

Psalm 詩篇 73:25

除你以外，在
天上我有誰
呢？除你以外，
在地上我也沒
有所愛慕的。

Whom have I in
heaven but you?
And there is
nothing on earth
that I desire
besides you.

Psalm 詩篇 73:26

我的肉體和我的
心腸衰殘；
但神是我心裡
的力量，又是
我的福分，直
到永遠。

My flesh and my
heart may fail,
but God is the
strength of my
heart and my
portion forever.

Psalm 詩篇 73:27

遠離你的，必
要死亡；凡離
棄你行邪淫的，
你都滅絕了。

For behold,
those who are
far from you
shall perish; you
put an end to
everyone who is
unfaithful to you.

Psalm 詩篇 73:28

但我親近神是
與我有益；我
以主耶和華為
我的避難所，
好叫我述說你
一切的作為。

But for me it is
good to be near
God; I have
made the Lord
God my refuge,
that I may tell of
all your works.



OVERCOMING ENVY 克服嫉妒

Psalm 詩篇 73:1-28



Asaph
亞薩

Psalm 詩篇 73

V1-14:

It's not fair!

這不公平！

V15-28:

God is my
strength and
portion.

神是我心裡的力量，又是我的福分。

Psalm 詩篇 73

V1-3: Asaph's stumble
亞薩的失閃

V4-11: Asaph's complaints
亞薩的抱怨

V12-14: Asaph's conclusion
亞薩的結論

V15-
28:


Psalm 詩篇 73:1-2

1 Truly God is
good to Israel, to
those who
are pure in heart.

2 **But as for me,**
my feet had
almost
stumbled, my
steps had nearly
slipped.

1 神實在恩待以
色列那些清心的
人！

2 至於我，我的
腳幾乎失閃；我
的腳險些滑跌。



V1-3: Asaph's stumble
亞薩的失閃

V4-11: Asaph's complaints
亞薩的抱怨

V12-14: Asaph's conclusion
亞薩的結論

V15-
28:

Psalm 詩篇 73:4-11

4 For they have no pangs until death; their bodies are fat and sleek.

5 They are not in trouble as others are; they are not stricken like the rest of mankind.

7 Their eyes swell out through fatness; their hearts overflow with follies.

4 他們死的時候沒有疼痛；他們的力氣卻也壯實。

5 他們不像別人受苦，也不像別人遭災。

7 他們的眼睛因體胖而凸出；他們所得的，過於心裡所想的。

V1-3: Asaph's stumble
亞薩的失閃

V4-11: Asaph's complaints
亞薩的抱怨

V12-14: Asaph's conclusion
亞薩的結論

V15-28:

Psalm 詩篇 73:4-11

6 Therefore pride is their necklace; violence covers them as a garment.

8 They scoff and speak with malice; loftily they threaten oppression.

11 And they say, “How can God know? Is there knowledge in the Most High?”

V1-3: Asaph's stumble
亞薩的失閃

V4-11: Asaph's complaints
亞薩的抱怨

V12-14: Asaph's conclusion
亞薩的結論

V15-28:

