

Songs for the In-Between:
A Study of the Songs of Ascent
#1 Kept by God
9/22/2024

夾縫中的頌歌：
上行之詩的研讀
#1: 由神保守
2024年9月22日

詩歌一：在各地讚美祂 **Praise You Anywhere**
詞曲：Brandon Lake

有時你要在黑暗中起舞
在火中歌唱 難以理解仍讚美
有時你要學習直視巨人
在獅穴之中敬拜
有時你也要從高山上大喊 在山谷更大聲
相信神會帶領祂度過

有時你要迎接奇跡降臨 等候神回應
高舉雙手來敬拜

我在各處讚美 讚美 讚美祂 讚美祂
至高真神 讚美祂 讚美祂
至高真神 祂是配得 YES 祂是配得所有的讚美

有時你要在獄中讚美
向上天呼求 直到天堂門敞開
有時要在捆綁中站立 爭戰中勇敢
高舉雙手來敬拜

讚美 讚美祂 讚美祂
至高真神 讚美祂 讚美祂

至高真神 祂是配得

YES 祂是配得所有的讚美

一生都信實 日夜都賜福

無盡的理由 在各地讚美祢

應許不落空 步步有良善

凡有氣息的 在各地讚美祢

×2

讚美 讚美祂 讚美祂

至高真神 讚美祂 讚美祂

至高真神 祂是配得

YES 祂是配得所有的讚美

在各地讚美祢

在高山或低谷

我都知 祢 與我同在

詩歌二：永遠的耶和華 **Forever YHWH**

至高主

萬能神

偉大的我是

在我裡面活

我的上帝

和平王子

以馬內利

和我一起

你的名是偉大者

要大大的讚美

你的名是偉大者

要大大的讚美

你昔日配得

今日配得

永遠配得，耶和華

我們永遠敬拜你 耶和華
你配得我的讚美
你配得
沒有其它名

詩歌三：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

We start a new teaching series today, diving into a unique and rich section of Scripture known as the *Songs of Ascent*, Psalms 120 to 134.

今天我們開始一個新的講道系列，深入探討聖經中獨特而豐富的部分，稱為上升之歌，詩篇 120 至 134。

Jewish pilgrims used to sing these psalms during their journey as they approached Jerusalem to worship.

The hymns helped shape the identity and faith of God's people.

And, they were deeply formative for Jesus.

猶太朝聖者在旅途中常常唱這些詩篇

當他們接近耶路撒冷敬拜時。

讚美詩幫助塑造了上帝子民的身份和信仰。
而且，它們對耶穌有著深刻的影響。

When we read in Luke's Gospel of a young Jesus going to worship at the Temple with his family, these were likely the songs they sang, especially during the pilgrimages for Passover and the other festivals.
當我們在路加福音中讀到年輕的耶穌去敬拜時
當他和家人在聖殿時，這些可能是他們唱的歌曲，特別是在逾越節和其他節日朝聖期間。

They are as relevant for us today as they were then.
他們對我們今天和當時一樣重要。

Why? Because the word "ascent" in Hebrew refers to "going up," in both a literal and figurative sense.
為什麼？因為希伯來語中的“上行”一詞指的是“向上走”，
無論是字面意義還是比喻意義。

Jerusalem sits on a mountaintop, so pilgrims physically traveled upward.
Check out these pics:
耶路撒冷坐落在山頂上，因此朝聖者必須親自向上行進。
看看這些照片：

PIC 1 ([here](#) and on PCO)

PIC 2 ([here](#) and on PCO)

PIC 3 ([here](#) and on PCO)

But "going up," also signifies a spiritual ascent
— moving together toward God in worship.
但「上升」也意味著精神上的上升
— 在敬拜中一起走向上帝。

So, these Psalms are like a playlist for that journey.
They capture the essence of what it means to travel through life together as God's people.

