

**Songs for the In-Between**  
**A study of the Songs of Ascent: Psalm 133**

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行程中的頌歌  
上行之歌的學習: 詩篇133

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詩歌一: 我們讚美你 **We Praise You**  
原版: Brandon Lake / Matt Redman  
中文翻译: Christ Harvest Church, YK Chua

**Verse 1:**

让赞美成为使敌人退缩的武器  
让赞美成为胜过那担忧的武器  
Let it rise, let praise arise

**Verse 2:**

黑暗因高唱耶稣圣名都变光明  
全心献上赞美宣告主祢的胜利  
Let it rise, let praise arise

**Chorus:**

祢将使城墙都倒塌  
所有巨人倒下  
恐惧已不在 当我赞美祢  
全能的神 与我同行  
永远高举祢名  
万物高声呼求 我赞美祢

**Interlude:**

Oh we praise You

**Verse 3:**

让信心成为那胜过巨浪的声音  
让信心成为那平息风暴的声音  
Let it rise, let faith arise

**Bridge:**

这是全新的生命  
这是自由的气息  
这是天堂的声音  
We praise You, we praise You

詩歌二: 對我真好 **Been So Good**

by Brandon Lake, Chandler Moore, and Steven Furtick

V1

祢是信实神  
祢信守祢的承诺  
满足每一个需求  
我心甚感恩  
祢伴随我每一步  
永不忘祢的付出  
祢的祝福多如繁星  
祢的双手从未放开我  
从未放开我

C

哦主祢 对我真好  
我无法相信 祢竟爱我  
把我称为祢朋友  
对我真好  
我无法相信 祢竟爱我  
把我称为祢朋友

V2

祢是救世主

祢宝血洗净污秽  
赐盼望赎回生命  
祢大有能力  
渴望亲眼见到祢  
经历祢爱无穷尽

B

为每个清晨  
为祢打开的每扇门  
我称祢为信实  
而我只想要感谢主  
为每座大山  
祢一步一步带领我  
我称祢为信实  
而我只想要感谢主  
祢所赐的赦免  
祢从未转头就离去  
我称祢为信实  
而我只想要感谢主  
祢所赐的救恩  
为我付上所有代价  
我称祢为信实  
而我只想要感谢主

詩歌三:我永遠的王 **My King Forever**

by Brian Johnson, Ethan Hulse, and Josh Baldwin

你為我獻上生命  
釘在十架你願受死  
我所有的罪和羞愧  
全被你的恩慈洗淨

你是我找到的寶藏  
我活著的理由  
讓我的生命成為活祭  
獻給我配得的主

所有讚美獻給至高主  
所有讚美獻給救贖我的主

所有讚美獻給耶穌基督  
天國的王, 我永遠的王

你打開衝進我的心門  
隔離的帳幕被撕開  
現在你握著墳墓的鑰匙  
因你讓萬物復生  
你推開了封墓石

(過渡)

我高舉雙手俯伏敬拜  
在你面前俯伏敬拜  
我高舉雙手俯伏敬拜

佈道

Greeting...問安部分:弟兄姊妹們早上好。我這一年來B4教會多次,也是和柏牧師一起工作的需要。大多時間我還是在Bend我的教會任職。

## Has anyone ever been on a pilgrimage? **My own version last year to the Grand**

**Canyon...provide a few highlights...** 有人去朝聖過嗎？我去年去大峽谷的版本...提供了一些亮點...

大家有過朝聖旅行嗎？或者長途跋涉？兩年前我一個人騎著摩托車去了Bryce 峽谷，也是紀念我的長子去世六週年。我希望有一個和神相遇的清早，所以在我兒子的忌日的清早4:30左右，我就起來出了帳篷，徒步行走。這是我拍下的第一張照片，看，多麼美麗的晨陽！當我迎著陽光走到Sunrise Point景點時，我忽然聽到笛聲。我很感動，真想問那個吹笛的年輕人，‘你是耶穌嗎？’

Journeying toward God...seeking His presence...less about doing stuff for God and more about becoming like God...走向上帝...尋求祂的存在...少一點為上帝做事，多一點變得像上帝一樣...

那一個清晨我遇見了神。我相信神向我說了一些話。

In his classic work, Eugene Peterson used the metaphor of a pilgrim to describe the process of becoming like Jesus...it's a long obedience in the same direction...尤金·彼得森在他的經典著作中用朝聖者的比喻來描述變得像耶穌的過程.....這是朝著同一個方向的長期順服.....

在我們這一個佈道系列中，這週是第三週了。我們就是要學習怎樣在我們的人生旅途中與耶穌同行。

Connect to the overall series...the Psalms of Ascent...連結到整個系列.....上升的詩篇.....

