

A Song for Deep Waters
Bo Stern-Brady
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深水中的詩歌
珀·斯坦恩-布雷迪
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詩歌一：凡有氣息 都要讚美 **Let everything that has breath**

讚美主 讚美主

Praise the Lord Praise the Lord

Verse 1

在高山或低谷 我要來讚美

I'll praise in the valley, praise on the mountain

或相信或懷疑 我要來讚美

I'll praise when I'm sure, praise when I'm doubting

當仇敵圍繞我 我要來讚美

I'll praise when outnumbered Praise when surrounded

因讚美如大水 使仇敵都潰敗

'Cause praise is the waters my enemies drown in

Pre-Chorus

當我仍有氣息 我都要來大聲

As long as I'm breathing I've got a reason to

Chorus 1

讚美 我主 喔我靈

Praise the Lord, oh my soul

讚美 我主 喔我靈

Praise the Lord, oh my soul

Verse 2

當感受漸消逝 我仍要讚美

I'll praise when I feel it, and I'll praise when I don't

我讚美因我知 主祢在掌權

I'll praise 'cause I know You're still in control

讚美是我武器 來大聲宣告

'Cause my praise is a weapon, it's more than a sound

齊來讚美呼喊 耶利哥必倒塌

Oh, my praise is the shout that brings Jericho down

Chorus 2

讚美 我主 喔我靈

Praise the Lord, oh my soul

讚美 我主 喔我靈

Praise the Lord, oh my soul

我不再沈默 因我主活著

I won't be quiet My God is alive

我怎能不大聲說

How could I keep it inside

讚美 我主 喔我靈

Praise the Lord oh my soul

Bridge

因祢至高 我讚美

I'll praise 'cause You're sovereign

因祢掌權 我讚美

Praise 'cause You reign

因祢復活戰勝死亡 我讚美

Praise 'cause You rose and defeated the grave

因祢信實 我讚美

I'll praise 'cause You're faithful

因祢真實 我讚美

Praise 'cause You're true

因無人能與祢相比 我讚美

Praise 'cause there's nobody greater than You

詩歌二：同一個神 **Same God**

by Brandon Lake, Chris Brown, Pat Barrett, and Steven Furtick

我呼求雅各的神，祂的慈愛直到萬代，我知道你會保守你的約
我呼求摩西的神，分開紅海的那位，我需要你為我成就同樣的事
神啊，我需要你，神啊，我現在需要你，我多麼需要你
磐石，我的磐石啊，我堅立在你的信實上

我呼求馬力亞的神，祂的喜悅降臨在低微的人，我知道在你凡事能夠
我呼求大衛的神，祂使牧童成為勇士，雖然不是哥利亞，我卻面對我自己的巨人

你過去聆聽你的兒女，現在也聆聽，你是一樣的神，你是一樣的神。
你過去垂聽禱告，現在也垂聽，你是一樣的神，你是一樣的神。

你過去供應，現在也供應，你是一樣的神，你是一樣的神。
你過去掌權，現在也掌權，你是一樣的神，你是一樣的神。
你過去醫治，現在也醫治，你是一樣的神，你是一樣的神。
你過去救贖，現在也救贖，你是一樣的神，你是一樣的神。

你過去使綑綁的得自由，現在也使人心自由，你是一樣的神，你是一樣的神。
你過去觸摸大痲瘋的人，現在也能感受你的觸摸，你是一樣的神，你是一樣的神。
我呼求聖靈降臨，如水流降下充滿我，一次次充滿我，一次次充滿我！

詩歌三：神的良善慈愛 **Goodness Of God**

Bethel Music 中文譯唱：Jeremy C, Tiffannie H, Anne Y.