They are about where we go and how we get there.
And they show us that God cares about the “where” and “how.”
所以，這些詩篇就像是這段旅程的播放清單。
他們抓住了一起走過人生的本質
作為神的子民。
它們是關於我們要去哪裡以及如何到達那裡的。
它們向我們表明上帝關心「在哪裡」和「如何」。

The Importance of Time and Place

Why does this matter to us?
Why focus on ancient songs about Jewish pilgrimages?
時間和地點的重要性
為什麼這對我們很重要？
為什麼要關注猶太朝聖的古代歌曲？

Because God still cares about our destination *and* our journey.
He’s concerned about where we end up AND how we get there.
因為神仍然關心我們的目的地和我們的旅程。
他關心我們最終會到達哪裡以及如何到達那裡。

The Songs of Ascent remind us that the geography of our lives
— the literal places we inhabit, the seasons we go through,
and the paths we take — these matter to God.
上升之歌提醒我們，我們所處的地理
——我們居住的地方，我們經歷的季節，
以及我們所走的道路——這些對上帝來說都很重要。

In Jesus’ world, the worshiping community and their pilgrimages
were always tied to specific times and locations.
For the Israelites, going up to Jerusalem was a concrete,
physical act that held deep spiritual significance.
在耶穌的世界裡，敬拜團體和他們的朝聖
總是與特定的時間和地點連結在一起。
對以色列人來說，上耶路撒冷是一件具體的事，
具有深刻精神意義的身體行為。

We share that with them, despite the differences of time and culture.
儘管存在時間和文化差異，但我們與他們分享這一點。

Our gatherings — our times of worship, our prayer nights,
our meet-ups and Bible studies — they are all part of our “going up.”
God is uniquely present in the communal spaces of our lives.
And, He shapes us through rhythms of worship, community, and service.
我們的聚會－我們的禮拜時間，我們的禱告之夜，
我們的聚會和聖經學習——它們都是我們「向上」的一部分。
上帝獨特地存在於我們生活的公共空間中。
而且，祂透過敬拜、社區和服事的節奏來塑造我們。

The Contagion of Modern Culture

All of this matters more in a world that’s increasingly detached
from geography and physical presence.

現代文化的感染

在一個日益疏離的世界中，所有這些都變得更加重要
來自地理和物理存在。

We’ve diminished the concept of “going up” or journeying together.
我們已經淡化了「向上」或一起旅行的概念。

We live in a culture that revolves around autonomous convenience.
We can order anything, at any time, and have it delivered anywhere.
We attend meetings virtually, and take in online services,
from the comfort of our homes.

我們生活在以自主便利為中心的文化中。
我們可以隨時訂購任何東西，並在任何地方送貨。
我們以虛擬方式參加會議，並接受線上服務，
從我們舒適的家中。

I admit. There are benefits to this convenience. I like them, too.
But, they also have unintended consequences. 我承認。這種便利是有好處的。
我也喜歡他們。但是，它們也會產生意想不到的後果。

Our quest for convenience subtly erodes our social fabric — the bonds we share in our neighborhoods, and even our churches. 我們對便利性的追求巧妙地侵蝕了我們的社會結構——我們在社區甚至教會中所分享的連結。

We risk forgetting that God works through time and place. We risk trading community for convenience. 我們可能會忘記上帝的工作是隨時間和地點而改變的。為了方便，我們冒著交易社區的風險。

We also risk sidestepping the journey, seeking efficiency and shortcuts whenever possible. 我們也冒著迴避這趟旅程的風險，盡可能尋求效率和捷徑。

Even in the church, we can fall in love with convenience, settling for what is easy rather than pursuing what is meaningful. This will have a profound impact on our faith and our spiritual formation. 即使在教會裡，我們可能會愛上便利，滿足於簡單的事情，而不是追求有意義的事情。這將對我們的信仰和精神形成產生深遠的影響。

Gathering together for worship, being with one another in a shared space — this matters. 聚集在一起敬拜，在一個共享的空間裡彼此相處——這很重要。

STORY:

Last Sunday, I met a young man from Hubbard who has attended our services online for over a year. He showed me his notes and screen grabs from the sermons, and it was clear that he was deeply engaged. However, last Sunday was only his second time attending in person, and the joy radiating from him was amazing. He even asked to take a selfie with me! As we spoke, he shared that he had made a decision: from now on, he would attend in person. Why? Because he had experienced the profound truth that “going up” together matters.