Series Synopsis: The Hebrew people made a journey three times each year. They knew they were moving away from life in the lowlands and toward Jerusalem, the city of God, which they named The Joy of the Whole Earth (Psalm 48). As they journeyed toward Jerusalem they would sing this group of Psalms (Psalms 120 through 134).系列簡介：希伯來人每年進行三次旅行。他們知道自己正在遠離低地的生活，前往上帝之城耶路撒冷，他們將其命名為「全地的喜樂」（詩篇 48）。當他們前往耶路撒冷時，他們會唱這組詩篇（詩篇 120 至 134 篇）。

**(ILLUMINATION – WHAT DO THEY NEED TO KNOW? WHAT 2-3 POINTS COME FROM THE PRIMARY TEXT TO REINFORCE THE THESIS? ANY SUPPORTING SCRIPTURES COME TO MIND? – WHAT DO THEY NEED TO KNOW? 亮光—他們需要知道什麼？主要文本**

**有哪些 2-3 點可以加強主題？我想到了什麼支持經文嗎？—他們需要知道什麼？)**

We are on a journey as well. We are moving from death to life, from sin to freedom, from ashes to beauty. And as we travel we listen, we learn and we sing to remember who we are and where we are going. The song book in the middle of the psalter contains fifteen songs (Psalms 120-134) that will help us map out our travel plans from here to there and everywhere in between as we make our way toward the home we have in the presence of God.我們也在旅途中。我們正在從死亡走向生命，從罪惡走向自由，從灰燼走向美麗。當我們旅行時，我們聆聽、學習、歌唱，以記住我們是誰以及我們要去哪裡。詩篇中間的歌集包含十五首歌曲（詩篇 120-134），當我們走向上帝面前的家時，它們將幫助我們制定從這裡到那裡以及中間任何地方的旅行計劃。

**Share the metaphor of following in Christ's footsteps...keeping our eyes on his footprints...we can't constantly live like this (with our head down), but is it a regular**

**rhythm of our lives to stop, look down, and recalibrate and realign our lives to the master?** 分享跟隨基督腳步的比喻...注視祂的腳印...我們不能一直這樣生活(低著頭), 但停下來、低頭看、重新調整和調整是我們生活的規律嗎?

Series thesis: God cares about where we're going, but He also cares how we get there and has given instruction and inspiration for the journey. How we travel the in-between space and who we become in the process is the work and beauty of discipleship. 系列主題: 上帝關心我們要去哪裡, 但祂也關心我們如何到達那裡, 並為我們的旅程提供了指導和靈感。我們如何穿越中間的空間, 以及我們在這個過程中成為什麼樣的人, 就是門徒訓練的工作和美麗。

Let's pray...讓我們一起禱告。耶穌啊, 在我們學習的今天, 求你顯現你的道路。讓我們清楚的看到你怎樣行走, 我們怎樣跟隨你行走, 走到那救贖之地, 充滿活力的絕美之地。願你的靈與我們說話, 指導我們明白你的心意。以主之名, 阿門。

**How good and pleasant it is when God's people live together in unity! It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down on the collar of his robe. It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, even life forevermore. Psalms 133:1-3 NIV**

詩篇 133:1 [大衛上行之詩。] 看哪、弟兄和睦同居、是何等的善、何等的美。

133:2 這好比那貴重的油、澆在亞倫的頭上、流到鬍鬚、又流到他的衣襟。

133:3 又好比黑門的甘露、降在錫安山。因為在那裡有耶和華所命定的福、就是永遠的生命。

This Song of Ascent reminded the pilgrim that the practice of community is essential. We see that in the biblical narrative: 這首上行之歌提醒朝聖者, 團體的實踐是必不可少的。我們在聖經的敘述中看到:

- Adam and Eve – it's not good for man to be alone 亞當和夏娃 - 男人獨自一人不好。
- Jesus' disciples – walked together following the dusty footsteps of their rabbi 耶穌的門徒 - 一同走在他們的老師在土路上留下的足跡。
- The author of Hebrews reminds us not to neglect meeting together so we can encourage one another in these hard days... 希伯來書的作者提醒我們不要忽視聚會, 這樣才能在困難的時候彼此鼓勵。
- Jesus called us to not only love God but to love others as we love ourselves... 耶穌呼召我們不止要愛神還要愛人如己。

**But I, too often, avoid community.** Part of it is my personality – I'm an extreme introvert, a 5 on the enneagram (if you know that personality profile); I rode my motorcycle to the Grand Canyon by myself – that tells you a lot. 但, 我也常常迴避團體。部分原因是我的個性——我是一個極端內向的人, 九型人格中的 5 分 (如果你知道性格概況論); 我一個人騎著摩托車去過大峽谷——這告訴了你很多我的為人。