我愛你主 你憐憫不會失敗
我一生 全然在你手中
每早晨當我甦醒 到夜裡我安息
我要歌唱 你的良善慈愛

我一生你如此信實 我一生你是何等慈愛
我生命中的每個氣息
都要歌唱 你的良善慈愛

我愛你主 你話語領我過試煉
最深的夜 無人像你陪伴我
我知你是我天父 你是我的摯友
我住在 你的良善慈愛

你良善追趕著我 緊緊追趕著我
你良善追趕著我 緊緊追趕著我
我放下自己 我降伏於你 獻上我全所有
你良善追趕著我 緊緊追趕著我

佈道

We are in the Songs of Ascent series and today's is a doozy. I love it. It's a song to keep in your pocket at all times because when trouble lands you in deep water, this song is going to help fish you out of the deep. Let's read it: 我們正在《上行之詩》系列，今天的節目非常精彩，我很喜歡。這是一首值得隨身攜帶的詩篇，因為當你陷入困境時，這首詩篇會幫助你，把你從深淵中救出來，我們來讀：

1.Out of the depths I cry to you, Lord;

耶和華啊，我從深處向你求告！

2

Lord, hear my voice. Let your ears be attentive to my cry for mercy.

主啊，求你聽我的聲音！願你側耳聽我懇求的聲音！

3 If you, Lord, kept a record of sins,

Lord, who could stand?

主 耶和華啊，你若究察罪孽，誰能站得住呢？

4

But with you there is forgiveness,

so that we can, with reverence, serve you.

但在你有赦免之恩，要叫人敬畏你。

5

I wait for the Lord, my whole being waits,

and in his word I put my hope.

我等候耶和華，我的心等候；我也仰望他的話。

6

I wait for the Lord

more than watchmen wait for the morning,

more than watchmen wait for the morning.

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

Israel, put your hope in the Lord,

for with the Lord is unfailing love

and with him is full redemption.

以色列啊，你當仰望耶和華！因他有慈愛，有豐盛的救恩。

8

He himself will redeem Israel from all their sins.

他必救贖以色列脫離一切的罪孽。

This psalm is about two main things: First, it's about our suffering. Second (but maybe more importantly), it's about God and His character as it relates to our suffering. God's name is invoked eight times in this short song and each time, the psalmist is trying to embed in our understanding something important about who He is and how He loves. The very first thing shows up in the very first line of the song and establishes the context for everything else. 這首詩篇主要講述兩件事：首先，它是關於我們的苦難。其次（但也許更重要），它是關於神和祂的品格，因為它與我們的苦難有關。在這首短歌中，上帝的名字被呼喚了八次，每次，詩人都試圖讓我們理解一些關於祂是誰以及祂如何愛的重要內容。第一件事情出現在詩篇的第一行，並為其他一切奠定了背景。

Out of the depths I cry to you, Lord;

Lord, hear my voice.
Let your ears be attentive
to my cry for mercy. Psalm 130:1-2
詩篇130:1.耶和華啊,我從深處向你求告!
2.主啊,求你聽我的聲音!願你側耳聽我懇求的聲音!

Look at the first four words: Out of the depths. This is a strong and emotional term. One of my favorite Hebrew scholars, Robert Alter, says this term conveys “**Archetypal starkness**”, **imagery of the “depths of the sea” which in turn is an image of the realm of death. From the darkness of profound despair, on the verge of death, the psalmist calls out to God.** 看前四個字:我從深處。這是一個強烈而情緒化的術語。我最喜歡的希伯來學者之一羅伯特·阿爾特(**Robert Alter**)說,這個術語傳達了“原型的嚴酷”,即“海洋深處”的意象,而這又是死亡王國的意象。詩人在極度絕望的黑暗中,在死亡的邊緣,向上帝呼求。

Walter Brueggemann says: The depths here are deep waters: **The poet has no secure place to stand and so cries out to God for help while facing the threat of being overwhelmed by the waters of chaos.** 布魯格曼(**Walter Brueggemann**)說:這裡的深處是深水:詩人沒有安全的立足之地,因此向上帝呼救,同時面臨著被混亂之水淹沒的威脅。

