

Songs for the In Between, Week #4
Psalm 127: A Song for Anxious Times

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行程中的頌歌 第四週

詩篇127: 焦慮時的詩歌

珀·斯坦恩-布雷迪

2024年10月13日

詩歌一：争战属于祢 | **Battle Belongs**

原唱: Phil Wickham 中文翻译: 李翔 Sean lee

Verse:

当我看见都是争战 你见我胜利
当我看见都是大山 你见大山挪移
我行过死荫的幽谷 你爱围绕我
我已不再惧怕 因你与我同行

Chorus:

当我争战我向你屈膝 我要高举双手
我神 这争战在于你
将恐惧卸在你脚前 黑夜中歌唱
我神 这争战在于你

Verse 2:

有你来帮助我 有谁能抵挡我
在耶稣你里面 没有难成的事
当我看见都是灰烬 你看见荣美
当我只看见你十架 神你看见空坟墓

Chorus:

Bridge:

坚固避难所 有你在前头
无人能抵挡我神大能的双手
你照亮了黑暗 战胜所有争战
无人能抵挡我神大能的双手(*3)

詩歌二：主我仰望你 / **God I Look to You**

中譯詞: 堪薩斯市國際禱告殿 中文部 演唱: 曹之懿 約書亞樂團

主我仰望你 我全然信靠你
賜我異象 能看見你心意
主我仰望你 我幫助來自你

賜我智慧 凡事都在你手裡

我的力量我愛你 我的盾牌我愛你
我的磐石我愛你 從永遠到永遠
我要愛你主

哈利路亞神掌權 哈利路亞神掌權
哈利路亞神掌權 從永遠到永遠
哈利路亞

詩歌三：建造我生命 **Build My Life**

配得 我們献上每一首歌曲
配得 我們所有讚美的聲音
配得 我們生命每一次呼吸
為祢而活

耶穌 唯有祢名在萬名之上
耶穌 唯有祢是這世界拯救
配得 我們生命每一次呼吸
為你而活

聖潔 無人能夠像祢 無人與祢相比
開我眼睛為祢驚嘆
向我更顯明祢自己 充滿我祢心意
帶領我愛人更像祢

我要建造我生命 在祢愛裡 堅固的根基
我要全心信靠祢 我信靠祢 絕不會動搖

佈道

大家好！我想先問一個問題。有多少人認為敬拜歌唱是你最喜歡的部分？有很多！有沒有人認為講道是最喜歡的部分的？也有幾個。我會記住你們的。撇開玩笑，我們在B4聚會，首先的敬拜詩歌是讓我們的心柔軟下來，準備好和神相遇。而學習神的話語，就像一個人介紹旁邊的朋友與妳認識，它讓我們認識耶穌。通過學習，讓我們越來越像耶穌。

Song of ascents. Psalm 127. REVIEW 上行之詩，詩篇127。回顧 - 我們在前幾週已經知道古以色列人一年要三次去耶路撒冷朝拜。人們從各地所居之所步行到耶路撒冷所在的高山之地，聖殿的所在去敬拜。所以在他們上行的路上，他們會不停地頌唱讚美神。詩篇120 - 134 就是記錄下來的上行之歌。

Let's start before the beginning. Before the beginning of this psalm is what's called a superscription. "A Song of Ascents for Solomon." These are written in the original manuscript - they're not add-ons. (History: David/Solomon. Tasked with building a HOME for the presence of God. David was a man of war; couldn't build it. Solomon was a man of wisdom; he was the one to build it. You can read about it's construction in 2 Chronicles 2-5 and the dedication in chapter 6. I think this history is important for understanding what this song is attempting to communicate to us and build within us. Whether this is written FOR Solomon or BY Solomon; it matters that it's being written about the House of God. IF building ANYTHING is a big deal - it's the house of God. No other building project compares....so that this song starts with an understanding that we're talking about what it means to build a house, gives us as clue as to where we're going. So, let's read it: 讓我們先從開始之前開始。在這首詩篇127篇開始之前有所謂的題詞。“所羅門的上行之詩。”這些都是寫在原稿中的——它們不是附加內容。(歷史:大衛/所羅門。任務是為上帝的同在建造一個房屋。大衛是一個戰士,無法建造它。所羅門是一個智慧的人,他是建造它的人。你可以閱讀《歷代誌》第2-5章的建構與第6章的奉獻。我認為這段歷史對於理解這首詩歌試圖向我們傳達的內容以及在我們內心建構的內容非常重要。無論這是為所羅門寫的還是所羅門寫的;重要的是,它是關於上帝之家的。如果說建造什麼是一件大事的話——那就是神的殿。沒有其他建築項目可以與之相比.....所以這首詩歌以我們正在談論建造房屋意味著什麼的理解開始,為我們提供了我們要去哪裡的線索。那麼,讓我們來讀:

