

我的神啊，求你救我！

Deliver me, my God!

诗篇 3

Psalm 3

引言 Intro:

我们知道，麻烦是这个世界上生活中的一部分。

We know that troubles are part and parcel of life in this world.

不管你是基督徒还是非基督徒都一样的，我们会因为做了错误的决定而受苦，我们也会无辜的受到他人的苦待。

It doesn't matter if you are a Christian or non-Christian, we suffer consequences of bad decision, and we suffer innocently at the hands of others.

苦难是这个世界一个既定的事实。

Suffering is a given in this world.

当我们绝望无助时，我们要往哪里找到盼望？

Where do we go to find hope when we are desperately hopeless?

今天早上我们要从诗篇第三篇来看大卫王怎样面对他一生中最大的苦难。

This morning, in Psalm 3, we will look at how King David faced the greatest suffering in his life.

诗篇的标题给我们提供了关于其内容的线索：

The superscription of this psalm gives us a clue about its content:

大卫逃避他儿子押沙龙的时候作的诗。

A psalm of David. When he fled from his son Absalom.

故事的背景是这样的：

The background of the story went like this:

- 大卫的长子暗嫩强奸了他同父异母的妹妹她玛。

David's oldest son Amnon had raped his half sister, Tamar.

- 押沙龙谋杀暗嫩报复强奸，然后押沙龙在外逃亡多年。

Absalom avenged that rape by murdering Amnon and then Absalom fled into exile for many years.

- 最后，他被允许回来。

Finally, he was allowed to come back.

- But David wouldn't see him.

但是大卫不愿见他。

- 所以押沙龙心存怨恨，并决定要抢夺他父亲的王位。

And so Absalom became resentful and decided to snatch his father's throne.

- 许多大卫认为是盟友和朋友的人都背叛了他，去支持他反叛的儿子押沙龙。

Many whom David had thought were allies and friends had betrayed him and sided with his rebellious son Absalom.

- 为了保命，大卫不得不与他的所有支持者及家人一起逃离首都，向旷野逃奔，蒙头赤脚，哭泣行走。

In order to save his life, David had to flee the capital and took off towards the wilderness with all his supporters and his family, weeping, and walking barefoot with his head covered in shame.

- 雪上加霜的是，当大卫王经过时，扫罗王家族的一个名叫示每的人出来了，对大卫诅骂，向他投掷石块，并指责他是一个流人血的，现在是自取其祸。

To add insult to injury, a man named Shimei, from the family of King Saul, came out as David passed by, and cursed at David, threw stones at him, and accused him of being a man who had brought about his own downfall by being a man of bloodshed.

这些事件都记载在撒母耳记下 15, 16章。

These events are recorded in 2 Samuel 15 and 16.

记得这背景，现在让我们来探讨诗篇第三篇。

With this background in mind, let's now explore psalm 3.

A. 诗人向神倾述心怀 (1-2)

The psalmist confides in God (1-2)

诗 3:1 耶和华啊，我的敌人何其加增；
有许多人起来攻击我。

Psa 3:1 LORD, how many are my foes!
How many rise up against me!

诗 3:2 有许多人议论我说：他得不著神的帮助。

Psa 3:2 Many are saying of me, 'God will not deliver him.'

在第1-2节，大卫向神诚诚实实的描述了他的处境。

In verses 1 to 2, David describes his situation honestly to God.

我们没有必要在神面前装假。

There's no need to pretend with God.

神不会因为我们诚实的承认我们的境况不太好就令他蒙羞。

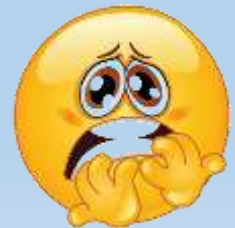
God isn't dishonored by our honest admission that things aren't okay.

大卫不但有许多的仇敌起来反对他，他们还说神不会愿意解救他。

Not only did David have many enemies rising up against him, they said that **God wouldn't be willing to save him.**

大卫，**神膏抹的君王**，被神遗弃?!

David, **the anointed king of God**,
abandoned by God?!



敌人的嘲讽还有比这个对大卫伤害更深重的吗？

Would any other taunts by the enemies hurt David more than this one?

在这种境遇中大卫怎么办呢？

What could David do in this situation?

除了一面行走，一面蒙头、赤脚和哭泣，
大卫还可以做什么呢？

What else could David do apart from
covering his head, barefoot, and weeping
as he walked?

他来到神面前倾诉他的痛苦！

**He gave voice to his suffering
before God!**



大卫教导我们，我们可以诚实的向神陈明我们遭遇的苦难。

David teaches us that we can be honest with God about the troubles that we're facing.