But I don't think personality is the only reason. David, who wrote this Psalm, talks about community in familial terms – brothers and sisters – and it's a beautiful invitation for the community of God to be family. But for those of you who have siblings or have been in church

for any length of time, we know relationships are often marked by two things: **CONFLICT AND COMPETITION** 但我不認為性格是唯一的原因。寫這首詩篇的大衛以家庭的方式談論團體——兄弟姐妹——這是對神的團體成為家庭的美好邀請。但對於那些有兄弟姐妹或已經在教會待了很長一段時間的人來說，我們知道關係通常有兩件事：衝突和競爭

There's a reason psychiatrists study the concept of sibling rivalry...I have two brothers and a sister – I'm right in the middle. My oldest brother is 3 years older than me, my sister 1.5 years older, and my younger brother is 3 years younger than me. 精神科醫師研究兄弟姐妹競爭的概念是有原因的.....我有兩個兄弟和一個姊姊——我就處於中間。我的大哥比我大3歲，姊姊大我1.5歲，弟弟比我小3歲。

**I'm trying to decide what story to tell you of conflict and competition...**my sister punching me in the face as my parents forced me to drive her to some friend's house or how we would eat our food as fast as we could in order to get seconds before the food was all gone... 我正在試圖決定告訴你哪一件關於衝突和競爭的故事.....當我父母強迫我開車送我姊姊去朋友家時，她打了我的臉；或者我們如何盡快吃我們盤中的飯才能在食物全部消失之前有幾秒鐘喘息.....

But conflict and competition in relationships have existed longer than you and me – Cain and Abel (first siblings recorded in the Bible) ended in murder; Joseph's jealous brothers sold him into slavery; even Jesus' brothers didn't believe in him right away... 但關係中的衝突和競爭比你我存在的時間還要長——該隱和亞伯(《聖經》中記載的第一個兄弟)以謀殺告終；約瑟的兄弟們嫉妒他，把他賣為奴隸。甚至耶穌的兄弟也沒有立即相信他.....

And then, for many, the family metaphor scares us because of our own family of origin's brokenness...

然後，對許多人來說，家庭隱喻讓我們感到害怕，因為我們原生家庭的破碎...

So, our response is, "I'm good. I'm going to do this religious thing on my own – I'm going to pilgrim in isolation." Yet in doing so, we miss out on the gift that we can be to others and they to us.

所以，我們的回答是：「我很好。我要獨自去做這件宗教事——我要獨自去朝聖。然而，在這樣做的過程中，我們錯過了我們可以給予他人以及他人給予我們的禮物。

As we pilgrim and seek to become more like Jesus, the scripture reminds us: How beautiful and wonderful it is when siblings get along! They will know you are my disciples by your love for one another.

當我們朝聖並尋求變得更像耶穌時，經文提醒我們：兄弟姐妹和睦相處是多麼美好和美妙！他們會因你們彼此相愛而知道你們是我的門徒。

In a world of sibling rivalry – competition, and conflict – this is a counter-cultural invitation to be something our world struggles to be...loving, of one mind and heart, connected, committed...

在一個充滿兄弟姐妹競爭——競爭與衝突——的世界裡，這是一種反文化的邀請，邀請我們成為我們這個世界努力成為的東西.....充滿愛、同心協力、相互連結、忠誠.....我相信在B4教會，神也希望我們彼此憐愛，包容，互相支持，成為像家人一樣的。

**So how do we do it? It centers around how we see each other.**

那我們該怎麼做呢？它以我們如何看待彼此為中心。

**Two poetic images in Psalm 133 reveal the work of encouraging community in our homes and in our church.**

詩篇 133 篇中的兩個詩意意象揭示了在我們的家庭和教會中鼓勵社區的工作。

**It's like costly anointing oil flowing down head and beard, Flowing down Aaron's beard, flowing down the collar of his priestly robes. It's like the dew on Mount Hermon flowing down the slopes of Zion (Psalms 133:2-3, MSG).**

這就像昂貴的膏油流下頭和鬍鬚，流下亞倫的鬍鬚，流下他祭司長袍的領子。這就像黑門山上的露水從錫安的山坡上流下來(詩篇 133:2-3, MSG)。

This is super helpful. What does all this mean? Oil. Aaron's beard. The dew on Mount Hermon?

