



數算我們
的日子

*Numbering
Our Days*

Psalm 詩篇 90



11/20/2022 主日信息:

數算我們的日子

詩篇 90

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Sunday's Message:

Numbering Our Days

Psalm 90

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Interpreter: Sister Doris Liu

詩篇 Psalm 90 : 1 - 10

- 1 〔神人摩西的祈禱。〕主阿、你世世代代作我們的居所。
- 2 諸山未曾生出、地與世界你未曾造成、從亙古到永遠、你是神。
- 3 你使人歸於塵土、說、你們世人要歸回。
- 4 在你看來、千年如已過的昨日、又如夜間的一更。
- 5 你叫他們如水沖去．他們如睡一覺．早晨、他們如生長的草．
- 6 早晨發芽生長、晚上割下枯乾。
- 7 我們因你的怒氣而消滅、因你的忿怒而驚惶。
- 8 你將我們的罪孽擺在你面前、將我們的隱惡擺在你面光之中。
- 9 我們經過的日子、都在你震怒之下．我們度盡的年歲、好像一聲歎息。
- 10 我們一生的年日是七十歲．若是強壯可到八十歲．但其中所矜誇的、不過是勞苦愁煩．轉眼成空、我們便如飛而去。

詩篇 Psalm 90 : 11 - 17

- 11 誰曉得你怒氣的權勢、誰按著你該受的敬畏曉得你的忿怒呢。
- 12 求你指教我們怎樣數算自己的日子、好叫我們得著智慧的心。
- 13 耶和華阿、我們要等到幾時呢。求你轉回、為你的僕人後悔。
- 14 求你使我們早早飽得你的慈愛、好叫我們一生一世歡呼喜樂。
- 15 求你照著你使我們受苦的日子、和我們遭難的年歲、叫我們喜樂。
- 16 願你的作為向你僕人顯現。
願你的榮耀向他們子孫顯明。
- 17 願主我們神的榮美、歸於我們身上。
願你堅立我們手所作的工。
我們手所作的工、願你堅立。

詩篇 Psalm 90 : 1 - 6

- 1 A prayer of Moses, the man of God.
Lord, you have been our dwelling
place throughout all generations.**
- 2 Before the mountains were born or
you brought forth the earth and the
world, from everlasting to everlasting
you are God.**
- 3 You turn men back to dust, saying,
"Return to dust, O sons of men."**
- 4 For a thousand years in your sight are
like a day that has just gone by, or like
a watch in the night.**
- 5 You sweep men away in the sleep of
death; they are like the new grass of
the morning—**
- 6 though in the morning it springs up new
by evening it is dry and withered.**

詩篇 Psalm 90 : 7 - 12

- 7 We are consumed by your anger and terrified by your indignation.**
- 8 You have set our iniquities before you, our secret sins in the light of your presence.**
- 9 All our days pass away under your wrath; we finish our years with a moan.**
- 10 The length of our days is seventy years—or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away.**
- 11 Who knows the power of your anger? For your wrath is as great as the fear that is due you.**
- 12 Teach us to number our days aright, that we may gain a heart of wisdom.**

詩篇 Psalm 90 : 13 - 17

- 13 Relent, O LORD! How long will it be?
Have compassion on your servants.**
- 14 Satisfy us in the morning with your
unfailing love, that we may sing for joy
and be glad all our days.**
- 15 Make us glad for as many days as you
have afflicted us, for as many years as
we have seen trouble.**
- 16 May your deeds be shown to your
servants, your splendor to their children.**
- 17 May the favor of the Lord our God rest
upon us;
establish the work of our hands for us--
yes, establish the work of our hands.**