我们不必掩饰自己的失败，尝试靠自己的力量来清理自己的烂摊子。

We need not paper over our own failures and try to clean up our own mess with our own strength.

更好的做法是将我们的软弱带到神面前，因为只有神才有能力使我们得医治和康复。

It is far better to bring those weaknesses to God, who alone has the power to heal and to restore.

B. 神不抛弃诗人 (3-6)

God would not abandon the psalmist (3-6)

在第二节，大卫的仇敌说：

他得不著神的帮助。

In verse 2, David's enemies said:

God will not deliver him.

可是呢，大卫却不这样认为。大卫绝不会
有神抛弃了他的想法。

David knew better than to think that God
had abandoned him

他在第三至第六节说：

He says in verses 3-6:

诗 3:3 但你耶和华是我四围的盾牌，
是我的荣耀， 又是叫我抬起头来的。
4 我用我的声音求告耶和华， 他就从
他的圣山上应允我。

Psa 3:3 But you, LORD, are a shield
around me, my glory, the One who lifts
my head high. **4** I call out to the LORD,
and he answers me from his holy
mountain.

诗 3:5 我躺下睡觉，我醒著，耶和
华都保佑我。**6** 虽有成万的百姓来
周围攻击我，我也不怕。

Psa 3:5 I lie down and sleep; I wake
again, because the LORD sustains me.
6 I will not fear though tens of
thousands assail me on every side.

面对“**他得不著神的帮助**”的嘲讽，
大卫做了一件很重要的事情：他将
目光从仇敌转移到神面前。

In the face of the ridicule of “**God will
not deliver him**”, David did something
very important: *he turned his eyes
from the enemies to God.*

当大卫把目光转向神时，我们看见他
祷告的语气转变了：**他充满了信心！**

When David turns his eyes to God, we
see that the tone of his prayer changes:
He is full of faith!

如果一个人凝视敌人和他的力量太久，**敌人就会在他脑海中膨胀到巨大的比例。**

If one gazes too long upon the enemy and his might, ***the enemy grows in the mind's eye to gigantic proportions.***

被摩西派去窥探迦南地的十二个探子中，十个探子就是一个例子。

Among the twelve spies who were sent by Moses to spy on Canaan, ten spies were an example of this.

民数记 13-14 章记载了这件事情。

This is recorded in ***Numbers 13-14***.

民 **13:31** 但那些和他[迦勒]同去的人说：“我们不能上去攻击那民，因为 **他们比我们强壮。**”

Num 13:31 But the men who had gone up with him said, ‘We can’t attack those people; **they are stronger than we are.**’

民 13:32 探子中有人论到所窥探之地，向以色列人报恶信，说：「*我们所窥探、经过之地是吞吃居民之地，我们在那里所看见的人民都身量高大。*

Num 13:32 And they spread among the Israelites a bad report about the land they had explored. They said, '*The land we explored devours those living in it. All the people we saw there are of great size.*

民 13:33 我们在那里看见亚纳族人，
就是伟人；他们是伟人的後裔。据我
们看，自己就如蚱蜢一样；据他们看，
我们也是如此。」

Num 13:33 We saw the Nephilim there
(the descendants of Anak come from the
Nephilim). *We seemed like grasshoppers
in our own eyes, and we looked the
same to them.'*

这些探子只用他们自己的眼光来看亚衲族人，越看就越将自己吓得更害怕！

These spies only looked at the Nephilim from their own eyes, and the more they looked, the more they frightened themselves!

但是，迦勒与这些探子不一样：

But **Caleb** was different from these spies.

民 13:30 迦勒在摩西面前安抚百姓，说：
「我们立刻上去得那地吧！**我们足能得胜。**」

Num 13:30 Then Caleb silenced the people before Moses and said, 'We should go up and take possession of the land, for ***we can certainly do it.***'

迦勒的信心来自哪里呢？

Where did Caleb's confidence come from?

这是迦勒和约书亚说的话：

These are the words from Caleb and Joshua:

民 14:7 对以色列全会众说：「我们所窥探、经过之地是极美之地。」

Num 14:7 and said to the entire Israelite assembly, 'The land we passed through and explored is exceedingly good.'

民 14:8 **耶和华**若喜悦我们，[他]就
必将我们领进那地，把地赐给我们；
那地原是流奶与蜜之地。

Num 14:8 If **the LORD** is pleased with us,
he will lead us into that land, a land
flowing with milk and honey, and will
give it to us.

迦勒和约书亚两人都
有主和主的应许在他们心中！

Both Caleb and Joshua had
the Lord and his promise in their mind!

