

詩篇

卷一

第一篇

- 1 不從惡人的計謀、不站罪人的道路、不坐褻慢人的座位、
- 2 惟喜愛耶和華的律法、晝夜思想、這人便為有福。
- 3 他要像一棵樹栽在溪水旁、按時候結果子、葉子也不枯乾、凡他所作的、盡都順利。
- 4 惡人並不是這樣、乃像糠秕被風吹散。
- 5 因此當審判的時候、惡人必站立不住、罪人在義人的會中、也是如此。
- 6 因為耶和華知道義人的道路、惡人的道路、卻必滅亡。

第二篇

- 1 外邦為甚麼爭鬧、萬民為甚麼謀算虛妄的事。
- 2 世上的君王一齊起來、臣宰一同商議、要敵擋耶和華、並他的受膏者、
- 3 說、我們要掙開他們的捆綁、脫去他們的繩索。
- 4 那坐在天上的必發笑、主必嗤笑他們。
- 5 那時他要在怒中責備他們、在烈怒中驚嚇他們、
- 6 說、我已經立我的君在錫安我的聖山上了。
- 7 受膏者說、我要傳聖旨、耶和華曾對我說、你是我的兒子、我今日生你。
- 8 你求我、我就將列國賜你為基業、將地極賜你為田產。

Psalms

Book 1 (Psalms 1-41)

Psalm 1

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.

Psalm 2

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 decreed. 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 你必用鐵杖打破他們・你必將他們如同窯匠的瓦器摔碎。
10 現在你們君王應當省悟。你們世上的審判官該受管教。
11 當存畏懼事奉耶和華、又當存戰兢而快樂。
12 當以嘴親子、恐怕他發怒、你們便在道中滅亡、因為他的怒氣快要發作。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 〔大衛逃避他兒子押沙龍的時候作的詩。〕
耶和華阿、我的敵人何其加增・有許多人起來攻擊我。
2 有許多人議論我說、他得不著 神的幫助。〔細拉〕
3 但你耶和華是我四圍的盾牌・是我的榮耀、又是叫我抬起頭來的。
4 我用我的聲音求告耶和華、他就從他的聖山上應允我。〔細拉〕
5 我躺下睡覺・我醒著・耶和華都保佑我。
6 雖有成萬的百姓來周圍攻擊我、我也不怕。
7 耶和華阿、求你起來・我的 神阿、求你救我・因為你打了我一切仇敵的腮骨、敲碎了惡人的牙齒。
8 救恩屬乎耶和華・願你賜福給你的百姓。〔細拉〕

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 〔大衛的詩、交與伶長・用絲絃的樂器。〕
顯我為義的 神阿、我呼籲的時候、求你應允我・我在困苦中、你曾使我寬廣・現在求你憐恤我、聽我的禱告。
2 你們這上流人哪、你們將我的尊榮變為羞辱、要到幾時呢・你們喜愛虛妄、尋找虛假、要到幾時呢。〔細拉〕
3 你們要知道耶和華已經分別虔誠人歸他自己・我求告耶和華、他必聽我。
4 你們應當畏懼、不可犯罪・在床上的時候、要心裡思想、並要肅靜。〔細拉〕

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 當獻上公義的祭、又當倚靠耶和華。
6 有許多人說、誰能指示我們甚麼好處。耶和華阿、求你仰起臉來、光照我們。
7 你使我心裡快樂、勝過那豐收五穀新酒的人。
8 我必安然躺下睡覺、因為獨有你耶和華使我安然居住。

第五篇

- 1 [大衛的詩、交與伶長、用吹的樂器。]
耶和華阿、求你留心聽我的言語、顧念我的心思。
2 我的王我的 神阿、求你垂聽我呼求的聲音、因為我向你所禱。
3 耶和華阿、早晨你必聽我的聲音、早晨我必向你陳明我的心意、並要儆醒。
4 因為你不是喜悅惡事的 神、惡人不能與你同居。
5 狂傲人不能站在你眼前、凡作孽的、都是你所恨惡的。
6 說謊言的、你必滅絕、好流人血弄詭詐的、都為耶和華所憎惡。
7 至於我、我必憑你豐盛的慈愛進入你的居所、我必存敬畏你的心向你的聖殿下拜。
8 耶和華阿、求你因我的仇敵、憑你的公義、引領我、使你的道路在我面前正直。
9 因為他們的口中沒有誠實、他們的心裡滿有邪惡、他們的喉嚨、是敞開的墳墓、他們用舌頭詔媚人。
10 神阿、求你定他們的罪。願他們因自己的計謀跌倒、願你在他們許多的過犯中、把他們逐出、因為他們背叛了你。
11 凡投靠你的、願他們喜樂、時常歡呼、因為你護庇他們、又願那愛你名的人、都靠你歡欣。
12 因為你必賜福與義人、耶和華阿、你必用恩惠如同盾牌四面護衛他。

- 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 worship 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 insurrection, 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 [大衛的詩、交與伶長、用絲絃的樂器、調用第八。]
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、你要到幾
時纔救我呢。
- 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、在陰間有誰稱謝
你。
- 6 我因唉哼而困乏、我每夜流淚、把床榻漂
起、把褥子溼透。
- 7 我因憂愁眼睛乾癢、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 [大衛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
罪孽在我手裡、
- 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、使我的榮耀歸於灰塵。〔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、願你從其上歸於高
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·願你堅立義人·因為公義的 神察驗人的心腸肺腑。
- 10 神是我的盾牌·他拯救心裡正直的人。
- 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、豫備妥當了。
- 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裡。
- 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 [大衛的詩、交與伶長、用迦特樂器。]
耶和華我們的主阿·你的名在全地何其美·你將你的榮耀彰顯於天。
- 2 你因敵人的緣故、從嬰孩和喫奶的口中、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、並你所陳設的月亮星宿、
- 4 便說、人算甚麼、你竟顧念他·世人算甚麼、你竟眷顧他。
- 5 你叫他比天使〔或作 神〕微小一點、並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、海裡的魚、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 [大衛的詩、交與伶長、調用慕拉便。]
我要一心稱謝耶和華、我要傳揚你一切奇妙的作為。
- 2 我要因你歡喜快樂、至高者阿、我要歌頌你的名。
- 3 我的仇敵轉身退去的時候、他們一見你的面、就跌倒滅亡。
- 4 因你已經為我伸冤、為我辨屈、你坐在寶座上、按公義審判。
- 5 你曾斥責外邦、你曾滅絕惡人、你曾塗抹他們的名、直到永永遠遠。
- 6 仇敵到了盡頭、他們被毀壞、直到永遠、你拆毀他們的城邑、連他們的名號、都歸於無有。
- 7 惟耶和華坐著為王、直到永遠、他已經為審判設擺他的寶座。
- 8 他要按公義審判世界、按正直判斷萬民。
- 9 耶和華又要給受欺壓的人作高臺、在患難的時候作高臺。
- 10 耶和華阿、認識你名的人要倚靠你、因你沒有離棄尋求你的人。
- 11 應當歌頌居錫安的耶和華、將他所行的傳揚在眾民中。
- 12 因為那追討流人血之罪的、他記念受屈的人、不忘記困苦人的哀求。
- 13 耶和華阿、你是從死門把我提拔起來的、求你憐恤我、看那恨我的人所加給我的苦難。
- 14 好叫我述說你一切的美德、我必在錫安城的門、〔城原文作女子〕因你的救恩歡樂。
- 15 外邦人陷在自己所掘的坑中、他們的腳在自己暗設的網羅裡纏住了。
- 16 耶和華已將自己顯明了、他已施行審判、惡人被自己手所作的纏住了。〔或作他叫惡人被自己手所作的累住了〕〔細拉〕
- 17 惡人、就是忘記 神的外邦人、都必歸到陰間。
- 18 窮乏人必不永久被忘、困苦人的指望、必不永遠落空。

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、願外邦人在你面前受審判。
- 20 耶和華阿、求你使外邦人恐懼、願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、你為甚麼站在遠處、在患難的時候、為甚麼隱藏。
- 2 惡人在驕橫中、把困苦人追得火急、願他們陷在自己所設的計謀裡。
- 3 因為惡人以心願自誇、貪財的背棄耶和華、並且輕慢他。〔或作他祝福貪財的卻輕慢耶和華〕
- 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。至於他一切的敵人、他都向他們噴氣。
- 6 他心裡說、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 他在村莊埋伏等候、他在隱密處殺害無辜的人、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 他心裡說、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、心裡說、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、把自己交託你、你向來是幫助孤兒的。
- 15 願你打斷惡人的膀臂、至於壞人、願你追究他的惡、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 爲要給孤兒和受欺壓的人伸冤、使強橫的
人不再威嚇他們。

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 〔大衛的詩、交與伶長。〕
我是投靠耶和華、你們怎麼對我說、你當
像鳥飛往你的山去。
- 2 看哪、惡人彎弓、把箭搭在弦上、要在暗
中射那心裡正直的人。
- 3 根基若毀壞、義人還能作甚麼呢。
- 4 耶和華在他的聖殿裡、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、他心裡恨惡。
- 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 因爲耶和華是公義的、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 〔大衛的詩、交與伶長、調用第八。〕
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、和誇大的舌頭、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、因爲困苦人的冤屈、和貧窮人
的歎息、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、就有惡人到處遊
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 [大衛的詩、交與伶長。]
耶和華阿、你忘記我要到幾時呢・要到永
遠麼・你掩面不顧我要到幾時呢・
- 2 我心裡籌算、終日愁苦、要到幾時呢・我
的仇敵升高壓制我、要到幾時呢。
- 3 耶和華我的 神阿、求你看顧我、應允
我、使我眼目光明、免得我沉睡至死・
- 4 免得我的仇敵說、我勝了他・免得我的敵
人在我搖動的時候喜樂。
- 5 但我倚靠你的慈愛・我的心因你的救恩快
樂。
- 6 我要向耶和華歌唱、因他用厚恩待我。

Psalm 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 [大衛的詩、交與伶長。]
愚頑人心裡說、沒有 神。他們都是邪
惡、行了可憎惡的事・沒有一個人行善。
- 2 耶和華從天上垂看世人、要看有明白的沒
有、有尋求 神的沒有。
- 3 他們都偏離正路、一同變為污穢・並沒有
行善的、連一個也沒有。
- 4 作孽的都沒有知識麼・他們吞喫我的百
姓、如同喫飯一樣・並不求告耶和華。
- 5 他們在那裡大大的害怕、因為 神在義人
的族類中。
- 6 你們叫困苦人的謀算、變為羞辱・然而耶
和華是他的避難所。
- 7 但願以色列的救恩從錫安而出・耶和華救
回他被擄的子民・那時雅各要快樂・以色
列要歡喜。

Psalm 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 〔大衛的詩。〕
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 他不以舌頭譏謗人、不惡待朋友、也不隨
夥毀謗鄰里。
4 他眼中藐視匪類、卻尊重那敬畏耶和華的
人、他發了誓、雖然自己喫虧、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、必永不動搖。

第十六篇

- 1 〔大衛的金詩。〕
神阿、求你保佑我、因為我投靠你。
2 我的心哪、你曾對耶和華說、你是我的
主、我的好處不在你以外。
3 論到世上的聖民、他們又美又善、是我最
喜悅的。
4 以別神代替耶和華的、〔或作送禮物給別
神的〕他們的愁苦必加增。他們所澆奠的
血我不獻上、我嘴唇也不提別神的名號。
5 耶和華是我的產業、是我杯中的分、我所
得的你為我持守。
6 用繩量給我的地界、坐落在佳美之處、我
的產業實在美好。
7 我必稱頌那指教我的耶和華、我的心腸在
夜間也警戒我。
8 我將耶和華常擺在我面前、因他在我右
邊、我便不至搖動。
9 因此我的心歡喜、我的靈〔原文作榮耀〕
快樂、我的肉身也要安然居住。
10 因為你必不將我的靈魂撇在陰間、也不叫
你的聖者見朽壞。
11 你必將生命的道路指示我、在你面前有滿
足的喜樂、在你右手中有永遠的福樂。

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 Mas-
ter,
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 [大衛的祈禱。]
耶和華阿、求你聽聞公義、側耳聽我的呼籲、求你留心聽我這不出於詭詐嘴唇的祈禱。
- 2 願我的判語從你面前發出、願你的眼睛觀看公正。
- 3 你已經試驗我的心、你在夜間鑒察我、你熬煉我、卻找不著甚麼、我立志叫我口中沒有過失。
- 4 論到人的行為、我藉著你嘴唇的言語、自己謹守、不行強暴人的道路。
- 5 我的腳踏定了你的路徑、我的兩腳未曾滑跌。
- 6 神阿、我曾求告你、因為你必應允我、求你向我側耳、聽我的言語。
- 7 求你顯出你奇妙的慈愛來、你是那用右手拯救投靠你的、脫離起來攻擊他們的人。
- 8 求你保護我、如同保護眼中的瞳人、將我隱藏在你翅膀的蔭下、
- 9 使我脫離那欺壓我的惡人、就是圍困我、要害我命的仇敵。
- 10 他們的心被脂油包裹、他們用口說驕傲的話。
- 11 他們圍困了我們的腳步、他們瞪著眼、要把我們推倒在地。
- 12 他像獅子急要抓食、又像少壯獅子蹲伏在暗處。
- 13 耶和華阿、求你起來、前去迎敵、將他打倒、用你的刀救護我命脫離惡人。
- 14 耶和華阿、求你用右手救我脫離世人、脫離那只在今生有福分的世人、你把你的財寶充滿他們的肚腹、他們因有兒女就心滿意足、將其餘的財物留給他們的嬰孩。
- 15 至於我、我必在義中見你的面、我醒了的時分、得見你的形像、〔見或作看〕就心滿意足了。

第十八篇

- 1 [耶和華的僕人大衛的詩、交與伶長、當耶和華救他脫離一切仇敵和掃羅之手的日子、他向耶和華念這詩的話、說、]
耶和華我的力量阿、我愛你。

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 耶和華是我的巖石、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、是我的高臺。

3 我要求告當讚美的耶和華，這樣我必從仇敵手中被救出來。

4 曾有死亡的繩索纏繞我，匪類的急流使我驚懼。

5 陰間的繩索纏繞我，死亡的網羅臨到我。

6 我在急難中求告耶和華、向我的神呼求，他從殿中聽了我的聲音、我在他面前的呼求入了他的耳中。

7 那時因他發怒、地就搖撼戰抖、山的根基也震動搖撼。

8 從他鼻孔冒煙上騰、從他口中發火焚燒，連炭也著了。

9 他又使天下垂、親自降臨，有黑雲在他腳下。

10 他坐著基路伯飛行，他藉著風的翅膀快飛。

11 他以黑暗為藏身之處、以水的黑暗、天空的厚雲、為他四圍的行宮。

12 因他面前的光輝、他的厚雲行過，便有冰雹火炭。

13 耶和華也在天上打雷，至高者發出聲音，便有冰雹火炭。

14 他射出箭來，使仇敵四散，多多發出閃電，使他們擾亂。

15 耶和華阿、你的斥責一發、你鼻孔的氣一出、海底就出現、大地的根基也顯露。

16 他從高天伸手抓住我，把我從大水中拉上來。

17 他救我脫離我的勁敵、和那些恨我的人，因為他們比我強盛。

18 我遭遇災難的日子、他們來攻擊我，但耶和華是我的倚靠。

19 他又領我到寬闊之處。他救拔我、因他喜悅我。

20 耶和華按著我的公義報答我，按著我手中的清潔賞賜我。

21 因為我遵守了耶和華的道、未曾作惡離開我的神。

22 他的一切典章常在我面前，他的律例我也未曾丟棄。

23 我在他面前作了完全人，我也保守自己遠離我的罪孽。

24 所以耶和華按我的公義、按我在他眼前手中的清潔、償還我。

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 慈愛的人、你以慈愛待他、完全的人、你以完全待他。
26 清潔的人、你以清潔待他、乖僻的人、你以彎曲待他。
27 困苦の百姓、你必拯救、高傲の眼目、你必使他降卑。
28 你必點著我的燈、耶和華我的 神必照明我的黑暗。
29 我藉著你衝入敵軍、藉著我的 神跳過牆垣。
30 至於 神、他的道是完全的、耶和華的話是煉淨的、凡投靠他的、他便作他們的盾牌。
31 除了耶和華、誰是 神呢、除了我們的 神、誰是磐石呢。
32 惟有那以力量束我的腰、使我行為完全的、他是 神。
33 他使我的腳快如母鹿の蹄、又使我在高處安穩。
34 他教導我的手能以爭戰、甚至我的膀臂能開銅弓。
35 你把我的救恩給我作盾牌、你的右手扶持我、你的溫和使我爲大。
36 你使我腳下的地步寬闊、我的腳未曾滑跌。
37 我要追趕我的仇敵、並要追上他們、不將他們滅絕、我總不歸回。
38 我要打傷他們、使他們不能起來、他們必倒在我的腳下。
39 因爲你會以力量束我的腰、使我能爭戰、你也使那起來攻擊我的都服在我以下。
40 你又使我的仇敵在我面前轉背逃跑、叫我能以剪除那恨我的人。
41 他們呼求、卻無人拯救、就是呼求耶和華、他也不應允。
42 我搗碎他們、如同風前的灰塵、倒出他們、如同街上的泥土。
43 你救我脫離百姓の爭競、立我作列國の元首、我素不認識の民必事奉我。
44 他們一聽見我的名聲、就必順從我、外邦人要投降我。
45 外邦人要衰殘、戰戰兢兢の出他們的營寨。
46 耶和華是活 神、願我的磐石被人稱頌、願救我的 神被人尊崇。
47 這位 神、就是那爲我伸冤、使眾民服在我以下的。

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 你救我脫離仇敵，又把我舉起、高過那些
起來攻擊我的，你救我脫離強暴的人。
- 49 耶和華阿、因此我要在外邦中稱謝你、歌
頌你的名。
- 50 耶和華賜極大的救恩給他所立的王、施慈
愛給他的受膏者、就是給大衛和他的後
裔、直到永遠。

第十九篇

- 1 [大衛的詩、交與伶長。]
諸天述說 神的榮耀，穹蒼傳揚他的手
段。
- 2 這日到那日發出言語，這夜到那夜傳出知
識。
- 3 無言無語、也無聲音可聽。
- 4 他的量帶通遍天下、它的言語傳到地極。
神在其間為太陽安設帳幕。
- 5 太陽如同新郎出洞房、又如勇士歡然奔
路。
- 6 他從天這邊出來、繞到天那邊，沒有一物
被隱藏不得它的熱氣。
- 7 耶和華的律法全備、能甦醒人心，耶和華
的法度確定、能使愚人有智慧。
- 8 耶和華的訓詞正直、能快活人的心，耶和
華的命令清潔、能明亮人的眼目。
- 9 耶和華的道理潔淨、存到永遠，耶和華的
典章真實、全然公義。
- 10 都比金子可羨慕、且比極多的精金可羨
慕，比蜜甘甜、且比蜂房下滴的蜜甘甜。
- 11 況且你的僕人因此受警戒、守著這些便有大
賞。
- 12 誰能知道自己的錯失呢，願你赦免我隱而
未現的過錯。
- 13 求你攔阻僕人、不犯任意妄為的罪，不容
這罪轄制我，我便完全、免犯大罪。
- 14 耶和華我的磐石、我的救贖主阿、願我口
中的言語、心裡的意念、在你面前蒙悅
納。

- 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.

第二十篇

- 1 [大衛的詩、交與伶長。]
願耶和華在你遭難的日子應允你·願名為雅各 神的高舉你·
- 2 願他從聖所救助你、從錫安堅固你·
- 3 記念你的一切供獻、悅納你的燔祭·〔細拉〕
- 4 將你心所願的賜給你、成就你的一切籌算·
- 5 我們要因你的救恩誇勝、要奉我們 神的名豎立旌旗·願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、必從他的聖天上應允他、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 他們都屈身仆倒、我們卻起來、立得正直·
- 9 求耶和華施行拯救·我們呼求的時候、願王應允我們·

第二十一篇

- 1 [大衛的詩、交與伶長。]
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 他心裡所願的、你已經賜給他·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·你又將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、要使他們如在炎熱的火爐中·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 因為他們有意加害於你，他們想出計謀，卻不能作成。
12 你必使他們轉背逃跑，向他們的臉搭箭在弦。
13 耶和華阿，願你因自己的能力顯為至高，這樣，我們就唱詩、歌頌你的大能。

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 [大衛的詩、交與伶長、調用朝鹿。]
我的神、我的神、為甚麼離棄我，為甚麼遠離不救我、不聽我唉哼的言語。
2 我的神阿、我白日呼求、你不應允，夜間呼求、並不住聲。
3 但你是聖潔的、是用以色列的讚美為寶座的。〔寶座或作居所〕
4 我們的祖宗倚靠你，他們倚靠你，你便解救他們。
5 他們哀求你，便蒙解救，他們倚靠你，就不羞愧。
6 但我是蟲不是人，被眾人羞辱、被百姓藐視。
7 凡看見我的都嗤笑我，他們撇嘴搖頭、說、
8 他把自己交託耶和華、耶和華可以救他罷，耶和華既喜悅他、可以搭救他罷。
9 但你是叫我出母腹的，我在母懷裡，你就使我有倚靠的心。
10 我自出母胎就被交在你手裡，從我母親生我，你就是我的神。
11 求你不要遠離我，因為急難臨近了，沒有人幫助我。
12 有許多公牛圍繞我，巴珊大力的公牛四面困住我。
13 他們向我張口、好像抓撕吼叫的獅子。
14 我如水被倒出來，我的骨頭都脫了節，我心在我裡面如蠟鎔化。
15 我的精力枯乾、如同瓦片，我的舌頭貼在我牙床上，你將我安置在死地的塵土中。
16 犬類圍著我，惡黨環繞我，他們扎了我的手、我的腳。
17 我的骨頭、我都能數過，他們瞪著眼看我。

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 他們分我的外衣、為我的裡衣拈鬮。
19 耶和華阿、求你不要遠離我、我的救主阿、求你快來幫助我。
20 求你救我的靈魂脫離刀劍、救我的生命脫離犬類、〔生命原文作獨一者〕
21 救我脫離獅子的口、你已經應允我、使我脫離野牛的角度。
22 我要將你的名傳與我的弟兄、在會中我要讚美你。
23 你們敬畏耶和華的人、要讚美他、雅各的後裔、都要榮耀他、以色列的後裔、都要懼怕他。
24 因為他沒有藐視憎惡受苦的人、也沒有向他掩面、那受苦之人呼籲的時候、他就垂聽。
25 我在大會中讚美你的話、是從你而來的、我要在敬畏耶和華的人面前還我的願。
26 謙卑的人必喫得飽足、尋求耶和華的人必讚美他、願你們的心永遠活著。
27 地的四極都要想念耶和華、並且歸順他、列國的萬族、都要在你面前敬拜。
28 因為國權是耶和華的、他是管理萬國的。
29 地上一切豐肥的人、必喫喝而敬拜、凡下到塵土中不能存活自己性命的人、都要在他面前下拜。
30 他必有後裔事奉他、主所行的事必傳與後代。
31 他們必來把他的公義傳給將要生的民、言明這事是他所行的。

- 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 〔大衛的詩。〕
耶和華是我的牧者、我必不至缺乏。
2 他使我躺臥在青草地上、領我在可安歇的水邊。
3 他使我的靈魂甦醒、為自己的名引導我走義路。

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 我雖然行過死蔭的幽谷、也不怕遭害，因為你與我同在，你的杖、你的竿、都安慰我。
- 5 在我敵人面前、你為我擺設筵席，你用油膏了我的頭、使我的福杯滿溢。
- 6 我一生一世必有恩惠慈愛隨著我，我且要住在耶和華的殿中、直到永遠。

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 [大衛的詩。]
地和其中所充滿的、世界、和住在其間的、都屬耶和華。
- 2 他把地建立在海上、安定在大水之上。
- 3 誰能登耶和華的山、誰能站在他的聖所，
- 4 就是手潔心清、不向虛妄、起誓不懷詭詐的人。
- 5 他必蒙耶和華賜福、又蒙救他的 神使他成義。
- 6 這是尋求耶和華的族類、是尋求你面的雅各。〔細拉〕
- 7 眾城門哪、你們要抬起頭來，永久的門戶、你們要被舉起，那榮耀的王將要進來。
- 8 榮耀的王是誰呢，就是有力有能的耶和華、在戰場上有能的耶和華。
- 9 眾城門哪、你們要抬起頭來，永久的門戶、你們要把頭抬起，那榮耀的王將要進來。
- 10 榮耀的王是誰呢，萬軍之耶和華、他是榮耀的王。〔細拉〕

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 [大衛的詩。]
耶和華阿、我的心仰望你。
- 2 我的 神阿、我素來倚靠你，求你不要叫我羞愧，不要叫我的仇敵向我誇勝。

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，惟有那無故行奸詐的、必要羞愧。
- 4 耶和華阿、求你將你的道指示我、將你的路教訓我。
- 5 求你以你的真理引導我、教訓我，因為你是救我的神，我終日等候你。
- 6 耶和華阿、求你記念你的憐憫和慈愛，因為這是亙古以來所常有的。
- 7 求你不要記念我幼年的罪愆、和我的過犯。耶和華阿、求你因你的恩惠、按你的慈愛記念我。
- 8 耶和華是良善正直的，所以他必指示罪人走正路。
- 9 他必按公平引領謙卑人、將他的道教訓他們。
- 10 凡遵守他的約和他法度的人、耶和華都以慈愛誠實待他。
- 11 耶和華阿、求你因你的名赦免我的罪、因為我的罪重大。
- 12 誰敬畏耶和華、耶和華必指示他當選擇的道路。
- 13 他必安然居住，他的後裔必承受地土。
- 14 耶和華與敬畏他的人親密，他必將自己的約指示他們。
- 15 我的眼目時常仰望耶和華，因為他必將我的腳從網裡拉出來。
- 16 求你轉向我、憐恤我、因為我是孤獨困苦。
- 17 我心裡的愁苦甚多，求你救我脫離我的禍患。
- 18 求你看顧我的困苦、我的艱難、赦免我一切的罪。
- 19 求你察看我的仇敵、因為他們人多，並且痛痛的恨我。
- 20 求你保護我的性命、搭救我、使我不至羞愧、因為我投靠你。
- 21 願純全正直保守我、因為我等候你。
- 22 神阿、求你救贖以色列脫離他一切的愁苦。

- 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 [大衛的詩。]
耶和華阿、求你為我伸冤、因我向來行事純全、我又倚靠耶和華並不搖動。

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、纔環繞你的祭壇。
7 我好發稱謝的聲音，也要述說你一切奇妙的作為。
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入血的一同除掉。
10 他們的手中有奸惡、右手滿有賄賂。
11 至於我、卻要行事純全，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。

- 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.