Introduction 導言

2022 will be coming to an end very soon.
二零二二年很快就要結束了

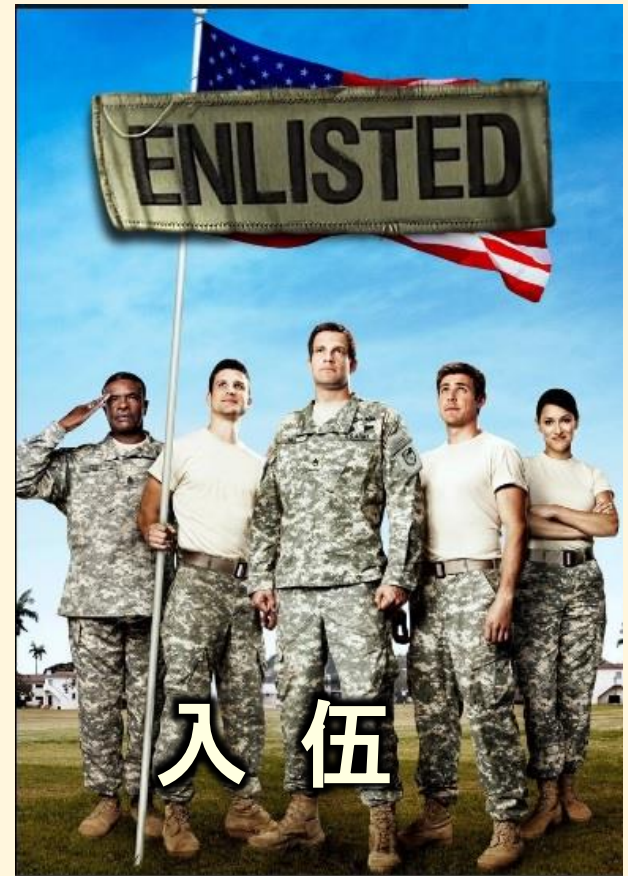
It seems that the year had just begun not too long ago. Time “fleets” quickly
這一年似乎不久前才剛剛開始。日子真的如飛而逝

As we get older, many of us feel that the passage of time seems to speed up.

隨著年齡的增長，我們當中許多人都覺得時間的流逝似乎在加速。

It seems that not that long ago I stepped into my 50s (入伍).

好像在不久前，我才步入50歲(入伍).



Introduction 導言

Before I knew it, I entered my 60s (登陸) and became a senior

不知不覺，我很快又踏入了六十歲（登陸）並成為“長者”了



Rather quickly, I was pushed into the “7 Up Club

很快我就被推進七喜(起)俱樂部了 **7UP** 七起

How we wish we could go back in time and relive our youthful years again.

我們多麼希望我們能回到過去，重溫我們青春的歲月。



Introduction 導言

Looking back in time, Moses, in his sunset years, gave us God's perspective of our earthly days and wished we could live our days wisely and meaningfully, so that it is not wasted, but have everlasting values.

回顧過去，摩西感觸萬分，在他日落之年，向我們展示了上帝對我們塵世歲月的看法，並希望我們能夠明智而有意義地過我們的日子，這樣它就不會被浪費，而是具有永恆的價值。

So Moses was inspired to write Psalm 90 to teach us how to make our lives count.

所以摩西受到啟發寫了詩篇 90 篇來教導我們如何過一個有意義的人生。



Introduction 導言

Psalm 90 is the only psalm written by Moses, the man whom the LORD knows “face to face” (Deut. 34:10).

詩篇 90 篇是摩西所寫唯一的詩篇，摩西是耶和華“面對面”認識的(申34:10)

Psalm 23 and 90 are considered the most precious psalms in the Bible. They have deep implications and inexhaustible wisdom for the readers.

詩篇 23 篇和 90 篇被認為是聖經中最寶貴的詩篇。它們對讀者有深刻的寓意和取之不竭的智慧。

For this reason, I can only give a brief outline of this psalm in today’s sermon. I will also share some thoughts on it with emphasis on one key point which is “numbering our days” on earth.

因這原故，我今天的講道中，只能給這首詩篇作一個簡要的概述並分享一些感想。我要強調一個重點，那就是我們應該怎樣數算我們在地上的日子。

Outline of Psalm 90 詩篇 90 篇 概要

Brief Outline 簡單概要

- | | | | |
|----------|---|------------|-----------------------------|
| 1 | Look at God in awe
看著神 - 肅然起敬 | vs. | 1 - 2
1 - 2 節 |
| 2 | Look at man's life
in sigh and despair
看著人 - 失望嘆息 | vs. | 3 - 10
3 - 10 節 |
| 3 | Realization
醒悟 | vs. | 11
11 節 |
| 4 | Prayer
祈求 | vs. | 12 - 15
12 - 15 節 |
| 5 | Hope
盼望 | vs. | 16 - 17
16 - 17 節 |

Outline of Psalm 90 詩篇 90 篇 概要

More detailed Outline 較詳細的概要

1 Introduction – 導言 (90:1-4)

a God is mankind's dwelling place for all ages
神是人類世世代代的居所 (90:1-2)