当人们将目光转向神的时候，**敌人的催眠能力就被打破了。**

When one turns one's gaze toward God, ***the hypnotic power of the enemy is broken.***

在第3-6节，大卫提醒自己四件关于神和神的属性的事情：

In verses 3-6, David reminds himself four things about God and his attributes:

a) 神保佑：

大卫说，“耶和华是我四围的盾牌”。

a) God protects:

David says, “you are a shield around me”.

如果您有盾牌，就可以挡掉敌人的攻击。

If you have a shield, you're able to deflect the attacks of the enemy.

但大卫说耶和华不只是他面前的盾牌，而是在他 **四围的** 盾牌。

But David says that the LORD is a shield not just in front of him, but ***all around him.***

大卫说神是他**全备的**保护。

David says that God is his
complete protection.

当我们受到攻击时，我们可以提醒自己，
神是我们的保护。**他是我们的盾牌。**

When we're under attack, we can remind
ourselves that God is our protection. **He is
our shield.**

b) 神是充足的：

大卫说神是他的“**荣耀**”。
这是什么意思呢？

c) God is enough:

David says that God is his “**Glory**”.
What does that means?

大卫是君王。君王拥有其他人所没有的
荣耀。他们有公认的尊荣，敬重，荣誉。

David was king. Kings had a glory that
nobody else had. They had public dignity,
recognition, honor.

但是现在大卫在逃亡，他失去了作为
君王的荣耀。

But now David was on the run, and he
had lost his glory as a king.

但是，大卫说他并没有失去他的荣耀！

But David said he hadn't lost his glory!

他暂时失去了几乎所有的东西，但他从未失去他的荣耀。*大卫说，因为神是他的荣耀。*

He had temporarily lost almost everything, but he never lost his glory, *because God, David says, is his glory.*

我们都从生活中的某些事情中获取意义。

We all get meaning from something in life.

有的人从他的职业获取意义和荣誉。失去职业，他就失去生活和人生的意义和荣誉。

Some derive meaning and honor from his profession. When he loses his career, he loses the meaning and honor in life.

如果你在神以外的任何事物中获取你的
荣耀，那么你将会失去这荣耀。

If you get glory from anything other than
God, you will lose your glory.

大卫说上帝是他的荣耀。

David says that God is his glory.

他王国的荣耀被押沙龙夺取了，但他在神的富足里拥有他所需要的一切荣耀。

He's lost the glory of his kingdom to Absalom, but he has all the glory that he needs in the abundance of God.

c) 神复兴:

大卫说神是“叫我抬起头来的”。

c) God restores:

David says that God is “**the One who lifts my head high**”.

在战争中，那些被征服的人将被强迫躺在地上，而征服者则会用脚踩在他们的脖子上。

In war, those who were conquered would be forced to lay on the ground while the conquerors put a foot on their necks.

大卫王在逃亡中暂时蒙头受辱，但他确知神有一天必叫他再得振兴。

King David was temporarily humiliated in his flight, but he knew that one day God would surely restore him.

神在不可能的情況下也总有
復興他的子民的途徑。

God has a way of restoring his
people even in the middle of
impossible situations.

d) 神是可以相沟通的：

大卫说神 “**从他的圣山上应允我**” 。

d) God is accessible:

David says God “**answers me from his holy mountain**”.

大卫逃离了耶路撒冷。他离开了会幕的所在之地。

David had fled Jerusalem. He'd left the site of the tabernacle.

他不能到那里祈祷和寻求神的帮助。

He couldn't go there to pray and ask God for help.

但大卫说，尽管他不能到神的圣山那里去，他的祈祷也还是可以达到那里。

But David says that his prayers get to God's holy hill just fine even though he can't be there.

即使我们不在教堂附近，神也垂听我们的祷告。无论我们身在何处，神都让我们可以与祂相沟通。

God hears prayers even when we're nowhere near church. God is accessible no matter where we are.

这是对神的一个写照，可以在生活落入困境中时帮助我们。

This is a picture of God that can help us in the middle of life's difficulties

神**保佑**。即使我们失去一切，神**是富足的**。神**复兴我们**。神**是可以相沟通的**。

God **protects**. God **is enough** even when we lose everything. God **restores**. And God **is accessible**.

无论我们身在何处或正在处在什么情况中，他都会与我们同在，给与帮助。

He's present to help no matter where we are or what we're going through.

当大卫想起以上神的属性时，他就有了第五、第六节所写的经历：

When David remembered the attributes of God mentioned above, he experienced what are written in verses 5 and 6:

诗 3:5 我躺下睡觉，我醒著，耶和
华都保佑我。**6** 虽有成万的百姓来
周围攻击我，我也不怕。

Psa 3:5 I lie down and sleep; I wake
again, because the LORD sustains me.
6 I will not fear though tens of
thousands assail me on every side.

