、詭詐、欺壓、舌底是毒害奸惡。
- 8 他在村庄埋伏等候、他在隱密處杀害無辜的人、他的眼睛窺探無倚無靠的人。
- 9 他埋伏在暗地、如獅子蹲在洞中、他埋伏、要擄去困苦人、他拉網、就把困苦人擄去。
- 10 他屈身蹲伏、無倚無靠的人、就倒在他爪牙之下、〔爪牙或作強暴人〕
- 11 他心里說、神竟忘記了、他掩面、永不觀看。
- 12 耶和華阿、求你起來、神阿、求你舉手、不要忘記困苦人。
- 13 惡人為何輕慢神、心里說、你必不追究。
- 14 其實你已經觀看、因為奸惡毒害、你都看見了、為要以手施行報應、無倚無靠的人、把自己交托你、你向來是幫助孤儿的。
- 15 愿你打斷惡人的膀臂、至于坏人、愿你追究他的惡、直到淨盡。
- 16 耶和華永永遠遠為王、外邦人從他的地已經滅絕了。

Psalms 10

10:1 Why, LORD, do you stand far off?
Why do you pay no attention during times of trouble?

10:2 The wicked arrogantly chase the oppressed;
the oppressed are trapped by the schemes the wicked have dreamed up.

10:3 Yes, the wicked man boasts because he gets what he wants;
the one who robs others curses and rejects the LORD.

10:4 The wicked man is so arrogant he always thinks,
“God won't hold me accountable; he doesn't care.”

10:5 He is secure at all times.
He has no regard for your commands;
he disdains all his enemies.

10:6 He says to himself,
“I will never be upended,
because I experience no calamity.”

10:7 His mouth is full of curses and deceptive, harmful words;
his tongue injures and destroys.

10:8 He waits in ambush near the villages;
in hidden places he kills the innocent.
His eyes look for some unfortunate victim.

10:9 He lies in ambush in a hidden place, like a lion in a thicket;
he lies in ambush, waiting to catch the oppressed;
he catches the oppressed by pulling in his net.

10:10 His victims are crushed and beaten down;
they are trapped in his sturdy nets.

10:11 He says to himself,
“God overlooks it;
he does not pay attention;
he never notices.”

10:12 Rise up, LORD!
O God, strike him down!
Do not forget the oppressed!

10:13 Why does the wicked man reject God?
He says to himself, “You will not hold me accountable.”

10:14 You have taken notice,
for you always see one who inflicts pain and suffering.
The unfortunate victim entrusts his cause to you;
you deliver the fatherless.

10:15 Break the arm of the wicked and evil man!
Hold him accountable for his wicked deeds,
which he thought you would not discover.

10:16 The LORD rules forever!
The nations are driven out of his land.

- 17 耶和華阿、謙卑人的心願、你早已知道、
〔原文作聽見〕你必豫備他們的心、也必
側耳聽他們的祈求。
- 18 為要給孤兒和受欺壓的人伸冤、使強橫的
人不再威吓他們。

10:17 LORD, you have heard the request of the oppressed;
you make them feel secure because you listen to their prayer.
10:18 You defend the fatherless and oppressed,
so that mere mortals may no longer terrorize them.

第十一篇

- 1 〔大衛的诗、交与伶长。〕
我是投靠耶和華、你們怎麼對我說、你當
像鳥飞往你的山去。
- 2 看哪、惡人彎弓、把箭搭在弦上、要在暗
中射那心里正直的人。
- 3 根基若毀壞、義人還能作甚麼呢。
- 4 耶和華在他的聖殿里、耶和華的寶座在天
上、他的慧眼察看世人。
- 5 耶和華試驗義人、惟有惡人和喜愛強暴的
人、他心里恨惡。
- 6 他要向惡人密布網羅、有烈火、硫磺、熱
風、作他們杯中的分。
- 7 因為耶和華是公義的、他喜愛公義、正直
人必得見他的面。

Psalms 11

For the music director; by David.
11:1 In the LORD I have taken shelter.
How can you say to me,
“Flee to a mountain like a bird!
11:2 For look, the wicked prepare their bows,
they put their arrows on the strings,
to shoot in the darkness at the morally upright.
11:3 When the foundations are destroyed,
what can the godly accomplish?”
11:4 The LORD is in his holy temple;
the LORD’s throne is in heaven.
His eyes watch;
his eyes examine all people.
11:5 The LORD approves of the godly,
but he hates the wicked and those who love to do
violence.
11:6 May the LORD rain down burning coals and
brimstone on the wicked!
A whirlwind is what they deserve!
11:7 Certainly the LORD is just;
he rewards godly deeds;
the upright will experience his favor.

第十二篇

- 1 〔大衛的诗、交与伶长、调用第八。〕
耶和華阿、求你幫助、因虔誠人斷絕了、
世人中間的忠信人沒有了。
- 2 人人向鄰舍說謊、他們說話、是嘴唇油
滑、心口不一。
- 3 凡油滑的嘴唇、和夸大的舌頭、耶和華必
要剪除。
- 4 他們曾說、我們必能以舌頭得勝、我們的
嘴唇是我們自己的、誰能作我們的主呢。
- 5 耶和華說、因為困苦人的冤屈、和貧窮人
的嘆息、我現在要起來、把他安置在他所
切慕的穩妥之地。
- 6 耶和華的言語、是純淨的言語、如同銀子
在泥爐中煉過七次。

Psalms 12

For the music director; according to the *sheminith*
style; a psalm of David.
12:1 Deliver, LORD!
For the godly have disappeared;
people of integrity have vanished.
12:2 People lie to one another;
they flatter and deceive.
12:3 May the LORD cut off all flattering lips,
and the tongue that boasts!
12:4 They say, “We speak persuasively;
we know how to flatter and boast.
Who is our master?”
12:5 “Because of the violence done to the oppressed,
because of the painful cries of the needy,
I will spring into action,” says the LORD.
“I will provide the safety they so desperately desire.”
12:6 The LORD’s words are absolutely reliable.
They are as untainted as silver purified in a furnace
on the ground,
where it is thoroughly refined.

- 7 耶和華阿、你必保護他們、你必保佑他們
永遠脫離這世代的人。
- 8 下流人在世人中升高、就有惡人到处
行。

12:7 You, LORD, will protect them;
you will continually shelter each one from these evil
people,
12:8 for the wicked seem to be everywhere,
when people promote evil.

第十三篇

- 1 [大衛的诗、交与伶长。]
耶和華阿、你忘记我要到几时呢、要到永
远么、你掩面不顾我要到几时呢。
- 2 我心里筹算、终日愁苦、要到几时呢、我
的仇敌升高压制我、要到几时呢。
- 3 耶和華我的 神阿、求你看顾我、应允
我、使我眼目光明、免得我沉睡至死、
- 4 免得我的仇敌说、我胜了他、免得我的敌
人在我摇动的时候喜乐。
- 5 但我倚靠你的慈爱、我的心因你的救恩快
乐。
- 6 我要向耶和華歌唱、因他用厚恩待我。

Psalms 13

For the music director; a psalm of David.
13:1 How long, LORD, will you continue to ignore
me?
How long will you pay no attention to me?
13:2 How long must I worry,
and suffer in broad daylight?
How long will my enemy gloat over me?
13:3 Look at me! Answer me, O LORD my God!
Revive me, or else I will die!
13:4 Then my enemy will say, "I have defeated him!"
Then my foes will rejoice because I am upended.
13:5 But I trust in your faithfulness.
May I rejoice because of your deliverance!
13:6 I will sing praises to the LORD
when he vindicates me.

第十四篇

- 1 [大衛的诗、交与伶长。]
愚頑人心里说、没有 神。他们都是邪
恶、行了可憎恶的事、没有一个人行善。
- 2 耶和華从天上垂看世人、要看有明白的没
有、有寻求 神的没有。
- 3 他们都偏离正路、一同变为污秽、并没有
行善的、连一个也没有。
- 4 作孽的都没有知识么、他们吞吃我的百
姓、如同吃饭一样、并不求告耶和華。
- 5 他们在那里大大的害怕、因为 神在义人
的族类中。
- 6 你们叫困苦人的谋算、变为羞辱、然而耶
和華是他的避难所。
- 7 但愿以色列的救恩从锡安而出、耶和華救
回他被掳的子民、那时雅各要快乐、以色
列要欢喜。

Psalms 14

For the music director; by David.
14:1 Fools say to themselves, "There is no God."
They sin and commit evil deeds;
none of them does what is right.
14:2 The LORD looks down from heaven at the human
race,
to see if there is anyone who is wise and seeks God.
14:3 Everyone rejects God;
they are all morally corrupt.
None of them does what is right,
not even one!
14:4 All those who behave wickedly do not under-
stand—
those who devour my people as if they were eating
bread,
and do not call out to the LORD.
14:5 They are absolutely terrified,
for God defends the godly.
14:6 You want to humiliate the oppressed,
even though the LORD is their shelter.
14:7 I wish the deliverance of Israel would come
from Zion!
When the LORD restores the well-being of his people,
may Jacob rejoice,
may Israel be happy!

第十五篇

- 1 [大卫的诗。]
耶和華阿、誰能寄居你的帳幕、誰能住在你的聖山、
2 就是行為正直、作事公義、心裡說實話的人、
3 他不以舌頭諛謗人、不惡待朋友、也不隨夥毀謗鄰里、
4 他眼中藐視匪類、却尊重那敬畏耶和華的人、他发了誓、雖然自己吃虧、也不更改、
5 他不放債取利、不受賄賂以害無辜。行這些事的人、必永不动摇。

第十六篇

- 1 [大卫的金诗。]
神阿、求你保佑我、因为我投靠你。
2 我的心哪、你曾对耶和華说、你是我的主、我的好处不在你以外。
3 论到世上的圣民、他们又美又善、是我最喜悅的。
4 以别神代替耶和華的、〔或作送礼物给别神的〕他们的愁苦必加增。他们所浇奠的血我不献上、我嘴唇也不提别神的名号。
5 耶和華是我的产业、是我杯中的分、我所得的你为我持守。
6 用绳量给我的地界、坐落在佳美之处、我的产业实在美好。
7 我必称颂那指教我的耶和華、我的心肠在夜间也警戒我。
8 我将耶和華常摆在我面前、因他在我右边、我便不至摇动。
9 因此我的心欢喜、我的灵〔原文作荣耀〕快乐、我的肉身也要安然居住。
10 因为你必不将我的灵魂撇在阴间、也不叫你的圣者见朽坏。
11 你必将生命的道路指示我、在你面前有满足的喜乐、在你右手中有永远的福乐。

Psalm 15

A psalm of David.

15:1 LORD, who may be a guest in your home?
Who may live on your holy hill?

15:2 Whoever lives a blameless life,
does what is right,
and speaks honestly.

15:3 He does not slander,
or do harm to others,
or insult his neighbor.

15:4 He despises a reprobate,
but honors the LORD's loyal followers.

He makes firm commitments and does not renege on his promise.

15:5 He does not charge interest when he lends his money.

He does not take bribes to testify against the innocent.
The one who lives like this will never be upended.

Psalm 16

A prayer of David.

16:1 Protect me, O God, for I have taken shelter in you.

16:2 I say to the LORD, "You are the sovereign Master,
my only source of well-being."

16:3 As for God's chosen people who are in the land,
and the leading officials I admired so much—

16:4 their troubles multiply,
they desire other gods.

I will not pour out drink offerings of blood to their gods,

nor will I make vows in the name of their gods.

16:5 LORD, you give me stability and prosperity;
you make my future secure.

16:6 It is as if I have been given fertile fields
or received a beautiful tract of land.

16:7 I will praise the LORD who guides me;
yes, during the night I reflect and learn.

16:8 I constantly trust in the LORD;
because he is at my right hand, I will not be upended.

16:9 So my heart rejoices
and I am happy;
My life is safe.

16:10 You will not abandon me to Sheol;
you will not allow your faithful follower to see the Pit.

16:11 You lead me in the path of life;
I experience absolute joy in your presence;
you always give me sheer delight.

第十七篇

- 1 [大卫的祈祷。]
耶和華阿、求你听闻公义、侧耳听我的呼
吁、求你留心听我这不出于诡诈嘴唇的祈
祷。
- 2 愿我的判语从你面前发出、愿你的眼睛观
看公正。
- 3 你已经试验我的心、你在夜间鉴察我、你
熬炼我、却找不著甚么、我立志叫我口中
没有过失。
- 4 论到人的行为、我藉著你嘴唇的言语、自
己谨守、不行强暴人的道路。
- 5 我的脚踏定了你的路径、我的两脚未曾滑
跌。
- 6 神阿、我曾求告你、因为你必应允我、
求你向我侧耳、听我的言语。
- 7 求你显出你奇妙的慈爱来、你是那用右手
拯救投靠你的、脱离起来攻击他们的人。
- 8 求你保护我、如同保护眼中的瞳人、将我
隐藏在你翅膀的荫下、
- 9 使我脱离那欺压我的恶人、就是围困我、
要害我命的仇敌。
- 10 他们的心被脂油包裹、他们用口说骄傲的
话。
- 11 他们围困了我们的脚步、他们瞪著眼、要
把我们推倒在地。
- 12 他像狮子急要抓食、又像少壮狮子蹲伏在
暗处。
- 13 耶和華阿、求你起来、前去迎敌、将他打
倒、用你的刀救护我命脱离恶人。
- 14 耶和華阿、求你用手术救我脱离世人、脱离
那只在今生有福分的世人、你把你的财宝
充满他们的肚腹、他们因有儿女就心满意
足、将其余的财物留给他们的婴孩。
- 15 至于我、我必在义中见你的面、我醒了
的时候、得见你的形像、〔见或作看〕就心
满意足了。

第十八篇

- 1 [耶和華的仆人大卫的诗、交与伶长、当
耶和華救他脱离一切仇敌和扫罗之手的日
子、他向耶和華念这诗的话、说、]
耶和華我的力量阿、我爱你。

Psalm 17

A prayer of David.

17:1 LORD, consider my just cause!

Pay attention to my cry for help!

Listen to the prayer

I sincerely offer!

17:2 Make a just decision on my behalf!

Decide what is right!

17:3 You have scrutinized my inner motives;

you have examined me during the night.

You have carefully evaluated me, but you find no sin.

I am determined I will say nothing sinful.

17:4 As for the actions of people—

just as you have commanded,

I have not followed in the footsteps of violent men.

17:5 I carefully obey your commands;

I do not deviate from them.

17:6 I call to you for you will answer me, O God.

Listen to me!

Hear what I say!

17:7 Accomplish awesome, faithful deeds,

you who powerfully deliver those who look to you
for protection from their enemies.

17:8 Protect me as you would protect the pupil of
your eye!

Hide me in the shadow of your wings!

17:9 Protect me from the wicked men who attack me,
my enemies who crowd around me for the kill.

17:10 They are calloused;

they speak arrogantly.

17:11 They attack me, now they surround me;

they intend to throw me to the ground.

17:12 He is like a lion that wants to tear its prey to bits,
like a young lion crouching in hidden places.

17:13 Rise up, LORD!

Confront him! Knock him down!

Use your sword to rescue me from the wicked man!

17:14 LORD, use your power to deliver me from these
murderers,

from the murderers of this world!

They enjoy prosperity;

you overwhelm them with the riches they desire.

They have many children,

and leave their wealth to their offspring.

17:15 As for me, because I am innocent I will see
your face;

when I awake you will reveal yourself to me.

Psalm 18

For the music director; by the LORD's servant David,
who sang to the LORD the words of this song when
the LORD rescued him from the power of all his
enemies, including Saul.

18:1 He said:

"I love you, LORD, my source of strength!

2 耶和華是我的岩石、我的山寨、我的救主、我的神、我的磐石、我所投靠的。他是我的盾牌、是拯救我的角、是我的高台。

3 我要求告当赞美的耶和華，这样我必从仇敌手中被救出来。

4 曾有死亡的绳索缠绕我，匪类的急流使我惊惧。

5 阴间的绳索缠绕我，死亡的网罗临到我。

6 我在急难中求告耶和華、向我的神呼求，他从殿中听了我的声音，我在他面前的呼求入了他的耳中。

7 那时因他发怒、地就摇撼战抖、山的根基也震动摇撼。

8 从他鼻孔冒烟上腾、从他口中发火焚烧，连炭也著了。

9 他又使天下垂、亲自降临，有黑云在他脚下。

10 他坐著基路伯飞行，他藉著风的翅膀快飞。

11 他以黑暗为藏身之处、以水的黑暗、天空的厚云、为他四围的行宫。

12 因他面前的光辉、他的厚云行过，便有冰雹火炭。

13 耶和華也在天上打雷，至高者发出声音，便有冰雹火炭。

14 他射出箭来、使仇敌四散，多多发出闪电、使他们扰乱。

15 耶和華阿、你的斥责一发、你鼻孔的气一出、海底就出现、大地的根基也显露。

16 他从高天伸手抓住我，把我从大水中拉上来。

17 他救我脱离我的劲敌、和那些恨我的人，因为他们比我强盛。

18 我遭遇灾难的日子、他们来攻击我，但耶和華是我的倚靠。

19 他又领我到宽阔之处。他救拔我、因他喜悦我。

20 耶和華按著我的公义报答我、按著我手中的清洁赏赐我。

21 因为我遵守了耶和華的道、未曾作恶离开我的神。

22 他的一切典章常在我面前，他的律例我也未曾丢弃。

23 我在他面前作了完全人，我也保守自己远离我的罪孽。

24 所以耶和華按我的公义、按我在他眼前手中的清洁、偿还我。

18:2 The LORD is my high ridge, my stronghold, my deliverer.

My God is my rocky summit where I take shelter, my shield, the horn that saves me, and my refuge.

18:3 I called to the LORD, who is worthy of praise, and I was delivered from my enemies.

18:4 The waves of death engulfed me, the currents of chaos overwhelmed me.

18:5 The ropes of Sheol tightened around me, the snares of death trapped me.

18:6 In my distress I called to the LORD; I cried out to my God.

From his heavenly temple he heard my voice; he listened to my cry for help.

18:7 The earth heaved and shook; the roots of the mountains trembled; they heaved because he was angry.

18:8 Smoke ascended from his nose; fire devoured as it came from his mouth; he hurled down fiery coals.

18:9 He made the sky sink as he descended; a thick cloud was under his feet.

18:10 He mounted a winged angel and flew; he glided on the wings of the wind.

18:11 He shrouded himself in darkness, in thick rain clouds.

18:12 From the brightness in front of him came hail and fiery coals.

18:13 The LORD thundered in the sky; the Sovereign One shouted.

18:14 He shot his arrows and scattered them, many lightning bolts and routed them.

18:15 The depths of the sea were exposed; the inner regions of the world were uncovered by your battle cry, LORD, by the powerful breath from your nose.

18:16 He reached down from above and grabbed me; he pulled me from the surging water.

18:17 He rescued me from my strong enemy, from those who hate me, for they were too strong for me.

18:18 They confronted me in my day of calamity, but the LORD helped me.

18:19 He brought me out into a wide open place; he delivered me because he was pleased with me.

18:20 The LORD repaid me for my godly deeds; he rewarded my blameless behavior.

18:21 For I have obeyed the LORD's commands; I have not rebelled against my God.

18:22 For I am aware of all his regulations, and I do not reject his rules.

18:23 I was innocent before him, and kept myself from sinning.

18:24 The LORD rewarded me for my godly deeds; he took notice of my blameless behavior.

25 慈爱的人、你以慈爱待他、完全的人、你以完全待他。
26 清洁的人、你以清洁待他、乖僻的人、你以弯曲待他。
27 困苦的百姓、你必拯救、高傲的眼目、你必使他降卑。
28 你必点著我的灯、耶和華我的 神必照明我的黑暗。
29 我藉著你冲入敌军、藉著我的 神跳过墙垣。
30 至于 神、他的道是完全的、耶和華的话是炼净的、凡投靠他的、他便作他们的盾牌。
31 除了耶和華、谁是 神呢、除了我们的神、谁是磐石呢、
32 惟有那以力量束我的腰、使我行为完全的、他是 神。
33 他使我的脚快如母鹿的蹄、又使我在高处安稳。
34 他教导我的手能以争战、甚至我的膀臂能开铜弓。
35 你把你的救恩给我作盾牌、你的右手扶持我、你的温和使我为大。
36 你使我脚下的地步宽阔、我的脚未曾滑跌。
37 我要追赶我的仇敌、并要追上他们、不将他们灭绝、我总不归回。
38 我要打伤他们、使他们不能起来、他们必倒在我的脚下。
39 因为你曾以力量束我的腰、使我能争战、你也使那起来攻击我的都服在我以下。
40 你又使我的仇敌在我面前转背逃跑、叫我能以剪除那恨我的人。
41 他们呼求、却无人拯救、就是呼求耶和華、他也不应允。
42 我捣碎他们、如同风前的灰尘、倒出他们、如同街上的泥土。
43 你救我脱离百姓的争竞、立我作列国的元首、我素不认识的民必事奉我。
44 他们一听见我的名声、就必顺从我、外邦人要投降我。
45 外邦人要衰残、战战兢兢的出他们的营寨。
46 耶和華是活 神、愿我的磐石被人称颂、愿救我的 神被人尊崇。
47 这位 神、就是那为我伸冤、使众民服在我以下的。

18:25 You prove to be loyal to one who is faithful; you prove to be trustworthy to one who is innocent.
18:26 You prove to be reliable to one who is blameless, but you prove to be deceptive to one who is perverse.
18:27 For you deliver oppressed people, but you bring down those who have a proud look.
18:28 Indeed, you are my lamp, LORD. My God illuminates the darkness around me.
18:29 Indeed, with your help I can charge against an army; by my God's power I can jump over a wall.
18:30 The one true God acts in a faithful manner; the LORD's promise is reliable; he is a shield to all who take shelter in him.
18:31 Indeed, who is God besides the LORD? Who is a protector besides our God?
18:32 The one true God gives me strength; he removes the obstacles in my way.
18:33 He gives me the agility of a deer; he enables me to negotiate the rugged terrain.
18:34 He trains my hands for battle; my arms can bend even the strongest bow.
18:35 You give me your protective shield; your right hand supports me; your willingness to help enables me to prevail.
18:36 You widen my path; my feet do not slip.
18:37 I chase my enemies and catch them; I do not turn back until I wipe them out.
18:38 I beat them to death; they fall at my feet.
18:39 You give me strength for battle; you make my foes kneel before me.
18:40 You make my enemies retreat; I destroy those who hate me.
18:41 They cry out, but there is no one to help them; they cry out to the LORD, but he does not answer them.
18:42 I grind them as fine windblown dust; I beat them underfoot like clay in the streets.
18:43 You rescue me from a hostile army; you make me a leader of nations; people over whom I had no authority are now my subjects.
18:44 When they hear of my exploits, they submit to me. Foreigners are powerless before me;
18:45 foreigners lose their courage; they shake with fear as they leave their strongholds.
18:46 The LORD is alive! My protector is praiseworthy! The God who delivers me is exalted as king!
18:47 The one true God completely vindicates me; he makes nations submit to me.

- 48 你救我脱离仇敌，又把我举起、高过那些起来攻击我的，你救我脱离强暴的人。
- 49 耶和華阿、因此我要在外邦中称谢你、歌颂你的名。
- 50 耶和華赐极大的救恩给他所立的王、施慈爱给他的受膏者、就是给大卫和他的后裔、直到永远。

第十九篇

- 1 [大卫的诗、交与伶长。]
诸天述说 神的荣耀，穹苍传扬他的手段。
- 2 这日到那日发出言语，这夜到那夜传出知识。
- 3 无言无语、也无声音可听。
- 4 他的量带通遍天下、它的言语传到地极。神在其间为太阳安设帐幕。
- 5 太阳如同新郎出洞房、又如勇士欢然奔路。
- 6 他从天这边出来、绕到天那边，没有一物被隐藏不得它的热气。
- 7 耶和華的律法全备、能苏醒人心，耶和華的法度确定、能使愚人有智慧。
- 8 耶和華的训词正直、能快活人的心，耶和華的命令清洁、能明亮人的眼目。
- 9 耶和華的道理洁净、存到永远，耶和華的典章真实、全然公义。
- 10 都比金子可羡慕、且比极多的精金可羡慕，比蜜甘甜、且比蜂房下滴的蜜甘甜。
- 11 况且你的仆人因此受警戒、守著这些便有大赏。
- 12 谁能知道自己的错失呢，愿你赦免我隐而未现的过错。
- 13 求你拦阻仆人、不犯任意妄为的罪，不容这罪辖制我，我便完全、免犯大罪。
- 14 耶和華我的磐石、我的救贖主阿、愿我口中的言语、心里的意念、在你面前蒙悦纳。

- 18:48 He delivers me from my enemies;
you snatch me away from those who attack me;
you rescue me from violent men.
- 18:49 So I will give you thanks before the nations, O LORD!
I will sing praises to you!
- 18:50 He gives his chosen king magnificent victories;
he is faithful to his chosen ruler,
to David and his descendants forever."

Psalm 19

For the music director; a psalm of David.

- 19:1 The heavens declare God's glory;
the sky displays his handiwork.
- 19:2 Day after day it speaks out;
night after night it reveals his greatness.
- 19:3 There is no actual speech or word,
nor is its voice literally heard.
- 19:4 Yet its voice echoes throughout the earth;
its words carry to the distant horizon.
In the sky he has pitched a tent for the sun.
- 19:5 Like a bridegroom it emerges from its chamber;
like a strong man it enjoys running its course.
- 19:6 It emerges from the distant horizon,
and goes from one end of the sky to the other;
nothing can escape its heat.
- 19:7 The law of the LORD is perfect
and preserves one's life.
The rules set down by the LORD are reliable
and impart wisdom to the untrained.
- 19:8 The LORD's precepts are fair
and make one happy.
The LORD's commands are pure
and give moral insight.
- 19:9 The commands to fear the LORD are right
and permanent.
The regulations given by the LORD are trustworthy
and completely just.
- 19:10 They are of greater value than gold,
than even a great amount of pure gold;
they bring greater delight than honey,
than even the sweetest honey from honeycomb.
- 19:11 Yes, your servant finds moral guidance there;
those who obey them receive a rich reward.
- 19:12 Who can avoid sinning?
Please do not punish my unintentional sins.
- 19:13 Moreover, keep me from committing flagrant
sins;
do not allow such sins to control me.
Then I will be blameless,
and innocent of blatant rebellion.
- 19:14 May my words and my thoughts
be acceptable in your sight,
O LORD, my protector and my defender.

第二十章

- 1 [大卫的诗、交与伶长。]
愿耶和華在你遭難的日子應允你·愿名為雅各 神的高舉你·
- 2 愿他从圣所救助你、从锡安坚固你·
- 3 記念你的一切供獻、悅納你的燔祭·〔細拉〕
- 4 將你心所愿的賜給你、成就你的一切籌算·
- 5 我們要因你的救恩夸勝、要奉我們 神的名豎立旌旗·愿耶和華成就你一切所求的·
- 6 現在我知道耶和華救護他的受膏者、必從他的圣天上應允他、用右手的能力救護他·
- 7 有人靠車、有人靠馬、但我們要提到耶和華我們 神的名·
- 8 他们都屈身仆倒、我們却起來、立得正直·
- 9 求耶和華施行拯救·我們呼求的時候、愿王應允我們·

第二十一篇

- 1 [大卫的诗、交与伶长。]
耶和華阿、王必因你的能力歡喜·因你的救恩、他的快樂何其大·
- 2 他心里所愿的、你已经賜給他·他嘴唇所求的、你未嘗不應允·〔細拉〕
- 3 你以美福迎接他、把精金的冠冕戴在他頭上·
- 4 他向你求壽、你便賜給他、就是日子長久、直到永遠·
- 5 他因你的救恩大有榮耀·你又将尊榮威嚴加在他身上·
- 6 你使他有洪福、直到永遠·又使他在你面前歡喜快樂·
- 7 王倚靠耶和華、因至高者的慈愛必不搖動·
- 8 你的手要搜出你的一切仇敵·你的右手要搜出那些恨你的人·
- 9 你發怒的時候、要使他们如在炎熱的火爐中·耶和華要在他的震怒中吞滅他們·那火要把他們燒盡了·
- 10 你必從世上滅絕他們的子孫·〔子孫原作果子〕從人間滅絕他們的後裔·

Psalm 20

For the music director; a psalm of David.

20:1 May the LORD answer you when you are in trouble;

may the God of Jacob make you secure!

20:2 May he send you help from his temple; from Zion may he give you support!

20:3 May he take notice of your offerings; may he accept your burnt sacrifice! (Selah)

20:4 May he grant your heart's desire; may he bring all your plans to pass!

20:5 Then we will shout for joy over your victory; we will rejoice in the name of our God! May the LORD grant all your requests!

20:6 Now I am sure that the LORD will deliver his chosen king;

he will intervene for him from his holy heavenly temple,

and display his mighty ability to deliver.

20:7 Some trust in chariots and others in horses, but we depend on the LORD our God.

20:8 They will fall down, but we will stand firm.

20:9 The LORD will deliver the king; he will answer us when we call to him for help!

Psalm 21

For the music director; a psalm of David.

21:1 O LORD, the king rejoices in the strength you give;

he takes great delight in the deliverance you provide.

21:2 You grant him his heart's desire; you do not refuse his request. (Selah)

21:3 For you bring him rich blessings; you place a golden crown on his head.

21:4 He asked you to sustain his life, and you have granted him long life and an enduring dynasty.

21:5 Your deliverance brings him great honor; you give him majestic splendor.

21:6 For you grant him lasting blessings; you give him great joy by allowing him into your presence.

21:7 For the king trusts in the LORD, and because of the Sovereign LORD's faithfulness he is not upended.

21:8 You prevail over all your enemies; your power is too great for those who hate you.

21:9 You burn them up like a fiery furnace when you appear;

the LORD angrily devours them; the fire consumes them.

21:10 You destroy their offspring from the earth, their descendants from among the human race.

- 11 因为他们有意加害于你·他们想出计谋、却不能作成。
12 你必须使他们转背逃跑、向他们的脸搭箭在弦。
13 耶和華阿、愿你因自己的能力显为至高·这样、我们就唱诗、歌颂你的大能。

21:11 Yes, they intend to do you harm; they dream up a scheme, but they do not succeed.
21:12 For you make them retreat when you shoot your arrows at them.
21:13 Rise up, O LORD, in strength! We will sing and praise your power!

第二十二篇

- 1 [大卫的诗、交与伶长、调用朝鹿。]
我的 神、我的 神、为甚么离弃我·为甚么远离不救我、不听我唉哼的言语。
2 我的 神阿、我白日呼求、你不应允·夜间呼求、并不住声。
3 但你是圣洁的、是用以色列的赞美为宝座的。〔宝座或作居所〕
4 我们的祖宗倚靠你·他们倚靠你、你便解救他们。
5 他们哀求你、便蒙解救·他们倚靠你、就不羞愧。
6 但我是虫不是人·被众人羞辱、被百姓藐视。
7 凡看见我的都嗤笑我·他们撇嘴摇头、说、
8 他把自己交托耶和華、耶和華可以救他罢·耶和華既喜悦他、可以搭救他罢。
9 但你是叫我出母腹的·我在母怀里、你就使我有倚靠的心。
10 我自出母胎就被交在你手里·从我母亲生我、你就是我的 神。
11 求你不要远离我·因为急难临近了、没有人帮助我。
12 有许多公牛围绕我·巴珊大力的公牛四面困住我。
13 他们向我张口、好像抓撕吼叫的狮子。
14 我如水被倒出来·我的骨头都脱了节·我心在我里面如腊熔化·
15 我的精力枯乾、如同瓦片·我的舌头贴在我牙床上·你将我安置在死地的尘土中。
16 犬类围著我·恶党环绕我·他们扎了我的手、我的脚。
17 我的骨头、我都能数过·他们瞪著眼看我。

Psalm 22

For the music director; according to the tune “Morning Doe;” a psalm of David.
22:1 My God, my God, why do you reject me? I groan in prayer, but help seems far away.
22:2 My God, I cry out during the day, but you do not answer, and during the night my prayers do not let up.
22:3 You are sovereign; you sit as king over the worshiping community of Israel.
22:4 In you our ancestors trusted; they trusted in you and you rescued them.
22:5 To you they cried out, and they were saved; in you they trusted and they were not disappointed.
22:6 But I feel like a worm, not a man; people insult me and despise me.
22:7 All who see me taunt me; they mock me and shake their heads.
22:8 They say, “Commit yourself to the LORD! Let the LORD rescue him! Let the LORD deliver him, for he delights in him.”
22:9 Yes, you are the one who pulled me from the womb, and made me feel secure on my mother’s breasts.
22:10 I have been dependent on you since birth; from the time I came out of my mother’s womb you have been my God.
22:11 Do not remain far away from me, for trouble is near and I have no one to help me.
22:12 Many bulls surround me; powerful bulls of Bashan hem me in.
22:13 They get ready to devour me like a roaring lion that rips its prey.
22:14 My strength drains away like water; all my bones are dislocated; my courage is like wax; it melts away inside me.
22:15 The roof of my mouth is as dry as a piece of pottery; my tongue sticks to my gums. You are making me descend into the grave.
22:16 Yes, wild dogs surround me—a gang of evil men crowd around me; like a lion they pin my hands and feet to the ground.
22:17 I can count all my bones; my enemies are gloating over me in triumph.

- 18 他们分我的外衣、为我的里衣拈阄。
- 19 耶和華阿、求你不要远离我、我的救主阿、求你快来帮助我。
- 20 求你救我的灵魂脱离刀剑、救我的生命脱离犬类、〔生命原文作独一者〕
- 21 救我脱离狮子的口、你已经应允我、使我脱离野牛角。
- 22 我要将你的名传与我的弟兄、在会中我要赞美你。
- 23 你们敬畏耶和華的人、要赞美他、雅各的后裔、都要荣耀他、以色列的后裔、都要惧怕他。
- 24 因为他没有藐视憎恶受苦的人、也没有向他掩面、那受苦之人呼吁的时候、他就垂听。
- 25 我在大会中赞美你的话、是从你而来的、我要在敬畏耶和華的人面前还我的愿。
- 26 谦卑的人必吃得饱足、寻求耶和華的人必赞美他、愿你们的心永远活著。
- 27 地的四极都要想念耶和華、并且归顺他、列国的万族、都要在你面前敬拜。
- 28 因为国权是耶和華的、他是管理万国的。
- 29 地上一切丰肥的人、必吃喝而敬拜、凡下到尘土中不能存活自己性命的人、都要在他面前下拜。
- 30 他必有后裔事奉他、主所行的事必传与后代。
- 31 他们必来把他的公义传给将要生的民、言明这事是他所行的。

- 22:18 They are dividing up my clothes among themselves;
they are rolling dice for my garments.
22:19 But you, O LORD, do not remain far away!
You are my source of strength! Hurry and help me!
22:20 Deliver me from the sword!
Save my life from the paws of the wild dogs!
22:21 Rescue me from the mouth of the lion,
and from the horns of the wild oxen!
You have answered me!
22:22 I will declare your name to my countrymen!
In the middle of the assembly I will praise you!
22:23 You loyal followers of the LORD, praise him!
All you descendants of Jacob, worship him!
All you descendants of Israel, stand in awe of him!
22:24 For he did not despise or shun the humble condition of the oppressed;
he did not ignore him;
when he cried out to him, he responded.
22:25 You are the reason I offer praise in the great assembly;
I will fulfill my promises before the LORD's loyal followers.
22:26 Let the oppressed eat and be filled!
Let those who seek his help praise the LORD!
May you experience lasting encouragement!
22:27 Let all the people of the earth acknowledge the LORD and turn to him!
Let all the nations worship you!
22:28 For the LORD is king
and rules over the nations.
22:29 All of the robust people of the earth will join the celebration and worship;
all those who are descending into the grave will bow before him,
including those who cannot preserve their lives.
22:30 A whole generation will serve him;
they will tell the next generation about the sovereign Lord.
22:31 They will come and tell about his saving deeds;
they will tell a future generation what he has accomplished.

第二十三篇

- 1 〔大卫的诗。〕
耶和華是我的牧者、我必不至缺乏。
- 2 他使我躺卧在青草地上、领我在可安歇的水边。
- 3 他使我的灵魂苏醒、为自己的名引导我走义路。

Psalms 23

- A psalm of David.
23:1 The LORD is my shepherd,
I lack nothing.
23:2 He takes me to lush pastures,
he leads me to refreshing water.
23:3 He restores my strength.
He leads me down the right paths
for the sake of his reputation.

- 4 我虽然行过死荫的幽谷、也不怕遭害、因为你与我同在、你的杖、你的竿、都安慰我。
- 5 在我敌人面前、你为我摆设筵席、你用油脂了我的头、使我的福杯满溢。
- 6 我一生一世必有恩惠慈爱随著我、我且要住在耶和华的殿中、直到永远。

23:4 Even when I must walk through a dark ravine,
I fear no danger,
for you are with me;
your rod and your staff keep me calm.
23:5 You prepare a feast before me
in plain sight of my enemies.
You refresh my head with oil;
my cup is full of wine.
23:6 Surely your goodness and faithfulness will pursue me all the days of my life,
and I will live in the LORD's palace for the rest of my life.

第二十四篇

- 1 [大卫的诗。]
地和其中所充满的、世界、和住在其间的、都属耶和华。
- 2 他把地建立在海上、安定在大水之上。
- 3 谁能登耶和华的山、谁能站在他的圣所、
- 4 就是手洁心清、不向虚妄、起誓不怀诡诈的人。
- 5 他必蒙耶和华赐福、又蒙救他的 神使他成义。
- 6 这是寻求耶和华的族类、是寻求你面的雅各。〔细拉〕
- 7 众城门哪、你们要抬起头来、永久的门户、你们要被举起、那荣耀的王将要进来。
- 8 荣耀的王是谁呢、就是有力有能的耶和华、在战场上有能的耶和华。
- 9 众城门哪、你们要抬起头来、永久的门户、你们要把头抬起、那荣耀的王将要进来。
- 10 荣耀的王是谁呢、万军之耶和华、他是荣耀的王。〔细拉〕

Psalms 24

A psalm of David.
24:1 The LORD owns the earth and all it contains,
the world and all who live in it.
24:2 For he set its foundation upon the seas,
and established it upon the ocean currents.
24:3 Who is allowed to ascend the mountain of the LORD?
Who may go up to his holy dwelling place?
24:4 The one whose deeds are blameless
and whose motives are pure,
who does not lie,
or make promises with no intention of keeping them.
24:5 Such godly people are rewarded by the LORD,
and vindicated by the God who delivers them.
24:6 Such purity characterizes the people who seek his favor,
Jacob's descendants, who pray to him. (Selah)
24:7 Look up, you gates!
Rise up, you eternal doors!
Then the majestic king will enter!
24:8 Who is this majestic king?
The LORD who is strong and mighty!
The LORD who is mighty in battle!
24:9 Look up, you gates!
Rise up, you eternal doors!
Then the majestic king will enter!
Then the majestic king will enter!
24:10 Who is this majestic king?
The LORD who leads armies!
He is the majestic king! (Selah)

第二十五篇

- 1 [大卫的诗。]
耶和华阿、我的心仰望你。
- 2 我的 神阿、我素来倚靠你、求你不要叫我羞愧、不要叫我的仇敌向我夸胜。

Psalms 25

By David.
25:1 O LORD, I come before you in prayer.
25:2 My God, I trust in you.
Please do not let me be humiliated;
do not let my enemies triumphantly rejoice over me!

- 3 凡等候你的必不羞愧·惟有那无故行奸诈的、必要羞愧。
- 4 耶和華阿、求你将你的道指示我、将你的路教训我。
- 5 求你以你的真理引导我、教训我·因为你是救我的神·我终日等候你。
- 6 耶和華阿、求你記念你的怜悯和慈爱·因为这是亘古以来所常有的。
- 7 求你不要記念我幼年的罪愆、和我的过犯。耶和華阿、求你因你的恩惠、按你的慈爱記念我。
- 8 耶和華是良善正直的·所以他必指示罪人走正路。
- 9 他必按公平引领谦卑人、将他的道教训他们。
- 10 凡遵守他的约和他法度的人、耶和華都以慈爱诚实待他。
- 11 耶和華阿、求你因你的名赦免我的罪、因为我的罪重大。
- 12 谁敬畏耶和華、耶和華必指示他当选择的道路。
- 13 他必安然居住·他的后裔必承受地土。
- 14 耶和華与敬畏他的人亲密·他必将自己的约指示他们。
- 15 我的眼目时常仰望耶和華·因为他必将我的脚从网里拉出来。
- 16 求你转向我、怜悯我、因为我是孤独困苦。
- 17 我心里的愁苦甚多·求你救我脱离我的祸患。
- 18 求你看顾我的困苦、我的艰难、赦免我一切的罪。
- 19 求你察看我的仇敌、因为他们人多·并且痛痛的恨我。
- 20 求你保护我的性命、搭救我、使我不至羞愧、因为我投靠你。
- 21 愿纯全正直保守我·因为我等候你。
- 22 神阿、求你救赎以色列脱离他一切的愁苦。

- 25:3 Certainly none who rely on you will be humiliated.
Those who deal in treachery will be thwarted and humiliated.
- 25:4 Make me understand your ways, O LORD!
Teach me your paths!
- 25:5 Guide me into your truth and teach me.
For you are the God who delivers me;
on you I rely all day long.
- 25:6 Remember your compassionate and faithful deeds, O LORD,
for you have always acted in this manner.
- 25:7 Do not hold against me the sins of my youth or my rebellious acts!
Because you are faithful to me, extend to me your favor, O LORD!
- 25:8 The LORD is both kind and fair;
that is why he teaches sinners the right way to live.
- 25:9 May he show the humble what is right!
May he teach the humble his way!
- 25:10 The LORD always proves faithful and reliable to those who follow the demands of his covenant.
- 25:11 For the sake of your reputation, O LORD,
forgive my sin, because it is great.
- 25:12 The LORD shows his faithful followers the way they should live.
- 25:13 They experience his favor;
their descendants inherit the land.
- 25:14 The LORD's loyal followers receive his guidance,
and he reveals his covenantal demands to them.
- 25:15 I continually look to the LORD for help,
for he will free my feet from the enemy's net.
- 25:16 Turn toward me and have mercy on me,
for I am alone and oppressed!
- 25:17 Deliver me from my distress;
rescue me from my suffering!
- 25:18 See my pain and suffering!
Forgive all my sins!
- 25:19 Watch my enemies, for they outnumber me;
they hate me and want to harm me.
- 25:20 Protect me and deliver me!
Please do not let me be humiliated,
for I have taken shelter in you!
- 25:21 May integrity and godliness protect me,
for I rely on you!
- 25:22 O God, rescue Israel
from all their distress!

第二十六篇

- 1 [大卫的诗。]
耶和華阿、求你为我伸冤、因我向來行事纯全、我又倚靠耶和華并不摇动。

Psalms 26

- By David.
26:1 Vindicate me, O LORD,
for I have integrity,
and I trust in the LORD without wavering.

- 2 耶和華阿、求你察看我、試驗我、熬煉我的肺腑心腸。
3 因為你的慈愛常在我眼前，我也按你的真理而行。
4 我沒有和虛謊人同坐，也不與瞞哄人的同群。
5 我恨惡惡人的會、必不與惡人同坐。
6 耶和華阿、我要洗手表明無辜、才環繞你的祭壇。
7 我好發感謝的聲音，也要述说你一切奇妙的作為。
8 耶和華阿、我喜愛你所住的殿、和你顯榮耀的居所。
9 不要把我的靈魂和罪人一同除掉，不要把我的生命和流人血的一同除掉。
10 他們的手中有奸惡、右手滿有賄賂。
11 至於我、却要行事純全，求你救贖我、憐恤我。
12 我的腳站在平坦地方，在眾會中我要稱頌耶和華。

第二十七篇

- 1 〔大衛的诗。〕
耶和華是我的亮光、是我的拯救，我還怕誰呢，耶和華是我生命的保障，〔保障或作力量〕我還懼誰呢。
2 那作惡的、就是我的仇敵、前來吃我肉的時候、就絆跌仆倒。
3 虽有軍兵安營攻擊我、我的心也不害怕，雖然兴起刀兵攻擊我、我必仍舊安穩。
4 有一件事、我曾求耶和華、我仍要尋求，就是一生一世住在耶和華的殿中、瞻仰他的榮美、在他的殿里求問。
5 因為我遭遇患難、他必暗暗地保守我，在他亭子里、把我藏在他帳幕的隱密處、將我高举在磐石上。
6 現在我得以昂首、高過四面的仇敵，我要在他的帳幕里歡然獻祭，我要唱詩、歌頌耶和華。
7 耶和華阿、我用聲音呼吁的時候、求你垂听，並求你憐恤我、應允我。

- 26:2 Examine me, O LORD, and test me!
Evaluate my inner thoughts and motives!
26:3 For I am ever aware of your faithfulness,
and your loyalty continually motivates me.
26:4 I do not associate with deceitful men,
or consort with those who are dishonest.
26:5 I hate the mob of evil men,
and do not associate with the wicked.
26:6 I maintain a pure lifestyle,
so I can appear before your altar, O LORD,
26:7 to give you thanks,
and to tell about all your amazing deeds.
26:8 O LORD, I love the temple where you live,
the place where your splendor is revealed.
26:9 Do not sweep me away with sinners,
or execute me along with violent people,
26:10 who are always ready to do wrong
or offer a bribe.
26:11 But I have integrity!
Rescue me and have mercy on me!
26:12 I am safe,
and among the worshipers I will praise the LORD.

Psalms 27

By David.

- 27:1 The LORD delivers and vindicates me!
I fear no one!
The LORD protects my life!
I am afraid of no one!
27:2 When evil men attack me
to devour my flesh,
when my adversaries and enemies attack me,
they stumble and fall.
27:3 Even when an army is deployed against me,
I do not fear.
Even when war is imminent,
I remain confident.
27:4 I have asked the LORD for one thing—
this is what I desire!
I want to live in the LORD's house all the days of my
life,
so I can gaze at the splendor of the LORD
and contemplate in his temple.
27:5 He will surely give me shelter in the day of
danger;
he will hide me in his home;
he will place me on an inaccessible rocky summit.
27:6 Now I will triumph
over my enemies who surround me!
I will offer sacrifices in his dwelling place and shout
for joy!
I will sing praises to the LORD!
27:7 Hear me, O LORD, when I cry out!
Have mercy on me and answer me!

- 8 你说、你们当寻求我的面、那时我心向你
说、耶和华阿、你的面我正寻求。
9 不要向我掩面、不要发怒赶逐仆人、你向
来是帮助我的、救我的、神阿、不要丢掉
我、也不要离弃我。
10 我父母离弃我、耶和华必收留我。
11 耶和华阿、求你将你的道指教我、因我仇
敌的缘故引导我走平坦的路。
12 求你不要把我交给敌人、遂其所愿、因为
妄作见证的、和口吐凶言的、起来攻击
我。
13 我若不信在活人之地得见耶和华的恩惠、
就早已丧胆了。
14 要等候耶和华、当壮胆、坚固你的心、我
再说、要等候耶和华。

27:8 My heart tells me to pray to you,
and I do pray to you, O LORD.
27:9 Do not reject me!
Do not push your servant away in anger!
You are my deliverer!
Do not forsake or abandon me,
O God who vindicates me!
27:10 Even if my father and mother abandoned me,
the LORD would take me in.
27:11 Teach me how you want me to live;
lead me along a level path because of those who wait
to ambush me!
27:12 Do not turn me over to my enemies,
for false witnesses who want to destroy me testify
against me.
27:13 Where would I be if I did not believe I would
experience
the LORD's favor in the land of the living?
27:14 Rely on the LORD!
Be strong and confident!
Rely on the LORD!

第二十八篇

- 1 [大卫的诗。]
耶和华阿、我要求告你、我的磐石阿、不
要向我缄默、倘若你向我闭口、我就如将
死的人一样。
2 我呼求你、向你至圣所举手的时候、求你
垂听我恳求的声音。
3 不要把我和恶人、并作孽的、一同除掉、
他们与邻舍说和平话、心里却是奸恶。
4 愿你按著他们所作的、并他们所行的恶事
待他们、愿你照著他们手所作的待他们、
将他们所应得的报应加给他们。
5 他们既然不留心耶和华所行的、和他手所
作的、他就必毁坏他们、不建立他们。
6 耶和华是应当称颂的、因为他听了我的恳求
的声音。
7 耶和华是我的力量、是我的盾牌、我心里
倚靠他、就得帮助、所以我心中欢乐、我
必用诗歌颂赞他。
8 耶和华是他百姓的力量、又是他受膏者得
救的保障。
9 求你拯救你的百姓、赐福给你的产业、牧
养他们、扶持他们、直到永远。

Psalms 28

28:1 To you, O LORD, I cry out!
My protector, do not ignore me!
If you do not respond to me,
I will join those who are descending into the grave.
28:2 Hear my plea for mercy when I cry out to you
for help,
when I lift my hands toward your holy temple!
28:3 Do not drag me away with evil men,
with those who behave wickedly,
who talk so friendly to their neighbors,
while they plan to harm them!
28:4 Pay them back for their evil deeds!
Pay them back for what they do!
Punish them!
28:5 For they do not understand the LORD's actions,
or the way he carries out justice.
The LORD will permanently demolish them.
28:6 The LORD deserves praise,
for he has heard my plea for mercy!
28:7 The LORD strengthens and protects me;
I trust in him with all my heart.
I am rescued and my heart is full of joy;
I will sing to him in gratitude.
28:8 The LORD strengthens his people;
he protects and delivers his chosen king.
28:9 Deliver your people!
Empower the nation that belongs to you!
Care for them like a shepherd and carry them in your
arms at all times!

第二十九篇

- 1 [大卫的诗。]
神的众子阿、你们要将荣耀能力、归给
耶和華、归给耶和華。
- 2 要将耶和華的名所当得的荣耀归给他、以
圣洁的妆饰〔的或作为〕敬拜耶和華。
- 3 耶和華的声音发在水上、荣耀的 神打
雷、耶和華打雷在大水之上。
- 4 耶和華的声音大有能力、耶和華的声音满
有威严。
- 5 耶和華的声音震破香柏树、耶和華震碎利
巴嫩的香柏树。
- 6 他也使之跳跃如牛犊、使利巴嫩和西连跳
跃如野牛犊。
- 7 耶和華的声音使火焰分岔。
- 8 耶和華的声音震动旷野、耶和華震动加低
斯的旷野。
- 9 耶和華的声音惊动母鹿落胎、树木也脱落
净光。凡在他殿中的、都称说他的荣耀。
- 10 洪水泛滥之时、耶和華坐著为王、耶和華
坐著为王、直到永远。
- 11 耶和華必赐力量给他的百姓、耶和華必赐
平安的福给他的百姓。

第三十篇

- 1 [大卫在献殿的时候、作这诗歌。]
耶和華阿、我要尊崇你、因为你曾提拔
我、不叫仇敌向我夸耀。
- 2 耶和華我的 神阿、我曾呼求你、你医治
了我。
- 3 耶和華阿、你曾把我的灵魂从阴间救上
来、使我存活、不至于下坑。
- 4 耶和華的圣民哪、你们要歌颂他、称赞他
可纪念的圣名
- 5 因为他的怒气不过是转眼之间、他的恩典
乃是一生之久、一宿虽然有哭泣、早晨便
必欢呼。
- 6 至于我、我凡事平顺、便说、我永不动
摇。
- 7 耶和華阿、你曾施恩、叫我的江山稳固、
你掩了面、我就惊惶。
- 8 耶和華阿、我曾求告你、我向耶和華恳
求、说、

Psalm 29

A psalm of David.

