



诗篇23的 心路历程

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- 诗篇23被视为丧礼的诗篇
Psalm 23 is often viewed as a funeral psalm

- 我生命的完结篇
My concluding chapter in life

**描述生命的不同季节和
其中真正重要的事情**

**It speaks about seasons in
our life's journey and what
matters in those seasons.**

23

7/10/23 my concluding chpt in life
A psalm of David.
Rest in His Presence

¹ The LORD is my shepherd;

6/23 * I have all that I need. 24/10/14

² He lets me rest in green meadows;
he leads me beside peaceful
streams.

³ He renews my strength. 24/11/15
He guides me along right paths,
bringing honor to his name.

⁴ Even when I walk 9/12/14
through the darkest valley,*
I will not be afraid,
for you are close beside me.

Your rod and your staff
protect and comfort me.

⁵ You prepare a feast for me
in the presence of my enemies.

23:4 Or the dark valley of death.

1. **供应的应许** Promise of **His Provision**
2. **歇息的应许** Promise of **His Rest**
3. **同工的应许** Promise of **His Partnership**
4. **陪伴的应许** Promise of **His Companionship**
5. **宴席的应许** Promise of **His Feast**
6. **永生的应许** Promise of **Eternity**



好牧者给予我们的6个应许
6 promises from the Good Shepherd

1. 供应的应许

Promise of **His Provision**

耶和华是我的牧者
The Lord is my shepherd



1. 供应的应许 Promise of **His Provision**

耶和华是我的牧者

- 宇宙万物的创造者和万王之王愿意成为我们的牧者
The Lord who is the Creator of the universe and King of Kings takes upon Himself to be our shepherd.



1. 供应的应许 Promise of His Provision

耶和华是我的牧者

- 主耶稣看顾我们如牧羊人, 这不是份高尚的职业而是很劳苦的工作。

The Lord takes care of us as a shepherd which is not an esteemed job, it is hard work.



犹大旷野是个很缺乏的地方, 没有食物和水源
the Judean wilderness is an environment of lack
where there is no easy access of
food and water for the sheep



1. 供应的应许 Promise of **His Provision**

耶和华是我的牧者

- 羊的目光不是专注在他们的缺乏, 而是在那供应他们一切需要的牧羊人身上。

The sheep's eyes are not on what they do not have but on the shepherd who provides everything they need.



1. 供应的应许 Promise of His Provision

耶和华是我的牧者

**若我们不能接受自己是羊，
那我们就无法视上帝为我们的牧者。**

**We can't see God as our shepherd
if we don't see ourselves as sheep.**



1. 供应的应许 Promise of His Provision

耶和华是我的牧者

PSALM 诗篇 16:2

**你曾对耶和华说:你是我的主;
我的好处不在你以外。**

1. 供应的应许 Promise of His Provision

耶和华是我的牧者

我必不致缺乏

- 主基督, 我的牧者必看管和供应我一切所需要的
All my needs are taken care of by the Lord, my shepherd.
- 我已决定满足于主基督, 我的牧者所供应我的
I have decided not to desire more
than the Lord, my shepherd gives.

1. 供应的应许 Promise of **His Provision**

耶和华是我的牧者

我必不致缺乏

- 我生命中的一些需要只有主基督能满足, 祂必会应允
There are areas in my life that only the Lord can fulfil and
He will fulfill them.



1. 供应的应许 Promise of **His Provision**

耶和华是我的牧者

- 我已拥有我所需要的 I have all that I need
- 基督是我最需要的 Christ is all that I need



1. 供应的应许 Promise of His Provision

耶和华是我的牧者

**那一刻我明了基督是我仅有的，
我决定我要有更多的祂在我的生命里。**

**That was the time when I realized that Christ was all I had, and
I made the decision that I want to have more and more of Him.**



耶和华是我的牧者，
我必不致缺乏。



2.