第二十七篇

- 1 〔大衛的詩。〕
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、前來喫我肉的時候、就絆跌仆倒。
3 雖有軍兵安營攻擊我、我的心也不害怕，雖然興起刀兵攻擊我、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、在他的殿裡求問。
5 因為我遭遇患難、他必暗暗地保守我，在他亭子裡、把我藏在他帳幕的隱密處、將我高舉在磐石上。
6 現在我得以昂首、高過四面的仇敵，我要在他的帳幕裡歡然獻祭，我要唱詩、歌頌耶和華。
7 耶和華阿、我用聲音呼籲的時候、求你垂聽，並求你憐恤我、應允我。

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 你說、你們當尋求我的面，那時我心向你說、耶和華阿、你的面我正要尋求。
- 9 不要向我掩面，不要發怒趕逐僕人，你向來是幫助我的，救我的神阿、不要丟掉我、也不要離棄我。
- 10 我父母離棄我、耶和華必收留我。
- 11 耶和華阿、求你將你的道指教我、因我仇敵的緣故引導我走平坦的路。
- 12 求你不要把我交給敵人、遂其所願，因為妄作見證的、和口吐兇言的、起來攻擊我。
- 13 我若不信在活人之地得見耶和華的恩惠、就早已喪膽了。
- 14 要等候耶和華，當壯膽，堅固你的心，我再說、要等候耶和華。

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 [大衛的詩。]
耶和華阿、我要求告你，我的磐石阿、不要向我緘默，倘若你向我閉口、我就如將死的人一樣。
- 2 我呼求你、向你至聖所舉手的時候、求你垂聽我懇求的聲音。
- 3 不要把我和惡人、並作孽的、一同除掉，他們與鄰舍說和平話、心裡卻是奸惡。
- 4 願你按著他們所作的、並他們所行的惡事待他們，願你照著他們手所作的待他們，將他們所應得的報應加給他們。
- 5 他們既然不留心耶和華所行的、和他手所作的、他就必毀壞他們、不建立他們。
- 6 耶和華是應當稱頌的、因為他聽了我懇求的聲音。
- 7 耶和華是我的力量、是我的盾牌，我心裡倚靠他、就得幫助，所以我心中歡樂，我必用詩歌讚他。
- 8 耶和華是他百姓的力量、又是他受膏者得救的保障。
- 9 求你拯救你的百姓、賜福給你的產業、牧養他們、扶持他們、直到永遠。

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 [大衛的詩。]
神的眾子阿、你們要將榮耀能力、歸給耶和華、歸給耶和華。
- 2 要將耶和華的名所當得的榮耀歸給他、以聖潔的妝飾〔的或作為〕敬拜耶和華。
- 3 耶和華的聲音發在水上、榮耀的 神打雷、耶和華打雷在大水之上。
- 4 耶和華的聲音大有能力、耶和華的聲音滿有威嚴。
- 5 耶和華的聲音震破香柏樹、耶和華震碎利巴嫩的香柏樹。
- 6 他也使之跳躍如牛犢、使利巴嫩和西連跳躍如野牛犢。
- 7 耶和華的聲音使火焰分岔。
- 8 耶和華的聲音震動曠野、耶和華震動加低斯的曠野。
- 9 耶和華的聲音驚動母鹿落胎、樹木也脫落淨光。凡在他殿中的、都稱說他的榮耀。
- 10 洪水泛濫之時、耶和華坐著為王、耶和華坐著為王、直到永遠。
- 11 耶和華必賜力量給他的百姓、耶和華必賜平安的福給他的百姓。

第三十篇

- 1 [大衛在獻殿的時候、作這詩歌。]
耶和華阿、我要尊崇你、因為你會提拔我、不叫仇敵向我誇耀。
- 2 耶和華我的 神阿、我曾呼求你、你醫治了我。
- 3 耶和華阿、你會把我的靈魂從陰間救上來、使我存活、不至於下坑。
- 4 耶和華的聖民哪、你們要歌頌他、稱讚他可記念的聖名
- 5 因為他的怒氣不過是轉眼之間、他的恩典乃是一生之久、一宿雖然有哭泣、早晨便必歡呼。
- 6 至於我、我凡事平順、便說、我永不動搖。
- 7 耶和華阿、你會施恩、叫我的江山穩固、你掩了面、我就驚惶。
- 8 耶和華阿、我曾求告你、我向耶和華懇求、說、

Psalm 29

A psalm of David.

- 29:1** Acknowledge the LORD, you supernatural beings,
acknowledge the LORD's majesty and power!
29:2 Acknowledge the majesty of the LORD's reputation!
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 temple; 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 secure.
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、有甚麼益處呢、
塵土豈能稱讚你、傳說你的誠實麼。
- 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 〔大衛的詩、交與伶長。〕
耶和華阿、我投靠你、求你使我永不羞
愧、憑你的公義搭救我。
- 2 求你側耳而聽、快快救我、作我堅固的磐
石、拯救我的保障。
- 3 因為你是我的巖石、我的山寨、所以求你
為你名的緣故、引導我、指點我。
- 4 求你救我脫離人為我暗設的網羅、因為你
是我的保障。
- 5 我將我的靈魂交在你手裡、耶和華誠實的
神阿、你救贖了我。
- 6 我恨惡那信奉虛無之神的人、我卻倚靠耶
和華。
- 7 我要為你的慈愛高興歡喜、因為你見過我
的困苦、知道我心中的艱難。
- 8 你未曾把我交在仇敵手裡、你使我的腳站
在寬闊之處。
- 9 耶和華阿、求你憐恤我、因為我在急難之
中、我的眼睛因憂愁而乾癢、連我的身
心、也不安舒。
- 10 我的生命為愁苦所消耗、我的年歲為歎息
所曠廢、我的力量因我的罪孽衰敗、我的
骨頭也枯乾。
- 11 我因一切敵人成了羞辱、在我的鄰舍跟前
更甚、那認識我的都懼怕我、在外頭看見
我的都躲避我。
- 12 我被人忘記、如同死人、無人記念、我好
像破碎的器皿。
- 13 我聽見了許多人的譏謗、四圍都是驚嚇、
他們一同商議攻擊我的時候、就圖謀要害
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.

Psalms 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 求你使你的臉光照僕人、憑你的慈愛拯救我。
17 耶和華阿、求你叫我不至羞愧・因為我曾呼籲你・求你使惡人羞愧、使他們在陰間緘默無聲。
18 那撒謊的人、逞驕傲輕慢、出狂妄的話攻擊義人・願他的嘴啞而無言。
19 敬畏你投靠你的人、你為他們所積存的、在世人面前所施行的恩惠、是何等大呢。
20 你必把他們藏在你面前的隱密處、免得遇見人的計謀・你必暗暗地保守他們在亭子裡、免受口舌的爭鬧。
21 耶和華是應當稱頌的・因為他在堅固城裡、向我施展奇妙的慈愛。
22 至於我、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、你們都要壯膽・堅固你們的心。

- 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!

第三十二篇

- 1 [大衛的訓誨詩。]
得赦免其過、遮蓋其罪的、這人是有福的。
2 凡心裡沒有詭詐、耶和華不算為有罪的、這人是有福的。
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〕

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 為此、凡虔誠人、都當趁你可尋找的時候
禱告你、大水泛溢的時候、必不能到他那
裡。
- 7 你是我藏身之處、你必保佑我脫離苦難、
以得救的樂歌、四面環繞我。〔細拉〕
- 8 我要教導你、指示你當行的路、我要定睛
在你身上勸戒你。
- 9 你不可像那無知的騾馬、必用嚼環轡頭勒
住他、不然、就不能馴服。
- 10 惡人必多受苦楚、惟獨倚靠耶和華的、必
有慈愛四面環繞他。
- 11 你們義人應當靠耶和華歡喜快樂、你們心
裡正直的人、都當歡呼。

第三十三篇

- 1 義人哪、你們應當靠耶和華歡樂、正直人
的讚美是合宜的。
- 2 你們應當彈琴稱謝耶和華、用十絃瑟歌頌
他。
- 3 應當向他唱新歌、彈得巧妙、聲音洪亮。
- 4 因為耶和華的言語正直、凡他所作的、盡
都誠實。
- 5 他喜愛仁義公平、遍地滿了耶和華的慈
愛。
- 6 諸天藉耶和華的命而造、萬象藉他口中的
氣而成。
- 7 他聚集海水如壘、收藏深洋在庫房。
- 8 願全地都敬畏耶和華、願世上的居民、都
懼怕他。
- 9 因為他說有、就有、命立、就立。
- 10 耶和華使列國的籌算歸於無有、使眾民的
思念無有功效。
- 11 耶和華的籌算永遠立定、他心中的思念萬
代常存。
- 12 以耶和華為 神的、那國是有福的、他所
揀選為自己產業的、那民是有福的。
- 13 耶和華從天上觀看、他看見一切的世人。

- 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 從他的居所、往外察看地上一切的居民。
- 15 他是那造成他們眾人心的、留意他們一切作爲的。
- 16 君王不能因兵多得勝、勇士不能因力大得救。
- 17 靠馬得救是枉然的、馬也不能因力大救人。
- 18 耶和華的眼目、看顧敬畏他的人、和仰望他慈愛的人、
- 19 要救他們的命脫離死亡、並使他們在饑荒中存活。
- 20 我們的心向來等候耶和華、他是我們的幫助、我們的盾牌。
- 21 我們的心必靠他歡喜、因爲我們向來倚靠他的聖名。
- 22 耶和華阿、求你照著我們所仰望你的、向我們施行慈愛。

第三十四篇

- 1 [大衛在亞比米勒面前裝瘋、被他趕出去、就作這詩。]
我要時時稱頌耶和華、讚美他的話必常在我口中。
- 2 我的心必因耶和華誇耀、謙卑人聽見、就要喜樂。
- 3 你們和我當稱耶和華爲大、一同高舉他的名。
- 4 我曾尋求耶和華、他就應允我、救我脫離了一切的恐懼。
- 5 凡仰望他的、便有光榮、他們的臉、必不蒙羞。
- 6 我這困苦人呼求、耶和華便垂聽、救我脫離一切患難。
- 7 耶和華的使者、在敬畏他的人四圍安營、搭救他們。
- 8 你們要嘗嘗主恩的滋味、便知道他是美善、投靠他的人有福了。
- 9 耶和華的聖民哪、你們當敬畏他、因敬畏他的一無所缺。
- 10 少壯獅子、還缺食忍餓、但尋求耶和華的、甚麼好處都不缺。
- 11 眾弟子阿、你們當來聽我的話、我要將敬畏耶和華的道、教訓你們。
- 12 有何人喜好存活、愛慕長壽、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.

Psalm 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 就要禁止舌頭不出惡言、嘴唇不說詭詐的話。
14 要離惡行善、尋求和睦、一心追趕。
15 耶和華的眼目、看顧義人、他的耳朵、聽他們的呼求。
16 耶和華向行惡的人變臉、要從世上除滅他們的名號。
17 義人呼求、耶和華聽見了、便救他們脫離一切患難。
18 耶和華靠近傷心的人、拯救靈性痛悔的人。
19 義人多有苦難、但耶和華救他脫離這一切。
20 又保全他一身的骨頭、連一根也不折斷。
21 惡必害死惡人、恨惡義人的、必被定罪。
22 耶和華救贖他僕人的靈魂、凡投靠他的、必不至定罪。

第三十五篇

- 1 [大衛的詩。]
耶和華阿、與我相爭的、求你與他們相爭、與我相戰的、求你與他們相戰。
2 拿著大小的盾牌、起來幫助我。
3 抽出槍來、擋住那追趕我的、求你對我的靈魂說、我是拯救你的。
4 願那尋索我命的、蒙羞受辱、願那謀害我的、退後羞愧。
5 願他們像風前的糠、有耶和華的使者趕逐他們。
6 願他們的道路、又暗又滑、有耶和華的使者追趕他們。
7 因他們無故地為我暗設網羅、無故的挖坑、要害我的性命。
8 願災禍忽然臨到他身上、願他暗設的網纏住自己、願他落在其中遭災禍。
9 我的心必靠耶和華快樂、靠他的救恩高興。
10 我的骨頭都要說、耶和華阿、誰能像你救護困苦人、脫離那比他強壯的、救護困苦窮乏人、脫離那搶奪他的。
11 兇惡的見證人起來、盤問我所不知道的事。

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 他們向我以惡報善、使我的靈魂孤苦。
- 13 至於我、當他們有病的時候、我便穿麻衣、禁食刻苦己心、我所求的都歸到自己的懷中。
- 14 我這樣行、好像他是我的朋友、我的弟兄、我屈身悲哀、如同人為母親哀痛。
- 15 我在患難中、他們卻歡喜、大家聚集、我所不認識的那些下流人、聚集攻擊我、他們不住地把我撕裂。
- 16 他們如同席上好嬉笑的狂妄人、向我咬牙。
- 17 主阿、你看著不理、要到幾時呢、求你救我的靈魂、脫離他們的殘害、救我的生命、脫離少壯獅子。〔生命原文作獨一者〕
- 18 我在大會中要稱謝你、在眾民中要讚美你。
- 19 求你不容那無理與我為仇的、向我誇耀、不容那無故恨我的、向我擠眼。
- 20 因為他們不說和平話、倒想出詭詐的言語、害地上的安靜人。
- 21 他們大大張口攻擊我、說、阿哈、阿哈、我們的眼已經看見了。
- 22 耶和華阿、你已經看見了、求你不要閉口、主阿、求你不要遠離我。
- 23 我的神我的主阿、求你奮興醒起、判清我的事、申明我的冤。
- 24 耶和華我的神阿、求你按你的公義判斷我、不容他們向我誇耀。
- 25 不容他們心裡說、阿哈、遂我們的心願了、不容他們說、我們已經把他吞了。
- 26 願那喜歡我遭難的、一同抱愧蒙羞、願那向我妄自尊大的、披慚愧、蒙羞辱。
- 27 願那喜悅我冤屈得伸的、〔冤屈得伸原文作公義〕歡呼快樂、願他們常說、當尊耶和華為大、耶和華喜悅他的僕人平安。
- 28 我的舌頭、要終日論說你的公義、時常讚美你。

- 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 〔耶和華的僕人大衛的詩、交與伶長。〕惡人的罪過、在他心裡說、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 他自誇自媚、以爲他的罪孽終不顯露、不被恨惡。
3 他口中的言語、盡是罪孽詭詐、他與智慧善行、已經斷絕。
4 他在床上圖謀罪孽、定意行不善的道、不憎惡惡事。
5 耶和華阿、你的慈愛、上及諸天、你的信實、達到穹蒼。
6 你的公義、好像高山、你的判斷、如同深淵、耶和華阿、人民牲畜、你都救護。
7 神阿、你的慈愛、何其寶貴、世人投靠在你翅膀的蔭下。
8 他們必因你殿裡的肥甘、得以飽足、你也必叫他們喝你樂河的水。
9 因爲在你那裡、有生命的源頭、在你的光中、我們必得見光。
10 願你常施慈愛給認識你的人、常以公義待心裡正直的人。
11 不容驕傲人的腳踐踏我、不容兇惡人的手趕逐我。
12 在那裡作孽的人、已經仆倒、他們被推倒、不能再起來。

第三十七篇

- 1 [大衛的詩。]
不要爲作惡的、心懷不平、也不要向那行不義的、生出嫉妒。
2 因爲他們如草快被割下、又如青菜快要枯乾。
3 你當倚靠耶和華而行善、住在地上、以他的信實爲糧。
4 又要以耶和華爲樂、他就將你心裡所求的賜給你。
5 當將你的事交託耶和華、並倚靠他、他就必成全。
6 他要使你的公義、如光發出、使你的公平、明如正午。
7 你當默然倚靠耶和華、耐性等候他、不要因那道路通達的、和那惡謀成就的、心懷不平。
8 當止住怒氣、離棄忿怒、不要心懷不平、以致作惡。
9 因爲作惡的、必被剪除、惟有等候耶和華的、必承受地土。
10 還有片時、惡人要歸於無有、你就是細察他的住處、也要歸於無有。

- 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 但謙卑人必承受地土、以豐盛的平安為樂。
12 惡人設謀害義人、又向他咬牙。
13 主要笑他、因見他受罰的日子將要來到。
14 惡人已經弓上弦、刀出鞘、要打倒困苦窮乏的人、要殺害行動正直的人。
15 他們的刀、必刺入自己的心、他們的弓、必被折斷。
16 一個義人所有的雖少、強過許多惡人的富餘。
17 因為惡人的膀臂、必被折斷、但耶和華是扶持義人。
18 耶和華知道完全人的日子、他們的產業、要存到永遠。
19 他們在急難的時候、不至羞愧、在饑荒的日子、必得飽足。
20 惡人卻要滅亡、耶和華的仇敵、要像羊羔的脂油、〔或作像草地的華美〕他們要消滅、要如煙消滅。
21 惡人借貸而不償還、義人卻恩待人、並且施捨。
22 蒙耶和華賜福的、必承受地土、被他咒詛的、必被剪除。
23 義人的腳步、被耶和華立定、他的道路、耶和華也喜愛。
24 他雖失腳、也不至全身仆倒、因為耶和華用手攙扶他。〔或作攙扶他的手〕
25 我從前年幼、現在年老、卻未見過義人被棄、也未見過他的後裔討飯。
26 他終日恩待人、借給人、他的後裔也蒙福。
27 你當離惡行善、就可永遠安居。
28 因為耶和華喜愛公平、不撇棄他的聖民、他們永蒙保佑、但惡人的後裔必被剪除。
29 義人必承受地土、永居其上。
30 義人的口談論智慧、他的舌頭講說公平。
31 神的律法在他心裡、他的腳總不滑跌。
32 惡人窺探義人、想要殺他。
33 耶和華必不撇他在惡人手中、當審判的時候、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 你當等候耶和華、遵守他的道、他就抬舉你、使你承受地土、惡人被剪除的時候、你必看見。
- 35 我見過惡人大有勢力、好像一根青翠樹在本土生發。
- 36 有人從那裡經過、不料、他沒有了、我也尋找他、卻尋不著。
- 37 你要細察那完全人、觀看那正直人、因為和平人有好結局。
- 38 至於犯法的人、必一同滅絕、惡人終必剪除。
- 39 但義人得救、是由於耶和華、他在患難時作他們的營寨。
- 40 耶和華幫助他們、解救他們、他解救他們脫離惡人、把他們救出來、因為他們投靠他。

第三十八篇

- 1 〔大衛的紀念詩。〕
耶和華阿、求你不要在怒中責備我、不要在烈怒中懲罰我。
- 2 因為你的箭射入我身、你的手壓住我。
- 3 因你的惱怒、我的肉無一完全、因我的罪過、我的骨頭也不安寧。
- 4 我的罪孽高過我的頭、如同重擔叫我擔當不起。
- 5 因我的愚昧、我的傷發臭流膿。
- 6 我疼痛、大大拳曲、終日哀痛。
- 7 我滿腰是火、我的肉無一完全。
- 8 我被壓傷、身體疲倦、因心裡不安、我就唉哼。
- 9 主阿、我的心願都在你面前、我的歎息不向你隱瞞。
- 10 我心跳動、我力衰微、連我眼中的光、也沒有了。
- 11 我的良朋密友、因我的災病、都躲在旁邊站著、我的親戚本家、也遠遠的站立。
- 12 那尋索我命的、設下網羅、那想要害我的、口出惡言、終日思想詭計。
- 13 但我如聾子不聽、像啞巴不開口。

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.

Psalm 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 我如不聽見的人、口中沒有回話。
15 耶和華阿、我仰望你、主我的 神阿、你必應允我。
16 我曾說、恐怕他們向我誇耀、我失腳的時候、他們向我誇大。
17 我幾乎跌倒、我的痛苦常在我面前。
18 我要承認我的罪孽、我要因我的罪憂愁。
19 但我的仇敵又活潑又強壯、無理恨我的增多了。
20 以惡報善的與我作對、因我是追求良善。
21 耶和華阿、求你不要撇棄我、我的 神阿、求你不要遠離我。
22 拯救我的主阿、求你快快幫助我。

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 〔大衛的詩、交與伶長耶杜頓。〕
我曾說、我要謹慎我的言行、免得我舌頭犯罪、惡人在我面前的時候、我要用嚼環勒住我的口。
2 我默然無聲、連好話也不出口、我的愁苦就發動了。
3 我的心在我裡面發熱、我默想的時候、火就燒起、我使用舌頭說話。
4 耶和華阿、求你叫我曉得我身之終、我的壽數幾何、叫我知道我的生命不長。
5 你使我的年日、窄如手掌、我一生的年數、在你面前、如同無有、各人最穩妥的時候、真是全然虛幻。〔細拉〕
6 世人行動實係幻影、他們忙亂、真是枉然、積蓄財寶、不知將來有誰收取。
7 主阿、如今我等甚麼呢、我的指望在乎你。
8 求你救我脫離一切的過犯、不要使我受愚頑人的羞辱。
9 因我所遭遇的是出於你、我就默然不語。
10 求你把你的責罰從我身上免去、因你手的責打、我便消滅。
11 你因人的罪惡、懲罰他的時候、叫他的笑容消滅、〔的笑容或譯所喜愛的〕如衣被蟲所咬、世人真是虛幻。〔細拉〕

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 [大衛的詩、交與伶長。]
我曾耐性等候耶和華·他垂聽我的呼求。
- 2 他從禍坑裡、從淤泥中、把我拉上來、使我的腳立在磐石上、使我腳步穩當。
- 3 他使我口唱新歌、就是讚美我們 神的話·許多人必看見而懼怕、並要倚靠耶和華。
- 4 那倚靠耶和華、不理會狂傲和偏向虛假之輩的、這人便為有福。
- 5 耶和華我的 神阿、你所行的奇事、並你向我們所懷的意念甚多、不能向你陳明·若要陳明、其事不可勝數。
- 6 祭物和禮物、你不喜悅·你已經開通我的耳朵、燔祭和贖罪祭、非你所要。
- 7 那時我說、看哪、我來了·我的事在經卷上已經記載了。
- 8 我的 神阿、我樂意照你的旨意行·你的律法在我心裡。
- 9 我在大會中宣傳公義的佳音·我必不止住我的嘴唇·耶和華阿·這是你所知道的。
- 10 我未曾把你的公義藏在心裡·我已陳明你的信實、和你的救恩·我在大會中未曾隱瞞你的慈愛、和誠實。
- 11 耶和華阿·求你不要向我止住你的慈悲·願你的慈愛和誠實、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 因有無數的禍患圍困我，我的罪孽追上了我，使我不能昂首，這罪孽比我的頭髮還多，我就心寒膽戰。
- 13 耶和華阿、求你開恩搭救我，耶和華阿、求你速速幫助我。
- 14 願那些尋找我、要滅我命的、一同抱愧蒙羞，願那些喜悅我受害的、退後受辱。
- 15 願那些對我說、阿哈、阿哈的、因羞愧而敗亡。
- 16 願一切尋求你的、因你高興歡喜，願那些喜愛你救恩的、常說、當尊耶和華為大。
- 17 但我是困苦窮乏的、主仍顧念我，你是幫助我的、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 [大衛的詩、交與伶長。]
眷顧貧窮的有福了，他遭難的日子、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，求你不要把他交給仇敵、遂其所願。
- 3 他病重在榻、耶和華必扶持他，他在病中、你必給他鋪床。
- 4 我曾說、耶和華阿、求你憐恤我、醫治我，因為我得罪了你。
- 5 我的仇敵用惡言議論我、說、他幾時死、他的名纔滅亡呢。
- 6 他來看我、就說假話，他心存奸惡、走到外邊纔說出來。
- 7 一切恨我的、都交頭接耳地議論我，他們設計要害我。
- 8 他們說、有怪病貼在他身上，他已躺臥、必不能再起來。
- 9 連我知己的朋友、我所倚靠、喫過我飯的、也用腳踢我。
- 10 耶和華阿、求你憐恤我、使我起來、好報復他們。