- 29:1 Acknowledge the LORD, you supernatural be-
ings,
acknowledge the LORD's majesty and power!
29:2 Acknowledge the majesty of the LORD's reputa-
tion!
Worship the LORD in holy attire!
29:3 The LORD's shout is heard over the water;
the majestic God thunders,
the LORD appears over the surging water.
29:4 The LORD's shout is powerful,
the LORD's shout is majestic.
29:5 The LORD's shout breaks the cedars,
the LORD shatters the cedars of Lebanon.
29:6 He makes Lebanon skip like a calf
and Sirion like a young ox.
29:7 The LORD's shout strikes with flaming fire.
29:8 The LORD's shout shakes the wilderness,
the LORD shakes the wilderness of Kadesh.
29:9 The LORD's shout bends the large trees
and strips the leaves from the forests.
Everyone in his temple says, "Majestic!"
29:10 The LORD sits enthroned over the engulfing
waters,
the LORD sits enthroned as the eternal king.
29:11 The LORD gives his people strength;
the LORD grants his people security.

Psalm 30

A psalm—a song used at the dedication of the tem-
ple; by David.

- 30:1 I will praise you, O LORD, for you lifted me up,
and did not allow my enemies to gloat over me.
30:2 O LORD my God,
I cried out to you and you healed me.
30:3 O LORD, you pulled me up from Sheol;
you rescued me from among those descending into
the grave.
30:4 Sing to the LORD, you faithful followers of his;
give thanks to his holy name.
30:5 For his anger lasts only a brief moment,
and his good favor restores one's life.
One may experience sorrow during the night,
but joy arrives in the morning.
30:6 In my self-confidence I said,
"I will never be upended."
30:7 O LORD, in your good favor you made me se-
cure.
Then you rejected me and I was terrified.
30:8 To you, O LORD, I cried out;
I begged the sovereign Master for mercy:

- 9 我被害流血、下到坑中、有甚么益处呢·
尘土岂能称赞你、传说你的诚实么。
- 10 耶和華阿、求你應允我、憐恤我。耶和華
阿、求你幫助我。
- 11 你已將我的哀哭變為跳舞、將我的麻衣脫
去、給我披上喜樂·
- 12 好叫我的靈〔原文作榮耀〕歌頌你、並不
住聲。耶和華我的 神阿、我要稱謝你、
直到永遠。

第三十一篇

- 1 〔大衛的诗、交与伶长。〕
耶和華阿、我投靠你·求你使我永不羞
愧、凭你的公义搭救我。
- 2 求你侧耳而听、快快救我、作我坚固的磐
石、拯救我的保障。
- 3 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。
- 4 求你救我脱离人为我暗设的网罗·因为我
是我的保障。
- 5 我将我的灵魂交在你手里·耶和華诚实的
神阿、你救了我。
- 6 我恨恶那信奉虚无之神的人·我却倚靠耶
和華。
- 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。
- 9 耶和華阿、求你怜恤我·因为我在急难之
中·我的眼睛因忧愁而乾瘪、连我的身
心、也不安舒。
- 10 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
骨头也枯乾。
- 11 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。
- 12 我被人忘记、如同死人、无人纪念·我好
像破碎的器皿。
- 13 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。

- 30:9 “What profit is there in taking my life,
in my descending into the Pit?
Can the dust of the grave praise you?
Can it declare your loyalty?
30:10 Hear, O LORD, and have mercy on me!
O LORD, deliver me!”
30:11 Then you turned my lament into dancing;
you removed my sackcloth and covered me with joy.
30:12 So now my heart will sing to you and not be si-
lent;
O LORD my God, I will always give thanks to you.

Psalm 31

- For the music director; a psalm of David.
- 31:1 In you, O LORD, I have taken shelter!
Never let me be humiliated!
Vindicate me by rescuing me!
31:2 Listen to me!
Quickly deliver me!
Be my protector and refuge,
a stronghold where I can be safe!
31:3 For you are my high ridge and my stronghold;
for the sake of your own reputation you lead me and
guide me.
31:4 You will free me from the net they hid for me,
for you are my place of refuge.
31:5 Into your hand I entrust my life;
you will rescue me, O LORD, the faithful God.
31:6 I hate those who serve worthless idols,
but I trust in the LORD.
31:7 I will be happy and rejoice in your faithfulness,
because you notice my pain
and you are aware of how distressed I am.
31:8 You do not deliver me over to the power of the
enemy;
you enable me to stand in a wide open place.
31:9 Have mercy on me, for I am in distress!
My eyes grow dim from suffering.
I have lost my strength.
31:10 For my life nears its end in pain;
my years draw to a close as I groan.
My strength fails me because of my sin,
and my bones become brittle.
31:11 Because of all my enemies, people disdain me;
my neighbors are appalled by my suffering—
those who know me are horrified by my condition;
those who see me in the street run away from me.
31:12 I am forgotten, like a dead man no one thinks
about;
I am regarded as worthless, like a broken jar.
31:13 For I hear what so many are saying,
the terrifying news that comes from every direction.
When they plot together against me,
they figure out how they can take my life.

- 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、因為我曾呼求你、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、出狂妄的話攻擊义人、愿他的嘴啞而無言。
- 19 敬畏你投靠你的人、你為他們所積存的、在世面前所施行的恩惠、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。
- 21 耶和華是應當稱頌的、因為他在堅固城里、向我施展奇妙的慈愛。
- 22 至于我、我曾急促的說、我從你眼前被隔絕、然而、我呼求你的時候、你仍聽我懇求的聲音。
- 23 耶和華的聖民哪、你們都要愛他、耶和華保護誠實人、足足報應行事驕傲的人。
- 24 凡仰望耶和華的人、你們都要壯胆、堅固你們的心。

第三十二篇

- 1 [大衛的訓誨詩。]
得赦免其過、遮盖其罪的、這人是幸福的。
- 2 凡心里沒有詭詐、耶和華不算為有罪的、這人是幸福的。
- 3 我閉口不認罪的時候、因終日唉哼、而骨頭枯乾。
- 4 黑夜白日、你的手在我身上沉重、我的精液耗盡、如同夏天的乾旱。〔細拉〕
- 5 我向你陳明我的罪、不隱瞞我的惡、我說、我要向耶和華承認我的過犯、你就赦免我的罪惡。〔細拉〕

- 31:14 But I trust in you, O LORD!
I declare, "You are my God!"
- 31:15 You determine my destiny!
Rescue me from the power of my enemies and those who chase me.
- 31:16 Smile on your servant!
Deliver me because of your faithfulness!
- 31:17 O LORD, do not let me be humiliated,
for I call out to you!
May evil men be humiliated!
May they go wailing to the grave!
- 31:18 May lying lips be silenced—
lips that speak defiantly against the innocent with arrogance and contempt!
- 31:19 How great is your favor,
which you store up for your loyal followers!
In plain sight of everyone you bestow it on those who take shelter in you.
- 31:20 You hide them with you, where they are safe
from the attacks of men;
you conceal them in a shelter, where they are safe
from slanderous attacks.
- 31:21 The LORD deserves praise
for he demonstrated his amazing faithfulness to me
when I was besieged by enemies.
- 31:22 I jumped to conclusions and said,
"I am cut off from your presence!"
But you heard my plea for mercy when I cried out to you for help.
- 31:23 Love the LORD, all you faithful followers of his!
The LORD protects those who have integrity,
but he pays back in full the one who acts arrogantly.
- 31:24 Be strong and confident,
all you who wait on the LORD!

Psalms 32

- By David; a well-written song.
- 32:1 How happy is the one whose rebellious acts are forgiven,
whose sin is pardoned!
- 32:2 How happy is the one whose wrongdoing the LORD does not punish,
in whose spirit there is no deceit.
- 32:3 When I refused to confess my sin,
my whole body wasted away,
while I groaned in pain all day long.
- 32:4 For day and night you tormented me;
you tried to destroy me in the intense heat of summer. (Selah)
- 32:5 Then I confessed my sin;
I no longer covered up my wrongdoing.
I said, "I will confess my rebellious acts to the LORD."
And then you forgave my sins. (Selah)

- 6 为此、凡虔诚人、都当趁你可寻找的时候
祷告你、大水泛滥的时候、必不能到他那里。
- 7 你是我藏身之处、你必保佑我脱离苦难、
以得救的乐歌、四面环绕我。〔细拉〕
- 8 我要教导你、指示你当行的路、我要定睛
在你身上劝戒你。
- 9 你不可像那无知的骡马、必用嚼环轡头勒
住他、不然、就不能驯服。
- 10 恶人必多受苦楚、惟独倚靠耶和华的、必
有慈爱四面环绕他。
- 11 你们义人应当靠耶和华欢喜快乐、你们心
里正直的人、都当欢呼。

第三十三篇

- 1 义人哪、你们应当靠耶和华欢乐、正直人
的赞美是合宜的。
- 2 你们应当弹琴称赞耶和华、用十弦瑟歌颂
他。
- 3 应当向他唱新歌、弹得巧妙、声音洪亮。
- 4 因为耶和华的言语正直、凡他所作的、尽
都诚实。
- 5 他喜爱仁义公平、遍地满了耶和华的慈
爱。
- 6 诸天藉耶和华的命而造、万象藉他口中的
气而成。
- 7 他聚集海水如垒、收藏深洋在库房。
- 8 愿全地都敬畏耶和华、愿世上的居民、都
惧怕他。
- 9 因为他说有、就有、命立、就立。
- 10 耶和华使列国的筹算归于无有、使众民的
思念无有功效。
- 11 耶和华的筹算永远立定、他心中的思念万
代常存。
- 12 以耶和華為 神的、那国是有福的、他所
拣选为自己产业的、那民是有福的。
- 13 耶和华从天上观看、他看见一切的世人。

- 32:6 For this reason every one of your faithful fol-
lowers should pray to you
while there is a window of opportunity.
Certainly when the surging water rises,
it will not reach them.
- 32:7 You are my hiding place;
you protect me from distress.
You surround me with shouts of joy from those
celebrating deliverance. (Selah)
- 32:8 I will instruct and teach you about how you
should live.
I will advise you as I look you in the eye.
- 32:9 Do not be like a stupid horse or mule,
which will not obey you
unless they are controlled by a bridle and bit.
- 32:10 An evil person suffers much pain,
but the LORD's faithfulness overwhelms the one who
trusts in him.
- 32:11 Rejoice in the LORD and be happy, you who
are godly!
Shout for joy, all you who are morally upright!

Psalms 33

- 33:1 You godly ones, shout for joy because of the
LORD!
It is appropriate for the morally upright to offer him
praise.
- 33:2 Give thanks to the LORD with the harp!
Sing to him to the accompaniment of a ten-stringed
instrument!
- 33:3 Sing to him a new song!
Play skillfully as you shout out your praises to him!
- 33:4 For the LORD's decrees are just,
and everything he does is fair.
- 33:5 The LORD promotes equity and justice;
the LORD's faithfulness extends throughout the earth.
- 33:6 By the LORD's decree the heavens were made;
by a mere word from his mouth all the stars in the
sky were created.
- 33:7 He piles up the water of the sea;
he puts the oceans in storehouses.
- 33:8 Let the whole earth fear the LORD!
Let all who live in the world stand in awe of him!
- 33:9 For he spoke, and it came into existence,
he issued the decree, and it stood firm.
- 33:10 The LORD frustrates the decisions of the na-
tions;
he nullifies the plans of the peoples.
- 33:11 The LORD's decisions stand forever;
his plans abide throughout the ages.
- 33:12 How happy is the nation whose God is the
LORD,
the people whom he has chosen to be his special
possession.
- 33:13 The LORD watches from heaven;
he sees all people.

- 14 从他的居所、往外察看地上一切的居民。
- 15 他是那造成他们众人心的、留意他们一切作为的。
- 16 君王不能因兵多得胜、勇士不能因力大得救。
- 17 靠马得救是枉然的、马也不能因力大救人。
- 18 耶和华的眼目、看顾敬畏他的人、和仰望他慈爱的人、
- 19 要救他们的命脱离死亡、并使他们在饥荒中存活。
- 20 我们的心向来等候耶和华、他是我们的帮助、我们的盾牌。
- 21 我们的心必靠他欢喜、因为我们向来倚靠他的圣名。
- 22 耶和华阿、求你照著我们所仰望你的、向我们施行慈爱。

第三十四篇

- 1 [大卫在亚比米勒面前装疯、被他赶出去、就作这诗。]
我要时时称颂耶和华、赞美他的话必常在我口中。
- 2 我的心必因耶和华夸耀、谦卑人听见、就要喜乐。
- 3 你们和我当称耶和华为大、一同高举他的名。
- 4 我曾寻求耶和华、他就应允我、救我脱离了一切的恐惧。
- 5 凡仰望他的、便有光荣、他们的脸、必不蒙羞。
- 6 我这困苦人呼求、耶和华便垂听、救我脱离一切患难。
- 7 耶和华的使者、在敬畏他的人四围安营、搭救他们。
- 8 你们要尝尝主恩的滋味、便知道他是美善、投靠他的人有福了。
- 9 耶和华的圣民哪、你们当敬畏他、因敬畏他的一无所缺。
- 10 少壮狮子、还缺食忍饿、但寻求耶和华的、甚么好处都不缺。
- 11 众弟子阿、你们当来听我的话、我要将敬畏耶和华的道、教训你们。
- 12 有何人喜好存活、爱慕长寿、得享美福、

- 33:14 From the place where he lives he looks carefully
at all the earth's inhabitants.
- 33:15 He is the one who forms every human heart,
and takes note of all their actions.
- 33:16 No king is delivered by his vast army;
a warrior is not saved by his great might.
- 33:17 A horse disappoints those who trust in it for
victory;
despite its great strength, it cannot deliver.
- 33:18 Look, the LORD takes notice of his loyal fol-
lowers,
those who wait for him to demonstrate his faithful-
ness
- 33:19 by saving their lives from death
and sustaining them during times of famine.
- 33:20 We wait for the LORD;
he is our deliverer and shield.
- 33:21 For our hearts rejoice in him,
for we trust in his holy name.
- 33:22 May we experience your faithfulness, O LORD,
for we wait for you.

Psalms 34

- Written by David, when he pretended to be insane
before Abimelech, causing the king to send him
away.
- 34:1 I will praise the LORD at all times;
my mouth will continually praise him.
- 34:2 I will boast in the LORD;
let the oppressed hear and rejoice!
- 34:3 Magnify the LORD with me!
Let's praise his name together!
- 34:4 I sought the LORD's help and he answered me;
he delivered me from all my fears.
- 34:5 Those who look to him for help are happy;
their faces are not ashamed.
- 34:6 This oppressed man cried out and the LORD
heard;
he saved him from all his troubles.
- 34:7 The LORD's angel camps around
the LORD's loyal followers and delivers them.
- 34:8 Taste and see that the LORD is good!
How happy is the one who takes shelter in him!
- 34:9 Remain loyal to the LORD, you chosen people of
his,
for his loyal followers lack nothing!
- 34:10 Even young lions sometimes lack food and are
hungry,
but those who seek the LORD lack no good thing.
- 34:11 Come children! Listen to me!
I will teach you what it means to fear the LORD.
- 34:12 Do you want to really live?
Would you love to live a long, happy life?

- 13 就要禁止舌头不出恶言、嘴唇不说诡诈的话。
14 要离恶行善、寻求和睦、一心追赶。
15 耶和华的眼目、看顾义人、他的耳朵、听他们的呼求。
16 耶和华向行恶的人变脸、要从世上除灭他们的名号。
17 义人呼求、耶和华听见了、便救他们脱离一切患难。
18 耶和华靠近伤心的人、拯救灵性痛悔的人。
19 义人多有苦难、但耶和华救他脱离这一切。
20 又保全他一身的骨头、连一根也不折断。
21 恶必害死恶人、恨恶义人的、必被定罪。
22 耶和华救赎他仆人的灵魂、凡投靠他的、必不至定罪。

第三十五篇

- 1 [大卫的诗。]
耶和華阿、与我相争的、求你与他们相争、与我相战的、求你与他们相战。
2 拿著大小的盾牌、起来帮助我。
3 抽出枪来、挡住那追赶我的、求你对我的灵魂说、我是拯救你的。
4 愿那寻索我命的、蒙羞受辱、愿那谋害我的、退后羞愧。
5 愿他们像风前的糠、有耶和华的使者赶逐他们。
6 愿他们的道路、又暗又滑、有耶和华的使者追赶他们。
7 因他们无故地为我暗设网罗、无故的挖坑、要害我的性命。
8 愿灾祸忽然临到他身上、愿他暗设的网缠住自己、愿他落在其中遭灾祸。
9 我的心必靠耶和华快乐、靠他的救恩高兴。
10 我的骨头都要说、耶和华阿、谁能像你救护困苦人、脱离那比他强壮的、救护困苦穷乏人、脱离那抢夺他的。
11 凶恶的见证人起来、盘问我所不知道的事。

34:13 Then make sure you don't speak evil words or use deceptive speech!

34:14 Turn away from evil and do what is right! Strive for peace and promote it!

34:15 The LORD pays attention to the godly and hears their cry for help.

34:16 But the LORD opposes evildoers and wipes out all memory of them from the earth.

34:17 The godly cry out and the LORD hears; he saves them from all their troubles.

34:18 The LORD is near the brokenhearted; he delivers those who are discouraged.

34:19 The godly face many dangers, but the LORD saves them from each one of them.

34:20 He protects all his bones; not one of them is broken.

34:21 Evil people self-destruct; those who hate the godly are punished.

34:22 The LORD rescues his servants; all who take shelter in him escape punishment.

Psalms 35

By David.

35:1 O LORD, fight those who fight with me! Attack those who attack me!

35:2 Grab your small shield and large shield, and rise up to help me!

35:3 Use your spear and lance against those who chase me!

Assure me with these words: "I am your deliverer!"

35:4 May those who seek my life be embarrassed and humiliated!

May those who plan to harm me be turned back and ashamed!

35:5 May they be like wind-driven chaff, as the LORD's angel attacks them!

35:6 May their path be dark and slippery, as the LORD's angel chases them!

35:7 I did not harm them, but they hid a net to catch me and dug a pit to trap me.

35:8 Let destruction take them by surprise! Let the net they hid catch them!

Let them fall into destruction!

35:9 Then I will rejoice in the LORD and be happy because of his deliverance.

35:10 With all my strength I will say, "O LORD, who can compare to you?"

You rescue the oppressed from those who try to overpower them; the oppressed and needy from those who try to rob them."

35:11 Violent men perjure themselves, and falsely accuse me.

- 12 他们向我以恶报善、使我的灵魂孤苦。
- 13 至于我、当他们有病的时候、我便穿麻衣、禁食刻苦己心、我所求的都归到自己的怀中。
- 14 我这样行、好像他是我的朋友、我的弟兄、我屈身悲哀、如同人为母亲哀痛。
- 15 我在患难中、他们却欢喜、大家聚集、我所不认识的那些下流人、聚集攻击我、他们不住地把我撕裂。
- 16 他们如同席上好嬉笑的狂妄人、向我咬牙。
- 17 主阿、你看著不理、要到几时呢、求你救我的灵魂、脱离他们的残害、救我的生命、脱离少壮狮子。〔生命原文作独一者〕
- 18 我在大会中要称谢你、在众民中要赞美你。
- 19 求你不容那无理与我为仇的、向我夸耀、不容那无故恨我的、向我挤眼。
- 20 因为他们不说和平话、倒想出诡诈的语言、害地上的安静人。
- 21 他们大大张口攻击我、说、阿哈、阿哈、我们的眼已经看见了。
- 22 耶和華阿、你已经看见了、求你不要闭口、主阿、求你不要远离我。
- 23 我的神我的主阿、求你奋兴醒起、判清我的事、伸明我的冤。
- 24 耶和華我的神阿、求你按你的公义判断我、不容他们向我夸耀。
- 25 不容他们心里说、阿哈、遂我们的心愿了、不容他们说、我们已经把他吞了。
- 26 愿那喜欢我遭难的、一同抱愧蒙羞、愿那向我妄自尊大的、披惭愧、蒙羞辱。
- 27 愿那喜悦我冤屈得伸的、〔冤屈得伸原文作公义〕欢呼快乐、愿他们常说、当尊耶和華為大、耶和華喜悦他的仆人平安。
- 28 我的舌头、要终日论说你的公义、时常赞美你。

- 35:12 They repay me evil for the good I have done; I am overwhelmed with sorrow.
- 35:13 When they were sick, I wore sackcloth, and refrained from eating food.
(If I am lying, may my prayers go unanswered!)
- 35:14 I mourned for them as I would for a friend or my brother.
I bowed down in sorrow as if I were mourning for my mother.
- 35:15 But when I stumbled, they rejoiced and gathered together;
they gathered together to ambush me.
They tore at me without stopping to rest.
- 35:16 When I tripped, they taunted me relentlessly, and tried to bite me.
- 35:17 O sovereign Master, how long are you going to just stand there and watch this?
Rescue me from their destructive attacks;
guard my life from the young lions!
- 35:18 Then I will give you thanks in the great assembly;
I will praise you before a large crowd of people!
- 35:19 Do not let those who are my enemies for no reason gloat over me!
Do not let those who hate me without cause carry out their wicked schemes!
- 35:20 For they do not try to make peace with others, but plan ways to deceive those who are unsuspecting.
- 35:21 They are ready to devour me;
they say, "Aha! Aha! We've got you!"
- 35:22 But you take notice, LORD!
O sovereign Master, do not remain far away from me!
- 35:23 Rouse yourself, wake up and vindicate me!
My God and Lord, defend my just cause!
- 35:24 Vindicate me by your justice, O LORD my God!
Do not let them gloat over me!
- 35:25 Do not let them say to themselves, "Aha! We have what we wanted!"
Do not let them say, "We have devoured him!"
- 35:26 May those who want to harm me be totally embarrassed and ashamed!
May those who arrogantly taunt me be covered with shame and humiliation!
- 35:27 May those who desire my vindication shout for joy and rejoice!
May they continually say, "May the LORD be praised, for he wants his servant to be secure."
- 35:28 Then I will tell others about your justice, and praise you all day long.

第三十六篇

- 1 〔耶和華的仆人大衛的诗、交与伶长。〕
恶人的罪过、在他心里说、我眼中不怕神。

Psalm 36

For the music director; written by the LORD's servant, David; an oracle.

- 36:1 An evil man is rebellious to the core.
He does not fear God,

- 2 他自夸自媚、以为他的罪孽终不显露、不被恨恶。
3 他口中的言语、尽是罪孽诡诈、他与智慧善行、已经断绝。
4 他在床上图谋罪孽、定意行不善的道、不憎恶恶事。
5 耶和华阿、你的慈爱、上及诸天、你的信实、达到穹苍。
6 你的公义、好像高山、你的判断、如同深渊、耶和华阿、人民牲畜、你都救护。
7 神阿、你的慈爱、何其宝贵、世人投靠在你翅膀的荫下。
8 他们必因你殿里的肥甘、得以饱足、你也必叫他们喝你乐河的水。
9 因为在你那里、有生命的源头、在你的光中、我们必得见光。
10 愿你常施慈爱给认识你的人、常以公义待心里正直的人。
11 不容骄傲人的脚踏踏我、不容凶恶人的手赶逐我。
12 在那里作孽的人、已经仆倒、他们被推倒、不能再起来。

第三十七篇

- 1 [大卫的诗。]
不要为作恶的、心怀不平、也不要向那行不义的、生出嫉妒。
2 因为他们如草快被割下、又如青菜快要枯乾。
3 你当倚靠耶和华而行善、住在地上、以他的信实为粮。
4 又要以耶和华为乐、他必将你心里所求的赐给你。
5 当将你的事交托耶和华、并倚靠他、他就必成全。
6 他要使你的公义、如光发出、使你的公平、明如正午。
7 你当默然倚靠耶和华、耐性等候他、不要因那道路通达的、和那恶谋成就的、心怀不平。
8 当止住怒气、离弃忿怒、不要心怀不平、以致作恶。
9 因为作恶的、必被剪除、惟有等候耶和华的、必承受地土。
10 还有片时、恶人要归于无有、你就是细察他的住处、也要归于无有。

- 36:2 for he is too proud to recognize and give up his sin.
36:3 The words he speaks are sinful and deceitful; he does not care about doing what is wise and right.
36:4 He plans ways to sin while he lies in bed; he is committed to a sinful lifestyle; he does not reject what is evil.
36:5 O LORD, your loyal love reaches to the sky; your faithfulness to the clouds.
36:6 Your justice is like the highest mountains, your fairness like the deepest sea; you preserve mankind and the animal kingdom.
36:7 How precious is your loyal love, O God! The human race finds shelter under your wings.
36:8 They are filled with food from your house, and you allow them to drink from the river of your delicacies.
36:9 For you are the one who gives and sustains life.
36:10 Extend your loyal love to your faithful followers, and vindicate the morally upright!
36:11 Do not let arrogant men overtake me, or let evil men make me homeless!
36:12 I can see the evildoers! They have fallen! They have been knocked down and are unable to get up!

Psalms 37

By David.

- 37:1 Do not fret when wicked men seem to succeed! Do not envy evildoers!
37:2 For they will quickly dry up like grass, and wither away like plants.
37:3 Trust in the LORD and do what is right! Settle in the land and maintain your integrity!
37:4 Then you will take delight in the LORD, and he will answer your prayers.
37:5 Commit your future to the LORD! Trust in him, and he will act on your behalf.
37:6 He will vindicate you in broad daylight, and publicly defend your just cause.
37:7 Wait patiently for the LORD! Wait confidently for him!
Do not fret over the apparent success of a sinner, a man who carries out wicked schemes!
37:8 Do not be angry and frustrated! Do not fret! That only leads to trouble!
37:9 Wicked men will be wiped out, but those who rely on the LORD are the ones who will possess the land.
37:10 Evil men will soon disappear; you will stare at the spot where they once were, but they will be gone.

11 但谦卑人必承受地土、以丰盛的平安为乐。
12 恶人设谋害义人、又向他咬牙。
13 主要笑他、因见他受罚的日子将要来到。
14 恶人已经弓上弦、刀出鞘、要打倒困苦穷乏的人、要杀害行动正直的人。
15 他们的刀、必刺入自己的心、他们的弓、必被折断。
16 一个义人所有的虽少、强过许多恶人的富馀。
17 因为恶人的膀臂、必被折断、但耶和華是扶持义人。
18 耶和華知道完全人的日子、他们的产业、要存到永远。
19 他们在急难的时候、不至羞愧、在饥荒的日子、必得饱足。
20 恶人却要灭亡、耶和華的仇敌、要像羊羔的脂油、〔或作像草地的华美〕他们要消灭、要如烟消灭。
21 恶人借贷而不偿还、义人却恩待人、并且施舍。
22 蒙耶和華赐福的、必承受地土、被他咒诅的、必被剪除。
23 义人的脚步、被耶和華立定、他的道路、耶和華也喜爱。
24 他虽失脚、也不至全身仆倒、因为耶和華用手搀扶他。〔或作搀扶他的手〕
25 我从前年幼、现在年老、却未见过义人被弃、也未见过他的后裔讨饭。
26 他终日恩待人、借给人、他的后裔也蒙福。
27 你当离恶行善、就可永远安居。
28 因为耶和華喜爱公平、不撇弃他的圣民、他们永蒙保佑、但恶人的后裔必被剪除。
29 义人必承受地土、永居其上。
30 义人的口谈论智慧、他的舌头讲说公平。
31 神的律法在他心里、他的脚总不滑跌。
32 恶人窥探义人、想要杀他。
33 耶和華必不撇他在恶人手中、当审判的时候、也不定他的罪。

37:11 But the oppressed will possess the land and enjoy great prosperity.
37:12 Evil men plot against the godly and viciously attack them.
37:13 The sovereign Master laughs in disgust at them, for he knows that their day is coming.
37:14 Evil men draw their swords and prepare their bows, to bring down the oppressed and needy, and to slaughter those who are godly.
37:15 Their swords will pierce their own hearts, and their bows will be broken.
37:16 The little bit that a godly man owns is better than the wealth of many evil men,
37:17 for evil men will lose their power, but the LORD sustains the godly.
37:18 The LORD watches over the innocent day by day and they possess a permanent inheritance.
37:19 They will not be ashamed when hard times come; when famine comes they will have enough to eat.
37:20 But evil men will die; the LORD's enemies will be incinerated—they will go up in smoke.
37:21 Evil men borrow, but do not repay their debt, but the godly show compassion and are generous.
37:22 Surely those favored by the LORD will possess the land, but those rejected by him will be wiped out.
37:23 The LORD grants success to the one whose behavior he finds commendable.
37:24 Even if he trips, he will not fall headlong, for the LORD holds his hand.
37:25 I was once young, now I am old. I have never seen a godly man abandoned, or his children forced to search for food.
37:26 All day long he shows compassion and lends to others, and his children are blessed.
37:27 Turn away from evil! Do what is right! Then you will enjoy lasting security.
37:28 For the LORD promotes justice, and never abandons his faithful followers. They are permanently secure, but the children of evil men are wiped out.
37:29 The godly will possess the land and will dwell in it permanently.
37:30 The godly speak wise words and promote justice.
37:31 The law of their God controls their thinking; their feet do not slip.
37:32 Evil men set an ambush for the godly and try to kill them.
37:33 But the LORD does not surrender the godly, or allow them to be condemned in a court of law.

- 34 你当等候耶和華、遵守他的道、他就抬举你、使你承受地土、恶人被剪除的时候、你必看见。
- 35 我见过恶人大有势力、好像一根青翠树在本土生发。
- 36 有人从那里经过、不料、他没有了、我也寻找他、却寻不着。
- 37 你要细察那完全人、观看那正直人、因为和平人有好结局。
- 38 至于犯法的人、必一同灭绝、恶人终必剪除。
- 39 但义人得救、是由于耶和華、他在患难时作他们的营寨。
- 40 耶和華帮助他们、解救他们、他解救他们脱离恶人、把他们救出来、因为他们投靠他。

第三十八篇

- 1 [大卫的纪念诗。]
耶和華阿、求你不要在怒中责备我、不要在烈怒中惩罚我。
- 2 因为你的箭射入我身、你的手压住我。
- 3 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。
- 4 我的罪孽高过我的头、如同重担叫我担当不起。
- 5 因我的愚昧、我的伤发臭流脓。
- 6 我疼痛、大大拳曲、终日哀痛。
- 7 我满腰是火、我的肉无一完全。
- 8 我被压伤、身体疲倦、因心里不安、我就唉哼。
- 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、都躲在旁边站著、我的亲戚本家、也远远的站立。
- 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。

37:34 Rely on the LORD! Obey his commands! Then he will permit you to possess the land; you will see the demise of evil men.

37:35 I have seen ruthless evil men growing in influence, like a green tree grows in its native soil.

37:36 But then one passes by, and suddenly they have disappeared!

I looked for them, but they could not be found.

37:37 Take note of the one who has integrity! Observe the godly!

For the one who promotes peace has a future.

37:38 Sinful rebels are totally destroyed; evil men have no future.

37:39 But the LORD delivers the godly; he protects them in times of trouble.

37:40 The LORD helps them and rescues them; he rescues them from evil men and delivers them, for they seek his protection.

Psalms 38

A psalm of David, written to get God's attention.

38:1 O LORD, do not continue to rebuke me in your anger!

Do not continue to punish me in your raging fury!

38:2 For your arrows pierce me, and your hand presses me down.

38:3 My whole body is sick because of your judgment;

I am deprived of health because of my sin.

38:4 For my sins overwhelm me; like a heavy load, they are too much for me to bear.

38:5 My wounds are infected and starting to smell, because of my foolish sins.

38:6 I am dazed and completely humiliated; all day long I walk around mourning.

38:7 For I am overcome with shame and my whole body is sick.

38:8 I am numb with pain and severely battered; I groan loudly because of the anxiety I feel.

38:9 O sovereign Master, you understand my heart's desire;

my groaning is not hidden from you.

38:10 My heart beats quickly; my strength leaves me;

I can hardly see.

38:11 Because of my condition, even my friends and acquaintances keep their distance; my neighbors stand far away.

38:12 Those who seek my life try to entrap me; those who want to harm me speak destructive words; all day long they say deceitful things.

38:13 But I am like a deaf man—I hear nothing; I am like a mute who cannot speak.

- 14 我如不听见的人、口中没有回话。
15 耶和华阿、我仰望你、主我的 神阿、你必应允我。
16 我曾说、恐怕他们向我夸耀、我失脚的时候、他们向我夸大。
17 我几乎跌倒、我的痛苦常在我面前。
18 我要承认我的罪孽、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。
21 耶和华阿、求你不要撇弃我、我的 神阿、求你不要远离我。
22 拯救我的主阿、求你快快帮助我。

38:14 I am like a man who cannot hear and is incapable of arguing his defense.
38:15 Yet I wait for you, O LORD! You will respond, O sovereign Master, my God!
38:16 I have prayed for deliverance, because otherwise they will gloat over me; when my foot slips they will arrogantly taunt me.
38:17 For I am about to stumble, and I am in constant pain.
38:18 Yes, I confess my wrongdoing, and I am concerned about my sins.
38:19 But those who are my enemies for no reason are numerous; those who hate me without cause outnumber me.
38:20 They repay me evil for the good I have done; though I have tried to do good to them, they hurl accusations at me.
38:21 Do not abandon me, O LORD! My God, do not remain far away from me!
38:22 Hurry and help me, O sovereign Master, my deliverer!

第三十九篇

- 1 [大卫的诗、交与伶长耶杜顿。]
我曾说、我要谨慎我的言行、免得我舌头犯罪、恶人在我面前的时候、我要用嚼环勒住我的口。
2 我默然无声、连好话也不出口、我的愁苦就发动了。
3 我的心在我里面发热、我默想的时候、火就烧起、我使用舌头说话。
4 耶和华阿、求你叫我晓得我身之终、我的寿数几何、叫我知道我的生命不长。
5 你使我的年日、窄如手掌、我一生的年数、在你面前、如同无有、各人最稳妥的时候、真是全然虚幻。〔细拉〕
6 世人行动实系幻影、他们忙乱、真是枉然、积蓄财宝、不知将来有谁收取。
7 主阿、如今我等甚么呢、我的指望在乎你。
8 求你救我脱离一切的过犯、不要使我受愚顽人的羞辱。
9 因我所遭遇的是出于你、我就默然不语。
10 求你把你的责罚从我身上免去、因你手的责打、我便消灭。
11 你因人的罪恶、惩罚他的时候、叫他的笑容消灭、〔的笑容或译所喜爱的〕如衣被虫所咬、世人真是虚幻。〔细拉〕

Psalms 39

For the music director, Jeduthun; a psalm of David.

39:1 I decided, "I will watch what I say and make sure I do not sin with my tongue. I will put a muzzle over my mouth while in the presence of an evil man."
39:2 I was stone silent; I held back the urge to speak. My frustration grew;
39:3 my anxiety intensified. As I thought about it, I became impatient. Finally I spoke these words:
39:4 "O LORD, help me understand my mortality and the brevity of life! Let me realize how quickly my life will pass!
39:5 Look, you make my days short-lived, and my life span is nothing from your perspective. Surely all people, even those who seem secure, are nothing but vapor.
39:6 Surely people go through life as mere ghosts. Surely they accumulate worthless wealth without knowing who will eventually haul it away."
39:7 But now, O sovereign Master, upon what am I relying?
You are my only hope!
39:8 Deliver me from all my sins of rebellion! Do not make me the object of fools' insults!
39:9 I am silent and cannot open my mouth because of what you have done.
39:10 Please stop wounding me! You have almost beaten me to death!
39:11 You severely discipline people for their sins; like a moth you slowly devour their strength. Surely all people are a mere vapor. (Selah)

- 12 耶和華阿·求你聽我的禱告、留心聽我的呼求·我流淚、求你不要靜默無聲·因為我在你面前是客旅、是寄居的、像我列祖一般。
- 13 求你寬容我、使我在去而不返之先、可以力量復原。

第四十篇

- 1 [大衛的诗、交与伶长。]
我曾耐性等候耶和華·他垂听我的呼求。
- 2 他从祸坑里、从淤泥中、把我拉上来、使我的脚立在磐石上、使我脚步稳当。
- 3 他使我口唱新歌、就是赞美我们 神的话·许多人必看见而惧怕、并要倚靠耶和華。
- 4 那倚靠耶和華、不理會狂傲和偏向虛假之輩的、这人便为有福。
- 5 耶和華我的 神阿、你所行的奇事、并向我们所怀的意念甚多、不能向你陈明·若要陈明、其事不可胜数。
- 6 祭物和礼物、你不喜悦·你已经开通我的耳朵、燔祭和赎罪祭、非你所要。
- 7 那时我说、看哪、我来了·我的事在经卷上已经记载了。
- 8 我的 神阿、我乐意照你的旨意行·你的律法在我心里。
- 9 我在大会中宣传公义的佳音·我必不止住我的嘴唇·耶和華阿、这是你所知道的。
- 10 我未曾把你的公义藏在心里·我已陈明你的信实、和你的救恩·我在大会中未曾隐瞒你的慈爱、和诚实。
- 11 耶和華阿、求你不要向我止住你的慈悲·愿你的慈爱和诚实、常常保佑我。

39:12 Hear my prayer, O LORD!
Listen to my cry for help!
Do not ignore my sobbing!
For I am dependent on you, like one residing outside
his native land;
I am at your mercy, just as all my ancestors were.
39:13 Turn your angry gaze away from me, so I can
be happy
before I pass away.

Psalm 40

For the music director; By David, a psalm.

40:1 I relied completely on the LORD,
and he turned toward me
and heard my cry for help.

40:2 He lifted me out of the watery pit,
out of the slimy mud.
He placed my feet on a rock
and gave me secure footing.

40:3 He gave me reason to sing a new song,
praising our God.
May many see what God has done,
so that they might swear allegiance to him and trust
in the LORD!

40:4 How happy is the one who trusts in the LORD
and does not seek help from the proud or from liars!

40:5 O LORD, my God, you have accomplished many
things;
you have done amazing things and carried out your
purposes for us.
No one can thwart you!
I want to declare them and talk about them,
but they are too numerous to recount!

40:6 Receiving sacrifices and offerings are not your
primary concern.
You make that quite clear to me!
You do not ask for burnt sacrifices and sin offerings.

40:7 Then I say,
“Look! I come!
What is written in the scroll pertains to me.
40:8 I want to do what pleases you, my God.
Your law dominates my thoughts.”

40:9 I have told the great assembly about your justice.
Look! I spare no words!
O LORD, you know this is true.

40:10 I have not failed to tell about your justice;
I spoke about your reliability and deliverance;
I have not neglected to tell the great assembly about
your loyal love and faithfulness.

40:11 O LORD, you do not withhold your compassion
from me.
May your loyal love and faithfulness continually
protect me!

- 12 因有无数的祸患围困我，我的罪孽追上了我，使我不能昂首，这罪孽比我的头发还多，我就心寒胆战。
- 13 耶和華阿、求你開恩搭救我，耶和華阿、求你速速幫助我。
- 14 愿那些寻找我、要灭我命的、一同抱愧蒙羞，愿那些喜悦我受害的、退后受辱。
- 15 愿那些对我说、阿哈、阿哈的、因羞愧而败亡。
- 16 愿一切寻求你的、因你高兴欢喜，愿那些喜爱你救恩的、常说、当尊耶和華為大。
- 17 但我是困苦穷乏的、主仍顾念我，你是帮助我的、搭救我的，神阿、求你不要耽延。

40:12 For innumerable dangers surround me.
My sins overtake me
so I am unable to see;
they outnumber the hairs of my head
so my strength fails me.
40:13 Please be willing, O LORD, to rescue me!
O LORD, hurry and help me!
40:14 May those who are trying to snatch away my life
be totally embarrassed and ashamed!
May those who want to harm me
be turned back and ashamed!
40:15 May those who say to me, "Aha! Aha!"
be humiliated and disgraced!
40:16 May all those who seek you be happy and rejoice in you!
May those who love to experience your deliverance
say continually,
"May the LORD be praised!"
40:17 I am oppressed and needy!
May the sovereign Master pay attention to me!
You are my helper and my deliverer!
O my God, do not delay!

第四十一篇

- 1 [大卫的诗、交与伶长。]
眷顾贫穷的有福了，他遭难的日子、耶和華必搭救他。
- 2 耶和華必保全他、使他存活，他必在地上享福，求你不要把他交给仇敌、遂其所愿。
- 3 他病重在榻、耶和華必扶持他，他在病中、你必给他铺床。
- 4 我曾说、耶和華阿、求你怜恤我、医治我，因为我得罪了你。
- 5 我的仇敌用恶言议论我、说、他几时死、他的名才灭亡呢。
- 6 他来看我、就说假话，他心存奸恶、走到外边才说出来。
- 7 一切恨我的、都交头接耳地议论我，他们设计要害我。
- 8 他们说、有怪病贴在他身上，他已躺卧、必不能再起来。
- 9 连我知己的朋友、我所倚靠、吃过我饭的、也用脚踢我。
- 10 耶和華阿、求你怜恤我、使我起来、好报复他们。

Psalms 41

For the music director; a psalm of David.
41:1 How happy is the one who treats the poor properly!
When trouble comes, the LORD delivers him.
41:2 May the LORD protect him and save his life!
May he be blessed in the land!
Do not turn him over to his enemies!
41:3 The LORD supports him on his sickbed;
you completely heal him from his illness.
41:4 As for me, I said:
"O LORD, have mercy on me!
Heal me, for I have sinned against you!"
41:5 My enemies ask this cruel question about me,
"When will he finally die and be forgotten?"
41:6 When someone comes to visit, he pretends to be friendly;
he thinks of ways to defame me,
and when he leaves he slanders me.
41:7 All who hate me whisper insults about me to one another;
they plan ways to harm me.
41:8 They say,
'An awful disease overwhelms him,
and now that he is bed-ridden he will never recover.'
41:9 Even my close friend whom I trusted,
he who shared meals with me, has turned against me.
41:10 As for you, O LORD, have mercy on me and raise me up,
so I can pay them back!"

- 11 因我的仇敌不得向我夸胜·我从此便知道你喜爱我。
12 你因我纯正、就扶持我、使我永远站在你的面前。
13 耶和華以色列的 神、是应当称颂的、从亘古直到永远。阿们、阿们。

卷二

第四十二篇

- 1 [可拉后裔的训诲诗、交与伶长。]
神阿、我的心切慕你、如鹿切慕溪水。
2 我的心渴想 神、就是永生 神·我几时得朝见 神呢。
3 我昼夜以眼泪当饮食·人不住地对我说、你的 神在那里呢。
4 我从前与众人同往、用欢呼称赞的声音、领他们到 神的殿里、大家守节·我追想这些事、我的心极其悲伤。
5 我的心哪、你为何忧闷、为何在我里面烦躁·应当仰望 神·因他笑脸帮助我、我还要称赞他。
6 我的 神阿、我的心在我里面忧闷·所以我从约但地、从黑门岭、从米萨山、纪念你。
7 你的瀑布发声、深渊就与深渊响应·你的波浪洪涛漫过我身。
8 白昼耶和華必向我施慈爱·黑夜我要歌颂祷告赐我生命的 神。
9 我要对 神我的磐石说、你为何忘记我呢·我为何因仇敌的欺压时常哀痛呢。
10 我的敌人辱骂我、好像打碎我的骨头、不住的对我说、你的 神在那里呢。
11 我的心哪、你为何忧闷、为何在我里面烦躁·应当仰望 神·因我还要称赞他·他是我脸上的光荣、〔原文作帮助〕是我的神。

41:11 By this I know that you are pleased with me, for my enemy does not triumph over me.
41:12 As for me, you uphold me because of my integrity;
you allow me permanent access to your presence.
41:13 The LORD God of Israel deserves praise in the future and forevermore!
We agree! We agree!

Book 2 (Psalms 42-72)

Psalm 42

For the music director; a well-written song by the Korahites.
42:1 As a deer longs for streams of water, so I long for you, O God!
42:2 I thirst for God, for the living God.
I say, "When will I be able to go and appear in God's presence?"
42:3 I cannot eat, I weep day and night; all day long they say to me, "Where is your God?"
42:4 I will remember and weep!
For I was once walking along with the great throng to the temple of God, shouting and giving thanks along with the crowd as we celebrated the holy festival.
42:5 Why are you depressed, O my soul? Why are you upset?
Wait for God!
For I will again give thanks to my God for his saving intervention.
42:6 I am depressed, so I will pray to you while I am trapped here in the region of the upper Jordan, from Hermon, from Mount Mizar.
42:7 One deep stream calls out to another at the sound of your waterfalls; all your billows and waves overwhelm me.
42:8 By day the LORD decrees his loyal love, and by night he gives me a song, a prayer to the living God.
42:9 I will pray to God, my high ridge: "Why do you ignore me? Why must I walk around mourning because my enemies oppress me?"
42:10 My enemies' taunts cut into me to the bone, as they say to me all day long, "Where is your God?"
42:11 Why are you depressed, O my soul? Why are you upset?
Wait for God!
For I will again give thanks to my God for his saving intervention.

第四十三篇

- 1 神阿、求你伸我的冤、向不虔诚的国、
为我辨屈、求你救我脱离诡诈不义的人。
- 2 因为你是赐我力量的 神、为何丢弃我
呢、我为何因仇敌的欺压时常哀痛呢。
- 3 求你发出你的亮光和真实、好引导我、带
我到你的圣山、到你的居所。
- 4 我就走到 神的祭坛、到我最喜乐的 神
那里、神阿、我的 神、我要弹琴称赞
你。
- 5 我的心哪、你为何忧闷、为何在我里面烦
躁、应当仰望 神、因我还要称赞他、他
是我脸上的光荣、〔原文作帮助〕是我的
神。

第四十四篇

- 1 〔可拉后裔的训诲诗、交与伶长。〕
神阿、你在古时、我们列祖的日子、所
行的事、我们亲耳听见了、我们的列祖、
也给我们述说过。
- 2 你曾用手赶出外邦人、却栽培了我们列
祖、你苦待列邦、却叫我们列祖发达。
- 3 因为他们不是靠自己的刀剑得地土、也不
是靠自己的膀臂得胜、乃是靠你的右手、
你的膀臂、和你脸上的亮光、因为你喜悦
他们。
- 4 神阿、你是我的王、求你出令、使雅各
得胜。
- 5 我们靠你要推倒我们的敌人、靠你的名要
践踏那起来攻击我们的人。
- 6 因为我必不靠我的弓、我的刀也不能使我
得胜。
- 7 惟你救了我们脱离敌人、使恨我们的人羞
愧。
- 8 我们终日因 神夸耀、还要永远称谢你的
名。〔细拉〕
- 9 但如今你丢弃了我们、使我们受辱、不和
我们的军兵同去。
- 10 你使我们向敌人转身退后、那恨我们的人
任意抢夺。
- 11 你使我们当作快要被吃的羊、把我们分散
在列邦中。

Psalm 43

43:1 Vindicate me, O God!
Fight for me against an ungodly nation!
Deliver me from deceitful and evil men!

43:2 For you are the God who shelters me.
Why do you reject me?
Why must I walk around mourning
because my enemies oppress me?

43:3 Reveal your light and your faithfulness!
They will lead me,
they will escort me back to your holy hill,
and to the place where you live.

43:4 Then I will go to the altar of God,
to the God who gives me ecstatic joy,
so that I express my thanks to you, O God, my God,
with a harp.

43:5 Why are you depressed, O my soul?
Why are you upset?
Wait for God!
For I will again give thanks
to my God for his saving intervention.

Psalm 44

For the music director; by the Korahites, a well-written song.

44:1 O God, we have clearly heard;
our ancestors have told us
what you did in their days,
in ancient times.

44:2 You, by your power, defeated nations and set-
tled our fathers on their land;
you crushed the people living there and enabled our
ancestors to occupy it.

44:3 For they did not conquer the land by their
swords,
and they did not prevail by their strength,
but rather by your power, strength and good favor,
for you were partial to them.

44:4 You are my king, O God!
Decree Jacob's deliverance!

44:5 By your power we will drive back our enemies;
by your strength we will trample down our foes!

44:6 For I do not trust in my bow,
and I do not prevail by my sword.

44:7 For you deliver us from our enemies;
you humiliate those who hate us.

44:8 In God I boast all day long,
and we will continually give thanks to your name.
(Selah)

44:9 But you rejected and embarrassed us!
You did not go into battle with our armies.

44:10 You made us retreat from the enemy.
Those who hate us take whatever they want from us.

44:11 You handed us over like sheep to be eaten;
you scattered us among the nations.

- 12 你卖了你的子民也不赚利，所得的价值、并不加添你的资财。
13 你使我们受邻国的羞辱被四围的人嗤笑讥刺。
14 你使我们在列邦中作了笑谈、使众民向我们摇头。
15 我的凌辱、终日在我面前我脸上的羞愧、将我遮蔽。
16 都因那辱骂毁谤人的声音、又因仇敌和报仇人的缘故。
17 这都临到我们身上，我们却没有忘记你，也没有违背你的约。
18 我们的心没有退后、我们的脚也没有偏离你的路。
19 你在野狗之处压伤我们、用死荫遮蔽我们。
20 倘若我们忘了 神的名、或向别神举手、
21 神岂不鉴察这事么，因为他晓得人心里的隐秘。
22 我们为的缘故终日被杀、人看我们如将宰的羊。
23 主阿、求你睡醒、为何尽睡呢，求你兴起、不要永远丢弃我们。
24 你为何掩面、不顾我们所遭的苦难、和所受的欺压。
25 我们的性命伏于尘土，我们的肚腹紧贴地面。
26 求你起来帮助我们，凭你的慈爱救赎我们。

- 44:12 You sold your people for a pittance; you did not ask a high price for them.
44:13 You made us an object of disdain to our neighbors; those who live on our borders taunt and insult us.
44:14 You made us an object of ridicule among the nations; foreigners treat us with contempt.
44:15 All day long I feel humiliated and am overwhelmed with shame,
44:16 before the vindictive enemy who ridicules and insults me.
44:17 All this has happened to us, even though we have not rejected you or violated your covenant with us.
44:18 We have not been unfaithful, nor have we disobeyed your commands.
44:19 Yet you have battered us, leaving us a heap of ruins overrun by wild dogs; you have covered us with darkness.
44:20 If we had rejected our God, and spread out our hands in prayer to another god,
44:21 would not God discover it, for he knows one's thoughts?
44:22 Yet because of you we are killed all day long; we are treated like sheep at the slaughtering block.
44:23 Rouse yourself! Why do you sleep, O sovereign Master?
Wake up! Do not reject us forever!
44:24 Why do you look the other way, and ignore the way we are oppressed and mistreated?
44:25 For we lie in the dirt, with our bellies pressed to the ground.
44:26 Rise up and help us! Rescue us because of your loyal love!

第四十五篇

- 1 [可拉后裔的训诲诗、又是爱慕歌、交与伶长、调用百合花。]
我心里涌出美辞，我论到我为王作的事，
我的舌头是快手笔。
2 你比世人更美、在你嘴里满有恩惠，所以神赐福给你、直到永远。
3 大能者阿、愿你腰间佩刀、大有荣耀和威严。
4 为真理、谦卑、公义、赫然坐车前往、无不得胜，你的右手必显明可畏的事。

Psalms 45

For the music director; according to the tune of "Lilies," by the Korahites, a well-written poem, a love song.