The journey matters — to us and to God.上週日，我遇到了一位來自哈伯德的年輕人，他已經在線上參加我們的主日一年多了。他向我展示了他的主日筆記和螢幕截圖，很明顯他非常投入。然而，上週日只是他第二次親自來教會裏參加主日聚會，但是他身上散發出的喜樂是驚人的。他還要求跟我自拍！在我們談話時，他表示他已經做出了決定：從現在開始，他將來教會裏參加主日聚會。為什麼？因為他體會到了「一起上行」的深刻道理。這段旅程對我們和上帝都很重要。

Help for Our Journey: Psalm 121

This brings us to our focus for today

— Psalm 121, one of the first Songs of Ascent.

為我們的旅程提供幫助：詩篇 121

這引出了我們今天的重點， — 詩篇 121，最早的上行之詩之一。

It's a song about help along the journey.

It's a reminder that as we “go up,” we don't go alone.

這是一首我們生命旅程中關於幫助的詩篇。這提醒我們，當我們「上行」時，我們並不是孤身一人。

Let's read our text:讓我們來讀一下這段經文：

Psalm 121

A Song of Ascent

I lift up my eyes to the mountains—

where does my help come from?

My help comes from the Lord,

the Maker of heaven and earth.

He will not let your foot slip—

he who watches over you will not slumber;

indeed, he who watches over Israel

will neither slumber nor sleep.

The Lord watches over you—

the Lord is your shade at your right hand;

*the sun will not harm you by day,
nor the moon by night.*

*The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and forevermore.*

詩篇121

1(上行之詩。)我要向山舉目；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。

Psalm 121 begins with a question: “Where does my help come from?” This isn’t just a rhetorical question; it’s deeply introspective. 詩篇 121 篇以一個問題開始：“我的幫助從何而來？”這不只是一個反問句，這是深刻的內省。

Before asking it, the psalmist looks up at the mountains and wonders whether they are a source of help or danger.

In ancient Israel, mountains were both.

They were places of refuge but also hiding spots for bandits. 在提出這個問題之前，詩人抬頭望向群山，想知道它們是幫助的來源還是危險的來源。在古代以色列，山脈兩者兼具。它們是避難所，也是土匪的藏身之處。

So, there is a tension in the psalmist’s question.

因此，詩篇作者的問題存在著張力。

A mixture of anxiety and anticipation. 焦慮與期待交織在一起。

Isn't that how life feels most of the time? 這不正是生活大多時候的感受嗎？
We move forward through life with hope in Jesus, for sure. 當然，我們帶著對耶穌的盼望在生活中前進。

But, also with some anxiety, knowing challenges are part of the journey. 但是，也帶著一些焦慮，知道挑戰是旅程的一部分。

STORY: 故事

For example, when a new child is born, we feel both anticipation and anxiety. I remember when my granddaughter Phia was born after a long, 40-hour labor. The anticipation of becoming a grandfather was overwhelming, but so was the anxiety as the hours of labor dragged on. Thankfully, Phia was born healthy, but in those moments of waiting, I cried out to God for help, feeling both anxiety and anticipation. 例如，當一個新生兒出生時，我們既感到期待又感到焦慮。我記得我的孫女菲亞 (Phia) 經過 40 個小時的漫長分娩後出生。對成為祖父的期待是壓倒性的，但隨著分娩時間的延長，焦慮也隨之而來。值得慶幸的是，菲亞出生時很健康，但在等待的那些時刻，我向上帝呼求幫助，心裡既焦慮又期待。

The psalmist resolves this tension in verse 2, declaring: 詩篇作者在第 2 節中解決了這種緊張局勢，說：

“My help comes from the Lord, the Maker of heaven and earth.” “我的幫助從造天地的耶和華而來。”

Notice: this is not just any help. It's not generic. It's not impersonal. 注意：這不僅僅是任何幫助。這不是通用性的。這不是非個人的。

It is help from the One who created everything. 這是來自創造一切的那一位的幫助。

The Hebrew word for “help” here is *ezer*. 這裡「幫助」的希伯來文是 *ezer*。

It's often used in the Bible to describe God's rescuing power. 聖經中常用它來形容上帝的拯救能力。

It's the same word used in Genesis to describe Eve as Adam's "helper." But more often, it describes God as Israel's rescuer. 這與創世記中用來描述夏娃為亞當的「幫助者」的字詞相同。但更多時候，它把上帝描述為以色列的拯救者。