歇息的应许

Promise of His Rest

他使我躺卧在青草地上，领我在可安歇的水边。

**He lets me rest in green meadows;
he leads me beside peaceful streams.**



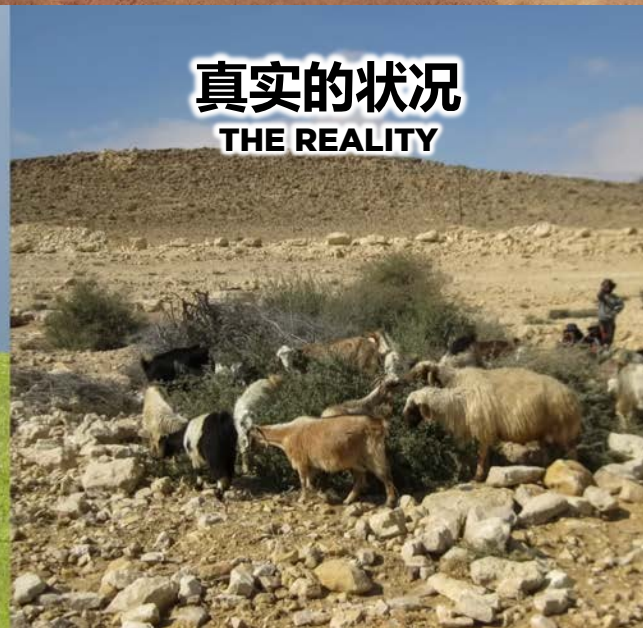
2. 歇息的应许 Promise of His Rest

他使我躺卧在青草地上, 领我在可安歇的水边。

我们的幻想
OUR IMAGINATION



真实的状况
THE REALITY



2. 歇息的应许 Promise of His Rest

他使我躺卧在青草地上, 领我在可安歇的水边。

羊遇到以下的状况就无法躺卧...

Fact: sheep will not lie down when...

- **当他们感到害怕 they are afraid**
- **当他们之间有摩擦 there is friction among them**



2. 歇息的应许 Promise of His Rest

他使我躺卧在青草地上, 领我在可安歇的水边。

羊遇到以下的状况就无法躺卧...

Fact: sheep will not lie down when...

- **当他们受到苍蝇或寄生虫的骚扰**
flies and parasites trouble them
- **当他们感到饥饿**
they are hungry



**如果您看到有一群羊躺卧，
那说明有个好牧者在附近。**

**If we see a herd of sheep lying down,
we know there is a good shepherd nearby.**



**我们的牧者要我们
在忙碌和喧闹的世界里
拥有安歇和平安的空间。**

**Our shepherd wants us to
have moments of stillness so
that we can find rest and
peace in the busy and noisy
world.**



安排时间, 静下心来聆听上帝的声音

Take time to be still before Him
and learn to hear His voice

安静退修会 Silence retreat

- 定时领受祂的平安和新的看见
Regular time set aside to receive
His peace and perspective
- 让大自然向我们说话
Let nature speak to us



享受宁静的步行 Unplug when you go for walks





耶和華
是我的產業
是我杯中的份
我所得的
你為我持守
詩篇 16:5

PSALM 16:5
LORD, you alone
are my inheritance,
my cup of blessing.
You guard all that is mine.

安歇在主里, 交托在主里
I rest in my Father's hands,
I leave the rest in my Father's hands.



**¹ 耶和华是我的牧者, 我必不致缺乏。
² 他使我躺卧在青草地上, 领我在可安歇的水边。**



3. 同工的应许

Promise of **His Partnership**



他使我的灵魂苏醒，
为自己的名引导我走义路。

**He renews my strength.
He guides me along right paths,
bringing honor to His name.**

同工的应许 **Promise of His Partnership**

他使我的灵魂苏醒, 为自己的名引导我走义路。

**主基督要我们在大小事上,
借着我们的言行举止来荣耀祂的名。**

**The Lord leads us to honor His name, not just in big things
but also in the simple and small things that we do and say.**



同工的应许 **Promise of His Partnership**

他使我的灵魂苏醒, 为自己的名引导我走义路。

MATT 马太福音 5:16

**你们的光也当这样照在人前,
叫他们看见你们的好行为, 便将荣耀归给你们天上的父。**

**In the same way, let your good deeds shine out for all to see,
so that everyone will praise your heavenly Father.**



¹ 耶和华是我的牧者, 我必不致缺乏。
² 他使我躺卧在青草地上, 领我在可安歇的水边。
³ 他使我的灵魂苏醒, 为自己的名引导我走义路



4. **陪伴的应许**

Promise of **His Companionship**

我虽然行过死荫的幽谷, 也不怕遭害,
因为你与我同在; 你的杖, 你的竿, 都安慰我。

even when I walk
through the darkest valley,
I will not be afraid
for you are close beside me.
Your rod and your staff
protect and comfort me.

