

神是我們的避難所，
是我們的力量，
是我們在患難中隨時的幫助。

詩篇 Psalms 46:1

**God is our refuge
and strength, an
ever-present help
in trouble.**

詩篇 Psalms 46:2-3

所以地雖改變，
山雖搖動到海心，
其中的水雖砰訇
翻騰，山雖因海
漲而戰抖，我們
也不害怕。

（細拉）

**Therefore we will not
fear, though the earth
give way
and the mountains fall
into the heart of the
sea, though its waters
roar and foam and the
mountains quake with
their surging. (Selah)**

詩篇 Psalms 46:4

有一道河，這
河的分汊使神
的城歡喜，這
城就是至高者
居住的聖所。

**There is a river
whose streams
make glad the city
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place where the
Most High dwells.**

詩篇 Psalms 46:5-6

神在其中，城必
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**God is within her,
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Nations are in
uproar, kingdoms
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萬軍之耶和華
與我們同在，
雅各的神是我
們的避難所。
(細拉)

詩篇 Psalms 46:7

**The Lord Almighty
is with us; the God
of Jacob is our
fortress.
(Selah)**

你們來看耶和
華的作為，看
他使地怎樣荒
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**Come and see
what the Lord has
done, the
desolations he has
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earth.**

他止息刀兵，
直到地極；他
折弓斷槍，把
戰車焚燒在火
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**He makes wars
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of the earth. He
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要知道我是神！
我必在外邦中
被尊崇，在遍
地上也被尊崇。

詩篇 Psalms 46:10

**He says, “Be still,
and know that I am
God; I will be
exalted among the
nations, I will be
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earth.”**