6 所以，驕傲如鏈子戴在他們的項上；強暴像衣裳遮住他們的身體。

8 他們譏笑人，憑惡意說欺壓人的話；他們說話自高。

11 他們說：神怎能曉得？至高者豈有知識呢？

Psalm 詩篇 73:12-14

12 Behold, these are the wicked; always at ease, they increase in riches.

13 All in vain have I kept my heart clean and washed my hands in innocence.

14 For all the day long I have been stricken and rebuked every morning.

12 看哪，這就是惡人；他們既是常享安逸，財寶便加增。

13 我實在徒然潔淨了我的心，徒然洗手表明無辜。

14 因為，我終日遭災難；每早晨受懲治。

V1-3: Asaph's stumble
亞薩的失閃

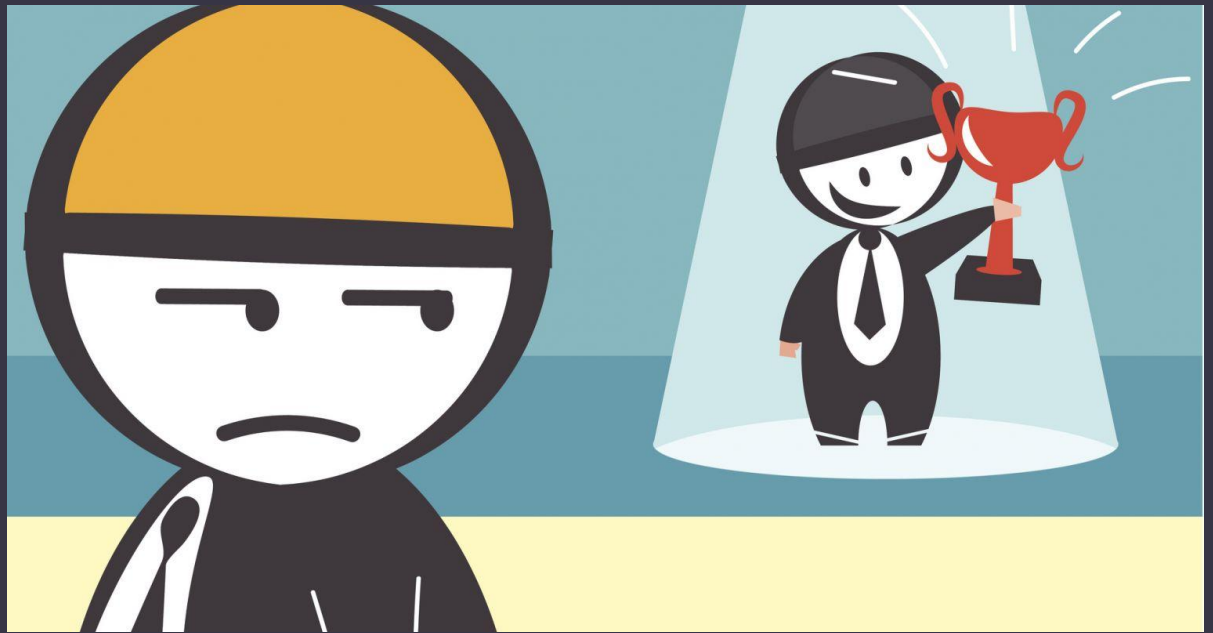
V4-11: Asaph's complaints
亞薩的抱怨

V12-14: Asaph's conclusion
亞薩的結論

V15-28:



Envy
嫉妒



Exodus 出埃及記 20:17

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's.

不可貪戀人的房屋；也不可貪戀人的妻子、僕婢、牛驢，並他一切所有的。

Psalm 詩篇 73

V15-
28

V15-17: Asaph's turning point
亞薩的轉捩點

V18-26: Asaph's new perspective
亞薩的新看見

V27-28: Asaph's new conclusion
亞薩的新結論

Psalm 詩篇 73:15-16

15 If I had said, “I will speak thus,” I would have betrayed the generation of your children.

16 But when I thought how to understand this, it seemed to me a wearisome task.

15 我若說，我要這樣講，這就是以奸詐待你的眾子。

16 我思索怎能明白這事，眼看實係為難，

V15-28

V15-17: Asaph's turning point
亞薩的轉捩點

V18-26: Asaph's new perspective
亞薩的新看見

V27-28: Asaph's new conclusion
亞薩的新結論

Psalm 詩篇 73:17

17 until I went into
the sanctuary of
God; then I discerned
their end.