- 45:1 My heart is stirred by a beautiful song. I say, "I have composed this special song for the king; my tongue is as skilled as the stylus of an experienced scribe."
45:2 You are the most handsome of all men! You speak in an impressive and fitting manner! For this reason God grants you continual blessings.
45:3 Strap your sword to your thigh, O warrior! Appear in your majestic splendor!
45:4 Appear in your majesty and be victorious! Ride forth for the sake of what is right, on behalf of justice! Then your right hand will accomplish mighty acts!

- 5 你的箭锋快、射中王敌之心·万民仆倒在你以下。
- 6 神阿、你的宝座是永永远远的·你的国权是正直的。
- 7 你喜爱公义、恨恶罪恶·所以 神、就是你的 神、用喜乐油膏你、胜过膏你的同伴。
- 8 你的衣服、都有没药沉香肉桂的香气·象牙宫中有丝弦乐器的声音、使你欢喜。
- 9 有君王的女儿、在你尊贵妇女之中·王后佩戴俄斐金饰、站在你右边。
- 10 女子阿、你要听、要想、要侧耳而听·不要记念你的民、和你的父家·
- 11 王就羡慕你的美貌·因为他是你的主·你当敬拜他。
- 12 推罗的民、〔民原文作女子〕必来送礼·民中的富足人、也必向你求恩。
- 13 王女在宫里、极其荣华·他的衣服是用金线绣的。
- 14 他要穿锦绣的衣服、被引到王前·随从他的陪伴童女、也要被带到你面前。
- 15 他们要欢喜快乐被引导·他们要进入王宫。
- 16 你的子孙要接续你的列祖·你要立他们在全地作王。
- 17 我必叫你的名被万代记念·所以万民要永远永远称谢你。

- 45:5 Your arrows are sharp and penetrate the hearts of the king's enemies. Nations fall at your feet.
- 45:6 Your throne, O God, is permanent. The scepter of your kingdom is a scepter of justice.
- 45:7 You love justice and hate evil. For this reason God, your God has anointed you with the oil of joy, elevating you above your companions.
- 45:8 All your garments are perfumed with myrrh, aloes, and cassia. From the luxurious palaces comes the music of stringed instruments that makes you happy.
- 45:9 Princesses are among your honored guests, your bride stands at your right hand, wearing jewelry made with gold from Ophir.
- 45:10 Listen, O princess! Observe and pay attention! Forget your homeland and your family!
- 45:11 Then the king will be attracted by your beauty. After all, he is your master! Submit to him!
- 45:12 Rich people from Tyre will seek your favor by bringing a gift.
- 45:13 The princess looks absolutely magnificent, decked out in pearls and clothed in a brocade trimmed with gold.
- 45:14 In embroidered robes she is escorted to the king. Her attendants, the maidens of honor who follow her, are led before you.
- 45:15 They are bubbling with joy as they walk in procession and enter the royal palace.
- 45:16 Your sons will carry on the dynasty of your ancestors; you will make them princes throughout the land.
- 45:17 I will proclaim your greatness through the coming years, then the nations will praise you forever.

第四十六篇

- 1 〔可拉后裔的诗歌、交与伶长、调用女音。〕
神是我们的避难所、是我们的力量、是我们在患难中随时的帮助。
- 2 所以地虽改变、山虽摇动到海心、
- 3 其中的水虽砰訇翻腾、山虽因海涨而战抖、我们也不害怕。〔细拉〕
- 4 有一道河·这河的分汊、使 神的城欢喜·这城就是至高者居住的圣所。

Psalm 46

For the music director; by the Korahites; according to the *alamoth* style; a song.

- 46:1 God is our secure shelter; he is truly our helper in times of trouble.
- 46:2 For this reason we do not fear when the earth shakes, and the mountains tumble into the depths of the sea,
- 46:3 when its waves crash and foam, and the mountains shake before the surging sea. (Selah)
- 46:4 The irrigation canals flowing from the river bring joy to the city of God, the special, holy dwelling place of the Sovereign One.

- 5 神在其中·城必不动摇·到天一亮·
神必帮助这城。
6 外邦喧嚷、列国动摇· 神发声、地便熔
化。
7 万军之耶和华与我们同在·雅各的 神是
我们的避难所。〔细拉〕
8 你们来看耶和华的作为·看他使地怎样荒
凉。
9 他止息刀兵·直到地极·他折弓、断枪、
把战车焚烧在火中。
10 你们要休息·要知道我是 神·我必在外
邦中被尊崇、在遍地上也被尊崇。
11 万军之耶和华与我们同在·雅各的 神是
我们的避难所。

第四十七篇

- 1 〔可拉后裔的诗、交与伶长。〕
万民哪、你们都要拍掌·要用夸胜的声音
向 神呼喊。
2 因为耶和华至高者是可畏的·他是治理全
地的大君王。
3 他叫万民服在我们以下·又叫列邦服在我
们脚下。
4 他为我们选择产业·就是他所爱之雅各的
荣耀。〔细拉〕
5 神上升、有喊声相送·耶和华上升、有
角声相送。
6 你们要向 神歌颂、歌颂、向我们王歌
颂、歌颂。
7 因为 神是全地的王·你们要用悟性歌
颂。
8 神作王治理万国· 神坐在他的圣宝座
上。
9 列邦的君王聚集、要作亚伯拉罕之 神的
民·因为世界的盾牌、是属 神的·他为
至高。

第四十八篇

- 1 〔可拉后裔的诗歌。〕
耶和华本为大·在我们 神的城中、在他
的圣山上、该受大赞美。

- 46:5 God lives within it, it cannot be upended.
God rescues it at the break of dawn.
46:6 Nations make a commotion, kingdoms are up-
ended.
God gives a battle cry, the earth dissolves.
46:7 The LORD, the invincible Warrior, is on our
side!
The God of Jacob is our protector! (Selah)
46:8 Come! Witness the exploits of the LORD,
who brings devastation to the earth!
46:9 He brings an end to wars throughout the earth;
he shatters the bow and breaks the spear;
he burns the shields.
46:10 He says, "Stop your striving and recognize that
I am God!
I will be exalted over the nations! I will be exalted
over the earth!"
46:11 The LORD, the invincible Warrior is on our
side!
The God of Jacob is our protector! (Selah)

Psalms 47

- For the music director; by the Korahites; a psalm.
47:1 All you nations, clap your hands!
Shout out to God in celebration!
47:2 For the sovereign LORD is awe-inspiring;
he is the great king who rules the whole earth!
47:3 He subdued nations beneath us
and countries under our feet.
47:4 He picked out for us a special land
to be a source of pride for Jacob, whom he loves.
(Selah)
47:5 God has ascended his throne amid loud shouts;
the LORD has ascended his throne amid the blaring
of ram's horns.
47:6 Sing to God! Sing!
Sing to our king! Sing!
47:7 For God is king of the whole earth!
Sing a well-written song!
47:8 God reigns over the nations!
God sits on his holy throne!
47:9 The nobles of the nations assemble,
along with the people of the God of Abraham,
for God has authority over the rulers of the earth.
He is highly exalted!

Psalms 48

- A song, a psalm by the Korahites.
48:1 The LORD is great and certainly worthy of praise
in the city of our God, his holy hill.

- 2 锡安山、大君王的城、在北面居高华美、
为全地所喜悦。
- 3 神在其宫中自显为避难所。
- 4 看哪、众王会合、一同经过。
- 5 他们见了这城、就惊奇丧胆、急忙逃跑。
- 6 他们在那里被战兢疼痛抓住、好像产难的
妇人一样。
- 7 神阿、你用东风打破他施的船只。
- 8 我们在万军之耶和华的城中、就是我们
神的城中、所看见的、正如我们所听见
的、神必坚立这城、直到永远。〔细
拉〕
- 9 神阿、我们在你的殿中、想念你的慈
爱。
- 10 神阿、你受的赞美、正与你的名相称、
直到地极、你的右手满了公义。
- 11 因你的判断、锡安山应当欢喜犹大的城
邑、应当快乐。〔城邑原文是女子〕
- 12 你们当周游锡安、四围旋绕、数点城楼、
- 13 细看他的外郭、察看他的宫殿、为要传说
到后代。
- 14 因为这神永远远为我们的神、他必
作我们引路的、直到死时。

第四十九篇

- 1 〔可拉后裔的诗、交与伶长。〕
万民哪、你们都当听这话、世上一切的居
民、
- 2 无论上流下流、富足贫穷、都当留心听。
- 3 我口要说智慧的言语、我心要想通达的道
理。
- 4 我要侧耳听比喻、用琴解谜语。
- 5 在患难的日子、奸恶随我脚跟、四面环绕
我、我何必惧怕。
- 6 那些倚仗财货自夸钱财多的人、
- 7 一个也无法赎自己的弟兄、也不能替他
将赎价给神、

- 48:2 It is lofty and pleasing to look at,
a source of joy to the whole earth.
Mount Zion resembles the peaks of Zaphon;
it is the city of the great king.
- 48:3 God is in its fortresses;
he reveals himself as its defender.
- 48:4 For look, the kings assemble;
they advance together.
- 48:5 As soon as they see, they are shocked;
they are terrified, they quickly retreat.
- 48:6 Look at them shake uncontrollably,
like a woman writhing in childbirth.
- 48:7 With an east wind
you shatter the large ships.
- 48:8 We heard about God's mighty deeds, now we
have seen them,
in the city of the LORD, the invincible Warrior,
in the city of our God.
God makes it permanently secure. (Selah)
- 48:9 We reflect on your loyal love, O God,
within your temple.
- 48:10 The praise you receive as far away as the ends
of the earth
is worthy of your reputation, O God.
You execute justice!
- 48:11 Mount Zion rejoices;
the towns of Judah are happy,
because of your acts of judgment.
- 48:12 Walk around Zion! Encircle it!
Count its towers!
- 48:13 Consider its defenses!
Walk through its fortresses,
so you can tell the next generation about it!
- 48:14 For God, our God, is our defender forever!
He guides us!

Psalm 49

For the music director, a psalm by the Korahites.

- 49:1 Listen to this, all you nations!
Pay attention, all you inhabitants of the world!
- 49:2 Pay attention, all you people,
both rich and poor!
- 49:3 I will declare a wise saying;
I will share my profound thoughts.
- 49:4 I will learn a song that imparts wisdom;
I will then sing my insightful song to the accompa-
niment of a harp.
- 49:5 Why should I be afraid in times of trouble,
when the sinful deeds of deceptive men threaten to
overwhelm me?
- 49:6 They trust in their wealth
and boast in their great riches.
- 49:7 Certainly a man cannot rescue his brother;
he cannot pay God an adequate ransom price

- 8 叫他长远活著、不见朽坏、因为赎他生命
9 的价值极贵、只可永远罢休。
- 10 他必见智慧人死、又见愚顽人和畜类人、
一同灭亡、将他们的财货留给别人。
- 11 他们心里思想、他们的家室必永存、住宅
必留到万代、他们以自己的名、称自己的
地。
- 12 但人居尊贵中不能长久、如同死亡的畜类
一样。
- 13 他们行的这道、本为自己的愚昧、但他们
以后的人、还佩服他们的话语。〔细拉〕
- 14 他们如同羊群派定下阴间、死亡必作他们
的牧者、到了早晨、正直人必管辖他们、
他们的美容、必被阴间所灭、以致无处可
存。
- 15 只是 神必救赎我的灵魂、脱离阴间的权
柄、因他必收纳我。〔细拉〕
- 16 见人发财家室增荣的时候、你不要惧怕、
- 17 因为他死的时候、甚么也不能带去、他的
荣耀不能随他下去。
- 18 他活著的时候、虽然自夸为有福、（你若
利己、人必夸奖你）
- 19 他仍必归到他历代的祖宗那里、永不见
光。
- 20 人在尊贵中、而不醒悟、就如死亡的畜类
一样。

- 49:8 (the ransom price for a human life is too high,
and people go to their final destiny),
49:9 so that he might continue to live forever
and not experience death.
49:10 Surely one sees that even wise people die;
fools and spiritually insensitive people all pass away
and leave their wealth to others.
49:11 Their grave becomes their permanent residence,
their eternal dwelling place.
They name their lands after themselves,
49:12 but, despite their wealth, people do not last,
they are like animals that perish.
49:13 This is the destiny of fools,
and of those who approve of their philosophy. (Selah)
49:14 They will travel to Sheol like sheep,
with death as their shepherd.
The godly will rule over them when the day of vin-
dication dawns;
Sheol will consume their bodies and they will no
longer live in impressive houses.
49:15 But God will rescue my life from the power of
Sheol;
certainly he will pull me to safety. (Selah)
49:16 Do not be afraid when a man becomes rich
and his wealth multiplies!
49:17 For he will take nothing with him when he dies;
his wealth will not follow him down into the grave.
49:18 He pronounces this blessing on himself while
he is alive:
“May men praise you, for you have done well!”
49:19 But he will join his ancestors;
they will never again see the light of day.
49:20 Wealthy people do not understand;
they are like animals that perish.

第五十篇

- 1 〔亚萨的诗。〕
大能者 神耶和华、已经发言招呼天下、
从日出之地到日落之处。
- 2 从全美的锡安中、 神已经发光了。
- 3 我们的 神要来、决不闭口、有烈火在他
面前吞灭、有暴风在他四围大刮。
- 4 他招呼上天下地、为要审判他的民、
- 5 说、招聚我的圣民到我这里来、就是那些
用祭物与我立约的人。
- 6 诸天必表明他的公义、因为 神是施行审
判的。〔细拉〕

Psalm 50

- A psalm by Asaph.
50:1 El, God, the LORD speaks,
and summons the earth to come from the east and
west.
50:2 From Zion, the most beautiful of all places,
God comes in splendor.
50:3 Our God approaches and is not silent;
consuming fire goes ahead of him
and all around him a storm rages.
50:4 He summons the heavens above,
as well as the earth, so that he might judge his peo-
ple.
50:5 He says:
“Assemble my covenant people before me,
those who ratified a covenant with me by sacrifice!”
50:6 The heavens declare his fairness,
for God is judge. (Selah)

- 7 我的民哪、你们当听我的话·以色列阿、
我要劝戒你·我是 神、是你的 神。
- 8 我并不因你的祭物责备你·你的燔祭常在我面前。
- 9 我不从你家中取公牛、也不从你圈内取山羊。
- 10 因为树林中的百兽是我的、千山上的牲畜也是我的。
- 11 山中的飞鸟、我都知道·野地的走兽、也都属我。
- 12 我若是饥饿、我不用告诉你·因为世界、和其中所充满的、都是我的。
- 13 我岂吃公牛的肉呢·我岂喝山羊的血呢。
- 14 你们要以感谢为祭献与 神·又要向至高者还你的愿·
- 15 并要在患难之日求告我、我必搭救你·你也要荣耀我。
- 16 但 神对恶人说、你怎敢传说我的律例、口中提到我的约呢·
- 17 其实你恨恶管教、将我的言语丢在背后。
- 18 你见了盗贼、就乐意与他同夥、又与行奸淫的人、一同有分。
- 19 你口任说恶言、你舌编造诡诈。
- 20 你坐著毁谤你的兄弟、谗毁你亲母的儿子。
- 21 你行了这些事、我还闭口不言·你想我恰和你一样·其实我要责备你、将这些事摆在你眼前。
- 22 你们忘记 神的、要思想这事、免得我把你们撕碎、无人搭救。
- 23 凡以感谢献上为祭的、便是荣耀我·那按正路而行的、我必使他得著我的救恩。

50:7 He says:

“Listen my people! I am speaking!
Listen Israel! I am accusing you!
I am God, your God!

50:8 I am not condemning you because of your sacrifices,
or because of your burnt sacrifices that you continually offer me.

50:9 I do not need to take a bull from your household or goats from your sheepfolds.

50:10 For every wild animal in the forest belongs to me,
as well as the cattle that graze on a thousand hills.

50:11 I keep track of every bird in the hills,
and the insects of the field are mine.

50:12 Even if I were hungry, I would not tell you,
for the world and all it contains belong to me.

50:13 Do I eat the flesh of bulls?
Do I drink the blood of goats?

50:14 Present to God a thank-offering!
Repay your vows to the Sovereign One!

50:15 Pray to me when you are in trouble!
I will deliver you and vindicate you!”

50:16 God says this to the evildoer:
“How can you declare my commands,
and talk about my covenant?

50:17 For you hate instruction
and reject my words.

50:18 When you see a thief, you join him;
you associate with men who are unfaithful to their wives.

50:19 You do damage with words,
and use your tongue to deceive.

50:20 You plot against your brother;
you slander your own brother.

50:21 When you did these things, I was silent,
so you thought I was exactly like you.
But now I will condemn you
and state my case against you!

50:22 Carefully consider this, you who reject God!
Otherwise I will rip you to shreds
and no one will be able to rescue you.

50:23 Whoever presents a thank-offering honors me.
To whoever obeys my commands, I will reveal my
power to deliver.”

第五十一篇

- 1 [大卫与拔示巴同室以后、先知拿单来见他·他作这诗、交与伶长。]
神阿、求你按你的慈爱怜恤我、按你丰盛的慈悲涂抹我的过犯。

Psalms 51

For the music director; a psalm of David, written when Nathan the prophet confronted him after David's affair with Bathsheba.

51:1 Have mercy on me, O God, because of your loyal love!
Because of your great compassion, wipe away my rebellious acts!

- 2 求你将我的罪孽洗除净尽、并洁除我的罪。
3 因为我知道我的过犯、我的罪常在我面前。
4 我向你犯罪、惟独得罪了你、在你眼前行了这恶、以致你责备我的时候、显为公义、判断我的时候、显为清正。
5 我是在罪孽里生的、在我母亲怀胎的时候、就有了罪。
6 你所喜爱的、是内里诚实、你在我隐密处、必使我得智慧。
7 求你用牛膝草洁净我、我就乾淨、求你洗滌我、我就比雪更白。
8 求你使我得听欢喜快乐的声音、使你所压伤的骨头、可以踊跃。
9 求你掩面不看我的罪、涂抹我一切的罪孽。
10 神阿、求你为我造清洁的心、使我里面重新有正直的灵。〔正直或作坚定〕
11 不要丢弃我、使我离开你的面、不要从我收回你的圣灵。
12 求你使我仍得救恩之乐、赐我乐意的灵扶持我、
13 我就把你的道指教有过犯的人、罪人必归顺你。
14 神阿、你是拯救我的 神、求你救我脱离流人血的罪、我的舌头就高声歌唱你的公义。
15 主阿、求你使我嘴唇张开、我的口便传扬赞美你的话。
16 你本不喜爱祭物、若喜爱、我就献上、燔祭你也不喜悦。
17 神所要的祭、就是忧伤的灵、神阿、忧伤悔悔的心、你必不轻看。
18 求你随你的美意善待锡安、建造耶路撒冷的城墙。
19 那时、你必喜爱公义的祭、和燔祭、并全牲的燔祭、那时、人必将公牛献在你坛上。

- 51:2 Scrub away my wrongdoing!
Cleanse me of my sin!
51:3 For I am aware of my rebellious acts;
I am forever conscious of my sin.
51:4 Against you, especially you, I have sinned;
I have done what is sinful in your sight.
So you are just when you confront me;
you are right when you condemn me.
51:5 Look, I was prone to do wrong from birth;
I was a sinner the moment my mother conceived me.
51:6 Look, you desire integrity in the inner man;
you want me to possess wisdom.
51:7 Sprinkle me with water and I will be pure;
wash me and I will be whiter than snow.
51:8 Give me the ecstatic joy of being forgiven!
May the bones you crushed rejoice!
51:9 Hide your face from my sins!
Wipe away all my wrong acts!
51:10 Create for me a pure heart!
Transform me and give me integrity!
51:11 Do not reject me!
Do not take your Holy Spirit away from me!
51:12 Let me again experience the joy of your deliverance!
Sustain me by giving me the desire to obey!
51:13 Then I will teach rebels your merciful ways,
and sinners will turn to you.
51:14 Rescue me from the guilt of murder, O God,
the God who delivers me!
Then my tongue will shout for joy because of your deliverance.
51:15 O sovereign Master, give me reason to celebrate!
Then my mouth will praise you.
51:16 Certainly you do not want a sacrifice, or else I would offer it;
you do not desire a burnt sacrifice.
51:17 The “sacrifices” God desires are a humble attitude—
O God, a humble and repentant heart you will not reject.
51:18 Be favorably disposed to Zion!
Build the walls of Jerusalem!
51:19 Then you will accept the proper sacrifices,
burnt sacrifices and whole offerings;
then bulls will be sacrificed on your altar.

第五十二篇

- 1 〔以东人多益来告诉扫罗说、大卫到了亚希米勒家、那时、大卫作这训诲诗、交与伶长。〕
勇士阿、你为何以作恶自夸、神的慈爱是常存的。

Psalm 52

- For the music director; a well-written song by David.
It was written when Doeg the Edomite went and informed Saul: “David has arrived at the home of Ahimelech.”
52:1 Why do you boast about your evil plans, O powerful man?
God’s loyal love protects me all day long!

- 2 你的舌头邪恶诡诈、好像剃头刀、快利伤人。
3 你爱恶胜似爱善、又爱说谎、不爱说公义。〔细拉〕
4 诡诈的舌头阿、你爱说一切毁灭的话。
5 神也要毁灭你、直到永远、他要把你拿去、从你的帐棚中抽出、从活人之地将你拔出。〔细拉〕
6 义人要看见而惧怕、并要笑他、
7 说、看哪、这就是那不以 神为他力量的人、只倚仗他丰富的财物、在邪恶上坚立自己。
8 至于我、就像 神殿中的橄榄树、我永远永远倚靠 神的慈爱。
9 我要称谢你、直到永远、因为你行了这事、我也要在你圣民面前仰望你的名、这名本为美好。

第五十三篇

- 1 〔大卫的训诲诗、交与伶长、调用麻哈拉。〕
愚顽人心里说、没有 神。他们都是邪恶、行了可憎恶的罪孽、没有一个人行善。
2 神从天上垂看世人、要看有明白的没有、有寻求他的没有。
3 他们各人都退后、一同变为污秽、并没有行善的、连一个也没有。
4 作孽的没有知识么、他们吞吃我的百姓如同吃饭一样、并不求告 神。
5 他们在无可惧怕之处、就大大害怕、因为神把那安营攻击你之人的骨头散开了、你使他们蒙羞、因为 神弃绝了他们。
6 但愿以色列的救恩从锡安而出。 神救回他被掳的子民、那时雅各要快乐、以色列要欢喜。

- 52:2 Your tongue carries out your destructive plans; it is as effective as a sharp razor, O deceiver.
52:3 You love evil more than good, lies more than speaking the truth. (Selah)
52:4 You love to use all the words that destroy, and the tongue that deceives.
52:5 Yet God will make you a permanent heap of ruins.
He will scoop you up and remove you from your home;
he will uproot you from the land of the living. (Selah)
52:6 When the godly see this, they will be filled with awe,
and will mock the evildoer, saying:
52:7 "Look, here is the man who would not make God his protector!
He trusted in his great wealth
and was confident about his plans to destroy others."
52:8 But I am like a flourishing olive tree in the house of God;
I continually trust in God's loyal love.
52:9 I will continually thank you when you execute judgment;
I will rely on you, for your loyal followers know you are good.

Psalm 53

- For the music director; according to the *machalath* style; a well-written song by David.
53:1 Fools say to themselves, "There is no God." They sin and commit evil deeds; none of them does what is right.
53:2 God looks down from heaven at the human race,
to see if there is anyone who is wise and seeks God.
53:3 Everyone rejects God; they are all morally corrupt. None of them does what is right, not even one!
53:4 All those who behave wickedly do not understand—
those who devour my people as if they were eating bread,
and do not call out to God.
53:5 They are absolutely terrified, even by things that do not normally cause fear. For God annihilates those who attack you. You are able to humiliate them because God has rejected them.
53:6 I wish the deliverance of Israel would come from Zion!
When God restores the well-being of his people, may Jacob rejoice,
may Israel be happy!

第五十四篇

- 1 [西弗人来对扫罗说、大卫岂不是在那里藏身么、那时大卫作这训诲诗、交与伶长、用丝弦的乐器。]
神阿、求你以你的名救我、凭你的大能为我伸冤。
- 2 神阿、求你听我的祷告、留心听我口中的言语。
- 3 因为外人起来攻击我、强暴人寻索我的命、他们眼中没有神。〔细拉〕
- 4 神是帮助我的、是扶持我命的。
- 5 他要报应我仇敌所行的恶、求你凭你的诚实灭绝他们。
- 6 我要把甘心祭献给你、耶和华阿、我要称赞你的名、这名本为美好。
- 7 他从一切的急难中、把我救出来、我的眼睛也看见了我仇敌遭报。

第五十五篇

- 1 [大卫的训诲诗、交与伶长、用丝弦的乐器。]
神阿、求你留心听我的祷告、不要隐藏不听我的恳求。
- 2 求你侧耳听我、应允我、我哀叹不安、发声唉哼。
- 3 都因仇敌的声音、恶人的欺压、因为他们将罪孽加在我身上、发怒气逼迫我。
- 4 我心在我里面甚是疼痛、死的惊惶临到我身。
- 5 恐惧战兢归到我身、惊恐漫过了我。
- 6 我说、但愿我有翅膀像鸽子、我就飞去、得享安息。
- 7 我必远游、宿在旷野。〔细拉〕
- 8 我必速速逃到避所、脱离狂风暴雨。
- 9 主阿、求你吞灭他们、变乱他们的舌头、因为我在城中见了强暴争竞的事。
- 10 他们在城墙上昼夜绕行、在城内也有罪孽和奸恶。
- 11 邪恶在其中、欺压和诡诈不离街市。

Psalm 54

For the music director, to be accompanied by stringed instruments; a well-written song by David. It was written when the Ziphites came and informed Saul: "David is hiding with us."

54:1 O God, deliver me by your name!
Vindicate me by your power!

54:2 O God, listen to my prayer!
Pay attention to what I say!

54:3 For foreigners attack me;
ruthless men, who do not respect God, seek my life.
(Selah)

54:4 Look, God is my deliverer!
The sovereign Master is among those who support me.

54:5 May those who wait to ambush me be repaid for their evil!

As a demonstration of your faithfulness, destroy them!

54:6 With a freewill offering I will sacrifice to you!
I will give thanks to your name, O LORD, for it is good!

54:7 Surely he rescues me from all trouble,
and I triumph over my enemies.

Psalm 55

For the music director, to be accompanied by stringed instruments; a well-written song by David.

55:1 Listen, O God, to my prayer!
Do not ignore my appeal for mercy!

55:2 Pay attention to me and answer me!
I am so upset and distressed, I am beside myself,

55:3 because of what the enemy says,
and because of how the wicked pressure me,
for they hurl trouble down upon me
and angrily attack me.

55:4 My heart beats violently within me;
the horrors of death overcome me.

55:5 Fear and panic overpower me;
terror overwhelms me.

55:6 I say, "I wish I had wings like a dove!
I would fly away and settle in a safe place!"

55:7 Look, I will escape to a distant place;
I will stay in the wilderness. (Selah)

55:8 I will hurry off to a place that is safe
from the strong wind and the gale."

55:9 Confuse them, O sovereign Master!
Frustrate their plans!

For I see violence and conflict in the city.

55:10 Day and night they walk around on its walls,
while wickedness and destruction are within it.

55:11 Disaster is within it;
violence and deceit do not depart from its public square.

- 12 原来不是仇敌辱骂我·若是仇敌·还可忍耐·也不是恨我的人向我狂大·若是恨我的人·就必躲避他。
- 13 不料是你·你原与我平等·是我的同伴·是我知己的朋友。
- 14 我们素常彼此谈论·以为甘甜·我们与群众在 神的殿中同行。
- 15 愿死亡忽然临到他们·愿他们活活的下入阴间·因为他们的住处·他们的心中·都是邪恶。
- 16 至于我·我要求告 神·耶和华必拯救我。
- 17 我要晚上、早晨、晌午、哀声悲叹·他也必听我的声音。
- 18 他救赎我命脱离攻击我的人·使我得享平安·因为与我相争的人甚多。
- 19 那没有更变、不敬畏 神的人·从太古常存的 神·必听见而苦待他。
- 20 他背了约·伸手攻击与他和好的人。
- 21 他的口如奶油光滑·他的心却怀著争战·他的话比油柔和·其实是拔出来的刀。
- 22 你要把你的重担卸给耶和华·他必抚养你·他永不叫义人动摇。
- 23 神阿·你必使恶人下入灭亡的坑·流人血行诡诈的人·必活不到半世·但我要倚靠你。

55:12 Indeed, it is not an enemy who insults me, or else I could bear it; it is not one who hates me who arrogantly taunts me, or else I could hide from him.

55:13 But it is you, a man like me, my close friend in whom I confided.

55:14 We would share personal thoughts with each other; in God's temple we would walk together among the crowd.

55:15 May death destroy them! May they go down alive into Sheol! For evil is in their dwelling place and in their midst.

55:16 As for me, I will call out to God, and the LORD will deliver me.

55:17 During the evening, morning, and noontime I will lament and moan, and he will hear me.

55:18 He will rescue me and protect me from those who attack me, even though they greatly outnumber me.

55:19 God, the one who has reigned as king from long ago, will hear and humiliate them. (Selah) They refuse to change, and do not fear God.

55:20 He attacks his friends; he breaks his solemn promises to them.

55:21 His words are as smooth as butter, but he harbors animosity in his heart. His words seem softer than oil, but they are really like sharp swords.

55:22 Throw your burden upon the LORD, and he will sustain you. He will never allow the godly to be upended.

55:23 But you, O God, will bring them down to the deep Pit. Violent and deceitful people will not live even half a normal lifespan. But as for me, I trust in you.

第五十六篇

- 1 [非利士人在迦特拿住大卫·那时他作这金诗·交与伶长·调用远方无声鸽。]
神阿·求你怜悯我·因为人要把我吞了·终日攻击欺压我。
- 2 我的仇敌终日要把我吞了·因逞骄傲攻击我的人甚多。
- 3 我惧怕的时候要倚靠你。
- 4 我倚靠 神·我要赞美他的话·我倚靠神·必不惧怕·血气之辈能把我怎么样呢。

Psalms 56

For the music director; according to the *yonath-elem-rechovim* style; a prayer of David, written when the Philistines captured him in Gath.

56:1 Have mercy on me, O God, for men are attacking me! All day long hostile enemies are tormenting me.

56:2 Those who anticipate my defeat attack me all day long. Indeed, many are fighting against me, O Exalted One.

56:3 When I am afraid, I trust in you.

56:4 In God—I boast in his promise—in God I trust, I am not afraid. What can mere men do to me?

- 5 他们终日颠倒我的话·他们一切的心思·
都是要害我。
- 6 他们聚集·埋伏窥探我的脚踪·等候要害
我的命。
- 7 他们岂能因罪孽逃脱么· 神阿·求你在
怒中使众民堕落。
- 8 我几次流离·你都记数·求你把我眼泪装
在你的皮袋里·这不都记在你册子上么。
- 9 我呼求的日子·我的仇敌都要转身退后·
神帮助我·这是我所知道的。
- 10 我倚靠 神·我要赞美他的话·我倚靠耶
和华·我要赞美他的话·
- 11 我倚靠 神·必不惧怕·人能把我怎么样
呢。
- 12 神阿·我向你所许的愿在我身上·我要
将感谢祭献给你。
- 13 因为你救我的命脱离死亡·你岂不是救护
我的脚不跌倒·使我在生命光中行在 神
面前么。

第五十七篇

- 1 [大卫逃避扫罗·藏在洞里·那时他作这
金诗·交与伶长·调用休要毁坏。]
神阿·求你怜悯我·怜悯我·因为我的心
投靠你·我要投靠在你翅膀的荫下·等到
灾害过去。
- 2 我要求告至高的 神·就是为我成全诸事
的 神。
- 3 那要吞我的人辱骂我的时候· 神从天上
必施恩救我·也必向我发出慈爱和诚实。
- 4 我的性命在狮子中间·我躺卧在性如烈火
的世人当中·他们的牙齿是枪·箭·他们
的舌头是快刀。
- 5 神阿·愿你崇高·过于诸天·愿你的荣
耀·高过全地。
- 6 他们为我的脚设下网罗·压制我的心·他
们在我面前挖了坑·自己反掉在其中。
〔细拉〕
- 7 神阿·我心坚定·我心坚定·我要唱
诗·我要歌颂。
- 8 我的灵阿·〔原文作荣耀〕你当醒起·琴
瑟阿·你们当醒起·我自己要极早醒起。

- 56:5 All day long they cause me trouble;
they make a habit of plotting my demise.
- 56:6 They stalk and lurk;
they watch my every step,
as they prepare to take my life.
- 56:7 Because they are bent on violence, do not let
them escape!
In your anger bring down the nations, O God!
- 56:8 You keep track of my misery.
Put my tears in your leather container!
Are they not recorded in your scroll?
- 56:9 My enemies will turn back when I cry out to
you for help;
I know that God is on my side.
- 56:10 In God—I boast in his promise—
in the LORD—I boast in his promise—
- 56:11 in God I trust, I am not afraid.
What can mere men do to me?
- 56:12 I am obligated to fulfill the vows I made to
you, O God;
I will give you the thank-offerings you deserve,
- 56:13 when you deliver my life from death.
You keep my feet from stumbling,
so that I might serve God as I enjoy life.

Psalm 57

For the music director; according to the *al-tashcheth* style; a prayer of David, written when he fled from Saul into the cave.

- 57:1 Have mercy on me, O God! Have mercy on me!
For in you I have taken shelter.
In the shadow of your wings I take shelter
until trouble passes.
- 57:2 I cry out for help to the sovereign God,
to the God who vindicates me.
- 57:3 May he send help from heaven and deliver me
from my enemies who hurl insults! (Selah)
May God send his loyal love and faithfulness!
- 57:4 I am surrounded by lions;
I lie down among those who want to devour me;
men whose teeth are spears and arrows,
whose tongues are a sharp sword.
- 57:5 Rise up above the sky, O God!
May your splendor cover the whole earth!
- 57:6 They have prepared a net to trap me;
I am discouraged.
They have dug a pit for me.
They will fall into it! (Selah)
- 57:7 I am determined, O God! I am determined!
I will sing and praise you!
- 57:8 Awake, my soul!
Awake, O stringed instrument and harp!
I will wake up at dawn!

- 9 主阿、我要在万民中感谢你、在列邦中歌颂你。
- 10 因为你的慈爱、高及诸天、你的诚实、达到穹苍。
- 11 神阿、愿你崇高过于诸天、愿你的荣耀、高过全地。

第五十八篇

- 1 [大卫的金诗、交与伶长、调用休要毁坏。]
世人哪、你们默然不语、真合公义么、施行审判、岂按正直么。
- 2 不然、你们是心中作恶、你们在地上秤出你们手所行的强暴。
- 3 恶人一出母胎、就与神疏远、一离母腹、便走错路、说谎话。
- 4 他们的毒气、好像蛇的毒气、他们好像塞耳的聋虺、
- 5 不听行法术的声音、虽用极灵的咒语、也是不听。
- 6 神阿、求你敲碎他们口中的牙、耶和華阿、求你敲掉少壮狮子的大牙。
- 7 愿他们消灭如急流的水一般、他们瞅准射箭的时候、愿箭头仿佛砍断。
- 8 愿他们像蜗牛消化过去、又像妇人坠落未见天日的胎。
- 9 你们用荆棘烧火、锅还未热、他要用旋风把青的和烧著的一齐刮去。
- 10 义人见仇敌遭报、就欢喜、要在恶人的血中洗脚。
- 11 因此、人必说、义人诚然有善报、在地上果有施行判断的神。

第五十九篇

- 1 [扫罗打发人窥探大卫的房屋、要杀他、那时大卫用这金诗、交与伶长、调用休要毁坏。]
我的神阿、求你救我脱离仇敌、把我安置在高处、得脱那些起来攻击我的人。
- 2 求你救我脱离作孽的人、和喜爱流人血的人。
- 3 因为他们埋伏、要害我的命、有能力的人聚集来攻击我、耶和華阿、这不是为我的过犯、也不是为我的罪愆。

- 57:9 I will give you thanks before the nations, O Master!
I will sing praises to you before foreigners!
- 57:10 For your loyal love extends beyond the sky, and your faithfulness reaches the clouds.
- 57:11 Rise up above the sky, O God!
May your splendor cover the whole earth!

Psalm 58

For the music director; according to the *al-tashcheth* style; a prayer of David.

58:1 Do you rulers really pronounce just decisions?
Do you judge people fairly?

58:2 No! You plan how to do what is unjust;
you deal out violence in the earth.

58:3 The wicked turn aside from birth;
liars go astray as soon as they are born.

58:4 Their venom is like that of a snake,
like a deaf serpent that does not hear,

58:5 that does not respond to the magicians,
or to a skilled snake-charmer.

58:6 O God, break the teeth in their mouths!
Smash the jawbones of the lions, O LORD!

58:7 Let them disappear like water that flows away!
Let them wither like grass!

58:8 Let them be like a snail that melts away as it
moves along!
Let them be like stillborn babies that never see the sun!

58:9 Before the kindling is even placed under your
pots,
he will sweep it away along with both the raw and
cooked meat.

58:10 The godly will rejoice when they see vengeance
carried out;
they will bathe their feet in the blood of the wicked.

58:11 Then observers will say,
“Yes indeed, the godly are rewarded!
Yes indeed, there is a God who judges in the earth!”

Psalm 59

For the music director; according to the *al-tashcheth* style; a prayer of David, written when Saul sent men to surround his house and murder him.

59:1 Deliver me from my enemies, my God!
Protect me from those who attack me!

59:2 Deliver me from evildoers!
Rescue me from violent men!

59:3 For look, they wait to ambush me;
powerful men stalk me,
but not because I have rebelled or sinned, O LORD.

- 4 我虽然无过、他们豫备整齐、跑来攻击我·求你兴起鉴察·帮助我。
- 5 万军之 神耶和華以色列的 神阿·求你兴起、惩治万邦·不要怜悯行诡诈的恶人。〔细拉〕
- 6 他们晚上转回、叫号如狗、围城绕行。
- 7 他们口中喷吐恶言、嘴里有刀、他们说、有谁听见。
- 8 但你耶和華必笑话他们·你要嗤笑万邦。
- 9 我的力量阿、我必仰望你·因为 神是我的高台。
- 10 我的 神要以慈爱迎接我· 神要叫我看见我仇敌遭报。
- 11 不要杀他们、恐怕我的民忘记·主阿、你是我们的盾牌·求你用你的能力使他们四散、且降为卑。
- 12 因他们口中的罪、和嘴里的言语、并咒骂虚谎的话、愿他们在骄傲之中被缠住了。
- 13 求你发怒、使他们消灭、以至归于无有、叫他们知道 神在雅各中间掌权、直到地极。〔细拉〕
- 14 到了晚上、任凭他们转回·任凭他们叫号如狗、围城绕行。
- 15 他们必走来走去、寻找食物·若不得饱、就终夜在外。
- 16 但我要歌颂你的力量、早晨要高唱你的慈爱·因为你作过我的高台·在我急难的日子、作过我的避难所。
- 17 我的力量阿、我要歌颂你·因为 神是我的高台、是赐恩与我的 神。

59:4 Though I have done nothing wrong, they are anxious to attack.
Spring into action and help me! Take notice of me!
59:5 You, O LORD God, the invincible warrior, the God of Israel,
rouse yourself and punish all the nations!
Have no mercy on any treacherous evildoers! (Selah)
59:6 They return in the evening;
they growl like a dog
and prowls around outside the city.
59:7 Look, they hurl insults at me
and openly threaten to kill me,
for they say,
“Who hears?”
59:8 But you, O LORD, laugh in disgust at them;
you taunt all the nations.
59:9 You are my source of strength! I will wait for you!
For God is my refuge.
59:10 The God who loves me will help me;
God will enable me to triumph over my enemies.
59:11 Do not strike them dead suddenly,
because then my people might forget the lesson.
Use your power to make them homeless vagabonds
and then bring them down,
O sovereign Master who shields us!
59:12 They speak sinful words.
So let them be trapped by their own pride
and by the curses and lies they speak!
59:13 Angriily wipe them out! Wipe them out so they vanish!
Let them know that God rules
in Jacob and to the ends of the earth! (Selah)
59:14 They return in the evening;
they growl like a dog
and prowls around outside the city.
59:15 They wander around looking for something to eat;
they refuse to sleep until they are full.
59:16 As for me, I will sing about your strength;
I will praise your loyal love in the morning.
For you are my refuge
and my place of shelter when I face trouble.
59:17 You are my source of strength! I will sing praises to you!
For God is my refuge, the God who loves me.

第六十篇

- 1 〔大卫与两河间的亚兰并琐巴的亚兰争战的时候、约押转回、在盐谷攻击以东、杀了一万二千人·那时大卫作这金诗、叫人学习、交与伶长、调用为证的百合花。〕
神阿、你丢弃了我们、使我们破败·你向我们发怒·求你使我们复兴。

Psalms 60

For the music director; according to the *shushan-eduth* style; a prayer of David written to instruct others. It was written when he fought against Aram Naharaim and Aram-Zobah. That was when Joab turned back and struck down 12,000 Edomites in the Valley of Salt.

- 2 你使地震动、而且崩裂·求你将裂口医好·因为地摇动。
3 你叫你的民遇见艰难·你叫我们喝那使人东倒西歪的酒。
4 你把旌旗赐给敬畏你的人、可以为真理扬起来。〔细拉〕
5 求你应允我们、用右手拯救我们、好叫你所亲爱的人得救。
6 神已经指著他的圣洁说、〔说或作应许我〕我要欢乐·我要分开示剑、丈量疏割谷。
7 基列是我的、玛拿西也是我的·以法莲是护卫我头的·犹大是我的杖·
8 摩押是我的沐浴盆·我要向以东抛鞋·非利士阿·你还能因我欢呼么。
9 谁能领我进坚固城·谁能引我到以东地。
10 神阿、你不是丢弃了我们么·神阿、你不和我们的军兵同去么。
11 求你帮助我们攻击敌人·因为人的帮助是枉然的。
12 我们倚靠神·才得施展大能·因为践踏我们敌人的就是他。

第六十一篇

- 1 〔大卫的诗·交与伶长·用丝弦的乐器。〕
神阿、求你听我的呼求、侧耳听我的祷告·
2 我心里发昏的时候、我要从地极求告你·求你领我到那比我更高的磐石。
3 因为你作过我的避难所、作过我的坚固台、脱离仇敌。
4 我要永远住在你的帐幕里·我要投靠在你翅膀下的隐密处。〔细拉〕
5 神阿、你原是听了我所许的愿·你将产业赐给敬畏你名的人。
6 你要加添王的寿数·他的年岁必存到末世。
7 他必永远坐在神面前·愿你豫备慈爱和诚实保佑他。
8 这样、我要歌颂你的名·直到永远·好天天还我所许的愿。

- 60:1 O God, you have rejected us.
You suddenly turned on us in your anger.
Please restore us!
60:2 You made the earth quake; you split it open.
Repair its breaches, for it is ready to fall.
60:3 You have made your people experience hard times;
you have made us drink intoxicating wine.
60:4 You have given your loyal followers a rallying flag,
so that they might seek safety from the bow. (Selah)
60:5 Deliver by your power and answer me,
so that the ones you love may be safe.
60:6 God has spoken in his sanctuary:
“I will triumph! I will parcel out Shechem;
the Valley of Succoth I will measure off.
60:7 Gilead belongs to me,
as does Manasseh!
Ephraim is my helmet,
Judah my royal scepter.
60:8 Moab is my washbasin.
I will make Edom serve me.
I will shout in triumph over Philistia.”
60:9 Who will lead me into the fortified city?
Who will bring me to Edom?
60:10 Have you not rejected us, O God?
O God, you do not go into battle with our armies.
60:11 Give us help against the enemy,
for any help men might offer is futile.
60:12 By God's power we will conquer;
he will trample down our enemies.

Psalms 61

For the music director; to be played on a stringed instrument; written by David.

- 61:1 O God, hear my cry for help!
Pay attention to my prayer!
61:2 From the most remote place on earth
I call out to you in my despair.
Lead me up to an inaccessible rocky summit!
61:3 Indeed, you are my shelter,
a strong tower that protects me from the enemy.
61:4 I will be a permanent guest in your home;
I will find shelter in the protection of your wings.
(Selah)
61:5 For you, O God, hear my vows;
you grant me the reward that belongs to your loyal followers.
61:6 Give the king long life!
Make his lifetime span several generations!
61:7 May he reign forever before God!
Decree that your loyal love and faithfulness should protect him.
61:8 Then I will sing praises to your name continually,
as I fulfill my vows day after day.

第六十二篇

- 1 [大卫的诗、照耶杜顿的作法、交与伶长。]
我的心默默无声、专等候 神·我的救恩是从他而来。
- 2 惟独他是我磐石、我的拯救·他是我的高台·我必不很动摇。
- 3 你们大家攻击一人、把他毁坏、如同毁坏歪斜的墙、将倒的壁、要到几时呢。
- 4 他们彼此商议、专要从他的尊位上把他推下·他们喜爱谎话·口虽祝福、心却咒诅。〔细拉〕
- 5 我的心哪、你当默默无声、专等候 神·因为我的盼望是从他而来。
- 6 惟独他是我磐石、我的拯救·他是我的高台·我必不动摇。
- 7 我的拯救、我的荣耀、都在乎 神·我力量的磐石、我的避难所、都在乎 神·
- 8 你们众民当时倚靠他、在他面前倾心吐意· 神是我们的避难所。〔细拉〕
- 9 下流人真是虚空、上流人也是虚假·放在天平里就必浮起·他们一共比空气还轻。
- 10 不要仗势欺人、也不要因抢夺而骄傲·若财宝加增、不要放在心上。
- 11 神说了一次、两次、我都听见、就是能力都属乎 神。
- 12 主阿、慈爱也是属乎你·因为你照著各人所行的报应他。

第六十三篇

- 1 [大卫在犹大旷野的时候、作了这诗。]
神阿、你是我的 神、我要切切的寻求你·在乾旱疲乏无水之地、我渴想你、我的心切慕你。
- 2 我在圣所中曾如此瞻仰你、为要见你的能力、和你的荣耀。
- 3 因你的慈爱比生命更好、我的嘴唇要颂赞你。
- 4 我还活的时候要这样称颂你·我要奉你的名举手。

Psalm 62

For the music director, Jeduthun; a psalm of David.

62:1 For God alone I patiently wait; he is the one who delivers me.

62:2 He alone is my protector and deliverer. He is my refuge; I will not be upended.

62:3 How long will you threaten a man? All of you are murderers, as dangerous as a leaning wall or an unstable fence.

62:4 They spend all their time planning how to bring him down. They love to use deceit; they pronounce blessings with their mouths, but inwardly they utter curses. (Selah)

62:5 Patiently wait for God alone, my soul! For he is the one who gives me confidence.

62:6 He alone is my protector and deliverer. He is my refuge; I will not be upended.

62:7 God delivers me and exalts me; God is my strong protector and my shelter.

62:8 Trust in him at all times, you people! Pour out your hearts before him! God is our shelter! (Selah)

62:9 Men are nothing but a mere breath; human beings are unreliable. When they are weighed in the scales, all of them together are lighter than air.

62:10 Do not trust in what you can gain by oppression! Do not put false confidence in what you can gain by robbery! If wealth increases, do not become attached to it!

62:11 God has declared one principle; two principles I have heard: God is strong,

62:12 and you, O sovereign Master, demonstrate loyal love. For you repay men for what they do.

Psalm 63

A psalm of David, written when he was in the Judean wilderness.

63:1 O God, you are my God! I long for you! My soul thirsts for you, my flesh yearns for you, in a dry and parched land where there is no water.

63:2 Yes, in the sanctuary I have seen you, and witnessed your power and splendor.

63:3 Because experiencing your loyal love is better than life itself, my lips will praise you.

63:4 For this reason I will praise you while I live; in your name I will lift up my hands.

- 5 我在床上记念你、在夜更的时候思想你、
6 我的心就像饱足了骨髓肥油、我也要欢乐的嘴唇赞美你。
7 因为你曾帮助我、我就在你翅膀的荫下欢呼。
8 我心紧紧的跟随你、你的右手扶持我。
9 但那些寻索要灭我命的人、必往地底下。
10 他们必被刀剑所杀、被野狗所吃。
11 但是王必因 神欢喜、凡指著他发誓的、必要夸口、因为说谎之人的口、必被塞住。

第六十四篇

- 1 [大卫的诗、交与伶长。]
神阿、我哀叹的时候、求你听我的声音、求你保护我的性命、不受仇敌的惊恐。
2 求你把我隐藏、使我脱离作恶之人的暗谋、和作孽之人的扰乱。
3 他们磨舌如刀、发出苦毒的言语、好像比准了的箭。
4 要在暗地射完全人、他们忽然射他、并不惧怕。
5 他们彼此勉励设下恶计、他们商量暗设网罗、说、谁能看见。
6 他们图谋奸恶、说、我们是极力图谋的、他们各人的意念心思是深的。
7 但 神要射他们、他们忽然被箭射伤。
8 他们必然绊跌、被自己的舌头所害、凡看见他们的、必都摇头。
9 众人都要害怕、要传扬 神的工作、并且明白他的作为。
10 义人必因耶和華欢喜、并要投靠他、凡心里正直的人、都要夸口。

第六十五篇

- 1 [大卫的诗歌、交与伶长。]
神阿、锡安的人、都等候赞美你、所许的愿、也要向你偿还。

- 63:5 As if with choice meat you satisfy my soul.
My mouth joyfully praises you,
63:6 whenever I remember you on my bed,
and think about you during the nighttime hours.
63:7 For you are my deliverer;
under your wings I rejoice.
63:8 My soul pursues you;
your right hand upholds me.
63:9 Enemies seek to destroy my life,
but they will descend into the depths of the earth.
63:10 Each one will be handed over to the sword;
their corpses will be eaten by jackals.
63:11 But the king will rejoice in God;
everyone who takes oaths in his name will boast,
for the mouths of those who speak lies will be shut up.

Psalm 64

- For the music director; a psalm of David.
64:1 Listen to me, O God, as I offer my lament!
Protect my life from the enemy's terrifying attacks.
64:2 Hide me from the plots of evil men,
from the crowd of evildoers.
64:3 They sharpen their tongues like a sword;
they aim their arrow, a slanderous charge,
64:4 in order to shoot down the innocent in secluded places.
They shoot at him suddenly and are unafraid of retaliation.
64:5 They encourage one another to carry out their evil deed.
They plan how to hide snares,
and boast, "Who will see them?"
64:6 They devise unjust schemes;
they disguise a well-conceived plot.
Man's inner thoughts cannot be discovered.
64:7 But God will shoot at them;
suddenly they will be wounded by an arrow.
64:8 Their slander will bring about their demise.
All who see them will shudder,
64:9 and all people will fear.
They will proclaim what God has done,
and reflect on his deeds.
64:10 The godly will rejoice in the LORD
and take shelter in him.
All the morally upright will boast.

Psalm 65

- For the music director; a psalm of David, a song.
65:1 Praise awaits you, O God, in Zion.
Vows made to you are fulfilled.