God has made Himself the dwelling place
for mankind

But not all of us live there all the time

神使自己成為人類的居所

但我們不都是常常住在祂裏面

b God is everlasting (90:3-4)

But we only live very briefly

神是永遠活着的，但我們年日很短小

Outline of Psalm 90 詩篇 90 篇 概要

More detailed Outline 較詳細的概要

2

Man's days of living foolishly

世人愚昧過一生 (90:5-10)

a

How God sees our lives

神怎樣看我們的人生

Our lives are swept away like a flood 如水般沖走

like a dream at night 如睡一覺

like grass that sprouts up in the morning and

withers by the evening 如早晨生長、晚上枯乾的草

b

How we see our lives 我們怎樣看人生

Our days are full of trouble and sorrow,

they fly away quickly and ends with a sigh.

**我們的年日充滿勞苦愁煩, 如飛而去, 轉眼成空,
好像一聲歎息**

Outline of Psalm 90 詩篇 90 篇 概要

It should be pointed out that not everyone lived a foolish and meaningless life.

There are people like Paul who lived an abundant and victoriously life.

應該指出的是，並不是每一個人都度過愚昧無意義的人生。有些人像保羅一樣，是度過豐盛和得勝的人生，

They can declare boldly near the end of their lives:

“I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day”

他們在臨近生命盡頭的時候可以大膽宣告：

“那美好的仗我已經打過了。當跑的路我已經跑盡了。所信的道我已經守住了。從此以後、有公義的冠冕為我存留、就是按著公義審判的主到了那日要賜給我的”

Outline of Psalm 90 詩篇 90 篇 概要

More detailed Outline 較詳細的概要

3

Our ignorance of God's wrath and our lack of fear for Him lead to foolish living (90 : 9, 11)

我們不曉得神的憤怒, 對祂缺乏敬畏導致生活愚昧

**All our days pass away under your wrath;
Who knows the power of your anger?
For your wrath is as great as the fear that is due you."**

我們經過的日子、都在你震怒之下。
誰曉得祢怒氣的權勢、
誰按著祢該受的敬畏曉得祢的忿怒呢？

Outline of Psalm 90 詩篇 90 篇 概要

More detailed Outline 較詳細的概要

4 Four prayer requests for living wisely 智慧人生的四個祈求 (90:12-15)

Teach us to number our days aright,
that we may gain a heart of wisdom.

a 求祢指教我們怎樣數算自己的日子、
好叫我們得著智慧的心。

b Relent and cause us to return to you
求祢寬容，使我們回轉歸向祢

c Satisfy us with your loving kindness
求祢使我們飽得祢的慈愛

d Fill our days with gladness
求祢讓我們的日子充滿喜樂

Outline of Psalm 90 詩篇 90 篇 概要

More detailed Outline 較詳細的概要

5 Four wishes for our earthly days (90:16-17) 我們在塵世生活的四個願望

- a** May your deeds be shown to us.
願我們看見祢大能的作為。
- b** May your glory be shown to our descendants
願祢的榮耀向我們的子孫顯明
- c** May your beauty be shown to us
願祢的榮美向我們彰顯
- d** May you establish your work on us
願祢建立祢在我們身上作的工

God, Our Dwelling Place 神是我們的居所

We are sojourners in this world. The world is not our permanent home.

我們是這個世界的過路客。世界不是我們永久的家。

However, like travelers on a road, we need a temporary place to stay, a shelter for protection and a place to eat to replenish our strength.

然而，就像路上的旅客，我們需要一個臨時的落腳點，一個保護的避難所和一個進食的地方補充體力。

Moses pointed out that our creator, eternal God is the dwelling place for mankind “from generation to generation”

摩西指出我們的創造主，永恆的神就是人類“世世代代”的居所

What Does It Means to Dwell in God 以神為我們的居所是什麼意思？

When we dwell with God, we are conscious of His presence in our lives.

This consciousness can be a feeling of closeness or contentment with God, but it can also be an awareness of God's greatness, power, wisdom or love.

