得赦免其過、遮 蓋其罪的,這人 是有福的! 凡心 裡沒有詭詐,耶 和華不算為有罪 的,這人是有福

詩篇 Psalms 32:1-2

Blessed is the one whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit.

我閉口不認罪的時 因終日唉哼而 骨頭枯乾。黑夜白 日,你的手在我身 上沉重,我的精液 如同夏天的 乾旱。 (細拉)

詩篇 Psalms 32:3-4

When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

我向你陳明我的 罪,不隱瞞我的 惡。我說「我要 向耶和華承認我 的過犯」,你就 赦免我的罪惡。 (細拉)

詩篇 Psalms 32:5

Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.

為此,凡虔誠人 都當趁你可尋找 的時候禱告你, 大水泛溢的時候, 必不能到他那裡。 詩篇 Psalms 32:6

Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them.

你是我藏身之處, 你必保佑我脫離 苦難,以得救的 樂歌四面環繞我。 (細拉)

詩篇 Psalms 32:7

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

我要教導你, 指示你當行的 路,我要定睛 在你身上勸誡 詩篇 Psalms 32:8

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.

你不可像那無 知的騾馬, 用嚼環轡頭勒 住牠,不然就 不能馴服。

詩篇 Psalms 32:9

Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to

惡人必多受苦 唯獨倚靠 耶和華的, 有慈愛四面環 詩篇 Psalms 32:10

Many are the woes of the wicked, but the Lord's unfailing love surrounds the one who trusts in him.

你們義人應當 靠耶和華歡喜 快樂,你們心 裡正直的人都 當歡呼!

詩篇 Psalms 32:11

Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!



From Groaving To Zejoieing

詩篇 Psalms 32:1-11

## 細拉 Selah

詩篇 Psalms 32:4, 5, 7

- 休止符A musical notation for rest
- 暫停 A pause in the text
- 安靜默想 Listen and reflect
- 舉手敬拜 Lift up, exalt

得赦免其過、遮蓋其罪的,

#### 這人是有福的!

凡心裡沒有詭詐, 耶和華不算為有罪的, 這人是有福的!

## 有福了! Blessed

Blessed is the one whose transgressions are forgiven, whose sins are covered.