詩篇 Psalms 46:11

萬軍之耶和華
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動蕩中的安息



Rest in Turmoil

詩篇 Psalms 46:1-11

你們要休息，
要知道我是神！

詩篇

Psalms 46:10

BE STILL
and know
THAT I AM GOD
PSALM 46:10

主題
Theme

46:1

神是我們的避難所
God is our refuge

46:7

雅各的神是我們的避難所
The God of Jacob is our fortress

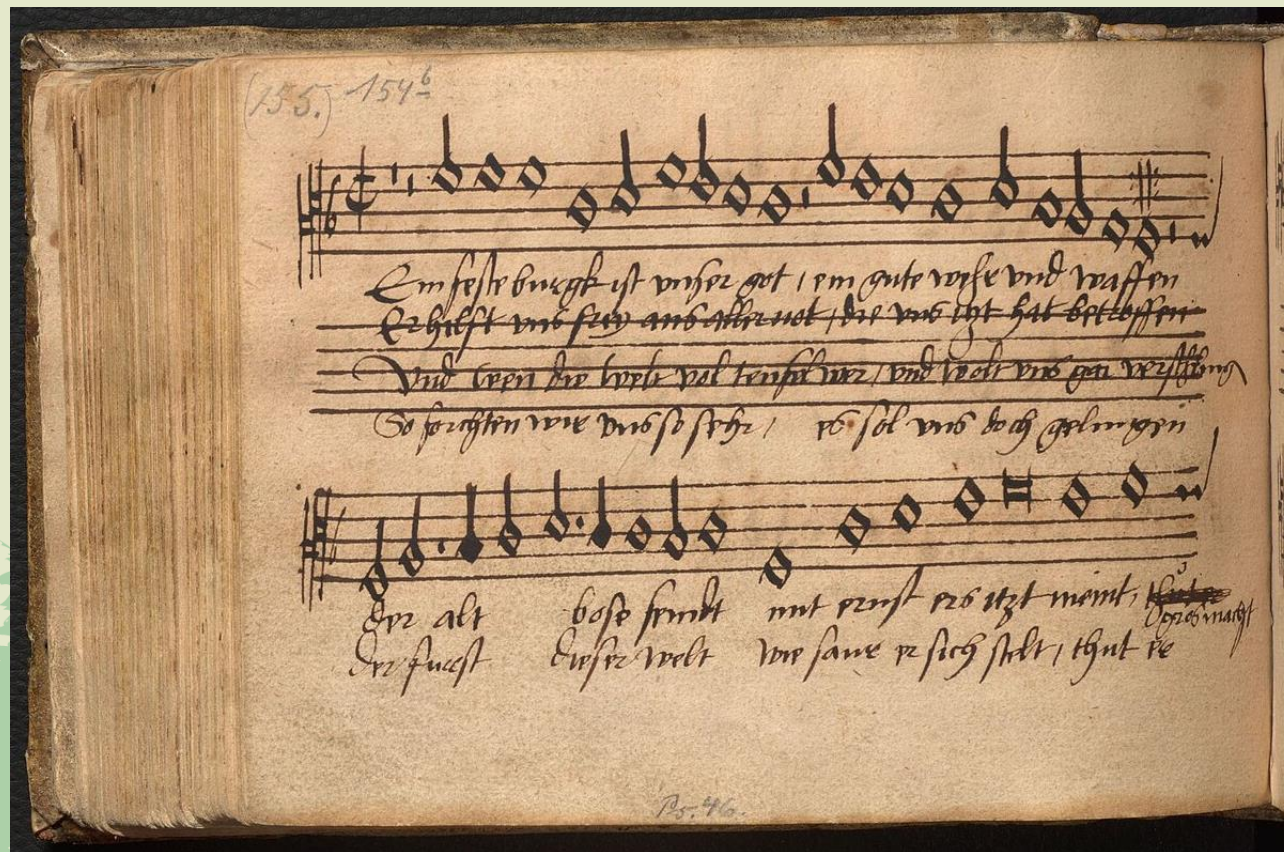
46:11

雅各的神是我們的避難所
The God of Jacob is our fortress



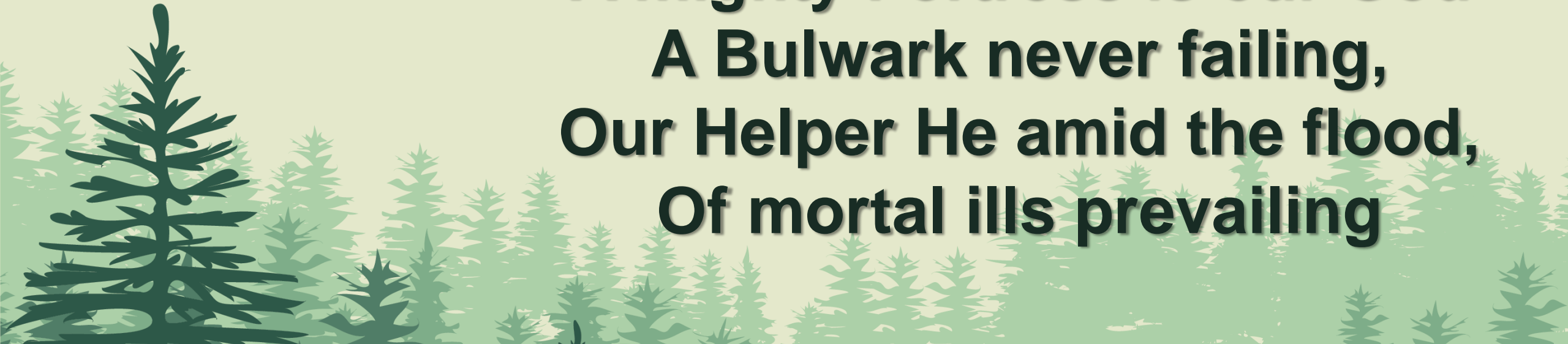
馬丁路德
Martin Luther

《上主是我堅固保障》 A Mighty Fortress Is Our God



上主是我堅固保障，
莊嚴雄峻永堅強；
上主是我安穩慈航，
助我乘風破駭浪。

**A mighty Fortress is our God
A Bulwark never failing,
Our Helper He amid the flood,
Of mortal ills prevailing**



46:1-3

1 信心的挑戰 The challenge of faith

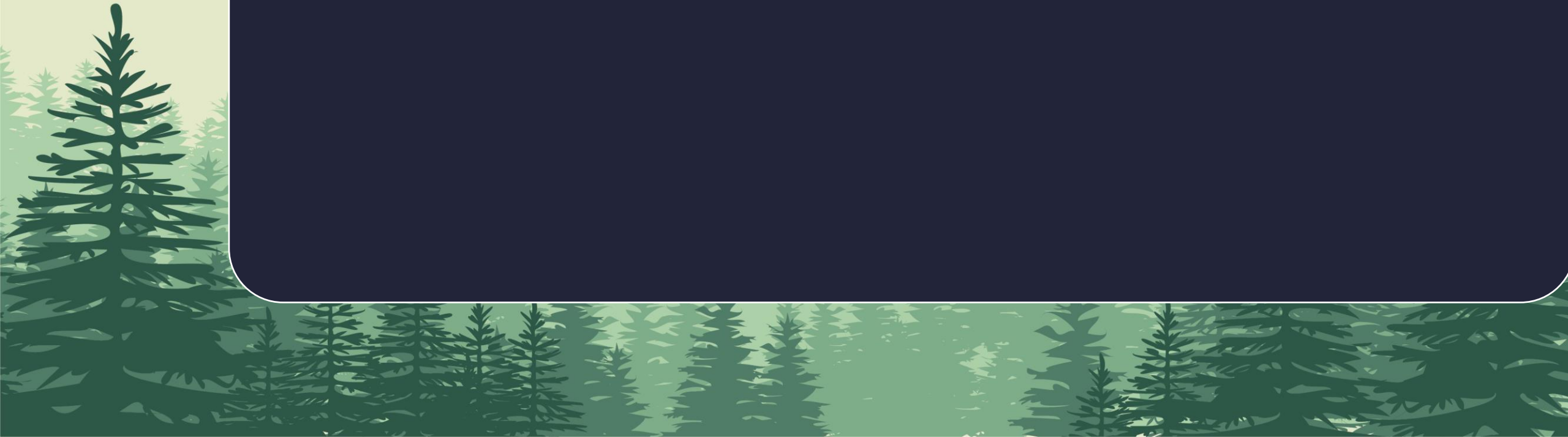
46:4-7

2 信心的秘訣 The secret of faith

46:8-11

3 信心的得勝 The victory of faith

1 信心的挑戰 The challenge of faith



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動蕩中的安息



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(Selah)**

雅各的神 The God of Jacob