Eugene Peterson says **the depths represent a moment in our life when the bottom drops out.** 尤金彼得森說,深度代表了我們生命中觸底的時刻。

We've all had that moment, probably a few of them. And I am sorry to be the bearer of this news, but more deep moments await all of us and we secretly know it even when we don't want to admit it. 我們都經歷過這樣的時刻,可能有幾個。我很抱歉成為這個信息的傳達者,但更深刻的時刻等待著我們所有人,即使我們不想承認,我們也暗暗地知道這一點。

The thing about suffering is that it is this universal space that we all eventually share in some way. Few women I know relate to Angelina Jolie. She is beautiful and talented and wealthy in ways that elude the greater part of the population. But when she revealed that she had the gene that causes breast cancer and had undergone a mastectomy to prevent it, she entered into the suffering of nearly every human who has experienced the fear or the reality of cancer. We find commonality on the ground of shared suffering because suffering finds us all. And I love that this psalm - and all of them, really, give dignity to suffering. They don't hide it away or turn that frown upside down. They don't pretend it's smaller than it is. They don't compare it to someone else's bigger suffering so as to minimize or make sense of it. They just come out with it. Out of the depths I CRY OUT YOU, LORD. 關於苦難的關鍵在於,我們最終都會以某種

方式來經歷這個普遍的存在。我認識的女性中很少有與安吉莉娜·裘莉有關的。她美麗、才華橫溢、擁有大多數人沒有的財富。但當她透露自己攜帶了導致乳癌的基因，並接受了乳房切除術來預防乳癌時，她陷入了幾乎所有經歷過癌症恐懼或現實的人的痛苦之中。我們在共同痛苦的基礎上找到了共同點，因為痛苦會找到我們所有人。我喜歡這首詩篇——所有這些詩篇確實都為苦難帶來了尊嚴。他們不會把它隱藏起來，也不會強顏歡笑。他們不會假裝它比實際發生的小。他們不會將其與其他人更大的痛苦進行比較，來弱化或盡力解釋它。他們只是帶著痛苦走出來而已。主啊，我從深處呼求祢。

It takes two things to be willing to cry out. First, humility. Second, the hope that someone is listening. Humility says, I can't figure this out on my own and I'm done trying. Hope says, I have the suspicion - even the small one - that someone can hear me and does care enough to respond. 想要呼求需要兩個條件。第一，謙虛。第二，希望有人傾聽。謙虛是說，我無法獨自解決這個問題，但我已經嘗試過了。希望是說，我懷疑——即使是很小的懷疑——有人能聽到我的聲音，並且足夠關心做出回應。

This brings us to the character piece of this psalm. God's name is invoked EIGHT TIMES in this very short psalm. This is a song about God. It's about the way He shows up. The way He responds. The way His loves. It's a song about his character. We often talk about this when we discuss our leaders - does character matter, or does it matter that they're just good at getting stuff done - and I think if we're honest, we know that both matter. Skill matters and character matters. 這把我們帶到了這首詩篇的人物部分。在這首很短的詩篇中，上帝的名字被呼喚了八次。這是一首關於神的歌。這是關於他出現的方式。他回應的方式。他愛的方式。這是一首關於他的性格的歌。當我們討論我們的領導者時，我們經常談論這一點——性格重要，還是他們擅長完成工作重要——我想，如果我們誠實的話，我們知道兩者都很重要。技能很重要，個性也很重要。

If you were going to remodel your kitchen, you would need a contractor. If I told you I had a great contractor who does the best work in the city, but about 30% of the time he takes your money and stops showing up. Or if I said, "This guy does great work, but maybe don't leave him alone with your teenage daughter"... you would move on to someone with maybe less skill but more character because character matters. In my experience, the different in people who go through suffering and become better vs. bitter boils down to one thing: An understanding of and trust in the character of God. 如果您要改造廚房，則需要承包商。如果我告訴你，我有一個出色的承包商，他的工作是全市最好的，但大約 30% 的情況下，他會拿走你的錢，然後不再出現。或者，如果我說，「這個人做得很好，但也許不要讓他單獨和你十幾歲的女兒在一起」... 你會轉向一個技能可能較差但更有品格的人，因為品格很重要。根據我的經驗，經歷痛苦並變得更好的人和痛苦的人的不同之處可以歸結為一件事：對神的品格的理解和信任。