17 等我進了神的
聖所，思想他們的
結局。



V15-
28

V15-17: Asaph's turning point
亞薩的轉捩點

V18-26: Asaph's new perspective
亞薩的新看見

V27-28: Asaph's new conclusion
亞薩的新結論

Psalm 詩篇 73:18-20

18 Truly you set them in slippery places; you make them fall to ruin.

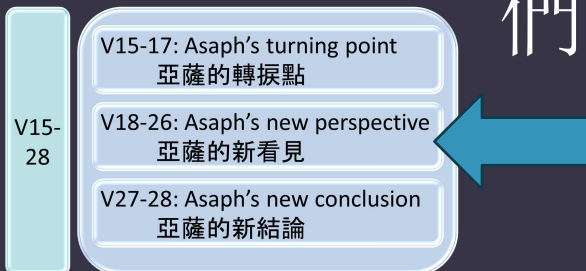
19 How they are destroyed in a moment, swept away utterly by terrors!

20 Like a dream when one awakes, O Lord, when you rouse yourself, you despise them as phantoms.

18 你實在把他們安在滑地，使他們掉在沉淪之中。

19 他們轉眼之間成了何等的荒涼！他們被驚恐滅盡了。

20 人睡醒了，怎樣看夢；主啊，你醒了也必照樣輕看他們的影像。



Asaph's new perspective 亞薩的新看見

- God will judge in His time 神會施行審判



Psalm 詩篇 73:21-22

21 When my soul was
embittered, when I was
pricked in heart,

22 I was brutish and
ignorant; I was like a
beast toward you.

21因而，我心裡發
酸，肺腑被刺。

22我這樣愚昧無知，
在你面前如畜類一
般。

V15-
28

V15-17: Asaph's turning point
亞薩的轉捩點

V18-26: Asaph's new perspective
亞薩的新看見

V27-28: Asaph's new conclusion
亞薩的新結論



Asaph's new perspective 亞薩的新看見

- God will judge in His time 神會施行審判
- Asaph's own sinfulness 亞薩自己的罪孽



Psalm 詩篇 73:23-24

23 Nevertheless, I am continually with you; you hold my right hand.

24 You guide me with your counsel, and afterward you will receive me to glory.

23 然而，我常與你同在；你攬著我的右手。

24 你要以你的訓言引導我，以後必接我到榮耀裡。

V15-28

V15-17: Asaph's turning point
亞薩的轉捩點

V18-26: Asaph's new perspective
亞薩的新看見

V27-28: Asaph's new conclusion
亞薩的新結論

Asaph's new perspective 亞薩的新看見

- God will judge in His time 神會施行審判
- Asaph's own sinfulness 亞薩自己的罪孽
- God has been with him all along 神常與他同在



Psalm 詩篇 73:25-26

25 Whom have I in
heaven but you? And
there is nothing on earth
that I desire besides you.

26 My flesh and my
heart may fail, but God is
the strength[b] of my
heart and my portion
forever.

25 除你以外，在
天上我有誰呢？除
你以外，在地上我
也沒有所愛慕的。

26 我的肉體和我
的心腸衰殘；但神
是我心裡的力量，
又是我的福分，直
到永遠。

V15-
28

V15-17: Asaph's turning point
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V18-26: Asaph's new perspective
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亞薩的新結論



Numbers 民數記 18:20

And the Lord said to Aaron, "You shall have no **inheritance** in their land, neither shall you have any **portion** among them. I am your **portion** and your **inheritance** among the people of Israel.

耶和華對亞倫說：
你在以色列人的
境內不可有**產業**，
在他們中間也不
可有**分**。我就是
你的**分**，是你的
產業。

Deuteronomy 申命記 10:9

Therefore Levi has no **portion or inheritance** with his brothers. The Lord is his **inheritance**, as the Lord your God said to him.

所以利未人在他弟兄中**無分無業**，耶和華是他的**產業**，正如耶和華你神所應許他的。

Psalm 詩篇 73:25-26

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I Peter 彼得前書 1:3-4

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an **inheritance** that is imperishable, undefiled, and unfading, kept in heaven for you.