當我們以神為居所，住在祂裏面，我們就會意識到祂在我們生活中的存在。這種意識可以是與神同在的親近感和滿足感，也可以是對神的偉大、力量、智慧或愛的認知。

We feel most at home in God's presence, BUT we don't always dwell there. 我們住在神裏面感到最自在，但我們卻不是常常住在祂裏面。

Do you know what is the highest calling of Christian living? 你知道基督徒生活的最高的呼召是什麼嗎？

The answer is Coram Deo (Latin words)
答案就是 Coram Deo (拉丁文)？

What does it mean? 什麼意思呢？

Let us watch this short video 讓我們看這短視頻

[Coram Deo: Living before the Face of God](#) ← [Video link \(English\)](#)

[Coram Deo: 活在上帝的面前](#)

← [中文視頻連結](#)



Coram Deo

Living in the Presence of God

活在神面前

Christian living is “a walk before God” or live in the presence of God

基督徒的生活是“行在神面前”或是活在神的同在中。

God said to Abram “I AM El Shaddai (the Almighty and all-sufficient God) walk before me and be perfect.

神對亞伯蘭說：“我是全能的神、你當在我面前行事為人作完全人”（創世記 Genesis 17:1）

King David said “One thing I ask of the LORD, this is what I seek: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to seek Him in his temple” (Psalm 27:4)

大衛王說“有一件事、我曾求耶和華、我仍要尋求。就是一生一世住在耶和華的殿中、瞻仰祂的榮美、在祂的殿裡求問”（詩篇 27:4）

A Heart of Wisdom 智慧的心

Moses prayed to God and said, "Teach us how to number our days, that we may gain a heart of wisdom" (Psalm 90:12).

摩西向神禱告說：“求祢指教我們怎樣數算我們的年日，好叫我們得著智慧的心”（詩篇 90:12）。

We don't have the wisdom to count our days. That's why we need to ask God to give us a heart of wisdom.

我們沒有智慧來數算自己的日子。這就是為什麼我們需要求神賜給我們智慧的心。

To get that wisdom, we need to learn to fear God because “the fear of the LORD is the beginning of wisdom”.

要獲得智慧，我們需要學習敬畏神，因為“敬畏耶和華是智慧的開端”。

A Heart of Wisdom 智慧的心

To get the fear of the LORD, we need God to reveal to us His holiness and our sinfulness

要敬畏耶和華, 我們需要神向我們顯示祂的聖潔和我們的罪污

That's why Moses said "You have set our iniquities before you, our secret sins in the light of your presence" (90:8) ... All our days pass away under your wrath...Who knows the power of your anger? For your wrath is as great as the fear that is due you." (90:9, 11)

這就是為什麼摩西說 “祢將我們的罪孽擺在祢面前、將我們的隱惡擺在祢面光之中...誰曉得祢怒氣的權勢、我們經過的日子、都在祢震怒之下。誰按著祢該受的敬畏曉得祢的忿怒呢。”。

So to get a heart of wisdom, God needs to make us aware of His holiness and our sinfulness.

因此, 要獲得一顆智慧的心, 神需要向我們顯明祂的聖潔和我們的罪污。

Numbering Our Days 數算我們的日子

The request “teach us to number our days” does not mean teaching us to do arithmetic counting which does not require divine help.

“數算我們的日子”並非是指用算術計算我們的年日。

Rather, it means that we need God to make us aware of the brevity of our lives and what makes our lives count from His perspective. “數算我們的日子”乃是指我們需要神讓我們意識到生命的短暫，以及從祂的角度來明白生命的意義。

This revelation will help us to become wise
這樣的啟示會幫助我們變得有智慧

1 Our “unborn years” are meaningless to God

我們 “未生之年” 對神來說是毫無意義的

God does not accredit the years when we were “dead in sin (Eph. 2: 1-3)” 神沒有把我們 “死在罪惡過犯” (弗 2:1-3) 的日子算入我們的年日裏面。

God only counts the time after we became “alive in Christ” (i.e. after we were born again)

祂只算我們與基督一同活過來(重生以後)的年日。

1

Our Unborn Years Doesn't Count

我們未生之年是不算數的

To illustrate this point, let us look at the genealogy of Cain's descendants (Genesis 4) and the genealogy of Seth's descendants (Genesis 5).

為了說明這一點，讓我們看看該隱後裔的家譜（創世記四章）和塞特後裔的家譜（創世記五章）。

The noticeable difference between these two genealogies is, Genesis 4 does not record the life spans (how long they lived) of Cain's descendants. There is also no record of their interactions with God.

這兩個家譜之間的顯著區別是，創世記第4章沒有記載該隱後裔的壽命（他們活了多久）。也沒有關於他們與神互動的記載。

In other words, their lives are not accreditable to God, not memorable to God and their lives don't count. 換句話說，他們的生命不被神認可，不被神記念，他們的生命沒有價值。

1

Our Unborn Years Doesn't Count

我們未生之年是不算數的

On the other hand, recordings of the genealogy of Seth's descendants in Genesis 5 are markedly different. In addition to recording how long Seth's descendants lived, it also records the ages they begot children.