這非常有幫助。這一切意味著什麼？油。亞倫的鬍子。黑門山上的露水？

Oil was a sign of God's presence, His Spirit. Dwelling together in unity is like costly oil flowing from the head and covers us all. As Eugene Peterson describes it, "There's a quality of warmth and ease in God's community that's in contrast to the icy coldness and hard surfaces of people who jostle one another in crowds."

油是上帝存在、祂的靈的記號。團結一致就像昂貴的油從頭腦中流出並覆蓋我們所有人。正如尤金·彼得森 (Eugene Peterson) 所描述的那樣，“上帝的社區裡有一種溫暖和輕鬆的品質，這與人群中互相推擠的冰冷和堅硬的表面形成鮮明對比。”

But the oil also describes each of us as priests. There is something powerful that happens when we see each other as anointed by God. Made in His image. Rather than seeing others as competitors or people with whom we have conflict, we see them as Peter described God's pilgrims as royal priests...given to us by God for our benefit...we need each other.

但油也將我們每個人描述為祭司。當我們看到彼此是上帝所膏抹的時候，就會發生一些強大的事情。按照他的形象製造的。我們不會將他人視為競爭對手或與我們發生衝突的人，而是將他們視為彼得將上帝的朝聖者描述為皇家祭司.....上帝為了我們的利益而賜給我們.. ....我們需要彼此。

**Tell story of Jack Hayford anointing me with oil at ordination...**

講述海福德在任命時用油膏抹我的故事... 當我第一次被四方教會任命為牧師的時候，我們有一個儀式，就是前輩牧師用膏油膏抹我們。我當時被指定到Jack牧師的隊伍之中，其實我很想讓我敬重的Doug牧師膏我。不過我還是服從了。等到我走到Jack牧師面前，他手裡舉著一瓶香膏油，全部扣在我的頭上。我心裡想，他不應該這樣做，應該只是點膏油在我的額頭上。沒想到Jack牧師之後又用他的大手按在我的頭上為我禱告。膏油流了我滿臉滿身，流到我的西服上。我那一天都帶著這香氣。大衛在這兩句中所表述的正是神這樣的膏抹我們。我們在這裡每一位都是祭司。

Part of our journey from death to life, from sin to freedom, from ashes to beauty involves others in community. Sharing each other's burdens, calling each other to a higher level. We

cover each other. We stand in the gap for each other. We pray for one another.

我們從死亡到生命、從罪惡到自由、從灰燼到美麗的旅程的一部分涉及社區中的其他人。分擔彼此的負擔，互相呼喚更高的水平。我們互相掩護。我們站在彼此的差距上。我們為彼此祈禱。

Here's a simple way to start doing this: create a prayer journal and add your small group in it, or add your neighbors to it, or every Sunday sit next to someone new and add their name to it...prayer covers each other like oil running over us...

有一個簡單的方法可以開始這樣做：創建一個祈禱日記並將您的小組添加到其中，或者將您的鄰居添加到其中，或者每個星期天坐在新朋友旁邊並將他們的名字添加到其中。.....祈禱像膏油一樣相互覆蓋在我們之上...

And then the Psalmist says that God's people living together in unity is like the morning dew that flows down Mount Hermon. As Peterson writes, "The alpine dew communicates a sense of morning freshness, a feeling of fertility, a clean anticipation of growth. Important in any community of faith is a joyful expectation of what God is doing with our brothers and sisters in the faith."

然後詩篇作者說，上帝的子民團結一致地生活在一起，就像從黑門山流下的朝露。正如彼得森所寫，「高山的露水傳達出一種早晨的清新感、一種生育力的感覺、一種對成長的明確期待。在任何信仰團體中，重要的是對神與我們信仰中的兄弟姐妹所做的事情充滿喜樂的期待。

The mercies of God are new every morning. God is working on our brothers and sisters every day. We see each other as on a journey, having yet to arrive. God isn't through with us. 神的憐憫每天早晨都是新的。神每天都在我們的弟兄姊妹身上工作。我們將彼此視為在旅途中，尚未到達。神還沒有結束我們的生活。

We flourish as a community of faith when we see each other with this type of expectancy – I wonder what God is doing in that person today. Instead of judging them, we show empathy toward them. Because we would want the same treatment, wouldn't we?

當我們帶著這樣的期望看到彼此時，我們作為一個信仰團體蓬勃發展——我想知道今天神在那個人身上做了什麼。我們不去評斷他們，而是對他們表示同情。因為我們想要同樣的待遇，不是嗎？

When I have a bad day, I don't want my wife or my community to judge me based on how I reacted to others on that day, but on the many other days where I treated others kindly. 當我度過糟糕的一天時，我不希望我的妻子或我的社區根據我那天對他人的反應來評判我，而是根據我善待他人的許多其他日子來評判我。

God's mercies are new every morning, which means we are new every morning. Today is a new day filled with potential beauty and possibility. I will not judge myself or others on the few bad days I have, but on the good work that God is doing.