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(Selah)**

神是我們的避難所，
不是因為我們逃避了現實，
而是因為我們在祂裡面找
到了真正的現實。

**God is our refuge, not
because we have escaped
reality, but because we have
found true reality in Him.**



C.S. Lewis
路易斯

結論

Conclusions

憑信心倚靠主，
在動蕩的環境中
得到心靈的安息。

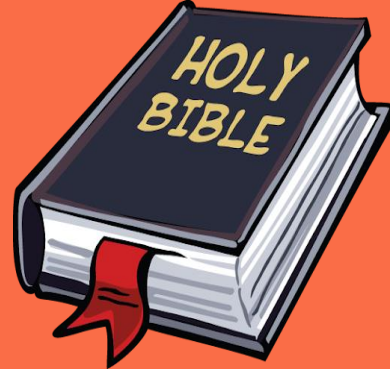
**Trust in the Lord with
faith. It will bring you
peace in such turbulent
environment.**

2025年大齋期40天讀經禱告計劃

2025 40-Day Lent Bible Reading and Prayer Plan

第1天

3/5 週三



第40天

4/19 週六

第1天

讀经：诗篇 51:1-12

Read Psalms 51:1-12

默想：大卫的悔改祷告

Meditation: David's Prayer of Repentance

祷告：求神洁净我，赐我一颗悔改的心

Prayer: Ask God to cleanse me and grant me a repentant heart

Day 1-10

悔改與自省

Repentance and self-examination

Day 11-20

耶穌的教導與使命

Jesus' teaching and mission

Day 21-30

耶穌的受難與犧牲

The Passion and Sacrifice of Jesus

Day 31-40

復活與盼望

Resurrection and Hope

2025年大齋期40天讀經禱告計劃

2025 40-Day Lent Bible Reading and Prayer Plan



大齋期首日（聖灰日）

First day of Lent
(Ash Wednesday)

晚上8:00 PM