

神啊，求你保佑我，因為我  
投靠你。

詩篇 Psalms 16:1

**Keep me safe, my  
God, for in you I  
take refuge.**

我的心哪，你  
曾對耶和華說：  
「你是我的主，  
我的好處不在  
你以外。」

**I say to the Lord,  
“You are my Lord;  
apart from you I  
have no good  
thing.”**

論到世上的聖  
民，他們又美  
又善，是我最  
喜悅的。

詩篇 Psalms 16:3

**I say of the holy  
people who are in  
the land, “They are  
the noble ones in  
whom is all my  
delight.”**

以別神代替耶和  
華的，他們的愁  
苦必加增。他們  
所澆奠的血我不  
獻上，我嘴唇也  
不提別神的名號。

**Those who run  
after other gods will  
suffer more and  
more. I will not pour  
out libations of  
blood to such gods  
or take up their  
names on my lips.**



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 Psalms 16:5

**Lord, you alone  
are my portion and  
my cup; you make  
my lot secure.**

用繩量給我的  
地界坐落在佳  
美之處，我的  
產業實在美好！

**The boundary  
lines have fallen  
for me in pleasant  
places; surely I  
have a delightful  
inheritance.**

我必稱頌那指教我的耶和華，  
我的心腸在夜間也警戒我。

詩篇 Psalms 16:7

**I will praise the  
Lord, who  
counsels me; even  
at night my heart  
instructs me.**

我將耶和華常  
擺在我面前，  
因他在我右邊，  
我便不致搖動。

**I keep my eyes  
always on the  
Lord. With him at  
my right hand, I  
will not be shaken.**

因此我的心歡  
喜，我的靈快  
樂，我的肉身  
也要安然居住。

**Therefore my heart  
is glad and my  
tongue rejoices;  
my body also will  
rest secure,**

因為你必不將  
我的靈魂撇在  
陰間，也不叫  
你的聖者見朽  
壞。

**because you will  
not abandon me to  
the realm of the  
dead, nor will you  
let your faithful  
one see decay.**

你必將生命的  
道路指示我，  
在你面前有滿  
足的喜樂，在  
你右手中有永  
遠的福樂。

**You make known  
to me the path of  
life; you will fill me  
with joy in your  
presence, with  
eternal pleasures  
at your right hand.**





HE IS RISEN

*Celebrate the Resurrection*



因為你必不將  
我的靈魂撇在  
陰間，也不叫  
你的聖者見朽  
壞。

**because you will  
not abandon me to  
the realm of the  
dead, nor will you  
let your faithful  
one see decay.**

因你必不將我的靈魂撇在陰間，也不叫你的聖者見朽壞。你已將生命的道路指示我，必叫我因見你的面得著滿足的快樂。

**because you will not abandon me to the realm of the dead, you will not let your holy one see decay. You have made known to me the paths of life; you will fill me with joy in your presence.**

「弟兄們！先祖大衛的事，我可以明明的對你們說：他死了，也葬埋了，並且他的墳墓直到今日還在我們這裡。

**“Fellow Israelites, I can tell you confidently that the patriarch David died and was buried, and his tomb is here to this day.**

大衛既是先知，  
又曉得神曾向他  
起誓，要從他的  
後裔中立一位坐  
在他的寶座上，  
就預先看明這事，  
講論基督復活說：

使徒行傳 Acts 2:30-31a

**But he was a prophet and knew that God had promised him on oath that he would place one of his descendants on his throne. Seeing what was to come, he spoke of the resurrection of the Messiah,**

他的靈魂不撇在  
陰間；他的肉身  
也不見朽壞。這  
耶穌，神已經叫  
他復活了，我們  
都為這事作見證。

使徒行傳 Acts 2:31b-32

that he was not  
abandoned to the  
realm of the dead,  
nor did his body see  
decay. God has  
raised this Jesus to  
life, and we are all  
witnesses of it.



使徒行傳 13:34

論到神叫他從死  
裡復活，不再歸  
於朽壞，就這樣  
說：我必將所應  
許大衛那聖潔、  
可靠的恩典賜給  
你們。

**God raised him from the dead so that he will never be subject to decay. As God has said, “I will give you the holy and sure blessings promised to David.”**

又有一篇上說：**你必  
不叫你的聖者見朽壞。**

「大衛在世的時候遵行了神的旨意，就睡了，歸到他祖宗那裡，已見朽壞；惟獨神所復活的，他並未見朽壞。」

So it is also stated elsewhere: “**You will not let your holy one see decay.**” “Now when David had served God’s purpose in his own generation, he fell asleep; he was buried with his ancestors and his body decayed. But the one whom God raised from the dead did not see decay.”