神的憐憫每天早晨都是新的，這意味著我們每天早晨都是新的。今天是充滿潛在美麗和可能性的新一天。我不會根據自己的幾天糟糕的日子來評判自己或他人，而是根據神正在做的善工來評判自己或他人。

Practically, this means we refuse to label anyone because we know that they, like us, have yet to reach their destination. We can see them as fellow pilgrims in the process...on a journey...God isn't through with you, with me, or with those people who really get under your skin... 實際上, 這意味著我們拒絕給任何人貼上標籤, 因為我們知道他們和我們一樣, 尚未到達目的地。我們可以將他們視為這個過程中的朝聖者同伴.....在旅途中.....上帝在你、我或那些真正讓你生氣的人身上的工作还未結束.....

This has helped me a lot to navigate the increasing polarization in our society...to navigate the wandering souls around me...I remind myself that God's not done working...the story isn't fully written yet...it has helped me to extend grace, kindness and mercy to myself and to others...we are not all on the same path or maybe we are in different places on the path...這對我在社會中面對日益兩極化方面有很大幫助...面對我周圍徘徊的靈魂...我提醒自己上帝的工作還沒有完成...故事還沒有完全寫完...它幫助我對自己和他人延伸恩典和仁慈.....我們並不都走在同一條路上, 或者也許我們在路上的不同地方.....

**INSPIRATION - MAKE IT MEMORABLE - WHY DO THEY NEED TO DO IT (Creative elements that will make the message "stick", recast the vision of the message) 靈感 - 使其令人難忘 - 為什麼他們需要這樣做(使訊息「黏住」的創意元素, 重塑訊息的願景)**

And when God sees this type of community happening – a group of pilgrims living as brothers and sisters in unity – who disallow conflict and competition to be the primary markers of that community – who see one another as anointed by God, made in His image; as people who have not arrived yet...當上帝看到這種類型的社區發生時——一群朝聖者像兄弟姐妹一樣團結一致地生活——他們不允許衝突和競爭成為該社區的主要標誌——他們認為彼此是上帝所膏抹的, 是按照祂的形象創造的; 作為還沒來的人...

His presence dwells there...he pours out his spirit...like oil over our entire community...like dew that arrives every morning...he blesses us and we start looking a little bit like heaven...祂的同在居住在那裡.....祂傾倒祂的靈.....像膏油一樣覆蓋我們整個社區.....像每天早晨到達的露水.....他祝福我們, 我們開始看起來有點像天堂.....

We become a sweet aroma, both to God and to our community... people see us outside the church as a compelling community of diversified voices who love each other...who believe the best in each other...who forgive...我們對上帝和我們的社區來說都成為一種甜蜜的香氣.....人們在教會之外將我們視為一個令人信服的多元化聲音社區, 他們彼此相愛.....他們彼此相信最好的.....他們寬恕...

And that's my prayer for you and B4...that you would experience how good and pleasant it is when God's people live together in unity and that you would see the blessing of the Lord upon your relationships, your families, your children, your grandchildren, and your church community...這就是我為你與B4的祈禱.....希望你能體驗到神的子民團結在一起生活時是多麼美好和愉快, 並且你會看到主對你的人際關係、你的家庭、你的孩子、你的孫子和孫子的祝福。

Let's pray...讓我們祈禱...主啊，感謝你的話語，感謝你的恩慈對每個人每一天都是新的。求你原諒我們的過犯，醫治我們，從綑綁中釋放我們。祝福你的名。在我們一起朝聖上行的人生中，願你的道，美好，愛，和善內住在我們心中。幫助我們原諒彼此，幫助我們彰顯憐憫，和善與他人。願你的靈與我們同在。以你的聖名，我們禱告，阿門。

祝禱：現在我願為大家祝禱。請起立。我一直使用聖弗朗西斯的禱告在我日常生活中。現在我願把這個禱告分享給大家。你若願意請伸出雙手。主啊，願你讓每一位弟兄姊妹心中充滿慈愛，在有仇恨的地方，讓我們的憐憫慈愛消除它。在有過犯的地方，求主原諒；在有質疑的地方，賜予信心；在有絕望的地方，賜予希望。在有黑暗的地方，賜予陽光，在難過的地方，生出喜樂。求聖大的神給他們該有的指點，該被理解時得到理解，該被愛時得到愛，施予者有得到，寬宥者得寬恕。在受死中我們得到永生。感謝主。阿門。