- 2 听祷告的主阿、凡有血气的、都要来就你。
3 罪孽胜了我、至于我们的过犯、你都要赦免。
4 你所拣选、使他亲近你、住在你院中的、这人便为有福、我们必因你居所、你圣殿的美福知足了。
5 拯救我们的 神阿、你必以威严秉公义应允我们、你本是一切地极、和海上远处的人所倚靠的。
6 他既以大能束腰、就用力量安定诸山、
7 使诸海的响声、和其中波浪的响声、并万民的喧哗、都平静了。
8 住在地板的人、因你的神迹惧怕、你使日出日落之地都欢呼。
9 你眷顾地、降下透雨、使地大得肥美、神的河满了水、你这样浇灌了地、好为人豫备五谷。
10 你浇透地的犁沟、润平犁脊、降甘霖、使地软和、其中发长的、蒙你赐福。
11 你以恩典为年岁的冠冕、你的路径都滴下脂油、
12 滴在旷野的草场上、小山以欢乐束腰。
13 草场以羊群为衣、谷中也长满了五谷。这一切都欢呼歌唱、

65:2 You hear prayers;
all people approach you.
65:3 Our record of sins overwhelms me,
but you forgive our acts of rebellion.
65:4 How happy is the one whom you choose,
and allow to live in your palace courts.
May we be satisfied with the good things of your house—
your holy palace.
65:5 You answer our prayers by performing awesome acts of deliverance,
O God, our savior.
All the ends of the earth trust in you,
as well as those living across the wide seas.
65:6 You created the mountains by your power,
and demonstrated your strength.
65:7 You calm the raging seas
and their roaring waves,
as well as the commotion made by the nations.
65:8 Even those living in the most remote areas are awestruck by your acts;
you cause those living in the east and west to praise you.
65:9 You visit the earth and give it rain;
you make it rich and fertile
with overflowing streams full of water.
You provide grain for them,
for you prepare the earth to yield its crops.
65:10 You saturate its furrows,
and soak its plowed ground.
With rain showers you soften its soil,
and make its crops grow.
65:11 You crown the year with your good blessings,
and you leave abundance in your wake.
65:12 The pastures in the wilderness glisten with moisture,
and the hills are clothed with joy.
65:13 The meadows are clothed with sheep,
and the valleys are covered with grain.
They shout joyfully, yes, they sing.

第六十六篇

- 1 [一篇诗歌、交与伶长。]
全地都当向 神欢呼、
2 歌颂他名的荣耀、用赞美的言语、将他的荣耀发明。
3 当对 神说、你的作为何等可畏、因你的大能仇敌要投降你。
4 全地要敬拜你、歌颂你、要歌颂你的名。
[细拉]
5 你们来看 神所行的、他向世人所作之事、是可畏的。

Psalms 66

For the music director; a song, a psalm.
66:1 Shout out praise to God, all the earth!
66:2 Sing praises about the majesty of his reputation!
Give him the honor he deserves!
66:3 Say to God:
“How awesome are your deeds!
Because of your great power your enemies cower in fear before you.
66:4 All the earth worships you
and sings praises to you!
They sing praises to your name!” (Selah)
66:5 Come and witness God’s exploits!
His acts on behalf of people are awesome!

- 6 他将海变成乾地·众民步行过河·我们在那里因他欢喜。
- 7 他用权能治理万民、直到永远·他的眼睛监察列邦·悖逆的人不可自高。〔细拉〕
- 8 万民哪、你们当称颂我们的 神、使人得听赞美他的声音·
- 9 他使我们的性命存活、也不叫我们的脚摇动。
- 10 神阿、你曾试验我们、熬炼我们、如熬炼银子一样。
- 11 你使我们进入网罗、把重担放在我们的身上。
- 12 你使人坐车轧我们的头·我们经过水火·你却使我们到丰富之地。
- 13 我要用燔祭进你的殿、向你还我的愿、
- 14 就是在急难时我嘴唇所发的、口中所许的。
- 15 我要把肥牛作燔祭、将公羊的香祭献给你·又把公牛和山羊献上。〔细拉〕
- 16 凡敬畏 神的人、你们都来听·我要述说他为我所行的事。
- 17 我曾用口求告他、我的舌头、也称他的高。
- 18 我若心里注重罪孽、主必不听。
- 19 但 神实在听见了·他侧耳听了我的祷告的声音。
- 20 神是应当称颂的·他并没有推却我的祷告、也没有叫他的慈爱离开我。

- 66:6 He turned the sea into dry land; they passed through the river on foot. Let us rejoice in him there!
- 66:7 He rules by his power forever; he watches the nations. Stubborn rebels should not exalt themselves. (Selah)
- 66:8 Praise our God, you nations! Loudly proclaim his praise!
- 66:9 He preserves our lives and does not allow our feet to slip.
- 66:10 For you, O God, tested us; you purified us like refined silver.
- 66:11 You led us into a trap; you caused us to suffer.
- 66:12 You allowed men to ride over our heads; we passed through fire and water, but you brought us out into a wide open place.
- 66:13 I will enter your temple with burnt sacrifices; I will fulfill the vows I made to you,
- 66:14 which my lips uttered and my mouth spoke when I was in trouble.
- 66:15 I will offer up to you fattened animals as burnt sacrifices, along with the smell of sacrificial rams. I will offer cattle and goats. (Selah)
- 66:16 Come! Listen, all you who are loyal to God! I will declare what he has done for me.
- 66:17 I cried out to him for help and praised him with my tongue.
- 66:18 If I had harbored sin in my heart, the sovereign Master would not have listened.
- 66:19 However, God heard; he listened to my prayer.
- 66:20 God deserves praise, for he did not reject my prayer or abandon his love for me!

第六十七篇

- 1 〔一篇诗歌、交与伶长、用丝弦的乐器。〕
愿 神怜悯我们、赐福与我们、用脸光照我们。〔细拉〕
- 2 好叫世界得知你的道路、万国得知你的救恩。
- 3 神阿、愿列邦称赞你。愿万民都称赞你。
- 4 愿万国都快乐欢呼·因为你必按公正审判万民、引导世上的万国。〔细拉〕
- 5 神阿、愿列邦称赞你·愿万民都称赞你。
- 6 地已经出了土产· 神就是我们的 神、要赐福与我们。

Psalms 67

- For the music director; to be accompanied by stringed instruments; a psalm, a song.
- 67:1 May God show us his favor and bless us! May he smile on us! (Selah)
- 67:2 Then those living on earth will know what you are like; all nations will know how you deliver your people.
- 67:3 Let the nations thank you, O God! Let all the nations thank you!
- 67:4 Let foreigners rejoice and celebrate! For you execute justice among the nations, and govern the people living on earth. (Selah)
- 67:5 Let the nations thank you, O God! Let all the nations thank you!
- 67:6 The earth yields its crops. May God, our God, bless us!

- 7 神要赐福与我们·地的四极都要敬畏他。

67:7 May God bless us!
Then all the ends of the earth will give him the honor he deserves.

第六十八篇

- 1 [大卫的诗歌、交与伶长。]
愿 神兴起、使他的仇敌四散、叫那恨他的人、从他面前逃跑。
- 2 他们被驱逐、如烟被风吹散·恶人见 神之面而消灭、如蜡被火熔化。
- 3 惟有义人必然欢喜、在 神面前高兴快乐。
- 4 你们当向 神唱诗、歌颂他的名·为那坐车行过旷野的、修平大路·他的名是耶和华·要在他面前欢乐。
- 5 神在他的圣所作孤儿的父、作寡妇的伸冤者。
- 6 神叫孤独的有家、使被囚的出来享福·惟有悖逆的住在乾燥之地。
- 7 神阿、你曾在你百姓前头出来、在旷野行走。〔细拉〕
- 8 那时地见 神的面而震动、天也落雨·西奈山见以色列 神的面也震动。
- 9 神阿、你降下大雨·你产业以色列疲乏的时候、你使他坚固。
- 10 你的会众住在其中· 神阿、你的恩惠是为困苦人豫备的。
- 11 主发命令、传好信息的妇女成了大群。
- 12 统兵的君王逃跑了、逃跑了·在家等候的妇女、分受所夺的。
- 13 你们安卧在羊圈的时候、好像鸽子的翅膀镀白银、翎毛镀黄金一般。
- 14 全能者在境内赶散列王的时候、势如飘雪在撒们。
- 15 巴珊山是 神的山·巴珊山是多峰多岭的山。

Psalm 68

For the music director; by David, a psalm, a song.

68:1 God springs into action!
His enemies scatter;
his adversaries run from him.

68:2 As smoke is driven away by the wind, so you drive them away.
As wax melts before fire,
so the wicked are destroyed before God.

68:3 But the godly are happy;
they rejoice before God
and are overcome with joy.

68:4 Sing to God! Sing praises to his name!
Exalt the one who rides on the clouds!
For the LORD is his name!
Rejoice before him!

68:5 He is a father to the fatherless
and an advocate for widows.
God rules from his holy palace.

68:6 God settles those who have been deserted in their own homes;
he frees prisoners and grants them prosperity.
But sinful rebels live in the desert.

68:7 O God, when you lead your people into battle,
when you march through the desert, (Selah)

68:8 the earth shakes,
yes, the heavens pour down rain
before God, the God of Sinai,
before God, the God of Israel.

68:9 O God, you cause abundant showers to fall on your chosen people.
When they are tired, you sustain them,

68:10 for you live among them.
You sustain the oppressed with your good blessings,
O God.

68:11 The sovereign Master speaks;
many, many women spread the good news.

68:12 Kings leading armies run away—they run away!
The lovely lady of the house divides up the loot.

68:13 When you lie down among the sheepfolds,
the wings of the dove are covered with silver
and with glittering gold.

68:14 When the sovereign judge scatters kings,
let it snow on Zalmon!

68:15 The mountain of Bashan is a towering mountain;
the mountain of Bashan is a mountain with many peaks.

- 16 你们多峰多岭的山哪、为何斜看 神所愿居住的山·耶和華必住这山、直到永远。
- 17 神的车辇累万盈千·主在其中、好像在西乃圣山一样。
- 18 你已经升上高天、掳掠仇敌、你在人间、就是在悖逆的人间、受了供献、叫耶和華神可以与他们同住。
- 19 天天背负我们重担的主、就是拯救我们的神、是应当称颂的。〔细拉〕
- 20 神是为我们施行诸般救恩的 神·人能脱离死亡、是在乎主耶和華。
- 21 但 神要打破他仇敌的头、就是那常犯罪之人的发顶。
- 22 主说、我要使众民从巴珊而归、使们从深海而回·
- 23 使你打碎仇敌、你的脚踹在血中、使你狗的舌头、从其中得分。
- 24 神阿、你是我的 神·我的王·人已经看见你行走、进入圣所。
- 25 歌唱的行在前、作乐的随在后、都在击鼓的童女中间。
- 26 从以色列源头而来的、当在各会中称颂主神。
- 27 在那里有统管他们的小便雅悯、有犹大的首领、和他们的群众·有西布伦的首领·有拿弗他利的首领。
- 28 以色列的能力、是 神所赐的· 神阿、求你坚固你为我们所成全的事。
- 29 因你耶路撒冷的殿、列王必带贡物献给你·
- 30 求你叱喝芦苇中的野兽、和群公牛、并列邦中的牛犊、把银块踹在脚下· 神已经赶散好争战的列邦。
- 31 埃及的公侯要出来朝见 神·古实人要急忙举手祷告。
- 32 世上的列国阿、你们要向 神歌唱·愿你们歌颂主·
- 33 歌颂那自古驾行在诸天以上的主·他发出声音、是极大的声音。

- 68:16** Why do you look with envy, O mountains with many peaks,
at the mountain where God has decided to live?
Indeed the LORD will live there permanently!
- 68:17** God has countless chariots;
they number in the thousands.
The sovereign Master comes from Sinai in holy splendor.
- 68:18** You ascend on high,
you have taken many captives.
You receive tribute from men,
including even sinful rebels.
Indeed the LORD God lives there!
- 68:19** The sovereign Master deserves praise!
Day after day he carries our burden,
the God who delivers us. (Selah)
- 68:20** Our God is a God who delivers;
the LORD, the sovereign Master, can rescue from death.
- 68:21** Indeed God strikes the heads of his enemies,
the hairy foreheads of those who persist in rebellion.
- 68:22** The sovereign Master says,
“I will retrieve them from Bashan,
I will bring them back from the depths of the sea,
68:23 so that your feet may stomp in their blood,
and your dogs may eat their portion of the enemies’ corpses.”
- 68:24** They see your processions, O God—the processions of my God, my king, who marches along in holy splendor.
- 68:25** Singers walk in front;
musicians follow playing their stringed instruments,
in the midst of young women playing tambourines.
- 68:26** In your large assemblies praise God,
the sovereign Master, in the assemblies of Israel!
- 68:27** There is little Benjamin, their ruler,
and the princes of Judah in their robes,
along with the princes of Zebulun and the princes of Naphtali.
- 68:28** God has decreed that you will be powerful.
O God, you who have acted on our behalf, demonstrate your power,
- 68:29** as you come out of your temple in Jerusalem!
Kings bring tribute to you.
- 68:30** Sound your battle cry against the wild beast of the reeds,
and the nations that assemble like a herd of calves led by bulls!
They humble themselves and offer gold and silver as tribute.
God scatters the nations that like to do battle.
- 68:31** They come with red cloth from Egypt,
Ethiopia voluntarily offers tribute to God.
- 68:32** O kingdoms of the earth, sing to God!
Sing praises to the sovereign Master, (Selah)
- 68:33** to the one who rides through the sky from ancient times!
Look! He thunders loudly.

- 34 你们要将能力归给 神，他的威荣在以色列之上，他的能力是在穹苍。
- 35 神阿、你从圣所显为可畏，以色列的神，是那将力量权能赐给他百姓的。神是应当称颂的。

第六十九篇

- 1 [大卫的诗、交与伶长、调用百合花。]
神阿、求你救我，因为众水要淹没我。
- 2 我陷在深淤泥中、没有立脚之地，我到了深水中，大水漫过我身。
- 3 我因呼求困乏、喉咙发乾，我因等候神、眼睛失明。
- 4 无故恨我的、比我头发还多，无理与我人为仇、要把我剪除的、甚为强盛，我没有抢夺的、要叫我偿还。
- 5 神阿、我的愚昧你原知道，我的罪愆不能隐瞒。
- 6 万军的主耶和華阿、求你叫那等候你的、不要因我蒙羞，以色列的神阿、求你叫那寻求你的、不要因我受辱。
- 7 因我为你的缘故受了辱骂、满面羞愧。
- 8 我的弟兄看我为外路人，我的同胞看我为外邦人。
- 9 因我为你的殿心里焦急、如同火烧，并且辱骂你的辱骂、都落在我身上。
- 10 我哭泣、以禁食刻苦我心、这倒算为我的羞辱。
- 11 我拿麻布当衣裳、就成了他们的笑谈。
- 12 坐在城门口的谈论我，酒徒也以我为歌曲。
- 13 但我在悦纳的时候、向你耶和華祈祷，神阿、求你按你丰盛的慈爱、凭你拯救的诚实、应允我。
- 14 求你搭救我出离淤泥、不叫我陷在其中，求你使我脱离那些恨我的人、使我出离深水。
- 15 求你不容大水漫过我、不容深渊吞灭我、不容坑坎在我以上合口。

68:34 Acknowledge God's power,
his sovereignty over Israel,
and the power he reveals in the skies!
68:35 You are awe-inspiring, O God, as you emerge
from your holy temple!
It is the God of Israel who gives the people power
and strength.
God deserves praise!

Psalm 69

For the music director; according to the tune of "Lilies;" by David.

69:1 Deliver me, O God,
for the water has reached my neck.
69:2 I sink into the deep mire
where there is no solid ground;
I am in deep water,
and the current overpowers me.
69:3 I am exhausted from shouting for help;
my throat is sore;
my eyes grow tired of looking for my God.
69:4 Those who hate me without cause are more numerous
than the hairs of my head.
Those who want to destroy me and are my enemies
for no reason outnumber me.
They make me "pay back" what I did not steal!
69:5 O God, you are aware of my foolish sins;
my faults are not hidden from you.
69:6 Let none who rely on you be embarrassed because
of me,
O sovereign LORD and king!
Let none who seek you be ashamed because of me,
O God of Israel!
69:7 For I suffer humiliation for your sake
and am thoroughly disgraced.
69:8 My own brothers treat me like a stranger;
they act as if I were a foreigner.
69:9 Certainly devotion to your temple consumes me;
I endure the insults of those who insult you.
69:10 I weep and refrain from eating food,
which causes others to insult me.
69:11 I wear sackcloth
and they ridicule me.
69:12 Those who sit at the city gate talk about me;
drunkards mock me in their songs.
69:13 O LORD, may you hear my prayer and be favorably
disposed to me!
O God, because of your great loyal love, answer me;
deliver me because of your faithfulness!
69:14 Rescue me from the mud! Don't let me sink!
Deliver me from those who hate me,
from the deep water!
69:15 Don't let the current overpower me!
Don't let the deep swallow me up!
Don't let the pit devour me!

16 耶和華阿、求你應允我、因為你的慈愛本為美好、求你按你豐盛的慈悲、回轉眷顧我。
17 不要掩面不顧你的僕人、我是在急難之中、求你速速的應允我。
18 求你靠近我、救贖我、求你因我的仇敵把我贖回。
19 你知道我受的辱罵、欺凌、羞辱、我的敵人都在你面前。
20 辱罵傷破了我的心、我又滿了忧愁、我指望有人體恤、却沒有一個、我指望有人安慰、却找不著一個。
21 他們拿苦胆給我當食物、我渴了、他們拿醋給我喝。
22 愿他們的筵席、在他們面前變為網羅、在他們平安的時候、變為機檻。
23 愿他們的眼睛昏蒙、不得看見、愿你使他們的腰常常戰抖。
24 求你將你的惱恨、倒在他們身上、叫你的烈怒、追上他們。
25 愿他們的住處、變為荒場、愿他們的帳棚、無人居住。
26 因為你所擊打的、他們就逼迫、你所擊傷的、他們戲說他的愁苦。
27 愿你在他們的罪上加罪、不容他們在你面前稱義。
28 愿他們從生命冊上被塗抹、不得記錄在義人之中。
29 但我是困苦忧伤的、神阿、愿你的救恩將我安置在高處。
30 我要以詩歌讚美 神的名、以感謝稱他為大。
31 這便叫耶和華喜悅、勝似獻牛、或是獻有角有蹄的公牛。
32 謙卑的人看見了、就喜樂、尋求 神的人、愿你們的心苏醒。
33 因為耶和華听了窮乏人、不藐視被囚的人。
34 愿天和地、洋海、和其中一切的動物、都讚美他。
35 因為 神要拯救錫安、建造猶大的城邑、他的民要在那里居住、得以為業。
36 他仆人的后裔、要承受為業、愛他名的人、也要住在其中。

69:16 Answer me, O LORD, for your loyal love is what I need!
Because of your great compassion, turn toward me!
69:17 Do not ignore your servant, for I am in trouble! Answer me right away!
69:18 Come near me and defend me! Because of my enemies, rescue me!
69:19 You know how I am insulted, humiliated and disgraced; you can see all my enemies.
69:20 Their insults are painful and make me lose heart; I look for sympathy, but receive none, for comforters, but find none.
69:21 They put a poisonous herb into my food, and to quench my thirst they give me vinegar to drink.
69:22 May their dining table become a trap before them! May it be a snare for that group of friends!
69:23 May their eyes be blinded! Make them incapable of standing up!
69:24 Pour out your judgment on them! May your raging anger overtake them!
69:25 May their camp become desolate! May no one be left alive in their tents!
69:26 For they harass the one whom you discipline; they spread the news about the suffering of those whom you punish.
69:27 Hold them accountable for all their sins! Do not vindicate them!
69:28 May their names be wiped out of the scroll listing the living! Do not let their names be listed with the godly!
69:29 I am oppressed and suffering! O God, deliver and protect me!
69:30 I will sing praises to God's name! I will magnify him as I give him thanks!
69:31 That will please the LORD more than an ox or a bull with horns and hooves.
69:32 The oppressed look on—let them rejoice! You who seek God, may you be encouraged!
69:33 For the LORD listens to the needy; he does not despise those whom he punishes.
69:34 Let the heavens and the earth praise him, along with the seas and everything that swims in them!
69:35 For God will deliver Zion and rebuild the cities of Judah, and his people will again live in them and possess Zion.
69:36 The descendants of his servants will inherit it, and those who are loyal to him will live in it.

第七十篇

- 1 [大卫的记念诗、交与伶长。]
神阿、求你快快搭救我、耶和华阿、求你速速帮助我。
- 2 愿那些寻索我命的、抱愧蒙羞、愿那些喜悦我遭害的、退后受辱。
- 3 愿那些对我说、阿哈、阿哈的、因羞愧退后。
- 4 愿一切寻求你的、因你高兴欢喜、愿那些喜爱你救恩的常说、当尊 神为大。
- 5 但我是困苦乏乏的、神阿、求你速速到我这里来、你是帮助我的、搭救我的、耶和华阿、求你不要耽延。

第七十一篇

- 1 耶和华阿、我投靠你、求你叫我永不羞愧。
- 2 求你凭你的公义搭救我、救拔我、侧耳听我、拯救我。
- 3 求你作我常住的磐石、你已经命定要救我、因为你是我的岩石、我的山寨。
- 4 我的 神阿、求你救我脱离恶人的手、脱离不义和残暴之人的手。
- 5 主耶和华阿、你是我所盼望的、从我年幼你是我所倚靠的。
- 6 我出母胎被你扶持、使我出母腹的是你、我必常常赞美你。
- 7 许多人以我为怪、但你是我坚固的避难所。
- 8 你的赞美、你的荣耀、终日必满了我的口。
- 9 我年老的时候、求你不要丢弃我、我力气衰弱的时候、求你不要离弃我。
- 10 我的仇敌议论我、那些窥探要害我命的彼此商议、
- 11 说、神已经离弃他、我们追赶他、捉拿他罢、因为没有人搭救。
- 12 神阿、求你不要远离我、我的 神阿、求你速速帮助我。
- 13 愿那与我性命为敌的、羞愧被灭、愿那谋害我的、受辱蒙羞。

Psalm 70

For the music director; by David; written to get God's attention.

70:1 O God, please be willing to rescue me!
O LORD, hurry and help me!

70:2 May those who are trying to take my life
be embarrassed and ashamed!

May those who want to harm me
be turned back and ashamed!

70:3 May those who say, "Aha! Aha!"
be driven back and disgraced!

70:4 May all those who seek you be happy and re-
joice in you!

May those who love to experience your deliverance
say continually,

"May God be praised!"

70:5 I am oppressed and needy!

O God, hurry to me!

You are my helper and my deliverer!

O LORD, do not delay!

Psalm 71

71:1 In you, O LORD, I have taken shelter!
Never let me be humiliated!

71:2 Vindicate me by rescuing me!
Listen to me! Deliver me!

71:3 Be my protector and refuge,
a stronghold where I can be safe!

For you are my high ridge and my stronghold.

71:4 My God, rescue me from the power of the
wicked,

from the hand of the cruel oppressor!

71:5 For you give me confidence, O sovereign Mas-
ter;

O LORD, I have trusted in you since I was young.

71:6 I have leaned on you since birth;
you pulled me from my mother's womb.

I praise you continually.

71:7 Many are appalled when they see me,
but you are my secure shelter.

71:8 I praise you constantly
and speak of your splendor all day long.

71:9 Do not reject me in my old age!

When my strength fails, do not abandon me!

71:10 For my enemies talk about me;
those waiting for a chance to kill me plot my demise.

71:11 They say, "God has abandoned him.

Run and seize him, for there is no one who will res-
cue him!"

71:12 O God, do not remain far away from me!

My God, hurry and help me!

71:13 May my accusers be humiliated and defeated!

May those who want to harm me be covered with
scorn and disgrace!

- 14 我却要常常盼望、并要越发赞美你。
- 15 我的口终日要述说你的公义、和你的救恩、因我不计其数。
- 16 我要来说主耶和華大能的事、我单要提说你的公义。
- 17 神阿、自我年幼时、你就教训我、直到如今、我传扬你奇妙的作为。
- 18 神阿、我到年老发白的时候、求你不要离弃我、等我将自己的能力指示下代、将你的大能指示后世的人。
- 19 神阿、你的公义甚高、行过大事的 神阿、谁能像你。
- 20 你是叫我们多经历重大急难的、必使我们复活、从地的深处救上来。
- 21 求你使我越发昌大、又转来安慰我。
- 22 我的 神阿、我要鼓瑟称赞你、称赞你的诚实、以色列的圣者阿、我要弹琴歌颂你。
- 23 我歌颂你的时候、我的嘴唇、和你所赎我的灵魂、都必欢呼。
- 24 并且我的舌头、必终日讲论你的公义、因为那些谋害我的人、已经蒙羞受辱了。

71:14 As for me, I will wait continually, and will continue to praise you.
71:15 I will tell about your justice, and all day long proclaim your salvation, though I cannot fathom its full extent.
71:16 I will come and tell about the mighty acts of the sovereign LORD.
I will proclaim your justice—yours alone.
71:17 O God, you have taught me since I was young, and I am still declaring your amazing deeds.
71:18 Even when I am old and gray, O God, do not abandon me, until I tell the next generation about your strength, and those coming after me about your power.
71:19 Your justice, O God, extends to the skies above;
you have done great things.
O God, who can compare to you?
71:20 Though you have allowed me to experience much trouble and distress, revive me once again!
Bring me up once again from the depths of the earth!
71:21 Raise me to a position of great honor!
Turn and comfort me!
71:22 I will express my thanks to you with a stringed instrument,
praising your faithfulness, O my God!
I will sing praises to you accompanied by a harp, O sovereign king of Israel!
71:23 My lips will shout for joy! Yes, I will sing your praises!
I will praise you when you rescue me!
71:24 All day long my tongue will also tell about your justice,
for those who want to harm me will be embarrassed and ashamed.

第七十二篇

- 1 [所罗门的诗。]
神阿、求你将判断的权柄赐给王、将公义赐给王的儿子。
- 2 他要按公义审判你的民、按公平审判你的困苦人。
- 3 大山小山、都要因公义使民得享平安。
- 4 他必为民中的困苦人伸冤、拯救穷乏之辈、压碎那欺压人的。
- 5 太阳还存、月亮还在、人要敬畏你、直到万代。
- 6 他必降临、像雨降在已割的草地上、如甘露滋润田地。

Psalms 72

For Solomon.
72:1 O God, grant the king the ability to make just decisions!
Grant the king's son the ability to make fair decisions!
72:2 Then he will judge your people fairly, and your oppressed ones equitably.
72:3 The mountains will bring news of peace to the people, and the hills will announce justice.
72:4 He will defend the oppressed among the people; he will deliver the children of the poor and crush the oppressor.
72:5 People will fear you as long as the sun and moon remain in the sky, for generation after generation.
72:6 He will descend like rain on the mown grass, like showers that drench the earth.

- 7 在他的日子义人要发旺、大有平安、好像月亮长存。
- 8 他要执掌权柄、从这海直到那海、从大河直到地极。
- 9 住在旷野的、必在他面前下拜、他的仇敌必要舔土。
- 10 他施和海岛的王要进贡、示巴和西巴的王要献礼物。
- 11 诸王都要叩拜他、万国都要事奉他。
- 12 因为穷乏人呼求的时候、他要搭救、没有人帮助的困苦人、他也要搭救。
- 13 他要怜恤贫寒和穷乏的人、拯救穷苦人的性命。
- 14 他要救赎他们脱离欺压和强暴、他们的血在他眼中看为宝贵、
- 15 他们要存活。示巴的金子要奉给他、人要常常为他祷告、终日称颂他。
- 16 在地的山顶上、五谷必然茂盛、〔五谷必然茂盛或作有一把五谷〕所结的谷实、要响动如利巴嫩的树林、城里的人、要发旺如地上的草。
- 17 他的名要存到永远、要留传如日之久、人要因他蒙福、万国要称他有福。
- 18 独行奇事的耶和华以色列的神、是应当称颂的、
- 19 他荣耀的名、也当称颂、直到永远、愿他的荣耀、充满全地。阿们、阿们。
- 20 耶西的儿子大卫的祈祷完毕。

72:7 During his days the godly will flourish; peace will prevail as long as the moon remains in the sky.

72:8 May he rule from sea to sea, and from the Euphrates River to the ends of the earth!

72:9 Before him the coastlands will bow down, and his enemies will lick the dust.

72:10 The kings of Tarshish and the coastlands will offer gifts; the kings of Sheba and Seba will bring tribute.

72:11 All kings will bow down to him; all nations will serve him.

72:12 For he will rescue the needy when they cry out for help, and the oppressed who have no defender.

72:13 He will take pity on the poor and needy; the lives of the needy he will save.

72:14 From harm and violence he will defend them; he will value their lives.

72:15 May he live! May they offer him gold from Sheba!

May they continually pray for him!
May they pronounce blessings on him all day long!

72:16 May there be an abundance of grain in the earth;
on the tops of the mountains may it sway!
May its fruit trees flourish like the forests of Lebanon!

May its crops be as abundant as the grass of the earth!

72:17 May his fame endure!
May his dynasty last as long as the sun remains in the sky!

May they use his name when they formulate their blessings!

May all nations consider him to be favored by God!

72:18 The LORD God, the God of Israel, deserves praise!

He alone accomplishes amazing things!

72:19 His glorious name deserves praise forevermore!

May his majestic splendor fill the whole earth!
We agree! We agree!

72:20 This collection of the prayers of David son of Jesse ends here.

卷三

Book 3 (Psalms 73-89)

第七十三篇

Psalm 73

- 1 〔亚萨的诗。〕
神实在恩待以色列那些清心的人。
- 2 至于我、我的脚几乎失闪、我的脚险些滑跌。

A psalm by Asaph.

73:1 Certainly God is good to Israel, and to those whose motives are pure!

73:2 But as for me, my feet almost slipped; my feet almost slid out from under me.

3 我见恶人和狂傲人享平安、就心怀不平。
4 他们死的时候、没有疼痛、他们的力气、却也壮实。
5 他们不像别人受苦、也不像别人遭灾。
6 所以、骄傲如链子戴在他们的项上、强暴像衣裳遮住他们的身体。
7 他们的眼睛因体胖而凸出、他们所得的、过于心里所想的。
8 他们讥笑人、凭恶意说欺压人的话、他们说话自高。
9 他们的口褻渎上天、他们的舌毁谤全地。
10 所以 神的民归到这里、喝尽了满杯的苦水。
11 他们说、神怎能晓得、至高者岂有知识呢。
12 看哪、这就是恶人、他们既是常享安逸、财宝便加增。
13 我实在徒然洁净了我的心、徒然洗手表明无辜。
14 因为我终日遭灾难、每早晨受惩治。
15 我若说、我要这样讲、这就是以奸诈待你的众子。
16 我思索怎能明白这事、眼看实系为难。
17 等我进了 神的圣所、思想他们的结局。
18 你实在把他们安在滑地、使他们掉在沉沦之中。
19 他们转眼之间、成了何等的荒凉、他们被惊恐灭尽了。
20 人睡醒了怎样看梦、主阿、你醒了、也必照样轻看他们的影像。
21 因而我心里发酸、肺腑被刺。
22 我这样愚昧无知、在你面前如畜类一般。
23 然而我常与你同在、你搀著我的右手。
24 你要以你的训言引导我、以后必接我到荣耀里。
25 除你以外、在天上我有谁呢、除你以外、在地上我也没有所爱慕的。
26 我的肉体、和我的心肠衰残、但 神是我心里的力量、又是我的福分、直到永远。
27 远离你的、必要死亡、凡离弃你行邪淫的、你都灭绝了。

73:3 For I envied those who are proud,
as I observed the prosperity of the wicked.
73:4 For they suffer no pain;
their bodies are strong and well-fed.
73:5 They are immune to the trouble common to men;
they do not suffer as other men do.
73:6 Arrogance is their necklace,
and violence their clothing.
73:7 Their prosperity causes them to do wrong;
their thoughts are sinful.
73:8 They mock and say evil things;
they proudly threaten violence.
73:9 They speak as if they rule in heaven,
and lay claim to the earth.
73:10 Therefore they have more than enough food to eat,
and even suck up the water of the sea.
73:11 They say, "How does God know what we do?
Is the sovereign one aware of what goes on?"
73:12 Take a good look! This is what the wicked are like,
those who always have it so easy and get richer and richer.
73:13 I concluded, "Surely in vain I have kept my motives pure
and maintained a pure lifestyle.
73:14 I suffer all day long,
and am punished every morning."
73:15 If I had publicized these thoughts,
I would have betrayed your loyal followers.
73:16 When I tried to make sense of this,
it was troubling to me.
73:17 Then I entered the precincts of God's temple,
and understood the destiny of the wicked.
73:18 Surely you put them in slippery places;
you bring them down to ruin.
73:19 How desolate they become in a mere moment!
Terrifying judgments make their demise complete!
73:20 They are like a dream after one wakes up.
O sovereign Master, when you awake you will despise them.
73:21 Yes, my spirit was bitter,
and my insides felt sharp pain.
73:22 I was ignorant and lacked insight;
I was as senseless as an animal before you.
73:23 But I am continually with you;
you hold my right hand.
73:24 You guide me by your wise advice,
and then you will lead me to a position of honor.
73:25 Whom do I have in heaven but you?
I desire no one but you on earth.
73:26 My flesh and my heart may grow weak,
but God always protects my heart and gives me stability.
73:27 Yes, look! Those far from you die;
you destroy everyone who is unfaithful to you.

- 28 但我亲近 神是与我有益·我以主耶和華為我的避难所、好叫我述说你一切的作为。

73:28 But as for me, God's presence is all I need.
I have made the sovereign LORD my shelter,
as I declare all the things you have done.

第七十四篇

- 1 [亚萨的训诲诗。]
神阿、你为何永远丢弃我们呢·你为何向你草场的羊发怒如烟冒出呢·
- 2 求你記念你古时所得来的会众、就是你所赎作你产业支派的·并記念你向来所居住的锡安山。
- 3 求你举步去看那日久荒凉之地、仇敌在圣所中所行的一切恶事。
- 4 你的敌人在你会中吼叫·他们竖了自己的旗为记号。
- 5 他们好像人扬起斧子、砍伐林中的树。
- 6 圣所中一切雕刻的、他们现在用斧子槌子打坏了。
- 7 他们用火焚烧你的圣所、褻渎你名的居所、拆毁到地。
- 8 他们心里说、我们要尽行毁灭、他们就在遍地把 神的会所都烧毁了。
- 9 我们不见我们的标帜·不再有先知·我们内中也没有人知道这灾祸要到几时呢。
- 10 神阿、敌人辱骂要到几时呢·仇敌褻渎你的名、要到永远么·
- 11 你为甚么缩回你的右手·求你从怀中伸出来、毁灭他们。
- 12 神自古以来为我的王、在地上施行拯救。
- 13 你曾用能力将海分开、将水中大鱼的头打破。
- 14 你曾砸碎鳄鱼的头、把他给旷野的禽兽为食物。〔禽兽原文作民〕
- 15 你曾分裂磐石、水便成了溪河、你使长流的江河乾了。
- 16 白昼属你、黑夜也属你·亮光和日头、是你所豫备的。
- 17 地的一切疆界、是你所立的·夏天和冬天、是你所定的。

Psalm 74

A well-written song by Asaph.

74:1 Why, O God, have you permanently rejected us?

Why does your anger burn against the sheep of your pasture?

74:2 Remember your people whom you acquired in ancient times,
whom you rescued so they could be your very own nation,
as well as Mount Zion, where you dwell!

74:3 Hurry and look at the permanent ruins,
and all the damage the enemy has done to the temple!

74:4 Your enemies roar in the middle of your sanctuary;
they set up their battle flags.

74:5 They invade like lumberjacks
swinging their axes in a thick forest.

74:6 And now they are tearing down all its engravings
with axes and crowbars.

74:7 They set your sanctuary on fire;
they desecrate your dwelling place by knocking it to the ground.

74:8 They say to themselves,
“We will oppress all of them.”

They burn down all the places where people worship
God in the land.

74:9 We do not see any signs of God's presence;
there are no longer any prophets
and we have no one to tell us how long this will last.

74:10 How long, O God, will the adversary hurl insults?

Will the enemy blaspheme your name forever?

74:11 Why do you remain inactive?
Intervene and destroy him!

74:12 But God has been my king from ancient times,
performing acts of deliverance on the earth.

74:13 You destroyed the sea by your strength;
you shattered the heads of the sea monster in the water.

74:14 You crushed the heads of Leviathan;
you fed him to the people who live along the coast.

74:15 You broke open the spring and the stream;
you dried up perpetually flowing rivers.

74:16 You established the cycle of day and night;
you put the moon and sun in place.

74:17 You set up all the boundaries of the earth;
you created the cycle of summer and winter.

- 18 耶和華阿、仇敵辱罵、愚頑民褻瀆了你的名、求你記念这事。
- 19 不要将你斑鳩的性命交给野兽、不要永远忘记你困苦人的性命。
- 20 求你顧念所立的約、因為地上黑暗之處、都滿了強暴的居所。
- 21 不要叫受欺壓的人蒙羞回去、要叫困苦窮乏的人讚美你的名。
- 22 神阿、求你起來、為自己伸訴、要記念愚頑人怎樣終日辱罵你。
- 23 不要忘记你敌人的声音、那起来敌你之人的喧哗时常上升。

74:18 Remember how the enemy hurls insults, O LORD,
and how a foolish nation blasphemes your name!
74:19 Do not hand the life of your dove over to a wild animal!
Do not continue to disregard the lives of your oppressed people!
74:20 Remember your covenant promises,
for the dark regions of the earth are full of places where violence rules.
74:21 Do not let the afflicted be turned back in shame!
Let the oppressed and poor praise your name!
74:22 Rise up, O God! Defend your honor!
Remember how fools insult you all day long!
74:23 Do not disregard what your enemies say,
or the unceasing shouts of those who defy you.

第七十五篇

- 1 [亚萨的诗歌、交与伶长、调用休要毁坏。]
神阿、我们称谢你、我们称谢你。因为你的名相近、人都述说你奇妙的作为。
- 2 我到了所定的日期、必按正直施行审判。
- 3 地和其上的居民、都消化了、我曾立了地的柱子、〔细拉〕
- 4 我对狂傲人说、不要行事狂傲、对凶恶人说、不要举角。
- 5 不要把你们的角高举、不要挺著颈项说话。
- 6 因为高举非从东、非从西、也非从南而来。
- 7 惟有 神断定、他使这人降卑、使那人升高。
- 8 耶和華手里有杯、其中的酒起沫、杯内满了搀杂的酒、他倒出来、地上的恶人必都喝这酒的渣滓、而且喝尽。
- 9 但我要宣扬、直到永远、我要歌颂雅各的神。
- 10 恶人一切的角、我要砍断、惟有义人的角、必被高举。

Psalms 75

For the music director; according to the *al-tashcheth* style; a psalm of Asaph; a song.

75:1 We give thanks to you, O God! We give thanks!
You reveal your presence;
people tell about your amazing deeds.

75:2 God says,
“At the appointed times,
I judge fairly.

75:3 When the earth and all its inhabitants dissolve in fear,
I make its pillars secure.” (Selah)

75:4 I say to the proud, “Do not be proud,”
and to the wicked, “Do not be so confident of victory!

75:5 Do not be so certain you have won!
Do not speak with your head held so high!

75:6 For victory does not come from the east or west,
or from the wilderness.

75:7 For God is the judge!
He brings one down and exalts another.

75:8 For the LORD holds in his hand a cup full
of foaming wine mixed with spices,
and pours it out.
Surely all the wicked of the earth
will slurp it up and drink it to its very last drop.”

75:9 As for me, I will continually tell what you have done;
I will sing praises to the God of Jacob!

75:10 God says,
“I will bring down all the power of the wicked;
the godly will be victorious.”

第七十六篇

- 1 [亚萨的诗歌、交与伶长、用丝弦的乐器。]
在犹太 神为人所认识·在以色列他的名为大。
- 2 在撒冷有他的帐幕、在锡安有他的居所。
- 3 他在那里折断弓上的火箭、并盾牌、刀剑、和争战的兵器。〔细拉〕
- 4 你从有野食之山而来、有光华和荣美。
- 5 心中勇敢的人、都被抢夺·他们睡了长觉·没有一个英雄能措手。
- 6 雅各的 神阿、你的斥责一发坐车的、骑马的都沉睡了。
- 7 惟独你是可畏的·你怒气一发、谁能在你面前站得住呢。
- 8 你从天上使人听判断· 神起来施行审判、要救地上一切谦卑的人·那时地就惧怕而静默。〔细拉〕
- 10 人的忿怒、要成全你的荣美·人的馀怒、你要禁止。
- 11 你们许愿、当向耶和華你们的 神还愿·在他四面的人、都当拿贡物献给那可畏的主。
- 12 他要挫折王子的骄气·他向地上的君王、显威可畏。

第七十七篇

- 1 [亚萨的诗、照耶杜顿的作法、交与伶长。]
我要向 神发声呼求·我向 神发声、他必留心听我。
- 2 我在患难之日寻求主·我在夜间不住的举手祷告·我的心不肯受安慰。
- 3 我想念 神、就烦躁不安·我沉吟悲伤、心便发昏。〔细拉〕
- 4 你叫我不能闭眼·我烦乱不安、甚至不能说话。
- 5 我追想古时之日、上古之年。
- 6 我想起我夜间的歌曲、扪心自问·我心里也仔细省察。

Psalm 76

For the music director; to be accompanied by stringed instruments; a psalm of Asaph, a song.

76:1 God has revealed himself in Judah; in Israel his reputation is great.

76:2 He lives in Salem; he dwells in Zion.

76:3 There he shattered the arrows, the shield, the sword, and the rest of the weapons of war. (Selah)

76:4 You shine brightly and reveal your majesty, as you descend from the hills where you killed your prey.

76:5 The bravehearted were plundered; they “fell asleep.” All the warriors were helpless.

76:6 At the sound of your battle cry, O God of Jacob, both rider and horse “fell asleep.”

76:7 You are awesome! Yes, you! Who can withstand your intense anger?

76:8 From heaven you announced what their punishment would be.

The earth was afraid and silent

76:9 when God arose to execute judgment, and to deliver all the oppressed of the earth. (Selah)

76:10 Certainly your angry judgment upon men will bring you praise; you reveal your anger in full measure.

76:11 Make vows to the LORD your God and repay them!

Let all those who surround him bring tribute to the awesome one!

76:12 He humbles princes; the kings of the earth regard him as awesome.

Psalm 77

For the music director, Jeduthun; a psalm of Asaph.

77:1 I will cry out to God and call for help! I will cry out to God and he will pay attention to me.

77:2 In my time of trouble I sought the sovereign Master.

I kept my hand raised in prayer throughout the night. I refused to be comforted.

77:3 I said, “I will remember God while I groan; I will think about him while my strength leaves me.” (Selah)

77:4 You held my eyelids open; I was troubled and could not speak.

77:5 I thought about the days of old, about ancient times.

77:6 I said, “During the night I will remember the song I once sang;

I will think very carefully.”

I tried to make sense of what was happening.

- 7 难道主要永远丢弃我、不再施恩么·
8 难道他的慈爱永远穷尽、他的应许世世代
弃么·
9 难道 神忘记开恩·因发怒就止住他的慈
悲么。〔细拉〕
10 我便说、这是我的懦弱·但我要追念至高
者显出右手之年代。
11 我要提说耶和華所行的·我要纪念你古时
的奇事。
12 我也要思想你的经营、默念你的作为。
13 神阿、你的作为是洁净的·有何神大如
神呢。
14 你是行奇事的 神·你曾在列邦中、彰显
你的能力。
15 你曾用你的膀臂赎了你的民、就是雅各和
约瑟的子孙。〔细拉〕
16 神阿、诸水见你、一见就都惊惶·深渊
也都战抖。
17 云中倒出水来·天空发出响声·你的箭也
飞行四方。
18 你的雷声在旋风中·电光照亮世界·大地
战抖震动。
19 你的道在海中、你的路在大水中、你的脚
踪无人知道。
20 你曾藉摩西和亚伦的手、引导你的百姓·
好像羊群一般。

- 77:7 I asked, "Will the sovereign Master reject me
forever?
Will he never again show me his favor?
77:8 Has his loyal love disappeared forever?
Has his promise failed forever?
77:9 Has God forgotten to be merciful?
Has his anger stifled his compassion?"
77:10 Then I said, "I am sickened by the thought
that the Sovereign One might become inactive.
77:11 I will remember the works of the LORD.
Yes, I will remember the amazing things you did
long ago!
77:12 I will think about all you have done;
I will reflect upon your deeds!"
77:13 O God, your deeds are extraordinary!
What god can compare to our great God?
77:14 You are the God who does amazing things;
you have revealed your strength among the nations.
77:15 You delivered your people by your strength—
the children of Jacob and Joseph. (Selah)
77:16 The waters saw you, O God,
the waters saw you and trembled.
Yes, the depths of the sea shook with fear.
77:17 The clouds poured down rain;
the skies thundered.
Yes, your arrows flashed about.
77:18 Your thunderous voice was heard in the wind;
the lightning bolts lit up the world;
the earth trembled and shook.
77:19 You walked through the sea;
you passed through the surging waters,
but left no footprints.
77:20 You led your people like a flock of sheep,
by the hand of Moses and Aaron.

第七十八篇

- 1 〔亚萨的训诲诗。〕
我的民哪、你们要留心听我的训诲、侧耳
听我口中的话。
2 我要开口说比喻·我要说出古时的谜语·
3 是我们所听见所知道的、也是我们的祖宗
告诉我们的。
4 我们不将这些事向他们的子孙隐瞒·要将
耶和華的美德和他的能力、并他奇妙的作
为、述说给后代听。
5 因为他在雅各中立法度、在以色列中设律
法、是他吩咐我们祖宗、要传给子孙的·

Psalm 78

- A well-written song by Asaph.
78:1 Pay attention, my people, to my instruction!
Listen to the words I speak!
78:2 I will sing a song that imparts wisdom;
I will make insightful observations about the past.
78:3 What we have heard and learned—
that which our ancestors have told us—
78:4 we will not hide from their descendants.
We will tell the next generation
about the LORD's praiseworthy acts,
about his strength and the amazing things he has
done.
78:5 He established a rule in Jacob;
he set up a law in Israel.
He commanded our ancestors
to make his deeds known to their descendants,

- 6 使将要生的后代子孙、可以晓得、他们也要起来告诉他们的子孙、
- 7 好叫他们仰望 神、不忘记 神的作为、惟要守他的命令、
- 8 不要像他们的祖宗、是顽梗悖逆居心不正之辈、向著 神心不诚实。
- 9 以法莲的子孙、带著兵器、拿著弓、临阵之日、转身退后。
- 10 他们不遵守 神的约、不肯照他的律法行、
- 11 又忘记他所行的、和他显给他们奇妙的作为。
- 12 他在埃及地、在琐安田、在他们祖宗的眼前、施行奇事。
- 13 他将海分裂、使他们过去、又叫水立起如垒。
- 14 他白日用云彩、终夜用火光、引导他们。
- 15 他在旷野分裂磐石、多多的给他们水喝、如从深渊而出。
- 16 他使水从磐石涌出、叫水如江河下流。
- 17 他们却仍旧得罪他、在乾燥之地悖逆至高者。
- 18 他们心中试探 神、随自己所欲的求食物、
- 19 并且妄论 神、说、 神在旷野岂能摆设筵席么。
- 20 他曾击打磐石、使水涌出、成了江河、他还能赐粮食么、还能给他的百姓豫备肉么。
- 21 所以耶和華听见、就发怒、有烈火向雅各烧起、有怒气向以色列上腾、
- 22 因为他们不信服 神、不倚赖他的救恩。
- 23 他却吩咐天空、又敞开天上的门、
- 24 降吗哪像雨给他们吃、将天上的粮食赐给他们。
- 25 各人〔或作人〕吃大能者的食物、他赐下粮食、使他们饱足。
- 26 他领东风起在天空、又用能力引了南风来。
- 27 他降肉像雨在他们当中、多如尘土、又降飞鸟、多如海沙、

- 78:6 so that the next generation, children yet to be born,
might know about them.
They will grow up and tell their descendants about them.
- 78:7 Then they will place their confidence in God.
They will not forget the works of God,
and they will obey his commands.
- 78:8 Then they will not be like their ancestors,
who were a stubborn and rebellious generation,
a generation that was not committed
and faithful to God.
- 78:9 The Ephraimites were armed with bows,
but they retreated in the day of battle.
- 78:10 They did not keep their covenant with God,
and they refused to obey his law.
- 78:11 They forgot what he had done,
the amazing things he had shown them.
- 78:12 He did amazing things in the sight of their ancestors,
in the land of Egypt, in the region of Zoan.
78:13 He divided the sea and led them across it;
he made the water stand in a heap.
- 78:14 He led them with a cloud by day,
and with the light of a fire all night long.
- 78:15 He broke open rocks in the wilderness,
and gave them enough water to fill the depths of the sea.
- 78:16 He caused streams to flow from the rock,
and made the water flow like rivers.
- 78:17 Yet they continued to sin against him,
and rebelled against the Sovereign One in the desert.
- 78:18 They willfully challenged God
by asking for food to satisfy their appetite.
- 78:19 They insulted God, saying,
“Is God really able to give us food in the wilderness?”
- 78:20 Yes, he struck a rock and water flowed out,
streams gushed forth.
But can he also give us food?
Will he provide meat for his people?”
- 78:21 When the LORD heard this, he was furious.
A fire broke out against Jacob,
and his anger flared up against Israel,
- 78:22 because they did not have faith in God,
and did not trust his ability to deliver them.
- 78:23 He gave a command to the clouds above,
and opened the doors in the sky.
- 78:24 He rained down manna for them to eat;
he gave them the grain of heaven.
- 78:25 Man ate the food of the mighty ones.
He sent them more than enough to eat.
- 78:26 He brought the east wind through the sky,
and by his strength led forth the south wind.
- 78:27 He rained down meat on them like dust,
birds as numerous as the sand on the seashores.

28 落在他们的营中、在他们住处的四面。

29 他们吃了、而且饱足、这样、就随了他们所欲的。

30 他们贪而无厌、食物还在他们口中的时候、

31 神的怒气、就向他们上腾、杀了他们中间的肥壮人、打倒以色列的少年人。

32 虽是这样、他们仍旧犯罪、不信他奇妙的作为。

33 因此他叫他们的日子、全归虚空、叫他们的年岁、尽属惊恐。

34 他杀他们的时候、他们才求问他、回心转意、切切的寻求 神。

35 他们也追念 神是他们的磐石、至高的神、是他们的救贖主。

36 他们却用口谄媚他、用舌向他说谎。

37 因他们的心向他不正、在他的约上也不忠心。

38 但他有怜悯、赦免他们的罪孽、不灭绝他们、而且屡次消他的怒气、不发尽他的忿怒。

39 他想到他们不过是血气、是一阵去而不返的风。

40 他们在旷野悖逆他、在荒地叫他担忧、何其多呢。

41 他们再三试探 神、惹动以色列的圣者。

42 他们不追念他的能力、〔原文作手〕和赎他们脱离敌人的日子、

43 他怎样在埃及地显神迹、在琐安田显奇事、

44 把他们的江河、并河汉的水、都变为血、使他们不能喝。

45 他叫苍蝇成群、落在他们当中、喂尽他们、又叫青蛙灭了他们、

46 把他们的土产交给蚂蚱、把他们辛苦得来的交给蝗虫。

47 他降冰雹打坏他们的葡萄树、下严霜打坏他们的桑树、

48 又把他们的牲畜交给冰雹、把他们的群畜交给闪电。

49 他使猛烈的怒气、和忿怒、恼恨、苦难、成了一群降灾的使者、临到他们。

50 他为自己的怒气修平了路、将他们交给瘟疫、使他们死亡、

78:28 He caused them to fall right in the middle of their camp,
all around their homes.

78:29 They ate until they were stuffed;
he gave them what they desired.

