

因为祂先爱我们， 所以我们敬拜

——从主日敬拜到一生敬拜

Because He First Loved Us,

We Worship

— From Sunday Worship to a Life of Worship



诗篇100篇

Psalm 100



什么是敬拜？ What worship is?



从诗篇93篇到100篇，是一组连续的诗篇，主题都是称颂"耶和华作王"——

93、94篇称颂神在全地作王

95、96篇称颂神超乎万神之上

97、98篇称颂神在百姓心中掌权

99、100篇称颂神的性情

From Psalm 93 to Psalm 100, there is a continuous series of psalms, all with the theme of praising "The LORD reigns" —

Psalms 93 and 94 praise God as King over all the earth

Psalms 95 and 96 praise God as supreme over all gods

Psalms 97 and 98 praise God as ruling in the hearts of His people

Psalms 99 and 100 praise God's character

诗篇 第100篇

1 普天下**当**向耶和华欢呼！

2 **当**乐意事奉耶和华，**当**欢唱来到他面前！

3 **当**认识耶和华是神！我们是他造的，也是属他的；我们是他的民，是他草场的羊。

4 **当**称谢进入他的门，**当**赞美进入他的院。**当**感谢他，称颂他的名！

5 **因为**耶和华本为善；他的慈爱存到永远，他的信实直到万代。

Psalm 100

1 Shout for joy to the Lord, all the earth.

2 Worship the Lord with gladness; come before him with joyful songs.

3 Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

5 For the Lord is good and his love endures forever; his faithfulness continues through all generations.

一、敬拜的开始——因为神先让我们晓得

I. The Beginning of Worship — Because God First Makes Us Know

100:3

- 你们当晓得耶和华是神！我们是祂造的，也是属祂的；我们是祂的民，也是祂草场的羊。
- Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

敬拜的起点，是一种从经历中
生出来的领悟。

The starting point of worship is a
realization born out of experience.



一、敬拜的开始——因为神先让我们晓得

I. The Beginning of Worship — Because God First Makes Us Know

- **这知识并不是人自己能领悟出来的，而是神主动指示给祂所拣选之人的。**
- **This knowledge is not something that people can figure out on their own; rather, it is what God actively reveals to those He has chosen.**

一、敬拜的开始——因为神先让我们晓得

I. The Beginning of Worship — Because God First Makes Us Know



- 主耶稣曾经问门徒“你们说我是谁”，彼得回答“你是基督，是永生神的儿子”，耶稣对他说：“这不是属血肉的指示你的，乃是我在天上的父指示的”（太16:17）。
- The Lord Jesus once asked His disciples, "Who do you say I am?" Peter answered, "You are the Messiah, the Son of the living God." Jesus said to him, "Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven" (Matthew 16:17).

一、敬拜的开始——因为神先让我们晓得

I. The Beginning of Worship — Because God First Makes Us Know

100:3

- 你们当晓得耶和华是神！我们是祂造的，也是属祂的；我们是祂的民，也是祂草场的羊。
- Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.



一、敬拜的开始——因为神先让我们晓得

I. The Beginning of Worship — Because God First Makes Us Know

第一，"我们是祂造的"——神创造了我们。

First, "It is he who made us" — God created us.

- 生命不是偶然，是神亲手所造。**
- Life is not an accident; it is fashioned by God's own hand.**
- 生命不是我们自己的产业，是神赐下、也是神所拥有的礼物。**
- Life is not our own possession; it is a gift given by God and owned by God.**

一、敬拜的开始——因为神先让我们晓得

I. The Beginning of Worship — Because God First Makes Us Know

第二，"我们也是属祂的"——神拥有我们。

Second, "we are his" — God possesses us.

- **X** "你的人生你做主，你属于你自己。"
- **X** "You are the master of your own life; you belong to yourself."
- 你属于神。因为你属于那位创造你、深深认识你的神，你的生命才有它真正的分量和方向，不是靠自己撑起来的。
- You belong to God. Because you belong to the God who created you and knows you deeply that your life has its true weight and direction, not something you prop up on your own.

一、敬拜的开始——因为神先让我们晓得

I. The Beginning of Worship — Because God First Makes Us Know

第三，"我们是祂的民，也是祂草场的羊"——神拣选、牧养我们。

Third, "we are his people, the sheep of his pasture" — God chose us and shepherds us.

- 神不是创造完就离开的神，祂拣选了我们作祂的百姓，又像牧者一样天天照顾、带领、寻找草场活水。**
- God is not a God who created and then left. He chose us as His people, and like a shepherd, He cares for us daily, leads us, and seeks out pasture and living water for us.**

一、敬拜的开始——因为神先让我们晓得

I. The Beginning of Worship — Because God First Makes Us Know

- **敬拜的第一步，是里面一句简单的承认：“主啊，我属于你，是祢先让我看见这一点的。”**
- **The first step of worship is a simple inward acknowledgment: "Lord, I belong to You. It is You who first let me see this."**

二、敬拜的本质——用生命回应神的爱

II. The Essence of Worship — Responding to God's Love with Our Lives

100:1-2,4

- 你们当向耶和华欢呼。你们当乐意事奉耶和华，当来向他歌唱.....你们当晓得耶和华是神.....当称谢进入他的门，当赞美进入他的院；当感谢他，称颂他的名。
- Shout for joy to the LORD. Worship the LORD with gladness; come into his presence with singing... Know that the LORD is God... Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

敬拜从来不只是内心的感受，它一定要活出来、做出来。

Worship is never just an inward feeling; it must be lived out and acted out.