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 因我的仇敵不得向我誇勝，我從此便知道你喜愛我。
 12 你因我純正，就扶持我，使我永遠站在你的面前。
 13 耶和華以色列的 神，是應當稱頌的、從亙古直到永遠。阿們、阿們。

卷二

第四十二篇

- 1 〔可拉後裔的訓誨詩、交與伶長。〕
 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，我幾時得朝見 神呢。
 3 我晝夜以眼淚當飲食，人不住地對我說、你的 神在那裡呢。
 4 我從前與眾人同往、用歡呼稱讚的聲音、領他們到 神的殿裡，大家守節，我追想這些事、我的心極其悲傷。
 5 我的心哪、你為何憂悶、為何在我裡面煩躁，應當仰望 神，因他笑臉幫助我、我還要稱讚他。
 6 我的 神阿、我的心在我裡面憂悶，所以我從約但地、從黑門嶺、從米薩山、記念你。
 7 你的瀑布發聲、深淵就與深淵響應，你的波浪洪濤漫過我身。
 8 白晝耶和華必向我施慈愛，黑夜我要歌頌禱告賜我生命的 神。
 9 我要對 神我的磐石說、你為何忘記我呢，我為何因仇敵的欺壓時常哀痛呢。
 10 我的敵人辱罵我、好像打碎我的骨頭、不住的對我說、你的 神在那裡呢。
 11 我的心哪、你為何憂悶、為何在我裡面煩躁，應當仰望 神，因我還要稱讚他，他是我臉上的光榮，〔原文作幫助〕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、向不虔誠的國、
為我辨屈。求你救我脫離詭詐不義的人。
- 2 因為你是賜我力量的 神、為何丟棄我
呢。我為何因仇敵的欺壓時常哀痛呢。
- 3 求你發出你的亮光和真實、好引導我、帶
我到你的聖山、到你的居所。
- 4 我就走到 神的祭壇、到我最喜樂的 神
那裡。神阿、我的 神、我要彈琴稱讚
你。
- 5 我的心哪、你為何憂悶、為何在我裡面煩
躁。應當仰望 神。因我還要稱讚他。他
是我臉上的光榮、〔原文作幫助〕是我的
神。

第四十四篇

- 1 〔可拉後裔的訓誨詩、交與伶長。〕
神阿、你在古時、我們列祖的日子、所
行的事、我們親耳聽見了、我們的列祖、
也給我們述說過。
- 2 你曾用手趕出外邦人、卻栽培了我們列
祖。你苦待列邦、卻叫我們列祖發達。
- 3 因為他們不是靠自己的刀劍得地土、也不
是靠自己的膀臂得勝。乃是靠你的右手、
你的膀臂、和你臉上的亮光、因為你喜悅
他們。
- 4 神阿、你是我的王、求你出令、使雅各
得勝。
- 5 我們靠你要推倒我們的敵人。靠你的名要
踐踏那起來攻擊我們的人。
- 6 因為我必不靠我的弓、我的刀也不能使我
得勝。
- 7 惟你救了我們脫離敵人、使恨我們的人羞
愧。
- 8 我們終日因 神誇耀、還要永遠稱謝你的
名。〔細拉〕
- 9 但如今你丟棄了我們、使我們受辱、不和
我們的軍兵同去。
- 10 你使我們向敵人轉身退後。那恨我們的人
任意搶奪。
- 11 你使我們當作快要被喫的羊、把我們分散
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 你賣了你的子民也不賺利，所得的價值，並不加添你的資財。
13 你使我們受鄰國的羞辱被四圍的人嗤笑譏刺。
14 你使我們在列邦中作了笑談、使眾民向我們搖頭。
15 我的凌辱、終日在我面前我臉上的羞愧、將我遮蔽。
16 都因那辱罵毀謗人的聲音、又因仇敵和報仇人的緣故。
17 這都臨到我們身上，我們卻沒有忘記你，也沒有違背你的約。
18 我們的心沒有退後、我們的腳也沒有偏離你的路。
19 你在野狗之處壓傷我們、用死蔭遮蔽我們。
20 倘若我們忘了 神的名、或向別神舉手、
21 神豈不鑒察這事麼，因為他曉得人心裡的隱秘。
22 我們為你的緣故終日被殺、人看我們如將宰的羊。
23 主阿、求你睡醒、為何儘睡呢，求你興起、不要永遠丟棄我們。
24 你為何掩面、不顧我們所遭的苦難、和所受的欺壓。
25 我們的性命伏於塵土，我們的肚腹緊貼地面。
26 求你起來幫助我們，憑你的慈愛救贖我們。

- 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 〔可拉後裔的訓誨詩、又是愛慕歌、交與伶長、調用百合花。〕
我心裡湧出美辭，我論到我為王作的事，
我的舌頭是快手筆。
2 你比世人更美、在你嘴裡滿有恩惠，所以神賜福給你、直到永遠。
3 大能者阿、願你腰間佩刀、大有榮耀和威嚴。
4 為真理、謙卑、公義、赫然坐車前往、無不得勝，你的右手必顯明可畏的事。

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 你的箭鋒快、射中王敵之心·萬民仆倒在你以下。
- 6 神阿、你的寶座是永永遠遠的·你的國權是正直的。
- 7 你喜愛公義、恨惡罪惡·所以 神、就是你的 神、用喜樂油膏你、勝過膏你的同伴。
- 8 你的衣服、都有沒藥沉香肉桂的香氣·象牙宮中有絲絃樂器的聲音、使你歡喜。
- 9 有君王的女兒、在你尊貴婦女之中·王后佩戴俄斐金飾、站在你右邊。
- 10 女子阿、你要聽、要想、要側耳而聽·不要記念你的民、和你的父家·
- 11 王就羨慕你的美貌·因為他是你的主·你當敬拜他。
- 12 推羅的民、〔民原文作女子〕必來送禮·民中的富足人、也必向你求恩。
- 13 王女在宮裡、極其榮華·他的衣服是用金線繡的。
- 14 他要穿錦繡的衣服、被引到王前·隨從他的陪伴童女、也要被帶到你面前。
- 15 他們要歡喜快樂被引導·他們要進入王宮。
- 16 你的子孫要接續你的列祖·你要立他們在全地作王。
- 17 我必叫你的名被萬代記念·所以萬民要永永遠遠稱謝你。

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 〔可拉後裔的詩歌、交與伶長、調用女音。〕
神是我們的避難所、是我們的力量、是我們在患難中隨時的幫助。
- 2 所以地雖改變、山雖搖動到海心、
- 3 其中的水雖匍匐翻騰、山雖因海漲而戰抖、我們也不害怕。〔細拉〕
- 4 有一道河·這河的分汊、使 神的城歡喜·這城就是至高者居住的聖所。

Psalms 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·城必不動搖·到天一亮、
神必幫助這城。
6 外邦喧嚷、列國動搖· 神發聲、地便鎔
化。
7 萬軍之耶和華與我們同在·雅各的 神是
我們的避難所。〔細拉〕
8 你們來看耶和華的作為、看他使地怎樣荒
涼。
9 他止息刀兵、直到地極·他折弓、斷槍、
把戰車焚燒在火中。
10 你們要休息、要知道我是 神·我必在外
邦中被尊崇、在遍地上也被尊崇。
11 萬軍之耶和華與我們同在·雅各的 神是
我們的避難所。

第四十七篇

- 1 〔可拉後裔的詩、交與伶長。〕
萬民哪、你們都要拍掌·要用誇勝的聲音
向 神呼喊。
2 因為耶和華至高者是可畏的·他是治理全
地的大君王。
3 他叫萬民服在我們以下、又叫列邦服在我
們腳下。
4 他為我們選擇產業、就是他所愛之雅各的
榮耀。〔細拉〕
5 神上升、有喊聲相送·耶和華上升、有
角聲相送。
6 你們要向 神歌頌、歌頌、向我們王歌
頌、歌頌。
7 因為 神是全地的王·你們要用悟性歌
頌。
8 神作王治理萬國· 神坐在他的聖寶座
上。
9 列邦的君王聚集、要作亞伯拉罕之 神的
民·因為世界的盾牌、是屬 神的·他為
至高。

第四十八篇

- 1 〔可拉後裔的詩歌。〕
耶和華本為大、在我們 神的城中、在他
的聖山上、該受大讚美。

- 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)

Psalm 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!

Psalm 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 錫安山、大君王的城、在北面居高華美、
為全地所喜悅。
- 3 神在其宮中自顯為避難所。
- 4 看哪、眾王會合、一同經過。
- 5 他們見了這城、就驚奇喪膽、急忙逃跑。
- 6 他們在那裡被戰兢疼痛抓住、好像產難的
婦人一樣。
- 7 神阿、你用東風打破他施的船隻。
- 8 我們在萬軍之耶和華的城中、就是我們
神的城中、所看見的、正如我們所聽見
的、神必堅立這城、直到永遠。〔細
拉〕
- 9 神阿、我們在你的殿中、想念你的慈
愛。
- 10 神阿、你受的讚美、正與你的名相稱、
直到地極、你的右手滿了公義。
- 11 因你的判斷、錫安山應當歡喜猶大的城
邑、應當快樂。〔城邑原文是女子〕
- 12 你們當周遊錫安、四圍旋繞、數點城樓、
- 13 細看他的外郭、察看他的宮殿、為要傳說
到後代。
- 14 因為這 神永永遠遠為我們的 神、他必
作我們引路的、直到死時。

- 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!

第四十九篇

- 1 〔可拉後裔的詩、交與伶長。〕
萬民哪、你們都當聽這話、世上一切的居
民、
- 2 無論上流下流、富足貧窮、都當留心聽。
- 3 我口要說智慧的言語、我心要想通達的道
理。
- 4 我要側耳聽比喻、用琴解謎語。
- 5 在患難的日子、奸惡隨我腳跟、四面環繞
我、我何必懼怕。
- 6 那些倚仗財貨自誇錢財多的人、
- 7 一個也無法贖自己的弟兄、也不能替他將
贖價給 神、

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 叫他長遠活著、不見朽壞、因為贖他生命
9 的價值極貴、只可永遠罷休。
- 10 他必見智慧人死、又見愚頑人和畜類人、
一同滅亡、將他們的財貨留給別人。
- 11 他們心裡思想、他們的家室必永存、住宅
必留到萬代、他們以自己的名、稱自己的
地。
- 12 但人居尊貴中不能長久、如同死亡的畜類
一樣。
- 13 他們行的這道、本為自己的愚昧、但他們
以後的人、還佩服他們的話語。〔細拉〕
- 14 他們如同羊群派定下陰間、死亡必作他們
的牧者、到了早晨、正直人必管轄他們、
他們的美容、必被陰間所滅、以致無處可
存。
- 15 只是 神必救贖我的靈魂、脫離陰間的權
柄、因他必收納我。〔細拉〕
- 16 見人發財家室增榮的時候、你不要懼怕、
- 17 因為他死的時候、甚麼也不能帶去、他的
榮耀不能隨他下去。
- 18 他活著的時候、雖然自誇為有福、（你若
利己、人必誇獎你）
- 19 他仍必歸到他歷代的祖宗那裡、永不見
光。
- 20 人在尊貴中、而不醒悟、就如死亡的畜類
一樣。

- 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 〔亞薩的詩。〕
大能者 神耶和華、已經發言招呼天下、
從日出之地到日落之處。
- 2 從全美的錫安中、 神已經發光了。
- 3 我們的 神要來、決不閉口、有烈火在他
面前吞滅、有暴風在他四圍大颶。
- 4 他招呼上天下地、為要審判他的民、
- 5 說、招聚我的聖民到我這裡來、就是那些
用祭物與我立約的人。
- 6 諸天必表明他的公義、因為 神是施行審
判的。〔細拉〕

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、你們當聽我的話·以色列阿、我要勸戒你·我是 神、是你的 神。
- 8 我並不因你的祭物責備你·你的燔祭常在我面前。
- 9 我不從你家中取公牛、也不從你圈內取山羊。
- 10 因為樹林中的百獸是我的、千山上的牲畜也是我的。
- 11 山中的飛鳥、我都知道·野地的走獸、也都屬我。
- 12 我若是飢餓、我不用告訴你·因為世界、和其中所充滿的、都是我的。
- 13 我豈喫公牛的肉呢·我豈喝山羊的血呢。
- 14 你們要以感謝為祭獻與 神·又要向至高者還你的願·
- 15 並要在患難之日求告我、我必搭救你·你也要榮耀我。
- 16 但 神對惡人說、你怎敢傳說我的律例、口中提到我的約呢·
- 17 其實你恨惡管教、將我的言語丟在背後。
- 18 你見了盜賊、就樂意與他同夥、又與行姦淫的人、一同有分。
- 19 你口任說惡言、你舌編造詭詐。
- 20 你坐著毀謗你的兄弟、讒毀你親母的兒子。
- 21 你行了這些事、我還閉口不言·你想我恰和你一樣·其實我要責備你、將這些事擺在你眼前。
- 22 你們忘記 神的、要思想這事、免得我把你們撕碎、無人搭救。
- 23 凡以感謝獻上為祭的、便是榮耀我·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 [大衛與拔示巴同室以後、先知拿單來見他·他作這詩、交與伶長。]
神阿、求你按你的慈愛憐恤我、按你豐盛的慈悲塗抹我的過犯。

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 求你將我的罪孽洗除淨盡、並潔除我的罪。
3 因為我知道我的過犯、我的罪常在我面前。
4 我向你犯罪、惟獨得罪了你、在你眼前行了這惡、以致你責備我的時候、顯為公義、判斷我的時候、顯為清正。
5 我是在罪孽裡生的、在我母親懷胎的時候、就有了罪。
6 你所喜愛的、是內裡誠實、你在我隱密處、必使我得智慧。
7 求你用牛膝草潔淨我、我就乾淨、求你洗滌我、我就比雪更白。
8 求你使我得聽歡喜快樂的聲音、使你所壓傷的骨頭、可以踴躍。
9 求你掩面不看我的罪、塗抹我一切的罪孽。
10 神阿、求你為我造清潔的心、使我裡面重新有正直的靈。〔正直或作堅定〕
11 不要丟棄我、使我離開你的面、不要從我收回你的聖靈。
12 求你使我仍得救恩之樂、賜我樂意的靈扶持我。
13 我就把你的道指教有過犯的人、罪人必歸順你。
14 神阿、你是拯救我的 神、求你救我脫離流人血的罪、我的舌頭就高聲歌唱你的公義。
15 主阿、求你使我嘴唇張開、我的口便傳揚讚美你的話。
16 你本不喜愛祭物、若喜愛、我就獻上、燔祭你也不喜悅。
17 神所要的祭、就是憂傷的靈、神阿、憂傷痛悔的心、你必不輕看。
18 求你隨你的美意善待錫安、建造耶路撒冷的城牆。
19 那時、你必喜愛公義的祭、和燔祭、並全牲的燔祭、那時、人必將公牛獻在你壇上。

- 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 〔以東人多益來告訴掃羅說、大衛到了亞希米勒家、那時、大衛作這訓誨詩、交與伶長。〕
勇士阿、你為何以作惡自誇、神的慈愛是常存的。

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 你的舌頭邪惡詭詐、好像剃頭刀、快利傷人。
 3 你愛惡勝似愛善、又愛說謊、不愛說公義。〔細拉〕
 4 詭詐的舌頭阿、你愛說一切毀滅的話。
 5 神也要毀滅你、直到永遠、他要把你拿去、從你的帳棚中抽出、從活人之地將你拔出。〔細拉〕
 6 義人要看見而懼怕、並要笑他、
 7 說、看哪、這就是那不以 神為他力量的人、只倚仗他豐富的財物、在邪惡上堅立自己。
 8 至於我、就像 神殿中的青橄欖樹、我永永遠遠倚靠 神的慈愛。
 9 我要稱謝你、直到永遠、因為你行了這事、我也要在你聖民面前仰望你的名、這名本為美好。

第五十三篇

- 1 〔大衛的訓誨詩、交與伶長、調用麻哈拉。〕
 愚頑人心裡說、沒有 神。他們都是邪惡、行了可憎惡的罪孽、沒有一個人行善。
 2 神從天上垂看世人、要看有明白的沒有、有尋求他的沒有。
 3 他們各人都退後、一同變為污穢、並沒有行善的、連一個也沒有。
 4 作孽的沒有知識麼、他們吞喫我的百姓如同喫飯一樣、並不求告 神。
 5 他們在無可懼怕之處、就大大害怕、因為神把那安營攻擊你之人的骨頭散開了、你使他們蒙羞、因為 神棄絕了他們。
 6 但願以色列的救恩從錫安而出。 神救回他被擄的子民、那時雅各要快樂、以色列要歡喜。

- 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 [西弗人來對掃羅說、大衛豈不是在我們那裡藏身麼、那時大衛作這訓誨詩、交與伶長、用絲絃的樂器。]
神阿、求你以你的名救我、憑你的大能爲我伸冤。
- 2 神阿、求你聽我的禱告、留心聽我口中的言語。
- 3 因爲外人起來攻擊我、強暴人尋索我的命、他們眼中沒有神。〔細拉〕
- 4 神是幫助我的、是扶持我命的。
- 5 他要報應我仇敵所行的惡、求你憑你的誠實滅絕他們。
- 6 我要把甘心祭獻給你、耶和華阿、我要稱讚你的名、這名本爲美好。
- 7 他從一切的急難中、把我救出來、我的眼睛也看見了我仇敵遭報。

第五十五篇

- 1 [大衛的訓誨詩、交與伶長、用絲絃的樂器。]
神阿、求你留心聽我的禱告、不要隱藏不聽我的懇求。
- 2 求你側耳聽我、應允我、我哀歎不安、發聲唉哼。
- 3 都因仇敵的聲音、惡人的欺壓、因爲他們將罪孽加在我身上、發怒氣逼迫我。
- 4 我心在我裡面甚是疼痛、死的驚惶臨到我身。
- 5 恐懼戰兢歸到我身、驚恐漫過了我。
- 6 我說、但願我有翅膀像鴿子、我就飛去、得享安息。
- 7 我必遠遊、宿在曠野。〔細拉〕
- 8 我必速速逃到避所、脫離狂風暴雨。
- 9 主阿、求你吞滅他們、變亂他們的舌頭、因爲我在城中見了強暴爭競的事。
- 10 他們在城牆上晝夜繞行、在城內也有罪孽和奸惡。
- 11 邪惡在其中、欺壓和詭詐不離街市。

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 原來不是仇敵辱罵我·若是仇敵、還可忍耐·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、你原與我平等、是我的同伴、是我知己的朋友。
- 14 我們素常彼此談論、以為甘甜·我們與群眾在 神的殿中同行。
- 15 願死亡忽然臨到他們·願他們活活的下入陰間·因為他們的住處、他們的心中、都是邪惡。
- 16 至於我、我要求告 神·耶和華必拯救我。
- 17 我要晚上、早晨、晌午、哀聲悲歎·他也必聽我的聲音。
- 18 他救贖我命脫離攻擊我的人、使我得享平安·因為與我相爭的人甚多。
- 19 那沒有更變、不敬畏 神的人、從太古常存的 神、必聽見而苦待他。
- 20 他背了約、伸手攻擊與他和好的人。
- 21 他的口如奶油光滑、他的心卻懷著爭戰·他的話比油柔和、其實是拔出來的刀。
- 22 你要把你的重擔卸給耶和華、他必撫養你·他永不叫義人動搖。
- 23 神阿、你必使惡人下入滅亡的坑·流人血行詭詐的人、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衛·那時他作這金詩、交與伶長、調用遠方無聲鴿。]
神阿、求你憐憫我、因為人要把我吞了、終日攻擊欺壓我。
- 2 我的仇敵終日要把我吞了·因逞驕傲攻擊我的人甚多。
- 3 我懼怕的時候要倚靠你。
- 4 我倚靠 神、我要讚美他的話·我倚靠神、必不懼怕·血氣之輩能把我怎麼樣呢。

Psalm 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 他們終日顛倒我的話，他們一切的心思，
都是要害我。
- 6 他們聚集、埋伏窺探我的腳蹤、等候要害
我的命。
- 7 他們豈能因罪孽逃脫麼，神阿、求你在
怒中使眾民墮落。
- 8 我幾次流離、你都記數，求你把我眼淚裝
在你的皮袋裡，這不都記在你冊子上麼。
- 9 我呼求的日子、我的仇敵都要轉身退後，
神幫助我，這是我所知道的。
- 10 我倚靠神，我要讚美他的話，我倚靠耶
和華，我要讚美他的話。
- 11 我倚靠神，必不懼怕，人能把我怎麼樣
呢。
- 12 神阿、我向你所許的願在我身上，我要
將感謝祭獻給你。
- 13 因為你救我的命脫離死亡，你豈不是救護
我的腳不跌倒、使我在生命光中行在神
面前麼。

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.

第五十七篇

- 1 [大衛逃避掃羅、藏在洞裡，那時他作這
金詩、交與伶長、調用休要毀壞。]
神阿、求你憐憫我、憐憫我，因為我的心
投靠你，我要投靠在你翅膀的蔭下、等到
災害過去。
- 2 我要求告至高的神，就是為我成全諸事
的神。
- 3 那要吞我的人辱罵我的時候，神從天上
必施恩救我，也必向我發出慈愛和誠實。
- 4 我的性命在獅子中間，我躺臥在性如烈火
的世人當中，他們的牙齒是槍、箭，他們
的舌頭是快刀。
- 5 神阿、願你崇高、過於諸天，願你的榮
耀、高過全地。
- 6 他們為我的腳設下網羅、壓制我的心，他
們在我面前挖了坑、自己反掉在其中。
〔細拉〕
- 7 神阿、我心堅定、我心堅定，我要唱
詩、我要歌頌。
- 8 我的靈阿、〔原文作榮耀〕你當醒起、琴
瑟阿、你們當醒起，我自己要極早醒起。

Psalms 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、我要在萬民中稱謝你、在列邦中歌頌你。
- 10 因為你的慈愛、高及諸天、你的誠實、達到穹蒼。
- 11 神阿、願你崇高過於諸天、願你的榮耀、高過全地。

第五十八篇

- 1 [大衛的金詩、交與伶長、調用休要毀壞。]
世人哪、你們默然不語、真合公義麼、施行審判、豈按正直麼。
- 2 不然、你們是心中作惡、你們在地上秤出你們手所行的強暴。
- 3 惡人一出母胎、就與神疏遠、一離母腹、便走錯路、說謊話。
- 4 他們的毒氣、好像蛇的毒氣、他們好像塞耳的聾虵、
- 5 不聽行法術的聲音、雖用極靈的咒語、也是不聽。
- 6 神阿、求你敲碎他們口中的牙、耶和華阿、求你敲掉少壯獅子的大牙。
- 7 願他們消滅如急流的水一般、他們瞅準射箭的時候、願箭頭彷彿砍斷。
- 8 願他們像蝸牛消化過去、又像婦人墜落未見天日的胎。
- 9 你們用荆棘燒火、鍋還未熱、他要用旋風把青的和燒著的一齊颳去。
- 10 義人見仇敵遭報、就歡喜、要在惡人的血中洗腳。
- 11 因此、人必說、義人誠然有善報、在地上果有施行判斷的神。

第五十九篇

- 1 [掃羅打發人窺探大衛的房屋、要殺他、那時大衛用這金詩、交與伶長、調用休要毀壞。]
我的神阿、求你救我脫離仇敵、把我安置在高處、得脫那些起來攻擊我的人。
- 2 求你救我脫離作孽的人、和喜愛流人血的人。
- 3 因為他們埋伏、要害我的命、有能力的人聚集來攻擊我、耶和華阿、這不是為我的過犯、也不是為我的罪愆。

- 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!

Psalms 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!”