C. 上帝会为诗人伸冤 (7-8)

God would avenge for the psalmist (7-8)

诗 3:7 耶和华啊，求你起来！我的神啊，求你救我！因为你打了我一切仇敌的腮骨，敲碎了恶人的牙齿。

Psa 3:7 Arise, LORD! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked.

诗 3:8 救恩属乎耶和华；愿你赐福给你的百姓。

Psa 3:8 From the LORD comes deliverance.
May your blessing be on your people.

大卫写这首诗的时候，押沙龙仍大受人拥戴。

When David wrote this psalm,
Absalom was still popular.

对于大卫来说，是令他很不好看。

It still looked bad for David.

如果你问大卫有什么计划让他的王国可以归复，他没有什么计划。

If you asked David for his plan to get his kingdom back, he didn't have a plan.

事情常常看起来就是这样。有人偷了我们的钱，我们没有希望取回那笔钱。

It often looks like this. Someone steals from us, we don't have a hope of getting that money back.

有人诽谤我们，极可能我们永远得不到他们的道歉。

Someone slanders us; they will probably never apologize.

有人出卖了我们，他们却似乎经常
侥幸逃脱。

Someone betrays us; they often seem
to get away with it.

但是大卫的视野超越了眼前的景象。
看看他在第7和第8节中所说的话：

But David sees past the immediate.
Look at what he says in verses 7 and 8:

诗 3:7 耶和華啊，求你起來！我的神啊，求你救我！**因为你打了我一切仇敌的腮骨，敲碎了恶人的牙齿。** **8** **救恩属乎耶和華；** 愿你賜福给你的百姓。

Psa 3:7 Arise, LORD! Deliver me, my God!
Strike all my enemies on the jaw; break the teeth of the wicked. 8 From the LORD comes deliverance. May your blessing be on your people.

大卫在这里说，他知道自己不必 自把自为的复仇。 **为什么？**

Here David says that he knows he doesn't have to take things into his own hand. **Why?**

因为他知道神会处置他所有的仇敌。

Because he knows that God will take care of all his enemies.

因此，大卫不必引为已任的自己
寻求复仇。他把冤仇交在神手中。

Because of this, David is free from
having to take matters into his own
hands. He leaves the vengeance to
God.

罗 12:19 亲爱的弟兄，不要自己伸冤，宁可让步，听凭主怒；因为经上记著：「主说：『伸冤在我；我必报应。』」

Rom 12:19 Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: 'It is mine to avenge; I will repay,' says the Lord.

当潘霍华牧师被纳粹囚禁时，就在他被吊死之前不久，有人问他怎样能够对这类邪恶的人还有爱心。

When Pastor Bonhoeffer was imprisoned by the Nazis, and shortly before he was hung, someone asked him how it was possible to feel love for such evil people.

他回答说：“只有当神的愤怒和惩罚作为严峻的现实笼罩在我们敌人头顶的时候，爱和饶恕他们的意义才能触动我们的心怀。”

He replied, “it is only when God’s wrath and vengeance are hanging as grim realities over the heads of one’s enemies that something of what it means to love and forgive them can touch our hearts.”

结语 Conclusion:

- 诗篇，包括了诗篇第三篇，帮助我们了解即使是在困难中，我们也可以对神保持诚实的来到他面前向他倾诉和祈求。

The psalms, including Psalm 3, help us learn that we can be honest with God even in the middle of our difficulties, to come to confide in him and to seek help from him.

- 提醒自己你神是怎样的一位神。最重要的是，提醒自己你在基督里的身份。

Remind yourself of who God is.
Most of all, remind yourself of
who you are in Christ.

- 提醒自己，如果你已经信靠基督，那么你已经得儿子的名分。你现在是神的儿女。你不必担心神会抛弃你。他说过，他永远不会撇下你，也不会丢弃你 (申 31:6)。

Remind yourself that if you have trusted in Christ, you've been adopted. You are now God's own child. You never have to worry about God abandoning you. He has said that he will never leave you and forsake you (Deut 31:6).

- 然后认识神是一位审判万人的神。你不必定你敌人的罪，因为神比我们更有能力惩罚邪恶。

Then see that God is a God who judges. You don't have to judge your enemies, because God will do a better job of judging evil than we ever could.

- 仰望十字架，知道这是完全的公义与完全的怜悯相遇的地方。神在这里惩罚邪恶，也在这里将宽恕赐予凡愿意接受神的宽恕的人。

Look to the cross and see that this is where perfect justice and mercy meet, where God repays evil, but where forgiveness is extended to all those who want it.

当面对危机时，
转向那位会帮助你
和从敌人中解救你的神。

*When facing crisis,
turn to God who has your back
and who saves you from your
enemies.*