二、敬拜的本质——用生命回应神的爱

II. The Essence of Worship — Responding to God's Love with Our Lives

100:2

- 你们当乐意**事奉**耶和华，当来向他歌唱。
- Worship the LORD with gladness; come into his presence with singing.

在以赛亚书19章23节译作"敬拜",
在列王纪下10章19节译作"拜",
在列王纪下21章21节译作"敬奉"。

The same word is translated as "worship" in Isaiah 19:23,
as "bow down" in 2 Kings 10:19, and as "serve" in 2 Kings 21:21."

二、敬拜的本质——用生命回应神的爱

II. The Essence of Worship — Responding to God's Love with Our Lives

- **"事奉"和"敬拜", 在圣经里根本是同一件事, 不是两个分开的活动。**
- **"Service" and "worship" are fundamentally the same thing in the Bible, not two separate activities.**

二、敬拜的本质——用生命回应神的爱

II. The Essence of Worship — Responding to God's Love with Our Lives

- **敬拜，其实就是把"事奉"这件事，转向了正确的对象。**
- **你的生命本来就一直在"事奉"某个东西——问题只是，事奉的是谁。**
- **Worship is simply turning the act of "serving" toward the right object.**
- **Your life has always been "serving" something — the question is simply, who are you serving?**

二、敬拜的本质——用生命回应神的爱

II. The Essence of Worship — Responding to God's Love with Our Lives

- **敬拜，就是把自己当作活祭献上（罗12:1）——不是唱一首诗歌那么简单，而是整个人成为神的"事奉"对象。**
- **Worship is presenting your body as a living sacrifice (Romans 12:1) — it is not as simple as singing a song, but rather your entire being becomes the object of God's "service."**

二、敬拜的本质——用生命回应神的爱

II. The Essence of Worship — Responding to God's Love with Our Lives

100:2

- 你们当乐意事奉耶和华，当来向他歌唱。
- Worship the LORD with gladness; come into his presence with singing.

原文这个字的意思是喜悦、欢乐、高兴。

The original word means delight, joy, and gladness.

二、敬拜的本质——用生命回应神的爱

II. The Essence of Worship — Responding to God's Love with Our Lives

- 事奉神，不是咬着牙完成的义务，而是认识神之后，自然涌流出来的喜乐回应。**
- Serving God is not an obligation gritted out through clenched teeth, but a joyful response that naturally flows out after knowing God.**

二、敬拜的本质——用生命回应神的爱

II. The Essence of Worship — Responding to God's Love with Our Lives

100:4

- 当称谢进入他的门，当赞美进入他的院；当感谢他，称颂他的名。
- Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

敬拜不是一次到位的动作，而是一步一步，
被引导进到神面前更深处。

Worship is not a one-time action, but a step-by-step being led
deeper into God's presence.

二、敬拜的本质——用生命回应神的爱

II. The Essence of Worship — Responding to God's Love with Our Lives



三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

100:5

- **因为**耶和华本为善。祂的慈爱存到永远；祂的信实直到万代。
- For the LORD is good and his love endures forever; his faithfulness continues through all generations.

三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

第一，"耶和华本为善"

First, "the LORD is good"



三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

第一，"耶和华本为善"

First, "the LORD is good"

- 我们赞美神，首要的原因，不是根据祂为我做了什么，而是根据祂本来是谁；不是因为我们得着了神的恩典才赞美，而是因为神自己，本来就是配得赞美的神。
- Our primary reason for praising God is not based on what He has done for us, but on who He is in Himself; not because we have received God's grace and therefore praise Him, but because God Himself is inherently worthy of praise.

三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

第二，"祂的慈爱存到永远"

Second, "his love endures forever"

- "慈爱" (חֶסֶד, chesed) ——这是旧约里最丰富的一个字，常常翻译成"慈爱""恩慈""信实的爱"，但都不能完全表达它的分量。
- "Love" (, חֶסֶד chesed) — this is the richest word in the Old Testament, often translated as "love," "kindness," or "faithful love," but none fully captures its weight.

三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

第二，"祂的慈爱存到永远"

Second, "his love endures forever"

- 这是圣约里的专用语，指神向祂的百姓信守圣约、绝不改变的爱。
- This is a covenant term, referring to God's unfailing, covenant-keeping love toward His people.

三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

第二，"祂的慈爱存到永远"

Second, "his love endures forever"

- 这不是一种没有原则的溺爱，而是根据神与我们所立的约，永不撤回的爱。
- This is not a love without principle, but a love based on the covenant God has made with us, a love that is never withdrawn.

三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

第二，"祂的慈爱存到永远"。

Second, "his love endures forever."

