

《安靜等候神》

(Be still, waiting on God.)

賽 40:28-31 ; 50:4-5

(Isa. 40:28-31 ; 50:4-5)



「你們要休息、要知道我是神，我必在外邦中被尊崇、在遍地上也被尊崇。」(詩 46:10)

“**Be still**, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!” (Psa. 46:10)

休息 → **安靜等候神** → **知道祂是神**


(Be still → Wait for God silently → Know that He is God)



(1) 什麼是安靜等候神？(What is “Be still and waiting for God?”)

「我的心默默無聲、**專等候神**，我的救恩是從他而來 ... 我的心哪、你當默默無聲、**專等候神**，因為我的盼望是從他而來。」
(詩 62:1, 5)

“Truly my soul silently waits for God; from Him comes my salvation ... My soul, wait silently for God alone, for my expectation is from Him.” (Psa. 62:1, 5)



賽 40:31 「但那等候耶和華的、必從新得力」

“But those who wait for the Lord shall renew their strength ...” (Isa. 40:31a)

藉著等候神、與祂緊密的連繫在一起，與祂有更深、更堅固的聯合。

By waiting for God, we can tightly connect with Him and have deeper and stronger union with Him.



舊約 → 大衛 (OT → David)

「耶和華阿、我的心仰望你。我的神阿、我素來倚靠你 ... 凡等候你的必不羞愧 ... 我終日等候你。... 願純全正直保守我、因為我等候你。」 (詩 25: 1, 2, 3, 5, 21)

“O Lord, I lift up my soul. O my God, I trust in You ... Indeed, let no one who waits on You be ashamed ... On You I wait all the day ... Let integrity and uprightness preserve me, for I wait for You.” (Psa. 25: 1, 2, 3, 5, 21)



「... 我心向你說，耶和華阿、你的面我正
尋求... 要等候耶和華，當壯膽、堅固你的心
，我再說、要等候耶和華。」(詩 27:8b，14)

“My heart said to You, Your face Lord , I will
seek. ... Wait on the Lord; be of good
courage, and He shall strengthen your heart;
wait, I say, on the Lord!” (Psa. 27:8b , 14)



新約 → 伯大尼的馬利亞
(NT → **Mary** of Bethany)

「馬利亞已經選擇那上好的福分、是不能奪去的。」(路 10:42b)

“Mary has chosen that good part, which will not be taken away from her.” (Luke 10:42b)



(2) 安靜等候神的好處:

(The benefits of being still and waiting for God:)

1. 改變像主，榮上加榮

(Transforming to be like the Lord, and from glory to glory.)



林後 3:18 「我們眾人既然敞著臉、得以看見主的榮光、好像從鏡子裡返照、就變成主的形狀、**榮上加榮**、如同從主的靈變成的。」

“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image **from glory to glory**, just as by the Spirit of the Lord.”
(1Cor. 3:18)



2. 與主同在，更深聯合 (Be in the presence of the Lord, having deeper union with Him.)

「與主同在」的基本密訣 → 信心

The secret of being with the Lord is our faith.

「你們親近神、神就必親近你們。」 (雅 4:8)

“Draw near to God, and He will draw near to you.” (James 4:8)



「耶和華必然等候、要施恩給你們 ... 凡等候祂的都是有福的。」(賽 30:18)

“The Lord will wait, that He may be gracious to you ... Blessed are all those who wait for Him.” (Isa. 30:18)

要施恩給你們 → 主渴望向你們施恩。

“The Lord longs to be gracious to you.”



「人非有信、就不能得神的喜悅，因為到神面前來的人、必須信有神，且信祂賞賜那尋求祂的人。」(來 11:6)

“But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.” (Heb. 11:6)



3. 心中得力，勝而又勝 (Renewing strength and to be triumphant to triumphant.)

「我們有這寶貝放在瓦器裡、要顯明這莫大的能力、是出於神、不是出於我們。」(林後 4:7)

“We have this treasure in earthen vessels, that the excellence of the power may be of God and not of us.” (2 Cor. 4:7)

「我靠著那加給我力量的、凡事都能作。」(腓 4:13) “I can do all things through Christ who strengthens me.”(Phil. 4:13)



「但那等候耶和華的、必從新得力、他們必如鷹展翅上騰、他們奔跑卻不困倦、行走卻不疲乏。」 (賽 40:31)

“But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”
(Isa. 40:31)



(3) 要如何安靜等候神？(How to be still and waiting for God?)

1. 要一直注視耶穌 (Keep focusing on Jesus)

「我將耶和華常擺在我面前 (即一直注視神)
，因他在我右邊、我便不至搖動。」(詩 16:8)

“I have set the Lord always before me;
because He is at my right hand I shall not be
moved.” (Psa. 16:8)



2. 要相信神的同在 (Believe God's presence)

「你們要休息、要知道我是神 ... 萬軍之耶和華與我們同在，雅各的神是我們的避難所。」
(詩 46:10-11)

“**Be still**, and know that I am God; ... The Lord of hosts is with us; the God of Jacob is our refuge.” (Psa. 46:10-11)

休息 → **Be still**



3. 要思念上面的事 (Set up your mind on things above)

「所以你們若真與基督一同復活、就當求在上面的事，那裡有基督坐在神的右邊。你們要思念上面的事、不要思念地上的事。」

(西 3:1-2)

“If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. **Set up your mind on things above**, not on things on the earth.”

(Col. 3:1-2)



4. 要有受教者的靈 (Have the spirit of the learned.)

「主耶和華賜我受教者的舌頭、使我知道怎樣用言語扶助疲乏的人，主每早晨提醒、提醒我的耳朵、使我能聽、像受教者一樣。

“The Lord has given me the tongue of the learned, that I shall know how to speak a word in season to him who is weary. He awakens me morning by morning, He awakens my ear to hear as the learned.



主耶和華開通我的耳朵、我並沒有違背、也沒有退後。」(賽 50:4-5)

The Lord God has opened my ear; and I was not rebellious, nor did I turn away.”
(Isa. 50:4-5)



總結：

(1) 什麼是安靜等候神？(What is silently waiting for God?)

一種神聖莊嚴的安靜，是指人來到聖潔、全知、全能、全在、又有威嚴的神面前、因肅然起敬而產生的一種安靜。

A sacred and solemn still when people come to the majestic God of omniscience, omnipotence, and omnipresence.



(2) 安靜等候神的好處: (The benefits of waiting for God.)

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2. 與主同在，更深聯合； (Be in the presence of the Lord, having deeper union with Him.)
3. 心中得力，勝而又勝。 (Renewing strength and to be from triumphant to triumphant.)



(3) 要如何安靜等候神？(How to be still and waiting for God?)

1. 要一直注視耶穌；(Focus on Jesus)
2. 要相信神的同在；(Believe God's presence)
3. 要思念上面的事；(Set up your mind on things above)
4. 要有受教者的靈。(Have the spirit of the learner)

