



罪得赦免的人是有福

Blessed is he whose sins  
are forgiven

诗篇 Psalm 32:1-11

诗篇

Psalms

*Blessings*

福



# 一、爱神律法的人有福了

Blessed are those who love God's law

“惟喜爱耶和华的律法，昼夜思想，这人便为有福！”（诗 Psalms 1:2）  
But his delight is in the law of the LORD,  
and on his law he meditates day and night.

## 二、投靠真神的人有福了

Blessed are those who turn to the true God

**“凡投靠他的，都是有福的。”**

**（诗 Psalms 2:12下）**

Blessed are all who take refuge in him.





# 三、蒙神赦免的人有福了



Blessed are those who have been forgiven by God

**“得赦免其过、遮盖其罪的，这人是有福的！凡心里没有诡诈、耶和华不算为有罪的，这人是有福的！”**

**（诗 Psalms 32:1-2） Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit.**

## 四、眷顾贫穷的人有福了

Blessed are those who care for the poor

**“眷顾贫穷的有福了！他遭难的日子，耶和华必搭救他！”（诗**

**Psalms 41:1） Blessed is he who has regard for the weak; the LORD delivers him in times of trouble.**



## 五、住神殿中的人有福了



Blessed are those who dwell in God's temple

**“你所拣选、使他亲近你、住在你院中的，这人便为有福！我们必因你居所、你圣殿的美福知足了。”**（诗 Psalms 65:4） Blessed are those you choose and bring near to live in your courts! We are filled with the good things of your house, of your holy temple.



## 六、赞美真神的人有福了

Blessed are those who praise the true God

**“你们要赞美耶和华！敬畏耶和华，甚喜爱他命令的，这人便为有福！”**（诗 Psalms 112:1） Praise the LORD. Blessed is the man who fears the LORD, who finds great delight in his commands.





## 七、神所管教的人有福了

Blessed are those whom God has disciplined

**“耶和华啊，你所管教、用律法所教训的人是有福的！”**（诗

**Psalms 94:12**） Blessed is the man you discipline, O LORD, the man you teach from your law;

诗篇

Psalms

福

*Blessings*





# 诗篇

## 诗篇中有七首认罪诗

There are seven psalms of confession in the Book of Psalms.

➤ **6, 32, 38, 51, 102, 130, 143篇**

# 奥古斯丁 Augustine



- **晚年临终时将这七首诗贴在墙上，天天祷告认罪。** In his later years, when he was dying, he put these seven Psalms on the wall and prayed daily in confession.

# 奥古斯丁 Augustine



- 他说：“认罪是一件快乐的事情，因为能找到神。” He said, "It is a joy to confess your sins because you will meet God in confession."



# 大卫王

## King David



这首32篇“悔罪诗”可能是诗篇第51篇的续集。This Psalm 32 "Penitential psalm" is probably a sequel to Psalm 51.

在诗篇第51篇里，大卫承认他与拔示巴所犯的罪。

In Psalm 51, David confesses his sins with Bathsheba.

这首32篇是一首感恩的诗。

This 32 is a psalm of thanksgiving.

# 一、赦罪之福

## The blessing of forgiveness of sins (1 - 2)

**1节**：「得赦免其过，遮盖其罪的，  
这人是**有福的**。」 Blessed is he whose  
transgressions are **forgiven**, whose sins are **covered**.



箴言 28 : 13

遮掩自己罪过的，必不亨通；  
承认离弃罪过的，必蒙怜恤。

**He who conceals his sins does not prosper, but  
whoever confesses and renounces them finds mercy.  
(Proverbs 28:13)**

# 一、赦罪之福

## The blessing of forgiveness of sins (1-2)

**1节：**「得赦免其过，遮盖其罪的，  
这人是**有福的**。」 **Blessed** is he whose  
transgressions are **forgiven**, whose sins are **covered**.

**2节：**「凡心里没有诡诈，耶和华不  
算为有罪的，这人是**有福的**。」  
**Blessed** is the man whose sin the LORD does not count  
against him and in whose spirit is no deceit.

# 一、赦罪之福

## The blessing of forgiveness of sins (1-2)

无论哪一种的罪——无论是得罪上帝或得罪人，是大是小，是有意无意的，或是轻忽或干犯——都可以在上帝里面得到赦免。

Whatever the sin - whether it is a sin against God or a sin against man, great or small, intentional or unintentional, a negligence or an offense - can all be forgiven by God.