# 復活中的安息



Rest in Resurrection

詩篇 Psalms 16:1-11



神啊，求你保佑我，因為我  
投靠你。

詩篇 Psalms 16:1

**Keep me safe, my  
God, for in you I  
take refuge.**

我的心哪，你  
曾對耶和華說：  
「你是我的主，  
我的好處不在  
你以外。」

詩篇 Psalms 16:2

**I say to the Lord,  
“You are my Lord;  
apart from you I  
have no good  
thing.”**

猶大族人  
出賣他

父親  
差他放羊



兄弟  
惡言對他



掃羅  
嫉妒他



大衛



非利士人  
險些殺他

約拿單  
受牽連



撒母耳  
無能為力



祭司  
全家被殺



# 被釘十字架的耶穌

## Jesus Crucified on the Cross





他本有神的形像，不以自己與神同等為強奪的；反倒虛己，取了奴僕的形像，成為人的樣式；既有人人的樣子，就自己卑微，存心順服，以至於死，且死在十字架上。

## 腓立比書 Philippians 2:6-8

**Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!**

所以，神將他升為至高，又賜給他那超乎萬名之上的名，叫一切在天上的、地上的，和地底下的，因耶穌的名無不屈膝，無不口稱「耶穌基督為主」，使榮耀歸與父神。

## 腓立比書 Philippians 2:9-11

**Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.**

論到世上的聖  
民，他們又美  
又善，是我最  
喜悅的。

**I say of the holy  
people who are in  
the land, “They are  
the noble ones in  
whom is all my  
delight.”**

大衛因怕基士的兒子掃羅，躲在洗革拉的時候，有勇士到他那裡幫助他打仗。

歷代志上 1 Chronicle 12:1

**These were the men who came to David at Ziklag, while he was banished from the presence of Saul son of Kish (they were among the warriors who helped him in battle;**



那時神的靈感動那三十個勇士的首領亞瑪撒，他就說：大衛啊，我們是歸於你的！耶西的兒子啊，我們是幫助你的！願你平平安安，願幫助你的也都平安！**因為你的神幫助你。**大衛就收留他們，立他們作軍長。

**Then the Spirit came upon Amasai, chief of the Thirty, and he said: "We are yours, O David! We are with you, O son of Jesse! Success, success to you, and success to those who help you, **for your God will help you.**" So David received them and made them leaders of his raiding bands.**

## 好處 10 Good Things

復活中的安息

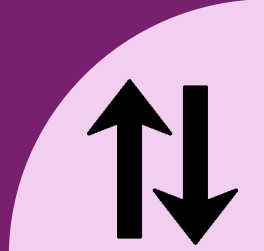
1. 上帝的保護
2. 美善的聖民
3. 耶和華是我的產業
4. 耶和華是我杯中的份
5. 耶和華指教我
6. 耶和華是我的倚靠
7. 我的心歡喜
8. 我的靈快樂
9. 我的肉身安然居住
10. 復活的盼望，滿足的喜樂，永遠的福樂

1. Keep me safe
2. The holy people
3. Be my portion
4. Be my cup
5. Counsel me
6. At my right hand
7. My heart is glad
8. My tongue rejoices
9. My body rest secure
10. Fill me with hope of resurrection, joy and eternal pleasures

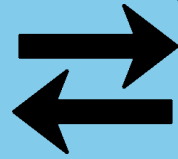
# 向各個方向看，看到的都是神和神的作為

## Look in every direction and see God and His works

向上、向下看  
Look up and down  
16:1-2



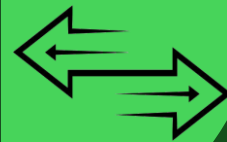
向周圍看  
Look around  
16:3-4



向外、向裡面看  
Look outward and  
inward 16:5-8



向後、向前看  
Look backward and  
forward 16:9-11



以別神代替耶和  
華的，他們的愁  
苦必加增。他們  
所澆奠的血我不  
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## 結論 Conclusions

# 復活中的安息

Rest in  
Resurrection

- 悔改：

離開虛空的追求，歸向基督

- 信靠：

在逆境中，仍然以神為可靠

- 盼望：

因主耶穌基督已經復活，我們有永遠的安息

- Repentance:

Give up empty pursuits and return to the Christ

- Trust:

Trust God in difficult times

- Hope:

The resurrection of Jesus Christ brings us eternal rest