另一方面，創世記第 5 章中塞特後裔家譜的記錄明顯是不同。除了記錄塞特後裔的壽命，它還記錄了他們生育孩子的年齡。

Most important of all, it records their personal interactions with God, such as Enoch began walking with God at age 65 for 300 years before God took him out of the world (raptured).

最重要的是，它記錄了他們與神的個人互動。例如以諾在 65 歲時開始與神同行 300 年，然後神把他取去(提走)

1

Our Unborn Years Doesn't Count

我們未生之年是不算數的

The Bible recorded Noah's interactions with God in even greater detail than Enoch's.

聖經記載挪亞與神之間的互動 比以諾的記載更加詳細

The point is, unless a man is alive to God and live in fellowship with Him, his earthly days are meaningless , is not accreditable by God and not memorable to God .

關鍵是, 除非一個人是向神活著並與祂相交, 否則他在世上的日子是沒有意義的, 是不被神認可和被神記念。

Our wandering years are wasted years

② 我們 “流浪的年日” 是浪費了的歲月

After God saved the Israelites from Pharaoh in Egypt, they spent 40 years in the wilderness before they could finally enter God’s promised land in Canaan.

神將以色列人從埃及法老手中拯救出來以後，他們在曠野度過了四十年，才最終進入神應許之地迦南。

The Israelites could have entered the promised land in 2 years, but they couldn’t trust God and didn’t have the faith to go in to take down their enemies and to take possession of the promised land.

以色列人本來可以在兩年內進入應許之地，但他們卻不能信靠神，也沒有信心進去消滅敵人和承受應許之地。

So they wasted 38 years circling around, repeating their journey and failures over and over again.

於是他們浪費了38年的時間兜兜轉轉，一遍又一遍地重複著他們的旅程和失敗。

Our wandering years are wasted years

2

我們 “流浪的年日” 是浪費了的歲月

Similarly, many of us wasted many years after we became Christians.

同樣地，我們當中許多人在成為基督徒以後虛度了許多光陰。

We didn't make any progress in our spiritual life and stayed in infancy

我們在靈命上沒有任何進步，一直停留在嬰兒期。

We kept repeating the same journey, the same experience, the same failures and have not entered God's promised land (the abundant life).

我們一直重複同樣的旅程，同樣的經歷，同樣的失敗，沒有進入神應許之地（豐盛的生命）。

3 Our Lost Years 我們失去的歲月

The years we were oppressed by our enemies are lost years 我們被仇敵壓制的日子是失去的歲月

There appears to be a discrepancy or inconsistency in the Bible's accounts regarding the year King Solomon built the temple.

關於所羅門王建造聖殿的年日，聖經的記載似乎有不一致或有差異的記載

According to 1 King 6:1, King Solomon built the temple 480 years after the Israelite's exodus from Egypt

“In the four hundred and eightieth year after the Israelites had come out of Egypt, in the fourth year of Solomon's reign over Israel, in the month of Ziv, the second month, he began to build the temple of the LORD.”

根據列王記上6:1，所羅門建聖殿是在以色列人出埃及480年後：“以色列人出埃及地後四百八十年、所羅門作以色列王、第四年西弗月、就是二月、開工建造耶和華的殿。

3 Our Lost Years 我們失去的歲月

But Paul gave a different account in Acts 13:17 – 22. According to that account, the year should be 573 years after exodus:

但保羅在使徒行傳 13:17-22 中作出了不同的說法。根據保羅的說法，建聖殿的年份應該是出埃及記後 573 年

40 years led by God in the wilderness

神在曠野引領以色列人四十年

450 years under the Judges until king Saul

士師時代直到掃羅王約四百五十年

40 years reign under king Saul 掃羅作王四十年

40 years reign under king David 大衛作王四十年

3 4th. year reign under king Solomon 所羅門作王第四年

573 years total from Exodus to building of the temple

由出埃及到所羅門王建聖殿共 573 年

The difference between the two accounts in 1 King 6:1 and Acts 13 is: 573 – 480 = 93 years. 兩個記載之間的差別是93年

3 Our Lost Years 我們失去的歲月

Why is there such a discrepancy?