Psalm 130 gives the children of Israel words to use around the character of this God to whom they are devoted. Each line reminds them of a God who can be trusted, not just because he has the skill, but because he is righteous and faithful and good. Here's what we learn about God's character in this psalm:

詩篇 130 篇為以色列人提供了一些詞語來描述他們所信仰的上帝的品格。每一行都讓他們想起一位值得信賴的上帝，不僅因為祂有能力，也因為祂公義、信實、良善。以下是我們在這首詩篇中了解到神的品格：

- **God listens.**
 - **God is a Father, not a tax auditor**
 - **God is true to His word**
 - **God's love is endless and unfailing**
 - **God rescues us from trouble; even when the trouble is inside of us**
 - 神垂聽。
 - 上帝是父親，而不是稅務審計員
 - 神信守祂的話語
 - 神的愛是永無止境、永不止息的
 - 神救我們脫離患難；即使問題出在我們內心
-
- **God listens.** 神垂聽。

**Out of the depths I cry to you, Lord;
Lord, hear my voice.
Let your ears be attentive
to my cry for mercy. Psalm 130:1**

耶和華啊，我從深處向你求告！
主啊，求你聽我的聲音！願你側耳聽我懇求的聲音！
詩篇 130:1

This in the Hebrew is to listen intelligently and attentively. Have you ever stopped to think about what a wonder this is? It's an absolute wonder. In a world of noise and cell phones and constant distractions, the God of the universe stops to listen to us. That tells us both that he's near and that he's interested. This, to me, is almost too beautiful to comprehend. Why cry out to God if he isn't listening anyway? Why pray if no one is on the other side of the prayer? Do you see what this says about us? Every time we throw up a desperate prayer to God, it's a step of faith. It's believing in what we cannot see. And God hears. He is attentive.

在希伯來語中，這意味著聰明而專心地傾聽。你有沒有停下來想一想這是多麼奇妙的事？這絕對是一個奇蹟。在一個充滿噪音、手機和不斷幹擾的世界裡，宇宙之神停下來傾聽我

們的聲音。這告訴我們他就在附近並且他很感興趣。對我來說，這幾乎美得難以理解。如果神根本不聽，為什麼還要向神呼求呢？如果沒有人在祈禱的另一邊，為什麼還要祈禱呢？你明白這對我們意味著什麼嗎？每當我們向上帝絕望地祈禱時，這就是信心的一步。是相信我們所看不見的。神聽見了。他很細心。

- **God listens.**
- **God is a Father, not a tax auditor**
- 神垂聽。
- 上帝是父，而不是稅務審計員

**If you, Lord, kept a record of sins,
Lord, who could stand?
But with you there is forgiveness,
so that we can, with reverence, serve you. Psalm 130:3-4**

主—耶和華啊，你若究察罪孽，誰能站得住呢？
但在你有赦免之恩，要叫人敬畏你。詩篇 130:3-4

God isn't watching to catch me doing something wrong...he is watching because he loves me and wants the best for me. He forgives and wipes the slate clean.
上帝並沒有看著我做錯事.....祂之所以注視著我，是因為祂愛我並希望給我最好的。祂原諒，並把過去的事一筆勾銷。

- **God listens.**
- **God is a Father, not a tax auditor**
- **God is true to His word**
- 神垂聽。
- 上帝是父，而不是稅務審計員
- 神信守祂的話語