# 一、赦罪之福

## The blessing of forgiveness of sins (1-2)

### 诗 Psalms 103:8-12

“耶和華有怜悯，有恩典，不轻易发怒，且有丰盛的慈爱。他不长久责备，也不永远怀怒。他没有按我们的罪过待我们，也没有照我们的罪孽报应我们。

The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities.

# 一、赦罪之福

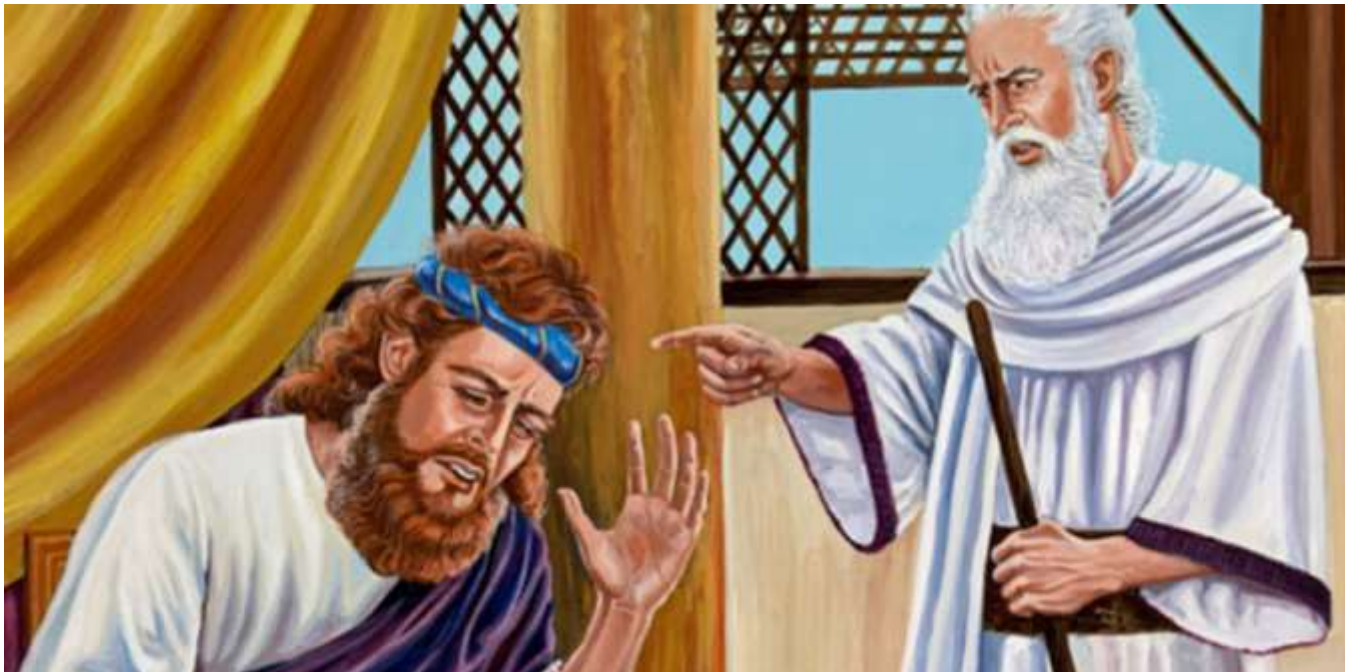
## The blessing of forgiveness of sins (1-2)

**诗 Psalms 103:8-12**

天离地何等的高，他的慈爱向敬畏他的人也是何等的大；东离西有多远，他叫我们的过犯离我们也有多远。” For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us.