- Psalm 32:1



### 赦免

**Forgiveness** 

#### 遮蓋

Cover

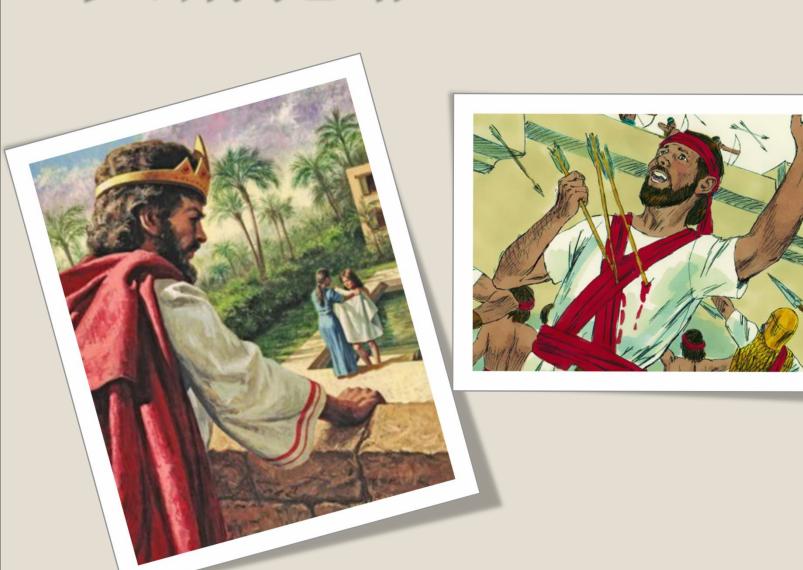
#### 不算

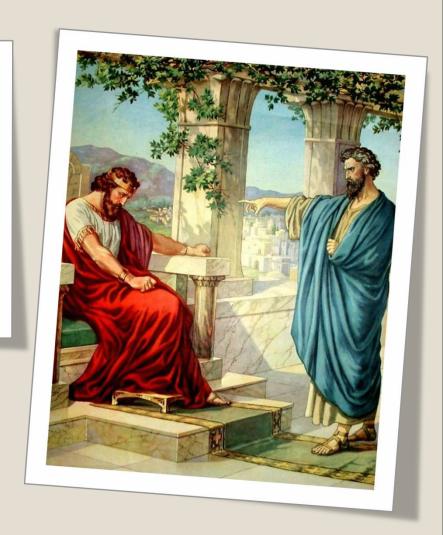
Not count

#### 塗抹 洗浴 洗涤 涂 液 液 液

Blot out
Wash away
Cleanse

# 大衛犯罪 David sinned





#### 過犯 Transgression



不該做的做了 Crossing the line

罪惡 Sin



該做的沒做/虧缺 Falling short of the mark

罪孽 Iniquity



詭詐 不正直
Twistedness

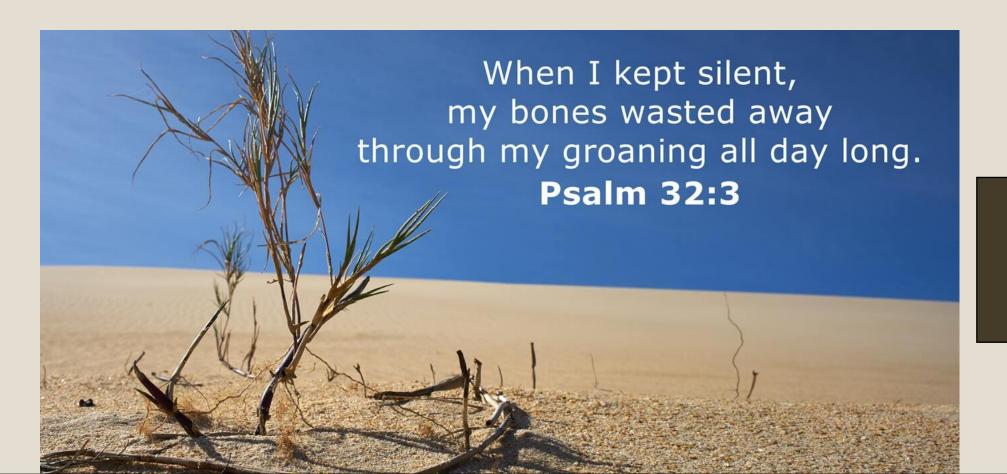
得赦免其過、遮蓋其 罪的, 這人是有福的! 凡心裡沒有詭詐, 耶和華不算為有罪的, 這人是有福的!

#### 過犯 Transgression

罪惡 Sin

罪孽 Iniquity

# 我閉口<mark>不認罪</mark>的時候, 因終日唉哼而骨頭枯乾。



詩篇 Psalms 32:3



- 唉哼
- 骨頭枯乾
- 終日/黑夜白日
- 你的手
- 在我身上沉重
- 精液耗盡
- 如同夏天的乾旱

耶和華啊,求你 不要在怒中責備 我,不要在烈怒 中懲罰我!因為, 你的箭射入我 身; 你的手壓住

詩篇 Psalms 38:1-2

Lord, do not rebuke me in your anger or discipline me in your wrath. Your arrows have pierced me, and your hand has come down on me.

因你的惱怒,我 的肉無一完全; 因我的罪過,我 的骨頭也不安寧。 我的罪孽高過我 的頭,如同重擔 叫我擔當不起。

詩篇 Psalms 38:3-4

Because of your wrath there is no health in my body; there is no soundness in my bones because of my sin. My guilt has overwhelmed me like a burden too heavy to bear.

因我的愚昧,我 的傷發臭流膿。 我疼痛,大大拳 曲,終日哀痛。 我滿腰是火;我 的肉無一完全。

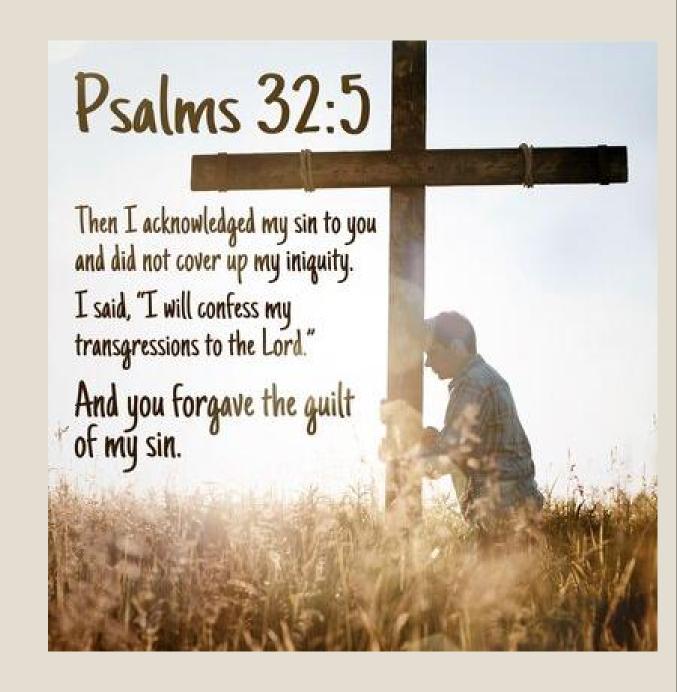
詩篇 Psalms 38:5-7

My wounds fester and are loathsome because of my sinful folly. I am bowed down and brought very low; all day long I go about mourning. My back is filled with searing pain; there is no health in my body.