**I wait for the Lord, my whole being waits,
and in his word I put my hope. Psalm 130:5**
詩篇130:5 我等候耶和華，我的心等候；我也仰望他的話。

When we are in the depths, there is no solid place for our feet to land or stand. Throughout the Psalms, David especially returns to: God is as good as His word. His word is tried and tested and it can hold the weight of our pain and sorrow and questions and fears. I don't put my hope in a desired outcome; I put my hope in the word of the Lord that never promises a short cut through the deep water, but ALWAYS promises He will be with us IN the deep water. 當我們在深處時，我們的腳沒有堅實的地方可以落地或站立。在整本詩篇中，大衛特別提到：神言出必行。祂的話語是經過考驗的，它能夠承受我

們的痛苦、悲傷、疑問和恐懼。我不把希望寄託在理想的結果上；我把希望寄託在主的話語上，祂從不承諾有一條穿越深水的捷徑，但總是應許祂會在深水中與我們同在。

- **God listens.** 神在聽
- **God is a Father, not a tax auditor** 神是父親，不是稅務審計
- **God is true to His word** 神對他的話語是真實
- **God's love is endless and unailing** 神的愛是無盡和不敗的

**Israel, put your hope in the Lord,
for with the Lord is unailing love
and with him is full redemption. Psalm 130: 7**

詩篇**130:7** 以色列啊，你當仰望耶和華！因他有慈愛，有豐盛的救恩。

Here we see labels attached to the character of God: Unfailing love and FULL redemption. This is not a by-the-skin-of-our-teeth situation. God is not barely redeeming or reluctantly redeeming or frustrated with us because we need redeeming...he is ABUNDANTLY redemption. His love does not fail and that concept is foreign to many of us. I've been loved well by a lot of different people, but there is no one whose love I would describe as unailing except the love of Jesus. It is always present and always enough and always healing. 在這裡，我們看到上帝品格上的標籤：永恆的愛和完全的救贖。這不是一個危急的情況。神不是因為我們需要救贖而勉強救贖、不情願地救贖或對我們感到沮喪.....祂是豐盛的救贖。祂的愛不會失敗，而這個概念對我們許多人來說都是陌生的。我曾經被許多不同的人深深地愛著，但除了耶穌的愛之外，沒有人的愛是永恆的。它總是存在、總是足夠、總是有醫治的作用。

- **God listens.** 神在聽
- **God is a Father, not a tax auditor** 神是父親，不是稅務審計
- **God is true to His word** 神對他的話語是真實
- **God's love is endless and unailing** 神的愛是無盡和不敗的
- **God rescues us from trouble; even when the trouble is inside of us** 神從麻煩困苦中拯救我們，即使這麻煩在我們心中

**He himself will redeem Israel
from all their sins. Psalm 130:8** 詩篇**130:8** 他必救贖以色列脫離一切的罪孽。

He rescues us from our enemies outside and from the enemies inside. Sometimes we are the problem. Our constant tendency to mess it up. Our self reliance that leads to self destruction. Our pride, our stubbornness, our desire to run when we should stand and stand again. 祂將我們從外部和內部的敵人手中拯救出來。有時我們就是問題所在。我們總是傾向於把事情搞砸。我們的自力更生會導致自我毀滅。我們的驕傲，我們的固執，我們在應該站起來再站起來時卻想要逃跑。

This part of Gods' character speaks to me of His relentless proximity. He stays near. 神的這一部分性格向我講述了他始終一直的親近。他待在附近。

Where can I go from your Spirit?

Where can I flee from your presence?

If I go up to the heavens, you are there;

if I make my bed in the depths, you are there. Psalm 139:7-8

詩篇 139:7 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。

RESPONSE: Song. 回應: 詩歌

祝禱:

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in

Christ Jesus our Lord. Romans 8:38-39:38 羅馬書 8:38 因為我深信無論是死、是生、是天使、是掌權的、是有能的、是現在的事、是將來的事、8:39 是高處的、是低處的、是別的受造之物、都不能叫我們與神的愛隔絕。這愛是在我們的主基督耶穌裡的。