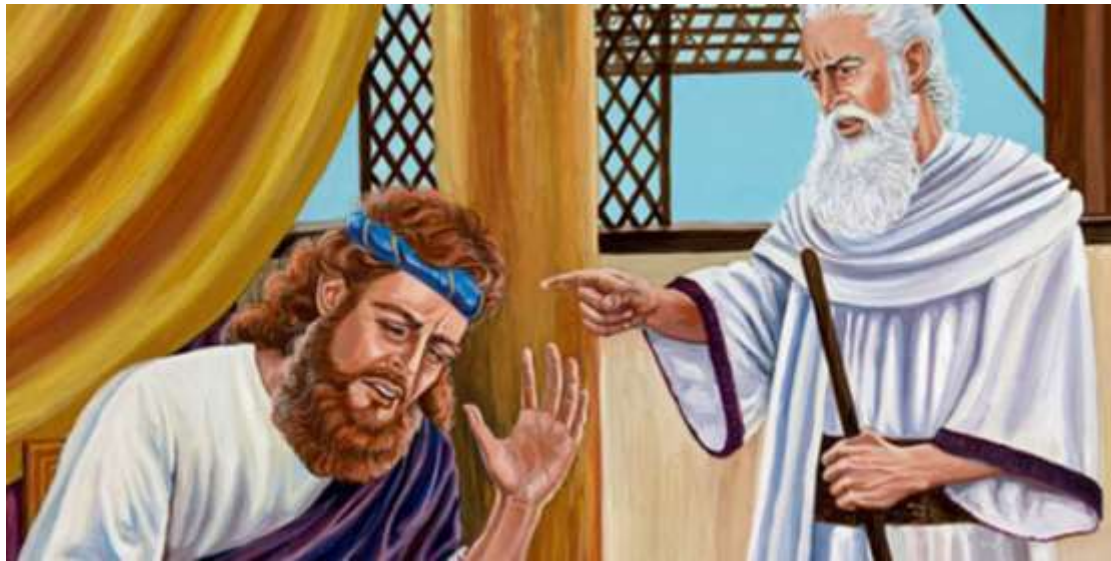
## 二、犯罪之害 The pain of sin (3-4)

**3节：** 我闭口不认罪的时候，因终日  
唉哼而骨头枯干。 When I kept silent, my  
bones wasted away through my groaning all day long.



## 二、犯罪之害 The pain of sin (3-4)

**4节：** 黑夜白日，你的手在我身上沉重；我的精液耗尽，如同夏天的干旱。 For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.



## 二、犯罪之害 The pain of sin (3-4)





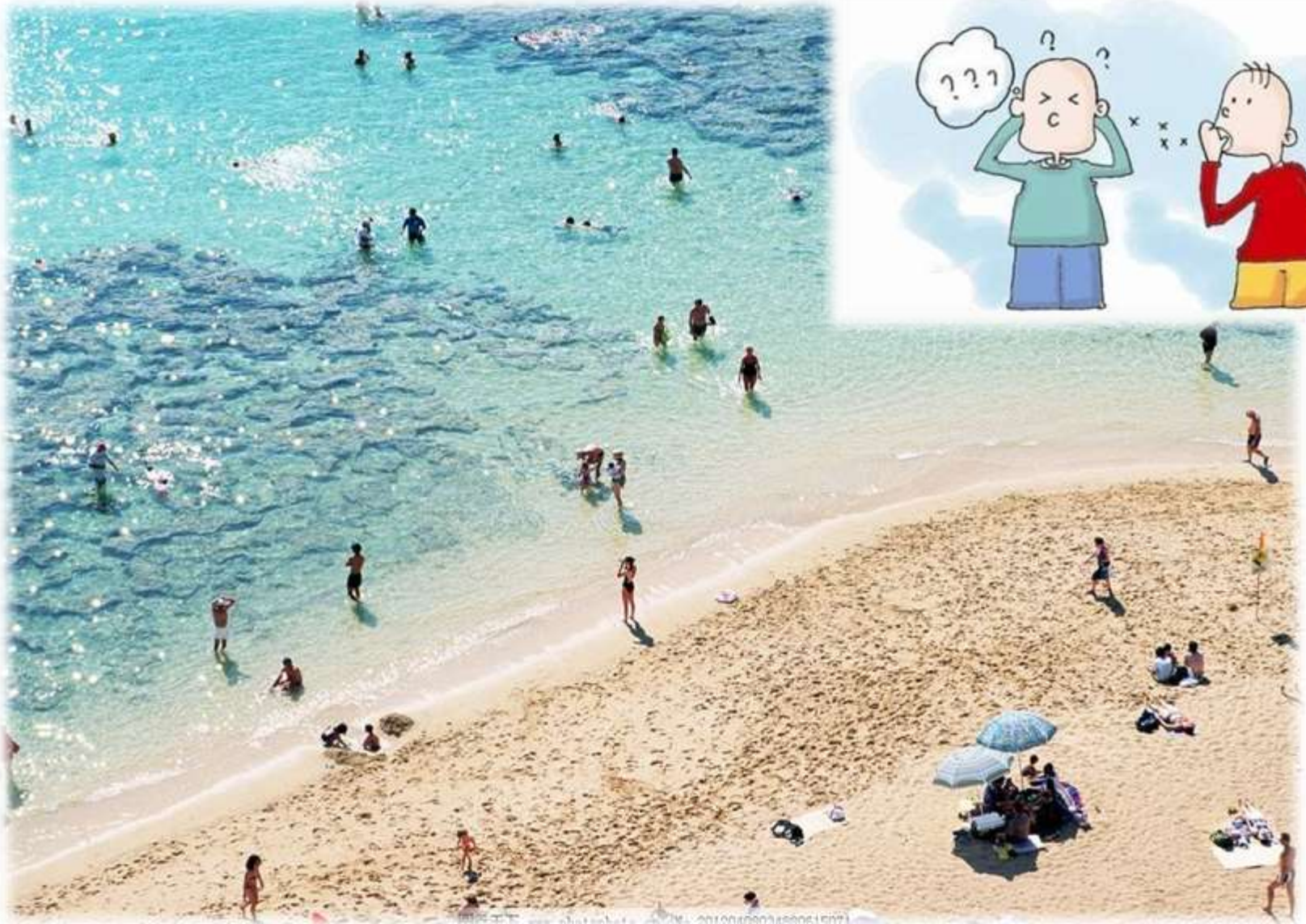
## 二、犯罪之害 The pain of sin (3-4)