Is the record in Acts 13 incorrect? or 1 Kings 6:1 incorrect?

為什麼會有這樣的差異？

是使徒行傳 13 章的記載不正確嗎？還是列王記上 6:1 不正確？

The answer is: neither record is wrong.

There is a very important spiritual truth hidden in the difference in years between the two accounts.

答案是：兩個記錄都沒有錯。兩個記載之間的年份的差異隱藏著一個非常重要的屬靈真理。

Bible scholars figured out where the 93 years were missing: During the time of the Judges, there were five periods during which the LORD gave the Israelites over to their enemies because of the Israelite's sins. and the Israelites was oppresses and served their enemies

聖經學者找出了那失落的93年出自那裏。在士師時期，曾經有五個時期耶和華因以色列人的罪把他們交給敵人手中。以色列人就被欺壓，侍奉壓制他們的敵人。

3

Judge 士師	Recording Scriptures 記載經文	Oppressor 欺壓他們的仇敵	Years Oppressed 被欺壓的年日
Othniel 俄陀聶	Judges 士師記 3: 7 – 11	Mesopotamians 米所波大米人	8 years 年 士 3: 8
Ehud 以笏	Judges 士師記 3: 12 – 30	Moabites 摩押人	18 yrs. 年 士 3: 14
Deborah 底波拉	Judges 士師記 4 – 5	Canaanites 迦南人	20 yrs. 年 士 4: 3
Gideon 基甸	Judges 士師記 6 – 8	Midianites 米甸人	7 yrs. 年 士 6: 3
Samson 參孫	Judges 士師記 13 – 16	Philistines 非利士人	40 yrs. 年 士 13: 1


Years
oppressed
by enemies
被仇敵欺壓的日子

8 + 18 + 20 + 7 + 40 = 93 years 年
= Years Lost 失去的年日


3 Our Lost Years 我們失去的歲月

So the hidden truth and implication of the "93 lost years" is: when we turn away from God to serve other gods, we become slaves of our enemies; those days are the time we lost before God.

所以“失去的93年”隱藏著的真理和寓意是：
當我們離棄神去侍奉其他偶像時，我們就成了仇敵的奴僕；
那些日子就成為我們在神面前失去的年日。

Link for Reference (link): 

[Is the 480 years mentioned in 1 Kings 6:1 accurate?](#)

參考文獻 (英文) 連結: 
(列王記記上 6:1 記載的 480年是否正確?)

4

Our idle Years Are Wasted Years **我們無所事事的的日子是失去的歲月**

In Matthew 20, Jesus tells us a parable about the vineyard workers.

在馬太福音 20 章，耶穌給我們講了一個關於葡萄園工人的比喻

The vineyard owner needed laborers to work in his field, so he went out several times in a day to find workers; he did that from early in the morning to late in the afternoon. He hired idle people in the street to work in his vineyard.

葡萄園的主人需要雇工在他的園裏作工，所以有一天他出去好幾次找工人。他從清晨到下午將近傍晚都這樣做。他僱用了街上無所事事的人到他的葡萄園裏工作。

When he went out to the street late in the afternoon, he was surprised to find there were still idle people on the street. Out of his mercy, he hired them to work in his vineyard just for an hour.

4

Our idle Years Are Wasted Years **我們無所事事的的日子是失去的歲月**

傍晚時分，他出門到街上，驚訝地發現街上竟然還有閒人。出於憐憫，他僱用他們在他的葡萄園裏工作一個小時。

Many people have become Christians for a long time, yet they stay idle all their years, have no meaningful works to do. 很多人信主很久了，卻始終無所事事，沒有作任何有義意的事奉。

Many of them are busy with their earthly jobs, their family affairs or social activities. Still others feel they are bored, so they watch TV dramas / soap operas (連續劇) to kill time.

