

The Sh'ma "Listen and Love"

Sh'ma 沙瑪 "傾聽与爱"

敬拜

更美的約

專輯: 慕主先鋒

慕創034

這愛的故事 如此濃美，實叫人嚮往 又驚奇，當你從 地上 被高舉，這血約 從此 揭起

1.我見萬人 沿河歸向祢，這生命河 源自祢身體，得救樂歌 四面揚起，[我必醫好你 使你痊癒]

我見萬人 沿河歸向祢，這生命河 源自祢身體 得救樂歌 四面揚起 :[看哪! 我將一切都更新]

2.新郎歌聲 在空中舞起 :[請進入 我肋旁創痕裡, 我骨中骨 肉中的肉 我所珍愛顧惜 就是你]

新郎歌聲 在空中舞起 :[請進入 我肋旁創痕裡 我骨中骨 肉中的肉 渴望將祢織進 我心裡]

3.[我要賜你 認識我的心 這美麗 使你奇妙 驚喜 我創造你 是你丈夫 我以慈愛仁義 來聘你]

[我要賜你 認識我的心 這美麗 使你奇妙 驚喜 我創造你 是你丈夫 我以永遠的愛 來愛你]

你是信實神 You Are the Faithful God

詞曲: 黃萱儀 Shirley Huang, 作者/生命河傳播處

耶和華 你是我的牧者 在你裡面 我一無所缺 你使我躺臥 在青草地 溪水旁 來安歇

你是我的力量 我的盾牌 倚靠你 我心裡不再懼怕 雖有狂風暴雨 你大能手平靜 我憑信心走向前

揚聲宣告 你是信實神 讚美你 仰望呼求你 日間雲柱引領 夜間火柱保護 使我安然居住

揚聲宣告 你是信實神 全心信靠你應許 沙漠中開江河 曠野中開道路 耶和華必成就大事

• In 2020, certain phrases became a part of our vocabulary that, quite honestly, have become downright annoying. 2020年某些短语已成为我们词汇的一部分，已经变得十分烦人。例如

Unprecedented 前所未有，Abundance of caution 小心谨慎，Pivot 枢纽，Social Distance 社交安全距离，New Normal 新常态

• what all of these words have in common is that they are the vocabulary of disruption. • Our lives have been systematically, categorically, disrupted. Especially our rhythms. 所有这些词彙的共同点是它们都含有破坏意味的词汇。•我们的生活受到系统性，绝对性破坏。特别是我们的生活节奏。

• There are a few ways we can respond to that disruption. 我们可以通过几种方法来应对这种破坏。

• We can get cranky. 我们会胡思乱想

• We can grumble and express our frustrations in all sorts of other directions. 我们可以在各种事上发牢骚，表达我们的挫败感

• Or, we can assume a Biblical posture. 或者我们可以採取一个屬靈的姿態

• A biblical posture would be one that echoes James 1, in which we are told to consider it PURE joy when we encounter trials of many kinds... because, James says, it will cause our faith to GROW. 屬靈的姿態就是雅各書一章中所說的，当我们落在百般試煉中时，我们都要以為大喜樂，因為雅各说，這會使我们的信心不断地成長

• Here is where I' ve been as it relates to disruption throughout this past year. Time and time again, I' ve asked the Lord to teach me during this season. • To grow me , to challenge me, to transform me. 这就是我

过去一年中如何应对生命節奏的改變：一次又一次，我求主在這段時間節教我，幫助我成長，挑戰我，改變我。

- I' ve come to realize is that this disruption has created space縫繫, • it' s created cracks, 我意識到了這種破壞造成了裂縫, (它創造了裂縫)
- that have allowed God to break through in some new places, or new areas of my life. 使神在我的一些新地方或新領域中有所突破
- In some cases, I' m exploring new practices and rhythms. 在某些地方, 我正在探索新的做法和節奏
- In other cases, I' m restoring old ones. 在其他的方面, 我正在恢復舊有的做法和節奏

- Which brings us to this series. 這使我們進入本系列。
- I' ve come to realize over the past year that we have lost our much of our connection to sacred rhythms and meaningful liturgy. 過去一年來, 我意識到我們已經失去了屬靈的節奏和有意義的崇拜。
- I' ve sensed it for a while in the way we conduct our services in much of the church in the west. 其實這也是我對大部分西方教會的服事方式的感受, 我這樣的感受已經有一段時間了。
- More than that, I' ve sensed it in how we conduct our daily lives. 不僅如此, 我對我們的日常生活中的感受也是如此。