78:30 They were not yet filled up,
their food was still in their mouths,
78:31 when the anger of God flared up against them.
He killed some of the strongest of them;
he brought the young men of Israel to their knees.

78:32 Despite all this, they continued to sin,
and did not trust him to do amazing things.

78:33 So he caused them to die unsatisfied
and filled with terror.

78:34 When he struck them down, they sought his favor;
they turned back and longed for God.

78:35 They remembered that God was their protector,
and that the sovereign God was their deliverer.

78:36 But they deceived him with their words,
and lied to him.

78:37 They were not really committed to him,
and they were unfaithful to his covenant.

78:38 Yet he is compassionate.
He forgives sin and does not destroy.
He often holds back his anger,
and does not stir up his fury.

78:39 He remembered that they were made of flesh,
and were like a wind that blows past and does not return.

78:40 How often they rebelled against him in the wilderness,
and insulted him in the desert!

78:41 They again challenged God,
and offended the sovereign king of Israel.

78:42 They did not remember what he had done,
how he delivered them from the enemy,

78:43 when he performed his awesome deeds in Egypt,
and his acts of judgment in the region of Zoan.

78:44 He turned their rivers into blood,
and they could not drink from their streams.

78:45 He sent swarms of biting insects against them,
as well as frogs that overran their land.

78:46 He gave their crops to the grasshopper,
the fruit of their labor to the locust.

78:47 He destroyed their vines with hail,
and their sycamore-fig trees with driving rain.

78:48 He rained hail down on their cattle,
and hurled lightning bolts down on their livestock.

78:49 His raging anger lashed out against them,
He sent fury, rage, and trouble
as messengers who bring disaster.

78:50 He sent his anger in full force;
he did not spare them from death;
he handed their lives over to destruction.

51 在埃及击杀一切长子、在舍的帐棚中、击杀他们强壮时头生的。

52 他却领出自己的民如羊、在旷野引他们如羊群。

53 他领他们稳稳妥妥的、使他们不至害怕、海却淹没他们的仇敌。

54 他带他们到自己圣地的边界、到他右手所得的这山地。

55 他们在他们面前赶出外邦人、用绳子将外邦的地量给他们为业、叫以色列支派的人住在他们的帐棚里。

56 他们仍旧试探悖逆至高的神、不守他的法度。

57 反倒退后、行诡诈、像他们的祖宗一样、他们改变、如同翻背的弓。

58 因他们的邱坛、惹了他的怒气、因他们雕刻的偶像、触动他的愤恨。

59 神听见、就发怒、极其憎恶以色列人。

60 甚至他离弃示罗的帐幕、就是他在人间所搭的帐棚。

61 又将他的约柜〔原文作能力〕交与人掳去、将他的荣耀交在敌人手中。

62 并将他的百姓交与刀剑、向他的产业发怒。

63 少年人被火烧灭、处女也无喜歌。

64 祭司倒在刀下、寡妇却不哀哭。

65 那时主像世人睡醒、像勇士饮酒呼喊。

66 他就打退了他的敌人、叫他们永蒙羞辱。

67 并且他弃掉约瑟的帐棚、不拣选以法莲支派、

68 却拣选犹大支派、他所喜爱的锡安山。

69 盖造他的圣所、好像高峰、又像他建立永存之地。

70 又拣选他的仆人大卫、从羊圈中将他召来。

71 叫他不跟从那些带奶的母羊、为要牧养自己的百姓雅各、和自己的产业以色列。

72 于是他按心中的纯正、牧养他们、用手中的巧妙、引导他们。

78:51 He struck down all the firstborn in Egypt, the firstfruits of their reproductive power in the tents of Ham.

78:52 Yet he brought out his people like sheep; he led them through the wilderness like a flock.

78:53 He guided them safely along, while the sea covered their enemies.

78:54 He brought them to the border of his holy land, to this mountainous land which his right hand acquired.

78:55 He drove the nations out from before them; he assigned them their tribal allotments and allowed the tribes of Israel to settle down.

78:56 Yet they challenged and defied the Sovereign God, and did not obey his commands.

78:57 They were unfaithful and acted as treacherously as their ancestors; they were as unreliable as a malfunctioning bow.

78:58 They made him angry with their pagan shrines, and made him jealous with their idols.

78:59 God heard and was angry; he completely rejected Israel.

78:60 He abandoned the sanctuary at Shiloh, the tent where he lived among men.

78:61 He allowed the symbol of his strong presence to be captured; he gave the symbol of his splendor into the hand of the enemy.

78:62 He delivered his people over to the sword, and was angry with his chosen nation.

78:63 Fire consumed their young men, and their virgins remained unmarried.

78:64 Their priests fell by the sword, but their widows did not weep.

78:65 But then the sovereign Master awoke from his sleep; he was like a warrior in a drunken rage.

78:66 He drove his enemies back; he made them a permanent target for insults.

78:67 He rejected the tent of Joseph; he did not choose the tribe of Ephraim.

78:68 He chose the tribe of Judah, and Mount Zion, which he loves.

78:69 He made his sanctuary as enduring as the heavens above; as secure as the earth, which he established permanently.

78:70 He chose David, his servant, and took him from the sheepfolds.

78:71 He took him away from following the mother sheep, and made him the shepherd of Jacob, his people, and of Israel, his chosen nation.

78:72 David cared for them with pure motives; he led them with skill.

第七十九篇

- 1 [亚萨的诗。]
神阿、外邦人进入你的产业、污秽你的
圣殿、使耶路撒冷变成荒堆。
- 2 把你仆人的尸首、交与天空的飞鸟为食、
把你圣民的肉、交与地上的野兽。
- 3 在耶路撒冷周围流他们的血如水、无人葬
埋。
- 4 我们成为邻国的羞辱、成为我们四围人的
嗤笑讥刺。
- 5 耶和華阿、这到几时呢、你要动怒到永远
么、你的愤恨要如火焚烧么。
- 6 愿你将你的忿怒倒在那不认识你的外邦、
和那不求告你名的国度。
- 7 因为他们吞了雅各、把他的住处变为荒
场。
- 8 求你不要记念我们先祖的罪孽、向我们追
讨、愿你的慈悲快迎著我们、因为我们落
到极卑微的地步。
- 9 拯救我们的 神阿、求你因你名的荣耀、
帮助我们、为你名的缘故、搭救我们、赦
免我们的罪。
- 10 为何容外邦人说、他们的 神在那里呢、
愿你使外邦人知道你在我们眼前、伸你仆
人流血的冤。
- 11 愿被囚之人的叹息、达到你面前、愿你按
你的大能力、存留那些将要死的人。
- 12 主阿、愿你将我们邻邦所羞辱你的羞辱、
加七倍归到他们身上。
- 13 这样、你的民、你草场的羊、要称谢你、
直到永远、要述说赞美你的话、直到万
代。

第八十篇

- 1 [亚萨的诗、交与伶长、调用为证的百合
花。]
领约瑟如领羊群之以色列的牧者阿、求你
留心听、坐在二基路伯上的阿、求你发出
光来。

Psalm 79

A psalm of Asaph.

79:1 O God, foreigners have invaded your chosen
land;

they have polluted your holy temple
and turned Jerusalem into a heap of ruins.

79:2 They have given the corpses of your servants
to the birds of the sky;
the flesh of your loyal followers
to the beasts of the earth.

79:3 They have made their blood flow like water
all around Jerusalem, and there is no one to bury
them.

79:4 We have become an object of disdain to our
neighbors;

those who live on our borders taunt and insult us.

79:5 How long will this go on, O LORD?
Will you stay angry forever?

How long will your rage burn like fire?

79:6 Pour out your anger on the nations that do not
acknowledge you,
on the kingdoms that do not pray to you!

79:7 For they have devoured Jacob
and destroyed his home.

79:8 Do not hold us accountable for the sins of ear-
lier generations!

Quickly send your compassion our way,
for we are in serious trouble!

79:9 Help us, O God, our deliverer!

For the sake of your glorious reputation, rescue us!
Forgive our sins for the sake of your reputation!

79:10 Why should the nations say, "Where is their
God?"

Before our very eyes may the shed blood of your
servants

be avenged among the nations!

79:11 Listen to the painful cries of the prisoners!

Use your great strength to set free those condemned
to die!

79:12 Pay back our neighbors in full!

May they be insulted the same way they insulted
you, O sovereign Master!

79:13 Then we, your people, the sheep of your pas-
ture,
will continually thank you.

We will tell coming generations of your praisewor-
thy acts.

Psalm 80

For the music director; according to the *shushan-
eduth* style; a psalm of Asaph.

80:1 O shepherd of Israel, pay attention,
you who lead Joseph like a flock of sheep!

You who sit enthroned above the winged angels, re-
veal your splendor!

- 2 在以法蓮便雅憫瑪拿西前面施展你的大能、來救我們。
- 3 神阿、求你使我們回轉、〔回轉或作復興〕使你的臉發光、我們便要得救。
- 4 耶和華萬軍之 神阿、你向你百姓的禱告發怒、要到几時呢、
- 5 你以眼淚當食物給他們吃、又多量出眼淚給他們喝。
- 6 你使鄰邦因我們分爭、我們的仇敵彼此嘲笑。
- 7 萬軍之 神阿、求你使我們回轉、使你的臉發光、我們便要得救。
- 8 你从埃及擲出一棵葡萄樹、趕出外邦人、把這樹栽上。
- 9 你在这樹根前豫備了地方、他就深深扎根、爬滿了地。
- 10 他的影子遮滿了山、枝子好像佳美的香柏樹。
- 11 他發出枝子、長到大海、發出蔓子、延到大河。
- 12 你為何拆毀這樹的籬笆、任憑一切過路的人摘取、
- 13 林中出來的野豬、把他糟踏、野地的走獸、拿他當食物。
- 14 萬軍之 神阿、求你回轉、从天上垂看、眷顧這葡萄樹、
- 15 保護你右手所栽的、和你為自己所堅固的枝子。
- 16 這樹已经被火焚燒被刀砍伐、他們因你臉上的怒容就滅亡了。
- 17 愿你的手扶持你右边的人、就是你為自己所堅固的人子。
- 18 這樣、我們便不退后離開你、求你救活我們、我們就要求告你的名。
- 19 耶和華萬軍之 神阿、求你使我們回轉、使你的臉發光、我們便要得救。

- 80:2** In the sight of Ephraim, Benjamin, and Manasseh reveal your power!
Come and deliver us!
- 80:3** O God, restore us!
Smile on us! Then we will be delivered!
- 80:4** O LORD God, invincible warrior!
How long will you remain angry at your people while they pray to you?
- 80:5** You have given them tears as food;
you have made them drink tears by the measure.
- 80:6** You have made our neighbors dislike us,
and our enemies insult us.
- 80:7** O God, invincible warrior, restore us!
Smile on us! Then we will be delivered!
- 80:8** You uprooted a vine from Egypt;
you drove out nations and transplanted it.
- 80:9** You cleared the ground for it;
it took root,
and filled the land.
- 80:10** The mountains were covered by its shadow,
the highest cedars by its branches.
- 80:11** Its branches reached the Mediterranean Sea,
and its shoots the Euphrates River.
- 80:12** Why did you break down its walls,
so that all who pass by pluck its fruit?
- 80:13** The wild boars of the forest ruin it;
the insects of the field feed on it.
- 80:14** O God, invincible warrior, come back!
Look down from heaven and take notice!
Take care of this vine,
- 80:15** the root your right hand planted,
the shoot you made to grow!
- 80:16** It is burned and cut down.
They die because you are displeased with them.
- 80:17** May you give support to the one you have chosen,
to the one whom you raised up for yourself!
- 80:18** Then we will not turn away from you.
Revive us and we will pray to you!
- 80:19** O LORD God, invincible warrior, restore us!
Smile on us! Then we will be delivered!

第八十一篇

- 1 〔亞薩的诗、交与伶长、用迦特乐器。〕
你們當向 神我們的力量大聲歡呼、向雅各的 神發聲歡樂、
- 2 唱起詩歌、打手鼓、彈美琴與瑟。
- 3 當在月朔、并月望我們過节的日期、吹角。

Psalms 81

For the music director; according to the *gittith* style;
by Asaph.

- 81:1** Shout for joy to God, our source of strength!
Shout out to the God of Jacob!
- 81:2** Sing a song and play the tambourine,
the pleasant sounding harp, and the ten-stringed instrument!
- 81:3** Sound the ram's horn on the day of the new moon,
and on the day of the full moon when our festival begins.

- 4 因这是为以色列定的律例、是雅各 神的
典章。
- 5 他去攻击埃及地的时候、在约瑟中间立此
为证、我在那里听见我所不明白的言语。
- 6 神说、我使你的肩得脱重担、你的手放
下筐子。
- 7 你在急难中呼求、我就搭救你、我在雷的
隐密处应允你、在米利巴水那里试验你。
〔细拉〕
- 8 我的民哪、你当听、我要劝戒你。以色列
阿、甚愿你肯听从我。
- 9 在你当中不可有别的神、外邦的神、你
也不可下拜。
- 10 我是耶和华你的 神、曾把你从埃及地领
上来、你要大大张口、我就给你充满。
- 11 无奈我的民不听我的声音、以色列全不理
我。
- 12 我便任凭他们心里刚硬、随自己的计谋而
行。
- 13 甚愿我的民肯听从我、以色列肯行我的
道。
- 14 我便速速治服他们的仇敌、反手攻击他们
的敌人。
- 15 恨耶和华的人必来投降、但他的百姓必永
久长存。
- 16 他也必拿上好的麦子给他们吃、又拿从磐
石出的蜂蜜、叫他们饱足。

- 81:4 For observing the festival is a requirement for
Israel;
it is an ordinance given by the God of Jacob.
81:5 He decreed it as a regulation in Joseph,
when he attacked the land of Egypt.
I heard a voice I did not recognize.
81:6 It said: "I removed the burden from his shoul-
der;
his hands were released from holding the basket.
81:7 In your distress you called out and I rescued
you.
I answered you from a dark thundercloud.
I tested you at the waters of Meribah. (Selah)
81:8 I said, 'Listen, my people!
I will warn you!
O Israel, if only you would obey me!
81:9 There must be no other god among you.
You must not worship a foreign god.
81:10 I am the LORD, your God,
the one who brought you out of the land of Egypt.
Open your mouth wide and I will fill it!'
81:11 But my people did not obey me;
Israel did not submit to me.
81:12 I gave them over to their stubborn desires;
they did what seemed right to them.
81:13 If only my people would obey me!
If only Israel would keep my commands!
81:14 Then I would quickly subdue their enemies,
and attack their adversaries."
81:15 (May those who hate the LORD cower in fear
before him!
May they be permanently humiliated!)
81:16 "I would feed Israel the best wheat,
and would satisfy your appetite with honey from the
rocky cliffs."

第八十二篇

- 1 〔亚萨的诗。〕
神站在有权力者的会中、在诸神中行审
判。
- 2 说、你们审判不秉公义、徇恶人的情面、
要到几时呢。〔细拉〕
- 3 你们当为贫寒的人和孤儿伸冤、当为困苦
和穷乏的人施行公义。
- 4 当保护贫寒和穷乏的人、救他们脱离恶人
的手。
- 5 你们仍不知道、也不明白、在黑暗中走来
走去、地的根基都摇动了。
- 6 我曾说、你们是神、都是至高者的儿子。
- 7 然而你们要死、与世人一样、要仆倒、像
王子中的一位。

Psalms 82

A psalm of Asaph.

- 82:1 God stands in the assembly of El;
in the midst of the gods he renders judgment.
82:2 He says, "How long will you make unjust legal
decisions
and show favoritism to the wicked? (Selah)
82:3 Defend the cause of the poor and the fatherless!
Vindicate the oppressed and suffering!
82:4 Rescue the poor and needy!
Deliver them from the power of the wicked!
82:5 They neither know nor understand.
They stumble around in the dark,
while all the foundations of the earth crumble.
82:6 I thought, 'You are gods;
all of you are sons of the Most High.'
82:7 Yet you will die like mortals;
you will fall like all the other rulers."

8 神阿、求你起来、审判世界·因为你要求得万邦为业。

第八十三篇

1 [亚萨的诗歌。]
神阿、求你不要静默·神阿、求你不要闭口、也不要不作声·
2 因为你的仇敌喧嚷·恨你的抬起头来。
3 他们同谋奸诈要害你的百姓、彼此商议要害你所隐藏的人。
4 他们说、来罢、我们将他们剪灭、使他们不再成国·使以色列的名、不再被人纪念。
5 他们同心商议、彼此结盟、要抵挡你·
6 就是住帐棚的以东人、和以实玛利人·摩押和夏甲人·
7 迦巴勒、亚扪、和亚玛力、非利士、并推罗的居民·
8 亚述也与他们连合·他们作罗得子孙的帮手。〔细拉〕
9 求你待他们如待米甸、如在基顺河待西西拉和耶宾一样·
10 他们在隐多珥灭亡、成了地上的粪土。
11 求你叫他们的首领、像俄立和西伊伯、叫他们的王子、都像西巴和撒慕拿。
12 他们说、我们要得神的住处、作为自己的产业。
13 我的神阿、求你叫他们像旋风的尘土、像风前的碎秸。
14 火怎样焚烧树林、火焰怎样烧著山岭·
15 求你也照样用狂风追赶他们、用暴雨恐吓他们。
16 愿你使他们满面羞耻、好叫他们寻求你耶和华的名。
17 愿他们永远羞愧惊惶·愿他们惭愧灭亡·
18 使他们知道惟独你名为耶和华的、是天地以上的至高者。

82:8 Rise up, O God, and execute judgment on the earth!
For you own all the nations.

Psalm 83

A song, a psalm of Asaph.

83:1 O God, do not be silent!
Do not ignore us! Do not be inactive, O God!
83:2 For look, your enemies are making a commotion;
those who hate you are hostile.
83:3 They carefully plot against your people,
and make plans to harm the ones you cherish.
83:4 They say, “Come on, let’s annihilate them so they are no longer a nation!
Then the name of Israel will be remembered no more.”
83:5 Yes, they devise a unified strategy;
they form an alliance against you.
83:6 It includes the tents of Edom and the Ishmaelites,
Moab and the Hagrites,
83:7 Gebal, Ammon, and Amalek,
Philistia and the inhabitants of Tyre.
83:8 Even Assyria has allied with them,
lending its strength to the descendants of Lot. (Selah)
83:9 Do to them as you did to Midian—
as you did to Sisera and Jabin at the Kishon River!
83:10 They were destroyed at Endor;
their corpses were like manure on the ground.
83:11 Make their nobles like Oreb and Zeeb,
and all their rulers like Zebah and Zalmunna,
83:12 who said, “Let’s take over the pastures of God!”
83:13 O my God, make them like dead thistles,
like dead weeds blown away by the wind!
83:14 Like the fire that burns down the forest,
or the flames that consume the mountainsides,
83:15 chase them with your gale winds,
and terrify them with your windstorm.
83:16 Cover their faces with shame,
so they might seek you, O LORD.
83:17 May they be humiliated and continually terrified!
May they die in shame!
83:18 Then they will know that you alone are the LORD,
the sovereign king over all the earth.

第八十四篇

- 1 [可拉后裔的诗、交与伶长、用迦特乐器。]
万军之耶和华阿、你的居所何等可爱。
- 2 我羡慕渴想耶和华的院宇、我的心肠、我的肉体、向永生 神呼吁。〔或作欢呼〕
- 3 万军之耶和华我的王、我的 神阿、在你祭坛那里、麻雀为自己找著房屋、燕子为自己找著抱雏之窝。
- 4 如此住在你殿中的便为有福。他们仍要赞美你。〔细拉〕
- 5 靠你有力量心中想往锡安大道的、这人便为有福。
- 6 他们经过流泪谷、叫这谷变为泉源之地、并有秋雨之福、盖满了全谷。
- 7 他们行走、力上加力、各人到锡安朝见神。
- 8 耶和华万军之 神阿、求你听我的祷告、雅各的 神阿、求你留心听。〔细拉〕
- 9 神阿、你是我们的盾牌、求你垂顾观看你受膏者的面。
- 10 在你的院宇住一日、胜似在别处住千日、宁可在我 神殿中看门、不愿住在恶人的帐棚里。
- 11 因为耶和华 神是日头、是盾牌、要赐下恩惠和荣耀、他未尝留下一样好处、不给那些行动正直的人。
- 12 万军之耶和华阿、倚靠你的人、便为有福。

第八十五篇

- 1 [可拉后裔的诗、交与伶长。]
耶和华阿、你已经向你的地施恩、救回被掳的雅各。
- 2 你赦免了你百姓的罪孽、遮盖了他们一切的过犯。〔细拉〕
- 3 你收转了所发的忿怒、和你猛烈的怒气。
- 4 拯救我们的 神阿、求你使我们回转、叫你的恼恨向我们止息。

Psalm 84

For the music director; according to the *gittith* style; written by the Korahites, a psalm.

84:1 How lovely is the place where you live, O sovereign LORD!

84:2 I desperately want to be in the courts of the LORD's temple. My heart and my entire being shout for joy to the living God.

84:3 Even the birds find a home there, and the swallow builds a nest, where she can protect her young near your altars, O sovereign LORD, my king and my God.

84:4 How happy are those who live in your temple and praise you continually! (Selah)

84:5 How happy are those who find their strength in you, and long to travel the roads that lead to your temple!

84:6 As they pass through the Baca Valley, he provides a spring for them. The rain even covers it with pools of water.

84:7 They are sustained as they travel along; each one appears before God in Zion.

84:8 O LORD, sovereign God, hear my prayer!

Listen, O God of Jacob! (Selah)

84:9 O God, take notice of our shield! Show concern for your chosen king!

84:10 Certainly spending just one day in your temple courts is better than spending a thousand elsewhere.

I would rather stand at the entrance to the temple of my God than live in the tents of the wicked.

84:11 For the LORD God is our sovereign protector. The LORD bestows favor and honor; he withholds no good thing from those who have integrity.

84:12 O sovereign LORD, how happy are those who trust in you!

Psalm 85

For the music director; written by the Korahites, a psalm.

85:1 O LORD, you showed favor to your land; you restored the well-being of Jacob.

85:2 You pardoned the wrongdoing of your people; you forgave all their sin. (Selah)

85:3 You withdrew all your fury; you turned back from your raging anger.

85:4 Restore us, O God our deliverer! Do not be displeased with us!

- 5 你要向我们发怒到永远么、你要将你的怒气延留到万代么、
- 6 你不再将我们救活、使你的百姓靠你欢喜么。
- 7 耶和華阿、求你使我们得见你的慈爱、又将你的救恩赐给我们。
- 8 我要听 神耶和華所说的话、因为他必应许将平安赐给他的百姓、他的圣民、他们却不可再转去妄行。
- 9 他的救恩、诚然与敬畏他的人相近、叫荣耀住在我们的地上。
- 10 慈爱和诚实、彼此相遇、公义和平安、彼此相亲、
- 11 诚实从地而生、公义从天而现。
- 12 耶和華必将好处赐给我们、我们的地、也要多出土产。
- 13 公义要行在他面前、叫他的脚踪、成为可走的路。

第八十六篇

- 1 [大卫的祈祷。]
耶和華阿、求你侧耳应允我、因我是困苦穷乏的。
- 2 求你保存我的性命、因我是虔诚人。我的神阿、求你拯救这倚靠你的仆人、
- 3 主阿、求你怜悯我、因我终日求告你。
- 4 主阿、求你使仆人心里欢喜、因为我的心仰望你。
- 5 主阿、你本为良善、乐意饶恕人、有丰盛的慈爱、赐给凡求告你的人。
- 6 耶和華阿、求你留心听我的祷告、垂听我恳求的声音。
- 7 我在患难之日要求告你、因为你必应允我。
- 8 主阿、诸神之中没有可比你的、你的作为也无可比。
- 9 主阿、你所造的万民、都要来敬拜你、他们也要荣耀你的名。
- 10 因你为大、且行奇妙的事、惟独你是神。
- 11 耶和華阿、求你将你的道指教我、我要照你的真理行、求你使我专心敬畏你的名。
- 12 主我的 神阿、我要一心称赞你、我要荣耀你的名、直到永远。

- 85:5** Will you stay mad at us forever?
Will you remain angry throughout future generations?
- 85:6** Will you not revive us once more?
Then your people will rejoice in you!
- 85:7** O LORD, show us your loyal love!
Bestow on us your deliverance!
- 85:8** I will listen to what God the LORD says.
For he will make peace with his people, his faithful followers.
Yet they must not return to their foolish ways.
- 85:9** Certainly his loyal followers will soon experience his deliverance;
then his splendor will again appear in our land.
- 85:10** Loyal love and faithfulness meet;
deliverance and peace greet each other with a kiss.
- 85:11** Faithfulness grows from the ground,
and deliverance looks down from the sky.
- 85:12** Yes, the LORD will bestow his good blessings,
and our land will yield its crops.
- 85:13** Deliverance goes before him,
and prepares a pathway for him.

Psalm 86

- A prayer of David.
- 86:1** Listen O LORD! Answer me!
For I am oppressed and needy.
- 86:2** Protect me, for I am loyal!
O my God, deliver your servant, who trusts in you!
- 86:3** Have mercy on me, O sovereign Master,
for I cry out to you all day long!
- 86:4** Make your servant glad,
for to you, O sovereign Master, I pray!
- 86:5** Certainly O sovereign Master, you are kind and forgiving,
and show great faithfulness to all who cry out to you.
- 86:6** O LORD, hear my prayer!
Pay attention to my plea for mercy!
- 86:7** In my time of trouble I cry out to you,
for you will answer me.
- 86:8** None can compare to you among the gods, O sovereign Master!
Your exploits are incomparable!
- 86:9** All the nations, whom you created,
will come and worship you, O sovereign Master.
They will honor your name.
- 86:10** For you are great and do amazing things.
You alone are God.
- 86:11** O LORD, teach me how you want me to live!
Then I will obey your commands.
Make me wholeheartedly committed to you!
- 86:12** O sovereign Master, my God, I will give you thanks with my whole heart!
I will honor your name continually!

- 13 因为你向我发的慈爱是大的·你救了我的灵魂、免人极深的阴间。
- 14 神阿、骄傲的人起来攻击我、又有一党强横的人寻索我的命、他们没有将你放在眼中。
- 15 主阿、你是有怜悯有恩典的 神、不轻易发怒、并有丰盛的慈爱和诚实。
- 16 求你向我转脸、怜恤我、将你的力量赐给仆人、救你婢女的儿子。
- 17 求你向我显出恩待我的凭据、叫恨我的人看见、便羞愧、因为你耶和華帮助我、安慰我。

第八十七篇

- 1 [可拉后裔的诗歌。]
耶和華所立的根基在圣山上。
- 2 他爱锡安的门、胜于爱雅各一切的住处。
- 3 神的城阿、有荣耀的事乃指著你说的。
〔细拉〕
- 4 我要题起拉哈伯和巴比伦人是在认识我之中的、看哪、非利士、和推罗、并古实人、个个生在那里。
- 5 论到锡安必说、这一个那一个都生在其中、而且至高者必亲自坚立这城。
- 6 当耶和華记录万民的时候、他要点出这一个生在那里。〔细拉〕
- 7 歌唱的、跳舞的、都要说、我的泉源都在你里面。

第八十八篇

- 1 [可拉后裔的诗歌、就是以斯拉人希幔的训诲诗、交与伶长、调用麻哈拉利暗俄。]
耶和華拯救我的 神阿、我昼夜在你面前呼吁。
- 2 愿我的祷告达到你面前·求你侧耳听我的呼求·
- 3 因为我心里满了患难、我的性命临近阴间。
- 4 我算和下坑的人同列、如同无力的人一样。〔无力或作没有帮助〕

- 86:13** For you will extend your great loyal love to me,
and will deliver my life from the depths of Sheol.
- 86:14** O God, arrogant men attack me;
a gang of ruthless men, who do not respect you, seek my life.
- 86:15** But you, O sovereign Master, are a compassionate and merciful God.
You are patient and demonstrate great loyal love and faithfulness.
- 86:16** Turn toward me and have mercy on me!
Give your servant your strength!
Deliver your slave!
- 86:17** Show me evidence of your favor!
Then those who hate me will see it and be ashamed,
for you, O LORD, will help me and comfort me.

Psalm 87

Written by the Korahites; a psalm, a song.

- 87:1** The LORD's city is in the holy hills.
- 87:2** The LORD loves the gates of Zion more than all the dwelling places of Jacob.
- 87:3** People say wonderful things about you, O city of God. (Selah)
- 87:4** I mention Rahab and Babylon to my followers. Here are Philistia and Tyre, along with Ethiopia. It is said of them, "This one was born there."
- 87:5** But it is said of Zion's residents, "Each one of these was born in her, and the Sovereign One makes her secure."
- 87:6** The LORD writes in the census book of the nations,
"This one was born there." (Selah)
- 87:7** As for the singers, as well as the pipers—all of them sing within your walls.

Psalm 88

- A song, a psalm written by the Korahites; for the music director; according to the *machalath-leannothe* style; a well-written song by Heman the Ezrachite.
- 88:1** O LORD God who delivers me!
By day I cry out
and at night I pray before you.
- 88:2** Listen to my prayer!
Pay attention to my cry for help!
- 88:3** For my life is filled with troubles
and I am ready to enter Sheol.
- 88:4** They treat me like those who descend into the grave.
I am like a helpless man,

- 5 我被丢在死人中、好像被杀的人、躺在坟墓里。他们是你不再纪念的、与你隔绝了。
- 6 你把我放在极深的坑里、在黑暗地方、在深处。
- 7 你的忿怒重压我身。你用一切的波浪困住我。〔细拉〕
- 8 你把我所认识的隔在远处、使我为他们所憎恶。我被拘困、不得出来。
- 9 我的眼睛、因困苦而乾瘪。耶和华阿、我天天求告你、向你举手。
- 10 你岂要行奇事给死人看么。难道阴魂还能起来称赞你么。〔细拉〕
- 11 岂能在坟墓里述说你的慈爱么。岂能在灭亡中述说你的信实么。
- 12 你的奇事、岂能在幽暗里被知道么。你的公义岂能在忘记之地被知道么。
- 13 耶和华阿、我呼求你。我早晨的祷告要达到你面前。
- 14 耶和华阿、你为何丢弃我。为何掩面不顾我。
- 15 我自幼受苦、几乎死亡。我受你的惊恐、甚至慌张。
- 16 你的烈怒漫过我身。你的惊吓、把我剪除。
- 17 这些终日如水环绕我、一齐都来围困我。
- 18 你把我的良朋密友隔在远处、使我所认识的人、进入黑暗里。

- 88:5 adrift among the dead,
like corpses lying in the grave,
whom you remember no more,
and who are cut off from your power.
- 88:6 You place me in the lowest regions of the pit,
in the dark places, in the watery depths.
- 88:7 Your anger bears down on me,
and you overwhelm me with all your waves. (Selah)
- 88:8 You cause those who know me to keep their
distance;
you make me an appalling sight to them.
I am trapped and cannot get free.
- 88:9 My eyes grow weak because of oppression.
I call out to you, O LORD, all day long;
I spread out my hands in prayer to you.
- 88:10 Do you accomplish amazing things for the
dead?
Do the departed spirits rise up and give you thanks?
(Selah)
- 88:11 Is your loyal love proclaimed in the grave,
or your faithfulness in the place of the dead?
- 88:12 Are your amazing deeds experienced in the
dark region,
or your deliverance in the land of oblivion?
- 88:13 As for me, I cry out to you, O LORD;
in the morning my prayer confronts you.
- 88:14 O LORD, why do you reject me,
and pay no attention to me?
- 88:15 I am oppressed and have been on the verge of
death since my youth.
I have been subjected to your horrors and am numb
with pain.
- 88:16 Your anger overwhelms me;
your terrors destroy me.
- 88:17 They surround me like water all day long;
they join forces and encircle me.
- 88:18 You cause my friends and neighbors to keep
their distance;
those who know me leave me alone in the darkness.

第八十九篇

- 1 〔以斯拉人以探的训诲诗。〕
我要歌唱耶和华的慈爱、直到永远。我要
用口将你的信实传与万代。
- 2 因我曾说、你的慈悲、必建立到永远。你
的信实、必坚立在天上。
- 3 我与我所拣选的人立了约、向我的仆人大
卫起了誓。
- 4 我要建立你的后裔、直到永远、要建立你
的宝座、直到万代。〔细拉〕

Psalms 89

- A well-written song by Ethan the Ezrachite.
- 89:1 I will sing continually about the LORD's faithful
deeds;
to future generations I will proclaim your faithfulness.
- 89:2 For I say, "Loyal love is permanently estab-
lished;
in the skies you set up your faithfulness."
- 89:3 The LORD said,
"I have made a covenant with my chosen one;
I have made a promise on oath to David, my servant:
- 89:4 'I will give you an eternal dynasty
and establish your throne throughout future genera-
tions.'" (Selah)

5 耶和華阿、诸天要称赞你的奇事、在圣者的会中、要称赞你的信实。

6 在天空谁能比耶和華呢、神的众子中、谁能像耶和華呢。

7 他在圣者的会中、是大有威严的神、比一切在他四围的更可畏惧。

8 耶和華万军之神阿、那一个大能者像你耶和華、你的信实、是在你的四围。

9 你管辖海的狂傲、波浪翻腾、你就使他平静了。

10 你打碎了拉哈伯似乎是已杀的人、你用有能的膀臂打散了你的仇敌。

11 天属你、地也属你、世界和其中所充满的、都为你所建立。

12 南北为你所创造、他泊和黑门都因你的名欢呼。

13 你有大能的膀臂、你的手有力、你的右手也高举。

14 公义和公平、是你宝座的根基、慈爱和诚实、行在你前面。

15 知道向你欢呼的、那民是有福的。耶和華阿、他们在你脸上的光里行走。

16 他们因你的名终日欢乐、因你的公义得以高举。

17 你是他们力量的荣耀、因为你喜悦我们、我们的角必被高举。

18 我们的盾牌属耶和華、我们的王属以色列的圣者。

19 当时你在异象中晓谕你的圣民、说、我已把救助之力、加在那有能者的身上、我高举那从民中所拣选的。

20 我寻得我的仆人大卫、用我的圣膏膏他。

21 我的手必使他坚立、我的膀臂也必坚固他。

22 仇敌必不勒索他、凶恶之子、也不苦害他。

23 我要在他面前打碎他的敌人、击杀那恨他的人。

24 只是我的信实、和我的慈爱、要与他同在、因我的名、他的角必被高举。

25 我要使他的左手伸到海上、右手伸到河上。

26 他要称呼我说、你是我的父、是我的神、是拯救我的磐石。

27 我也要立他为长子、为世上最高的君王。

89:5 O LORD, the heavens praise your amazing deeds,
as well your faithfulness in the angelic assembly.

89:6 For who in the skies can compare to the LORD?
Who is like the LORD among the supernatural beings,

89:7 a God who is honored in the great angelic assembly,
and more awesome than all who surround him?

89:8 O LORD, sovereign God!
Who is strong like you, O LORD?
Your faithfulness surrounds you.

89:9 You rule over the proud sea.
When its waves surge, you calm them.

89:10 You crushed the Proud One and killed it;
with your strong arm you scattered your enemies.

89:11 The heavens belong to you, as does the earth.
You made the world and all it contains.

89:12 You created the north and the south.
Tabor and Hermon rejoice in your name.

89:13 Your arm is powerful,
your hand strong,
your right hand victorious.

89:14 Equity and justice are the foundation of your throne.
Loyal love and faithfulness characterize your rule.

89:15 How happy are the people who worship you!
O LORD, they experience your favor.

89:16 They rejoice in your name all day long,
and are vindicated by your justice.

89:17 For you give them splendor and strength.
By your favor we are victorious.

89:18 For our shield belongs to the LORD,
our king to the sovereign Ruler of Israel.

89:19 Then you spoke through a vision to your faithful followers and said:
“I have energized a warrior;
I have raised up a young man from the people.

89:20 I have discovered David, my servant.
With my holy oil I have anointed him as king.

89:21 My hand will support him,
and my arm will strengthen him.

89:22 No enemy will be able to exact tribute from him;
a violent oppressor will not be able to humiliate him.

89:23 I will crush his enemies before him;
I will strike down those who hate him.

89:24 He will experience my faithfulness and loyal love,
and by my name he will win victories.

89:25 I will place his hand over the sea,
his right hand over the rivers.

89:26 He will call out to me,
“You are my father, my God, and the protector who delivers me.”

89:27 I will appoint him to be my firstborn son,
the most exalted of the earth’s kings.

28 我要为他存留我的慈爱、直到永远·我与他立的约、必要坚定。
29 我也要使他的后裔、存到永远、使他的宝座、如天之久。
30 倘若他的子孙离弃我的律法、不照我的典章行·
31 背弃我的律例、不遵守我的诫命·
32 我就要用杖责罚他们的过犯、用鞭责罚他们的罪孽。
33 只是我必不将我的慈爱、全然收回、也不叫我的信实废弃。
34 我必不肯弃我的约、也不改变我口中所出的。
35 我一次指著自己的圣洁起誓·我决不向大卫说谎。
36 他的后裔要存到永远、他的宝座在我面前、如日之恒一般·
37 又如月亮永远坚立、如天上确实的见证。〔细拉〕
38 但你恼怒你的受膏者、就丢弃他。
39 你厌恶了与仆人所立的约、将他的冠冕践踏于地。
40 你拆毁了他一切的篱笆·使他的保障、变为荒场。
41 凡过路的人、都抢夺他·他成为邻邦的羞辱。
42 你高举了他敌人的右手·你叫他一切的仇敌欢喜。
43 你叫他的刀剑卷刃、叫他在争战之中站立不住。
44 你使他的光辉止息、将他的宝座推倒于地。
45 你减少他青年的日子·又使他蒙羞。〔细拉〕
46 耶和華阿、这要到几时呢·你要将自己隐藏到永远么·你的忿怒如火焚烧、要到几时呢。
47 求你想念我的时候是何等的短少·你创造世人、要使他们归何等的虚空呢。
48 谁能常活免死、救他的灵魂脱离阴间的权柄呢。〔细拉〕
49 主阿、你从前凭你的信实向大卫立誓、要施行的慈爱在那里呢。
50 主阿、求你記念仆人们所受的羞辱、記念我怎样将一切强盛民的羞辱存在我怀里。
51 耶和華阿、你的仇敌、用这羞辱羞辱了你的仆人、羞辱了你受膏者的脚踪。

89:28 I will always extend my loyal love to him, and my covenant with him is secure.
89:29 I will give him an eternal dynasty, and make his throne as enduring as the skies above.
89:30 If his sons reject my law and disobey my regulations,
89:31 if they break my rules and do not keep my commandments,
89:32 I will punish their rebellion by beating them with a club, their sin by inflicting them with bruises.
89:33 But I will not remove my loyal love from him, nor be unfaithful to my promise.
89:34 I will not break my covenant or go back on what I promised.
89:35 Once and for all I have vowed by my own holiness,
I will never deceive David.
89:36 His dynasty will last forever.
His throne will endure before me, like the sun,
89:37 it will remain stable, like the moon, his throne will endure like the skies.” (Selah)
89:38 But you have spurned and rejected him; you are angry with your chosen king.
89:39 You have repudiated your covenant with your servant;
you have thrown his crown to the ground.
89:40 You have broken down all his walls; you have made his strongholds a heap of ruins.
89:41 All who pass by have robbed him; he has become an object of disdain to his neighbors.
89:42 You have allowed his adversaries to be victorious, and all his enemies to rejoice.
89:43 You turn back his sword from the adversary, and have not sustained him in battle.
89:44 You have brought to an end his splendor, and have knocked his throne to the ground.
89:45 You have cut short his youth, and have covered him with shame. (Selah)
89:46 How long, O LORD, will this last? Will you remain hidden forever? Will your anger continue to burn like fire?
89:47 Take note of my brief lifespan! Why do you make all people so mortal?
89:48 No man can live on without experiencing death, or deliver his life from the power of Sheol. (Selah)
89:49 Where are your earlier faithful deeds, O sovereign Master, the ones performed in accordance with your reliable oath to David?
89:50 Take note, O sovereign Master, of the way your servants are taunted, and of how I must bear so many insults from people!
89:51 Your enemies, O LORD, hurl insults; they insult your chosen king as they dog his footsteps.

52 耶和華是应当稱頌的、直到永遠。阿們、阿們。

89:52 The LORD deserves praise forevermore!
We agree! We agree!

卷四

Book 4 (Psalms 90-106)

第九十篇

Psalm 90

1 [神人摩西的禱告。]
主阿、你世世代代作我們的居所。

2 諸山未曾生出、地與世界你未曾造成、從亘古到永遠、你是神。

3 你使人歸於塵土、說、你們世人要歸回。

4 在你看來、千年如已過的昨日、又如夜間的一更。

5 你叫他們如水沖去、他們如睡一覺、早晨、他們如生長的草。

6 早晨發芽生長、晚上割下枯乾。

7 我們因你的怒氣而消滅、因你的忿怒而驚惶。

8 你將我們的罪孽擺在你面前、將我們的隱惡擺在你面光之中。

9 我們經過的日子、都在你震怒之下、我們度盡的年歲、好像一聲嘆息。

10 我們一生的年日是七十歲、若是強壯可到八十歲、但其中所矜夸的、不過是勞苦愁煩、轉眼成空、我們便如飛而去。

11 誰曉得你怒氣的權勢、誰按著你該受的敬畏曉得你的忿怒呢。

12 求你指教我們怎樣數算自己的日子、好叫我們得著智慧的心。

13 耶和華阿、我們要等到幾時呢、求你轉回、為你的僕人後悔。

14 求你使我們早早飽得你的慈愛、好叫我們一生一世歡呼喜樂。

15 求你照著你使我們受苦的日子、和我們遭難的年歲、叫我們喜樂。

16 願你的作為向你僕人顯現、願你的榮耀向他們子孫顯明。

17 願主我們神的榮美、歸於我們身上、願你堅立我們手所作的工、我們手所作的工、願你堅立。

A prayer of Moses, the man of God.

90:1 O sovereign Master, you have been our protector through all generations!

90:2 Even before the mountains came into existence, or you brought the world into being, you were the eternal God.

90:3 You make mankind return to the dust, and say, "Return, O people!"

90:4 Yes, in your eyes a thousand years are like yesterday that quickly passes, or like one of the divisions of the nighttime.

90:5 You bring their lives to an end and they "fall asleep."

In the morning they are like the grass that sprouts up;

90:6 in the morning it glistens and sprouts up; at evening time it withers and dries up.

90:7 Yes, we are consumed by your anger; we are terrified by your wrath.

90:8 You are aware of our sins; you even know about our hidden sins.

90:9 Yes, throughout all our days we experience your raging fury;

the years of our lives pass quickly, like a sigh.

90:10 The days of our lives add up to seventy years, or eighty, if one is especially strong.

But even one's best years are marred by trouble and oppression.

Yes, they pass quickly and we fly away.

90:11 Who can really fathom the intensity of your anger?

Your raging fury causes people to fear you.

90:12 So teach us to consider our mortality, so that we might live wisely.

90:13 Turn back toward us, O LORD!

How long must this suffering last?

Have pity on your servants!

90:14 Satisfy us in the morning with your loyal love! Then we will shout for joy and be happy all our days!

90:15 Make us happy in proportion to the days you have afflicted us, in proportion to the years we have experienced trouble!

90:16 May your servants see your work!

May their sons see your majesty!

90:17 May our sovereign God extend his favor to us! Make our endeavors successful!

Yes, make them successful!

第九十一篇

- 1 住在至高者隐密处的、必住在全能者的荫下。
- 2 我要论到耶和华说、他是我的避难所、是我的山寨、是我的神、是我所倚靠的。
- 3 他必救你脱离捕鸟人的网罗、和毒害的瘟疫。
- 4 他必用自己的翎毛遮蔽你、你要投靠在他的翅膀底下、他的诚实、是大小盾牌。
- 5 你必不怕黑夜的惊骇、或是白日飞的箭、
- 6 也不怕黑夜行的瘟疫、或是午间灭人的毒病。
- 7 虽有千人仆倒在你旁边、万人仆倒在你右边、这灾却不得临近你。
- 8 你惟亲眼观看、见恶人遭报。
- 9 耶和华是我的避难所、你已将至高者当你的居所、
- 10 祸患必不临到你、灾害也不接近你的帐棚。
- 11 因他要为你吩咐他的使者、在你行的一切道路上保护你。
- 12 他们要用手托著你、免得你的脚碰在石头上。
- 13 你要踞在狮子和虺蛇的身上、践踏少壮狮子和大蛇。
- 14 神说、因为他专心爱我、我就要搭救他、因为他知道我的名、我要把他安置在高处。
- 15 他若求告我、我就应允他、他在急难中、我要与他同在、我要搭救他、使他尊贵。
- 16 我要使他足享长寿、将我的救恩显明给他。

第九十二篇

- 1 [安息日的诗歌。]
称谢耶和华、歌颂你至高者的名。
- 2 用十弦的乐器和瑟、用琴弹幽雅的声音、
- 3 早晨传扬你的慈爱、每夜传扬你的信实、这本为美事。

Psalm 91

- 91:1 As for you, the one who lives in the shelter of the Sovereign One,
and resides in the protective shadow of the mighty king—
- 91:2 I say this about the LORD, my shelter and my stronghold,
my God in whom I trust—
- 91:3 he will certainly rescue you from the snare of the hunter
and from the destructive plague.
- 91:4 He will shelter you with his wings;
you will find safety under his wings.
His faithfulness is like a shield or a protective wall.
- 91:5 You need not fear the terrors of the night,
the arrow that flies by day,
- 91:6 the plague that comes in the darkness,
or the disease that comes at noon.
- 91:7 Though a thousand may fall beside you,
and a multitude on your right side,
it will not reach you.
- 91:8 Certainly you will see it with your very own eyes—
you will see the wicked paid back.
- 91:9 For you have taken refuge in the LORD,
my shelter, the Sovereign One.
- 91:10 No harm will overtake you;
no illness will come near your home.
- 91:11 For he will order his angels
to protect you in all you do.
- 91:12 They will lift you up in their hands,
so you will not slip and fall on a stone.
- 91:13 You will subdue a lion and a snake;
you will trample underfoot a young lion and a serpent.
- 91:14 The LORD says,
“Because he is devoted to me, I will deliver him;
I will protect him because he is loyal to me.
- 91:15 When he calls out to me, I will answer him.
I will be with him when he is in trouble;
I will rescue him and bring him honor.
- 91:16 I will satisfy him with long life,
and will let him see my salvation.

Psalm 92

- A psalm; a song for the Sabbath day.
- 92:1 It is fitting to thank the LORD,
and to sing praises to your name, O Sovereign One!
- 92:2 It is fitting to proclaim your loyal love in the morning,
and your faithfulness during the night,
- 92:3 to the accompaniment of a ten-stringed instrument and a lyre,
to the accompaniment of the meditative tone of the harp.

- 4 因你耶和華藉著你的作為叫我高興，我要因你手的工作歡呼。
- 5 耶和華阿、你的工作何其大、你的心思极其深。
- 6 畜類人不曉得、愚頑人也不明白。
- 7 惡人茂盛如草、一切作孽之人發旺的時候、正是他們要滅亡、直到永遠。
- 8 惟你耶和華是至高、直到永遠。
- 9 耶和華阿、你的仇敵都要滅亡、一切作孽的也要離散。
- 10 你却高舉了我的角、如野牛的角，我是被新油膏了的。
- 11 我眼睛看見仇敵遭報、我耳朵聽見那些起來攻擊我的惡人受罰。
- 12 義人要發旺如棕樹、生長如利巴嫩的香柏樹。
- 13 他們栽于耶和華的殿中、發旺在我們神的院里。
- 14 他們年老的時候、仍要結果子，要滿了汁漿而常發青。
- 15 好顯明耶和華是正直的、他是我的磐石、在他毫无不義。

第九十三篇

- 1 耶和華作王，他以威嚴為衣穿上，耶和華以能力為衣、以能力束腰，世界就堅定、不得動搖。
- 2 你的寶座從太初立定，你從亙古就有。
- 3 耶和華阿、大水揚起、大水發聲、波浪澎湃。
- 4 耶和華在高位大有能力、勝過諸水的响声、洋海的大浪。
- 5 耶和華阿、你的法度最的確，你的殿永稱為聖、是合宜的。

第九十四篇

- 1 耶和華阿、你是伸冤的神，伸冤的神阿、求你發出光來。
- 2 審判世界的主阿、求你挺身而出、使驕傲人受應得的報應。

92:4 For you, O LORD, have made me happy by your work.

I will sing for joy because of what you have done.

92:5 How great are your works, O LORD!

Your plans are very intricate!

92:6 The spiritually insensitive do not recognize this; the fool does not understand this.

92:7 When the wicked sprout up like grass, and all the evildoers glisten,

it is so that they may be annihilated.

92:8 But you, O LORD, reign forever!

92:9 Indeed, look at your enemies, O LORD!

Indeed, look at how your enemies perish!

All the evildoers are scattered!

92:10 You exalt my horn like that of a wild ox.

I am covered with fresh oil.

92:11 I gloat in triumph over those who tried to ambush me;

I hear the defeated cries of the evil foes who attacked me.

92:12 The godly grow like a palm tree;

they grow high like a cedar in Lebanon.

92:13 Planted in the LORD's house,

they grow in the courts of our God.

92:14 They bear fruit even when they are old;

they are filled with vitality and have many leaves.

92:15 So they proclaim that the LORD, my protector, is just and never unfair.

Psalm 93

93:1 The LORD reigns!

He is robed in majesty,

the LORD is robed,

he wears strength around his waist.

Indeed, the world is established, it cannot be moved.

93:2 Your throne has been secure from ancient times; you have always been king.

93:3 The waves roar, O LORD,

the waves roar,

the waves roar and crash.

93:4 Above the sound of the surging water,

and the mighty waves of the sea,

the LORD sits enthroned in majesty.

93:5 The rules you set down are completely reliable.

Holiness aptly adorns your house, O LORD, forever.

Psalm 94

94:1 O LORD, the God who avenges!

O God who avenges, reveal your splendor!

94:2 Rise up, O judge of the earth!

Pay back the proud!