1Unless the LORD builds a house,
the work of the builders is wasted.
Unless the LORD protects a city,
guarding it with sentries will do no good.
2It is useless for you to work so hard
from early morning until late at night,
anxiously working for food to eat;
for God gives rest to his loved ones.

3Children are a gift from the LORD;
they are a reward from him.
4Children born to a young man
are like arrows in a warrior's hands.
5How joyful is the man whose quiver is full of them!
He will not be put to shame when he confronts his accusers at the city gates. Psalm 127

詩篇127 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,看守的人就枉然警醒。

²你們清晨早起,夜晚安歇,吃勞碌得來的飯,本是枉然;惟有耶和華所親愛的,必叫他安然睡覺。

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。

If this psalm was a portrait, the colors would be vivid and the imagery would be clear and emotive. Four things are addressed in it - three are tangible and touchable, one is intangible yet very very powerful: The three tangibles are: Houses, cities and children. The one intangible is anxiety. Specifically, anxious toil. 如果這首詩篇是一幅肖像，那麼色彩就會鮮豔，意象就會清晰而富有感情。其中涉及四件事——三件事是有形的和可觸摸的，一件事是無形的但非常非常強大：這三件事是：房屋、城池和兒女。一種無形的就是勞碌，具體來說就是焦慮帶來的勞碌。

Let's look at them, because they're not disconnected. The writer is building a case here to show us the path toward freedom and fruitfulness. 讓我們看看它們，因為它們並沒有斷開連接。作者在這裡建立一個案例，向我們展示通往自由和成果的道路。

The word house in this verse means both house and home. 這節經文中的「房屋」一詞，意思是「房子」和「家」。

A building can house a lot of things, from furniture to families. Houses can be beautiful and ornate, but not feel like a home and they can be humble and small and still overflow with warmth and life and vitality. With welcome. 一棟建築可以容納很多東西，從家具到家庭。房子可以美麗、華麗，但感覺不像家；它們可以簡陋、小，但仍然洋溢著溫暖、生機和活力，與歡迎。

Solomon was in charge of building the house for the presence of the Lord. The Temple. The temple in Jerusalem was magnificent (facts). Those details weren't random, they were given to Solomon by God. He wasn't anxiously trying to make something grand enough for God to live in - he was simply following the instructions. 所羅門負責建造聖殿，以便在耶和華面前使用。聖殿，耶路撒冷的聖殿非常宏偉（事實）。這些細節不是隨機的，它們是上帝賦予所羅門的。他並沒有急於建造足夠宏偉的東西讓上帝居住——他只是按照指示去做。

Houses are both for safety and for home. They are for protection and they are also for provision and nurturing. Homes are personal. They are dearest to our hearts. We love survival shows in our house and the order of priority is: Shelter, Water, Fire, Food. Shelter is our first priority for survival, so it stands to reason that finding or keeping a roof over our heads could be something that produces a great deal of anxiety. Building a house - both figuratively and literally - will almost always, at some point, produce some fears or tears or tension. When you think of your home, and the things that are in it, where are you most likely to feel anxiety? Anxious toil? 房子既是為了安全，也是為了安家。它們是為了保護，也是為了供給和培育。家是個人的。他們是我們心中最親愛的。我們喜歡在家裡觀看生存遊戲的電視紀錄，優先順序是：住所、水、火、食物。住所是我們生存的首要任務，因此，尋找或保持住所可能會產生很大的焦慮，這是理所當然的。建造一棟房子——無論是像徵性的還是字面上的——幾乎總是會在某些時候產生一些恐懼、眼淚或緊張。當您想到您的家以及其中的物品時，您最有可能在哪裡感到焦慮？焦急勞累？