- For many of us, we have been liberated from legalistic religiosity. 對於我們許多人來說, 我們已經擺脫了教條式的宗教信仰。
- But in discarding the these practices has resulted in the absence of important sacred rhythm and liturgy in our daily lives. 但是, 丟棄這些做法導致我們的日常生活中缺乏重要的神聖節奏和禮儀 (規律的屬靈生活和操練)。
- what shapes us can, essentially, be traced back to what we desire. 我們的渴望塑造我們。
- Because it' s desire that makes us act. It' s what we desire that drives our choices. 因為渴望促使我們採取行動, 我們渴望的是選擇的動力。
- But what we often fail to realize is that our desires are malleable. 但是我們常常沒有意識到的是我們的願望是可鍛鑄, 可變的。
- The greatest way to shape desires through habit, through repetition, and through discipline. 塑造慾望的最佳方法是透過習慣的養成, 透過重複的操練, 透過紀律的持守。 願望是可鍛鑄
- What begins as a discipline, develops into a habit, which, in turn, starts to shape our desires. 從紀律開始, 逐漸養成一種習慣, 然後習慣就改變了我們的慾望

•The Sh' ma 沙瑪

- The Sh' ma is a prayer, that literally, for thousands of years, the Hebrew people would pray as a way of expressing their devotion to God. Every morning. And Every evening.
- Sh' ma是一種祈禱, 幾千年來, 希伯來人每天早上, 每天晚上都以祈禱來表達對上帝的虔誠。

Deuteronomy 6:4-5 • Hear, O Israel: The Lord our God, the Lord is one. 5 Love the Lord your God with all your heart and with all your soul and with all your strength.

申命記 6: 4「以色列啊, 你要聽! 耶和華 – 我們神是獨一的主。5你要盡心、盡性、盡力愛耶和華 – 你的神。

Deuteronomy 6:6-9 • 6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. 8 Tie them as symbols on your hands and bind them on your foreheads. 9 Write them on the doorframes of your houses and on your gates.

申命記 6: 6 我今日所吩咐你的話都要記在心上, 7也要殷勤教訓你的兒女。無論你坐在家裏, 行在路上, 躺下, 起來, 都要談論。8也要繫在手上為記號, 戴在額上為經文; 9又要寫在你房屋的門框上, 並你的城門上。

- All of this is the language of HABIT. It's the language of REPETITION. 所有這些都是有關習慣的養成和重複的操練。

Matthew 22:36-40 • 36 “Teacher, which is the greatest commandment in the Law?” 37 Jesus replied: “ ‘Love the Lord your God with all your heart and with all your soul and with all your mind. 38 This is the first and greatest commandment. 39 And the second is like it: ‘Love your neighbor as yourself.’ 40 All the Law and the Prophets hang on these two commandments.”

馬太福音 22: 36 「夫子，律法上的誡命，哪一條是最大的呢？」37耶穌對他說：「你要盡心、盡性、盡意愛主 – 你的神。38這是誡命中的第一，且是最大的。39其次也相做，就是要愛人如己。40這兩條誡命是律法和先知一切道理的總綱。」

- The GREATEST commandment, Jesus says, starts with the Sh' ma. 耶穌教導：最大的誡命始於Sh' ma。
- “Sh' ma” is actually the first word of the prayer. “Sh' ma” 實際上是祈禱的第一句話
- “Sh' ma” is more than simply receiving sound waves. “Sh' ma” 不僅僅是接收聲波。
- Sh' ma means to “pay attention” or “focus on” •Sh' ma的意思是“關注”或“專注於”
- Sh' ma implies a heartfelt response to what one hears. •Sh' ma表示對聽到的內容表示衷心的回應。