Psalms 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 我雖然無過、他們豫備整齊、跑來攻擊我、求你興起鑒察、幫助我。
- 5 萬軍之 神耶和華以色列的 神阿。求你興起、懲治萬邦、不要憐憫行詭詐的惡人。〔細拉〕
- 6 他們晚上轉回、叫號如狗、圍城遶行。
- 7 他們口中噴吐惡言、嘴裡有刀、他們說、有誰聽見。
- 8 但你耶和華必笑話他們、你要嗤笑萬邦。
- 9 我的力量阿、我必仰望你、因為 神是我的高臺。
- 10 我的 神要以慈愛迎接我、神要叫我看見我仇敵遭報。
- 11 不要殺他們、恐怕我的民忘記、主阿、你是我們的盾牌、求你用你的能力使他們四散、且降為卑。
- 12 因他們口中的罪、和嘴裡的言語、並咒罵虛謊的話、願他們在驕傲之中被纏住了。
- 13 求你發怒、使他們消滅、以至歸於無有、叫他們知道 神在雅各中間掌權、直到地極。〔細拉〕
- 14 到了晚上、任憑他們轉回、任憑他們叫號如狗、圍城繞行。
- 15 他們必走來走去、尋找食物、若不得飽、就終夜在外。
- 16 但我要歌頌你的力量、早晨要高唱你的慈愛、因為你作過我的高臺、在我急難的日子、作過我的避難所。
- 17 我的力量阿、我要歌頌你、因為 神是我的高臺、是賜恩與我的 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 Angrily 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 〔大衛與兩河間的亞蘭並瑣巴的亞蘭爭戰的時候、約押轉回、在鹽谷攻擊以東、殺了一萬二千人、那時大衛作這金詩、叫人學習、交與伶長、調用為證的百合花。〕
神阿、你丟棄了我們、使我們破敗、你向我們發怒、求你使我們復興。

Psalm 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 你使地震動、而且崩裂、求你將裂口醫好、因為地搖動。
- 3 你叫你的民遇見艱難、你叫我們喝那使人東倒西歪的酒。
- 4 你把旌旗賜給敬畏你的人、可以為真理揚起來。〔細拉〕
- 5 求你應允我們、用右手拯救我們、好叫你所親愛的人得救。
- 6 神已經指著他的聖潔說、〔說或作應許我〕我要歡樂、我要分開示劍、丈量疏割谷。
- 7 基列是我的、瑪拿西也是我的、以法蓮是護衛我頭的、猶大是我的杖。
- 8 摩押是我的沐浴盆、我要向以東拋鞋、非利士阿、你還能因我歡呼麼。
- 9 誰能領我進堅固城、誰能引我到以東地。
- 10 神阿、你不是丟棄了我們麼、神阿、你不和我們的軍兵同去麼。
- 11 求你幫助我們攻擊敵人、因為人的幫助是枉然的。
- 12 我們倚靠神、纔得施展大能、因為踐踏我們敵人的就是他。

第六十一篇

- 1 〔大衛的詩、交與伶長、用絲絃的樂器。〕
神阿、求你聽我的呼求、側耳聽我的禱告。
- 2 我心裡發昏的時候、我要從地極求告你、求你領我到那比我更高的磐石。
- 3 因為你作過我的避難所、作過我的堅固臺、脫離仇敵。
- 4 我要永遠住在你的帳幕裡、我要投靠在你翅膀下的隱密處。〔細拉〕
- 5 神阿、你原是聽了我所許的願、你將產業賜給敬畏你名的人。
- 6 你要加添王的壽數、他的年歲必存到世世。
- 7 他必永遠坐在神面前、願你豫備慈愛和誠實保佑他。
- 8 這樣、我要歌頌你的名、直到永遠、好天天還我所許的願。

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.

Psalm 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 [大衛的詩、照耶杜頓的作法、交與伶長。]
我的心默默無聲、專等候 神、我的救恩是從他而來。
- 2 惟獨他是我磐石、我的拯救、他是我的高臺、我必不很動搖。
- 3 你們大家攻擊一人、把他毀壞、如同毀壞歪斜的牆、將倒的壁、要到幾時呢。
- 4 他們彼此商議、專要從他的尊位上把他推下、他們喜愛謊話、口雖祝福、心卻咒詛。〔細拉〕
- 5 我的心哪、你當默默無聲、專等候 神、因為我的盼望是從他而來。
- 6 惟獨他是我磐石、我的拯救、他是我的高臺、我必不動搖。
- 7 我的拯救、我的榮耀、都在乎 神、我力量的磐石、我的避難所、都在乎 神。
- 8 你們眾民當時時倚靠他、在他面前傾心吐意、神是我們的避難所。〔細拉〕
- 9 下流人真是虛空、上流人也是虛假、放在天平裡就必浮起、他們一共比空氣還輕。
- 10 不要仗勢欺人、也不要因搶奪而驕傲、若財寶加增、不要放在心上。
- 11 神說了一次、兩次、我都聽見、就是能力都屬乎 神。
- 12 主阿、慈愛也是屬乎你、因為你照著各人所行的報應他。

第六十三篇

- 1 [大衛在猶大曠野的時候、作了這詩。]
神阿、你是我的 神、我要切切的尋求你、在乾旱疲乏無水之地、我渴想你、我的心切慕你。
- 2 我在聖所中曾如此瞻仰你、為要見你的能力、和你的榮耀。
- 3 因你的慈愛比生命更好、我的嘴唇要頌讚你。
- 4 我還活的時候要這樣稱頌你、我要奉你的名舉手。

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 我在床上記念你、在夜更的時候思想你、
6 我的心就像飽足了骨髓肥油、我也要歡
樂的嘴唇讚美你。
7 因為你曾幫助我、我就在你翅膀的蔭下歡
呼。
8 我心緊緊的跟隨你、你的右手扶持我。
9 但那些尋索要滅我命的人、必往地底下
去。
10 他們必被刀劍所殺、被野狗所喫。
11 但是王必因 神歡喜、凡指著他發誓的、
必要誇口、因為說謊之人的口、必被塞
住。

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.

第六十四篇

- 1 [大衛的詩、交與伶長。]
神阿、我哀歎的時候、求你聽我的聲
音、求你保護我的性命、不受仇敵的驚
恐。
2 求你把我隱藏、使我脫離作惡之人的暗
謀、和作孽之人的擾亂。
3 他們磨舌如刀、發出苦毒的言語、好像比
準了的箭。
4 要在暗地射完全人、他們忽然射他、並不
懼怕。
5 他們彼此勉勵設下惡計、他們商量暗設網
羅、說、誰能看見。
6 他們圖謀奸惡、說、我們是極力圖謀的、
他們各人的意念心思是深的。
7 但 神要射他們、他們忽然被箭射傷。
8 他們必然絆跌、被自己的舌頭所害、凡看
見他們的、必都搖頭。
9 眾人都要害怕、要傳揚 神的工作、並且
明白他的作為。
10 義人必因耶和華歡喜、並要投靠他、凡心
裡正直的人、都要誇口。

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 re-
taliation.
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.

第六十五篇

- 1 [大衛的詩歌、交與伶長。]
神阿、錫安的人、都等候讚美你、所許
的願、也要向你償還。

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 聽禱告的主阿、凡有血氣的、都要來就你。
3 罪孽勝了我、至於我們的過犯、你都要赦免。
4 你所揀選、使他親近你、住在你院中的、這人便為有福、我們必因你居所、你聖殿的美福知足了。
5 拯救我們的神阿、你必以威嚴秉公義應允我們、你本是一切地極、和海上遠處的人所倚靠的。
6 他既以大能束腰、就用力量安定諸山、
7 使諸海的響聲、和其中波浪的響聲、並萬民的喧嘩、都平靜了。
8 住在極地的人、因你的神蹟懼怕、你使日出日落之地都歡呼。
9 你眷顧地、降下透雨、使地大得肥美、神的河滿了水、你這樣澆灌了地、好為人豫備五穀。
10 你澆透地的犁溝、潤平犁脊、降甘霖、使地軟和、其中發長的、蒙你賜福。
11 你以恩典為年歲的冠冕、你的路徑都滴下脂油、
12 滴在曠野的草場上、小山以歡樂束腰。
13 草場以羊群為衣、谷中也長滿了五穀。這一切都歡呼歌唱、

- 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 [一篇詩歌、交與伶長。]
全地都當向神歡呼、
2 歌頌他名的榮耀、用讚美的言語、將他的榮耀發明。
3 當對神說、你的作為何等可畏、因你的大能仇敵要投降你。
4 全地要敬拜你、歌頌你、要歌頌你的名。
[細拉]
5 你們來看神所行的、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 他將海變成乾地，眾民步行過河，我們在那裡因他歡喜。
- 7 他用權能治理萬民，直到永遠，他的眼睛鑒察列邦，悖逆的人不可自高。〔細拉〕
- 8 萬民哪，你們當稱頌我們的 神，使人得聽讚美他的聲音。
- 9 他使我們的性命存活，也不叫我們的腳搖動。
- 10 神阿，你會試驗我們、熬煉我們、如熬煉銀子一樣。
- 11 你使我們進入網羅、把重擔放在我們的身上。
- 12 你使人坐車軋我們的頭，我們經過水火，你卻使我們到豐富之地。
- 13 我要用燔祭進你的殿、向你還我的願、
- 14 就是在急難時我嘴唇所發的、口中所許的。
- 15 我要把肥牛作燔祭、將公羊的香祭獻給你，又把公牛和山羊獻上。〔細拉〕
- 16 凡敬畏 神的人、你們都來聽，我要述說他為我所行的事。
- 17 我曾開口求告他、我的舌頭、也稱他為高。
- 18 我若心裡注重罪孽、主必不聽。
- 19 但 神實在聽見了，他側耳聽了我禱告的聲音。
- 20 神是應當稱頌的，他並沒有推卻我的禱告、也沒有叫他的慈愛離開我。

- 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 〔一篇詩歌、交與伶長、用絲絃的樂器。〕
願 神憐憫我們、賜福與我們、用臉光照我們。〔細拉〕
- 2 好叫世界得知你的道路、萬國得知你的救恩。
- 3 神阿、願列邦稱讚你。願萬民都稱讚你。
- 4 願萬國都快樂歡呼，因為你必按公正審判萬民、引導世上的萬國。〔細拉〕
- 5 神阿、願列邦稱讚你，願萬民都稱讚你。
- 6 地已經出了土產，神就是我們的 神、要賜福與我們。

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 神要賜福與我們，地的四極都要敬畏他。

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 〔大衛的詩歌、交與伶長。〕
願 神興起、使他的仇敵四散、叫那恨他的人、從他面前逃跑。
- 2 他們被驅逐、如煙被風吹散、惡人見 神之面而消滅、如蠟被火鎔化。
- 3 惟有義人必然歡喜、在 神面前高興快樂。
- 4 你們當向 神唱詩、歌頌他的名、為那坐車行過曠野的、修平大路、他的名是耶和華、要在他面前歡樂。
- 5 神在他的聖所作孤兒的父、作寡婦的伸冤者。
- 6 神叫孤獨的有家、使被囚的出來享福、惟有悖逆的住在乾燥之地。
- 7 神阿、你曾在你百姓前頭出來、在曠野行走。〔細拉〕
- 8 那時地見 神的面而震動、天也落雨、西奈山見以色列 神的面也震動。
- 9 神阿、你降下大雨、你產業以色列疲乏的時候、你使他堅固。
- 10 你的會眾住在其中、神阿、你的恩惠是為困苦人豫備的。
- 11 主發命令、傳好信息的婦女成了大群。
- 12 統兵的君王逃跑了、逃跑了、在家等候的婦女、分受所奪的。
- 13 你們安臥在羊圈的時候、好像鴿子的翅膀鍍白銀、翎毛鍍黃金一般。
- 14 全能者在境內趕散列王的時候、勢如飄雪在撒們。
- 15 巴珊山是 神的山、巴珊山是多峰多嶺的山。

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 你們多峰多嶺的山哪、為何斜看 神所願居住的山、耶和華必住這山、直到永遠。
- 17 神的車輦累萬盈千、主在其中、好像在西乃聖山一樣。
- 18 你已經升上高天、擄掠仇敵、你在人間、就是在悖逆的人間、受了供獻、叫耶和華神可以與他們同住。
- 19 天天背負我們重擔的主、就是拯救我們的神、是應當稱頌的。〔細拉〕
- 20 神是為我們施行諸般救恩的 神、人能脫離死亡、是在乎主耶和華。
- 21 但 神要打破他仇敵的頭、就是那常犯罪之人的髮頂。
- 22 主說、我要使眾民從巴珊而歸、使他們從深海而回。
- 23 使你打碎仇敵、你的腳踹在血中、使你狗的舌頭、從其中得分。
- 24 神阿、你是我的 神、我的王、人已經看見你行走、進入聖所。
- 25 歌唱的行在前、作樂的隨在後、都在擊鼓的童女中間。
- 26 從以色列源頭而來的、當在各會中稱頌主神。
- 27 在那裡有統管他們的小便雅憫、有猶大的首領、和他們的群眾、有西布倫的首領、有拿弗他利的首領。
- 28 以色列的能力、是 神所賜的、神阿、求你堅固你為我們所成全的事。
- 29 因你耶路撒冷的殿、列王必帶貢物獻給你。
- 30 求你叱喝蘆葦中的野獸、和群公牛、並列邦中的牛犢、把銀塊踹在腳下、神已經趕散好爭戰的列邦。
- 31 埃及的公侯要出來朝見 神、古實人要急忙舉手禱告。
- 32 世上的列國阿、你們要向 神歌唱、願你們歌頌主、
- 33 歌頌那自古駕行在諸天以上的主、他發出聲音、是極大的聲音。

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 你們要將能力歸給 神，他的威榮在以色列之上、他的能力是在穹蒼。
- 35 神阿、你從聖所顯為可畏，以色列的神、是那將力量權能賜給他百姓的。 神是應當稱頌的。

第六十九篇

- 1 [大衛的詩、交與伶長、調用百合花。]
神阿、求你救我，因為眾水要淹沒我。
- 2 我陷在深淤泥中、沒有立腳之地，我到了深水中，大水漫過我身。
- 3 我因呼求困乏、喉嚨發乾，我因等候神、眼睛失明。
- 4 無故恨我的、比我頭髮還多，無理與我為仇、要把我剪除的、甚為強盛，我沒有搶奪的、要叫我償還。
- 5 神阿、我的愚昧你原知道，我的罪愆不能隱瞞。
- 6 萬軍的主耶和華阿、求你叫那等候你的、不要因我蒙羞，以色列的神阿、求你叫那尋求你的、不要因我受辱。
- 7 因我為你的緣故受了辱罵、滿面羞愧。
- 8 我的弟兄看我為外路人，我的同胞看我為外邦人。
- 9 因我為你的殿心裡焦急、如同火燒，並且辱罵你人的辱罵、都落在我身上。
- 10 我哭泣、以禁食刻苦我心，這倒算為我的羞辱。
- 11 我拿麻布當衣裳、就成了他們的笑談。
- 12 坐在城門口的談論我，酒徒也以我為歌曲。
- 13 但我在悅納的時候、向你耶和華祈禱，神阿、求你按你豐盛的慈愛、憑你拯救的誠實、應允我。
- 14 求你搭救我出離淤泥、不叫我陷在其中，求你使我脫離那些恨我的人、使我出離深水。
- 15 求你不容大水漫過我、不容深淵吞滅我，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 求你親近我、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、我又滿了憂愁、我指望有人體恤、卻沒有一個、我指望有人安慰、卻找不著一個。
21 他們拿苦膽給我當食物、我渴了、他們拿醋給我喝。
22 願他們的筵席、在他們面前變為網羅、在他們平安的時候、變為機檻。
23 願他們的眼睛昏暗、不得看見、願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 願他們的住處、變為荒場、願他們的帳棚、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 願你在他們的罪上加罪、不容他們在你面前稱義。
28 願他們從生命冊上被塗抹、不得記錄在義人之中。
29 但我是困苦憂傷的、神阿、願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、願你們的心甦醒。
33 因為耶和華聽了窮乏人、不藐視被囚的人。
34 願天和地、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、他的民要在那裡居住、得以為業。
36 他僕人的後裔、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 [大衛的記念詩、交與伶長。]
神阿、求你快快搭救我、耶和華阿、求你速速幫助我。
- 2 願那些尋索我命的、抱愧蒙羞、願那些喜悅我遭害的、退後受辱。
- 3 願那些對我說、阿哈、阿哈的、因羞愧退後。
- 4 願一切尋求你的、因你高興歡喜、願那些喜愛你救恩的常說、當尊 神爲大。
- 5 但我是困苦窮乏的、神阿、求你速速到我這裡來、你是幫助我的、搭救我的、耶和華阿、求你不要耽延。

第七十一篇

- 1 耶和華阿、我投靠你、求你叫我永不羞愧。
- 2 求你憑你的公義搭救我、救拔我、側耳聽我、拯救我。
- 3 求你作我常住的磐石、你已經命定要救我、因爲你是我的巖石、我的山寨。
- 4 我的 神阿、求你救我脫離惡人的手、脫離不義和殘暴之人的手。
- 5 主耶和華阿、你是我所盼望的、從我年幼你是我所倚靠的。
- 6 我從出母胎被你扶持、使我出母腹的是你、我必常常讚美你。
- 7 許多人以我爲怪、但你是我堅固的避難所。
- 8 你的讚美、你的榮耀、終日必滿了我的口。
- 9 我年老的時候、求你不要丟棄我、我力氣衰弱的時候、求你不要離棄我。
- 10 我的仇敵議論我、那些窺探要害我命的彼此商議、
- 11 說、神已經離棄他、我們追趕他、捉拿他罷、因爲沒有人搭救。
- 12 神阿、求你不要遠離我、我的 神阿、求你速速幫助我。
- 13 願那與我性命爲敵的、羞愧被滅、願那謀害我的、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 我卻要常常盼望、並要越發讚美你。
- 15 我的口終日要述說你的公義、和你的救恩、因我不計其數。
- 16 我要來說主耶和華大能的事、我單要提說你的公義。
- 17 神阿、自我年幼時、你就教訓我、直到如今、我傳揚你奇妙的作為。
- 18 神阿、我到年老髮白的時候、求你不要離棄我、等我將你的能力指示下代、將你的大能指示後世的人。
- 19 神阿、你的公義甚高、行過大事的 神阿、誰能像你。
- 20 你是叫我們多經歷重大急難的、必使我們復活、從地的深處救上來。
- 21 求你使我越發昌大、又轉來安慰我。
- 22 我的 神阿、我要鼓瑟稱讚你、稱讚你的誠實、以色列的聖者阿、我要彈琴歌頌你。
- 23 我歌頌你的時候、我的嘴唇、和你所贖我的靈魂、都必歡呼。
- 24 並且我的舌頭、必終日講論你的公義、因為那些謀害我的人、已經蒙羞受辱了。

第七十二篇

- 1 [所羅門的詩。]
神阿、求你將判斷的權柄賜給王、將公義賜給王的兒子。
- 2 他要按公義審判你的民、按公平審判你的困苦人。
- 3 大山小山、都要因公義使民得享平安。
- 4 他必為民中的困苦人伸冤、拯救窮乏之輩、壓碎那欺壓人的。
- 5 太陽還存、月亮還在、人要敬畏你、直到萬代。
- 6 他必降臨、像雨降在已割的草地上、如甘霖滋潤田地。

- 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.

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 在他的日子義人要發旺、大有平安、好像月亮長存。
- 8 他要執掌權柄、從這海直到那海、從大河直到地極。
- 9 住在曠野的、必在他面前下拜、他的仇敵必要齧土。
- 10 他施和海島的王要進貢、示巴和西巴的王要獻禮物。
- 11 諸王都要叩拜他、萬國都要事奉他。
- 12 因為窮乏人呼求的時候、他要搭救、沒有人幫助的困苦人、他也要搭救。
- 13 他要憐恤貧寒和窮乏的人、拯救窮苦人的性命。
- 14 他要救贖他們脫離欺壓和強暴、他們的血在他眼中看為寶貴、
- 15 他們要存活。示巴的金子要奉給他、人要常常為他禱告、終日稱頌他。
- 16 在地的山頂上、五穀必然茂盛、〔五穀必然茂盛或作有一把五穀〕所結的穀實、要響動如利巴嫩的樹林、城裡的人、要發旺如地上的草。
- 17 他的名要存到永遠、要留傳如日之久、人要因他蒙福、萬國要稱他有福。
- 18 獨行奇事的耶和華以色列的神、是應當稱頌的、
- 19 他榮耀的名、也當稱頌、直到永遠、願他的榮耀、充滿全地。阿們、阿們。
- 20 耶西的兒子大衛的祈禱完畢。

- 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

- 1 〔亞薩的詩。〕
神實在恩待以色列那些清心的人。
- 2 至於我、我的腳幾乎失閃、我的腳險些滑跌。

Psalm 73

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 我見惡人和狂傲人享平安、就心懷不平。
4 他們死的時候、沒有疼痛、他們的力氣、卻也壯實。
5 他們不像別人受苦、也不像別人遭災。
6 所以、驕傲如鏈子戴在他們的項上、強暴像衣裳遮住他們的身體。
7 他們的眼睛因體胖而凸出、他們所得的、過於心裡所想的。
8 他們譏笑人、憑惡意說欺壓人的話、他們說話自高。
9 他們的口褻瀆上天、他們的舌毀謗全地。
10 所以 神的民歸到這裡、喝盡了滿杯的苦水。
11 他們說、神怎能曉得、至高者豈有知識呢。
12 看哪、這就是惡人、他們既是常享安逸、財寶便加增。
13 我實在徒然潔淨了我的心、徒然洗手表明無辜、
14 因為我終日遭災難、每早晨受懲治、
15 我若說、我要這樣講、這就是以奸詐待你的眾子。
16 我思索怎能明白這事、眼看實係為難、
17 等我進了 神的聖所、思想他們的結局。
18 你實在把他們安在滑地、使他們掉在沉淪之中。
19 他們轉眼之間、成了何等的荒涼、他們被驚恐滅盡了。
20 人睡醒了怎樣看夢、主阿、你醒了、也必照樣輕看他們的影像。
21 因而我心裡發酸、肺腑被刺、
22 我這樣愚昧無知、在你面前如畜類一般。
23 然而我常與你同在、你攬著我的右手。
24 你要以你的訓言引導我、以後必接我到榮耀裡。
25 除你以外、在天上我有誰呢、除你以外、在地上我也沒有所愛慕的。
26 我的肉體、和我的心腸衰殘、但 神是我心裡的力量、又是我的福分、直到永遠。
27 遠離你的、必要死亡、凡離棄你行邪淫的、你都滅絕了。

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 但我親近 神是與我有益・我以主耶和華為我的避難所、好叫我述說你一切的作為。

第七十四篇

- 1 [亞薩的訓誨詩。]
神阿、你為何永遠丟棄我們呢・你為何向你草場的羊發怒如煙冒出呢・
- 2 求你記念你古時所得來的會眾、就是你所贖作你產業支派的・並記念你向來所居住的錫安山。
- 3 求你舉步去看那日久荒涼之地、仇敵在聖所中所行的一切惡事。
- 4 你的敵人在你會中吼叫・他們豎了自己的旗為記號。
- 5 他們好像人揚起斧子、砍伐林中的樹。
- 6 聖所中一切雕刻的、他們現在用斧子錘子打壞了。
- 7 他們用火焚燒你的聖所、褻瀆你名的居所、拆毀到地。
- 8 他們心裡說、我們要盡行毀滅、他們就在遍地把 神的會所都燒燬了。
- 9 我們不見我們的標幟・不再有先知・我們內中也沒有人知道這災禍要到幾時呢。
- 10 神阿、敵人辱罵要到幾時呢・仇敵褻瀆你的名、要到永遠麼・
- 11 你為甚麼縮回你的右手・求你從懷中伸出來、毀滅他們。
- 12 神自古以來為我的王、在地上施行拯救。
- 13 你曾用能力將海分開、將水中大魚的頭打破。
- 14 你曾砸碎鱷魚的頭、把他給曠野的禽獸為食物。〔禽獸原文作民〕
- 15 你曾分裂磐石、水便成了溪河、你使長流的江河乾了。
- 16 白晝屬你、黑夜也屬你、亮光和日頭、是你所豫備的。
- 17 地的一切疆界、是你所立的・夏天和冬天、是你所定的。

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.

Psalms 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、求你記念這事。
- 19 不要將你斑鳩的性命交給野獸、不要永遠忘記你困苦人的性命。
- 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 不要忘記你敵人的聲音、那起來敵你之人的喧嘩時常上升。

第七十五篇

- 1 〔亞薩的詩歌、交與伶長、調用休要毀壞。〕
神阿、我們稱謝你、我們稱謝你。因為你的名相近、人都述說你奇妙的作為。
- 2 我到了所定的日期、必按正直施行審判。
- 3 地和其上的居民、都消化了、我曾立了地的柱子、〔細拉〕
- 4 我對狂傲人說、不要行事狂傲、對兇惡人說、不要舉角。
- 5 不要把你們的角高舉、不要挺著頸項說話。
- 6 因為高舉非從東、非從西、也非從南而來。
- 7 惟有 神斷定、他使這人降卑、使那人升高。
- 8 耶和華手裡有杯、其中的酒起沫、杯內滿了攪雜的酒、他倒出來、地上的惡人必都喝這酒的渣滓、而且喝盡。
- 9 但我要宣揚、直到永遠、我要歌頌雅各的神。
- 10 惡人一切的角、我要砍斷、惟有義人的角、必被高舉。

- 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.

