

Let's Sing!
我们歌唱吧!



Why Sing?
为什么唱歌?



Music Is
Universal
音乐是
普世的



The Benefits of Singing 唱歌的好处

- improved lung function 改善肺功能
- relief from stress 缓解压力
- increased pain threshold 提高痛阈
- boosted immune system 增强免疫系统
- improved memory 改善记忆力
- positive effect on mood 积极影响情绪
- better processing of grief 改善处理悲伤
- increased sense of connection 提高联系感

The Exodus
from Egypt
出埃及



The First Recorded Song of Praise

第一首被记载的赞美歌

Exodus 15:1-2 出埃及记 15:1-2

Then Moses and the Israelites sang this song to the LORD:

“I will sing to the LORD, for he is highly exalted. Both horse and driver he has hurled into the sea.

The LORD is my strength and my song. He has become my salvation. He is my God, and I will praise him, my father’s God, and I will exalt him.”

那时，摩西和以色列人向耶和华唱歌说：我要向耶和华歌唱，因他大大战胜，将马和骑马的投在海中。耶和华是我的力量，我的诗歌，也成了我的拯救。这是我的神，我要赞美他，是我父亲的神，我要尊崇他。



Songs in the Bible 在圣经里的歌曲

songs of:
歌曲类型:



praise 赞美

thanksgiving 感恩

instruction and witness 教导与作证

celebration 庆祝

love 爱情

marriage 婚姻

taunting 嘲讽

lament 哀叹

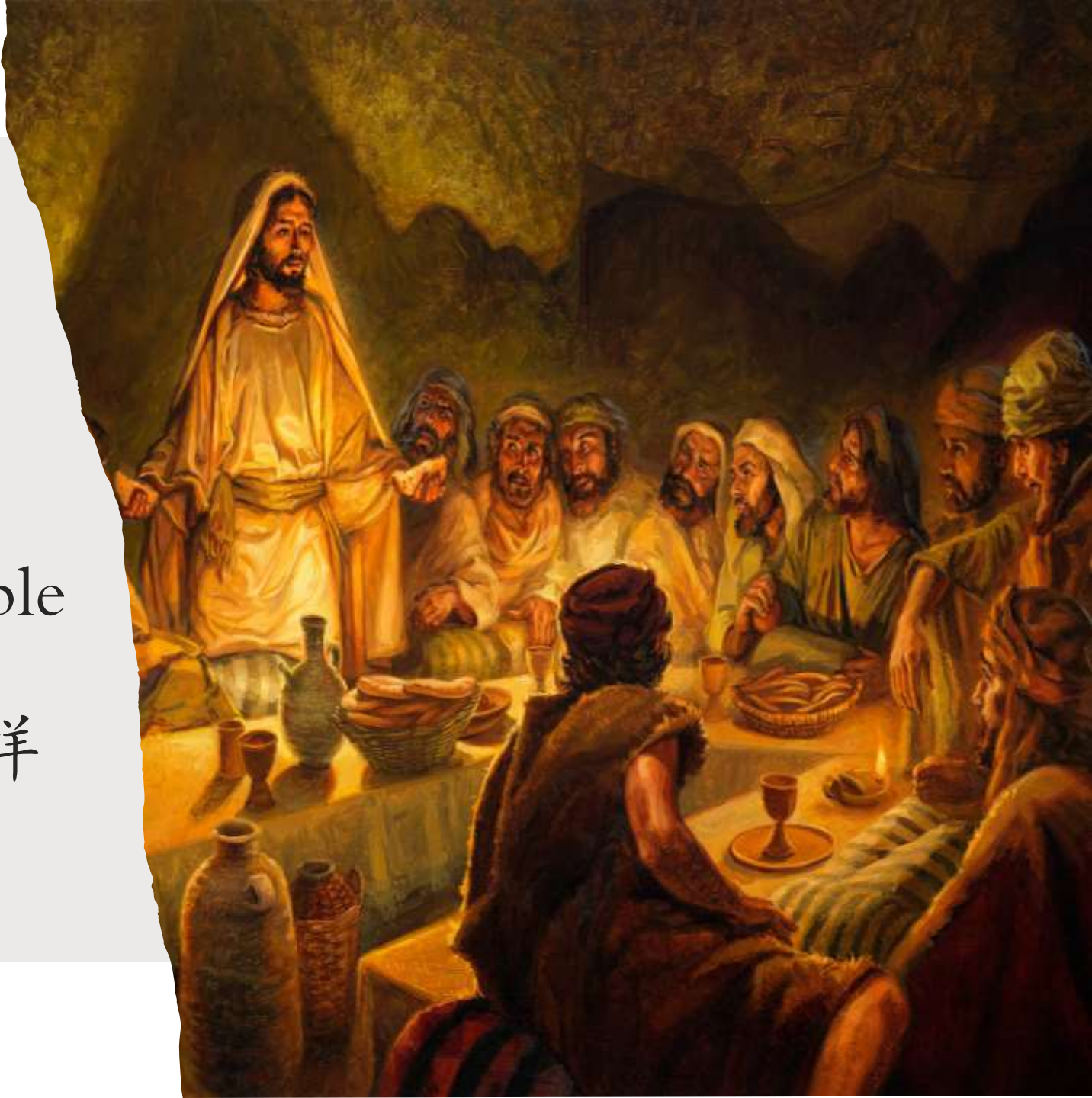
Singing in the Psalms 在诗篇里的歌唱



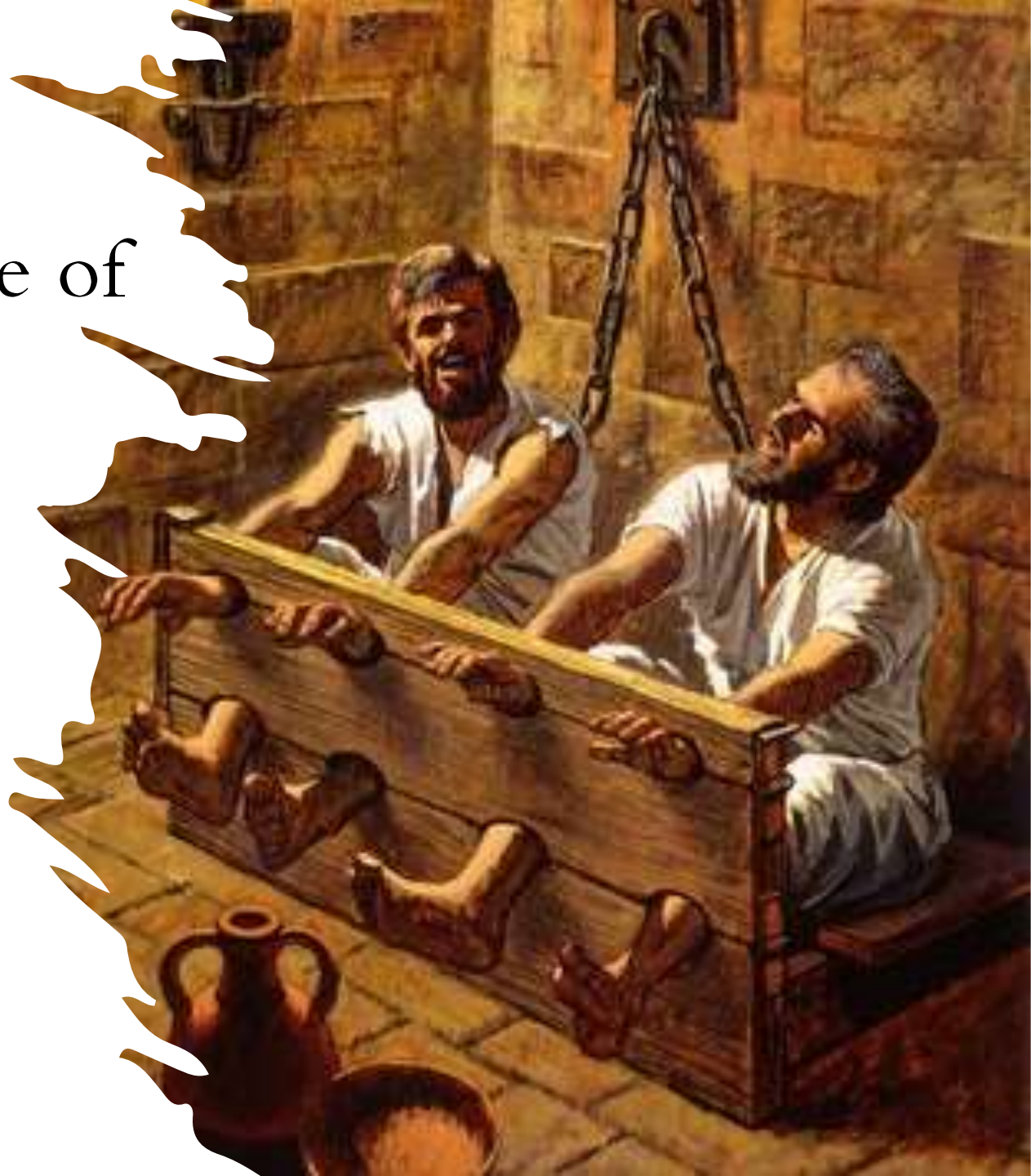
26x

“Sing to the Lord!” etc.
“向耶和华唱歌” 等等

The Example
of Jesus
耶穌的榜樣



The Example of
Paul
保罗的榜样



Sing to the Lord!
向耶和華唱歌!

