

# 為何要向神感恩？

Why should give thanks to God

**Psalm 103:1-22**

**詩篇 103 篇1-22 節**



**1** 我的心哪，你要称颂耶和华；  
凡在我里面的，也要称颂他的  
圣名！

**2** 我的心哪，你要称颂耶和华，  
不可忘记祂的一切恩惠。

<sup>1</sup> Praise the LORD, my soul;  
all my inmost being, praise his holy name.

<sup>2</sup> Praise the LORD, my soul,  
and forget not all his benefits—



**3** 祂赦免你的一切罪孽，医治你的一切疾病。

**4** 祂救赎你的命脱离死亡，以仁爱和慈悲为你的冠冕。

<sup>3</sup> who forgives all your sins  
and heals all your diseases,

<sup>4</sup> who redeems your life from the pit  
and crowns you with love and compassion,



5 祂用美物使你所愿的得以知足  
，以致你如鹰返老还童。

6 耶和华施行公义，为一切受屈  
的人申冤。

5 who satisfies your desires with good things  
so that your youth is renewed like the eagle's.

6 The LORD works righteousness  
and justice for all the oppressed.



7 祂使摩西知道祂的法则，叫以色列人晓得祂的作为。

8 耶和華有怜悯，有恩典，不轻易发怒，且有丰盛的慈爱。

7 He made known his ways to Moses,  
his deeds to the people of Israel:

8 The LORD is compassionate and gracious,  
slow to anger, abounding in love.



**9** 祂不长久责备，也不永远怀怒

**10** 祂没有按我们的罪过待我们，  
也没有照我们的罪孽报应我们。

<sup>9</sup> He will not always accuse,  
nor will he harbor his anger forever;  
<sup>10</sup> he does not treat us as our sins deserve  
or repay us according to our iniquities.



**11** 天离地何等的高，祂的慈爱向敬畏祂的人也是何等的大。

**12** 东离西有多远，祂叫我们的过犯离我们也有多远。

**11** For as high as the heavens are above the earth,  
so great is his love for those who fear him;

**12** as far as the east is from the west,  
so far has he removed our  
transgressions from us.



**13** 父亲怎样怜恤他的儿女，耶和  
华也怎样怜恤敬畏祂的人。

**14** 因为祂知道我们的本体，思念  
我们不过是尘土。

<sup>13</sup> As a father has compassion on his children,  
so the LORD has compassion on those  
who fear him;

<sup>14</sup> for he knows how we are formed,  
he remembers that we are dust.



**15** 至于世人，他的年日如草一样，  
他发旺如野地的花。

**16** 经风一吹，便归无有，他的原处也不再认识他。

**15** The life of mortals is like grass,  
they flourish like a flower of the field;  
**16** the wind blows over it and it is gone,  
and its place remembers it no more.



**17** 但耶和华的慈爱归于敬畏他的人，从亘古到永远；他的公义也归于子子子孙孙，

**18** 就是那些遵守他的约，记念他的训词而遵行的人。

<sup>17</sup> But from everlasting to everlasting  
the LORD's love is with those who fear him,  
and his righteousness with their children's children—

<sup>18</sup> with those who keep his covenant  
and remember to obey his precepts.



**19** 耶和华在天上立定宝座，祂的权柄统管万有。

**20** 听从他命令、成全祂旨意、有大能的天使，都要称颂耶和华！

<sup>19</sup> The LORD has established his throne in heaven, and his kingdom rules over all.

<sup>20</sup> Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word.



**21** 你们做他的诸军、做他的仆役、  
行他所喜悦的，都要称颂耶和华！

**22** 你们一切被他造的，在他所治理  
的各处都要称颂耶和华！我的心哪  
，你要称颂耶和华！

<sup>21</sup> Praise the LORD, all his heavenly hosts,  
you his servants who do his will.

<sup>22</sup> Praise the LORD, all his works everywhere  
in his dominion. Praise the LORD, my soul.



# 為何要來稱頌神？

1. 因祂有完美的屬性/神性
2. 因祂對待人（罪人）的方式
3. 因祂有極豐盛的憐憫
4. 因祂的信實守約
5. 因祂完美有序的管治

For what perfect He is in Himself

For His ways with men (sinners)

For His great mercy

For His faithfulness and keeping His covenant

For the order & perfection of His government

Why we  
should bless  
the LORD?



## Bless the LORD, O my soul

稱頌：感恩、跪  
稱謝、領受。

神是造物主：人  
是受造物，受造  
過程奇妙可畏。

Bless: give thanks, kneel,  
praise, receive.

God is creator, Man is created  
by God. Man is fearfully &  
wonderfully made.