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 [亞薩的詩歌、交與伶長、用絲絃的樂器。]
在猶大 神爲人所認識、在以色列他的名爲大。
- 2 在撒冷有他的帳幕、在錫安有他的居所。
- 3 他在那裡折斷弓上的火箭、並盾牌、刀劍、和爭戰的兵器。〔細拉〕
- 4 你從有野食之山而來、有光華和榮美。
- 5 心中勇敢的人、都被搶奪、他們睡了長覺、沒有一個英雄能措手。
- 6 雅各的 神阿、你的斥責一發坐車的、騎馬的都沉睡了。
- 7 惟獨你是可畏的、你怒氣一發、誰能在你面前站得住呢。
- 8 你從天上使人聽判斷、神起來施行審判、要救地上一切謙卑的人、那時地就懼怕而靜默。〔細拉〕
- 10 人的忿怒、要成全你的榮美、人的餘怒、你要禁止。
- 11 你們許願、當向耶和華你們的 神還願、在他四面的人、都當拿貢物獻給那可畏的主。
- 12 他要挫折王子的驕氣、他向地上的君王、顯威可畏。

第七十七篇

- 1 [亞薩的詩、照耶杜頓的作法、交與伶長。]
我要向 神發聲呼求、我向 神發聲、他必留心聽我。
- 2 我在患難之日尋求主、我在夜間不住的舉手禱告、我的心不肯受安慰。
- 3 我想念 神、就煩躁不安、我沉吟悲傷、心便發昏。〔細拉〕
- 4 你叫我不能閉眼、我煩躁不安、甚至不能說話。
- 5 我追想古時之日、上古之年。
- 6 我想起我夜間的歌曲、捫心自問、我心裡也仔細省察。

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 難道主要永遠丟棄我、不再施恩麼·
- 8 難道他的慈愛永遠窮盡、他的應許世世廢棄麼·
- 9 難道 神忘記開恩·因發怒就止住他的慈悲麼。〔細拉〕
- 10 我便說、這是我的懦弱·但我要追念至高者顯出右手之年代。
- 11 我要提說耶和華所行的·我要記念你古時的奇事。
- 12 我也要思想你的經營、默念你的作為。
- 13 神阿、你的作為是潔淨的·有何神大如神呢。
- 14 你是行奇事的 神·你曾在列邦中、彰顯你的能力。
- 15 你曾用你的膀臂贖了你的民、就是雅各和約瑟的子孫。〔細拉〕
- 16 神阿、諸水見你、一見就都驚惶·深淵也都戰抖。
- 17 雲中倒出水來·天空發出響聲·你的箭也飛行四方。
- 18 你的雷聲在旋風中·電光照亮世界·大地戰抖震動。
- 19 你的道在海中、你的路在大水中、你的腳蹤無人知道。
- 20 你曾藉摩西和亞倫的手、引導你的百姓、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 〔亞薩的訓誨詩。〕
我的民哪、你們要留心聽我的訓誨、側耳聽我口中的話。
- 2 我要開口說比喻·我要說出古時的謎語·
- 3 是我們所聽見所知道的、也是我們的祖宗告訴我們的。
- 4 我們不將這些事向他們的子孫隱瞞·要將耶和華的美德和他的能力、並他奇妙的作為、述說給後代聽。
- 5 因為他在雅各中立法度、在以色列中設律法、是他吩咐我們祖宗、要傳給子孫的·

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 使將要生的後代子孫、可以曉得、他們也要起來告訴他們的子孫、
- 7 好叫他們仰望 神、不忘記 神的作為、惟要守他的命令、
- 8 不要像他們的祖宗、是頑梗悖逆居心不正之輩、向著 神心不誠實。
- 9 以法蓮的子孫、帶著兵器、拿著弓、臨陣之日、轉身退後。
- 10 他們不遵守 神的約、不肯照他的律法行、
- 11 又忘記他所行的、和他顯給他們奇妙的作為。
- 12 他在埃及地、在瑣安田、在他們祖宗的眼前、施行奇事。
- 13 他將海分裂、使他們過去、又叫水立起如壘。
- 14 他白日用雲彩、終夜用火光、引導他們。
- 15 他在曠野分裂磐石、多多的給他們水喝、如從深淵而出。
- 16 他使水從磐石湧出、叫水如江河下流。
- 17 他們卻仍舊得罪他、在乾燥之地悖逆至高者。
- 18 他們心中試探 神、隨自己所欲的求食物、
- 19 並且妄論 神、說、 神在曠野豈能擺設筵席麼。
- 20 他曾擊打磐石、使水湧出、成了江河、他還能賜糧食麼、還能為他的百姓豫備肉麼。
- 21 所以耶和華聽見、就發怒、有烈火向雅各燒起、有怒氣向以色列上騰、
- 22 因為他們不信服 神、不倚賴他的救恩。
- 23 他卻吩咐天空、又敞開天上的門、
- 24 降嗎哪像雨給他們喫、將天上的糧食賜給他們。
- 25 各人〔或作人〕喫大能者的食物、他賜下糧食、使他們飽足。
- 26 他領東風起在天空、又用能力引了南風來。
- 27 他降肉像雨在他們當中、多如塵土、又降飛鳥、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 落在他們的營中、在他們住處的四面。
29 他們喫了、而且飽足，這樣、就隨了他們所欲的。
30 他們貪而無厭、食物還在他們口中的時候、
31 神的怒氣、就向他們上騰、殺了他們內中的肥壯人、打倒以色列的少年人。
32 雖是這樣、他們仍舊犯罪、不信他奇妙的作為。
33 因此他叫他們的日子、全歸虛空、叫他們的年歲、盡屬驚恐。
34 他殺他們的時候、他們才求問他、回心轉意、切切的尋求 神。
35 他們也追念 神是他們的磐石、至高的神、是他們的救贖主。
36 他們卻用口諂媚他、用舌向他說謊。
37 因他們的心向他不正、在他的約上也不忠心。
38 但他有憐憫、赦免他們的罪孽、不滅絕他們、而且屢次消他的怒氣、不發盡他的忿怒。
39 他想到他們不過是血氣、是一陣去而不返的風。
40 他們在曠野悖逆他、在荒地叫他擔憂、何其多呢。
41 他們再三試探 神、惹動以色列的聖者。
42 他們不追念他的能力、〔原文作手〕和贖他們脫離敵人的日子。
43 他怎樣在埃及地顯神蹟、在瑣安田顯奇事、
44 把他們的江河、並河汊的水、都變為血、使他們不能喝。
45 他叫蒼蠅成群、落在他們當中、嘔盡他們、又叫青蛙滅了他們。
46 把他們的土產交給螞蚱、把他們辛苦得來的交給蝗蟲。
47 他降冰雹打壞他們的葡萄樹、下嚴霜打壞他們的桑樹。
48 又把他們的牲畜交給冰雹、把他們的群畜交給閃電。
49 他使猛烈的怒氣、和忿怒、惱恨、苦難、成了一群降災的使者、臨到他們。
50 他為自己的怒氣修平了路、將他們交給瘟疫、使他們死亡。

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 在埃及擊殺一切長子、在含的帳棚中、擊殺他們強壯時頭生的。

52 他卻領出自己的民如羊、在曠野引他們如羊群。

53 他領他們穩妥妥的、使他們不至害怕、海卻淹沒他們的仇敵。

54 他帶他們到自己聖地的邊界、到他右手所得的這山地。

55 他在他們面前趕出外邦人、用繩子將外邦的地量給他們為業、叫以色列支派的人住在他們的帳棚裡。

56 他們仍舊試探悖逆至高的神、不守他的法度。

57 反倒退後、行詭詐、像他們的祖宗一樣、他們改變、如同翻背的弓。

58 因他們的邱壇、惹了他的怒氣、因他們雕刻的偶像、觸動他的憤恨。

59 神聽見、就發怒、極其憎惡以色列人。

60 甚至他離棄所羅的帳幕、就是他在人間所搭的帳棚。

61 又將他的約櫃〔原文作能力〕交與人擄去、將他的榮耀交在敵人手中。

62 並將他的百姓交與刀劍、向他的產業發怒。

63 少年人被火燒滅、處女也無喜歌。

64 祭司倒在刀下、寡婦卻不哀哭。

65 那時主像世人睡醒、像勇士飲酒呼喊。

66 他就打退了他的敵人、叫他們永蒙羞辱。

67 並且他棄掉約瑟的帳棚、不揀選以法蓮支派、

68 卻揀選猶大支派、他所喜愛的錫安山。

69 蓋造他的聖所、好像高峰、又像他建立永存之地。

70 又揀選他的僕人大衛、從羊圈中將他召來。

71 叫他不再跟從那些帶奶的母羊、為要牧養自己的百姓雅各、和自己的產業以色列。

72 於是他按心中的純正、牧養他們、用手中的巧妙、引導他們。

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 [亞薩的詩。]
神阿、外邦人進入你的產業、污穢你的
聖殿、使耶路撒冷變成荒堆。
- 2 把你僕人的屍首、交與天空的飛鳥爲食、
把你聖民的肉、交與地上的野獸。
- 3 在耶路撒冷周圍流他們的血如水、無人葬
埋。
- 4 我們成爲鄰國的羞辱、成爲我們四圍人的
嗤笑譏刺。
- 5 耶和華阿、這到幾時呢、你要動怒到永遠
麼、你的憤恨要如火焚燒麼。
- 6 願你將你的忿怒倒在那不認識你的外邦、
和那不求告你名的國度。
- 7 因爲他們吞了雅各、把他的住處變爲荒
場。
- 8 求你不要記念我們先祖的罪孽、向我們追
討、願你的慈悲快迎著我們、因爲我們落
到極卑微的地步。
- 9 拯救我們的 神阿、求你因你名的榮耀、
幫助我們、爲你名的緣故、搭救我們、赦
免我們的罪。
- 10 爲何容外邦人說、他們的 神在那裡呢、
願你使外邦人知道你在我們眼前、伸你僕
人流血的冤。
- 11 願被囚之人的歎息、達到你面前、願你按
你的大能力、存留那些將要死的人。
- 12 主阿、願你將我們鄰邦所羞辱你的羞辱、
加七倍歸到他們身上。
- 13 這樣、你的民、你草場的羊、要稱謝你、
直到永遠、要述說讚美你的話、直到萬
代。

第八十篇

- 1 [亞薩的詩、交與伶長、調用爲證的百合
花。]
領約瑟如領羊群之以色列的牧者阿、求你
留心聽、坐在二基路伯上的阿、求你發出
光來。

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、要到幾時呢。
- 5 你以眼淚當食物給他們喫、又多量出眼淚給他們喝。
- 6 你使鄰邦因我們分爭、我們的仇敵彼此戲笑。
- 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 你從埃及挪出一棵葡萄樹、趕出外邦人、把這樹栽上。
- 9 你在這樹根前豫備了地方、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、從天上垂看、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 這樹已經被火焚燒被刀砍伐、他們因你臉上的怒容就滅亡了。
- 17 願你的手扶持你右邊的人、就是你為自己所堅固的人子。
- 18 這樣、我們便不退後離開你、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 〔亞薩的詩、交與伶長、用迦特樂器。〕
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、並月望我們過節的日期、吹角。

Psalm 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 因這是爲以色列定的律例、是雅各 神的典章。
- 5 他去攻擊埃及地的時候、在約瑟中間立此爲證、我在那裡聽見我所不明白的言語。
- 6 神說、我使你的肩得脫重擔、你的手放下筐子。
- 7 你在急難中呼求、我就搭救你、我在雷的隱密處應允你、在米利巴水那裡試驗你。
〔細拉〕
- 8 我的民哪、你當聽、我要勸戒你。以色列阿、甚願你肯聽從我。
- 9 在你當中不可有別的神、外邦的神、你也不可下拜。
- 10 我是耶和華你的 神、曾把你從埃及地領上來、你要大大張口、我就給你充滿。
- 11 無奈我的民不聽我的聲音、以色列全不理我。
- 12 我便任憑他們心裡剛硬、隨自己的計謀而行。
- 13 甚願我的民肯聽從我、以色列肯行我的道。
- 14 我便速速治服他們的仇敵、反手攻擊他們的敵人。
- 15 恨耶和華的人必來投降、但他的百姓必永久長存。
- 16 他也必拿上好的麥子給他們喫、又拿從磐石出的蜂蜜、叫他們飽足。

第八十二篇

- 1 〔亞薩的詩。〕
神站在有權力者的會中、在諸神中行審判。
- 2 說、你們審判不秉公義、徇惡人的情面、要到幾時呢。〔細拉〕
- 3 你們當爲貧寒的人和孤兒伸冤、當爲困苦和窮乏的人施行公義。
- 4 當保護貧寒和窮乏的人、救他們脫離惡人的手。
- 5 你們仍不知道、也不明白、在黑暗中走來走去、地的根基都搖動了。
- 6 我曾說、你們是神、都是至高者的兒子。
- 7 然而你們要死、與世人一樣、要仆倒、像王子中的一位。

- 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 shoulder;
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."

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、求你起來、審判世界・因為你要得萬邦為業。

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

第八十三篇

1 [亞薩的詩歌。]
神阿、求你不要靜默・神阿、求你不要閉口、也不要不作聲・
2 因為你的仇敵喧嚷・恨你的抬起頭來・
3 他們同謀奸詐要害你的百姓、彼此商議要害你所隱藏的人・
4 他們說、來罷、我們將他們剪滅、使他們不再成國・使以色列的名、不再被人記念・
5 他們同心商議、彼此結盟、要抵擋你・
6 就是住帳棚的以東人、和以實瑪利人・摩押和夏甲人・
7 迦巴勒、亞捫、和亞瑪力、非利士、並推羅的居民・
8 亞述也與他們連合・他們作羅得子孫的幫手・〔細拉〕
9 求你待他們如待米甸、如在基順河待西西拉和耶賓一樣・
10 他們在隱多珥滅亡、成了地上的糞土・
11 求你叫他們的首領、像俄立和西伊伯、叫他們的王子、都像西巴和撒慕拿・
12 他們說、我們要得 神的住處、作為自己的產業・
13 我的 神阿、求你叫他們像旋風的塵土、像風前的碎秸・
14 火怎樣焚燒樹林、火燄怎樣燒著山嶺・
15 求你也照樣用狂風追趕他們、用暴雨恐嚇他們・
16 願你使他們滿面羞恥・好叫他們尋求你耶和華的名・
17 願他們永遠羞愧驚惶・願他們慚愧滅亡・
18 使他們知道惟獨你名為耶和華的、是地上的至高者・

Psalms 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 [可拉後裔的詩、交與伶長、用迦特樂器。]
萬軍之耶和華阿、你的居所何等可愛。
- 2 我羨慕渴想耶和華的院宇、我的心腸、我的肉體、向永生 神呼籲。〔或作歡呼〕
- 3 萬軍之耶和華我的王、我的 神阿、在你祭壇那裡、麻雀爲自己找著房屋、燕子爲自己找著菴籬之窩。
- 4 如此住在你殿中的便爲有福。他們仍要讚美你。〔細拉〕
- 5 靠你有力量心中想往錫安大道的、這人便爲有福。
- 6 他們經過流淚谷、叫這谷變爲泉源之地、並有秋雨之福、蓋滿了全谷。
- 7 他們行走、力上加力、各人到錫安朝見神。
- 8 耶和華萬軍之 神阿、求你聽我的禱告、雅各的 神阿、求你留心聽。〔細拉〕
- 9 神阿、你是我們的盾牌、求你垂顧觀看你受膏者的面。
- 10 在你的院宇住一日、勝似在別處住千日、寧可在我 神殿中看門、不願住在惡人的帳棚裡。
- 11 因爲耶和華 神是日頭、是盾牌、要賜下恩惠和榮耀、他未嘗留下一樣好處、不給那些行動正直的人。
- 12 萬軍之耶和華阿、倚靠你的人、便爲有福。

第八十五篇

- 1 [可拉後裔的詩、交與伶長。]
耶和華阿、你已經向你的地施恩、救回被擄的雅各。
- 2 你赦免了你百姓的罪孽、遮蓋了他們一切的過犯。〔細拉〕
- 3 你收轉了所發的忿怒、和你猛烈的怒氣。
- 4 拯救我們的 神阿、求你使我們回轉、叫你的惱恨向我們止息。

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 你要向我們發怒到永遠麼、你要將你的怒氣延留到萬代麼。
- 6 你不再將我們救活、使你的百姓靠你歡喜麼。
- 7 耶和華阿、求你使我們得見你的慈愛、又將你的救恩賜給我們。
- 8 我要聽 神耶和華所說的話、因為他必應許將平安賜給他的百姓、他的聖民、他們卻不可再轉去妄行。
- 9 他的救恩、誠然與敬畏他的人相近、叫榮耀住在我們的地上。
- 10 慈愛和誠實、彼此相遇、公義和平安、彼此相親。
- 11 誠實從地而生、公義從天而現。
- 12 耶和華必將好處賜給我們、我們的地、也要多出土產。
- 13 公義要行在他面前、叫他的腳蹤、成為可走的路。

第八十六篇

- 1 〔大衛的祈禱。〕
耶和華阿、求你側耳應允我、因我是困苦窮乏的。
- 2 求你保存我的性命、因我是虔誠人。我的神阿、求你拯救這倚靠你的僕人。
- 3 主阿、求你憐憫我、因我終日求告你。
- 4 主阿、求你使僕人心裡歡喜、因為我的心仰望你。
- 5 主阿、你本為良善、樂意饒恕人、有豐盛的慈愛、賜給凡求告你的人。
- 6 耶和華阿、求你留心聽我的禱告、垂聽我懇求的聲音。
- 7 我在患難之日要求告你、因為你必應允我。
- 8 主阿、諸神之中沒有可比你的、你的作為也無可比。
- 9 主阿、你所造的萬民、都要來敬拜你、他們也要榮耀你的名。
- 10 因你為大、且行奇妙的事、惟獨你是神。
- 11 耶和華阿、求你將你的道指教我、我要照你的真理行、求你使我專心敬畏你的名。
- 12 主我的 神阿、我要一心稱讚你、我要榮耀你的名、直到永遠。

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 因為你向我發的慈愛是大的，你救了我的靈魂、免入極深的陰間。
- 14 神阿、驕傲的人起來攻擊我、又有一黨強橫的人尋索我的命，他們沒有將你放在眼中。
- 15 主阿、你是有憐憫有恩典的，神、不輕易發怒、並有豐盛的慈愛和誠實。
- 16 求你向我轉臉、憐恤我、將你的力量賜給僕人、救你婢女的兒子。
- 17 求你向我顯出恩待我的憑據、叫恨我的人看見、便羞愧、因為你耶和華幫助我、安慰我。

第八十七篇

- 1 [可拉後裔的詩歌。]
耶和華所立的根基在聖山上。
- 2 他愛錫安的門、勝於愛雅各一切的住處。
- 3 神的城阿、有榮耀的事乃指著你說的。
〔細拉〕
- 4 我要題起拉哈伯和巴比倫人是在認識我之中的、看哪、非利士、和推羅、並古實人、個個生在那裡。
- 5 論到錫安必說、這一個那一個都生在其中、而且至高者必親自堅立這城。
- 6 當耶和華記錄萬民的時候、他要點出這一個生在那裡。〔細拉〕
- 7 歌唱的、跳舞的、都要說、我的泉源都在你裡面。

第八十八篇

- 1 [可拉後裔的詩歌、就是以斯拉人希幔的訓誨詩、交與伶長、調用麻哈拉利暗俄。]
耶和華拯救我的，神阿、我晝夜在你面前呼籲。
- 2 願我的禱告達到你面前，求你側耳聽我的呼求。
- 3 因為我心裡滿了患難、我的性命臨近陰間。
- 4 我算和下坑的人同列、如同無力的人一樣。〔無力或作沒有幫助〕

- 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 我被丟在死人中、好像被殺的人、躺在墳墓裡。他們是你不再記念的、與你隔絕了。
- 6 你把我放在極深的坑裡、在黑暗地方、在深處。
- 7 你的忿怒重壓我身。你用一切的波浪困住我。〔細拉〕
- 8 你把我所認識的隔在遠處、使我為他們所憎惡。我被拘囚、不得出來。
- 9 我的眼睛、因困苦而乾癢。耶和華阿、我天天求告你、向你舉手。
- 10 你豈要行奇事給死人看麼。難道陰魂還能起來稱讚你麼。〔細拉〕
- 11 豈能在墳墓裡述說你的慈愛麼。豈能在滅亡中述說你的信實麼。
- 12 你的奇事、豈能在幽暗裡被知道麼。你的公義豈能在忘記之地被知道麼。
- 13 耶和華阿、我呼求你。我早晨的禱告要達到你面前。
- 14 耶和華阿、你為何丟棄我。為何掩面不顧我。
- 15 我自幼受苦、幾乎死亡。我受你的驚恐、甚至慌張。
- 16 你的烈怒漫過我身。你的驚嚇、把我剪除。
- 17 這些終日如水環繞我、一齊都來圍困我。
- 18 你把我的良朋密友隔在遠處、使我所認識的人、進入黑暗裡。

- 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 〔以斯拉人以探的訓誨詩。〕
我要歌唱耶和華的慈愛、直到永遠。我要
用口將你的信實傳與萬代。
- 2 因我曾說、你的慈悲、必建立到永遠。你
的信實、必堅立在天上。
- 3 我與我所揀選的人立了約、向我的僕人大
衛起了誓。
- 4 我要建立你的後裔、直到永遠、要建立你
的寶座、直到萬代。〔細拉〕

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 faithful-
ness.
- 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、諸天要稱讚你的奇事、在聖者的會中、要稱讚你的信實。

6 在天空誰能比耶和華呢、神的眾子中、誰能像耶和華呢。

7 他在聖者的會中、是大有威嚴的 神、比一切在他四圍的更可畏懼。

8 耶和華萬軍之 神阿、那一個大能者像你耶和華、你的信實、是在你的四圍。

9 你管轄海的狂傲、波浪翻騰、你就使他平靜了。

10 你打碎了拉哈伯似乎是已殺的人、你用有能的膀臂打散了你的仇敵。

11 天屬你、地也屬你、世界和其中所充滿的、都爲你所建立。

12 南北爲你所創造、他泊和黑門都因你的名歡呼。

13 你有大能的膀臂、你的手有力、你的右手也高舉。

14 公義和公平、是你寶座的根基、慈愛和誠實、行在你前面。

15 知道向你歡呼的、那民是有福的。耶和華阿、他們在你臉上的光裡行走。

16 他們因你的名終日歡樂、因你的公義得以高舉。

17 你是他們力量的榮耀、因爲你喜悅我們、我們的角必被高舉。

18 我們的盾牌屬耶和華、我們的王屬以色列的聖者。

19 當時你在異象中曉諭你的聖民、說、我已把救助之力、加在那有能者的身上、我高舉那從民中所揀選的。

20 我尋得我的僕人大衛、用我的聖膏膏他。

21 我的手必使他堅立、我的膀臂也必堅固他。

22 仇敵必不勒索他、兇惡之子、也不苦害他。

23 我要在他面前打碎他的敵人、擊殺那恨他的人。

24 只是我的信實、和我的慈愛、要與他同在、因我的名、他的角必被高舉。

25 我要使他的左手伸到海上、右手伸到河上。

26 他要稱呼我說、你是我的父、是我的神、是拯救我的磐石。

27 我也要立他爲長子、爲世上最高的君王。

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 我要爲他存留我的慈愛、直到永遠、我與他立的約、必要堅定。
29 我也要使他的後裔、存到永遠、使他的寶座、如天之久。
30 倘若他的子孫離棄我的律法、不照我的典章行、
31 背棄我的律例、不遵守我的誠命、
32 我就要用杖責罰他們的過犯、用鞭責罰他們的罪孽。
33 只是我必不將我的慈愛、全然收回、也不叫我的信實廢棄。
34 我必不肯棄我的約、也不改變我口中所出的。
35 我一次指著自己的聖潔起誓、我決不向大衛說謊。
36 他的後裔要存到永遠、他的寶座在我面前、如日之恆一般、
37 又如月亮永遠堅立、如天上確實的見證。〔細拉〕
38 但你惱怒你的受膏者、就丟掉棄絕他。
39 你厭惡了與僕人所立的約、將他的冠冕踐踏於地。
40 你拆毀了他一切的籬笆、使他的保障、變爲荒場。
41 凡過路的人、都搶奪他、他成爲鄰邦的羞辱。
42 你高舉了他敵人的右手、你叫他一切的仇敵歡喜。
43 你叫他的刀劍捲刃、叫他在爭戰之中站立不住。
44 你使他的光輝止息、將他的寶座推倒於地。
45 你減少他青年的日子、又使他蒙羞。〔細拉〕
46 耶和華阿、這要到幾時呢、你要將自己隱藏到永遠麼、你的忿怒如火焚燒、要到幾時呢。
47 求你想念我的時候是何等的短少、你創造世人、要使他們歸何等的虛空呢。
48 誰能常活不死、救他的靈魂脫離陰間的權柄呢。〔細拉〕
49 主阿、你從前憑你的信實向大衛立誓、要施行的慈愛在那裡呢。
50 主阿、求你記念僕人們所受的羞辱、記念我怎樣將一切強盛民的羞辱存在我懷裡。
51 耶和華阿、你的仇敵、用這羞辱羞辱了你的僕人、羞辱了你受膏者的腳蹤。

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 耶和華是應當稱頌的、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 [神人摩西的祈禱。]
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、從亙古到永遠、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、好像一聲歎息。

10 我們一生的年日是七十歲、若是強壯可到八十歲、但其中所矜誇的、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!