3 耶和華阿、惡人夸勝要到几時呢、要到几時呢。
4 他們絮絮叨叨、說傲慢的話、一切作孽的人、都自己誇張。
5 耶和華阿、他們強壓你的百姓、苦害你的產業。
6 他們殺死寡婦和寄居的、又杀害孤儿。
7 他們說、耶和華必不看見、雅各的神必不思念。
8 你們民間的畜類人當思想、你們愚頑人、到几時才有智慧呢。
9 造耳朵的、難道自己不聽見么、造眼睛的、難道自己不看見么。
10 管教列邦的、就是叫人得知識的、難道自己不懲治人么。
11 耶和華知道人的意念是虛妄的。
12 耶和華阿、你所管教、用律法所教訓的人、是有福的。
13 你使他在遭難的日子、得享平安、惟有惡人陷在所挖的坑中。
14 因為耶和華必不丟棄他的百姓、也不離棄他的產業。
15 審判要轉向公義、心里正直的、必都隨從。
16 誰肯為我起來攻擊作惡的、誰肯為我站起抵擋作孽的。
17 若不是耶和華幫助我、我就住在寂靜之中了。
18 我正說我失了脚、耶和華阿、那時你的慈愛扶助我。
19 我心里多忧多疑、你安慰我、就使我欢乐。
20 那藉著律例架弄残害、在位上行奸惡的、豈能与你相交么。
21 他們大家聚集攻击义人、将无辜的人定为死罪。
22 但耶和華向來作了我的高台、我的神作了我投靠的磐石。
23 他叫他們的罪孽歸到他們身上、他們正在行惡之中、他要剪除他們、耶和華我們的神要把他們剪除。

94:3 O LORD, how long will the wicked, how long will the wicked celebrate?
94:4 They spew out threats and speak defiantly; all the evildoers boast.
94:5 O LORD, they crush your people; they oppress the nation that belongs to you.
94:6 They kill the widow and the one residing outside his native land, and they murder the fatherless.
94:7 Then they say, "The LORD does not see this; the God of Jacob does not take notice of it."
94:8 Take notice of this, you ignorant people! You fools, when will you ever understand?
94:9 Does the one who makes the human ear not hear?
Does the one who forms the human eye not see?
94:10 Does the one who disciplines the nations not punish?
He is the one who imparts knowledge to human beings!
94:11 The LORD knows that peoples' thoughts are morally bankrupt.
94:12 How happy is the one whom you instruct, O LORD,
the one whom you teach from your law,
94:13 in order to protect him from times of trouble, until the wicked are destroyed.
94:14 Certainly the LORD does not forsake his people; he does not abandon the nation that belongs to him.
94:15 For justice will prevail, and all the morally upright will be vindicated.
94:16 Who will rise up to defend me against the wicked?
Who will stand up for me against the evildoers?
94:17 If the LORD had not helped me, I would have laid down in the silence of death.
94:18 If I say, "My foot is slipping," your loyal love, O LORD, supports me.
94:19 When worries threaten to overwhelm me, your soothing touch makes me happy.
94:20 Cruel rulers are not your allies, those who make oppressive laws.
94:21 They conspire against the blameless, and condemn to death the innocent.
94:22 But the LORD will protect me, and my God will shelter me.
94:23 He will pay them back for their sin. He will destroy them because of their evil; the LORD our God will destroy them.

第九十五篇

1 來阿、我們要向耶和華歌唱、向拯救我們的磐石歡呼。

Psalms 95

95:1 Come! Let's sing for joy to the LORD!
Let's shout out praises to our protector who delivers us!

- 2 我们要来感谢他、用诗歌向他欢呼。
3 因耶和華為大 神、為大王、超乎萬神之上。
4 地的深处在他手中、山的高峰也属他。
5 海洋属他。是他造的、旱地也是他手造成的。
6 来阿、我们要屈身敬拜、在造我们的耶和華面前跪下。
7 因为他是我们的 神、我们是他草场的羊、是他手下的民。惟愿你们今天听他的话。
8 你们不可硬著心、像当日在米利巴、就是在旷野的玛撒。
9 那时你们的祖宗试我探我、并且观看我的作为。
10 四十年之久、我厌烦那世代、说、这是心里迷糊的百姓、竟不晓得我的作为。
11 所以我在怒中起誓、说、他们断不可进入我的安息。

第九十六篇

- 1 你们要向耶和華唱新歌、全地都要向耶和華歌唱。
2 要向耶和華歌唱、称颂他的名、天天传扬他的救恩。
3 在列邦中述说他的荣耀、在万民中述说他的奇事。
4 因耶和華為大、当受极大的赞美、他在万神之上当受敬畏。
5 外邦的神都属虚无、惟独耶和華创造诸天。
6 有尊崇和威严在他面前、有能力与華美在他圣所。
7 民中的万族阿、你们要将荣耀能力归给耶和華、都归给耶和華。
8 要将耶和華的名所当得的荣耀归给他、拿供物来进入他的院宇。
9 当以圣洁的妆饰、〔的或作为〕敬拜耶和華、全地要在他面前战抖。
10 人在列邦中要说、耶和華作王、世界就坚定、不得动摇、他要按公正审判众民。
11 愿天欢喜、愿地快乐、愿海和其中所充满的澎湃。

- 95:2 Let's enter his presence with thanksgiving!
Let's shout out to him in celebration!
95:3 For the LORD is a great God,
a great king who is superior to all gods.
95:4 The depths of the earth are in his hand,
and the mountain peaks belong to him.
95:5 The sea is his, for he made it.
His hands formed the dry land.
95:6 Come! Let's bow down and worship!
Let's kneel before the LORD, our creator!
95:7 For he is our God;
we are the people of his pasture,
the sheep he owns.
Today, if only you would obey him!
95:8 He says, "Do not be stubborn like they were at Meribah,
like they were that day at Massah in the wilderness,
95:9 where your ancestors challenged my authority,
and tried my patience, even though they had seen my work.
95:10 For forty years I was continually disgusted
with that generation,
and I said, 'These people desire to go astray;
they do not obey my commands.'
95:11 So I made a vow in my anger,
'They will never enter into the resting place I had set aside for them.'"

Psalms 96

- 96:1 Sing to the LORD a new song!
Sing to the LORD, all the earth!
96:2 Sing to the LORD! Praise his name!
Announce every day how he delivers!
96:3 Tell the nations about his splendor!
Tell all the nations about his amazing deeds!
96:4 For the LORD is great and certainly worthy of praise;
he is more awesome than all gods.
96:5 For all the gods of the nations are worthless,
but the LORD made the sky.
96:6 Majestic splendor emanates from him;
his sanctuary is firmly established and beautiful.
96:7 Ascribe to the LORD, O families of the nations,
ascribe to the LORD splendor and strength!
96:8 Ascribe to the LORD the splendor he deserves!
Bring an offering and enter his courts!
96:9 Worship the LORD in holy attire!
Tremble before him, all the earth!
96:10 Say among the nations, "The LORD reigns!
The world is established, it cannot be moved.
He judges the nations fairly."
96:11 Let the sky rejoice, and the earth be happy!
Let the sea and everything in it shout!

- 12 愿田和其中所有的都欢乐·那时·林中的树木·都要在耶和華面前欢呼·
13 因为他来了·他来要审判全地·他要按公义审判世界·按他的信实审判万民。

96:12 Let the fields and everything in them celebrate!
Then let the trees of the forest shout with joy
96:13 before the LORD, for he comes!
For he comes to judge the earth!
He judges the world fairly,
and the nations in accordance with his justice.

第九十七篇

- 1 耶和華作王·愿地快乐·愿众海岛欢喜。
2 密云和幽暗·在他的四围·公义和公平·是他宝座的根基。
3 有烈火在他前头行·烧灭他四围的敌人。
4 他的闪电光照世界·大地看见便震动。
5 诸山见耶和華的面·就是全地之主的面·便消化如蜡。
6 诸天表明他的公义·万民看见他的荣耀。
7 愿一切事奉雕刻的偶像·靠虚无之神自夸的·都蒙羞愧。万神哪·你们都当拜他。
8 耶和華阿·锡安听见你的判断·就欢喜·犹大的城邑·〔原文作女子〕也都快乐。
9 因为你耶和華至高·超乎全地·你被尊崇·远超万神之上。
10 你们爱耶和華的·都当恨恶罪恶·他保护圣民的性命·搭救他们脱离恶人的手。
11 散布亮光是为义人·豫备喜乐·是为正直人。
12 你们义人当靠耶和華欢喜·称谢他可纪念的圣名。

Psalm 97

97:1 The LORD reigns!
Let the earth be happy!
Let the many coastlands rejoice!
97:2 Dark clouds surround him;
equity and justice are the foundation of his throne.
97:3 Fire goes before him;
on every side it burns up his enemies.
97:4 His lightning bolts light up the world;
the earth sees and trembles.
97:5 The mountains melt like wax before the LORD,
before the sovereign Master of the whole earth.
97:6 The sky declares his justice,
and all the nations see his splendor.
97:7 All who worship idols are ashamed,
those who boast about worthless idols.
All the gods bow down before him.
97:8 Zion hears and rejoices,
the towns of Judah are happy,
because of your judgments, O LORD.
97:9 For you, O LORD, are the sovereign king over
the whole earth;
you are elevated high above all gods.
97:10 You who love the LORD, hate evil!
He protects the lives of his faithful followers;
he delivers them from the power of the wicked.
97:11 The godly bask in the light;
the morally upright experience joy.
97:12 You godly ones, rejoice in the LORD!
give thanks to his holy name.

第九十八篇

- 1 〔一篇诗。〕
你们要向耶和華唱新歌·因为他行过奇妙的事·他的右手和圣臂·施行救恩。
2 耶和華发明了他的救恩·在列邦人眼前显出公义·
3 記念他向以色列家所发的慈爱·所凭的信实·地的四极·都看见我们 神的救恩。
4 全地都要向耶和華欢乐·要发起大声·欢呼歌颂。

Psalm 98

A psalm.
98:1 Sing to the LORD a new song,
for he performs amazing deeds!
His right hand and his mighty arm
accomplish deliverance.
98:2 The LORD demonstrates his power to deliver;
in the sight of the nations he reveals his justice.
98:3 He remains loyal and faithful to the family of Israel.
All the ends of the earth see our God deliver us.
98:4 Shout out praises to the LORD, all the earth!
Break out in a joyful shout and sing!

- 5 要用琴歌颂耶和華、用琴和诗歌的声音歌颂他。
 6 用号和角声、在大君王耶和華面前欢呼。
 7 愿海和其中所充满的澎湃、世界和住在其间的、也要发声。
 8 愿大水拍手、愿诸山在耶和華面前一同欢呼。
 9 因为他来、要审判遍地、他要按公义审判世界、按公正审判万民。

98:5 Sing to the LORD accompanied by a harp, accompanied by a harp and the sound of music!
98:6 With trumpets and the blaring of the ram's horn, shout out praises before the king, the LORD!
98:7 Let the sea and everything in it shout, along with the world and those who live in it!
98:8 Let the rivers clap their hands! Let the mountains sing in unison
98:9 before the LORD!
 For he comes to judge the earth!
 He judges the world fairly, and the nations in a just manner.

第九十九篇

- 1 耶和華作王、万民当战抖、他坐在二基路伯上、地当动摇。
 2 耶和華在锡安为大、他超乎万民之上。
 3 他们当称赞他大而可畏的名、他本为圣。
 4 王有能力喜爱公平、坚立公正、在雅各中施行公平和公义。
 5 你们当尊崇耶和華我们的神、在他脚凳前下拜、他本为圣。
 6 在他的祭司中有摩西和亚伦、在求告他名的人中有撒母耳、他们求告耶和華、他就应允他们。
 7 他在云柱中对他们说话、他们遵守他的法度、和他所赐给他们的律例。
 8 耶和華我们的神阿、你应允他们、你是赦免他们的神、却按他们所行的报应他们。
 9 你们要尊崇耶和華我们的神、在他的圣山下拜、因为耶和華我们的神本为圣。

Psalm 99

99:1 The LORD reigns!
 The nations tremble.
 He sits enthroned above the winged angels;
 the earth shakes.
99:2 The LORD is elevated in Zion;
 he is exalted over all the nations.
99:3 Let them praise your great and awesome name!
 He is holy!
99:4 The king is strong;
 he loves justice.
 You ensure that legal decisions will be made fairly;
 you promote justice and equity in Jacob.
99:5 Praise the LORD our God!
 Worship before his footstool!
 He is holy!
99:6 Moses and Aaron were among his priests;
 Samuel was one of those who prayed to him.
 They prayed to the LORD and he answered them.
99:7 He spoke to them from a pillar of cloud;
 they obeyed his regulations and the ordinance he gave them.
99:8 O LORD our God, you answered them.
 They found you to be a forgiving God,
 but also one who punished their sinful deeds.
99:9 Praise the LORD our God!
 Worship on his holy hill,
 for the LORD our God is holy!

第一百篇

- 1 [称谢诗。]
 普天下当向耶和華欢呼。
 2 你们当乐意事奉耶和華、当来向他歌唱。
 3 你们当晓得耶和華是神、我们是他造的、也是属他的、我们是他的民、也是他草场的羊。

Psalm 100

A thanksgiving psalm.
100:1 Shout out praises to the LORD, all the earth!
100:2 Worship the LORD with joy!
 Enter his presence with joyful singing!
100:3 Realize that the LORD is God!
 He made us and we belong to him;
 we are his people, the sheep of his pasture.

- 4 当称谢进入他的门、当赞美进入他的院、
当感谢他、称颂他的名。
- 5 因为耶和華本为善、他的慈爱、存到永
远、他的信实、直到万代。

100:4 Enter his gates with thanksgiving,
and his courts with praise!
Give him thanks!
Praise his name!
100:5 For the LORD is good.
His loyal love endures,
and he is faithful through all generations.

第一百零一篇

- 1 [大卫的诗。]
我要歌唱慈爱和公平、耶和華阿、我要向
你歌颂。
- 2 我要用智慧行完全的道、你儿时到我这里
来呢、我要存完全的心、行在我家中。
- 3 邪僻的事、我都不摆在我眼前、悖逆人所
作的事、我甚恨恶、不容沾在我身上。
- 4 弯曲的心思、我必远离、一切的恶人、
〔或作恶事〕我不认识。
- 5 在暗中谗谤他邻居的、我必将他灭绝、眼
目高傲、心里骄纵的、我必不容他。
- 6 我眼要看国中的诚实人、叫他们与我同
住、行为完全的、他要伺候我。
- 7 行诡诈的、必不得住在我家里、说谎话
的、必不得立在我眼前。
- 8 我每日早晨、要灭绝国中所有的恶人、好
把一切作孽的、从耶和華的城里剪除。

Psalms 101

A psalm of David.
101:1 I will sing about loyalty and justice!
To you, O LORD, I will sing praises!
101:2 I will walk in the way of integrity.
When will you come to me?
I will conduct my business with integrity in the
midst of my palace.
101:3 I will not even consider doing what is dishon-
est.
I hate doing evil;
I will have no part of it.
101:4 I will have nothing to do with a perverse per-
son;
I will not permit evil.
101:5 I will destroy anyone who slanders his
neighbor in secret.
I will not tolerate anyone who has a cocky demeanor
and an arrogant attitude.
101:6 I will favor the honest people of the land,
and allow them to live with me.
Those who walk in the way of integrity will attend
me.
101:7 Deceitful people will not live in my palace.
Liars will not be welcome in my presence.
101:8 Each morning I will destroy all the wicked
people in the land,
and remove all evildoers from the city of the LORD.

第一百零二篇

- 1 [困苦人发昏的时候、在耶和華面前吐露
苦情的祷告。]
耶和華阿、求你听我的祷告、容我的呼求
达到你面前。
- 2 我在急难的日子、求你向我侧耳、不要向
我掩面、我呼求的日子、求你快快应允
我。
- 3 因为我的年日、如烟云消灭、我的骨头、
如火把烧著。
- 4 我的心被伤、如草枯乾、甚至我忘记吃
饭。
- 5 因我唉哼的声音、我的肉紧贴骨头。
- 6 我如同旷野的鹁鸪、我好像荒场的鴉鸟。

Psalms 102

The prayer of an oppressed man, as he grows faint
and pours out his lament before the LORD.
102:1 O LORD, hear my prayer!
Pay attention to my cry for help!
102:2 Do not ignore me in my time of trouble!
Listen to me!
When I call out to you, quickly answer me!
102:3 For my days go up in smoke,
and my bones are charred like a fireplace.
102:4 My heart is parched and withered like grass,
for I am unable to eat food.
102:5 Because of the anxiety that makes me groan,
my bones protrude from my skin.
102:6 I am like an owl in the wilderness;
I am like a screech owl among the ruins.

7 我警醒不睡·我像房顶上孤单的麻雀。
8 我的仇敌终日辱骂我·向我猖狂的人、指著我赌咒。
9 我吃过炉灰·如同吃饭·我所喝的与眼泪搀杂·
10 这都因你的恼恨和忿怒·你把我拾起来·又把我摔下去。
11 我的年日·如日影偏斜·我也如草枯乾。
12 惟你耶和華必存到永远·你可記念的名·也存到万代。
13 你必须起来怜恤锡安·因现在是可怜他的时候·日期已经到了。
14 你的仆人原来喜悦他的石头·可怜他的尘土。
15 列国要敬畏耶和華的名·世上诸王都敬畏你的荣耀。
16 因为耶和華建造了锡安·在他荣耀里显现。
17 他垂听穷人的祷告·并不藐视他们的祈求。
18 这必为后代的人记下·将来受造的民·要赞美耶和華。
19 因为他从至高的圣所垂看·耶和華从天向地观察·
20 要垂听被囚之人的叹息·要释放将要死的人·
21 使人在锡安传扬耶和華的名·在耶路撒冷传扬赞美他的话·
22 就是在万民和列国聚会事奉耶和華的时候。
23 他使我的力量·中道衰弱·使我的年日短少。
24 我说·我的 神阿·不要使我中年去世·你的年数·世世无穷。
25 你起初立了地的根基·天也是你手所造的。
26 天地都要灭没·你却要长存·天地都要如外衣渐渐旧了·你要将天地如里衣更换·天地就改变了·
27 惟有你永不改变·你的年数没有穷尽。

102:7 I stay awake;
I am like a solitary bird on a roof.
102:8 All day long my enemies taunt me;
those who mock me use my name in their curses.
102:9 For I eat ashes as if they were bread,
and mix my drink with my tears,
102:10 because of your anger and raging fury.
Indeed, you pick me up and throw me away.
102:11 My days are coming to an end,
and I am withered like grass.
102:12 But you, O LORD, rule forever,
and your reputation endures.
102:13 You will rise up and have compassion on Zion.
For it is time to have mercy on her,
for the appointed time has come.
102:14 Indeed, your servants take delight in her stones,
and feel compassion for the dust of her ruins.
102:15 The nations will respect the reputation of the LORD,
and all the kings of the earth will respect his splendor,
102:16 when the LORD rebuilds Zion,
and reveals his splendor,
102:17 when he responds to the prayer of the destitute,
and does not reject their request.
102:18 The account of his intervention will be recorded for future generations;
people yet to be born will praise the LORD.
102:19 For he will look down from his sanctuary above;
from heaven the LORD will look toward earth,
102:20 in order to hear the painful cries of the prisoners,
and to set free those condemned to die,
102:21 so they may proclaim the name of the LORD in Zion,
and praise him in Jerusalem,
102:22 when the nations gather together,
and the kingdoms pay tribute to the LORD.
102:23 He has taken away my strength in the middle of life;
he has cut short my days.
102:24 I say, "O my God, please do not take me away in the middle of my life!
You endure through all generations.
102:25 In earlier times you established the earth;
the skies are your handiwork.
102:26 They will perish,
but you will endure.
They will wear out like a garment;
like clothes you will remove them and they will disappear.
102:27 But you remain;
your years do not come to an end.

- 28 你仆人的子孙要长存，他们的后裔、要坚立在你面前。

102:28 The children of your servants will settle down here,
and their descendants will live securely in your presence.”

第一百零三篇

1 [大卫的诗。]

我的心哪、你要称颂耶和华，凡在我里面的、也要称颂他的圣名。

2 我的心哪、你要称颂耶和华、不可忘记他的一切恩惠。

3 他赦免你的一切罪孽、医治你的一切疾病。

4 他救赎你的命脱离死亡、以仁爱 and 慈悲为你的冠冕。

5 他用美物、使你所愿的得以知足、以致你如鹰返老还童。

6 耶和华施行公义、为一切受屈的人伸冤。

7 他使摩西知道他的法则、叫以色列人晓得他的作为。

8 耶和华有怜悯、有恩典、不轻易发怒、且有丰盛的慈爱。

9 他不长久责备、也不永远怀怒。

10 他没有按我们的罪过待我们、也没有照我们的罪孽报应我们。

11 天离地何等的高、他的慈爱向敬畏他的人、也是何等的大。

12 东离西有多远、他叫我们的过犯、离我们也多远。

13 父亲怎样怜恤他的儿女、耶和华也怎样怜恤敬畏他的人。

14 因为他知道我们的本体、思念我们不过是尘土。

15 至于世人、他的年日如草一样，他发旺如野地的花。

16 经风一吹、便归无有，他的原处、也不再认识他。

17 但耶和华的慈爱、归于敬畏他的人、从亘古到永远，他的公义、也归于子子子孙。

18 就是那些遵守他的约、记念他的训词而遵行的人。

19 耶和华在天上立定宝座，他的权柄〔原文作国〕统管万有。

20 听从他命令成全他旨意有大能的天使、都要称颂耶和华。

Psalms 103

By David.

103:1 Praise the LORD, O my soul!

With all that is within me, praise his holy name!

103:2 Praise the LORD, O my soul!

Do not forget all his kind deeds!

103:3 He is the one who forgives all your sins,
who heals all your diseases,

103:4 who delivers your life from the Pit,
who crowns you with his loyal love and compassion,

103:5 who satisfies your life with good things,
so your youth is renewed like an eagle's.

103:6 The LORD does what is fair,
and executes justice for all the oppressed.

103:7 The LORD revealed his faithful acts to Moses,
his deeds to the Israelites.

103:8 The LORD is compassionate and merciful;
he is patient and demonstrates great loyal love.

103:9 He does not always accuse,
and does not stay angry.

103:10 He does not deal with us as our sins deserve;
he does not repay us as our misdeeds deserve.

103:11 For as the skies are high above the earth,
so his loyal love towers over his faithful followers.

103:12 As far as the eastern horizon is from the west,
so he removes the guilt of our rebellious actions
from us.

103:13 As a father has compassion on his children,
so the LORD has compassion on his faithful followers.

103:14 For he knows what we are made of;
he realizes we are made of clay.

103:15 A person's life is like grass.

Like a flower in the field it flourishes,

103:16 but when the hot wind blows by, it disappears,

and one can no longer even spot the place where it
once grew.

103:17 But the LORD continually shows loyal love to
his faithful followers,

and is faithful to their descendants,

103:18 to those who keep his covenant,
who are careful to obey his commands.

103:19 The LORD has established his throne in
heaven;

his kingdom extends over everything.

103:20 Praise the LORD, you angels of his,
you powerful warriors who carry out his decrees
and obey his orders!

- 21 你们作他的诸军作他的仆役行他所喜悦的、都要称颂耶和华。
22 你们一切被他造的、在他所治理的各处、都要称颂耶和华。我的心哪、你要称颂耶和华。

103:21 Praise the LORD, all you warriors of his, you servants of his who carry out his desires!

103:22 Praise the LORD, all that he has made, in all the regions of his kingdom!
Praise the LORD, O my soul!

第一百零四篇

Psalm 104

- 1 我的心哪、你要称颂耶和华。耶和華我的神阿、你为至大。你以尊荣威严为衣服。
2 披上亮光、如披外袍。铺张穹苍、如铺幔子。
3 在水中立楼阁的栋梁、用云彩为车辇、藉著风的翅膀而行。
4 以风为使者、以火焰为仆役。
5 将地立在根基上、使地永不动摇。
6 你用深水遮盖地面、犹如衣裳。诸水高过山岭。
7 你的斥责一发、水便奔逃。你的雷声一发、水便奔流。
8 (诸山升上、诸谷沉下。〔或作随山上翻随谷下流〕) 归你为他所安定之地。
9 你定了界限、使水不能过去、不再转回遮盖地面。
10 耶和華使泉源涌在山谷、流在山间。
11 使野地的走兽有水喝。野驴得解其渴。
12 天上的飞鸟在水旁住宿、在树枝上啼叫。
13 他从楼阁中浇灌山岭、因他作为的功效、地就丰足。
14 他使草生长、给六畜吃。使菜蔬发长、供给人用。使人从地里能得食物。
15 又得酒能悦人心、得油能润人面、得粮能养人心。
16 佳美的树木、就是利巴嫩的香柏树、是耶和華所栽种的、都满了汁浆。
17 雀鸟在其上搭窝。至于鹤、松树是他的房屋。
18 高山为野山羊的住所。岩石为沙番的藏处。

104:1 Praise the LORD, O my soul!

O LORD my God, you are magnificent.
You are robed in splendor and majesty.

104:2 He covers himself with light as if it were a garment.

He stretches out the skies like a tent curtain,

104:3 and lays the beams of the upper rooms of his palace on the rain clouds.

He makes the clouds his chariot,
and travels along on the wings of the wind.

104:4 He makes the winds his messengers,
and the flaming fire his attendant.

104:5 He established the earth on its foundations;
it will never be upended.

104:6 The watery deep covered it like a garment;
the waters reached above the mountains.

104:7 Your shout made the waters retreat;
at the sound of your thunderous voice they hurried off—

104:8 as the mountains rose up,
and the valleys went down—

to the place you appointed for them.

104:9 You set up a boundary for them that they could not cross,

so that they would not cover the earth again.

104:10 He turns springs into streams;
they flow between the mountains.

104:11 They provide water for all the animals in the field;

the wild donkeys quench their thirst.

104:12 The birds of the sky live beside them;
they chirp among the bushes.

104:13 He waters the mountains from the upper rooms of his palace;

the earth is full of the fruit you cause to grow.

104:14 He provides grass for the cattle,
and crops for people to cultivate,
so they can produce food from the ground,

104:15 as well as wine that makes people feel so good,

and so they can have oil to make their faces shine,
as well as food that sustains people's lives.

104:16 The trees of the LORD receive all the rain they need,

the cedars of Lebanon which he planted,

104:17 where the birds make nests,
near the evergreens in which the herons live.

104:18 The wild goats live in the high mountains;
the rock badgers find safety in the cliffs.

- 19 你安置月亮为定节令，日头自知沉落。
20 你造黑暗为夜、林中的百兽就都爬出来。
21 少壮狮子吼叫、要抓食、向 神寻求食物。
22 日头一出、兽便躲避、卧在洞里。
23 人出去作工、劳碌直到晚上。
24 耶和華阿、你所造的何其多、都是你用智慧造成的，遍地满了你的丰富。
25 那里有海、又大又广，其中有无数的动物，大小活物都有。
26 那里有船行走，有你所造的鳄鱼、游泳在其中。
27 这都仰望你按时给他食物。
28 你给他们、他们便拾起来，你张手、他们饱得美食。
29 你掩面、他们便惊惶，你收回他们的气，他们就死亡归于尘土。
30 你发出你的灵、他们便受造，你使地面更换为新。
31 愿耶和華的荣耀存到永远，愿耶和華喜悦自己所造的。
32 他看地、地便震动，他摸山、山就冒烟。
33 我要一生向耶和華唱诗，我还活的时候，要向我 神歌颂。
34 愿他以我的默念为甘甜，我要因耶和華欢喜。
35 愿罪人从世上消灭，愿恶人归于无有。我的心哪，要称颂耶和華。你们要赞美耶和華。〔原文作哈利路亚下同〕

104:19 He made the moon to mark the months, and the sun sets according to a regular schedule.
104:20 You make it dark and night comes, during which all the beasts of the forest prowls around.
104:21 The lions roar for prey, seeking their food from God.
104:22 When the sun rises, they withdraw and sleep in their dens.
104:23 Men then go out to do their work, and labor away until evening.
104:24 How many living things you have made, O LORD!
You have exhibited great skill in making all of them; the earth is full of the living things you have made.
104:25 Over here is the deep, wide sea, which teems with innumerable swimming creatures, living things both small and large.
104:26 The ships travel there, and over here swims the whale you made to play in it.
104:27 All of your creatures wait for you to provide them with food on a regular basis.
104:28 You give food to them and they receive it; you open your hand and they are filled with food.
104:29 When you ignore them, they panic. When you take away their life's breath, they die and return to dust.
104:30 When you send your life-giving breath, they are created, and you replenish the surface of the ground.
104:31 May the splendor of the LORD endure! May the LORD find pleasure in the living things he has made!
104:32 He looks down on the earth and it shakes; he touches the mountains and they start to smolder.
104:33 I will sing to the LORD as long as I live; I will sing praise to my God as long as I exist!
104:34 May my thoughts be pleasing to him! I will rejoice in the LORD.
104:35 May sinners disappear from the earth, and the wicked vanish! Praise the LORD, O my soul! Praise the LORD!

第一百零五篇

- 1 你们要称谢耶和華、求告他的名、在万民中传扬他的作为。
2 要向他唱诗歌颂、谈论他一切奇妙的作为。
3 要以他的圣名夸耀，寻求耶和華的人、心中应当欢喜。
4 要寻求耶和華与他的能力、时常寻求他的面。

Psalm 105

105:1 Give thanks to the LORD! Call on his name! Make known his accomplishments among the nations!
105:2 Sing to him! Make music to him! Reflect on all his miraculous deeds!
105:3 Boast about his holy name! Let the hearts of those who seek the LORD rejoice!
105:4 Seek the LORD and the strength he gives! Seek his presence continually!

5 他仆人亚伯拉罕的后裔、他所拣选雅各的
6 子孙哪、你们要记念他奇妙的作为、和他的
奇事、并他口中的判语。
7 他是耶和華我们的 神、全地都有他的判
断。
8 他记念他的约、直到永远、他所吩咐的
话、直到千代、
9 就是与亚伯拉罕所立的约、向以撒所起的
誓。
10 他又将这约向雅各定为律例、向以色列定
为永远的约、
11 说、我必将迦南地赐给你、作你产业的
分。
12 当时他们人丁有限、数目稀少、并且在那
地为寄居的。
13 他们从这邦游到那邦、从这国行到那国、
14 他不容甚么人欺负他们、为他们的缘故、
责备君王、
15 说、不可难为我受膏的人、也不可虐待我
的先知。
16 他命饥荒降在那地上、将所倚靠的粮食、
全行断绝。
17 在他们以先打发一个人去、约瑟被卖为奴
仆。
18 人用脚镣伤他的脚、他被铁链捆拘。
19 耶和華的话试炼他、直等到他所说的应验
了。
20 王打发人把他解开、就是治理众民的、把
他释放、
21 立他作王家之主、掌管他一切所有的、
22 使他随意捆绑他的臣宰、将智慧教导他的
长老。
23 以色列也到了埃及、雅各在舍地寄居。
24 耶和華使他的百姓生养众多、使他们比敌
人强盛、
25 使敌人的心转去恨他的百姓、并用诡计待
他的仆人。
26 他打发他的仆人摩西、和他所拣选的亚
伦。
27 在敌人中间显他的神迹在舍地显他的奇
事。
28 他命黑暗、就有黑暗、没有违背他话的。
29 他叫埃及的水变为血、叫他们的鱼死了。
30 在他们的地上、以及王宫的内室、青蛙多
多滋生。
31 他说一声、苍蝇就成群而来、并有虱子进
入他们四境。

105:5 Recall the miraculous deeds he performed,
his mighty acts and the judgments he decreed,
105:6 O children of Abraham, his servant,
you descendants of Jacob, his chosen ones!
105:7 He is the LORD our God;
he carries out judgment throughout the earth.
105:8 He always remembers his covenantal decree,
the promise he made to a thousand generations—
105:9 the one he made to Abraham,
the promise he made by oath to Isaac!
105:10 He gave it to Jacob as a decree,
to Israel as a lasting promise,
105:11 saying, “To you I will give the land of Canaan
as the portion of your inheritance.”
105:12 When they were few in number,
just a very few, and resident aliens within it,
105:13 they wandered from nation to nation,
and from one kingdom to another.
105:14 He let no one oppress them;
he disciplined kings for their sake,
105:15 saying, “Don’t touch my chosen ones!
Don’t harm my prophets!”
105:16 He called down a famine upon the earth;
he cut off all the food supply.
105:17 He sent a man ahead of them—
Joseph was sold as a servant.
105:18 The shackles hurt his feet;
his neck was placed in an iron collar,
105:19 until the time when his prediction came true.
The LORD’s word proved him right.
105:20 The king authorized his release;
the ruler of nations set him free.
105:21 He put him in charge of his palace,
and made him manager of all his property,
105:22 giving him authority to imprison his officials
and to teach his advisers.
105:23 Israel moved to Egypt;
Jacob lived for a time in the land of Ham.
105:24 The LORD made his people very fruitful,
and made them more numerous than their enemies.
105:25 He caused them to hate his people,
and to mistreat his servants.
105:26 He sent his servant Moses,
and Aaron, whom he had chosen.
105:27 They executed his miraculous signs among
them,
and his amazing deeds in the land of Ham.
105:28 He made it dark;
they did not disobey his orders.
105:29 He turned their water into blood,
and killed their fish.
105:30 Their land was overrun by frogs,
which even got into the rooms of their kings.
105:31 He ordered flies to come;
gnats invaded their whole territory.

- 32 他给他们降下冰雹为雨、在他们的地上降下火焰。
33 他也击打他们的葡萄树、和无花果树、毁坏他们境内的树木。
34 他说一声、就有蝗虫蚂蚱上来、不计其数、
35 吃尽了他们地上各样的菜蔬、和田地的出产。
36 他又击杀他们国内一切的长子、就是他们强壮时头生的。
37 他领自己的百姓带银子金子出来、他支派中没有一个软弱的。
38 他们出来的时候、埃及人便欢喜、原来埃及人惧怕他们。
39 他铺张云彩当遮盖、夜间使火光照明。
40 他们一求、他就使鹌鹑飞来、并用天上的粮食、叫他们饱足。
41 他打开磐石、水就涌出、在乾旱之处、水流成河。
42 这都因他记念他的圣言、和他的仆人亚伯拉罕。
43 他带领百姓欢乐而出、带领选民欢呼前往。
44 他将列国的地赐给他们、他们便承受众民劳碌得来的。
45 好使他们遵他的律例、守他的律法。你们要赞美耶和华。

第一百零六篇

- 1 你们要赞美耶和华、要称谢耶和华、因他本为善、他的慈爱永远长存。
2 谁能传说耶和华的大能、谁能表明他一切的美德。
3 凡遵守公平、常行公义的、这人便为有福。
4 耶和华阿、你用恩惠待你的百姓、求你也用这恩惠记念我、开你的救恩眷顾我、
5 使我见你选民的福、乐你国民的乐、与你的产业一同夸耀。
6 我们与我们的祖宗一同犯罪、我们作了孽、行了恶。
7 我们的祖宗在埃及不明白你的奇事、不记念你丰盛的慈爱、反倒在红海行了悖逆。

- 105:32** He sent hail along with the rain; there was lightning in their land.
105:33 He destroyed their vines and fig trees, and broke the trees throughout their territory.
105:34 He ordered locusts to come, innumerable grasshoppers.
105:35 They ate all the vegetation in their land, and devoured the crops of their fields.
105:36 He struck down all the firstborn in their land, the firstfruits of their reproductive power.
105:37 He brought his people out enriched with silver and gold; none of his tribes stumbled.
105:38 Egypt was happy when they left, for they were afraid of them.
105:39 He spread out a cloud for a cover, and provided a fire to light up the night.
105:40 They asked for food, and he sent quails; he satisfied them with food from the sky.
105:41 He opened up a rock and water flowed out; a river ran through dry regions.
105:42 Yes, he remembered the sacred promise he made to Abraham his servant.
105:43 When he led his people out, they rejoiced; his chosen ones shouted with joy.
105:44 He handed the territory of nations over to them, and they took possession of what other peoples had produced,
105:45 so that they might keep his commands and obey his laws.
Praise the LORD!

Psalms 106

- 106:1** Praise the LORD!
Give thanks to the LORD, for he is good, and his loyal love endures!
106:2 Who can adequately recount the LORD's mighty acts, or relate all his praiseworthy deeds?
106:3 How happy are those who promote justice, and do what is right all the time!
106:4 Remember me, O LORD, when you show favor to your people!
Pay attention to me, when you deliver,
106:5 so I may see the prosperity of your chosen ones, rejoice along with your nation, and boast along with the people who belong to you.
106:6 We have sinned like our ancestors; we have done wrong, we have done evil.
106:7 Our ancestors in Egypt failed to appreciate your miraculous deeds, they failed to remember your many acts of loyal love, and they rebelled at the sea, by the Red Sea.

8 然而他因自己的名拯救他们、为要彰显他的大能、
9 并且斥责红海、海便乾了、他带领他们经过深处、如同经过旷野。
10 他拯救他们脱离恨他们人的手、从仇敌手中救赎他们。
11 水淹没他们的敌人、没有一个存留。
12 那时他们才信了他的话、歌唱赞美他。
13 等不多时、他们就忘了他的作为、不仰望他的指教、
14 反倒在旷野大起欲心、在荒地试探 神。
15 他们将他们所求的赐给他们、却使他们的心灵软弱。
16 他们又在营中嫉妒摩西、和耶和华的圣者亚伦。
17 地裂开吞下大坍、掩盖亚比兰一党的人。
18 有火在他们的党中发起、有火焰烧毁了恶人。
19 他们在何烈山造了牛犊叩拜铸成的像。
20 如此将他们荣耀的主、换为吃草之牛的像、
21 忘了 神他们的救主、他曾在埃及行大事、
22 在含地行奇事、在红海行可畏的事。
23 所以他说要灭绝他们、若非有他所拣选的摩西站在当中、〔原文作破口〕使他的忿怒转消、恐怕他就灭绝他们。
24 他们又藐视那美地、不信他的话、
25 在自己帐棚内发怨言、不听耶和华的声言。
26 所以他对他们起誓、必叫他们倒在旷野、
27 叫他们的后裔倒在列国之中、分散在各地。
28 他们又与巴力毗珥连合、且吃了祭死神〔或作人〕的物。
29 他们这样行、惹耶和华发怒、便有瘟疫流行在他们中间。
30 那时非尼哈站起、刑罚恶人、瘟疫这才止息。
31 那就算为他的义、世世代代直到永远。
32 他们在米利巴水又叫耶和华发怒、甚至摩西也受了亏损、

106:8 Yet he delivered them for the sake of his reputation,
that he might reveal his power.
106:9 He shouted at the Red Sea and it dried up;
he led them through the deep water as if it were a desert.
106:10 He delivered them from the power of the one who hated them,
and rescued them from the power of the enemy.
106:11 The water covered their enemies;
not even one of them survived.
106:12 They believed his promises;
they sang praises to him.
106:13 They quickly forgot what he had done;
they did not wait for his instructions.
106:14 In the wilderness they had an insatiable craving for meat;
they challenged God in the desert.
106:15 He granted their request,
then struck them with a disease.
106:16 In the camp they resented Moses,
and Aaron, the LORD's holy priest.
106:17 The earth opened up and swallowed Dathan;
it engulfed the group led by Abiram.
106:18 Fire burned their group;
the flames scorched the wicked.
106:19 They made an image of a calf at Horeb,
and worshiped a metal idol.
106:20 They traded their majestic God
for the image of an ox that eats grass.
106:21 They rejected the God who delivered them,
the one who performed great deeds in Egypt,
106:22 amazing feats in the land of Ham,
mighty acts by the Red Sea.
106:23 He threatened to destroy them,
but Moses, his chosen one, interceded with him
and turned back his destructive anger.
106:24 They rejected the fruitful land;
they did not believe his promise.
106:25 They grumbled in their tents;
they did not obey the LORD.
106:26 So he made a solemn vow
that he would make them die in the desert,
106:27 make their descendants die among the nations,
and scatter them among foreign lands.
106:28 They worshiped Baal of Peor,
and ate sacrifices offered to the dead.
106:29 They made the LORD angry by their actions,
and a plague broke out among them.
106:30 Phinehas took a stand and intervened,
and the plague subsided.
106:31 This brought him a reward,
an eternal gift.
106:32 They made him angry by the waters of Meribah,
and Moses suffered because of them,

33 是因他们惹动他的灵·摩西〔原文作他〕
用嘴说了急躁的话。
34 他们不照耶和華所吩咐的灭绝外邦人、
35 反与他们混杂相合、学习他们的行为、
36 事奉他们的偶像·这就成了自己的网罗。
37 把自己的儿女祭祀鬼魔、
38 流无辜人的血、就是自己儿女的血、把他们
祭祀迦南的偶像·那地就被血污秽了。
39 这样他们被自己所作的污秽了、在行为上
犯了邪淫。
40 所以耶和華的怒气、向他的百姓发作、憎
恶他的产业。
41 将他们交在外邦人的手里·恨他们的人就
辖制他们。
42 他们的仇敌也欺压他们、他们就伏在敌人
手下。
43 他屡次搭救他们、他们却设谋背逆·因自
己的罪孽降为卑下。
44 然而他听见他们哀告的时候、就眷顾他们
的急难日·
45 为他们纪念他的约、照他丰盛的慈爱后
悔。
46 他也使他们在凡掳掠他们的人面前蒙怜
恤。
47 耶和華我们的 神阿、求你拯救我们、从
外邦中招聚我们、我们好称赞你的圣名、
以赞美你为夸胜。
48 耶和華以色列的 神、是应当称颂的、从
亘古直到永远。愿众民都说、阿们。你们
要赞美耶和華。

106:33 for they aroused his temper,
and he spoke rashly.
106:34 They did not destroy the nations,
as the LORD had commanded them to do.
106:35 They mixed in with the nations
and learned their ways.
106:36 They worshiped their idols,
which became a snare to them.
106:37 They sacrificed their sons and daughters to
demons.
106:38 They shed innocent blood—
the blood of their sons and daughters,
whom they sacrificed to the idols of Canaan.
The land was polluted by bloodshed.
106:39 They were defiled by their deeds,
and unfaithful in their actions.
106:40 So the LORD was angry with his people
and despised the people who belong to him.
106:41 He handed them over to the nations,
and those who hated them ruled over them.
106:42 Their enemies oppressed them;
they were subject to their authority.
106:43 Many times he delivered them,
but they had a rebellious attitude,
and degraded themselves by their sin.
106:44 Yet he took notice of their distress,
when he heard their cry for help.
106:45 He remembered his covenant with them,
and relented because of his great loyal love.
106:46 He caused all their conquerors
to have pity on them.
106:47 Deliver us, O LORD, our God!
Gather us from among the nations!
Then we will give thanks to your holy name,
and boast about your praiseworthy deeds.
106:48 The LORD God of Israel deserves praise,
in the future and forevermore.
Let all the people say, "We agree! Praise the LORD!"

卷五

Book 5 (Psalms 107-150)

第一百零七篇

1 你们要称谢耶和華、因他本为善·他的慈
爱、永远长存。
2 愿耶和華的赎民说这话、就是他从敌人手
中所救赎的、
3 从各地、从东从西、从南从北、所招聚来
的。

Psalm 107

107:1 Give thanks to the LORD, for he is good,
and his loyal love endures!
107:2 Let those delivered by the LORD speak out,
those whom he delivered from the power of the en-
emy,
107:3 and gathered from foreign lands,
from east and west,
from north and south.

4 他们在旷野荒地漂流、寻不见可住的城邑。
5 又饥又渴、心里发昏。
6 于是他们在苦难中哀求耶和华、他从他们的祸患中搭救他们。
7 又领他们行走直路、使他们往可居住的城邑。
8 但愿人因耶和华的慈爱、和他向人所行的奇事、都称赞他。
9 因他使心里渴慕的人、得以知足、使心里饥饿的人、得饱美物。
10 那些坐在黑暗中死荫里的人、被困苦和铁链捆绑、
11 是因他们违背神的话语、藐视至高者的旨意。
12 所以他用劳苦治服他们的心、他们仆倒、无人扶助。
13 于是他们在苦难中哀求耶和华、他从他们的祸患中拯救他们。
14 他从黑暗中、和死荫里、领他们出来、折断他们的绑索。
15 但愿人因耶和华的慈爱、和他向人所行的奇事、都称赞他。
16 因为他打破了铜门、砍断了铁闩。
17 愚妄人因自己的过犯、和自己的罪孽、便受苦楚。
18 他们心里厌恶各样的食物、就临近死门。
19 于是他们在苦难中哀求耶和华、他从他们的祸患中、拯救他们。
20 他发命医治他们、救他们脱离死亡。
21 但愿人因耶和华的慈爱、和他向人所行的奇事、都称赞他。
22 愿他们以感谢为祭献给他、欢呼述说他的作为。
23 在海上坐船、在大水中经理事务的、
24 他们看见耶和华的作为、并他在深水中的奇事。
25 因他一吩咐、狂风就起来、海中的波浪也扬起。
26 他们上到天空、下到海底、他们的心因患难便消化。
27 他们摇摇幌幌、东倒西歪、好像醉酒的人、他们的智慧无法可施。

107:4 They wandered through the wilderness on a desert road;
they found no city in which to live.
107:5 They were hungry and thirsty;
they fainted from exhaustion.
107:6 They cried out to the LORD in their distress;
he delivered them from their troubles.
107:7 He led them on a level road,
that they might find a city in which to live.
107:8 Let them give thanks to the LORD for his loyal love,
and for the amazing things he has done for people!
107:9 For he has satisfied those who thirst,
and those who hunger he has filled with food.
107:10 They sat in utter darkness,
bound in painful iron chains,
107:11 because they had rebelled against God's commands,
and rejected the instructions of the sovereign king.
107:12 So he used suffering to humble them;
they stumbled and no one helped them up.
107:13 They cried out to the LORD in their distress;
he delivered them from their troubles.
107:14 He brought them out of the utter darkness,
and tore off their shackles.
107:15 Let them give thanks to the LORD for his loyal love,
and for the amazing things he has done for people!
107:16 For he shattered the bronze gates,
and hacked through the iron bars.
107:17 They acted like fools in their rebellious ways,
and suffered because of their sins.
107:18 They lost their appetite for all food,
and they drew near the gates of death.
107:19 They cried out to the LORD in their distress;
he delivered them from their troubles.
107:20 He sent them an assuring word and healed them;
he rescued them from the pits where they were trapped.
107:21 Let them give thanks to the LORD for his loyal love,
and for the amazing things he has done for people!
107:22 Let them present thank offerings,
and loudly proclaim what he has done!
107:23 Some traveled on the sea in ships,
and carried cargo over the vast waters.
107:24 They witnessed the acts of the LORD,
his amazing feats on the deep water.
107:25 He gave the order for a windstorm,
and it stirred up the waves of the sea.
107:26 They reached up to the sky,
then dropped into the depths.
The sailors' strength left them because the danger was so great.
107:27 They swayed and staggered like a drunk,
and all their skill proved ineffective.

- 28 于是他们在苦难中哀求耶和华、他从他们的
祸患中领出他们来。
29 他使狂风止息、波浪就平静。
30 风息浪静、他们便欢喜、他就引他们到所
愿去的海口。
31 但愿人因耶和华的慈爱、和他向人所行的
奇事、都称赞他。
32 愿他们在民的会中尊崇他、在长老的位上
赞美他。
33 他使江河变为旷野、叫水泉变为乾渴之
地、
34 使肥地变为硷地、这都因其间居民的罪
恶。
35 他使旷野变为水潭、叫旱地变为水泉。
36 他使饥饿的人住在那里、好建造可住的城
邑、
37 又种田地、栽葡萄园、得享所出的土产。
38 他又赐福给他们、叫他们生养众多、也不
叫他们的牲畜减少。
39 他们又因暴虐、患难、愁苦、就减少且卑
下。
40 他使君王蒙羞被辱、使他们在荒废无路之
地漂流。
41 他却将穷乏人安置在高处、脱离苦难、使
他的家属多如羊群。
42 正直人看见、就欢喜、罪孽之辈、必塞口
无言。
43 凡有智慧的、必在这些事上留心、也必思
想耶和华的慈爱。

- 107:28 They cried out to the LORD in their distress;
he delivered them from their troubles.
107:29 He calmed the storm,
and the waves grew silent.
107:30 The sailors rejoiced because the waves grew
quiet,
and he led them to the harbor they desired.
107:31 Let them give thanks to the LORD for his loyal
love,
and for the amazing things he has done for people!
107:32 Let them exalt him in the assembly of the
people!
Let them praise him in the place where the leaders
preside!
107:33 He turned streams into a desert,
springs of water into arid land,
107:34 and a fruitful land into a barren place,
because of the sin of its inhabitants.
107:35 As for his people, he turned a desert into a
pool of water,
and a dry land into springs of water.
107:36 He allowed the hungry to settle there,
and they established a city in which to live.
107:37 They cultivated fields,
and planted vineyards,
which yielded a harvest of fruit.
107:38 He blessed them so that they became very
numerous.
He would not allow their cattle to decrease in num-
ber.
107:39 As for their enemies, they decreased in num-
ber and were beaten down,
because of painful distress and suffering.
107:40 He would pour contempt upon princes,
and he made them wander in a wasteland with no
road.
107:41 Yet he protected the needy from oppression,
and cared for his families like a flock of sheep.
107:42 When the godly see this, they rejoice,
and every sinner shuts his mouth.
107:43 Whoever is wise, let him take note of these
things!
Let them consider the LORD's acts of loyal love!

第一百零八篇

- 1 [大卫的诗歌。]
神阿、我心坚定、我口〔原文作荣耀〕
要唱诗歌颂。
2 琴瑟阿、你们当醒起、我自己要极早醒
起。
3 耶和华阿、我要在万民中感谢你、在列邦
中歌颂你。
4 因为你的慈爱大过诸天、你的诚实达到穹
苍。

Psalm 108

- A song, a psalm of David.
108:1 I am determined, O God!
I will sing and praise you with my whole heart.
108:2 Awake, O stringed instrument and harp!
I will wake up at dawn!
108:3 I will give you thanks before the nations, O
LORD!
I will sing praises to you before foreigners!
108:4 For your loyal love extends beyond the sky,
and your faithfulness reaches the clouds.

- 5 神阿、愿你崇高、过于诸天·愿你的荣耀、高过全地。
6 求你应允我们、用右手拯救我们、好叫你所亲爱的人得救。
7 神已经指著他的圣洁说、〔说或作应许我〕我要欢乐·我要分开示剑、丈量疏割谷。
8 基列是我的·玛拿西是我的·以法莲是护卫我头的·犹大是我的杖·
9 摩押是我的沐浴盆·我要向以东抛鞋·我必因胜非利士呼喊。
10 谁能领我进坚固城·谁能引我到以东地。
11 神阿、你不是丢弃了我们么·神阿、你不和我们的军兵同去么。
12 求你帮助我们攻击敌人、因为人的帮助是枉然的。
13 我们倚靠神·才得施展大能、因为践踏我们敌人的就是他。

第一百零九篇

- 1 〔大卫的诗、交与伶长。〕我所赞美的神阿、求你不要闭口不言·
2 因为恶人的嘴、和诡诈人的口、已经张开攻击我·他们用撒谎的舌头对我说话。
3 他们围绕我、说怨恨的话、又无故地攻打我。
4 他们与我为敌以报我爱·但我专心祈祷。
5 他们向我以恶报善、以恨报爱。
6 愿你派一个恶人辖制他、派一个对头站在他右边。
7 他受审判的时候、愿他出来担当罪名·愿他的祈祷、反成为罪。
8 愿他的年日短少·愿别人得他的职分。
9 愿他的儿女为孤儿、他的妻子为寡妇。
10 愿他的儿女漂流讨饭、从他们荒凉之处出来求食。
11 愿强暴的债主牢笼他一切所有的·愿外人抢他劳碌得来的。
12 愿无人向他延绵施恩·愿无人可怜他的孤儿。
13 愿他的后人断绝、名字被涂抹、不传于下代。

- 108:5** Rise up above the sky, O God!
May your splendor cover the whole earth!
108:6 Deliver by your power and answer me,
so that the ones you love may be safe.
108:7 God has spoken in his sanctuary:
“I will triumph! I will parcel out Shechem,
the valley of Succoth I will measure off.
108:8 Gilead belongs to me,
as does Manasseh!
Ephraim is my helmet,
Judah my royal scepter.
108:9 Moab is my wash basin.
I will make Edom serve me.
I will shout in triumph over Philistia.”
108:10 Who will lead me into the fortified city?
Who will bring me to Edom?
108:11 Have you not rejected us, O God?
O God, you do not go into battle with our armies.
108:12 Give us help against the enemy,
for any help men might offer is futile.
108:13 By God’s power we will conquer;
he will trample down our enemies.