4. **陪伴的应许** Promise of **His Companionship**

我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。

**趣闻：诗篇23章有55个希伯来字句。
这篇诗篇的中心是“你与我同在”。**

**Fun fact: Psalm 23 has 55 Hebrew words in it.
At the heart of Psalm 23 are the words,
“For Thou art with me.”**

4. **陪伴**的应许 Promise of **His Companionship**

我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。

**在这之前，作者对上帝的称呼是以第三人的身份-
“祂”。从这开始，作者对上帝的称呼是“你”-
因为你与我同在；你的杖，你的竿，都安慰我。**

**But when we get to this numerical center, the psalmist
transitions into speaking to God directly, in the second
person: You are close beside me.
Your rod and your staff protect and
comfort me.**

4. **陪伴的应许** Promise of **His Companionship**

我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。

- **我们常问：上帝，你在哪里？为什么会这样？**
We often asked, "Where are you, God? Why?"
- **在安静中，我们会听到上帝说：我在这里**
In the quietness, you will hear Him saying, "I am here."

4. 陪伴的应许 Promise of His Companionship

我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。

HEB 希伯来书 13:5

我总不撇下你，也不丢弃你。

I will never fail you. I will never abandon you.

4. 陪伴的应许 Promise of His Companionship

我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。

Bill Johnson: 很多时候，我们在痛苦中寻求答案
其实我们真正需要的是一个人。

**Often we want answers in the midst of pain and loss
but what we really need is a person.**

4. 陪伴的应许 Promise of His Companionship

我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。

**如果你正行在幽谷里，请记住你只是路过，
这不是你的目的地；所以不要逗留过久**

**If you are walking through a valley, remember you are
only passing through, don't overstay.**

4. 陪伴的应许 Promise of His Companionship

我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。

**领受祂的陪伴和
借着简单的祷告和祂沟通**

**Receive His promise of companionship and practice to be
comfortable with Him through simple prayer.**

**阿爸, 我属于你,
我是你的儿女。**

A B B A

(I BELONG TO YOU)



¹ 耶和华是我的牧者, 我必不致缺乏。
² 他使我躺卧在青草地上, 领我在可安歇的水边。
³ 他使我的灵魂苏醒, 为自己的名引导我走义路
⁴ 我虽然行过死荫的幽谷, 也不怕遭害,
因为你与我同在; 你的杖, 你的竿, 都安慰我。



5.

宴席的应许

Promise of His Feast

在我敌人面前, 你为我摆设筵席;
你用油膏了我的头, 使我的福杯满溢。

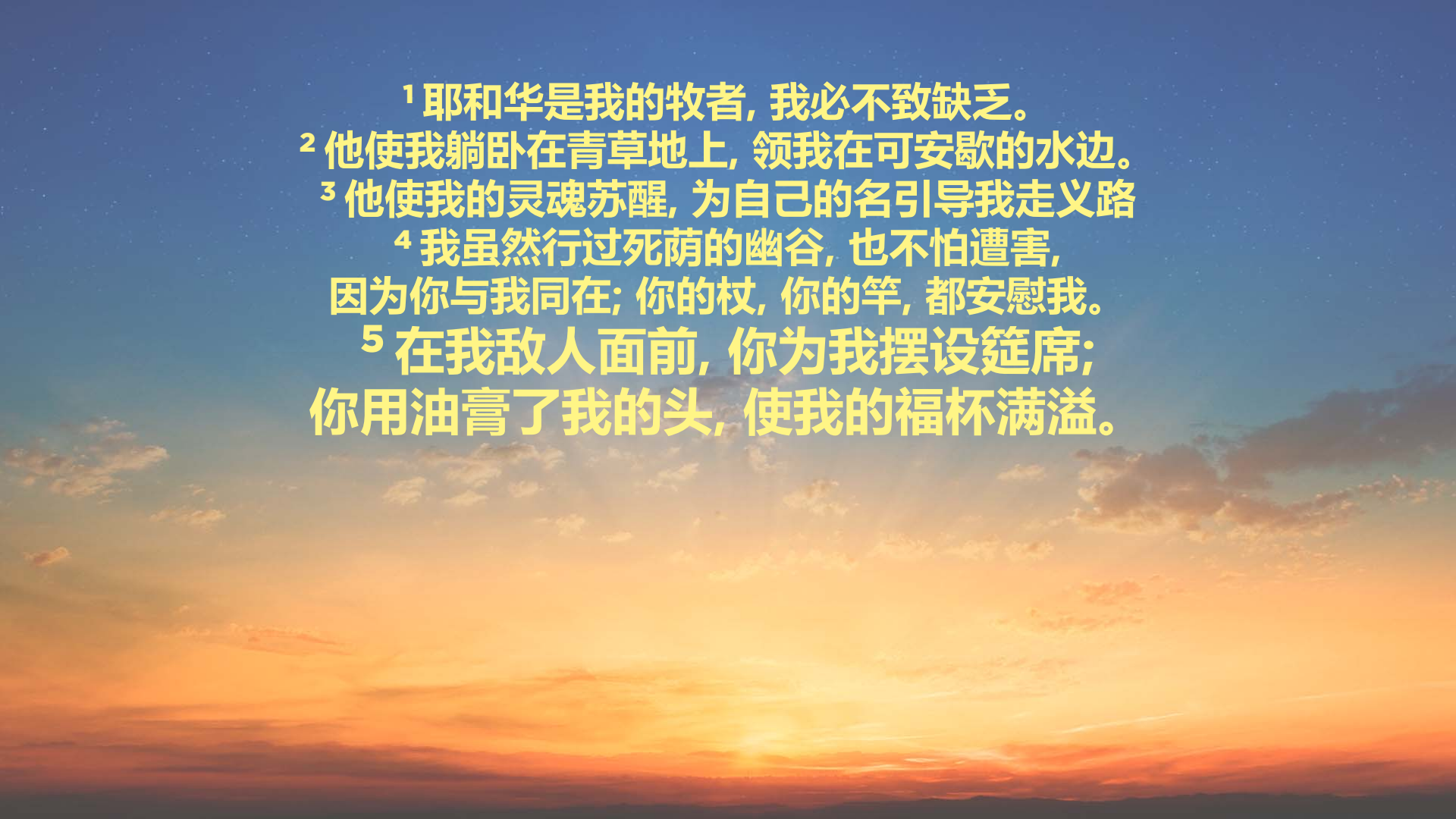
**You prepare a feast for me in
the presence of my enemies.
You honor me by anointing
my head with oil. My cup
overflows with blessings.**