Throughout our journey, God is our *ezer*, our strong aid. 在我們的整個旅程中，上帝是我們的埃澤爾，我們強而有力的幫助。

God Watches Over Us 神看顧我們

As the Psalm continues, the focus shifts. 隨著詩篇的繼續，焦點發生了轉移。

The writer is no longer alone in his thoughts. 作者不再孤單地思考。

A second voice enters, offering reassurance: 第二個聲音出現，提供了保證：

"He will not let your foot slip. He...will neither slumber nor sleep." 他必不叫你的腳搖動；保護你的必不打盹！

This is a powerful reminder that God is not distant or detached from His people's journey. 這是一個強而有力的提醒：上帝並不遙遠 或脫離祂子民的旅程。

He is with us always, watching over us. 祂一直與我們同在，守護著我們。 He is always alert, and always attentive to us. 祂總是很警醒，總是關注我們。

Whenever I read these verses, I think of Jesus. 每當我讀到這些經文時，我就會想到耶穌。

In the Gospels, we see Jesus watching over His disciples, even when they are unaware. 在福音書中，我們看到耶穌注視著祂的門徒，即使他們不知道。

One story that comes to mind from Mark's Gospel. 我想起了馬可福音中的一個故事。

In chapter six, Jesus sends His disciples on ahead of Him across the sea of Galilee. 在第六章，耶穌差遣門徒在他前面走橫跨加利利海。

That night, they're struggling against a storm,
While this is happening, Jesus watches them *from a mountain!*那天晚上，他們在暴風雨中掙扎，當這一切發生時，耶穌在山上看著他們！
He's not sleeping up there. 他不是在上山打盹。
He's praying and keeping an eye on them. 他正在祈禱並註視著他們。

When He sees they're in trouble, He walks out on the water. 當他看到他們有麻煩時，他就從水面上走出來。

They see Him. They cry out in their fear and distress.
Immediately, He gets in the boat and calms the storm. 他們看見他。他們因恐懼和緊張向耶穌呼求。他立即上船平息了風暴。

Jesus didn't stay distant. He didn't stay on the mountain. 耶穌並沒有保持距離。他沒有留在山上。

He entered into the chaos of *their* storm and brought peace. 他進入了他們風暴的混亂並帶來了和平。

In the same way, He will enter our storms, our struggles,
同樣，祂會介入我們的風暴、我們的掙扎，
and our journeys to bring peace — if we cry out to Him. 以及我們帶來和平的旅程——如果我們向祂呼求。

He will always be our watchful *ezer*. 他將永遠是我們的埃澤爾（幫助）。

The Lord is *Your* Shade 主是祢的蔭庇

The Psalm then moves to even more personal language:

“The Lord is *your* shade at *your* right hand.”

然後詩篇轉向更個人化的語言：

“耶和華在你右邊蔭庇你。”

This is not just about physical protection from the sun's heat.

It's a metaphor for God's intimate care.

這不僅僅是物理保護免受太陽炙熱的影響。

這是上帝親密關懷的比喻。

In ancient times, shade was precious, a relief from the scorching heat. God provides that kind of relief for us—not just from physical harm, but from the emotional and spiritual “heat” we face in life. 在古代，陰涼是寶貴的，可以緩解酷暑。上帝為我們提供了這種緩解——不僅僅是身體上的傷害，也是來自我們在生活中面臨的情緒和精神上的「炙熱」。

STORY: 故事：

I experienced this kind of care through Pastor Mark Nicklas. We've been friends for decades, but in the busyness of life, we had drifted apart a bit. 我透過馬克·尼克拉斯牧師經歷了這種照顧。我們是幾十年的朋友，但在忙碌的生活中，我們已有些疏遠了。

One day, God challenged me to reconnect with him, and when I did, I was able to share some deep hurts I had been carrying. Mark listened, and he reframed my pain in a way that brought healing! He reminded me that the vulnerability that had allowed me to be hurt was also a gift, something I could offer back to God. In that moment, Mark was like the shade God provided, protecting me from the heat of self-recrimination.

有一天，神要求我重新與他聯繫，當我這樣做時，我能夠分享一些我一直承受的深度的傷害。馬克聽了，他以一種給我帶來醫治的方式重新詮釋了我的痛苦！他提醒我，讓我能夠受傷的脆弱，這也是一份禮物，我可以反之獻給神的東西。那一刻，馬克就像神提供的樹蔭，保護我免受自責的烤炙。

The psalmist goes on to say:

“The Lord will keep you from all harm...”