第九一篇

- 1 住在至高者隱密處的、必住在全能者的蔭下。
- 2 我要論到耶和華說、他是我的避難所、是我的山寨、是我的神、是我所倚靠的。
- 3 他必救你脫離捕鳥人的網羅、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、他的誠實、是大小的盾牌。
- 5 你必不怕黑夜的驚駭、或是白日飛的箭、
- 6 也不怕黑夜行的瘟疫、或是午間滅人的毒病。
- 7 雖有千人仆倒在你旁邊、萬人仆倒在你右邊、這災卻不得臨近你。
- 8 你惟親眼觀看、見惡人遭報。
- 9 耶和華是我的避難所、你已將至高者當你的居所、
- 10 禍患必不臨到你、災害也不接近你的帳棚。
- 11 因他要為你吩咐他的使者、在你行的一切道路上保護你。
- 12 他們要用手托著你、免得你的腳碰在石頭上。
- 13 你要踰在獅子和虺蛇的身上、踐踏少壯獅子和大蛇。
- 14 神說、因為他專心愛我、我就要搭救他、因為他知道我的名、我要把他安置在高處。
- 15 他若求告我、我就應允他、他在急難中、我要與他同在、我要搭救他、使他尊貴。
- 16 我要使他足享長壽、將我的救恩顯明給他。

第九十二篇

- 1 〔安息日的詩歌。〕
稱謝耶和華、歌頌你至高者的名。
- 2 用十絃的樂器和瑟、用琴彈幽雅的聲音、
- 3 早晨傳揚你的慈愛、每夜傳揚你的信實、這本為美事。

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、你的心思極其深。
- 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 你卻高舉了我的角、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 他們栽於耶和華的殿中、發旺在我們神的院裡。
- 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、在他毫無不義。

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 耶和華在高處大有能力、勝過諸水的響聲、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、惡人誇勝要到幾時呢、要到幾時呢。
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、又殺害孤兒。

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、到幾時纔有智慧呢。
9 造耳朵的、難道自己不聽見麼、造眼睛的、難道自己不看見麼。
10 管教列邦的、就是叫人得知識的、難道自己不懲治人麼。

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、心裡正直的、必都隨從。
16 誰肯爲我起來攻擊作惡的、誰肯爲我站起抵擋作孽的。

17 若不是耶和華幫助我、我就住在寂靜之中了。
18 我正說我失了腳、耶和華阿、那時你的慈愛扶助我。
19 我心裡多憂多疑、你安慰我、就使我歡樂。
20 那藉著律例架弄殘害、在位上行奸惡的、豈能與你相交麼。
21 他們大家聚集攻擊義人、將無辜的人定爲死罪。
22 但耶和華向來作了我的高臺、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 我們要來感謝他、用詩歌向他歡呼。
3 因耶和華為大 神、為大王、超乎萬神之上。
4 地的深處在他手中，山的高峰也屬他。
5 海洋屬他。是他造的，旱地也是他手造成的。
6 來阿、我們要屈身敬拜、在造我們的耶和華面前跪下。
7 因為他是我們的 神，我們是他草場的羊、是他手下的民。惟願你們今天聽他的話。
8 你們不可硬著心、像當日在米利巴、就是在曠野的瑪撒。
9 那時你們的祖宗試我探我、並且觀看我的作為。
10 四十年之久、我厭煩那世代、說、這是心裡迷糊的百姓、竟不曉得我的作為。
11 所以我在怒中起誓、說、他們斷不可進入我的安息。

第九十六篇

- 1 你們要向耶和華唱新歌，全地都要向耶和華歌唱。
2 要向耶和華歌唱、稱頌他的名、天天傳揚他的救恩。
3 在列邦中述說他的榮耀、在萬民中述說他的奇事。
4 因耶和華為大、當受極大的讚美，他在萬神之上當受敬畏。
5 外邦的神都屬虛無，惟獨耶和華創造諸天。
6 有尊榮和威嚴在他面前，有能力與華美在他聖所。
7 民中的萬族阿、你們要將榮耀能力歸給耶和華、都歸給耶和華。
8 要將耶和華的名所當得的榮耀歸給他、拿供物來進入他的院宇。
9 當以聖潔的妝飾、〔的或作為〕敬拜耶和華，全地要在他面前戰抖。
10 人在列邦中要說、耶和華作王，世界就堅定、不得動搖，他要按公正審判眾民。
11 願天歡喜、願地快樂，願海和其中所充滿的澎湃。

- 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 願田和其中所有的都歡樂・那時、林中的樹木、都要在耶和華面前歡呼・
13 因為他來了・他來要審判全地・他要按公義審判世界、按他的信實審判萬民。

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・願地快樂、願眾海島歡喜。
2 密雲和幽暗、在他的四圍・公義和公平、是他寶座的根基。
3 有烈火在他前頭行、燒滅他四圍的敵人。
4 他的閃電光照世界・大地看見便震動。
5 諸山見耶和華的面、就是全地之主的面、便消化如蠟。
6 諸天表明他的公義、萬民看見他的榮耀。
7 願一切事奉雕刻的偶像、靠虛無之神自誇的、都蒙羞愧。萬神哪、你們都當拜他。
8 耶和華阿、錫安聽見你的判斷、就歡喜、猶大的城邑、〔原文作女子〕也都快樂。
9 因為你耶和華至高・超乎全地・你被尊崇、遠超萬神之上。
10 你們愛耶和華的、都當恨惡罪惡・他保護聖民的性命、搭救他們脫離惡人的手。
11 散布亮光是為義人・豫備喜樂、是為正直人。
12 你們義人當靠耶和華歡喜、稱謝他可記念的聖名。

Psalms 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 〔一篇詩。〕
你們要向耶和華唱新歌・因為他行過奇妙的事・他的右手和聖臂、施行救恩。
2 耶和華發明了他的救恩、在列邦人眼前顯出公義・
3 記念他向以色列家所發的慈愛、所憑的信實・地的四極、都看見我們 神的救恩。
4 全地都要向耶和華歡樂・要發起大聲、歡呼歌頌。

Psalms 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 要用琴歌頌耶和華、用琴和詩歌的聲音歌頌他。
6 用號和角聲、在大君王耶和華面前歡呼。
7 願海和其中所充滿的澎湃、世界和住在其間的、也要發聲。
8 願大水拍手、願諸山在耶和華面前一同歡呼。
9 因為他來、要審判遍地、他要按公義審判世界、按公正審判萬民。

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、萬民當戰抖、他坐在二基路伯上、地當動搖。
2 耶和華在錫安為大、他超乎萬民之上。
3 他們當稱讚他大而可畏的名、他本為聖。
4 王有能力喜愛公平、堅立公正、在雅各中施行公平和公義。
5 你們當尊崇耶和華我們的 神、在他腳凳前下拜、他本為聖。
6 在他的祭司中有摩西和亞倫、在求告他名的人中有撒母耳、他們求告耶和華、他就應允他們。
7 他在雲柱中對他們說話、他們遵守他的法度、和他所賜給他們的律例。
8 耶和華我們的 神阿、你應允他們、你是赦免他們的 神、卻按他們所行的報應他們。
9 你們要尊崇耶和華我們的 神、在他的聖山下拜、因為耶和華我們的 神本為聖。

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 [稱謝詩。]
普天下當向耶和華歡呼。
2 你們當樂意事奉耶和華、當來向他歌唱。
3 你們當曉得耶和華是 神、我們是他造的、也是屬他的、我們是他的民、也是他草場的羊。

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 當稱謝進入他的門、當讚美進入他的院、
當感謝他、稱頌他的名。
- 5 因為耶和華本為善、他的慈愛、存到永
遠、他的信實、直到萬代。

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 [大衛的詩。]
我要歌唱慈愛和公平、耶和華阿、我要向
你歌頌。
- 2 我要用智慧行完全的道、你幾時到我這裡
來呢、我要存完全的心、行在我家中。
- 3 邪僻的事、我都不擺在我眼前、悖逆人所
作的事、我甚恨惡、不容沾在我身上。
- 4 彎曲的心思、我必遠離、一切的惡人、
〔或作惡事〕我不認識。
- 5 在暗中譏謗他鄰居的、我必將他滅絕、眼
目高傲、心裡驕縱的、我必不容他。
- 6 我眼要看國中的誠實人、叫他們與我同
住、行為完全的、他要伺候我。
- 7 行詭詐的、必不得住在我家裡、說謊話
的、必不得立在我眼前。
- 8 我每日早晨、要滅絕國中所有的惡人、好
把一切作孽的、從耶和華的城裡剪除。

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 [困苦人發昏的時候、在耶和華面前吐露
苦情的禱告。]
耶和華阿、求你聽我的禱告、容我的呼求
達到你面前。
- 2 我在急難的日子、求你向我側耳、不要向
我掩面、我呼求的日子、求你快快應允
我。
- 3 因為我的年日、如煙雲消滅、我的骨頭、
如火把燒著。
- 4 我的心被傷、如草枯乾、甚至我忘記喫
飯。
- 5 因我唉哼的聲音、我的肉緊貼骨頭。
- 6 我如同曠野的鵲鵲、我好像荒場的鴉鳥。

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，我像房頂上孤單的麻雀。
8 我的仇敵終日辱罵我，向我猖狂的人、指著我賭咒。
9 我喫過爐灰、如同喫飯，我所喝的與眼淚攪雜。
10 這都因你的惱恨和忿怒，你把我拾起來、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遠，你可記念的名、也存到萬代。
13 你必起來憐恤錫安，因現在是可憐他的時候，日期已經到了。
14 你的僕人原來喜悅他的石頭、可憐他的塵土。
15 列國要敬畏耶和華的名，世上諸王都敬畏你的榮耀。
16 因為耶和華建造了錫安、在他榮耀裡顯現。
17 他垂聽窮人的禱告、並不藐視他們的祈求。
18 這必為後代的人記下，將來受造的民、要讚美耶和華。
19 因為他從至高的聖所垂看，耶和華從天向地觀察。
20 要垂聽被囚之人的歎息，要釋放將要死的人。
21 使人在錫安傳揚耶和華的名、在耶路撒冷傳揚讚美他的話。
22 就是在萬民和列國聚會事奉耶和華的時候。
23 他使我的力量、中道衰弱、使我的年日短少。
24 我說、我的神阿、不要使我中年去世，你的年數、世世無窮。
25 你起初立了地的根基，天也是你手所造的。
26 天地都要滅沒、你卻要長存，天地都要如外衣漸漸舊了，你要將天地如裡衣更換，天地就改變了。
27 惟有你永不改變，你的年數沒有窮盡。

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 你僕人的子孫要長存・他們的後裔、要堅立在你面前。

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 [大衛的詩。]

我的心哪、你要稱頌耶和華・凡在我裡面的、也要稱頌他的聖名。

- 2 我的心哪、你要稱頌耶和華、不可忘記他的一切恩惠。

- 3 他赦免你的一切罪孽、醫治你的一切疾病。

- 4 他救贖你的命脫離死亡、以仁愛和慈悲為你的冠冕。

- 5 他用美物、使你所願的得以知足、以致你如鷹返老還童。

- 6 耶和華施行公義、為一切受屈的人伸冤。

- 7 他使摩西知道他的法則、叫以色列人曉得他的作為。

- 8 耶和華有憐憫、有恩典、不輕易發怒、且有豐盛的慈愛。

- 9 他不長久責備、也不永遠懷怒。

- 10 他沒有按我們的罪過待我們、也沒有照我們的罪孽報應我們。

- 11 天離地何等的高、他的慈愛向敬畏他的人、也是何等的大。

- 12 東離西有多遠、他叫我們的過犯、離我們也有多遠。

- 13 父親怎樣憐恤他的兒女、耶和華也怎樣憐恤敬畏他的人。

- 14 因為他知道我們的本體、思念我們不過是塵土。

- 15 至於世人、他的年日如草一樣・他發旺如野地的花。

- 16 經風一吹、便歸無有・他的原處、也不再認識他。

- 17 但耶和華的慈愛、歸於敬畏他的人、從亙古到永遠・他的公義、也歸於子子孫孫・

- 18 就是那些遵守他的約、記念他的訓詞而遵行的人。

- 19 耶和華在天上立定寶座・他的權柄〔原文作國〕統管萬有。

- 20 聽從他命令成全他旨意有大能的天使、都要稱頌耶和華。

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 你們作他的諸軍作他的僕役行他所喜悅的、都要稱頌耶和華。
22 你們一切被他造的、在他所治理的各處、都要稱頌耶和華。我的心哪、你要稱頌耶和華。

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、你要稱頌耶和華。耶和華我的神阿、你爲至大。你以尊榮威嚴爲衣服。
2 披上亮光、如披外袍。鋪張穹蒼、如鋪幔子。
3 在水中立樓閣的棟梁、用雲彩爲車輦、藉著風的翅膀而行。
4 以風爲使者、以火燄爲僕役。
5 將地立在根基上、使地永不動搖。
6 你用深水遮蓋地面、猶如衣裳。諸水高過山嶺。
7 你的斥責一發、水便奔逃。你的雷聲一發、水便奔流。
8 (諸山升上、諸谷沉下。〔或作隨山上翻隨谷下流〕) 歸你爲他所安定之地。
9 你定了界限、使水不能過去、不再轉回遮蓋地面。
10 耶和華使泉源湧在山谷、流在山間。
11 使野地的走獸有水喝。野驢得解其渴。
12 天上的飛鳥在水旁住宿、在樹枝上啼叫。
13 他從樓閣中澆灌山嶺、因他作爲的功效、地就豐足。
14 他使草生長、給六畜喫。使菜蔬發長、供給人用。使人從地裡能得食物。
15 又得酒能悅人心、得油能潤人面、得糧能養人心。
16 佳美的樹木、就是利巴嫩的香柏樹、是耶和華所栽種的、都滿了汁漿。
17 雀鳥在其上搭窩。至於鶴、松樹是他的房屋。
18 高山爲野山羊的住所。巖石爲沙番的藏處。

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 你安置月亮爲定節令，日頭自知沉落。
20 你造黑暗爲夜，林中的百獸就都爬出來。
21 少壯獅子吼叫，要抓食，向神尋求食物。
22 日頭一出，獸便躲避，臥在洞裡。
23 人出去作工，勞碌直到晚上。
24 耶和華阿，你所造的何其多，都是你用智慧造成的，遍地滿了你的豐富。
25 那裡有海，又大又廣，其中有無數的動物，大小活物都有。
26 那裡有船行走，有你所造的鱷魚，游泳在其中。
27 這都仰望你按時給他食物。
28 你給他們，他們便拾起來，你張手，他們飽得美食。
29 你掩面，他們便驚惶，你收回他們的氣，他們就死亡歸於塵土。
30 你發出你的靈，他們便受造，你使地面更換爲新。
31 願耶和華的榮耀存到永遠，願耶和華喜悅自己所造的。
32 他看地，地便震動，他摸山，山就冒煙。
33 我要一生向耶和華唱詩，我還活的時候，要向我神歌頌。
34 願他以我的默念爲甘甜，我要因耶和華歡喜。
35 願罪人從世上消滅，願惡人歸於無有。我的心哪，要稱頌耶和華。你們要讚美耶和華。〔原文作哈利路亞下同〕

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 你們要稱謝耶和華，求告他的名，在萬民中傳揚他的作爲。
2 要向他唱詩歌頌，談論他一切奇妙的作爲。
3 要以他的聖名誇耀，尋求耶和華的人，心中應當歡喜。
4 要尋求耶和華與他的能力，時常尋求他的面。

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 他僕人亞伯拉罕的後裔、他所揀選雅各的
6 子孫哪、你們要記念他奇妙的作為、和他的
奇事、並他口中的判語。
7 他是耶和華我們的 神、全地都有他的判
斷。
8 他記念他的約、直到永遠、他所吩咐的
話、直到千代、
9 就是與亞伯拉罕所立的約、向以撒所起的
誓。
10 他又將這約向雅各定為律例、向以色列定
為永遠的約、
11 說、我必將迦南地賜給你、作你產業的
分。
12 當時他們人丁有限、數目稀少、並且在那
地為寄居的。
13 他們從這邦遊到那邦、從這國行到那國、
14 他不吝甚麼人欺負他們、為他們的緣故、
責備君王、
15 說、不可難為我受膏的人、也不可惡待我
的先知。
16 他命饑荒降在那地上、將所倚靠的糧食、
全行斷絕。
17 在他們以先打發一個人去、約瑟被賣為奴
僕。
18 人用腳鐐傷他的腳、他被鐵鍊捆拘。
19 耶和華的話試驗他、直等到他所說的應驗
了。
20 王打發人把他解開、就是治理眾民的、把
他釋放、
21 立他作王家之主、掌管他一切所有的、
22 使他隨意捆綁他的臣宰、將智慧教導他的
長老。
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養眾多、使他們比敵
人強盛、
25 使敵人的心轉去恨他的百姓、並用詭計待
他的僕人。
26 他打發他的僕人摩西、和他所揀選的亞
倫。
27 在敵人中間顯他的神蹟在舍地顯他的奇
事。
28 他命黑暗、就有黑暗、沒有違背他話的。
29 他叫埃及的水變為血、叫他們的魚死了。
30 在他們的地上、以及王宮的內室、青蛙多
多滋生。
31 他說一聲、蒼蠅就成群而來、並有虱子進
入他們四境。

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 他給他們降下冰雹爲雨、在他們的地上降下火燄。
33 他也擊打他們的葡萄樹、和無花果樹、毀壞他們境內的樹木。
34 他說一聲、就有蝗蟲螞蚱上來、不計其數、
35 喫盡了他們地上各樣的菜蔬、和田地的出產。
36 他又擊殺他們國內一切的長子、就是他們強壯時頭生的。
37 他領自己的百姓帶銀子金子出來、他支派中沒有一個軟弱的。
38 他們出來的時候、埃及人便歡喜、原來埃及人懼怕他們。
39 他鋪張雲彩當遮蓋、夜間使火光照。
40 他們一求、他就使鵝鵝飛來、並用天上的糧食、叫他們飽足。
41 他打開磐石、水就湧出、在乾旱之處、水流成河。
42 這都因他記念他的聖言、和他的僕人亞伯拉罕。
43 他帶領百姓歡樂而出、帶領選民歡呼前往。
44 他將列國的地賜給他們、他們便承受眾民勞碌得來的。
45 好使他們遵他的律例、守他的律法。你們要讚美耶和華。

- 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!

第一百零六篇

- 1 你們要讚美耶和華、要稱謝耶和華、因他本爲善、他的慈愛永遠長存。
2 誰能傳說耶和華的大能、誰能表明他一切的美德。
3 凡遵守公平、常行公義的、這人便爲有福。
4 耶和華阿、你用恩惠待你的百姓、求你也用這恩惠記念我、開你的救恩眷顧我、
5 使我見你選民的福、樂你國民的樂、與你的產業一同誇耀。
6 我們與我們的祖宗一同犯罪、我們作了孽、行了惡。
7 我們的祖宗在埃及不明白你的奇事、不記念你豐盛的慈愛、反倒在紅海行了悖逆。

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們、爲要彰顯他的大能、
9 並且斥責紅海、海便乾了、他帶領他們經過深處、如同經過曠野。
10 他拯救他們脫離恨他們人的手、從仇敵手中救贖他們。
11 水淹沒他們的敵人、沒有一個存留。
12 那時他們纔信了他的話、歌唱讚美他。
13 等不多時、他們就忘了他的作爲、不仰望他的指教、
14 反倒在曠野大起慾心、在荒地試探 神。
15 他將他們所求的賜給他們、卻使他們的心靈軟弱。
16 他們又在營中嫉妒摩西、和耶和華的聖者亞倫。
17 地裂開吞下大坍、掩蓋亞比蘭一黨的人。
18 有火在他們的黨中發起、有火焰燒燬了惡人。
19 他們在何烈山造了牛犢叩拜鑄成的像。
20 如此將他們榮耀的主、換爲喫草之牛的像、
21 忘了 神他們的救主、他曾在埃及行大事、
22 在含地行奇事、在紅海行可畏的事。
23 所以他說要滅絕他們、若非有他所揀選的摩西站在當中、〔原文作破口〕使他的忿怒轉消、恐怕他就滅絕他們。
24 他們又藐視那美地、不信他的話、
25 在自己帳棚內發怨言、不聽耶和華的聲音。
26 所以他對他們起誓、必叫他們倒在曠野、
27 叫他們的後裔倒在列國之中、分散在各地。
28 他們又與巴力昆珥連合、且喫了祭死神〔或作人〕的物。
29 他們這樣行、惹耶和華發怒、便有瘟疫流行在他們中間。
30 那時非尼哈站起、刑罰惡人、瘟疫這纔止息。
31 那就算爲他的義、世世代代直到永遠。
32 他們在米利巴水又叫耶和華發怒、甚至摩西也受了虧損、

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 是因他們惹動他的靈·摩西〔原文作他〕
用嘴說了急躁的話。
34 他們不照耶和華所吩咐的滅絕外邦人、
35 反與他們混雜相合、學習他們的行為、
36 事奉他們的偶像·這就成了自己的網羅。
37 把自己的兒女祭祀鬼魔、
38 流無辜人的血、就是自己兒女的血、把他
們祭祀迦南的偶像·那地就被血污穢了。
39 這樣他們被自己所作的污穢了、在行為上
犯了邪淫。
40 所以耶和華的怒氣、向他的百姓發作、憎
惡他的產業。
41 將他們交在外邦人的手裡·恨他們的人就
轄制他們。
42 他們的仇敵也欺壓他們、他們就伏在敵人
手下。
43 他屢次搭救他們、他們卻設謀背逆·因自
己的罪孽降為卑下。
44 然而他聽見他們哀告的時候、就眷顧他們
的急難日·
45 為他們記念他的約、照他豐盛的慈愛後
悔。
46 他也使他們在凡擄掠他們的人面前蒙憐
恤。
47 耶和華我們的神阿、求你拯救我們、從
外邦中招聚我們、我們好稱讚你的聖名、
以讚美你為誇勝。
48 耶和華以色列的神、是應當稱頌的、從
亙古直到永遠。願眾民都說、阿們。你們
要讚美耶和華。

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 你們要稱謝耶和華、因他本為善·他的慈
愛、永遠長存。
2 願耶和華的贖民說這話、就是他從敵人手
中所救贖的、
3 從各地、從東從西、從南從北、所招聚來
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 他們在曠野荒地漂流、尋不見可住的城邑。
5 又飢又渴、心裡發昏。
6 於是他們在苦難中哀求耶和華、他從他們的禍患中搭救他們。
7 又領他們行走直路、使他們往可居住的城邑。
8 但願人因耶和華的慈愛、和他向人所行的奇事、都稱讚他。
9 因他使心裡渴慕的人、得以知足、使心裡飢餓的人、得飽美物。
10 那些坐在黑暗中死蔭裡的人、被困苦和鐵鍊捆鎖、
11 是因他們違背 神的話語、藐視至高者的旨意。
12 所以他用勞苦治服他們的心、他們仆倒、無人扶助。
13 於是他們在苦難中哀求耶和華、他從他們的禍患中拯救他們。
14 他從黑暗中、和死蔭裡、領他們出來、折斷他們的綁索。
15 但願人因耶和華的慈愛、和他向人所行的奇事、都稱讚他。
16 因為他打破了銅門、砍斷了鐵門。
17 愚妄人因自己的過犯、和自己的罪孽、便受苦楚。
18 他們心裡厭惡各樣的食物、就臨近死門。
19 於是他們在苦難中哀求耶和華、他從他們的禍患中、拯救他們。
20 他發命醫治他們、救他們脫離死亡。
21 但願人因耶和華的慈愛、和他向人所行的奇事、都稱讚他。
22 願他們以感謝為祭獻給他、歡呼述說他的作為。
23 在海上坐船、在大水中經理事務的。
24 他們看見耶和華的作為、並他在深水中的奇事。
25 因他一吩咐、狂風就起來、海中的波浪也揚起。
26 他們上到天空、下到海底、他們的心因患難便消化。
27 他們搖搖幌幌、東倒西歪、好像醉酒的人、他們的智慧無法可施。

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 於是他們在苦難中哀求耶和華、他從他們的禍患中領出他們來。
29 他使狂風止息、波浪就平靜。
30 風息浪靜、他們便歡喜、他就引他們到所願去的海口。
31 但願人因耶和華的慈愛、和他向人所行的奇事、都稱讚他。
32 願他們在民的會中尊崇他、在長老的位上讚美他。
33 他使江河變為曠野、叫水泉變為乾渴之地。
34 使肥地變為鹼地、這都因其間居民的罪惡。
35 他使曠野變為水潭、叫旱地變為水泉。
36 他使飢餓的人住在那裡、好建造可住的城邑。
37 又種田地、栽葡萄園、得享所出的土產。
38 他又賜福給他們、叫他們生養眾多、也不叫他們的牲畜減少。
39 他們又因暴虐、患難、愁苦、就減少且卑下。
40 他使君王蒙羞被辱、使他們在荒廢無路之地漂流。
41 他卻將窮乏人安置在高處、脫離苦難、使他的家屬多如羊群。
42 正直人看見、就歡喜、罪孽之輩、必塞口無言。
43 凡有智慧的、必在這些事上留心、也必思想耶和華的慈愛。