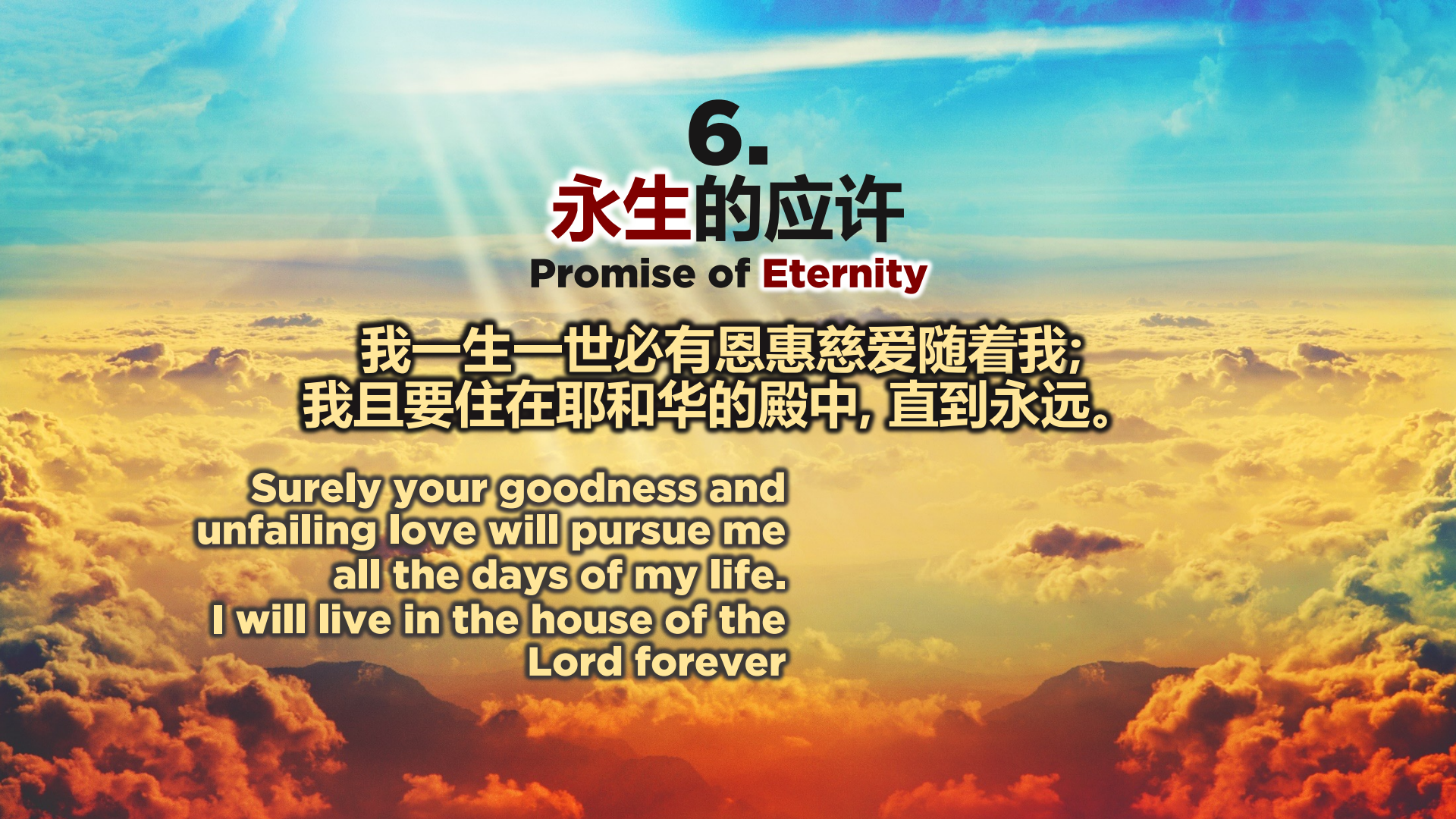
5. 宴席的应许 Promise of His Feast

在我敌人面前, 你为我摆设筵席; 你用油膏了我的头, 使我的福杯满溢。

- 祂为我们预备宴席来庆祝
He prepares a table to celebrate
- 祂膏我们的头, 让我们在幽谷里领受新的托付
He anoints us with new purpose through difficult times
- 我的福杯溢出喜乐
My cup overflows with joy



¹ 耶和华是我的牧者, 我必不致缺乏。
² 他使我躺卧在青草地上, 领我在可安歇的水边。
³ 他使我的灵魂苏醒, 为自己的名引导我走义路
⁴ 我虽然行过死荫的幽谷, 也不怕遭害,
因为你与我同在; 你的杖, 你的竿, 都安慰我。
⁵ 在我敌人面前, 你为我摆设筵席;
你用油膏了我的头, 使我的福杯满溢。



6. 永生的应许

Promise of **Eternity**

**我一生一世必有恩惠慈爱随着我；
我且要住在耶和华的殿中，直到永远。**

**Surely your goodness and
unfailing love will pursue me
all the days of my life.
I will live in the house of the
Lord forever**

6. 永生的应许 Promise of **Eternity**

我一生一世必有恩惠慈爱随着我；我且要住在耶和华的殿中，直到永远。

- 在永生的这一端 - 上帝的恩惠和慈爱跟随我们
On this side of eternity - His goodness and unfailing love pursue us.

6. 永生的应许 Promise of **Eternity**