我被壓傷,身體疲 倦; 因心裡不安, 我就唉哼。主啊, 我的心願都在你面 前;我的歎息不向 你隱瞞。我心跳動, 我力衰微,連我眼 中的光也沒有

詩篇 Psalms 38:8-10

I am feeble and utterly crushed; I groan in anguish of heart. All my longings lie open before you, Lord; my sighing is not hidden from you. My heart pounds, my strength fails me; even the light has gone from my eyes. 我向你陳明我的 罪,不隱瞞我的 惡。我說「我要 向耶和華承認我 的過犯」,你就 赦免我的罪惡。



## 大衛的轉折點 David's Turning Point



陳明 Acknowledge

不隱瞞 Not cover up 承認 Confess

# 悔改的關鍵: 心

The Key to Repentance: Heart



凡<mark>心裡沒有詭詐</mark>,耶和華不算為有 耶的,這人是有 福的! 詩篇 Psalms 32:2

Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit.

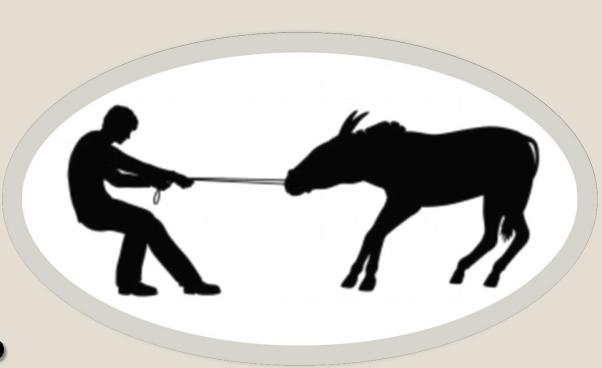
你們義人應當 靠耶和華歡喜 快樂,你們心 **埋正直的人都** 當歡呼!

詩篇 Psalms 32:11

Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!

詩篇 Psalms 32:9

你不可像那無知 的騾馬, 必用嚼 環轡頭勒住牠, 不然就不能馴服。



### 認罪之後 After Confession

得赦免 Be forgiven

得保障 Be protected

得教導 Be instructed and taught

得歡喜快樂 Rejoice and be glad

## 認罪之後 After Confession

得赦免 Be forgiven

# 赦免的關鍵:十字架

The Key to forgiveness: Cross

## 認罪之後 After Confession

得赦免 Be forgiven

得保障 Be protected

你是我藏身之處, 你必保佑我脫離 苦難,以得救的 樂歌四面環繞我。 (細拉)

詩篇 Psalms 32:7

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

#### 認罪之後 After Confession

得赦免 Be forgiven

得保障 Protection

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我要教導你, 指示你當行的 路,我要定睛 在你身上勸誡 你。



詩篇 Psalms 32:8

### 認罪之後 After Confession

得赦免 Be forgiven

得保障 Be protected

得教導 Be instructed and taught

得歡喜快樂 Rejoice and be glad

你們義人應當 靠耶和華歡喜 快樂,你們心 裡正直的人都 當歡呼!

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凡虔誠人 都當趁你可尋找 的時候禱告你, 大水泛溢的時候, 必不能到他那裡。

詩篇 Psalms 32:6

Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them.

#### 結論 Conclusions

從心裡真誠地向神 認罪之後,大衛經 歷了真實的平安和 喜樂,成為有福的

**After sincerely** confessing his sins to God, David experienced true peace and joy and became a blessed man.

#### 詩篇 Psalms 32:10-11

義人 The righteous 惟獨倚靠耶和華的必有慈愛四面環繞他。你們義人應當 靠耶和華<mark>歡喜快樂</mark>;你們心 裡正直的人都當<mark>歡呼</mark>。

惡人必<mark>多受苦楚</mark> Many are the woes of the wicked 惡人 The wicked

#### 義人 The righteous

惟獨倚靠耶和華的必有慈愛四面環 繞他。你們義人應當靠耶和華<mark>歡喜</mark> 快樂;你們心裡正直的人都當<mark>歡呼</mark>。

惟独恶人,好像翻腾的海,不得平静;其中的水常涌出污秽和淤泥来。我的神说:恶人必<mark>不得平安</mark>!

惡人 The wicked

以賽亞書 Psalms 57:20-21

#### 義人 The righteous

#### 肯悔改的罪人 Repentant sinner

不肯悔改的罪人 Unrepentant sinner