- 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 number.
107:39 As for their enemies, they decreased in number 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 [大衛的詩歌。]
神阿、我心堅定、我口〔原文作榮耀〕要唱詩歌頌。
2 琴瑟阿、你們當醒起、我自己要極早醒起。
3 耶和華阿、我要在萬民中稱謝你、在列邦中歌頌你。
4 因為你的慈愛大過諸天、你的誠實達到穹蒼。

Psalms 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、願你崇高、過於諸天、願你的榮耀、高過全地。
6 求你應允我們、用右手拯救我們、好叫你所親愛的人得救。
7 神已經指著他的聖潔說、〔說或作應許我〕我要歡樂、我要分開示劍、丈量疏割谷。
8 基列是我的、瑪拿西是我的、以法蓮是護衛我頭的、猶大是我的杖。
9 摩押是我的沐浴盆、我要向以東拋鞋、我必因勝非利士呼喊。
10 誰能領我進堅固城、誰能引我到以東地。
11 神阿、你不是丟棄了我們麼、神阿、你不和我們的軍兵同去麼。
12 求你幫助我們攻擊敵人、因為人的幫助是枉然的。
13 我們倚靠神、纔得施展大能、因為踐踏我們敵人的就是他。

第一百零九篇

- 1 〔大衛的詩、交與伶長。〕我所讚美的神阿、求你不要閉口不言。
2 因為惡人的嘴、和詭詐人的口、已經張開攻擊我、他們用撒謊的舌頭對我說話。
3 他們圍繞我、說怨恨的話、又無故地攻打我。
4 他們與我為敵以報我愛、但我專心祈禱。
5 他們向我以惡報善、以恨報愛。
6 願你派一個惡人轄制他、派一個對頭站在他右邊。
7 他受審判的時候、願他出來擔當罪名、願他的祈禱、反成為罪。
8 願他的年日短少、願別人得他的職分。
9 願他的兒女為孤兒、他的妻子為寡婦。
10 願他的兒女漂流討飯、從他們荒涼之處出來求食。
11 願強暴的債主牢籠他一切所有的、願外人搶他勞碌得來的。
12 願無人向他延綿施恩、願無人可憐他的孤兒。
13 願他的後人斷絕、名字被塗抹、不傳於下代。

- 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 願他祖宗的罪孽被耶和華記念・願他母親的罪過不被塗抹。
- 15 願這些罪常在耶和華面前、使他的名號斷絕於世・
- 16 因為他不想施恩、卻逼迫困苦窮乏的、和傷心的人、要把他們治死。
- 17 他愛咒罵、咒罵就臨到他・他不喜愛福樂、福樂就與他遠離。
- 18 他拿咒罵當衣服穿上・這咒罵就如水進他裡面、像油入他的骨頭。
- 19 願這咒罵當他遮身的衣服、當他常束的腰帶。
- 20 這就是我對頭、和用惡言議論我的人、從耶和華那裡所受的報應。
- 21 主耶和華阿、求你為你的名恩待我・因你的慈愛美好、求你搭救我・
- 22 因為我困苦窮乏、內心受傷。
- 23 我如日影漸漸偏斜而去・我如蝗蟲被抖出來。
- 24 我因禁食、膝骨軟弱・我身上的肉、也漸漸瘦了。
- 25 我受他們的羞辱・他們看見我、便搖頭。
- 26 耶和華我的 神阿、求你幫助我、照你的慈愛拯救我・
- 27 使他們知道這是你的手、是你耶和華所行的事。
- 28 任憑他們咒罵・惟願你賜福・他們幾時起來、就必蒙羞・你的僕人卻要歡喜。
- 29 願我的對頭、披戴羞辱・願他們以自己的羞愧為外袍遮身。
- 30 我要用口極力稱謝耶和華・我要在眾人中間讚美他。
- 31 因為他必站在窮乏人的右邊、要救他脫離審判他靈魂的人。

- 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 [大衛的詩。]
耶和華對我主說、你坐在我的右邊、等我使你仇敵作你的腳凳。
- 2 耶和華必使你從錫安伸出能力的杖來・你要在你仇敵中掌權。

Psalm 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 當你掌權的日子、〔或作行軍的日子〕你的民要以聖潔的妝飾爲衣、〔或作以聖潔爲妝飾〕甘心犧牲自己，你的民多如清晨的甘露。〔或作你少年時光耀如清晨的甘露〕
- 4 耶和華起了誓、決不後悔、說、你是照著麥基洗德的等次、永遠爲祭司。
- 5 在你右邊的主、當他發怒的日子、必打傷列王。
- 6 他要在列邦中刑罰惡人、屍首就遍滿各處，他要在許多國中打破仇敵的頭。
- 7 他要喝路旁的河水，因此必抬起頭來。

第一百一十一篇

- 1 你們要讚美耶和華。我要在正直人的大會中、並公會中、一心稱謝耶和華。
- 2 耶和華的作爲本爲大，凡喜愛的都必考察。
- 3 他所行的是尊榮、和威嚴。他的公義存到永遠。
- 4 他行了奇事、使人記念，耶和華有恩惠、有憐憫。
- 5 他賜糧食給敬畏他的人，他必永遠記念他的約。
- 6 他向百姓顯出大能的作爲、把外邦的地賜給他們爲業。
- 7 他所行的、是誠實公平，他的訓詞都是確實的。
- 8 是永永遠遠堅定的，是按誠實正直設立的。
- 9 他向百姓施行救贖、命定他的約、直到永遠，他的名聖而可畏。
- 10 敬畏耶和華是智慧的開端，凡遵行他命令的、是聰明人，耶和華是永遠當讚美的。

第一百一十二篇

- 1 你們要讚美耶和華。敬畏耶和華、甚喜愛他命令的、這人便爲有福。

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.

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.

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 他的後裔在世必強盛，正直人的後代、必要蒙福。
3 他家中有貨物、有錢財，他的公義、存到永遠。
4 正直人在黑暗中、有光向他發現，他有恩惠、有憐憫、有公義。
5 施恩與人、借貸與人的、這人事情順利，他被審判的時候、要訴明自己的冤。
6 他永不動搖，義人被記念直到永遠。
7 他必不怕兇惡的信息，他心堅定、倚靠耶和華。
8 他心確定、總不懼怕、直到他看見敵人遭報。
9 他施捨錢財、賙濟貧窮，他的仁義、存到永遠。他的角必被高舉、大有榮耀。
10 惡人看見便惱恨、必咬牙而消化，惡人的心願、要歸滅絕。

- 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 你們要讚美耶和華。耶和華的僕人哪、你們要讚美、讚美耶和華的名。
2 耶和華的名、是應當稱頌的、從今時直到永遠。
3 從日出之地、到日落之處、耶和華的名是應當讚美的。
4 耶和華超乎萬民之上，他的榮耀高過諸天。
5 誰像耶和華我們的 神呢，他坐在至高之處、
6 自己謙卑、觀看天上地下的事。
7 他從灰塵裡抬舉貧寒人、從糞堆中提拔窮乏人，
8 使他們與王子同坐、就是與本國的王同坐。
9 他使不能生育的婦人安居家中、為多子的樂母。你們要讚美耶和華。

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、雅各家離開說異言之民，
2 那時猶大為主的聖所、以色列為他所治理的國度。

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 滄海看見就奔逃、約但河也倒流。
4 大山踴躍如公羊、小山跳舞如羊羔。
5 滄海阿、你為何奔逃、約但哪你為何倒流。
6 大山哪、你為何踴躍如公羊、小山哪、你為何跳舞如羊羔。
7 大地阿、你因見主的面、就是雅各 神的面、便要震動。
8 他叫磐石變為水池、叫堅石變為泉源。

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 神在那裡呢。
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 有口卻不能言、有眼卻不能看。
6 有耳卻不能聽、有鼻卻不能聞。
7 有手卻不能摸、有腳卻不能走、有喉嚨也不能出聲。
8 造他的要和他一樣、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、你們要倚靠耶和華、他是你們的幫助、和你們的盾牌。
11 你們敬畏耶和華的、要倚靠耶和華、他是你們的幫助、和你們的盾牌。
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 願耶和華叫你們和你們的子孫、日見加增。
15 你們蒙了造天地之耶和華的福。
16 天是耶和華的天、地、他卻給了世人。
17 死人不能讚美耶和華、下到寂靜中的、也都不能。

Psalms 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 但我們要稱頌耶和華、從今時直到永遠。
你們要讚美耶和華。

115:18 But we will praise the LORD
now and forevermore.
Praise the LORD!

第一百一十六篇

- 1 我愛耶和華、因為他聽了我的聲音、和我的懇求。
2 他既向我側耳、我一生要求告他。
3 死亡的繩索纏繞我、陰間的痛苦抓住我、
我遭遇患難愁苦。
4 那時、我便求告耶和華的名、說、耶和華阿、求你救我的靈魂。
5 耶和華有恩惠、有公義、我們的 神以憐憫為懷。
6 耶和華保護愚人、我落到卑微的地步、他救了我。
7 我的心哪、你要仍歸安樂、因為耶和華用厚恩待你。
8 主阿、你救我的命、免了死亡、救我的眼、免了流淚、救我的腳、免了跌倒。
9 我要在耶和華面前、行活人之路。
10 我因信、所以如此說話、我受了極大的困苦。
11 我曾急促地說、人都是說謊的。
12 我拿甚麼報答耶和華向我所賜的一切厚恩。
13 我要舉起救恩的杯、稱揚耶和華的名。
14 我要在他眾民面前向耶和華還我的願。
15 在耶和華眼中看聖民之死、極為寶貴。
16 耶和華阿、我真是你的僕人、我是你的僕人、是你婢女的兒子、你已經解開我的綁索。
17 我要以感謝為祭獻給你、又要求告耶和華的名。
18 我要在他眾民面前、在耶和華殿的院內、
19 在耶路撒冷當中、向耶和華還我的願。你們要讚美耶和華。

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 萬國阿、你們都當讚美耶和華、萬民哪、
你們都當頌讚他。
2 因為他向我們大施慈愛、耶和華的誠實、
存到永遠。你們要讚美耶和華。

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

- 1 你們要稱謝耶和華、因他本為善、他的慈愛永遠長存。
2 願以色列說、他的慈愛永遠長存。
3 願亞倫的家說、他的慈愛永遠長存。
4 願敬畏耶和華的說、他的慈愛永遠長存。
5 我在急難中求告耶和華、他就應允我、把我安置在寬闊之地。
6 有耶和華幫助我、我必不懼怕、人能把我怎麼樣呢。
7 在那幫助我的人中、有耶和華幫助我、所以我要看見那恨我的人遭報。
8 投靠耶和華、強似倚賴人。
9 投靠耶和華、強似倚賴王子。
10 萬民圍繞我、我靠耶和華的名、必剿滅他們。
11 他們環繞我、圍困我、我靠耶和華的名、必剿滅他們。
12 他們如同蜂子圍繞我、好像燒荆棘的火、必被熄滅、我靠耶和華的名、必剿滅他們。
13 你推我要叫我跌倒、但耶和華幫助了我。
14 耶和華是我的力量、是我的詩歌、他也成了我的拯救。
15 在義人的帳棚裡、有歡呼拯救的聲音、耶和華的右手施展大能。
16 耶和華的右手高舉、耶和華的右手施展大能。
17 我必不至死、仍要存活、並要傳揚耶和華的作為。
18 耶和華雖嚴嚴的懲治我、卻未曾將我交於死亡。
19 給我敞開義門、我要進去、稱謝耶和華。
20 這是耶和華的門、義人要進去。
21 我要稱謝你、因為你已經應允我、又成了我的拯救。
22 匠人所棄的石頭、已成了房角的頭塊石頭。
23 這是耶和華所作的、在我們眼中看為希奇。

Psalm 118

- 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 這是耶和華所定的日子，我們在其中要高興歡喜。
- 25 耶和華阿、求你拯救，耶和華阿、求你使我們亨通。
- 26 奉耶和華名來的、是應當稱頌的，我們從耶和華的殿中、為你們祝福。
- 27 耶和華是神，他光照了我們，理當用繩索把祭牲拴住、牽到壇角那裡。
- 28 你是我的神、我要稱謝你，你是我的神、我要尊崇你。
- 29 你們要稱謝耶和華，因他本為善，他的慈愛永遠長存。

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 行為完全、遵行耶和華律法的、這人便為有福。
- 2 遵守他的法度、一心尋求他的、這人便為有福。
- 3 這人不作非義的事，但遵行他的道。
- 4 耶和華阿、你曾將你的訓詞吩咐我們、為要我們殷勤遵守。
- 5 但願我行事堅定、得以遵守你的律例。
- 6 我看重你的一切命令、就不至於羞愧。
- 7 我學了你公義的判語、就要以正直的心稱謝你。
- 8 我必守你的律例，求你總不要丟棄我。

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 少年人用甚麼潔淨他的行為呢，是要遵行你的話。
- 10 我一心尋求了你、求你不要叫我偏離你的命令。
- 11 我將你的話藏在心裡、免得我得罪你。
- 12 耶和華阿、你是應當稱頌的，求你將你的律例教訓我。
- 13 我用嘴唇傳揚你口中的一切典章。
- 14 我喜悅你的法度、如同喜悅一切的財物。
- 15 我要默想你的訓詞、看重你的道路。
- 16 我要在你的律例中自樂，我不忘記你的話。

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 求你用厚恩待你的僕人、使我存活、我就遵守你的話。
18 求你開我的眼睛、使我看出你律法中的奇妙。
19 我是在地上作寄居的、求你不要向我隱瞞你的命令。
20 我時常切慕你的典章、甚至心碎。
21 受咒詛偏離你命令的驕傲人、你已經責備他們。
22 求你除掉我所受的羞辱和藐視、因我遵守你的法度。
23 雖有首領坐著妄論我、你僕人卻思想你的律例。
24 你的法度、是我所喜樂的、是我的謀士。

- 25 我的性命幾乎歸於塵土、求你照你的話、將我救活。
26 我述說我所行的、你應允了我、求你將你的律例教訓我。
27 求你使我明白你的訓詞、我就思想你的奇事。
28 我的心因愁苦而消化、求你照你的話使我堅立。
29 求你使我離開奸詐的道、開恩將你的律法賜給我。
30 我揀選了忠信的道、將你的典章擺在我面前。
31 我持守你的法度、耶和華阿、求你不要叫我羞愧。
32 你開廣我心的時候、我就往你命令的道上直奔。

- 33 耶和華阿、求你將你的律例指教我、我必遵守到底。
34 求你賜我悟性、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、因為這是我所喜樂的。
36 求你使我的心、趨向你的法度、不趨向非義之財。
37 求你叫我轉眼不看虛假、又叫我在你的道中生活。
38 你向敬畏你的人所應許的話、求你向僕人堅定。
39 求你使我所怕的羞辱遠離我、因你的典章本為美。

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.

⌈ (*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.

⌋ (*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 我羨慕你的訓詞，求你使我在你的公義上生活。

41 耶和華阿、願你照你的話、使你的慈愛、就是你的救恩、臨到我身上。

42 我就有話回答那羞辱我的，因我倚靠你的話。

43 求你叫真理的話、總不離開我口，因我仰望你的典章。

44 我要常守你的律法、直到永永遠遠。

45 我要自由而行，〔或作我要行在寬闊之地〕因我素來考究你的訓詞。

46 我也要君王面前、論說你的法度、並不至於羞愧。

47 我要在你的命令中自樂，這命令素來是我所愛的。

48 我又要遵行〔原文作舉手〕你的命令。這命令素來是我所愛的，我也要思想你的律例。

49 求你記念向你僕人所應許的話、叫我有盼望。

50 這話將我救活了，我在患難中、因此得安慰。

51 驕傲的人甚侮慢我，我卻未曾偏離你的律法。

52 耶和華阿、我記念你從古以來的典章、就得了安慰。

53 我見惡人離棄你的律法、就怒氣發作、猶如火燒。

54 我在世寄居、素來以你的律例為詩歌。

55 耶和華阿、我夜間記念你的名、遵守你的律法。

56 我所以如此、是因我守你的訓詞。

57 耶和華是我的福分。我曾說、我要遵守你的言語。

58 我一心求過你的恩，願你照你的話憐憫我。

59 我思想我所行的道、就轉步歸向你的法度。

60 我急忙遵守你的命令、並不遲延。

61 惡人的繩索纏繞我，我卻沒有忘記你的律法。

62 我因你公義的典章、半夜必起來稱謝你。

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、守你訓詞的人、我都與他作伴。
64 耶和華阿、你的慈愛遍滿大地、求你將你的律例教訓我。

65 耶和華阿、你向來是照你的話善待僕人。
66 求你將精明和知識賜給我、因我信了你的命令。

67 我未受苦以先、走迷了路、現在卻遵守你的話。
68 你本為善、所行的也善、求你將你的律例教訓我。
69 驕傲人編造謊言攻擊我、我卻要一心守你的訓詞。

70 他們心蒙脂油、我卻喜愛你的律法。
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、勝於千萬的金銀。

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 願你的慈悲臨到我、使我存活、因你的律法是我所喜愛的。

78 願驕傲人蒙羞、因為他們無理地傾覆我、但我要思想你的訓詞。

79 願敬畏你的人歸向我、他們就知道你的法度。

80 願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 我好像煙薰的皮袋、卻不忘記你的律例。

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.

׃ (*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 你僕人的年日有多少呢·你幾時向逼迫我的人施行審判呢。
85 不從你律法的驕傲人、爲我掘了坑。
86 你的命令盡都誠實·他們無理地逼迫我·求你幫助我。
87 他們幾乎把我從世上滅絕·但我沒有離棄你的訓詞。
88 求你照你的慈愛將我救活·我就遵守你口中的法度。
89 耶和華阿、你的話安定在天·直到永遠。
90 你的誠實存到萬代。你堅定了地、地就長存。
91 天地照你的安排、存到今日·萬物都是你的僕役。
92 我若不是喜愛你的律法、早就在苦難中滅絕了。
93 我永不忘記你的訓詞·因你用這訓詞將我救活了。
94 我是屬你的、求你救我·因我尋求了你的訓詞。
95 惡人等待我、要滅絕我·我卻要揣摩你的法度。
96 我看萬事盡都有限·惟有你的命令、極其寬廣。
97 我何等愛慕你的律法、終日不住地思想。
98 你的命令常存在我心裡·使我比仇敵有智慧。
99 我比我的師傅更通達·因我思想你的法度。
100 我比年老的更明白·因我守了你的訓詞。
101 我禁止我腳走一切的邪路、爲要遵守你的話。
102 我沒有偏離你的典章·因爲你教訓了我。
103 你的言語在我上膛何等甘美·在我口中比蜜更甜。
104 我藉著你的訓詞、得以明白·所以我恨一切的假道。
105 你的話是我腳前的燈、是我路上的光。
106 你公義的典章、我曾起誓遵守·我必按誓而行。
107 我甚是受苦·耶和華阿、求你照你的話將我救活。

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.

↳ (*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.

▢ (*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.

└ (*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爲供物、又將你的典章教訓我。
- 109 我的性命常在危險之中、我卻不忘記你的律法。
- 110 惡人爲我設下網羅、我卻沒有偏離你的訓詞。
- 111 我以你的法度爲永遠的產業、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、爲我所恨、但你的律法、爲我所愛。
- 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、因爲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 我因懼怕你、肉就發抖、我也怕你的判語、
- 121 我行過公平和公義、求你不要撤下我給欺壓我的人。
- 122 求你爲僕人作保、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 求你照你的慈愛待僕人、將你的律例教訓我。
- 125 我是你的僕人、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、勝於金子、更勝於精金。
- 128 你一切的訓詞、在萬事上、我都以爲正直、我卻恨惡一切假道。
- 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 你的言語一解開、就發出亮光、使愚人通達。
131 我張口而氣喘、因我切慕你的命令。
132 求你轉向我、憐憫我、好像你素常待那些愛你名的人。
133 求你用你的話使我腳步穩當、不許甚麼罪孽轄制我。
134 求你救我脫離人的欺壓、我要遵守你的訓詞。
135 求你用臉光照僕人、又將你的律例教訓我。
136 我的眼淚下流成河、因為他們不守你的律法。

137 耶和華阿、你是公義的、你的判語也是正直的。
138 你所命定的法度、是憑公義和至誠。
139 我心焦急、如同火燒、因我敵人忘記你的言語。
140 你的話極其精煉、所以你的僕人喜愛。
141 我微小被人藐視、卻不忘記你的訓詞。
142 你的公義永遠長存、你的律法盡都真實。
143 我遭遇患難愁苦、你的命令卻是我所喜愛的。
144 你的法度永遠是公義的、求你賜我悟性、我就活了。

145 耶和華阿、我一心呼籲你、求你應允我、我必謹守你的律例。
146 我向你呼籲、求你救我、我要遵守你的法度。
147 我趁天未亮呼求、我仰望了你的言語。
148 我趁夜更未換、將眼睜開、為要思想你的話語。
149 求你照你的慈愛、聽我的聲音、耶和華阿、求你照你的典章、將我救活。
150 追求奸惡的人臨近了、他們遠離你的律法。
151 耶和華阿、你與我相近、你一切的命令盡都真實。
152 我因學你的法度、久已知道是你永遠立定的。

153 求你看顧我的苦難、搭救我、因我不忘記你的律法。

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 求你爲我辨屈、救贖我、照你的話將我救活。
155 救恩遠離惡人，因爲他們不尋求你的律例。
156 耶和華阿、你的慈悲本爲大，求你照你的典章將我救活。
157 逼迫我的、抵擋我的很多，我卻沒有偏離你的法度。
158 我看見奸惡的人、就甚憎惡，因爲他們不遵守你的話。
159 你看我怎樣愛你的訓詞。耶和華阿、求你照你的慈愛將我救活。
160 你話的總綱是真實，你一切公義的典章是永遠長存。

161 首領無故地逼迫我，但我的心畏懼你的言語。
162 我喜愛你的話，好像人得了許多擄物。
163 謊話是我所恨惡所憎嫌的、惟你的律法、是我所愛的。
164 我因你公義的典章、一天七次讚美你。
165 愛你律法的人、有大平安，甚麼都不能使他們絆腳。
166 耶和華阿、我仰望了你的救恩、遵行了你的命令。
167 我心裡守了你的法度，這法度我甚喜愛。
168 我遵守了你的訓詞和法度，因我一切所行的、都在你面前。

169 耶和華阿、願我的呼籲達到你面前、照你的話賜我悟性。
170 願我的懇求達到你面前、照你的話搭救我。
171 願我的嘴發出讚美的話，因爲你將律例教訓我。
172 願我的舌頭歌唱你的話，因你一切的命令盡都公義。
173 願你用手幫助我，因我揀選了你的訓詞。
174 耶和華阿、我切慕你的救恩，你的律法也是我所喜愛的。
175 願我的性命存活、得以讚美你，願你的典章幫助我。
176 我如亡羊走迷了路，求你尋找僕人，因我不忘記你的命令。

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〔或作登階下同〕之詩。〕
我在急難中求告耶和華、他就應允我。
- 2 耶和華阿、求你救我脫離說謊的嘴唇、和
詭詐的舌頭。
- 3 詭詐的舌頭阿、要給你甚麼呢。要拿甚麼
加給你呢。
- 4 就是勇士的利箭、和羅騰木的炭火。〔羅
騰小樹名松類〕
- 5 我寄居在米設、住在基達帳棚之中、有禍
了。
- 6 我與那恨惡和睦的人、許久同住。
- 7 我願和睦、但我發言、他們就要爭戰。

第一百二十一篇

- 1 〔上行之詩。〕
我要向山學目。我的幫助從何而來。
- 2 我的幫助從造天地的耶和華而來。
- 3 他必不叫你的腳搖動、保護你的必不打
盹。
- 4 保護以色列的、也不打盹、也不睡覺。
- 5 保護你的是耶和華、耶和華在你右邊蔭庇
你。
- 6 白日太陽必不傷你、夜間月亮必不害你。
- 7 耶和華要保護你、免受一切的災害、他要
保護你的性命。
- 8 你出你入、耶和華要保護你、從今時直到
永遠。

第一百二十二篇

- 1 〔大衛上行之詩。〕
人對我說、我們往耶和華的殿去、我就歡
喜。
- 2 耶路撒冷阿、我們的腳、站在你的門內。
- 3 耶路撒冷被建造、如同連絡整齊的一座
城。
- 4 眾支派、就是耶和華的支派、上那裡去、
按以色列的常例、〔或作作以色列的證
據〕稱讚耶和華的名。

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 因為在那裡設立審判的寶座、就是大衛家的寶座。
6 你們要為耶路撒冷求平安。耶路撒冷阿、愛你的人必然興旺。
7 願你城中平安、願你宮內興旺。
8 因我弟兄和同伴的緣故、我要說、願平安在你中間。
9 因耶和華我們 神殿的緣故、我要為你求福。

第一百二十三篇

- 1 〔上行之詩。〕
坐在天上的主阿、我向你舉目。
2 看哪、僕人的眼睛怎樣望主人的手、使女的眼睛怎樣望主母的手、我們的眼睛也照樣望耶和華我們的 神、直到他憐憫我們。
3 耶和華阿、求你憐憫我們、憐憫我們、因為我們被藐視、已到極處。
4 我們被那些安逸人的譏諷、和驕傲人的藐視、已到極處。

第一百二十四篇

- 1 〔大衛上行之詩。〕
以色列人要說、若不是耶和華幫助我們、
2 若不是耶和華幫助我們、當人起來攻擊我們、
3 向我們發怒的時候、就把我們活活的吞了。
4 那時、波濤必漫過我們、河水必淹沒我們。
5 狂傲的水必淹沒我們。
6 耶和華是應當稱頌的、他沒有把我們當野食交給他們吞喫。〔原文作牙齒〕
7 我們好像雀鳥從捕鳥人的網羅裡逃脫、網羅破裂、我們逃脫了。
8 我們得幫助、是在乎倚靠造天地之耶和華的名。

- 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.