**认罪：快快把身体的毒物吐出来**

**Confession: Spit out the poison from your body quickly**



## 二、犯罪之害 The pain of sin (3-4)



## 二、犯罪之害 The pain of sin (3-4)



## **二、 犯罪之害 The pain of sin (3-4)**

**自古以来多少人的失败，不就是因为不懂得控制自己所引起的吗？**

**Since ancient times, how many people's failure is not caused by not knowing how to control themselves?**

## **二、 犯罪之害 The pain of sin (3-4)**

**「一失足成千古恨，  
再回头已百年身」**

**"One single slip brings lifetime regret. When turned back,  
the whole life has passed away."**

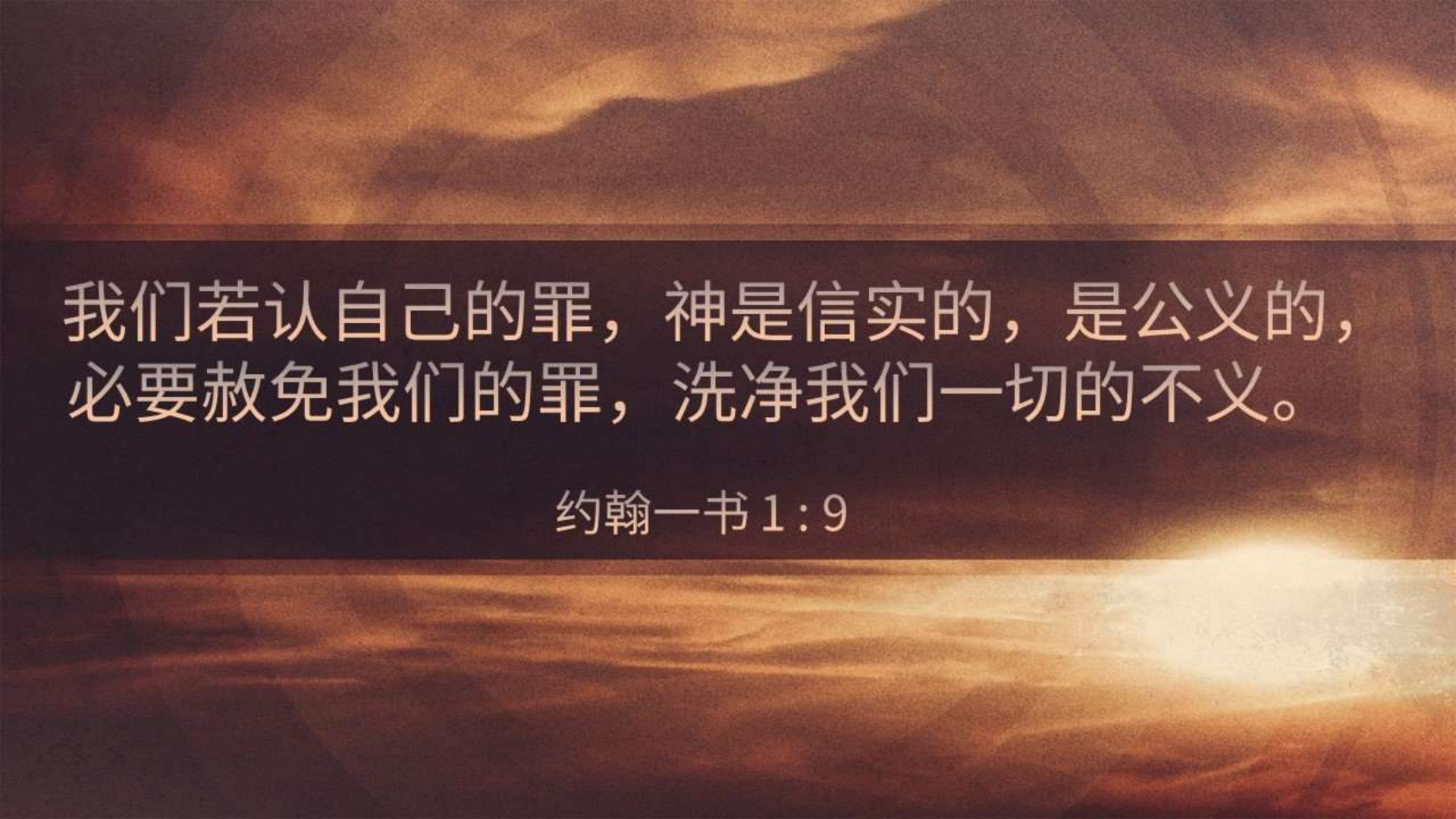


# 三、认罪之法 The way of confession (5-7)

**5节**：「我向你**陈明**我的罪，**不隐瞒**我的恶。我说：“我要向耶和华**承认**我的过犯。”你就赦免我的罪恶。」

Then I **acknowledged** my sin to you and did **not cover up** my iniquity. I said, "I will **confess** my transgressions to the LORD"--and you forgave the guilt of my sin.





我们若认自己的罪，神是信实的，是公义的，  
必要赦免我们的罪，洗净我们一切的不义。

约翰一书 1:9

If we confess our sins, he is faithful and just and will  
forgive us our sins and purify us from all  
unrighteousness. (1 John 1:9)

# 三、认罪之法 The way of confession (5-7)



### 三、认罪之法 The way of confession (5-7)

**6节：**「为此，凡虔诚人都当**趁你可寻找的时候祷告你**，大水泛滥的时候，必不能到他那里。」 Therefore let everyone who is godly **pray to you while you may be found**; surely when the mighty waters rise, they will not reach him.

**【把握现在】** Seize the day

### 三、认罪之法 The way of confession (5-7)

**7节：**「你是我藏身之处，你必保佑我脱离苦难，以得救的乐歌四面环绕我。」

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.