我一生一世必有恩惠慈爱随着我；我且要住在耶和华的殿中，直到永远。

- 在永生的那一端 - 我们永远永远住在耶和华的殿
On the other side of eternity - We will live in the
House of the Lord forever.

6. 永生的应许 Promise of Eternity

我一生一世必有恩惠慈爱随着我; 我且要住在耶和华的殿中, 直到永远。

JOHN 约翰福音 10:14-16

¹⁴ 我是好牧人; 我认识我的羊, 我的羊也认识我, ¹⁵ 正如父认识我, 我也认识父一样; 并且我为羊舍命。 ¹⁶ 我另外有羊, 不是这圈里的; 我必须领他们来, 他们也要听我的声音, 并且要合成一群, 归一个牧人了。

**主耶稣, 谢谢你为我的罪死在十字架上,
让我的罪得赦免。**

**今天我要接受你作我的救主和生命的主人。
我要相信你和跟随你, 让你带领我每天的生活。
奉耶稣的名祷告。阿门**

**Lord Jesus, I thank you for dying
for me on the cross so that I can
be forgiven of my sins.**

**Today I want to receive You as my
Saviour and the Lord of my life.**

**I want to believe in You and
follow you day by day.**

In Jesus' name I pray. Amen

跟进功课 (选一项) Homework assignments: choose 1

A. 每天思考诗篇23的一节经文 – 总共有六节

Meditate on 1 verse of Ps 23 each day. There are 6 verses.

B. 每天阅读诗篇23一遍

Read Ps 23 daily for a week