Psalms 109

- For the music director, a psalm of David.
109:1 O God whom I praise, do not ignore me!
109:2 For they say cruel and deceptive things to me;
they lie to me.
109:3 They surround me and say hateful things;
they attack me for no reason.
109:4 They repay my love with accusations,
but I continue to pray.
109:5 They repay me evil for good,
and hate for love.
109:6 Appoint an evil man to testify against him!
May an accuser stand at his right side!
109:7 When he is judged, he will be found guilty!
Then his prayer will be regarded as sinful.
109:8 May his days be few!
May another take his job!
109:9 May his children be fatherless,
and his wife a widow!
109:10 May his children roam around begging,
asking for handouts as they leave their ruined home!
109:11 May the creditor seize all he owns!
May strangers loot his property!
109:12 May no one show him kindness!
May no one have compassion on his fatherless children!
109:13 May his descendants be cut off!
May the memory of them be wiped out by the time
the next generation arrives!

- 14 愿他祖宗的罪孽被耶和華記念·愿他母亲的罪过不被涂抹。
- 15 愿这些罪常在耶和華面前·使他的名号断绝于世·
- 16 因为他不想施恩·却逼迫困苦穷乏的、和伤心的人·要把他们治死。
- 17 他爱咒骂、咒骂就临到他·他不喜爱福乐、福乐就与他远离。
- 18 他拿咒骂当衣服穿上·这咒骂就如水进他里面·像油入他的骨头。
- 19 愿这咒骂当他遮身的衣服、当他常束的腰带。
- 20 这就是我对头、和用恶言议论我的人、从耶和華那里所受的报应。
- 21 主耶和華阿·求你为你的名恩待我·因你的慈爱美好·求你搭救我·
- 22 因为我困苦穷乏、内心受伤。
- 23 我如日影渐渐偏斜而去·我如蝗虫被抖出来。
- 24 我因禁食、膝骨软弱·我身上的肉、也渐渐瘦了。
- 25 我受他们的羞辱·他们看见我·便摇头。
- 26 耶和華我的 神阿·求你帮助我·照你的慈爱拯救我·
- 27 使他们知道这是你的手·是你耶和華所行的事。
- 28 任凭他们咒骂·惟愿你赐福·他们几时起来·就必蒙羞·你的仆人要欢喜。
- 29 愿我的对头、披戴羞辱·愿他们以自己的羞愧为外袍遮身。
- 30 我要用口极力称赞耶和華·我要在众人中间赞美他。
- 31 因为他必站在穷乏人的右边·要救他脱离审判他灵魂的人。

- 109:14** May his ancestors' sins be remembered by the LORD!
May his mother's sin not be forgotten!
- 109:15** May the LORD be constantly aware of them, and cut off the memory of his children from the earth!
- 109:16** For he never bothered to show kindness; he harassed the oppressed and needy, and killed the disheartened.
- 109:17** He loved to curse others, so those curses have come upon him.
He had no desire to bless anyone, so he has experienced no blessings.
- 109:18** He made cursing a way of life, so curses poured into his stomach like water and seeped into his bones like oil.
- 109:19** May a curse attach itself to him, like a garment one puts on,
or a belt one wears continually!
- 109:20** May the LORD repay my accusers in this way, those who say evil things about me!
- 109:21** O sovereign LORD,
intervene on my behalf for the sake of your reputation!
- Because your loyal love is good, deliver me!
- 109:22** For I am oppressed and needy, and my heart beats violently within me.
- 109:23** I am fading away like a shadow at the end of the day;
I am shaken off like a locust.
- 109:24** I am so starved my knees shake;
I have turned into skin and bones.
- 109:25** I am disdained by them.
When they see me, they shake their heads.
- 109:26** Help me, O LORD my God!
Because you are faithful to me, deliver me!
- 109:27** Then they will realize this is your work, and that you, LORD, have accomplished it.
- 109:28** They curse, but you will bless.
When they attack, they will be humiliated, but your servant will rejoice.
- 109:29** My accusers will be covered with shame, and draped in humiliation as if it were a robe.
- 109:30** I will thank the LORD profusely,
in the middle of a crowd I will praise him,
- 109:31** because he stands at the right hand of the needy,
to deliver him from those who threaten his life.

第一百一十篇

- 1 [大卫的诗。]
耶和華对我主说·你坐在我的右边·等我使你仇敌作你的脚凳。
- 2 耶和華必使你从锡安伸出能力的杖来·你要在你仇敌中掌权。

Psalms 110

A psalm of David.

- 110:1** Here is the LORD's proclamation to my lord:
"Sit down at my right hand until I make your enemies your footstool!"
- 110:2** The LORD extends your dominion from Zion.
Rule in the midst of your enemies!

- 3 当你掌权的日子、〔或作行军的日子〕你的民要以圣洁的妆饰为衣、〔或作以圣洁为妆饰〕甘心牺牲自己、你的民多如清晨的甘露。〔或作你少年时光耀如清晨的甘露〕
- 4 耶和華起了誓、决不后悔、说、你是照著麦基洗德的等次、永远为祭司。
- 5 在你右边的主、当他发怒的日子、必打伤列王。
- 6 他要在列邦中刑罚恶人、尸首就遍满各处、他要在许多国中打破仇敌的头。
- 7 他要喝路旁的河水、因此必抬起头来。

110:3 Your people willingly follow you when you go into battle.
On the holy hills at sunrise the dew of your youth belongs to you.

110:4 The LORD makes this promise on oath and will not revoke it:
“You are an eternal priest after the pattern of Melchizedek.”

110:5 O sovereign LORD, at your right hand he strikes down kings in the day he unleashes his anger.

110:6 He executes judgment against the nations; he fills the valleys with corpses; he shatters their heads over the vast battlefield.

110:7 From the stream along the road he drinks; then he lifts up his head.

第一百十一篇

- 1 你们要赞美耶和華。我要在正直人的大会中、并公会中、一心称谢耶和華。
- 2 耶和華的作为本为大、凡喜爱的都必考察。
- 3 他所行的是尊荣、和威严。他的公义存到永远。
- 4 他行了奇事、使人记念、耶和華有恩惠、有怜悯。
- 5 他赐粮食给敬畏他的人、他必永远记念他的约。
- 6 他向百姓显出大能的作为、把外邦的地赐给他们为业。
- 7 他所行的、是诚实公平、他的训词都是确实的、
- 8 是永永远远坚定的、是按诚实正直设立的。
- 9 他向百姓施行救赎、命定他的约、直到永远、他的名圣而可畏。
- 10 敬畏耶和華是智慧的开端、凡遵行他命令的、是聪明人、耶和華是永远当赞美的。

Psalms 111

111:1 Praise the LORD!

I will give thanks to the LORD with my whole heart, in the assembly of the godly and the congregation.

111:2 The LORD's deeds are great, eagerly awaited by all who desire them.

111:3 His work is majestic and glorious, and his faithfulness endures forever.

111:4 He does amazing things that will be remembered; the LORD is merciful and compassionate.

111:5 He gives food to his faithful followers; he always remembers his covenant.

111:6 He announced that he would do mighty deeds for his people, giving them a land that belonged to other nations.

111:7 His acts are characterized by faithfulness and justice;

all his precepts are reliable.

111:8 They are forever firm, and should be faithfully and properly carried out.

111:9 He delivered his people; he ordained that his covenant be observed forever. His name is holy and awesome.

111:10 To obey the LORD is the fundamental principle for wise living;

all who carry out his precepts acquire good moral insight.

He will receive praise forever.

第一百十二篇

- 1 你们要赞美耶和華。敬畏耶和華、甚喜爱他命令的、这人便为有福。

Psalms 112

112:1 Praise the LORD!

How happy is the one who obeys the LORD, who takes great delight in keeping his commands.

- 2 他的后裔在世必强盛·正直人的后代、必要蒙福。
3 他家中有货物、有钱财·他的公义、存到永远。
4 正直人在黑暗中、有光向他发现·他有恩惠、有怜悯、有公义。
5 施恩与人、借贷与人的、这人事情顺利·他被审判的时候、要诉明自己的冤。
6 他永不动摇·义人被纪念直到永远。
7 他必不怕凶恶的信息·他心坚定、倚靠耶和華。
8 他心确定、总不惧怕、直到他看见敌人遭报。
9 他施舍钱财、周济贫穷·他的仁义、存到永远。他的角必被高举、大有荣耀。
10 恶人看见便恼恨、必咬牙而消化·恶人的心愿、要归灭绝。

112:2 His descendants will be powerful on the earth; the godly will be blessed.
112:3 His house contains wealth and riches; his integrity endures.
112:4 In the darkness a light shines for the godly, for each one who is merciful, compassionate, and just.
112:5 It goes well for the one who generously lends money, and conducts his business honestly.
112:6 For he will never be upended; others will always remember one who is just.
112:7 He does not fear bad news. He is confident; he trusts in the LORD.
112:8 His resolve is firm; he will not succumb to fear before he looks in triumph on his enemies.
112:9 He generously gives to the needy; his integrity endures. He will be vindicated and honored.
112:10 When the wicked see this, they will worry; they will grind their teeth in frustration and melt away; the desire of the wicked will perish.

第一百一十三篇

- 1 你们要赞美耶和華。耶和華的仆人哪、你们要赞美、赞美耶和華的名。
2 耶和華的名、是应当称颂的、从今时直到永远。
3 从日出之地、到日落之处、耶和華的名是应当赞美的。
4 耶和華超乎万民之上·他的荣耀高过诸天。
5 谁像耶和華我们的 神呢·他坐在至高之处、
6 自己谦卑、观看天上地下的事。
7 他从灰尘里抬举贫寒人、从粪堆中提拔穷乏人·
8 使他们与王子同坐、就是与本国的王子同坐。
9 他使不能生育的妇人安居家中、为多子的乐母。你们要赞美耶和華。

Psalms 113

113:1 Praise the LORD!
Praise, you servants of the LORD, praise the name of the LORD!
113:2 May the LORD's name be praised now and forevermore!
113:3 From east to west the LORD's name is deserving of praise.
113:4 The LORD is exalted over all the nations; his splendor reaches beyond the sky.
113:5 Who can compare to the LORD our God, who sits on a high throne?
113:6 He bends down to look at the sky and the earth.
113:7 He raises the poor from the dirt, and lifts up the needy from the garbage pile,
113:8 that he might seat him with princes, with the princes of his people.
113:9 He makes the barren woman of the family a happy mother of children.
Praise the LORD!

第一百一十四篇

- 1 以色列出了埃及·雅各家离开说异言之民·
2 那时犹大为主的圣所、以色列为他所治理的国度。

Psalms 114

114:1 When Israel left Egypt, when the family of Jacob left a foreign nation behind,
114:2 Judah became his sanctuary, Israel his kingdom.

- 3 沧海看见就奔逃、约但河也倒流。
4 大山踊跃如公羊、小山跳舞如羊羔。
5 沧海阿、你为何奔逃·约但哪你为何倒流·
6 大山哪、你为何踊跃如公羊·小山哪、你为何跳舞如羊羔。
7 大地阿、你因见主的面、就是雅各 神的面、便要震动。
8 他叫磐石变为水池、叫坚石变为泉源。

114:3 The sea looked and fled;
the Jordan River turned back.
114:4 The mountains skipped like rams,
the hills like lambs.
114:5 Why do you flee, O sea?
Why do you turn back, O Jordan River?
114:6 Why do you skip like rams, O mountains,
like lambs, O hills?
114:7 Tremble, O earth, before the sovereign Master—
before the God of Jacob,
114:8 who turned a rock into a pool of water,
a hard rock into springs of water!

第一百一十五篇

- 1 耶和華阿、榮耀不要歸與我們、不要歸與我們·要因你的慈愛和誠實歸在你的名下。
2 為何容外邦人說、他們的 神在那里呢。
3 然而我們的 神在天上·都隨自己的意旨行事。
4 他們的偶像、是金的銀的、是人手所造的。
5 有口却不能言·有眼却不能看·
6 有耳却不能听·有鼻却不能闻·
7 有手却不能摸·有脚却不能走·有喉咙也不能出声。
8 造他的要和他一样·凡靠他的也要如此。
9 以色列阿、你要倚靠耶和華·他是你的幫助、和你的盾牌。
10 亞倫家阿、你们要倚靠耶和華·他是你们的幫助、和你们的盾牌。
11 你们敬畏耶和華的、要倚靠耶和華·他是你们的幫助、和你们的盾牌。
12 耶和華向來眷念我們·他還要賜福給我們、要賜福給以色列的家、賜福給亞倫的家。
13 凡敬畏耶和華的、無論大小、主必賜福給他。
14 愿耶和華叫你们和你们的子孙、日见加增。
15 你们蒙了造天地之耶和華的福。
16 天是耶和華的天·地、他却给了世人。
17 死人不能赞美耶和華·下到寂静中的、也都不能·

Psalm 115

115:1 Not to us, O LORD, not to us!
But to your name bring honor,
for the sake of your loyal love and faithfulness.
115:2 Why should the nations say,
“Where is their God?”
115:3 Our God is in heaven!
He does whatever he pleases!
115:4 Their idols are made of silver and gold—
they are man-made.
115:5 They have mouths, but cannot speak,
eyes, but cannot see,
115:6 ears, but cannot hear,
noses, but cannot smell,
115:7 hands, but cannot touch,
feet, but cannot walk.
They cannot even clear their throats.
115:8 Those who make them will end up like them,
as will everyone who trusts in them.
115:9 O Israel, trust in the LORD!
He is their deliverer and protector.
115:10 O family of Aaron, trust in the LORD!
He is their deliverer and protector.
115:11 You loyal followers of the LORD, trust in the LORD!
He is their deliverer and protector.
115:12 The LORD takes notice of us, he will bless—
he will bless the family of Israel,
he will bless the family of Aaron.
115:13 He will bless his loyal followers,
both young and old.
115:14 May he increase your numbers,
yours and your children's!
115:15 May you be blessed by the LORD,
the creator of heaven and earth!
115:16 The heavens belong to the LORD,
but the earth he has given to mankind.
115:17 The dead do not praise the LORD,
nor do any of those who descend into the silence of death.

- 18 但我们要称颂耶和华、从今时直到永远。
你们要赞美耶和华。

115:18 But we will praise the LORD
now and forevermore.
Praise the LORD!

第一百一十六篇

- 1 我爱耶和华、因为他听了我的声音、和我的
恳求。
2 他既向我侧耳、我一生要求告他。
3 死亡的绳索缠绕我、阴间的痛苦抓住我、
我遭遇患难愁苦。
4 那时、我便求告耶和华的名、说、耶和华
阿、求你救我的灵魂。
5 耶和华有恩惠、有公义、我们的 神以怜
悯为怀。
6 耶和华保护愚人、我落到卑微的地步、他
救了我。
7 我的心哪、你要仍归安乐、因为耶和华用
厚恩待你。
8 主阿、你救我的命、免了死亡、救我的
眼、免了流泪、救我的脚、免了跌倒。
9 我要在耶和华面前、行活人之路。
10 我因信、所以如此说话、我受了极大的困
苦。
11 我曾急促地说、人都是说谎的。
12 我拿甚么报答耶和华向我所赐的一切厚
恩。
13 我要举起救恩的杯、称扬耶和华的名。
14 我要在他众民面前向耶和华还我的愿。
15 在耶和华眼中看圣民之死、极为宝贵。
16 耶和华阿、我真是你的仆人、我是你的仆
人、是你婢女的儿子、你已经解开我的绑
索。
17 我要以感谢为祭献给你、又要求告耶和华
的名。
18 我要在他众民面前、在耶和华殿的院内、
19 在耶路撒冷当中、向耶和华还我的愿。你
们要赞美耶和华。

Psalm 116

116:1 I love the LORD
because he heard my plea for mercy,
116:2 and listened to me.
As long as I live, I will call to him when I need help.
116:3 The ropes of death tightened around me,
the snares of Sheol confronted me.
I was confronted with trouble and sorrow.
116:4 I called on the name of the LORD,
“Please LORD, rescue my life!”
116:5 The LORD is merciful and fair;
our God is compassionate.
116:6 The LORD protects the untrained;
I was in serious trouble and he delivered me.
116:7 Rest once more, my soul,
for the LORD has vindicated you.
116:8 Yes, LORD, you rescued my life from death,
and kept my feet from stumbling.
116:9 I will serve the LORD
in the land of the living.
116:10 I had faith when I said,
“I am severely oppressed.”
116:11 I rashly declared,
“All men are liars.”
116:12 How can I repay the LORD
for all his acts of kindness to me?
116:13 I will celebrate my deliverance,
and call on the name of the LORD.
116:14 I will fulfill my vows to the LORD
before all his people.
116:15 The LORD values
the lives of his faithful followers.
116:16 Yes, LORD! I am indeed your servant;
I am your lowest slave.
You saved me from death.
116:17 I will present a thank offering to you,
and call on the name of the LORD.
116:18 I will fulfill my vows to the LORD
before all his people,
116:19 in the courts of the LORD’s temple,
in your midst, O Jerusalem.
Praise the LORD!

第一百一十七篇

- 1 万国阿、你们都当赞美耶和华、万民哪、
你们都当颂赞他。
2 因为他向我们大施慈爱、耶和华的诚实、
存到永远。你们要赞美耶和华。

Psalm 117

117:1 Praise the LORD, all you nations!
Applaud him, all you foreigners!
117:2 For his loyal love towers over us,
and the LORD’s faithfulness endures.
Praise the LORD!

第一百一十八篇

Psalm 118

- 1 你们要称谢耶和华、因他本为善、他的慈爱永远长存。
2 愿以色列说、他的慈爱永远长存。
3 愿亚伦的家说、他的慈爱永远长存。
4 愿敬畏耶和华的说、他的慈爱永远长存。
5 我在急难中求告耶和华、他就应允我、把我安置在宽阔之地。
6 有耶和华帮助我、我必不惧怕、人能把我怎么样呢。
7 在那帮助我的人中、有耶和华帮助我、所以我要看见那恨我的人遭报。
8 投靠耶和华、强似倚赖人。
9 投靠耶和华、强似倚赖王子。
10 万民围绕我、我靠耶和华的名、必剿灭他们。
11 他们环绕我、围困我、我靠耶和华的名、必剿灭他们。
12 他们如同蜂子围绕我、好像烧荆棘的火、必被熄灭、我靠耶和华的名、必剿灭他们。
13 你推我要叫我跌倒、但耶和华帮助了我。
14 耶和华是我的力量、是我的诗歌、他也成了我的拯救。
15 在义人的帐棚里、有欢呼拯救的声音、耶和华的右手施展大能。
16 耶和华的右手高举、耶和华的右手施展大能。
17 我必不至死、仍要存活、并要传扬耶和华的作为。
18 耶和华虽严严的惩治我、却未曾将我交于死亡。
19 给我敞开义门、我要进去、称谢耶和华。
20 这是耶和华的门、义人要进去。
21 我要称谢你、因为你已经应允我、又成了我的拯救。
22 匠人所弃的石头、已成了房角的头块石头。
23 这是耶和华所作的、在我们眼中看为希奇。

- 118:1** Give thanks to the LORD, for he is good and his loyal love endures!
118:2 Let Israel say,
“Yes, his loyal love endures!”
118:3 Let the family of Aaron say,
“Yes, his loyal love endures!”
118:4 Let the loyal followers of the LORD say,
“Yes, his loyal love endures!”
118:5 In my distress I cried out to the LORD. The LORD answered me and put me in a wide open place.
118:6 The LORD is on my side, I am not afraid! What can people do to me?
118:7 The LORD is on my side as my helper. I look in triumph on those who hate me.
118:8 It is better to take shelter in the LORD than to trust in people.
118:9 It is better to take shelter in the LORD than to trust in princes.
118:10 All the nations surrounded me. Indeed, in the name of the LORD I pushed them away.
118:11 They surrounded me, yes, they surrounded me. Indeed, in the name of the LORD I pushed them away.
118:12 They surrounded me like bees. But they disappeared as quickly as a fire among thorns. Indeed, in the name of the LORD I pushed them away.
118:13 “You aggressively attacked me and tried to knock me down, but the LORD helped me.
118:14 The LORD gives me strength and protects me; he has become my deliverer.”
118:15 They celebrate deliverance in the tents of the godly. The LORD’s right hand conquers,
118:16 the LORD’s right hand gives victory, the LORD’s right hand conquers.
118:17 I will not die, but live, and I will proclaim what the LORD has done.
118:18 The LORD severely punished me, but he did not hand me over to death.
118:19 Open for me the gates of the just king’s temple! I will enter through them and give thanks to the LORD.
118:20 This is the LORD’s gate—the godly enter through it.
118:21 I will give you thanks, for you answered me, and have become my deliverer.
118:22 The stone which the builders discarded has become the cornerstone.
118:23 This is the LORD’s work. We consider it amazing!

- 24 这是耶和华所定的日子·我们在其中要高兴欢喜。
25 耶和华阿·求你拯救·耶和华阿·求你使我们亨通。
26 奉耶和华名来的、是应当称颂的·我们从耶和华的殿中、为你们祝福。
27 耶和华是 神·他光照了我们·理当用绳索把祭牲拴住、牵到坛角那里。
28 你是我的 神·我要称谢你·你是我的神·我要尊崇你。
29 你们要称谢耶和华·因他本为善·他的慈爱永远长存。

118:24 This is the day the LORD has brought about. We will be happy and rejoice in it.

118:25 Please LORD, deliver!
Please LORD, grant us success!

118:26 May the one who comes in the name of the LORD be blessed!
We will pronounce blessings on you in the LORD's temple.

118:27 The LORD is God and he has delivered us. Tie the offering with ropes to the horns of the altar!

118:28 You are my God and I will give you thanks! You are my God and I will praise you!

118:29 Give thanks to the LORD, for he is good and his loyal love endures!

第一百一十九篇

Psalm 119

א (Alef)

- 1 行为完全、遵行耶和华律法的、这人便为有福。
2 遵守他的法度、一心寻求他的、这人便为有福。
3 这人不作非义的事·但遵行他的道。
4 耶和华阿·你曾将你的训词吩咐我们·为要我们殷勤遵守。
5 但愿我行事坚定、得以遵守你的律例。
6 我看重你的一切命令、就不至于羞愧。
7 我学了你公义的判语、就要以正直的心称谢你。
8 我必守你的律例·求你总不要丢弃我。

119:1 How happy are those whose actions are blameless,
who obey the law of the LORD.

119:2 How happy are those who observe his rules,
and seek him with all their heart,

119:3 who, moreover, do no wrong,
but obey his demands.

119:4 You demand that your precepts be carefully kept.

119:5 If only I were predisposed to keep your statutes!

119:6 Then I would not be ashamed,
if I were focused on all your commands.

119:7 I will give you sincere thanks,
when I learn your just regulations.

119:8 I will keep your statutes.
Do not completely abandon me!

ב (Bet)

- 9 少年人用甚么洁净他的行为呢·是要遵行你的话。
10 我一心寻求了你·求你不要叫我偏离你的命令。
11 我将你的话藏在心里·免得我得罪你。
12 耶和华阿·你是应当称颂的·求你将你的律例教训我。
13 我用嘴唇传扬你口中的一切典章。
14 我喜悦你的法度·如同喜悦一切的财物。
15 我要默想你的训词·看重你的道路。
16 我要在你的律例中自乐·我不忘记你的话。

119:9 How can a young person maintain a pure lifestyle?

By following your instructions!

119:10 With all my heart I seek you.

Do not allow me to stray from your commands!

119:11 In my heart I store up your words,
so I might not sin against you.

119:12 You deserve praise, O LORD!
Teach me your statutes!

119:13 With my lips I proclaim
all the regulations you have revealed.

119:14 I rejoice in the lifestyle prescribed by your rules
as if they were riches of all kinds.

119:15 I will meditate on your precepts
and focus on your demands.

119:16 I find delight in your statutes;
I do not forget your instructions.

17 求你用厚恩待你的仆人、使我存活、我就遵守你的话。
18 求你开我的眼睛、使我看出你律法中的奇妙。
19 我是在地上作寄居的、求你不要向我隐瞒你的命令。

20 我时常切慕你的典章、甚至心碎。

21 受咒诅偏离你命令的骄傲人、你已经责备他们。
22 求你除掉我所受的羞辱和藐视、因我遵守你的法度。
23 虽有首领坐著妄论我、你仆人却思想你的律例。
24 你的法度、是我所喜乐的、是我的谋士。

25 我的性命几乎归于尘土、求你照你的话、将我救活。
26 我述说我所行的、你应允了我、求你将你的律例教训我。

27 求你使我明白你的训词、我就思想你的奇事。

28 我的心因愁苦而消化、求你照你的话使我坚立。

29 求你使我离开奸诈的道、开恩将你的律法赐给我。

30 我拣选了忠信的道、将你的典章摆在我面前。

31 我持守你的法度、耶和华阿、求你不要叫我羞愧。

32 你开广我心的时候、我就往你命令的道上直奔。

33 耶和华阿、求你将你的律例指教我、我必遵守到底。

34 求你赐我悟性、我便遵守你的律法、且要一心遵守。

35 求你叫我遵行你的命令、因为这是我所喜乐的。

36 求你使我的心、趋向你的法度、不趋向非义之财。

37 求你叫我转眼不看虚假、又叫我在你的道中生活。

38 你向敬畏你的人所应许的话、求你向仆人坚定。

39 求你使我所怕的羞辱远离我、因你的典章本为美。

λ (Gimel)

119:17 Be kind to your servant!
Then I will live and keep your instructions.

119:18 Uncover my eyes so I can gaze at marvelous things out of your law!

119:19 I am like a foreigner temporarily residing in a land.

Do not hide your commands from me!

119:20 I desperately long to know your regulations at all times.

119:21 You reprimand arrogant people.
Those who stray from your commands are doomed.

119:22 Spare me shame and humiliation,
for I observe your rules.

119:23 Though rulers plot and slander me,
your servant meditates on your statutes.

119:24 Yes, I find delight in your rules;
they give me guidance.

7 (Dalet)

119:25 I sprawl in the dirt.
Revive me with your assuring word!

119:26 I told you about my circumstances and you answered me.

Teach me your statutes!

119:27 Help me to understand what your precepts mean!

Then I can meditate on your amazing teachings.

119:28 I collapse from grief.
Sustain me by your assuring word!

119:29 Remove me from the path of deceit!
Graciously give me your law!

119:30 I choose the path of faithfulness;
I am committed to your regulations.

119:31 I hold fast to your rules.
O LORD, do not let me be ashamed!

119:32 I run along in the path of your commands,
for you give me the capacity to do so.

7 (He)

119:33 Teach me, O LORD, the lifestyle prescribed by your statutes,
so that I might observe it continually.

119:34 Give me understanding so that I might observe your law,
and keep it with all my heart.

119:35 Guide me in the path of your commands,
for I delight in walking in it.

119:36 Give me a desire for your rules,
rather than wealth.

119:37 Turn my eyes away from what is worthless!
Revive me with your assuring word!

119:38 Confirm to your servant your promise,
which you made to the one who honors you.

119:39 Take away the insults that I dread!
Indeed, your regulations are good.

40 我羡慕你的训词，求你使我在你的公义上生活。

41 耶和華阿、愿你照你的话、使你的慈爱、就是你的救恩、临到我身上。

42 我就有话回答那羞辱我的，因我倚靠你的话。

43 求你叫真理的话、总不离开我口，因我仰望你的典章。

44 我要常守你的律法、直到永永远远。

45 我要自由而行，〔或作我要行在宽阔之地〕因我素来考究你的训词。

46 我也要君王面前、论说你的法度、并不至于羞愧。

47 我要在你的命令中自乐，这命令素来是我所爱的。

48 我又要遵行〔原文作举手〕你的命令。这命令素来是我所爱的，我也要思想你的律例。

49 求你記念向你仆人所应许的话、叫我有盼望。

50 这话将我救活了，我在患难中、因此得安慰。

51 骄傲的人甚侮慢我，我却未曾偏离你的律法。

52 耶和華阿、我記念你从古以来的典章、就得了安慰。

53 我见恶人离弃你的律法、就怒气发作、犹如火烧。

54 我在世寄居、素来以你的律例为诗歌。

55 耶和華阿、我夜间記念你的名、遵守你的律法。

56 我所以如此、是因我守你的训词。

57 耶和華是我的福分。我曾说、我要遵守你的言语。

58 我一心求过你的恩，愿你照你的话怜悯我。

59 我思想我所行的道、就转步归向你的法度。

60 我急忙遵守你的命令、并不迟延。

61 恶人的绳索缠绕我，我却忘记你的律法。

62 我因你公义的典章、半夜必起来称谢你。

119:40 Look, I long for your precepts.
Revive me with your deliverance!

י (Vav)

119:41 May I experience your loyal love, O LORD, and your deliverance, as you promised.

119:42 Then I will have a response for the one who insults me,
for I trust in your assuring word.

119:43 Do not deprive me totally of being able to give a truthful testimony,
for I wait for your justice.

119:44 Then I will keep your law continually and on into the future.

119:45 I will be secure,
for I seek your precepts.

119:46 I will speak about your regulations before kings and not be ashamed.

119:47 I will find delight in your commands, which I love.

119:48 I will lift my hands to your commands, which I love,
and I will meditate on your statutes.

י (Zayin)

119:49 Remember your assuring word to your servant,
for you have given me hope.

119:50 This is what comforts me in my trouble,
for your promise revives me.

119:51 Arrogant people do nothing but scoff at me. Yet I do not turn aside from your law.

119:52 I remember your ancient regulations, O LORD, and console myself.

119:53 Rage takes hold of me because of the wicked, those who reject your law.

119:54 I have sung about your statutes in the house where I live.

119:55 I remember your name during the night, O LORD,

and I will keep your law.

119:56 This has been my practice,
for I observe your precepts.

ק (Khet)

119:57 The LORD is my source of security. I have determined to follow your instructions.

119:58 I seek your favor with all my heart. Have mercy on me as you promised!

119:59 I consider my actions and follow your rules.

119:60 I keep your commands eagerly and without delay.

119:61 The ropes of the wicked tighten around me, but I do not forget your law.

119:62 In the middle of the night I arise to thank you for your just regulations.

63 凡敬畏你、守你训词的人、我都与他作伴。
 64 耶和華阿、你的慈愛遍滿大地、求你将你的律例教我。

65 耶和華阿、你向來是照你的話善待僕人。
 66 求你将精明和知識賜給我、因我信了你的命令。

67 我未受苦以先、走迷了路、現在却遵守你的話。
 68 你本為善、所行的也善、求你将你的律例教我。
 69 驕傲人編造謊言攻擊我、我却要一心守你的訓詞。

70 他們心蒙脂油、我却喜愛你的律法。
 71 我受苦是與我有益、為要使我學習你的律例。
 72 你口中的訓言、〔或作律法〕與我有益、勝于千萬的金銀。

73 你的手製造我、建立我、求你賜我悟性、可以學習你的命令。

74 敬畏你的人見我、就要歡喜、因我仰望你的話。

75 耶和華阿、我知道你的判語是公義的、你使我受苦、是以誠實待我。

76 求你照著應許僕人的話、以慈愛安慰我。

77 愿你的慈悲臨到我、使我存活、因你的律法是我所喜愛的。

78 愿驕傲人蒙羞、因為他們無理地傾覆我、但我要思想你的訓詞。

79 愿敬畏你的人歸向我、他們就知道你的法度。

80 愿我的心在你的律例上完全、使我不至蒙羞。

81 我心渴想你的救恩、仰望你的應許。

82 我因盼望你的應許、眼睛失明、說、你何時安慰我。

83 我好像烟薰的皮袋、却不忘记你的律例。

119:63 I am a friend of all your loyal followers, and of those who keep your precepts.

119:64 O LORD, your loyal love fills the earth. Teach me your statutes!

𐤔 (Tet)

119:65 You are good to your servant, O LORD, just as you promised.

119:66 Teach me proper discernment and understanding!

For I consider your commands to be reliable.

119:67 I used to suffer because I would stray off, but now I keep your instructions.

119:68 You are good and you do good. Teach me your statutes!

119:69 Arrogant people smear my reputation with lies,

but I observe your precepts with all my heart.

119:70 They are calloused, but I find delight in your law.

119:71 It was good for me to suffer, so that I might learn your statutes.

119:72 The law you have revealed is more important to me than thousands of gold and silver shekels.

י (Yod)

119:73 Your hands made me and formed me.

Give me understanding so that I might learn your commands.

119:74 Your loyal followers will be glad when they see me,

for I find hope in your assuring word.

119:75 I know, LORD, that your regulations are just. You disciplined me because of your faithful devotion to me.

119:76 May your loyal love console me, as you promised your servant.

119:77 May I experience your compassion, so I might live!

For I find delight in your law.

119:78 May the arrogant be humiliated, for they have slandered me!

But I meditate on your precepts.

119:79 May your loyal followers turn to me, those who know your rules.

119:80 May I be fully committed to your statutes, so that I might not be ashamed.

כ (Kaf)

119:81 I desperately long for your deliverance. I find hope in your assuring word.

119:82 My eyes grow tired as I wait for your promise to be fulfilled.

I say, "When will you comfort me?"

119:83 For I am like a leather container that shrivels up in a smoke-filled room.

I do not forget your statutes.

84 你仆人的年日有多少呢·你几时向逼迫我的人施行审判呢。
85 不从你律法的骄傲人、为我掘了坑。
86 你的命令尽都诚实·他们无理地逼迫我·求你帮助我。
87 他们几乎把我从世上灭绝、但我没有离弃你的训词。
88 求你照你的慈爱将我救活·我就遵守你口中的法度。
89 耶和华阿、你的话安定在天、直到永远。
90 你的诚实存到万代。你坚定了地、地就长存。
91 天地照你的安排、存到今日·万物都是你的仆役。
92 我若不是喜爱你的律法、早就在苦难中灭绝了。
93 我永不要忘记你的训词·因你用这训词将我救活了。
94 我是属你的、求你救我·因我寻求了你的训词。
95 恶人等待我、要灭绝我·我却要揣摩你的法度。
96 我看万事尽都有限·惟有你的命令、极其宽广。
97 我何等爱慕你的律法、终日不住地思想。
98 你的命令常存在我心里、使我比仇敌有智慧。
99 我比我的师傅更通达·因我思想你的法度。
100 我比年老的更明白、因我守了你的训词。
101 我禁止我脚走一切的邪路、为要遵守你的话。
102 我没有偏离你的典章·因为你教训了我。
103 你的言语在我上膛何等甘美·在我口中比蜜更甜。
104 我藉著你的训词、得以明白·所以我恨一切的假道。
105 你的话是我脚前的灯、是我路上的光。
106 你公义的典章、我曾起誓遵守·我必按誓而行。
107 我甚是受苦·耶和华阿、求你照你的话将我救活。

119:84 How long must your servant endure this?
When will you judge those who chase me?

119:85 The arrogant dig pits to trap me,
which violates your law.

119:86 All your commands are reliable.
They chase me without reason. Help me!

119:87 They have almost destroyed me here on the
earth,
but I do not reject your precepts.

119:88 Revive me with your loyal love,
that I might keep the rules you have revealed.

𐤇 (*Lamed*)

119:89 O LORD, your instructions endure;
they stand secure in heaven.

119:90 You demonstrate your faithfulness to all generations.
You established the earth and it stood firm.

119:91 Today they stand firm by your decrees,
for all things are your servants.

119:92 If I had not found encouragement in your law,
I would have died in my sorrow.

119:93 I will never forget your precepts,
for by them you have revived me.

119:94 I belong to you. Deliver me!
For I seek your precepts.

119:95 The wicked prepare to kill me,
yet I think about your rules.

119:96 I realize that everything has its limits,
but your commands are beyond full comprehension.

𐤍 (*Mem*)

119:97 O how I love your law!
All day long I meditate on it.

119:98 Your law makes me wiser than my enemies,
for I am always aware of it.

119:99 I even have more insight than all my teachers,
for I meditate on your rules.

119:100 I am more discerning than the older men,
for I observe your precepts.

119:101 I stay away from the evil path,
so that I might keep your instructions.

119:102 I do not turn aside from your regulations,
for you teach me.

119:103 Your words are tastier
in my mouth than honey!

119:104 Your precepts give me discernment.
Therefore I hate all deceitful actions.

𐤏 (*Nun*)

119:105 Your instructions are a lamp that shows me
where to walk,
and a light that shines on my path.

119:106 I have vowed and solemnly sworn
to keep your just regulations.

119:107 I am suffering a great deal.
O LORD, revive me with your assuring word!

108 耶和華阿、求你悅納我口中的讚美為供物、又將你的典章教訓我。

109 我的性命常在危險之中、我却不忘記你的律法。

110 惡人為我設下網羅、我却没有偏離你的訓詞。

111 我以你的法度為永遠的产业、因這是我心中所喜愛的。

112 我的心專向你的律例、永遠遵行、一直到底。

113 心懷二意的人、為我所恨、但你的律法、為我所愛。

114 你是我藏身之處、又是我的盾牌、我甚仰望你的話語。

115 作惡的人哪、你們離開我罷、我好遵守我神的命令。

116 求你照你的話扶持我、使我存活、也不叫我因失望而害羞。

117 求你扶持我、我便得救、時常看重你的律例。

118 凡偏離你律例的人、你都輕棄他們、因為他們的詭詐必歸虛空。

119 凡地上的惡人、你除掉他好像除掉渣滓。因此我愛你的法度。

120 我因惧怕你、肉就發抖、我也怕你的判語、

121 我行過公平和公義、求你不要撇下我給欺壓我的人。

122 求你為仆人作保、使我得好處、不容驕傲人欺壓我。

123 我因盼望你的救恩、和你公義的話、眼睛失明。

124 求你照你的慈愛待仆人、將你的律例教訓我。

125 我是你的仆人、求你賜我悟性、使我得知你的法度。

126 這是耶和華降罰的時候、因人廢了你的律法。

127 所以我愛你的命令、勝于金子、更勝于精金。

128 你一切的訓詞、在万事上、我都以為正直、我却恨惡一切假道。

129 你的法度奇妙、所以我一心謹守。

119:108 O LORD, please accept the freewill offerings from my mouth!

Teach me your regulations!

119:109 My life is in continual danger, but I do not forget your law.

119:110 The wicked lay a snare for me, but I do not wander from your precepts.

119:111 I claim your rules as my permanent possession,

for they give me joy.

119:112 I am determined to obey your statutes at all times to the very end.

□ (Samek)

119:113 I hate people with divided loyalties, but I love your law.

119:114 You are my hiding place and my shield. I find hope in your assuring word.

119:115 Turn back from me, you evil men, so that I might observe the commands of my God.

119:116 Sustain me as you promised, so that I might live.

Do not disappoint me!

119:117 Support me, so that I might be delivered. Then I will focus on your statutes continually.

119:118 You despise all who stray from your statutes, for they are deceptive and unreliable.

119:119 You remove all the wicked of the earth like slag.

Therefore I love your rules.

119:120 My body trembles because of my fear of you;

I am afraid of your judgments.

▽ (Ayin)

119:121 I do what is fair and right.

Do not abandon me to my oppressors!

119:122 Guarantee the well-being of your servant! Do not let the arrogant oppress me!

119:123 My eyes grow tired as I wait for your deliverance,

for your reliable promise to be fulfilled.

119:124 Show your servant your loyal love! Teach me your statutes!

119:125 I am your servant. Give me insight, that I might understand your rules.

119:126 It is time for the LORD to act—they break your law!

119:127 For this reason I love your commands more than gold, even pure gold.

119:128 For this reason I carefully follow all your precepts.

I hate all deceitful actions.

□ (Pe)

119:129 Your rules are marvelous. Therefore I observe them.

130 你的言语一解开、就发出亮光、使愚人通达。

131 我张口而气喘、因我切慕你的命令。

132 求你转向我、怜悯我、好像你素常待那些爱你名的人。

133 求你用你的话使我脚步稳当、不许甚么罪孽辖制我。

134 求你救我脱离人的欺压、我要遵守你的训词。

135 求你用脸光照仆人、又将你的律例教训我。

136 我的眼泪下流成河、因为他们不守你的律法。

137 耶和華阿、你是公义的、你的判语也是正直的。

138 你所命定的法度、是凭公义和至诚。

139 我心焦急、如同火烧、因我敌人忘记你的言语。

140 你的话极其精炼、所以你的仆人喜爱。

141 我微小被人藐视、却不忘记你的训词。

142 你的公义永远长存、你的律法尽都真实。

143 我遭遇患难愁苦、你的命令却是我所喜爱的。

144 你的法度永远是公义的、求你赐我悟性、我就活了。

145 耶和華阿、我一心呼吁你、求你应允我、我必遵守你的律例。

146 我向你呼吁、求你救我、我要遵守你的法度。

147 我趁天未亮呼求、我仰望了你的言语。

148 我趁夜更未换、将眼睁开、为要思想你的话语。

149 求你照你的慈爱、听我的声音、耶和華阿、求你照你的典章、将我救活。

150 追求奸恶的人临近了、他们远离你的律法。

151 耶和華阿、你与我相近、你一切的命令尽都真实。

152 我因学你的法度、久已知道你永远立定的。

153 求你看顾我的苦难、搭救我、因我不忘记你的律法。

119:130 Your instructions are like a doorway through which the light shines.

They give insight to the untrained.

119:131 I open my mouth and gasp, because I long for your commands.

119:132 Turn toward me and extend mercy to me, as you typically do to your loyal followers.

119:133 Direct my steps by your word! Do not let any sin dominate me!

119:134 Deliver me from oppressive men, that I might keep your precepts.

119:135 Smile on your servant! Teach me your statutes!

119:136 Tears stream down from my eyes, because they do not keep your law.

𐤑 (*Tsade*)

119:137 You are just, O LORD, and your regulations are fair.

119:138 The rules you impose are just, and absolutely reliable.

119:139 My devotion consumes me, for my enemies forget your instructions.

119:140 Your word is absolutely pure, and your servant loves it.

119:141 I am insignificant and despised, yet I do not forget your precepts.

119:142 Your justice endures, and your law is reliable.

119:143 Distress and hardship confront me, yet I find delight in your commands.

119:144 Your rules remain just. Give me insight that I might live.

𐤒 (*Qof*)

119:145 I cried out with all my heart, "Answer me, O LORD!

I will observe your statutes."

119:146 I cried out to you, "Deliver me, that I might keep your rules."

119:147 I am up before dawn crying out. I find hope in your assuring word.

119:148 My eyes anticipate the nighttime hours, that I may meditate on your word.

119:149 Listen to me because of your loyal love! O LORD, revive me, as you typically do!

119:150 Those who are eager to do wrong approach; they are far from your law.

119:151 You are near, O LORD, and all your commands are reliable.

119:152 Long ago I realized that you ordained your rules to last.

𐤓 (*Resh*)

119:153 See my pain and rescue me! For I do not forget your law.

154 求你为我辨屈、救赎我、照你的话将我救活。
155 救恩远离恶人，因为他们不寻求你的律例。
156 耶和华阿、你的慈悲本为大，求你照你的典章将我救活。
157 逼迫我的、抵挡我的很多，我却没有偏离你的法度。
158 我看见奸恶的人、就甚憎恶，因为他们不遵守你的话。
159 你看我怎样爱你的训词。耶和华阿、求你照你的慈爱将我救活。
160 你话的总纲是真实，你一切公义的典章是永远长存。

161 首领无故地逼迫我，但我的心畏惧你的言语。
162 我喜爱你的话，好像人得了许多掳物。
163 谎话是我所恨恶所憎嫌的、惟你的律法、是我所爱的。
164 我因你公义的典章、一天七次赞美你。
165 爱你律法的人、有大平安，甚么都不能使他们绊脚。
166 耶和华阿、我仰望了你的救恩、遵行了你的命令。
167 我心里守了你的法度，这法度我甚喜爱。
168 我遵守了你的训词和法度，因我一切所行的、都在你面前。

169 耶和华阿、愿我的呼吁达到你面前、照你的话赐我悟性。
170 愿我的恳求达到你面前、照你的话搭救我。
171 愿我的嘴发出赞美的话，因为你将律例教训我。
172 愿我的舌头歌唱你的话，因你一切的命令尽都公义。
173 愿你用手帮助我，因我拣选了你的训词。
174 耶和华阿、我切慕你的救恩，你的律法也是我所喜爱的。
175 愿我的性命存活、得以赞美你，愿你的典章帮助我。
176 我如亡羊走迷了路，求你寻找仆人，因我不忘记你的命令。

119:154 Fight for me and defend me!
Revive me with your assuring word!
119:155 The wicked have no chance for deliverance, for they do not seek your statutes.
119:156 Your compassion is great, O LORD.
Revive me, as you typically do!
119:157 The enemies who chase me are numerous. Yet I do not turn aside from your rules.
119:158 I take note of the treacherous and despise them, because they do not keep your instructions.
119:159 See how I love your precepts!
O LORD, revive me with your loyal love!
119:160 Your instructions are totally reliable; all your just regulations endure.

ש/ש (Sin/Shin)

119:161 Rulers chase me for no reason, yet I fear disobeying your instructions.
119:162 My heart rejoices in your instructions, like one who gathers up a great deal of plunder.
119:163 I hate and despise deceit; I love your law.
119:164 Seven times a day I praise you because of your just regulations.
119:165 Those who love your law are completely secure; they are not upended.
119:166 I hope for your deliverance, O LORD, and I obey your commands.
119:167 I keep your rules; I love them greatly.
119:168 I keep your precepts and rules, for you are aware of all my actions.

ט (Tav)

119:169 Listen to my cry for help, O LORD! Give me insight by your instructions!
119:170 Listen to my appeal for mercy! Deliver me, as you promised.
119:171 May praise gush from my lips, for you teach me your statutes.
119:172 May my tongue sing about your instructions, for all your commands are just.
119:173 May your hand help me, for I choose to obey your precepts.
119:174 I long for your deliverance, O LORD; I find delight in your law.
119:175 May I live and praise you! May your regulations help me!
119:176 I am as vulnerable as a straying and lost sheep.
Come looking for your servant, for I do not forget your commands.

第一百二十篇

- 1 〔上行〔或作登阶下同〕之诗。〕
我在急难中求告耶和华、他就应允我。
- 2 耶和华阿、求你救我脱离说谎的嘴唇、和
诡诈的舌头。
- 3 诡诈的舌头阿、要给你甚么呢。要拿甚么
加给你呢。
- 4 就是勇士的利箭、和罗腾木的炭火。〔罗
腾小树名松类〕
- 5 我寄居在米设、住在基达帐篷之中、有祸
了。
- 6 我与那恨恶和睦的人、许久同住。
- 7 我愿和睦、但我发言、他们就要争战。

第一百二十一篇

- 1 〔上行之诗。〕
我要向山举目。我的帮助从何而来。
- 2 我的帮助从造天地的耶和华而来。
- 3 他必不叫你的脚摇动、保护你的必不打
盹。
- 4 保护以色列的、也不打盹、也不睡觉。
- 5 保护你的是耶和华、耶和华在你右边荫庇
你。
- 6 白日太阳必不伤你、夜间月亮必不害你。
- 7 耶和华要保护你、免受一切的灾害、他要
保护你的性命。
- 8 你出你入、耶和华要保护你、从今时直到
永远。

第一百二十二篇

- 1 〔大卫上行之诗。〕
人对我说、我们往耶和华的殿去、我就欢
喜。
- 2 耶路撒冷阿、我们的脚、站在你的门内。
- 3 耶路撒冷被建造、如同连络整齐的一座
城。
- 4 众支派、就是耶和华的支派、上那里去、
按以色列的常例、〔或作作以色列的证
据〕称赞耶和华的名。

Psalm 120

A song of ascents.

- 120:1** In my distress I cried out
to the LORD and he answered me.
120:2 I said, "O LORD, rescue me
from those who lie with their lips
and those who deceive with their tongue."
120:3 How will he severely punish you,
you deceptive talker?
120:4 Here's how! With the sharp arrows of warriors,
with arrowheads forged over the hot coals.
120:5 How miserable I am!
For I have lived temporarily in Meshech;
I have resided among the tents of Kedar.
120:6 For too long I have had to reside
with those who hate peace.
120:7 I am committed to peace,
but when I speak, they want to make war.

Psalm 121

A song of ascents.

- 121:1** I look up toward the hills.
From where does my help come?
121:2 My help comes from the LORD,
the Creator of heaven and earth!
121:3 May he not allow your foot to slip!
May your protector not sleep!
121:4 Look! Israel's protector
does not sleep or slumber!
121:5 The LORD is your protector;
the LORD is the shade at your right hand.
121:6 The sun will not harm you by day,
or the moon by night.
121:7 The LORD will protect you from all harm;
he will protect your life.
121:8 The LORD will protect you in all you do,
now and forevermore.

Psalm 122

A song of ascents, by David.

- 122:1** I was glad because they said to me,
"We will go to the LORD's temple."
122:2 Our feet are standing
inside your gates, O Jerusalem.
122:3 Jerusalem is a city designed
to accommodate an assembly.
122:4 The tribes go up there,
the tribes of the LORD,
where it is required that Israel
give thanks to the name of the LORD.

- 5 因为在那里设立审判的宝座、就是大卫家的宝座。
- 6 你们要为耶路撒冷求平安。耶路撒冷阿、爱你的人必然兴旺。
- 7 愿你城中平安、愿你宫内兴旺。
- 8 因我弟兄和同伴的缘故、我要说、愿平安在你中间。
- 9 因耶和华我们 神殿的缘故、我要为你求福。

122:5 Indeed, the leaders sit there on thrones and make legal decisions, on the thrones of the house of David.
122:6 Pray for the peace of Jerusalem! May those who love her prosper!
122:7 May there be peace inside your defenses, and prosperity inside your fortresses!
122:8 For the sake of my brothers and my neighbors I will say, "May there be peace in you!"
122:9 For the sake of the temple of the LORD our God I will pray for you to prosper.

第一百二十三篇

- 1 〔上行之诗。〕
坐天上的主阿、我向你举目。
- 2 看哪、仆人的眼睛怎样望主人的手、使女的眼睛怎样望主母的手、我们的眼睛也照样望耶和华我们的 神、直到他怜悯我们。
- 3 耶和华阿、求你怜悯我们、怜悯我们、因为我们被藐视、已到极处。
- 4 我们被那些安逸人的讥诮、和骄傲人的藐视、已到极处。

Psalm 123

A song of ascents.
123:1 I look up toward you, the one enthroned in heaven.
123:2 Look, as the eyes of servants look to the hand of their master, as the eyes of a female servant look to the hand of her mistress, so my eyes will look to the LORD, our God, until he shows us favor.
123:3 Show us favor, O LORD, show us favor! For we have had our fill of humiliation, and then some.
123:4 We have had our fill of the taunts of the self-assured, of the contempt of the proud.

第一百二十四篇

- 1 〔大卫上行之诗。〕
以色列人要说、若不是耶和华帮助我们、
- 2 若不是耶和华帮助我们、当人起来攻击我们、
- 3 向我们发怒的时候、就把我们活活的吞了、
- 4 那时、波涛必漫过我们、河水必淹没我们、
- 5 狂傲的水必淹没我们。
- 6 耶和华是应当称颂的、他没有把我们当野食交给他们吞吃。〔原文作牙齿〕
- 7 我们好像雀鸟从捕鸟人的网罗里逃脱、网罗破裂、我们逃脱了。
- 8 我们得帮助、是在乎倚靠造天地之耶和华的名。

Psalm 124

A song of ascents, by David.
124:1 "If the LORD had not been on our side"—let Israel say this!—
124:2 if the LORD had not been on our side, when men attacked us,
124:3 they would have swallowed us alive, when their anger raged against us.
124:4 The water would have overpowered us; the current would have overwhelmed us.
124:5 The raging water would have overwhelmed us.
124:6 The LORD deserves praise, for he did not hand us over as prey to their teeth.
124:7 We escaped with our lives, like a bird from a hunter's snare.
The snare broke, and we escaped.
124:8 Our deliverer is the LORD, the Creator of heaven and earth.