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.

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 〔上行之詩。〕
倚靠耶和華的人、好像錫安山、永不動搖。
- 2 眾山怎樣圍繞耶路撒冷、耶和華也照樣圍繞他的百姓、從今時直到永遠。
- 3 惡人的杖、不常落在義人的分上、免得義人伸手作惡。
- 4 耶和華阿、求你善待那些爲善、和心裡正直的人。
- 5 至於那偏行彎曲道路的人、耶和華必使他和作惡的人、一同出去受刑。願平安歸於以色列。

第一百二十六篇

- 1 〔上行之詩。〕
當耶和華將那些被擄的帶回錫安的時候、我們好像作夢的人。
- 2 我們滿口喜笑、滿舌歡呼的時候、外邦中就有人說、耶和華爲他們行了大事。
- 3 耶和華果然爲我們行了大事、我們就歡喜。
- 4 耶和華阿、求你使我們被擄的人歸回、好像南地的河水復流。
- 5 流淚撒種的、必歡呼收割。
- 6 那帶種流淚出去的、必要歡歡樂樂的帶禾捆回來。

第一百二十七篇

- 1 〔所羅門上行之詩。〕
若不是耶和華建造房屋、建造的人就枉然勞力、若不是耶和華看守城池、看守的人就枉然儆醒。
- 2 你們清晨早起、夜晚安歇、喫勞碌得來的飯、本是枉然、惟有耶和華所親愛的、必叫他安然睡覺。

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, carrying 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 兒女是耶和華所賜的產業，所懷的胎、是他所給的賞賜。
4 少年時所生的兒女、好像勇士手中的箭。
5 箭袋充滿的人、便為有福，他們在城門口、和仇敵說話的時候、必不至於羞愧。

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 〔上行之詩。〕
凡敬畏耶和華、遵行他道的人、便為有福。
2 你要喫勞碌得來的，你要享福、事情順利。
3 你妻子在你的內室、好像多結果子的葡萄樹，你兒女圍繞你的桌子、好像橄欖栽子。
4 看哪、敬畏耶和華的人、必要這樣蒙福。
5 願耶和華從錫安賜福給你。願你一生一世、看見耶路撒冷的好處。
6 願你看見你兒女的兒女。願平安歸於以色列。

Psalm 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 〔上行之詩。〕
以色列當說、從我幼年以來、敵人屢次苦害我、
2 從我幼年以來、敵人屢次苦害我、卻沒有勝了我。
3 如同扶犁的、在我背上扶犁而耕，耕的犁溝甚長。
4 耶和華是公義的，他砍斷了惡人的繩索。
5 願恨惡錫安的、都蒙羞退後。
6 願他們像房頂上的草、未長成而枯乾，
7 收割的不穀一把、捆禾的也不滿懷，
8 過路的也不說、願耶和華所賜的福、歸與你們，我們奉耶和華的名、給你們祝福。

Psalm 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 〔上行之詩。〕
耶和華阿、我從深處向你求告。
2 主阿、求你聽我的聲音、願你側耳聽我懇求的聲音。
3 主耶和華阿、你若究察罪孽、誰能站得住呢。
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、我也仰望他的話。
6 我的心等候主、勝於守夜的等候天亮、勝於守夜的等候天亮。
7 以色列阿、你當仰望耶和華、因他有慈愛、有豐盛的救恩。
8 他必救贖以色列脫離一切的罪孽。

第一百三十一篇

- 1 〔大衛上行之詩。〕
耶和華阿、我的心不狂傲、我的眼不高大、重大和測不透的事、我也不敢行。
2 我的心平穩安靜、好像斷過奶的孩子在他母親的懷中、我的心在我裡面真像斷過奶的孩子。
3 以色列阿、你當仰望耶和華、從今時直到永遠。

第一百三十二篇

- 1 〔上行之詩。〕
耶和華阿、求你記念大衛所受的一切苦難。
2 他怎樣向耶和華起誓、向雅各的大能者許願、
3 說、我必不進我的帳幕、也不上我的床榻。
4 我不容我的眼睛睡覺、也不容我的眼目打盹。
5 直等我為耶和華尋得所在、為雅各的大能者尋得居所。
6 我們聽說約櫃在以法他、我們在基列耶琳就尋見了。
7 我們要進他的居所、在他腳凳前下拜。

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、求你興起、和你有能力的約櫃
同入安息之所。
9 願你的祭司披上公義、願你的聖民歡呼。
10 求你因你僕人大衛的緣故、不要厭棄你的
受膏者。
11 耶和華向大衛憑誠實起了誓、必不反覆、
說、我要使你所生的坐在你的寶座上。
12 你的眾子若守我的約、和我所教訓他們的
法度、他們的子孫、必永遠坐在你的寶座
上。
13 因為耶和華揀選了錫安、願意當作自己的
居所、
14 說、這是我永遠安息之所、我要住在這
裡、因為是我所願意的。
15 我要使其中的糧食豐滿、使其中的窮人飽
足。
16 我要使祭司披上救恩、聖民大聲歡呼。
17 我要叫大衛的角、在那裡發生、我為我的
受膏者、豫備明燈。
18 我要使他的仇敵、披上羞恥、但他的冠
冕、要在頭上發光。

第一百三十三篇

- 1 [大衛上行之詩。]
看哪、弟兄和睦同居、是何等的善、何等
的美。
2 這好比那貴重的油、澆在亞倫的頭上、流
到鬚鬚、又流到他的衣襟、
3 又好比黑門的甘露、降在錫安山、因為在
那裡有耶和華所命定的福、就是永遠的生
命。

第一百三十四篇

- 1 [上行之詩。]
耶和華的僕人、夜間站在耶和華殿中的、
你們當稱頌耶和華。
2 你們當向聖所舉手、稱頌耶和華。
3 願造天地的耶和華、從錫安賜福給你們。

- 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 你們要讚美耶和華。你們要讚美耶和華的名。耶和華的僕人、站在耶和華殿中、站在我們 神殿院中的、你們要讚美他。
- 3 你們要讚美耶和華。耶和華本為善。要歌頌他的名、因為這是美好的。
- 4 耶和華揀選雅各歸自己、揀選以色列特作自己的子民。
- 5 原來我知道耶和華為大、也知道我們的主超乎萬神之上。
- 6 耶和華在天上、在地下、在海中、在一切的深處、都隨自己的意旨而行。
- 7 他使雲霧從地極上騰、造電隨雨而閃、從府庫中帶出風來。
- 8 他將埃及頭生的、連人帶牲畜、都擊殺了。
- 9 埃及阿、他施行神蹟奇事在你當中、在法老和他一切臣僕身上。
- 10 他擊殺許多的民、又殺戮大能的王、
- 11 就是亞摩利王西宏、和巴珊王噩、並迦南一切的國王、
- 12 將他們的地、賞賜他的百姓以色列為業。
- 13 耶和華阿、你的名存到永遠。耶和華阿、你可記念的名、存到萬代。
- 14 耶和華要為他的百姓伸冤、為他的僕人後悔。
- 15 外邦的偶像、是金的銀的、是人手所造的。
- 16 有口卻不能言、有眼卻不能看。
- 17 有耳卻不能聽、口中也沒有氣息。
- 18 造他的要和他一樣。凡靠他的、也要如此。
- 19 以色列家阿、你們要稱頌耶和華。亞倫家阿、你們要稱頌耶和華。
- 20 利未家阿、你們要稱頌耶和華。你們敬畏耶和華的、要稱頌耶和華。
- 21 住在耶路撒冷的耶和華、該從錫安受稱頌。你們要讚美耶和華。

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,
and 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 你們要稱謝耶和華、因他本為善、他的慈愛永遠長存。
2 你們要稱謝萬神之神、因他的慈愛永遠長存。
3 你們要稱謝萬主之主、因他的慈愛永遠長存。
4 稱謝那獨行大奇事的、因他的慈愛永遠長存。
5 稱謝那用智慧造天的、因他的慈愛永遠長存。
6 稱謝那鋪地在水以上的、因他的慈愛永遠長存。
7 稱謝那造成大光的、因他的慈愛永遠長存。
8 他造日頭管白晝、因他的慈愛永遠長存。
9 他造月亮星宿管黑夜、因他的慈愛永遠長存。
10 稱謝那擊殺埃及人之長子的、因他的慈愛永遠長存。
11 他領以色列人從他們中間出來、因他的慈愛永遠長存。
12 他施展大能的手、和伸出來的膀臂、因他的慈愛永遠長存。
13 稱謝那分裂紅海的、因他的慈愛永遠長存。
14 他領以色列從其中經過、因他的慈愛永遠長存。
15 卻把法老和他的軍兵推翻在紅海裡、因他的慈愛永遠長存。
16 稱謝那引導自己的民行走曠野的、因他的慈愛永遠長存。
17 稱謝那擊殺大君王的、因他的慈愛永遠長存。
18 他殺戮有名的君王、因他的慈愛永遠長存。
19 就是殺戮亞摩利王西宏、因他的慈愛永遠長存。
20 又殺巴珊王噩、因他的慈愛永遠長存。
21 他將他們的地賜他的百姓為業、因他的慈愛永遠長存。
22 就是賜他的僕人以色列為業、因他的慈愛永遠長存。
23 他顧念我們在卑微的地步、因他的慈愛永遠長存。
24 他救拔我們脫離敵人、因他的慈愛永遠長存。

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 他賜糧食給凡有血氣的、因他的慈愛永遠長存。
26 你們要稱謝天上的 神、因他的慈愛永遠長存。

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 我們曾在巴比倫的河邊坐下、一追想錫安就哭了。
2 我們把琴掛在那裡的柳樹上。
3 因為在那裡擄掠我們的、要我們唱歌、搶奪我們的、要我們作樂、說、給我們唱一首錫安歌罷。
4 我們怎能在外邦唱耶和華的歌呢。
5 耶路撒冷阿、我若忘記你、情願我的右手忘記技巧。
6 我若不記念你、若不看耶路撒冷過於我所最喜樂的、情願我的舌頭貼於上膛。
7 耶路撒冷遭難的日子、以東人說拆毀、拆毀、直拆到根基、耶和華阿、求你記念這仇。
8 將要被滅的巴比倫城阿、〔城原文作女子〕報復你、像你待我們的、那人便為有福。
9 拿你的嬰孩摔在磐石上的、那人便為有福。

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 〔大衛的詩。〕
我要一心稱謝你、在諸神面前歌頌你。
2 我要向你的聖殿下拜、為你的慈愛和誠實稱讚你的名、因你使你的話顯為大、過於你所應許的。〔或作超乎你的名聲〕
3 我呼求的日子、你就應允我、鼓勵我、使我心裡有能力。
4 耶和華阿、地上的君王、都要稱謝你、因他們聽見了你口中的言語。
5 他們要歌頌耶和華的作為、因耶和華大有榮耀。

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 耶和華雖高、仍看顧低微的人・他卻從遠處看出驕傲的人。
- 7 我雖行在患難中、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 [大衛的詩、交與伶長。]
耶和華阿、你已經鑒察我、認識我・
- 2 我坐下、我起來、你都曉得・你從遠處知道我的意念。
- 3 我行路、我躺臥、你都細察、你也深知我一切所行的。
- 4 耶和華阿、我舌頭上的話、你沒有一句不知道的・
- 5 你在我前後環繞我、按手在我身上。
- 6 這樣的知識奇妙、是我不能測的・至高、是我不能及的。
- 7 我往那裡去躲避你的靈・我往那裡逃躲避你的面。
- 8 我若升到天上、你在那裡・我若在陰間下榻、你也在那裡。
- 9 我若展開清晨的翅膀、飛到海極居住・
- 10 就是在那裡、你的手必引導我・你的右手、也必扶持我。
- 11 我若說、黑暗必定遮蔽我、我周圍的亮光必成為黑夜・
- 12 黑暗也不能遮蔽我使你看不見、黑夜卻如白晝發亮、黑暗和光明、在你看都是一樣。
- 13 我的肺腑是你所造的・我在母腹中、你已覆庇我。
- 14 我要稱謝你、因我受造奇妙可畏・你的作為奇妙・這是我心深知道的。
- 15 我在暗中受造、在地的深處被聯絡、那時、我的形體並不向你隱藏。
- 16 我未成形的體質、你的眼早已看見了・你所定的日子、我尚未度一日、〔或作我被造的肢體尚未有其一〕你都寫在你的冊上了。

- 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、你的意念向我何等寶貴・其數何等眾多。
- 18 我若數點、比海沙更多・我睡醒的時候、仍和你同在。
- 19 神阿、你必要殺戮惡人・所以你們好流人血的、離開我去罷。
- 20 因為他們說惡言頂撞你、你的仇敵也妄稱你的名。
- 21 耶和華阿、恨惡你的、我豈不恨惡他們麼・攻擊你的、我豈不憎嫌他們麼。
- 22 我切切的恨惡他們、以他們為仇敵。
- 23 神阿、求你鑒察我、知道我的心思、試煉我、知道我的意念・
- 24 看在我裡面有甚麼惡行沒有、引導我走永生的道路。

第一百四十篇

- 1 〔大衛的詩、交與伶長。〕
耶和華阿、求你拯救我脫離兇惡的人、保護我脫離強暴的人。
- 2 他們心中圖謀奸惡、常常聚集要爭戰。
- 3 他們使舌頭尖利如蛇・嘴裡有虺蛇的毒氣。〔細拉〕
- 4 耶和華阿、求你拯救我、脫離惡人的手、保護我、脫離強暴的人・他們圖謀推我跌倒。
- 5 驕傲人爲我暗設網羅和繩索・他們在路旁鋪下網、設下圈套。〔細拉〕
- 6 我曾對耶和華說、你是我的神・耶和華阿、求你留心聽我懇求的聲音。
- 7 主耶和華、我救恩的力量阿、在爭戰的日子、你遮蔽了我的頭。
- 8 耶和華阿、求你不要遂惡人的心願・不要成就他們的計謀、恐怕他們自高。〔細拉〕
- 9 至於那些昂首圍困我的人、願他們嘴唇的奸惡、陷害〔原文作遮蔽〕自己。
- 10 願火炭落在他們身上・願他們被丟在火中、拋在深坑裡、不能再起來。
- 11 說惡言的人、在地上必堅立不住・禍患必獵取強暴的人、將他打倒。
- 12 我知道耶和華必爲困苦人伸冤、必爲窮乏人辨屈。

- 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 義人必要稱讚你的名，正直人必住在你面前。

第一百四十一篇

- 1 [大衛的詩。]
耶和華阿、我曾求告你，求你快快臨到我這裡，我求告你的時候，願你留心聽我的聲音。
- 2 願我的禱告、如香陳列在你面前，願我舉手祈求、如獻晚祭。
- 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、偏向邪惡、以致我和作孽的人同行惡事，也不叫我喫他們的美食。
- 5 任憑義人擊打我、這算爲仁慈，任憑他責備我、這算爲頭上的膏油，我的頭不要躲閃。正在他們行惡的時候、我仍要祈禱。
- 6 他們的審判官、被扔在巖下，眾人要聽我的話、因爲這話甘甜。
- 7 我們的骨頭、散在墓旁、好像人耕田、刨地的土塊。
- 8 主耶和華阿、我的眼目仰望你，我投靠你、求你不要將我撇得孤苦。
- 9 求你保護我脫離惡人爲我設的網羅、和作孽之人的圈套。
- 10 願惡人落在自己的網裡，我卻得以逃脫。

第一百四十二篇

- 1 [大衛在洞裡作的訓誨詩、乃是祈禱。]
我發聲哀告耶和華，發聲懇求耶和華。
- 2 我在他面前吐露我的苦情，陳說我的患難。
- 3 我的靈在我裡面發昏的時候、你知道我的道路。在我行的路上、敵人爲我暗設網羅。
- 4 求你向我右邊觀看、因爲沒有人認識我，我無處避難、也沒有人眷顧我。
- 5 耶和華阿、我曾向你哀求，我說、你是我的避難所，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 求你側耳聽我的呼求、因我落到極卑之地、求你救我脫離逼迫我的人、因為他們比我強盛。
- 7 求你領我出離被囚之地、我好稱讚你的名、義人必環繞我、因為你是用厚恩待我。

第一百四十三篇

- 1 [大衛的詩。]
耶和華阿、求你聽我的禱告、留心聽我的懇求、憑你的信實和公義應允我。
- 2 求你不要審問僕人、因為在你面前凡活著的人、沒有一個是義的。
- 3 原來仇敵逼迫我、將我打倒在地、使我住在幽暗之處、像死了許久的人一樣。
- 4 所以我的靈在我裡面發昏、我的心在我裡面悽慘。
- 5 我追想古時之日、思想你的一切作為、默念你手的工作。
- 6 我向你舉手我的心渴想你、如乾旱之地盼雨一樣。〔細拉〕
- 7 耶和華阿、求你速速應允我、我心神耗盡、不要向我掩面、免得我像那些下坑的人一樣。
- 8 求你使我清晨得聽你慈愛之言、因我倚靠你、求你使我知道當行的路、因我的心仰望你。
- 9 耶和華阿、求你救我脫離我的仇敵、我往你那裡藏身。
- 10 求你指教我遵行你的旨意、因你是我的神、你的靈本為善、求你引我到平坦之地。
- 11 耶和華阿、求你為你的名將我救活、憑你的公義、將我從患難中領出來。
- 12 憑你的慈愛剪除我的仇敵、滅絕一切苦待我的人、因我是你的僕人。

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.

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, re-
vive me!
Because of your justice, rescue me from trouble!
143:12 As a demonstration of your loyal love, de-
stroy my enemies!
Annihilate all who threaten my life,
for I am your servant.

第一百四十四篇

- 1 [大衛的詩。]
耶和華我的磐石、是應當稱頌的。他教導我的手爭戰、教導我的指頭打仗。
- 2 他是我慈愛的主、我的山寨、我的高臺、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、人算甚麼、你竟認識他。世人算甚麼、你竟顧念他。
- 4 人好像一口氣。他的年日如同影兒快快過去。
- 5 耶和華阿、求你使天下垂、親自降臨。摸山、山就冒煙。
- 6 求你發出閃電、使他們四散。射出你的箭、使他們擾亂。
- 7 求你從上伸手救拔我、救我出離大水、救我脫離外邦人的手。
- 8 他們的口說謊話、他們的右手起假誓。
- 9 神阿、我要向你唱新歌。用十絃瑟向你歌頌。
- 10 你是那拯救君王的。你是那救僕人大衛脫離害命之刀的。
- 11 求你救拔我、救我脫離外邦人的手。他們的口說謊話、他們的右手起假誓。
- 12 我們的兒子、從幼年好像樹栽子長大、我們的女兒、如同殿角石、是按建宮的樣式鑿成的。
- 13 我們的倉盈滿、能出各樣的糧食、我們的羊、在田間孳生千萬。
- 14 我們的牛馱著滿馱、沒有人闖進來搶奪、也沒有人出去爭戰、我們的街市上、也沒有哭號的聲音。
- 15 遇見這光景的百姓、便為有福。有耶和華為他們的 神。這百姓便為有福。

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 [大衛的讚美詩。]
我的 神我的王阿、我要尊崇你、我要永
永遠遠稱頌你的名。
- 2 我要天天稱頌你、也要永永遠遠讚美你的
名。
- 3 耶和華本爲大、該受大讚美、其大無法測
度。
- 4 這代要對那代頌讚你的作爲、也要傳揚你
的大能。
- 5 我要默念你威嚴的尊榮、和你奇妙的作
爲。
- 6 人要傳說你可畏之事的能力、我也要傳揚
你的大德。
- 7 他們記念你的大恩、就要傳出來、並要歌
唱你的公義。
- 8 耶和華有恩惠、有憐憫、不輕易發怒、大
有慈愛。
- 9 耶和華善待萬民、他的慈悲、覆庇他一切
所造的。
- 10 耶和華阿、你一切所造的、都要稱謝你、
你的聖民、也要稱頌你、
- 11 傳說你國的榮耀、談論你的大能、
- 12 好叫世人知道你大能的作爲、並你國度威
嚴的榮耀。
- 13 你的國是永遠的國、你執掌的權柄、存到
萬代。
- 14 凡跌倒的、耶和華將他們扶持、凡被壓下
的、將他們扶起。
- 15 萬民都舉目仰望你、你隨時給他們食物。
- 16 你張手、使有生氣的都隨願飽足。
- 17 耶和華在他一切所行的、無不公義、在他
一切所作的、都有慈愛。
- 18 凡求告耶和華的、就是誠心求告他的、耶
和華便與他們相近。
- 19 敬畏他的、他必成就他們的心願、也必聽
他們的呼求、拯救他們。
- 20 耶和華保護一切愛他的人、卻要滅絕一切
的惡人。
- 21 我的口要說出讚美耶和華的話、惟願凡有
血氣的、都永永遠遠稱頌他的聖名。

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 an-
other,

and tell about your mighty acts!

145:5 I will focus on your honor and majestic splen-
dor,

and your amazing deeds!

145:6 They will proclaim the power of your awe-
some 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 king-
dom;

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 你們要讚美耶和華。我的心哪、你要讚美耶和華。
2 我一生要讚美耶和華、我還活的時候、要歌頌我的神。
3 你們不要倚靠君王、不要倚靠世人、他一點不能幫助。
4 他的氣一斷、就歸回塵土、他所打算的、當日就消滅了。
5 以雅各的神為幫助、仰望耶和華他神的、這人便為有福。
6 耶和華造天、地、海、和其中的萬物、他守誠實、直到永遠。
7 他為受屈的伸冤、賜食物與飢餓的。耶和華釋放被囚的。
8 耶和華開了瞎子的眼睛、耶和華扶起被壓下的人、耶和華喜愛義人。
9 耶和華保護寄居的、扶持孤兒和寡婦、卻使惡人的道路彎曲。
10 耶和華要作王、直到永遠。錫安哪、你的神要作王、直到萬代。你們要讚美耶和華。

第一百四十七篇

- 1 你們要讚美耶和華、因歌頌我們的 神為善為美、讚美的話是合宜的。
2 耶和華建造耶路撒冷、聚集以色列中被趕散的人。
3 他醫好傷心的人、裹好他們的傷處。
4 他數點星宿的數目、一一稱他的名。
5 我們的主為大、最有能力、他的智慧、無法測度。
6 耶和華扶持謙卑人、將惡人傾覆於地。
7 你們要以感謝向耶和華歌唱、用琴向我們的 神歌頌。
8 他用雲遮天。為地降雨、使草生長在山上。
9 他賜食給走獸、和啼叫的小烏鴉。

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 他不喜悅馬的力大、不喜愛人的腿快。
11 耶和華喜愛敬畏、和盼望他慈愛的人。
12 耶路撒冷阿、你要頌讚耶和華、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、他使風颳起、
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 follow-
ers,
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 exis-
tence.
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 願這些都讚美耶和華的名，因為獨有他的名被尊崇，他的榮耀在天地之上。
- 14 他將他百姓的角高舉，因此他〔因此他或作他使〕一切聖民以色列人、就是與他相近的百姓、都讚美他。你們要讚美耶和華。

第一百四十九篇

- 1 你們要讚美耶和華、向耶和華唱新歌、在聖民的會中讚美他。
- 2 願以色列因造他的主歡喜，願錫安的民、因他們的王快樂。
- 3 願他們跳舞讚美他的名、擊鼓彈琴歌頌他。
- 4 因為耶和華喜愛他的百姓，他要用救恩當作謙卑人的妝飾。
- 5 願聖民因所得的榮耀高興，願他們在床上歡呼。
- 6 願他們口中稱讚 神為高、手裡有兩刃的刀，
- 7 為要報復列邦、刑罰萬民，
- 8 要用鍊子捆他們的君王、用鐵鐐鎖他們的大臣，
- 9 要在他們身上施行所記錄的審判，他的聖民都有這榮耀。你們要讚美耶和華。

第一百五十篇

- 1 你們要讚美耶和華、在 神的聖所讚美他、在他顯能力的穹蒼讚美他。
- 2 要因他大能的作為讚美他、按著他極美的大德讚美他。
- 3 要用角聲讚美他、鼓瑟彈琴讚美他，
- 4 擊鼓跳舞讚美他、用絲絃的樂器、和簫的聲音讚美他，
- 5 用大響的鈸讚美他、用高聲的鈸讚美他。
- 6 凡有氣息的、都要讚美耶和華。你們要讚美耶和華。

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!