This psalm, sung as the Israelites made their way to the festival, to the celebration of God's goodness is meant to remind them over and over that we cannot take over God's place in the building. If He's not in it, we're wasting our time and our money and our muscles. This is God's work. He builds. (We protect our kids...but as they grow and start to go...we will eventually run into a moment, likely lots of moments - big and small - where we will have to decide: Do I trust

the Lord to build this house? When money is tight and we don't know how to make ends meet, "Do I trust the Lord to build this house?" When we're exhausted from working to make our actual home something from the pages of a magazine so that it will meet the expectations we've built or impress the neighbors..."Do I trust the Lord to build this house?" The dilemma comes when the house is meant to provide security, but the building is producing anxiety and fear. We're reminded as we sing: Unless the Lord builds this house....all our work will be meaningless. I feel that here in this church during the week as I walk through the empty halls...Unless the Lord builds this house...這首詩篇是在以色列人前往節慶、慶祝上帝的良善時所唱的，旨在一遍又一遍地提醒他們，我們不能取代上帝在建築物中的位置。如果他不在其中；我們正在浪費時間、金錢和體力。這是神的工作，他建造，（我們保護我們的孩子.....但隨著他們長大並開始離開.....我們最終會遇到一個時刻，可能是很多時刻——大大小小的——我們必須做出決定：我是否相信主會建造這棟房子？當資金緊張、不知道如何維持收支平衡時，“我相信主會建造這所房子嗎？”當我們精疲力竭地努力將我們真正的家打造成雜誌上的樣子，以便它能夠滿足我們建造的期望或給鄰居留下深刻印象時.....”我相信主會建造這棟房子嗎？當房子本應提供安全保障，但建築物卻產生焦慮和恐懼時，就會出現困境。當我們唱詩歌時，我們會被提醒：除非主建造這棟房子...我們所有的工作都將毫無意義。當我走過空蕩蕩的大廳時，我覺得這週在這座教堂裡.....除非主建造這座房子.....

Next, the psalm talks about cities. Cities have the same purpose as houses but on a bigger scales. Cities represent identity and security FOR our homes and our people. Cities represent commerce and government. City government actually has much greater impact on my life than national government. If someone is breaking into my house, I don't call Washington DC, I call the police department. If there's an issue at my kids' school, I don't call the President of the United States, I call the principal of the school. The government inside our cities have such an impact on our peace and prosperity. This psalm shows a picture of a city watchman waiting and worrying and hoping for sunrise. For light to come. He is posted up at some point on the city wall....watching for hope. You can almost feel his anxiety. His anxious toil. But the song says: Unless the Lord watches...it doesn't matter who else watches.

接下來，詩篇談到城市。城市與房屋具有相同的用途，但規模更大。城市代表著我們的家園和人民的身分和安全。城市代表商業和政府。事實上，市政府對我生活的影響比國家政府大得多。如果有人闖入我家，我不會打電話給華盛頓特區，我會打電話給警察局。如果我孩子的學校出現問題，我不會打電話給美國總統，而是打電話給學校校長。我們城市內的政府對我們的和平與繁榮有著如此大的影響。這首詩篇描繪了一位城市守望者等待、憂慮並期盼日出的畫面。為了光明的到來。他被派駐在城牆上的某個地方.....尋找希望。你幾乎可以感覺到他的焦慮。他焦急的勞作。但這首歌說：除非主在觀看...其他人在觀看並不重要。

What is the government of my city? What rules my peace? How have I built walls around my life that I am hoping will keep me safe and are those mechanisms keeping me from trusting the protection of King Jesus? We all have a way that we govern our lives in order to avoid SOMETHING. Some want to avoid danger; some want to avoid boredom...but we all have a way. I am inclined toward safety and security and so I build toward that. I save money and have alarm systems and I lock my car doors at night. I do some work to watch my steps and guard my life, but ultimately, I have to be willing to trust the goodness of Jesus - or all that work will be anxious toil.