## **四、离罪之志**

**The resolution to leave sin (8-11)**

**每一个犯罪的举动，  
都会破坏自己与上帝的关系，  
亦会影响自己的正常生活。**

**Every single sin destroys our relationship with God.  
It can also affect our daily life.**

# 四、离罪之志

## The resolution to leave sin (8-11)

**8节**：「我要**教导**你。**指示**你当行的路；我要**定睛在你身上劝诫**你。」

I will **instruct** you and **teach** you in the way you should go; I will **counsel you and watch over you.**



# 四、离罪之志

## The resolution to leave sin (8-11)

**9节：**「你不可像那无知的骡马，必用嚼环辮头勒住他，不然，就不能驯服。」

Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you.



# 四、离罪之志

## The resolution to leave sin (8-11)

**10-11节**：「恶人必多受苦楚，惟独倚靠耶和华的，必有慈爱四面环绕他。你们义人应当靠耶和华欢喜快乐。你们心里正直的人都应当欢呼。」

」 Many are the woes of the wicked, but the Lord's unfailing love surrounds the one who trusts in him. Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart!

# 结论 Conclusion

**得罪上帝之时，应当及时认罪，这是每一个上帝子民都必须认真面对的功课。**

**Confessing your sins when you have sinned against God.  
This is a serious lesson that every one of God's people  
must learn.**



# 结论 Conclusion

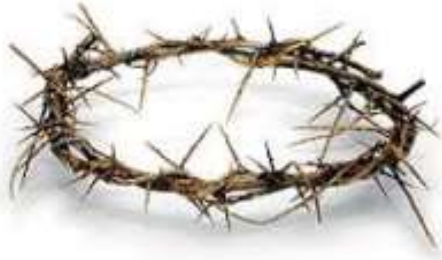
据加拿大一位专家考证，使罗马帝国崩溃的是铅毒（慢性铅中毒）。

According to a Canadian expert, it was lead poisoning (chronic lead poisoning) that caused the collapse of the Roman Empire.



# The 4<sup>th</sup> Sunday of Lent

# 預苦期 第四主日



# 结论 Conclusion



# 结论 Conclusion

让我们**认罪，悔改，归向神**成为有  
福的人

Let's confess our sins, repent, turn to God and be blessed  
by God.