Mark 4:23 • If anyone has ears to hear, let them hear. 馬可福音4:23 有耳可聽的，就應當聽！

- “listening” in the Bible is about giving respect to the one speaking to you and doing what they say. 因此，“聽”在聖經中的是指尊重與您說話的人，並照他們說的做。
- When I consider what might be different about 2021, from 2020, one of my hopes would be our posture. 當我思考2021年與2020年可以有不同時，我的希望之一就是我們的屬靈的姿態。
- Rather than continually pleading with God to Sh' ma US, Which we do quite regularly. 與其繼續向上帝懇求“sh' ma”我們，我們經常“sh' ma”。
- I'm hoping that we'd Sh' ma HIM,我希望我們能“sh' ma”

Deuteronomy 6:4 • Hear, O Israel: The Lord our God, the Lord is one. 申命記 6: 4 「以色列啊，你要聽！耶和華 – 我們神是獨一的主。

- The writer pauses here to remind us WHO it is that we are listening to. 作者在這裡停下來提醒我們，我們在聽誰說話。
- When the writer says, “The Lord our God, the Lord is one” he's drawing our attention to the very essence of who God is. 當作者說：“耶和華我們的神，耶和華是獨一的人”時，他正在提請我們注意到底神是誰。
- This the God of the universe. 這是宇宙的上帝。
- This is the ground of our being. 這是我們存在的基礎。
- This is the one who holds life, together. 這是聯繫眾生的那一位。
- He is, as Paul quoted in Acts, “The one in whom we live, and move, and have our being.” 是保羅在使徒行傳中所說的，他是“我們生活、動作、存留，都在乎他。”的那一位
- The recitation of this prayer, night and day, is a continual reminder that: “God is God, and I am not.” 日以繼夜地誦讀這個禱告，不斷提醒我們自己：“上帝才是上帝，我不是上帝。”
- Lean in, and listen. 靠近祂，傾聽祂。
- Jews who recited the Sh' ma were said to “put on the yoke of the Kingdom of Heaven. 背誦Sh' ma的猶太人是在“領受天國的軛。

- This was an explicit acknowledgement that there was a King (YHWH) and a Kingdom (his rule). 這是明確認
知有一個王 (YHWH) 和一個國度 (他的統治)
- The order of the Sh' ma meant that the person praying accepted the “yoke of the Kingdom” before
anything else. Sh' ma的命令意味著祈禱的人先接受“天國的軛”。
- It all starts with bowing his sovereignty. 一切都從順服他的掌權開始。
- Notice the second command. 請注意第二條命令。
- First, the writer tells us to Listen to God. 首先，作者告訴我們要聽上帝的話。
- Now, he tells us to LOVE God. 現在，他告訴我們要愛上帝。

Deuteronomy 6:4-5 • Hear, O Israel: The Lord our God, the Lord is one. 5 Love the Lord your God with all your heart and with all your soul and with all your strength.

4「以色列啊，你要聽！耶和華－我們神是獨一的主。5你要盡心、盡性、盡力愛耶和華－你的神。

- We are called to Love God, before all others, before all else. 我們最大的呼召，超乎所有的人事物，就是愛上帝
- The Hebrew word used for love here, is the word “Ahava” and it’ s the word they used for the most gen-
eral and all encompassing kind of love. 這裡的愛在希伯來語是 “ Ahava” ，這是他們用來表示最普遍且包含所有
愛的字。
- This is concerning, caring, attention giving, kind of love. 這種愛是關懷- 給予關注，
- Ahava is the kind of love that parent has for their child. It protects, and attends to.
是父母對孩子的一種愛-保護並維護
- Ahava is about affection. Ahava與情感有關
- Ahava describes feelings of fondness.Ahava描述了喜愛的感覺
- We’ re going to dive deeper into this in the coming weeks, but let me close with this:
- What God is inviting us into is a reciprocal relationship, of love.
- He wants US, to love HIM, the way HE, loves US.
- 上帝邀請我們進入與祂互動的的愛關係。
- 祂希望我們愛祂像祂愛我們一樣。
- Benediction 祝禱
- May you be men and women who Sh’ ma, the Lord our God, the Lord who is one. • May you show him
Ahava, the way he shows Ahava to you. 願你們成為有 “Sh’ ma” 生活方式的子民，向主我們的上帝全心全意地
禱告傾聽。願您向他表達Ahava，就像祂向您表達Ahava一樣。
- May you live with a reverence that says, “God is God, and I am not.” • In Jesus Name. 願您有聖潔崇敬的
生活方式：“上帝才是上帝，我不是上帝。” 奉耶穌的名求。