我所在城市的政府是什麼？是什麼主宰了我的平靜？我如何在自己的生活中築起了圍牆，我希望這些圍牆能確保我的安全，這些機制是否使我無法相信耶穌君王的保護？我們都有一種管理自己生活的方式來避免某些事情。有些人想避免危險；有些人想逃避危險。有些人想避免無聊……但我們都有辦法。我傾向於安全和保障，所以我會朝著這個方向努力。我省錢，有警報系統，晚上我鎖車門。我做一些工作來注意自己的腳步並保護自己的生命，但最終，我必須願意相信耶穌的良善——否則所有的工作都將是焦慮的苦役。

The psalm doesn't say "don't work." "Don't watch." "Don't build." The psalm tells us...don't do it without Jesus. You need Him for this. There are NO self-made men or women. Then it tells us why:

詩篇並沒有說「行不通」。「別看。」「不要建造。」詩篇告訴我們...沒有耶穌就不要這樣做。為此你需要他。沒有白手起家的男人或女人。然後它告訴我們原因：

2It is useless for you to work so hard
from early morning until late at night,
anxiously working for food to eat;
for God gives rest to his loved ones.

2你再努力也沒用

從清晨到深夜，

焦急地尋找食物；

因為上帝賜給他所愛的人安息。

This verse is not saying work is useless (over and over the Bible applauds a good day's work); it's saying anxiety in our work is useless. Anxious toil might store up money or food, but it steals from our storehouse of peace and joy. It reveals fractures in our relationship with God and our ability to trust Him. The psalmist tells us the antidote to anxiety is rest. Rest is a command for a reason - not because God is against work but because He never wants us to be enslaved to production. Sabbath is resistance against a culture of more, more, more. 這節經文並不是說工作是無用的(聖經一遍又一遍地稱讚一天的工作是美好的);而是說工作是無用的。這說明我們的工作中的焦慮是沒有用的。焦慮的辛勞可能會儲存金錢或食物，但卻會偷走我們平安與喜樂的寶庫。它揭示了我們與神的關係以及我們信任祂的能力的破裂。詩篇作者告訴我們，焦慮的解藥就是休息。休息是一個命令是有原因的——不是因為上帝反對工作，而是因為他從不希望我們成為生產的奴隸。安息日是對「更多、更多、更多」文化的抵抗。

One of Jesus' longest and most beautiful teachings to his disciples is about the very same thing: 耶穌對門徒最長、最美麗的教導之一也是關於同樣的事情：

22And he said to his disciples, "Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. 23For life is more than food, and the body more than clothing. 24Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! 25And which of you by being anxious can add a single hour to his span of life?c 26If then you are not able to do as small a thing as that, why are you anxious about the rest? 27Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was

not arrayed like one of these. 28But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith!

29And do not seek what you are to eat and what you are to drink, nor be worried. 30For all the nations of the world seek after these things, and your Father knows that you need them.

31Instead, seek his kingdom, and these things will be added to you.

32“Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom. Luke 12
路加福音 12:22 耶穌又對門徒說、所以我告訴你們、不要為生命憂慮喫甚麼、為身體憂慮穿甚麼。

12:23 因為生命勝於飲食、身體勝於衣裳。

12:24 你想烏鴉、也不種、也不收、又沒有倉、又沒有庫、神尚且養活他、你們比飛鳥是何等的貴重呢。

12:25 你們那一個能用思慮、使壽數多加一刻呢。〔或作使身量多加一肘呢〕

12:26 這最小的事、你們尚且不能作、為甚麼還憂慮其餘的事呢。

12:27 你想百合花、怎麼長起來、他也不勞苦、也不紡線、然而我告訴你們、就是所羅門極榮華的時候、他所穿戴的、還不如這花一朵呢。

12:28 你們這小信的人哪、野地裡的草、今天還在、明天就丟在爐裡、神還給他這樣的妝飾、何況你們呢。

12:29 你們不要求喫甚麼、喝甚麼、也不要挂心。

12:30 這都是外邦人所求的、你們必須用這些東西、你們的父是知道的。

12:31 你們只要求他的國、這些東西就必加給你們了。

12:32 你們這小群、不要懼怕、因為你們的父、樂意把國賜給你們。

It is the Father’s good pleasure to give you the kingdom. His whole kingdom is yours...your work is good. When I see myself as a stakeholder in the kingdom of God, I see my work differently. (Story) 天父很高興將國度賜給你。他的整個王國都是你的.....你的工作很好。當我將自己視為神國度的利害關係人時，我對自己的工作有不同的看法。(故事)

Finally, the song turns to the idea of children and this is an interesting and fitting inclusion because I know of nothing that requires more work or more anxious watching than raising children. He begins with a promise and it’s a really good one. 最後，這首歌轉向了孩子的想法，這是一個有趣且合適的包含，因為我知道沒有什麼比撫養孩子需要更多的工作或更焦慮的觀看了。他一開始就做出了一個承諾，這是一個非常好的承諾。

3Children are a gift from the LORD;

they are a reward from him.