願頌讚歸與我們主
耶穌基督的父神！
他曾照自己耶穌基督從
憫，藉復活，重生了
死裡，叫我們有活
我們的盼望，可以得
著的不能朽壞、不能
玷污、不能衰殘、
為你們存留在天上
的**基業**。

Asaph's new perspective 亞薩的新看見

- God will judge in His time 神會施行審判
- Asaph's own sinfulness 亞薩自己的罪孽
- God has been with him all along 神常與他同在
- God is his portion forever 神是他永遠的份



Psalm 詩篇 73:27-28

27 For behold, those who are far from you shall perish; you put an end to everyone who is unfaithful to you.

28 But for me it is good to be near God; I have made the Lord God my refuge, that I may tell of all your works.

27 遠離你的，必要死亡；凡離棄你行邪淫的，你都滅絕了。

28 但我親近神是與我有益；我以主耶和華為我的避難所，好叫我述說你一切的作為。

V1-14

V15-17: Asaph's turning point
亞薩的轉捩點

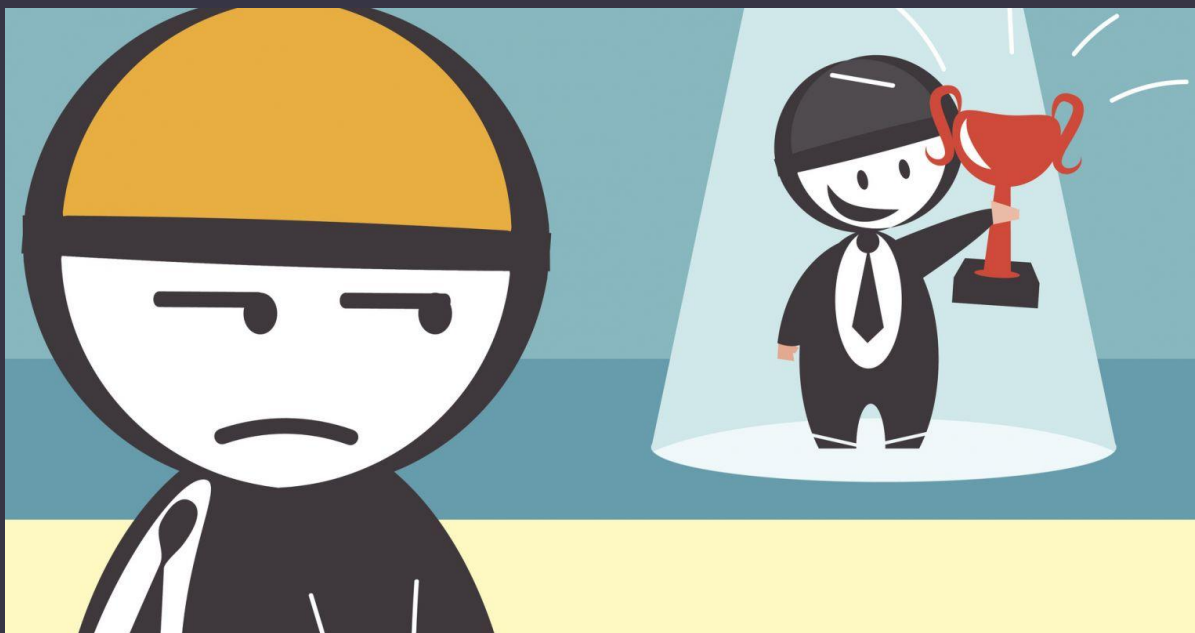
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Envy /
Jealousy

嫉妒 / 妒忌



Proverbs 箴言 14:30

A tranquil heart gives life to the flesh, but **envy** makes the bones rot.

心中安靜是肉體的生命；**嫉妒**是骨中的朽爛。

James 雅各書 3:16

For where **jealousy** and selfish ambition exist, there will be disorder and every vile practice.

在何處有**嫉妒**、分爭，就在何處有擾亂和各樣的壞事。

Root Causes of Envy 嫉妒的根源

Lack of faith in
God's plan in our
lives

對神在我們生命
中的計劃缺乏信
心

Idols in our hearts
我們心中的偶像

Overcoming Envy 克服嫉妒

- God will judge in His time 神會施行審判
- Asaph's own sinfulness 亞薩自己的罪孽
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