As we consider this promise, it's important to note:

“harm” is often translated as “evil.”

It's the same word from Genesis 2: “...of the knowledge of good and evil.”

詩篇作者接著說：

「主會保護你免受一切傷害...」

當我們考慮這項承諾時，需要注意的是：

「harm」通常被翻譯為「evil」。

這與創世記第 2 章中的一句話是一樣的：“...關於善惡的知識。”

As I sat with this, I asked God, ‘How have you kept me from evil?’ 當我坐下來思考這個問題時，我問神：‘你如何使我免受邪惡的侵害？’

STORY: 故事：

He reminded me of an important conversation I had with my counselor.

I was lamenting the fact that my dad always seemed closer to my younger brother. It was like this circle with room for only two people.

That same brother is going through a very rough time right now.

他讓我想起了我和我的指導員的一次重要對話。

我在哀嘆一件事，就是我的父親似乎總是更親近我的弟弟。就像這個圈子裡只能容納兩個人。

這位弟弟現在正在經歷一段非常艱難的時期。

It's not pretty. Evil wants to destroy him. I believe my dad could see that possibility, even all those years ago. So, he tried his best to wrap his arms around my brother and protect him. And, here's what my counselor said to me: "Did you ever consider that the reason you weren't in that circle is because God was keeping you from the evil your brother suffered?"

他的情況很不好。邪惡想要毀滅他。我相信即使在很多年前，我父親也能看到這種可能性。所以，他一直竭盡全力地用雙臂護住我弟弟，保護他。而且，這是我的指導員對我說的話：“你有沒有想過，你不在那個圈子裡的原因是因為神保護你免受你兄弟所遭受的苦難嗎？”

The harm my brother suffered was the price of entry into that circle.

God spared me that. He kept me from evil. 弟弟所受的傷害，就是進入那個圈子的代價。上帝免除我經歷那些。他使我逃離邪惡。

That protection doesn't include everything that causes us pain, physically or emotionally, but God does fight the evil that seeks to destroy us. 這種保護並不包括所有導致我們痛苦的事情，

不論是身體或情感上的，但上帝確實在與尋求來毀滅我們的邪惡作鬥爭。

A Final Encouragement (Keys here) 最後的鼓勵(音樂再次開始)

As we close today, I want to leave you with this:

God cares about where you're going.

He cares about your journey, both as an individual and as part of our church community. 在今天結束之際，我想向大家傳達以下訊息：神關心你要去哪裡。

他關心你的旅程，無論是作為個人還是我們教會團體的一份子。

He is always watching over your “coming and goings.”

So, gaze back at Him.

Keep your eyes on Jesus, the source and perfecter of your faith.

Pay attention to the rhythms of your life, to the moments when gathering for worship feels like a burden or when prayer feels like a duty.

Ask the Holy Spirit to search your heart and lead you back to a place of delight in His presence.

他總是注視著你的「來入」。

所以，回頭看他。

定睛注視耶穌，祂是你信心的源頭和成全者。

注意你的生活節奏，注意那些時刻

聚會敬拜感覺像是一種負擔

或當祈禱感覺像是責任時。

求聖靈監察你的心並帶領你回來

到祂面前的喜樂之地。

We are on this journey together.

And it is a beautiful thing when we go up **together**.

We mustn't isolate ourselves.

We must not trade community for convenience.

Don't be afraid to look for God's care in the faces of those around you.

Most often, the help you need will come through wise and godly people that God places in your life.

讓我們一起踏上這段旅程。
當我們一起向上走時，這是一件很美好的事情。
我們不能孤立自己。
我們絕不能為了方便把這社區交換掉。
不要害怕從周遭人的臉上尋找神的關懷。大多數情況下，你需要的幫助將來自神放在你生命中的智慧和敬虔的人。

So let's keep going up together,
trusting that God will watch over us every step of the way.
那麼就讓我們一起繼續往上走吧
相信神會看顧這條路上我們的每一步。

Let's pray.讓我們禱告

PRAYER TEAM, "DON" T LEAVE..."禱告團隊, '不要離開...'