他們當中許多人是忙於塵世的工作、家庭事務或社交活動。還有一些人覺得無聊，於是他們看電視劇/連續劇來消磨時間

These people are like those idlers on the street, have no meaningful works to do in God's kingdom. Their days have been wasted. 這些人就像街上的遊手好閒人，沒有在神的國度裡作任何有意義的工作。他們的年日是被浪費了

Conclusion: To be wise in numbering our days, we need to understand how God counts our days. What counts and what doesn't count. **結論是：**要有智慧數算我們的日子，我們需要明白神是如何計算我們的年日。什麼日子算數，什麼日子不算數。

Redeeming the Time 愛惜光陰

If you make a list of the things you value most in life. Undoubtedly **God, Jesus, family, etc.** will most likely be at the top of your list. 如果您列出生活中最看重的事物。毫無疑問，神、耶穌、家庭等很可能會排在你項目的首位。

But **did you list TIME?** Probably not!
但你有沒有把時間放在項目裏呢？很可能沒有吧！

Ephesians 5:15–17 in the King James Version says, “See then that ye **walk** circumspectly, not as fools, but as **wise, redeeming the time**, because the days are evil. Therefore, do not be foolish, but understand what the **Lord's will is.**”

你們要謹慎行事、不要像愚昧人、當像智慧人。要愛惜光陰、因為現今的世代邪惡。不要作糊塗人、要明白主的旨意如何

Redeeming the Time 愛惜光陰

Similarly Colossians 4:5 says: “**Walk in wisdom** toward them that are without, **redeeming the time**” (KJV).

歌羅西書 4:5 同樣地說：“你們要**愛惜光陰**、用智慧與外人交往，**行事要有智慧** (其他中文翻譯)

In both passages, **redeeming the time** is related to **wisdom** in how we “**walk**,” that is, in how we **live**.

在這兩段經文裏，**愛惜光陰**都是與**用智慧行事** (或是**生活**) 有關。

Redeeming the time means we have to seize opportunities and live prudently.

愛惜光陰的意思就是我們要把握時機，謹慎生活。

Jesus taught His disciples the necessity of redeeming the time: “We must work the works of Him who sent me while it is day; night is coming, when no one can work” (Jn. 9:4)

耶穌教導門徒要趁著白日、我們必須作那差我來者的工。黑夜將到、就沒有人能作工了。(約 9:4)

Redeeming the Time 愛惜光陰

If we become conscious of the fact that today may be our last day, we have learned how to redeem our time.

如果我們意識到今天可能是我們的最後一天, 我們就學曉怎樣愛惜光陰了。

Jonathan Edwards, America's greatest theologian said:
美國最偉大的神學家約拿單愛德華說

Time that is past you can never recall,
Of time to come, you are not sure at all;
Only the present is now in your power,
Therefore, redeem and improve every hour.

逝去的光陰你永遠不能拿回來
將要來臨的時刻, 你不能肯定
只有今時是在你掌握之中
所以要愛惜和充分利用每一刻

Redeeming the Time 愛惜光陰

**Adoniram Judson a famous missionary to Burma wrote:
Adoniram Judson一位著名的緬甸傳教士寫道：**

**A life once spent is irrevocable. It will remain to be
contemplated through eternity... the same may be said of
each day. When it is once past, it is gone forever.**

“生命一旦消逝，便不可以挽回。它只可以被回憶.....同樣的道理也適用於每一天。一旦過去，就永遠消失了。

**All the marks which we put upon it, will be in display
forever...**

**each day will not only be a witness of our conduct, but will
affect our everlasting destiny...**

**How shall we then wish to see each day marked with
usefulness!**

我們在過去時光所留下的記號，將永遠被展示.....

每一天不僅是見證我們的所作所為，而且會影響我們在永恆的光景...

那麼，我們多麼希望看到每一天都被標記為是有用的！

Redeeming the Time 愛惜光陰


It is too late to mend the days that are past...
then, each morning, let us, enabled by God's Spirit, resolve
to send the day into eternity in such a heavenly garb as we
shall wish it to wear forever.

彌補過去的日子為時已晚。 ...
那麼，讓我們在每天早上靠着聖靈的幫助，下決心，給今天
披上天堂裝束，將這一天送入永恆。讓我們在永恆裏可以永
遠穿著。

We now end today's sermon will with a song, a very
beautiful and meaningful song which I believe God sent
to me to be used.

The song is called "Redeem the Time 愛惜光陰". Enjoy!

現在我們要以一首歌來結束今天的講道，一首非常優美而義意
深長的歌，我相信這首歌是上帝送給我用來使用的。
這首歌叫《愛惜光陰》。

An hourglass with a black metal frame. The top bulb is partially filled with dark sand, and the bottom bulb is partially filled with light-colored sand. A large pile of light-colored sand has spilled out from the bottom bulb onto a dark surface. The background is a dark gradient.

愛惜光音

*Redeem
the Time*



數算我們
的日子

*Numbering
Our Days*

Psalm 詩篇 90