- **这个字专指立约关系中，那种即便对方常常失信、神却仍然信守到底的爱。**
- **This word specifically refers to that love within a covenant relationship where, even when the other party often breaks faith, God remains faithful to the very end.**

三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

第三，"祂的信实直到万代"

Third, "his faithfulness continues through all generations"

- "信实" (אֱמוּנָה, emunah) ——这个字的字根，正是我们所熟悉的"阿们" (אָמֵן) 的字根，意思是"稳固、可靠、站得住"。
- "Faithfulness" (אֱמוּנָה, emunah) — the root of this word is the same root as the "Amen" (אָמֵן) , we are familiar with, meaning "firm, reliable, trustworthy."

三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

第三，"祂的信实直到万代"

Third, "his faithfulness continues through all generations"

- "信实"这个字，原文的意思是坚固、忠诚、坚定不移——不是一时的承诺，而是跨越世世代代都站得住的可靠。
- The original meaning of "faithfulness" is firmness, loyalty, and unwaveringness — not a temporary promise, but a reliability that stands firm across all generations.

三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

第三，"祂的信实直到万代"

Third, "his faithfulness continues through all generations"

- 神的慈爱和信实，都是根据祂自己与我们所立的圣约。
- God's love and faithfulness are both based on the holy covenant He Himself has made with us.



三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

第三，"祂的信实直到万代"

Third, "his faithfulness continues through all generations"

- 只有安息在这圣约里面、真实领受神永远的慈爱和信实的人，才能由衷地"感谢祂，称颂祂的名"。
- Only those who rest within this covenant and truly receive God's eternal love and faithfulness can sincerely "give thanks to him and praise his name."

三、敬拜的力量——因为神本为善

III. The Power of Worship — For the LORD Is Good

- 敬拜的根基，从来不是我们处境的稳定，而是神性情的稳固——祂本为善，祂的慈爱存到永远，祂的信实直到万代。所以，我们的敬拜，不需要因为处境改变而停止。
- The foundation of worship is never the stability of our circumstances, but the steadfastness of God's character — He is good, His love endures forever, and His faithfulness continues through all generations. Therefore, our worship does not need to stop when our circumstances change.

结语

Conclusion

1普天下当向耶和华欢呼！

2当乐意事奉耶和华，当欢唱来到他面前！

3当认识耶和华是神！

我们是他造的，也是属他的；我们是他的民，是他草场的羊。

4当称谢进入他的门，当赞美进入他的院。当感谢他，称颂他的名！

5因为耶和华本为善；他的慈爱存到永远，他的信实直到万代。

1 Shout for joy to the Lord, all the earth.

2 Worship the Lord with gladness; come before him with joyful songs.

3 Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

5 For the Lord is good and his love endures forever; his faithfulness continues through all generations.

结语

Conclusion

- 敬拜，从来不是从我们开始的。
- Worship never begins with us.
- 不是我们先寻找神，是神先启示自己、让我们"晓得"；
- It is not that we first seek God; it is that God first reveals Himself and makes us "know."
- 不是我们先爱神，是神的慈爱和信实，先临到我们、贯穿万代。
- It is not that we first love God; it is that God's love and faithfulness first come to us and continue through all generations.

结语

Conclusion

- 我们应该问的是：“我有没有看见，那位先造我、先爱我的神？”
- We should ask: "Have I seen the God who first made me and first loved me?"
- 看见了，回应自然会跟上来——“主啊，我愿意把我整个生命，当作事奉献给你。”这，就是敬拜。
- When we see that, the response will naturally follow — "Lord, I am willing to offer my entire life as service to You." This is worship.

因为祂先爱我们，所以我们敬拜——从主日敬拜到一生敬拜

Because He First Loved Us, We Worship — From Sunday Worship to a Life of Worship

自我反思 Self-reflection

诗篇 Psalm 100

因为祂先^爱我们，
所以我们敬拜
——从主日敬拜到一生敬拜

Because He First Loved Us,
We Worship
— From Sunday Worship to a Life of Worship

 诗篇100篇
Psalm 100



1. 讲道中提到“晓得耶和华是神”不是我们自己悟出来的，而是神主动指示给我们的（太16:17）。回想你信主的经历，有没有哪个时刻，你特别清楚地感受到，是神让你“晓得”了祂？
2. “事奉”在原文里本身就是“敬拜”的意思。想一想，在你生活中哪些不在教会里的时刻，其实也可以成为你对神的“事奉”？
3. 诗篇100:5说神本为善、慈爱存到永远、信实直到万代——面对生命中的改变或不确定（搬迁、工作、家庭），这句话如何影响你对敬拜的理解？

1. The sermon mentioned that to "know that the LORD is God" is not something we figure out on our own, but rather what God actively reveals to us (Matthew 16:17). Reflecting on your experience of coming to faith, is there a moment when you particularly clearly felt that it was God who made you "know" Him?
2. The word "worship" in the original language itself means "serve." Think about moments in your life outside of church that can actually become your "service" to God.
3. Psalm 100:5 says that God is good, His love endures forever, and His faithfulness continues through all generations — in the face of changes or uncertainties in life (relocation, work, family), how does this verse affect your understanding of worship?