第一百二十五篇

- 1 〔上行之诗。〕
倚靠耶和华的人、好像锡安山、永不动摇。
- 2 众山怎样围绕耶路撒冷、耶和华也照样围绕他的百姓、从今时直到永远。
- 3 恶人的杖、不常落在义人的分上、免得义人伸手作恶。
- 4 耶和华阿、求你善待那些为善、和心里正直的人。
- 5 至于那偏行弯曲道路的人、耶和华必使他和作恶的人、一同出去受刑。愿平安归于以色列。

第一百二十六篇

- 1 〔上行之诗。〕
当耶和华将那些被掳的带回锡安的时候、我们好像做梦的人。
- 2 我们满口喜笑、满舌欢呼的时候、外邦中就有人说、耶和华为他们行了大事。
- 3 耶和华果然为我们行了大事、我们就欢喜。
- 4 耶和华阿、求你使我们被掳的人归回、好像南地的河水复流。
- 5 流泪撒种的、必欢呼收割。
- 6 那带种流泪出去的、必要欢欢乐乐的带禾捆回来。

第一百二十七篇

- 1 〔所罗门上行之诗。〕
若不是耶和华建造房屋、建造的人就枉然劳力、若不是耶和华看守城池、看守的人就枉然儆醒。
- 2 你们清晨早起、夜晚安歇、吃劳碌得来的饭、本是枉然、惟有耶和华所亲爱的、必叫他安然睡觉。

Psalm 125

A song of ascents.

- 125:1** Those who trust in the LORD are like Mount Zion;
it cannot be upended and will endure forever.
- 125:2** As the mountains surround Jerusalem,
so the LORD surrounds his people,
now and forevermore.
- 125:3** Indeed, the scepter of a wicked king will not settle
upon the allotted land of the godly.
Otherwise the godly might
do what is wrong.
- 125:4** Do good, O LORD, to those who are good,
to the morally upright!
- 125:5** As for those who are bent on traveling a sinful
path,
may the LORD remove them, along with those who
behave wickedly!
May Israel experience peace!

Psalm 126

A song of ascents.

- 126:1** When the LORD restored the well-being of Zion,
we thought we were dreaming.
- 126:2** At that time we laughed loudly
and shouted for joy.
At that time the nations said,
“The LORD has accomplished great things for these
people.”
- 126:3** The LORD did indeed accomplish great things
for us.
We were happy.
- 126:4** O LORD, restore our well-being,
just as the streams in the arid south are replenished.
- 126:5** Those who shed tears as they plant
will shout for joy when they reap the harvest.
- 126:6** The one who weeps as he walks along, carry-
ing his bag of seed,
will certainly come in with a shout of joy, carrying
his sheaves of grain.

Psalm 127

A song of ascents, by Solomon.

- 127:1** If the LORD does not build a house,
then those who build it work in vain.
If the LORD does not guard a city,
then the watchman stands guard in vain.
- 127:2** It is vain for you to rise early, come home late,
and work so hard for your food.
Yes, he can provide for those whom he loves even
when they sleep.

- 3 儿女是耶和華所賜的产业·所怀的胎、是他所给的赏赐。
4 少年时所生的儿女、好像勇士手中的箭。
5 箭袋充满的人、便为有福·他们在城门口、和仇敌说话的时候、必不至于羞愧。

127:3 Yes, sons are a gift from the LORD,
the fruit of the womb is a reward.
127:4 Sons born during one's youth
are like arrows in a warrior's hand.
127:5 How happy is the man who fills his quiver with
them!
They will not be put to shame when they confront
enemies at the city gate.

第一百二十八篇

- 1 〔上行之诗。〕
凡敬畏耶和華、遵行他道的人、便为有福。
2 你要吃劳碌得来的·你要享福、事情顺利。
3 你妻子在你的内室、好像多结果子的葡萄树·你儿女围绕你的桌子、好像橄榄栽子。
4 看哪、敬畏耶和華的人、必要这样蒙福。
5 愿耶和華从锡安赐福给你。愿你一生一世、看见耶路撒冷的好处。
6 愿你看见你儿女的儿女。愿平安归于以色列。

Psalms 128

A song of ascents.
128:1 How happy is every one of the LORD's loyal
followers,
each one who keeps his commands!
128:2 You will eat what you worked so hard to grow.
You will be happy and secure.
128:3 Your wife will be like a fruitful vine
in the inner rooms of your house;
your children will be like olive branches,
as they sit all around your table.
128:4 Yes indeed, the man who fears the LORD
will be blessed in this way.
128:5 May the LORD bless you from Zion,
that you might see Jerusalem prosper
all the days of your life,
128:6 and that you might see your grandchildren.
May Israel experience peace!

第一百二十九篇

- 1 〔上行之诗。〕
以色列当说、从我幼年以来、敌人屡次苦害我、
2 从我幼年以来、敌人屡次苦害我、却没有胜了我。
3 如同扶犁的、在我背上扶犁而耕·耕的犁沟甚长。
4 耶和華是公义的·他砍断了恶人的绳索。
5 愿恨恶锡安的、都蒙羞退后。
6 愿他们像房顶上的草、未长成而枯乾·
7 收割的不穀一把、捆禾的也不满怀·
8 过路的也不说、愿耶和華所赐的福、归与你们·我们奉耶和華的名、给你们祝福。

Psalms 129

A song of ascents.
129:1 "Since my youth they have often attacked me,"
let Israel say.
129:2 "Since my youth they have often attacked me,
but they have not defeated me.
129:3 The plowers plowed my back;
they made their furrows long.
129:4 The LORD is just;
he cut the ropes of the wicked."
129:5 May all who hate Zion
be humiliated and turned back!
129:6 May they be like the grass on the rooftops
which withers before one can even pull it up,
129:7 which cannot fill the reaper's hand,
or the lap of the one who gathers the grain!
129:8 Those who pass by will not say,
"May you experience the LORD's blessing!
We pronounce a blessing on you in the name of the
LORD."

第一百三十篇

- 1 〔上行之诗。〕
耶和華阿、我从深处向你求告。
2 主阿、求你听我的声音、愿你侧耳听我恳求的声音。
3 主耶和華阿、你若究察罪孽、谁能站得住呢。
4 但在你有赦免之恩、要叫人敬畏你。
5 我等候耶和華、我的心等候、我也仰望他的话。
6 我的心等候主、胜于守夜的等候天亮、胜于守夜的等候天亮。
7 以色列阿、你当仰望耶和華、因他有慈爱、有丰盛的救恩。
8 他必救赎以色列脱离一切的罪孽。

第一百三十一篇

- 1 〔大卫上行之诗。〕
耶和華阿、我的心不狂傲、我的眼不高大、重大和测不透的事、我也不敢行。
2 我的心平稳安静、好像断过奶的孩子在他母亲的怀中、我的心在我里面真像断过奶的孩子。
3 以色列阿、你当仰望耶和華、从今时直到永远。

第一百三十二篇

- 1 〔上行之诗。〕
耶和華阿、求你記念大卫所受的一切苦难。
2 他怎样向耶和華起誓、向雅各的大能者许愿、
3 说、我必不进我的帐幕、也不上我的床榻。
4 我不容我的眼睛睡觉、也不容我的眼目打盹。
5 直等我为耶和華寻得所在、为雅各的大能者寻得居所。
6 我们听说约柜在以法他、我们在基列耶琳就寻见了。
7 我们要进他的居所、在他脚凳前下拜。

Psalm 130

A song of ascents.

- 130:1** From the deep water I cry out to you, O LORD.
130:2 O sovereign Master, listen to me!
Pay attention to my plea for mercy!
130:3 If you, O LORD, were to keep track of sins,
O sovereign Master, who could stand before you?
130:4 But you are willing to forgive,
so that you might be honored.
130:5 I rely on the LORD,
I rely on him with my whole being;
I wait for his assuring word.
130:6 I yearn for the sovereign Master,
more than watchmen do for the morning,
yes, more than watchmen do for the morning.
130:7 O Israel, hope in the LORD,
for the LORD exhibits loyal love,
and is more than willing to deliver.
130:8 He will deliver Israel
from all the consequences of their sins.

Psalm 131

A song of ascents, by David.

- 131:1** O LORD, my heart is not proud,
nor do I have a haughty look.
I do not have great aspirations,
or concern myself with things that are beyond me.
131:2 Indeed I am composed and quiet,
like a young child carried by its mother;
I am content like the young child I carry.
131:3 O Israel, hope in the LORD
now and forevermore!

Psalm 132

A song of ascents.

- 132:1** O LORD, for David's sake remember
all his strenuous effort,
132:2 and how he made a vow to the LORD,
and swore an oath to the powerful ruler of Jacob.
132:3 He said, "I will not enter my own home,
or get into my bed.
132:4 I will not allow my eyes to sleep,
or my eyelids to slumber,
132:5 until I find a place for the LORD,
a fine dwelling place for the powerful ruler of Jacob."
132:6 Look, we heard about it in Ephrathah,
we found it in the territory of Jaar.
132:7 Let us go to his dwelling place!
Let us worship before his footstool!

- 8 耶和華阿、求你兴起、和你有能力的约柜
同人安息之所。
- 9 愿你的祭司披上公义、愿你的圣民欢呼。
- 10 求你因你仆人大卫的缘故、不要厌弃你的
受膏者。
- 11 耶和華向大卫凭诚实起了誓、必不反覆、
说、我要使你所生的坐在你的宝座上。
- 12 你的众子若守我的约、和我所教训他们的
法度、他们的子孙、必永远坐在你的宝座
上。
- 13 因为耶和華拣选了锡安、愿意当作自己的
居所、
- 14 说、这是我永远安息之所、我要住在这
里、因为是我所愿意的。
- 15 我要使其中的粮食丰满、使其中的穷人饱
足。
- 16 我要使祭司披上救恩、圣民大声欢呼。
- 17 我要叫大卫的角、在那里发生、我为我的
受膏者、豫备明灯。
- 18 我要使他的仇敌、披上羞耻、但他的冠
冕、要在头上发光。

第一百三十三篇

- 1 〔大卫上行之诗。〕
看哪、弟兄和睦同居、是何等的善、何等
的美。
- 2 这好比那贵重的油、浇在亚伦的头上、流
到胡须、又流到他的衣襟、
- 3 又好比黑门的甘露、降在锡安山、因为在
那里有耶和華所命定的福、就是永远的生
命。

第一百三十四篇

- 1 〔上行之诗。〕
耶和華的仆人、夜间站在耶和華殿中的、
你们当称颂耶和華。
- 2 你们当向圣所举手、称颂耶和華。
- 3 愿造天地的耶和華、从锡安赐福给你们。

- 132:8** Ascend, O LORD, to your resting place,
you and the ark of your strength!
- 132:9** May your priests be clothed with integrity!
May your loyal followers shout for joy!
- 132:10** For the sake of David, your servant,
do not reject your chosen king!
- 132:11** The LORD made a reliable promise to David;
he will not go back on his word.
He said, "I will place one of your descendants on
your throne.
- 132:12** If your sons keep my covenant
and the rules I teach them,
their sons will also sit on your throne forever."
- 132:13** Certainly the LORD has chosen Zion;
he decided to make it his home.
- 132:14** He said, "This will be my resting place for-
ever;
I will live here, for I have chosen it.
- 132:15** I will abundantly supply what she needs;
I will give her poor all the food they need.
- 132:16** I will protect her priests,
and her godly people will shout exuberantly.
- 132:17** There I will make David strong;
I have determined that my chosen king's dynasty
will continue.
- 132:18** I will humiliate his enemies,
and his crown will shine.

Psalm 133

A song of ascents, by David.

- 133:1** Look! How good and how pleasant it is
when brothers live together!
- 133:2** It is like fine oil poured on the head
which flows down the beard—
Aaron's beard,
and then flows down his garments.
- 133:3** It is like the dew of Hermon,
which flows down upon the hills of Zion.
Indeed that is where the LORD has decreed
a blessing will be available—eternal life.

Psalm 134

A song of ascents.

- 134:1** Attention! Praise the LORD,
all you servants of the LORD,
who serve in the LORD's temple during the night.
- 134:2** Lift your hands toward the sanctuary
and praise the LORD!
- 134:3** May the LORD, the Creator of heaven and
earth,
bless you from Zion!

第一百三十五篇

- 1 你们要赞美耶和华。你们要赞美耶和华的名。耶和华的仆人、站在耶和华殿中、站在我们 神殿院中的、你们要赞美他。
- 3 你们要赞美耶和华。耶和华本为善。要歌颂他的名、因为这是美好的。
- 4 耶和华拣选雅各归自己、拣选以色列特作自己的子民。
- 5 原来我知道耶和华为大、也知道我们的主超乎万神之上。
- 6 耶和华在天上、在地下、在海中、在一切的深处、都随自己的意旨而行。
- 7 他使云雾从地极上腾、造电随雨而闪、从府库中带出风来。
- 8 他将埃及头生的、连人带牲畜、都击杀了。
- 9 埃及阿、他施行神迹奇事在你当中、在法老和他一切臣仆身上。
- 10 他击杀许多的民、又杀戳大能的王、
- 11 就是亚摩利王西宏、和巴珊王噩、并迦南一切的国王、
- 12 将他们的地、赏赐他的百姓以色列为业。
- 13 耶和华阿、你的名存到永远。耶和华阿、你可記念的名、存到万代。
- 14 耶和华要为他百姓伸冤、为他的仆人后悔。
- 15 外邦的偶像、是金的银的、是人手所造的。
- 16 有口却不能言、有眼却不能看。
- 17 有耳却不能听、口中也没有气息。
- 18 造他的要和他一样、凡靠他的、也要如此。
- 19 以色列家阿、你们要称颂耶和华。亚伦家阿、你们要称颂耶和华。
- 20 利未家阿、你们要称颂耶和华。你们敬畏耶和华的、要称颂耶和华。
- 21 住在耶路撒冷的耶和华、该从锡安受称颂。你们要赞美耶和华。

Psalm 135

- 135:1** Praise the LORD!
Praise the name of the LORD!
Offer praise, you servants of the LORD,
135:2 who serve in the LORD's temple,
in the courts of the temple of our God.
135:3 Praise the LORD, for the LORD is good!
Sing praises to his name, for it is pleasant!
135:4 Indeed, the LORD has chosen Jacob for himself,
Israel to be his special possession.
135:5 Yes, I know the LORD is great,
our sovereign Master is superior to all gods.
135:6 He does whatever he pleases
in heaven and on earth,
in the seas and all the ocean depths.
135:7 He causes the clouds to arise from the end of
the earth,
makes lightning bolts accompany the rain,
and brings the wind out of his storehouses.
135:8 He struck down the firstborn of Egypt,
including both men and animals.
135:9 He performed awesome deeds and acts of
judgment
in your midst, O Egypt,
against Pharaoh and all his servants.
135:10 He defeated many nations,
and killed mighty kings—
135:11 Sihon, king of the Amorites,
and Og, king of Bashan,
and all the kingdoms of Canaan.
135:12 He gave their land as an inheritance,
as an inheritance to Israel his people.
135:13 O LORD, your name endures,
your reputation, O LORD, lasts.
135:14 For the LORD vindicates his people,
and has compassion on his servants.
135:15 The nations' idols are made of silver and
gold,
they are man-made.
135:16 They have mouths, but cannot speak,
eyes, but cannot see,
135:17 and ears, but cannot hear.
Indeed, they cannot breathe.
135:18 Those who make them will end up like them,
as will everyone who trusts in them.
135:19 O family of Israel, praise the LORD!
O family of Aaron, praise the LORD!
135:20 O family of Levi, praise the LORD!
You loyal followers of the LORD, praise the LORD!
135:21 The LORD deserves praise in Zion—
he who dwells in Jerusalem.
Praise the LORD!

第一百三十六篇

- 1 你们要称谢耶和华、因他本为善、他的慈爱永远长存。
2 你们要称谢万神之神、因他的慈爱永远长存。
3 你们要称谢万主之主、因他的慈爱永远长存。
4 称谢那独行大奇事的、因他的慈爱永远长存。
5 称谢那用智慧造天的、因他的慈爱永远长存。
6 称谢那铺地在水以上的、因他的慈爱永远长存。
7 称谢那造成大光的、因他的慈爱永远长存。
8 他造日头管白昼、因他的慈爱永远长存。
9 他造月亮星宿管黑夜、因他的慈爱永远长存。
10 称谢那击杀埃及人之长子的、因他的慈爱永远长存。
11 他领以色列人从他们中间出来、因他的慈爱永远长存。
12 他施展大能的手、和伸出来的膀臂、因他的慈爱永远长存。
13 称谢那分裂红海的、因他的慈爱永远长存。
14 他领以色列从其中经过、因他的慈爱永远长存。
15 却把法老和他的军兵推翻在红海里、因他的慈爱永远长存。
16 称谢那引导自己的民行走旷野的、因他的慈爱永远长存。
17 称谢那击杀大君王的、因他的慈爱永远长存。
18 他杀戳有名的君王、因他的慈爱永远长存。
19 就是杀戳亚摩利王西宏、因他的慈爱永远长存。
20 又杀巴珊王噩、因他的慈爱永远长存。
21 他将他们的地赐他的百姓为业、因他的慈爱永远长存。
22 就是赐他的仆人以色列为业、因他的慈爱永远长存。
23 他顾念我们在卑微的地步、因他的慈爱永远长存。
24 他救援我们脱离敌人、因他的慈爱永远长存。

Psalm 136

- 136:1** Give thanks to the LORD, for he is good,
for his loyal love endures.
136:2 Give thanks to the God of gods,
for his loyal love endures.
136:3 Give thanks to the Lord of lords,
for his loyal love endures,
136:4 to the one who performs magnificent, amazing
deeds all by himself,
for his loyal love endures,
136:5 to the one who used wisdom to make the heav-
ens,
for his loyal love endures,
136:6 to the one who spread out the earth over the
water,
for his loyal love endures,
136:7 to the one who made the great lights,
for his loyal love endures,
136:8 the sun to rule by day,
for his loyal love endures,
136:9 the moon and stars to rule by night,
for his loyal love endures,
136:10 to the one who struck down the firstborn of
Egypt,
for his loyal love endures,
136:11 and led Israel out from their midst,
for his loyal love endures,
136:12 with a strong hand and an outstretched arm,
for his loyal love endures,
136:13 to the one who divided the Red Sea in two,
for his loyal love endures,
136:14 and led Israel through its midst,
for his loyal love endures,
136:15 and tossed Pharaoh and his army into the Red
Sea,
for his loyal love endures,
136:16 to the one who led his people through the wil-
derness,
for his loyal love endures,
136:17 to the one who struck down great kings,
for his loyal love endures,
136:18 and killed powerful kings,
for his loyal love endures,
136:19 Sihon, king of the Amorites,
for his loyal love endures,
136:20 Og, king of Bashan,
for his loyal love endures,
136:21 and gave their land as an inheritance,
for his loyal love endures,
136:22 as an inheritance to Israel his servant,
for his loyal love endures,
136:23 to the one who remembered us when we were
down,
for his loyal love endures,
136:24 and snatched us away from our enemies,
for his loyal love endures,

- 25 他赐粮食给凡有血气的、因他的慈爱永远长存。
- 26 你们要称谢天上的 神、因他的慈爱永远长存。

136:25 to the one who gives food to all living things, for his loyal love endures.

136:26 Give thanks to the God of heaven, for his loyal love endures!

第一百三十七篇

- 1 我们曾在巴比伦的河边坐下、一追想锡安就哭了。
- 2 我们把琴挂在那里的柳树上。
- 3 因为在那里掳掠我们的、要我们唱歌、抢夺我们的、要我们作乐、说、给我们唱一首锡安歌罢。
- 4 我们怎能在外邦唱耶和華的歌呢。
- 5 耶路撒冷阿、我若忘记你、情愿我的右手忘记技巧。
- 6 我若不记念你、若不看耶路撒冷过于我所最喜乐的、情愿我的舌头贴于上膛。
- 7 耶路撒冷遭难的日子、以东人说拆毁、拆毁、直拆到根基、耶和華阿、求你记念这仇。
- 8 将要被灭的巴比伦城阿、〔城原文作女子〕报复你、像你待我们的、那人便为有福。
- 9 拿你的婴孩摔在磐石上的、那人便为有福。

Psalm 137

137:1 By the rivers of Babylon we sit down and weep when we remember Zion.

137:2 On the poplars in her midst we hang our harps,

137:3 for there our captors ask us to compose songs; those who mock us demand that we be happy, saying:

“Sing for us a song about Zion!”

137:4 How can we sing a song to the LORD in a foreign land?

137:5 If I forget you, O Jerusalem, may my right hand be crippled!

137:6 May my tongue stick to the roof of my mouth, if I do not remember you, and do not give Jerusalem priority over whatever gives me the most joy.

137:7 Remember, O LORD, what the Edomites did on the day Jerusalem fell.

They said, “Tear it down, tear it down, right to its very foundation!”

137:8 O daughter Babylon, soon to be devastated! How happy will be the one who repays you for what you dished out to us!

137:9 How happy will be the one who grabs your babies and smashes them on a rock!

第一百三十八篇

- 1 〔大卫的诗。〕
我要一心称谢你、在诸神面前歌颂你。
- 2 我要向你的圣殿下拜、为你的慈爱和诚实称赞你的名、因你使你的话显为大、过于你所应许的。〔或作超乎你的名声〕
- 3 我呼求的日子、你就应允我、鼓励我、使我心里有能力。
- 4 耶和華阿、地上的君王、都要称谢你、因他们听见了你口中的言语。
- 5 他们要歌颂耶和華的作为、因耶和華大有荣耀。

Psalm 138

By David.

138:1 I will give you thanks with all my heart; before the heavenly assembly I will sing praises to you.

138:2 I will bow down toward your holy temple, and give thanks to your name, because of your loyal love and faithfulness, for you have exalted your promise above the entire sky.

138:3 When I cried out for help, you answered me. You made me bold and energized me.

138:4 Let all the kings of the earth give thanks to you, O LORD, when they hear the words you speak.

138:5 Let them sing about the LORD's deeds, for the LORD's splendor is magnificent.

- 6 耶和華虽高、仍看顧低微的人·他却从远处看出骄傲的人。
- 7 我虽行在患難中、你必將我救活·我的仇敵發怒、你必伸手抵擋他們、你的右手也必救我。
- 8 耶和華必成全關乎我的事·耶和華阿、你的慈愛永遠長存·求你不要離棄你手所造的。

第一百三十九篇

- 1 [大卫的诗、交与伶长。]
耶和華阿、你已经鑒察我、認識我·
- 2 我坐下、我起来、你都晓得·你从远处知道我的意念。
- 3 我行路、我躺卧、你都細察、你也深知我一切所行的。
- 4 耶和華阿、我舌头上的话、你没有一句不知道的·
- 5 你在我前后环绕我、按手在我身上。
- 6 这样的知识奇妙、是我不能测的·至高、是我不能及的。
- 7 我往那里去躲避你的灵·我往那里逃避你的面。
- 8 我若升到天上、你在那里·我若在阴间下榻、你也在那里。
- 9 我若展开清晨的翅膀、飞到海极居住·
- 10 就是在那里、你的手必引导我·你的右手、也必扶持我。
- 11 我若说、黑暗必定遮蔽我、我周围的亮光必成为黑夜·
- 12 黑暗也不能遮蔽我使你不见、黑夜却如白昼发亮·黑暗和光明、在你看都是一样。
- 13 我的肺腑是你所造的·我在母腹中、你已覆庇我。
- 14 我要称谢你、因我受造奇妙可畏·你的作为奇妙·这是我心深知道的。
- 15 我在暗中受造、在地的深处被联络、那时、我的形体并不向你隱藏。
- 16 我未成形的体质、你的眼早已看见了·你所定的日子、我尚未度一日、〔或作我被造的肢体尚未有其一〕你都写在你的册上了。

- 138:6 Though the LORD is exalted, he takes note of the lowly,
and recognizes the proud from far away.
- 138:7 Even when I must walk in the midst of danger,
you revive me.
You oppose my angry enemies,
and your right hand delivers me.
- 138:8 The LORD avenges me.
O LORD, your loyal love endures.
Do not abandon those whom you have made!

Psalm 139

For the music director, a psalm of David.

- 139:1 O LORD, you examine me and know.
- 139:2 You know when I sit down and when I get up;
even from far away you understand my motives.
- 139:3 You carefully observe me when I travel or
when I lie down to rest;
you are aware of everything I do.
- 139:4 Certainly my tongue does not frame a word
without you, O LORD, being thoroughly aware of it.
- 139:5 You squeeze me in from behind and in front;
you place your hand on me.
- 139:6 Your knowledge is beyond my comprehension;
it is so far beyond me, I am unable to fathom it.
- 139:7 Where can I go to escape your spirit?
Where can I flee to escape your presence?
- 139:8 If I were to ascend to heaven, you would be there.
If I were to sprawl out in Sheol, there you would be.
- 139:9 If I were to fly away on the wings of the dawn,
and settle down on the other side of the sea,
139:10 even there your hand would guide me,
your right hand would grab hold of me.
- 139:11 If I were to say, "Certainly the darkness will
cover me,
and the light will turn to night all around me,"
- 139:12 even the darkness is not too dark for you to see,
and the night is as bright as day;
darkness and light are the same to you.
- 139:13 Certainly you made my mind and heart;
you wove me together in my mother's womb.
- 139:14 I will give you thanks because your deeds are
awesome and amazing.
You knew me thoroughly;
- 139:15 my bones were not hidden from you,
when I was made in secret
and sewed together in the depths of the earth.
- 139:16 Your eyes saw me when I was inside the
womb.
All the days ordained for me
were recorded in your scroll
before one of them came into existence.

- 17 神阿、你的意念向我何等宝贵·其数何等众多。
- 18 我若数点、比海沙更多·我睡醒的时候、仍和你同在。
- 19 神阿、你必要杀戳恶人·所以你们好流人血的、离开我去罢。
- 20 因为他们说恶言顶撞你、你的仇敌也妄称你的名。
- 21 耶和華阿、恨恶你的、我岂不恨恶他们么·攻击你的、我岂不憎嫌他们么。
- 22 我切切的恨恶他们、以他们为仇敌。
- 23 神阿、求你鉴察我、知道我的心思、试炼我、知道我的意念·
- 24 看在我里面有甚么恶行没有、引导我走永生的道路。

第一百四十篇

- 1 [大卫的诗、交与伶长。]
耶和華阿、求你拯救我脱离凶恶的人、保护我脱离强暴的人。
- 2 他们心中图谋奸恶、常常聚集要争战。
- 3 他们使舌头尖利如蛇·嘴里有虺蛇的毒气。〔细拉〕
- 4 耶和華阿、求你拯救我、脱离恶人的手、保护我、脱离强暴的人·他们图谋推我跌倒。
- 5 骄傲人为我暗设网罗和绳索·他们在路旁铺下网、设下圈套。〔细拉〕
- 6 我曾对耶和華说、你是我的 神·耶和華阿、求你留心听我恳求的声音。
- 7 主耶和華、我救恩的力量阿、在争战的日子、你遮蔽了我的头。
- 8 耶和華阿、求你不要遂恶人的心愿·不要成就他们的计谋、恐怕他们自高。〔细拉〕
- 9 至于那些昂首围困我的人、愿他们嘴唇的奸恶、陷害〔原文作遮蔽〕自己。
- 10 愿火炭落在他们身上·愿他们被丢在火中、抛在深坑里、不能再起来。
- 11 说恶言的人、在地上必坚立不住·祸患必猎取强暴的人、将他打倒。
- 12 我知道耶和華必为困苦人伸冤、必为穷乏人辨屈。

- 139:17 How difficult it is for me to fathom your thoughts about me, O God!
How vast are their sum total!
- 139:18 If I tried to count them,
they would outnumber the grains of sand.
Even if I finished counting them,
I would still have to contend with you.
- 139:19 If only you would kill the wicked, O God!
Get away from me, you violent men!
- 139:20 They rebel against you and act deceitfully;
your enemies lie.
- 139:21 O LORD, do I not hate those who hate you,
and despise those who oppose you?
- 139:22 I absolutely hate them,
they have become my enemies!
- 139:23 Examine me, and probe my thoughts!
Test me, and know my concerns!
- 139:24 See if there is any idolatrous tendency in me,
and lead me in the reliable ancient path!

Psalms 140

- For the music director; a psalm of David.
- 140:1 O LORD, rescue me from wicked men!
Protect me from violent men,
- 140:2 who plan ways to harm me.
All day long they stir up conflict.
- 140:3 Their tongues wound like a serpent;
a viper's venom is behind their lips. (Selah)
- 140:4 O LORD, shelter me from the power of the wicked!
Protect me from violent men,
who plan to knock me over.
- 140:5 Proud men hide a snare for me;
evil men spread a net by the path;
they set traps for me. (Selah)
- 140:6 I say to the LORD, "You are my God."
O LORD, pay attention to my plea for mercy!
- 140:7 O sovereign LORD, my strong deliverer,
you shield my head in the day of battle.
- 140:8 O LORD, do not let the wicked have their way!
Do not allow their plan to succeed when they attack!
(Selah)
- 140:9 As for the heads of those who surround me—
may the harm done by their lips overwhelm them!
- 140:10 May he rain down fiery coals upon them!
May he throw them into the fire!
From bottomless pits they will not escape.
- 140:11 A slanderer will not endure on the earth;
calamity will hunt down a violent man and strike him down.
- 140:12 I know that the LORD defends the cause of the oppressed
and vindicates the poor.

- 13 义人必要称赞你的名，正直人必住在你面前。

第一百四十一篇

- 1 [大卫的诗。]
耶和華阿、我曾求告你，求你快快臨到我
這里，我求告你的時候、愿你留心聽我的
聲音。
2 愿我的祷告、如香陈列在你面前，愿我举
手祈求、如献晚祭。
3 耶和華阿、求你禁止我的口、把守我的
嘴。
4 求你不叫我的心、偏向邪恶、以致我和作
孽的人同行恶事，也不叫我吃他们的美
食。
5 任凭义人击打我、这算为仁慈，任凭他责
备我、这算为头上的膏油，我的头不要躲
闪。正在他们行恶的时候、我仍要祈祷。
6 他们的审判官、被扔在岩下，众人要听我
的话、因为这话甘甜。
7 我们的骨头、散在墓旁、好像人耕田、刨
地的土块。
8 主耶和華阿、我的眼目仰望你，我投靠
你、求你不要将我撇得孤苦。
9 求你保护我脱离恶人为我设的网罗、和作
孽之人的圈套。
10 愿恶人落在自己的网里，我却得以逃脱。

第一百四十二篇

- 1 [大卫在洞里作的训诲诗，乃是祈祷。]
我发声哀告耶和華，发声恳求耶和華。
2 我在他面前吐露我的苦情，陈说我的患
难。
3 我的灵在我里面发昏的时候、你知道我的
道路。在我行的路上、敌人我为我暗设网
罗。
4 求你向我右边观看，因为没有人认识我，
我无处避难、也没有人眷顾我。
5 耶和華阿、我曾向你哀求，我说、你是我的
避难所，在活人之地、你是我的福分。

140:13 Certainly the godly will give thanks to your
name;
the morally upright will live in your presence.

Psalm 141

A psalm of David.

141:1 O LORD, I cry out to you. Come quickly to me!
Pay attention to me when I cry out to you!

141:2 May you accept my prayer like incense,
my uplifted hands like the evening offering!

141:3 O LORD, place a guard on my mouth!
Protect the opening of my lips!

141:4 Do not let me have evil desires,
or participate in sinful activities
with men who behave wickedly.
I will not eat their delicacies.

141:5 May the godly strike me in love and correct me!
May my head not refuse choice oil!
Indeed, my prayer is a witness against their evil
deeds.

141:6 They will be thrown down the side of a cliff by
their judges.

They will listen to my words, for they are pleasant.

141:7 As when one plows and breaks up the soil,
so our bones are scattered at the mouth of Sheol.

141:8 Surely I am looking to you, O sovereign LORD.
In you I take shelter.

Do not expose me to danger!

141:9 Protect me from the snare they have laid for
me,
and the traps the evildoers have set.

141:10 Let the wicked fall into their own nets,
while I escape.

Psalm 142

A well-written song by David, when he was in the
cave; a prayer.

142:1 To the LORD I cry out;
to the LORD I plead for mercy.

142:2 I pour out my lament before him;
I tell him about my troubles.

142:3 Even when my strength leaves me,
you watch my footsteps.
In the path where I walk
they have hidden a snare for me.

142:4 Look to the right and see!

No one cares about me.

I have nowhere to run;

no one is concerned about my life.

142:5 I cry out to you, O LORD;

I say, "You are my shelter,
my security in the land of the living."

- 6 求你侧耳听我的呼求、因我落到极卑之地、求你救我脱离逼迫我的人、因为他们比我强盛。
- 7 求你领我出离被困之地、我好称赞你的名、义人必环绕我、因为你是用厚恩待我。

142:6 Listen to my cry for help,
for I am in serious trouble!
Rescue me from those who chase me,
for they are stronger than I am.
142:7 Free me from prison,
that I may give thanks to your name.
Because of me the godly will assemble,
for you will vindicate me.

第一百四十三篇

- 1 [大卫的诗。]
耶和華阿、求你听我的祷告、留心听我的恳求、凭你的信实和公义应允我。
- 2 求你不要审问仆人、因为在你面前凡活著的人、没有一个是义的。
- 3 原来仇敌逼迫我、将我打倒在地、使我住在幽暗之处、像死了许久的人一样。
- 4 所以我的灵在我里面发昏、我的心在我里面凄惨。
- 5 我追想古时之日、思想你的一切作为、默念你手的工作。
- 6 我向你举手我的心渴想你、如乾旱之地盼雨一样。〔细拉〕
- 7 耶和華阿、求你速速应允我、我心神耗尽、不要向我掩面、免得我像那些下坑的人一样。
- 8 求你使我清晨得听你慈爱之言、因我倚靠你、求你使我知道当行的路、因我的心仰望你。
- 9 耶和華阿、求你救我脱离我的仇敌、我往你那里藏身。
- 10 求你指教我遵行你的旨意、因你是我的神、你的灵本为善、求你引我到平坦之地。
- 11 耶和華阿、求你为你的名将我救活、凭你的公义、将我从患难中领出来。
- 12 凭你的慈爱剪除我的仇敌、灭绝一切苦待我的人、因我是你的仆人。

Psalm 143

A psalm of David.

143:1 O LORD, hear my prayer!
Pay attention to my plea for help!
Because of your faithfulness and justice, answer me!
143:2 Do not sit in judgment on your servant,
for no one alive is innocent before you.
143:3 Certainly my enemies chase me.
They smash me into the ground.
They force me to live in dark regions,
like those who have been dead for ages.
143:4 My strength leaves me;
I am absolutely shocked.
143:5 I recall the old days;
I meditate on all you have done;
I reflect on your accomplishments.
143:6 I spread my hands out to you in prayer;
my soul thirsts for you in a parched land.
143:7 Answer me quickly, LORD!
My strength is fading.
Do not reject me,
or I will join those descending into the grave.
143:8 May I hear about your loyal love in the morning,
for I trust in you.
Show me the way I should go,
because I long for you.
143:9 Rescue me from my enemies, O LORD!
I run to you for protection.
143:10 Teach me to do what pleases you,
for you are my God.
May your kind presence
lead me into a level land.
143:11 O LORD, for the sake of your reputation, revive me!
Because of your justice, rescue me from trouble!
143:12 As a demonstration of your loyal love, destroy my enemies!
Annihilate all who threaten my life,
for I am your servant.

第一百四十四篇

- 1 [大卫的诗。]
耶和華我的磐石、是应当称颂的、他教导我的手争战、教导我的指头打仗。
- 2 他是我慈爱的主、我的山寨、我的高台、我的救主、我的盾牌、是我所投靠的、他使我的百姓服在我以下。
- 3 耶和華阿、人算甚么、你竟认识他、世人算甚么、你竟顾念他。
- 4 人好像一口气、他的年日如同影儿快快过去。
- 5 耶和華阿、求你使天下垂、亲自降临、摸山、山就冒烟。
- 6 求你发出闪电、使他们四散、射出你的箭、使他们扰乱。
- 7 求你从上伸手救拔我、救我脱离大水、救我脱离外邦人的手。
- 8 他们的口说谎话、他们的右手起假誓。
- 9 神阿、我要向你唱新歌、用十弦瑟向你歌颂。
- 10 你是那拯救君王的、你是那救仆人大卫脱离害命之刀的。
- 11 求你救拔我、救我脱离外邦人的手、他们的口说谎话、他们的右手起假誓。
- 12 我们的儿子、从幼年好像树栽子长大、我们的女儿、如同殿角石、是按建宫的样式凿成的。
- 13 我们的仓盈满、能出各样的粮食、我们的羊、在田间孳生千万。
- 14 我们的牛驮著满驮、没有人闯进来抢夺、也没有人出去争战、我们的街市上、也没有哭号的声音。
- 15 遇见这光景的百姓、便为有福、有耶和華為他们的 神、这百姓便为有福。

Psalm 144

By David.

144:1 The LORD, my protector, deserves praise—the one who trains my hands for battle, and my fingers for war,
144:2 who loves me and is my stronghold, my refuge and my deliverer, my shield and the one in whom I take shelter, who makes nations submit to me.
144:3 O LORD, “Of what importance is the human race, that you should notice them? Of what importance is mankind, that you should be concerned about them?
144:4 People are like a vapor, their days like a shadow that disappears.
144:5 O LORD, make the sky sink and come down! Touch the mountains and make them smolder!
144:6 Hurl lightning bolts and scatter them! Shoot your arrows and rout them!
144:7 Reach down from above! Grab me and rescue me from the surging water, from the power of foreigners,
144:8 who speak lies, and make false promises.
144:9 O God, I will sing a new song to you! Accompanied by a ten-stringed instrument, I will sing praises to you,
144:10 the one who delivers kings, and rescued David his servant from a deadly sword.
144:11 Grab me and rescue me from the power of foreigners, who speak lies, and make false promises.
144:12 Then our sons will be like plants, that quickly grow to full size. Our daughters will be like corner pillars, carved like those in a palace.
144:13 Our storehouses will be full, providing all kinds of food. Our sheep will multiply by the thousands and fill our pastures.
144:14 Our cattle will be weighted down with produce. No one will break through our walls, no one will be taken captive, and there will be no terrified cries in our city squares.
144:15 How happy are the people who experience these things! How happy are the people whose God is the LORD!

第一百四十五篇

- 1 [大卫的赞美诗。]
我的 神我的王阿、我要尊崇你、我要永永远远称颂你的名。
- 2 我要天天称颂你、也要永永远远赞美你的名。
- 3 耶和華本为大、该受大赞美、其大无法测度。
- 4 这代要对那代颂赞你的作为、也要传扬你的大能。
- 5 我要默念你威严的尊荣、和你奇妙的作为。
- 6 人要传说你可畏之事的能、我也要传扬你的大德。
- 7 他们记念你的大恩、就要传出来、并要歌唱你的公义。
- 8 耶和華有恩惠、有怜悯、不轻易发怒、大有慈爱。
- 9 耶和華善待万民、他的慈悲、覆庇他一切所造的。
- 10 耶和華阿、你一切所造的、都要称谢你、你的圣民、也要称颂你、
- 11 传说你国的荣耀、谈论你的大能、
- 12 好叫世人知道你大能的作为、并你国度威严的荣耀。
- 13 你的国是永远的国、你执掌的权柄、存到万代。
- 14 凡跌倒的、耶和華将他们扶持、凡被压下的、将他们扶起。
- 15 万民都举目仰望你、你随时给他们食物。
- 16 你张口、使有生气的都随愿饱足。
- 17 耶和華在他一切所行的、无不公义、在他一切所作的、都有慈爱。
- 18 凡求告耶和華的、就是诚心求告他的、耶和華便与他们相近。
- 19 敬畏他的、他必成就他们的心愿、也必听他们的呼求、拯救他们。
- 20 耶和華保护一切爱他的人、却要灭绝一切的恶人。
- 21 我的口要说出赞美耶和華的话、惟愿凡有血气的、都永永远远称颂他的圣名。

Psalm 145

A psalm of praise, by David.

145:1 I will extol you, my God, O king!

I will praise your name continually!

145:2 Every day I will praise you!

I will praise your name continually!

145:3 The LORD is great and certainly worthy of praise!

No one can fathom his greatness!

145:4 One generation will praise your deeds to another,

and tell about your mighty acts!

145:5 I will focus on your honor and majestic splendor,

and your amazing deeds!

145:6 They will proclaim the power of your awesome acts!

I will declare your great deeds!

145:7 They will talk about the fame of your great kindness,

and sing about your justice.

145:8 The LORD is merciful and compassionate; he is patient and demonstrates great loyal love.

145:9 The LORD is good to all, and has compassion on all he has made.

145:10 All he has made will give thanks to the LORD. Your loyal followers will praise you.

145:11 They will proclaim the splendor of your kingdom;

they will tell about your power,

145:12 so that mankind might acknowledge your mighty acts,

and the majestic splendor of your kingdom.

145:13 Your kingdom is an eternal kingdom, and your dominion endures through all generations.

145:14 The LORD supports all who fall, and lifts up all who are bent over.

145:15 Everything looks to you in anticipation, and you provide them with food on a regular basis.

145:16 You open your hand,

and fill every living thing with the food they desire.

145:17 The LORD is just in all his actions, and exhibits love in all he does.

145:18 The LORD is near all who cry out to him, all who cry out to him sincerely.

145:19 He satisfies the desire of his loyal followers; he hears their cry for help and delivers them.

145:20 The LORD protects those who love him, but he destroys all the wicked.

145:21 My mouth will praise the LORD.

Let all who live praise his holy name forever!

第一百四十六篇

- 1 你们要赞美耶和华。我的心哪、你要赞美耶和华。
2 我一生要赞美耶和华、我还活的时候、要歌颂我的神。
3 你们不要倚靠君王、不要倚靠世人、他一点不能帮助。
4 他的气一断、就归回尘土、他所打算的、当日就消灭了。
5 以雅各的神为帮助、仰望耶和华他神的、这人便为有福。
6 耶和华造天、地、海、和其中的万物、他守诚实、直到永远。
7 他为受屈的伸冤、赐食物与饥饿的。耶和华释放被囚的。
8 耶和华开了瞎子的眼睛、耶和华扶起被压下的人、耶和华喜爱义人。
9 耶和华保护寄居的、扶持孤儿和寡妇、却使恶人的道路弯曲。
10 耶和华要作王、直到永远。锡安哪、你的神要作王、直到万代。你们要赞美耶和华。

第一百四十七篇

- 1 你们要赞美耶和华、因歌颂我们的神为善为美、赞美的话是合宜的。
2 耶和华建造耶路撒冷、聚集以色列中被赶散的人。
3 他医好伤心的人、裹好他们的伤处。
4 他数点星宿的数目、一一称他的名。
5 我们的主为大、最有能力、他的智慧、无法测度。
6 耶和华扶持谦卑人、将恶人倾覆于地。
7 你们要以感谢向耶和华歌唱、用琴向我们的神歌颂。
8 他用云遮天。为地降雨、使草生长在山上。
9 他赐食给走兽、和啼叫的小乌鸦。

Psalm 146

146:1 Praise the LORD!
Praise the LORD, O my soul!
146:2 I will praise the LORD as long as I live!
I will sing praises to my God as long as I exist!
146:3 Do not trust in princes,
or in human beings, who cannot deliver!
146:4 Their life's breath departs, they return to the ground;
on that day their plans die.
146:5 How happy is the one whose helper is the God of Jacob,
whose hope is in the LORD his God,
146:6 the one who made heaven and earth,
the sea, and all that is in them,
who remains forever faithful,
146:7 vindicates the oppressed,
and gives food to the hungry.
The LORD releases the imprisoned.
146:8 The LORD gives sight to the blind.
The LORD lifts up all who are bent over.
The LORD loves the godly.
146:9 The LORD protects those residing outside their native land;
he lifts up the fatherless and the widow,
but he opposes the wicked.
146:10 The LORD rules forever,
your God, O Zion, throughout the generations to come!
Praise the LORD!

Psalm 147

147:1 Praise the LORD,
for it is good to sing praises to our God!
Yes, praise is pleasant and appropriate!
147:2 The LORD rebuilds Jerusalem,
and gathers the exiles of Israel.
147:3 He heals the brokenhearted,
and bandages their wounds.
147:4 He counts the number of the stars;
he names all of them.
147:5 Our sovereign Master is great and has awesome power;
there is no limit to his wisdom.
147:6 The LORD lifts up the oppressed,
but knocks the wicked to the ground.
147:7 Offer to the LORD a song of thanks!
Sing praises to our God to the accompaniment of a harp!
147:8 He covers the sky with clouds,
provides the earth with rain,
and causes grass to grow on the hillsides.
147:9 He gives food to the animals,
and to the young ravens when they chirp.

- 10 他不喜悦马的力大、不喜爱人的腿快。
- 11 耶和華喜愛敬畏、和盼望他慈愛的人。
- 12 耶路撒冷阿、你要頌贊耶和華、錫安哪、你要讚美你的 神。
- 13 因為他堅固了你的門門、賜福給你中間的兒女。
- 14 他使你境內平安、用上好的麥子使你滿足。
- 15 他發命在地、他的話頒行最快。
- 16 他降雪如羊毛、撒霜如爐灰。
- 17 他擲下冰雹如碎渣、他發出寒冷、誰能當得起呢。
- 18 他一出令、這些就都消化、他使風刮起、水便流動。
- 19 他將他的道指示雅各、將他的律例典章指示以色列。
- 20 別國他都沒有這樣待過、至於他的典章、他們向來沒有知道。你們要讚美耶和華。

147:10 He is not enamored with the strength of a horse,
nor is he impressed by the warrior's strong legs.
147:11 The LORD takes delight in his faithful followers,
and in those who wait for his loyal love.
147:12 Extol the LORD, O Jerusalem!
Praise your God, O Zion!
147:13 For he makes the bars of your gates strong.
He blesses your children within you.
147:14 He brings peace to your territory.
He abundantly provides for you the best grain.
147:15 He sends his command through the earth;
swiftly his order reaches its destination.
147:16 He sends the snow that is white like wool;
he spreads the frost that is white like ashes.
147:17 He throws his hailstones like crumbs.
Who can withstand the cold wind he sends?
147:18 He then orders it all to melt;
he breathes on it, and the water flows.
147:19 He proclaims his word to Jacob,
his statutes and regulations to Israel.
147:20 He has not done so with any other nation;
they are not aware of his regulations.
Praise the LORD!

第一百四十八篇

- 1 你們要讚美耶和華、從天上讚美耶和華、在高處讚美他。
- 2 他的眾使者都要讚美他、他的諸軍都要讚美他。
- 3 日頭月亮、你們要讚美他、放光的星宿、你們都要讚美他。
- 4 天上的天、和天上的水、你們都要讚美他。
- 5 願這些都讚美耶和華的名、因他一吩咐便都造成。
- 6 他將這些立定、直到永永遠遠、他定了命、不能廢去。〔廢去或作越過〕
- 7 所有在地上的、大魚和一切深洋、
- 8 火與冰雹、雪和霧氣、成就他命的狂風、
- 9 大山和小山、結果的樹木、和一切香柏樹、
- 10 野獸和一切牲畜、昆蟲和飛鳥、
- 11 世上的君王和萬民、首領和世上一切審判官、
- 12 少年人和處女、老年人和孩童、都當讚美耶和華。

Psalms 148

148:1 Praise the LORD!
Praise the LORD from the sky!
Praise him in the heavens!
148:2 Praise him, all his angels!
Praise him, all his heavenly assembly!
148:3 Praise him, O sun and moon!
Praise him, all you shiny stars!
148:4 Praise him, O highest heaven,
and you waters above the sky!
148:5 Let them praise the name of the LORD,
for he gave the command and they came into existence.
148:6 He established them so they would endure;
he issued a decree that will not be revoked.
148:7 Praise the LORD from the earth,
you sea creatures and all you ocean depths,
148:8 O fire and hail, snow and clouds,
O stormy wind that carries out his orders,
148:9 you mountains and all you hills,
you fruit trees and all you cedars,
148:10 you animals and all you cattle,
you creeping things and birds,
148:11 you kings of the earth and all you nations,
you princes and all you leaders on the earth,
148:12 you young men and young women,
you elderly, along with you children!

- 13 愿这些都赞美耶和華的名，因为独有他的名被尊崇，他的荣耀在天地之上。
- 14 他将他百姓的角高举，因此他〔因此他或作他使〕一切圣民以色列人、就是与他相近的百姓、都赞美他。你们要赞美耶和華。

第一百四十九篇

- 1 你们要赞美耶和華、向耶和華唱新歌、在圣民的会中赞美他。
- 2 愿以色列因造他的主欢喜，愿锡安的民、因他们的王快乐。
- 3 愿他们跳舞赞美他的名、击鼓弹琴歌颂他。
- 4 因为耶和華喜爱他的百姓，他要用救恩当作谦卑人的妆饰。
- 5 愿圣民因所得的荣耀高兴，愿他们在床上欢呼。
- 6 愿他们口中称赞 神为高、手里有两刃的刀，
- 7 为要报复列邦、刑罚万民，
- 8 要用链子捆他们的君王、用铁镣锁他们的大臣，
- 9 要在他们身上施行所记录的审判，他的圣民都有这荣耀。你们要赞美耶和華。

第一百五十篇

- 1 你们要赞美耶和華、在 神的圣所赞美他、在他显能力的穹苍赞美他。
- 2 要因他大能的作为赞美他、按著他极美的大德赞美他。
- 3 要用角声赞美他、鼓瑟弹琴赞美他，
- 4 击鼓跳舞赞美他、用丝弦的乐器、和箫的声音赞美他，
- 5 用大响的钹赞美他、用高声的 赞美他。
- 6 凡有气息的、都要赞美耶和華。你们要赞美耶和華。

148:13 Let them praise the name of the LORD, for his name alone is exalted; his majesty extends over the earth and sky.

148:14 He has made his people victorious, and given all his loyal followers reason to praise—the Israelites, the people who are close to him. Praise the LORD!

Psalms 149

149:1 Praise the LORD!
Sing to the LORD a new song!
Praise him in the assembly of the godly!

149:2 Let Israel rejoice in their Creator!
Let the people of Zion delight in their king!

149:3 Let them praise his name with dancing!
Let them sing praises to him to the accompaniment of the tambourine and harp!

149:4 For the LORD takes delight in his people; he exalts the oppressed by delivering them.

149:5 Let the godly rejoice because of their vindication!
Let them shout for joy upon their beds!

149:6 May they praise God while they hold a two-edged sword in their hand,

149:7 in order to take revenge on the nations, and punish foreigners.

149:8 They bind their kings in chains, and their nobles in iron shackles,

149:9 and execute the judgment to which their enemies have been sentenced.
All his loyal followers will be vindicated.
Praise the LORD!

Psalms 150

150:1 Praise the LORD!
Praise God in his sanctuary!
Praise him in the sky, which testifies to his strength!

150:2 Praise him for his mighty acts!
Praise him for his surpassing greatness!

150:3 Praise him with the blast of the horn!
Praise him with the lyre and the harp!

150:4 Praise him with the tambourine and with dancing!
Praise him with stringed instruments and the flute!

150:5 Praise him with loud cymbals!
Praise him with clanging cymbals!

150:6 Let everything that has breath praise the LORD!
Praise the LORD!