1 我的心哪，你要称颂耶  
和华；凡在我里面的，  
也要称颂他的圣名！

2 我的心哪，你要称颂耶  
和华，不可忘记祂的一  
切恩惠\*。

1 Praise the LORD, my soul; all  
my inmost being, praise his  
holy name.

2 Praise the LORD, my soul,  
and forget not all his  
benefits\*—

\* Acts of good will



# 1. 因祂有完美的屬性/神性 (vs. 1-6)

恩惠、赦免罪孽、医治疾病、救  
赎生命、仁爱慈悲環繞、美物知  
足、返老还童、施行公义申冤。

## For what perfect He is in Himself

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Benefits, Forgives, Heals, Redeems, Love &  
Compassion, Satisfies, Renews, Righteousness,  
Justice for the oppressed.



**赦免: forgive, forget,  
pardon, spare**

**罪孽: iniquities, sum  
of misdeed against  
God & men which has  
consequence of death.**

**救贖: ransom, release,  
kinsman redeemer, &  
deliver.**

**生命: Tree of Life,  
人不允許接近生命樹**

## **God's ways with men**

**3 祂赦免你的一切罪孽  
， 医治你的一切疾病。**

**4 祂救贖你的命脱离死  
亡， 以仁爱\* 和慈悲为  
你的冠冕。**

<sup>3</sup> who forgives all your sins  
and heals all your diseases,

<sup>4</sup> who redeems your life from  
the pit and crowns you with  
love and compassion,

\*Lovingkindness 立約  
堅忍挽回不變的愛



## 2. 因祂對待(罪)人的方式 (vs. 7-10)

法则、作为、有怜悯恩典、不轻易发怒、有丰盛慈爱、不长久责备怀怒、没有按罪过罪孽报应我们。

For His ways with men (sinners)

Ways & Deeds, Compassionate & Gracious, slow to Anger, abounding in Love, not always Accuse nor Anger forever, not treat our Sins in full degree.



### 3. 因祂有極豐盛的憐憫 (vs. 11-16)

慈愛如天地高、敬畏、除去罪孽、  
如東西之遙、父親憐恤兒女、神憐  
恤敬畏祂者、神顧念人是塵土所造

## For His great mercy

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God's love is so great as higher than heaven, fear of God, God removes our sins as far as the East is from the West, God has more compassion on those who fear Him than a father done on his children, God remembers we are formed by dust.



## 4. 因祂的信實守約 (vs. 17-18)

慈愛归于敬畏祂的人、亘古到永远  
、神的公义也归于他們的子子孫孫  
、遵守神的約、記念遵行神的訓詞

For His faithfulness of keeping covenant

From everlasting to everlasting the LORD's love is with those who fear Him, and His righteousness with their children's children—with those who keep His covenant & remember to obey His precepts..



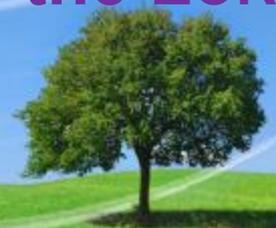
## 5. 因祂完美有序的治理 (vs. 19-22)

宝座立定在天、权柄统管万有、天使天军僕人皆听神命令、在全地成全祂旨意、凡被造的都要來稱頌神。

**For the order & perfection of His government**

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God has established His throne in heaven & ruling over all. God's angels, heavenly hosts & servants obeying His will & doing His works. Praise the LORD, all His works everywhere in His dominion.



敬畏耶和華,是智慧的開端.認識至聖者,  
便是聰明(箴言9:10).

求我們主耶穌基督的神,榮耀的父,將  
那賜人智慧和啟示的靈賜給你們,使你  
們真知道祂.並且照明你們心中的眼睛,

The fear of the LORD is the beginning of wisdom, and  
knowledge of the Holy One is understanding (Proverb  
9:10) I keep asking that the God of our LORD Jesus  
Christ, the glorious Father, may give you the Spirit of  
wisdom and revelation, so that you may know Him  
better.



使你們真知道祂的恩召有何等指望. 祂在聖徒中所得的基業, 有何等豐盛的榮耀. 並知道祂向我們這信的人所顯的能力, 是何等浩大 (以弗所1:17-19).

I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in the saints, and His incomparably great power for us who believe (Ephesians 1:17-19)



# 子女的靈性教育, 誰來負責?

Who is the responsible one for your kid's spiritual formation?

- 85% 的基督徒父母知道
- 2/3 的基督徒父母未作到
- 子女也是追求信仰的「主角」
- 父母是子女屬靈的「榜樣」
- 讓信仰成為子女「自己」的信仰
- 70% 離家的青年因離開「屬靈的裸母」而離開神

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讓我們用心來稱頌神!

Bless the LORD, O my soul! And all that is  
within me, bless His holy name!

Bless the LORD, O my soul!  
And forget not all His benefits!