4Children born to a young man

are like arrows in a warrior’s hands.

5How joyful is the man whose quiver is full of them!

He will not be put to shame when he confronts his accusers at the city gates.

詩篇127:3 兒女是耶和華所賜的產業、所懷的胎、是他所給的賞賜。

127:4 少年時所生的兒女、好像勇士手中的箭。

127:5 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。

These verses are all gift. All promise. Children are a gift. Children are a reward. Children are like arrows. Children bring joy. They are not just for protecting, they are also for protection. Children keep us focused on the good work of partnering in the building of our Father's house. We build for the future. We build for what's coming. And we invite our kids to build alongside us. They are part of the war and part of the work we're doing in our world. 這些詩句都是恩賜。都是應許。孩子是一份禮物。孩子是一種獎勵。孩子就像箭。孩子們帶來歡樂。他們不只是為了要去保護，更是為了保護父母。孩子們讓我們專注於合作建造天父聖殿的美好工作。我們為未來而建。我們為即將發生的事情而建構。我們邀請我們的孩子與我們一起建造。他們是戰爭的一部分，也是我們在這個世界上所做的工作的一部分。

Kids steal your sleep and your time and sometimes, your peace. They are yours to parent or grandparent, but in the end the scripture holds true and steady: Unless the Lord builds the house, our anxious work is meaningless. We must invite God into the world of house-building and child-raising. We must invite him into the places where we wonder what to do and also into the places where we think we already know what to do. Our kids are a gift. 孩子們偷走了你的睡眠和時間，有時甚至偷走了你的平靜。對父母或祖父母來說，他們是你的，但最終聖經仍然真實可靠：除非主建造房屋，否則我們的焦慮工作毫無意義。我們必須邀請上帝進入建造房子和養育孩子的世界。我們必須邀請他進入我們不知道該做什麼的地方，也必須邀請他進入我們認為我們已經知道該做什麼的地方。我們的孩子是一份禮物。

What can we gain by joining with the children of Israel and singing this song into the fabric of our journey toward Jesus? 透過與以色列人一起唱這首歌，融入我們走向耶穌的旅程，我們能得到什麼？

Work, but don't be anxious. 工作，但不要焦慮。

Toil, but don't spin. 辛勞，但不要空轉。

Believe in the strength of the legacy that is to come. 相信將要來臨的傳承的力量。

And what can we take away from those three things? 我們可以從這三件事中得到什麼？

Trust Him. 信靠祂。

Trust God. It almost always comes back to that. Do I trust Him with what is most dear to me? Can I trust Him with the things that feel so incredibly consequential? This song comes back to us to say: You can and you must. It's the only path to rest. It's the long obedience that leads to the joy of the whole earth. 信靠上帝。它幾乎總是回到這一點。我是否將我最珍視的東西託付給祂？我可以相信祂會處理那些感覺如此重要的事情嗎？這首歌告訴我們：你可以而且你必須。這是唯一的休息之路。長期的順服能帶給全地喜樂。

Communion and response. 聖餐與回應。

讓我們一起。領取聖餐。當耶穌剝開餅，他說，這是他的身體為我們捨去。讓我們一起吃。耶穌舉起杯，說，這是他的血為我們流出，遮蓋我們的過犯，洗去我們的罪，讓我們一起喝。

主啊，我們來到你的面前，感謝你。是你讓我們得釋放，得自由。聖靈啊，讓我們聽見你。讓我們把詩篇127篇理解記載頭腦中。讓我們焦慮，當我們害怕時，我們依靠你。你是創造者，建造者，我們的庇護所。我們用生命信任你。我們把家庭，城市，國家，兒女交託在你的手中。我們愛你，敬拜你，以基督之名，阿門。

大家請起立，我願為大家祝禱。如果你願意接受，請伸出雙手。願弟兄姊妹知道傳承的力量，安息
的權能。願你聽到呼召你的聲音，走進安靜的地方，和你的建造者同在。願你知道你的建造在祂
眼中有意義。以萬物之主的名，阿門！