

- 1. 神阿, 求你保佑我, 因为我投靠你。2. 我的心哪, 你曾对耶和华说, 你是我的主。我的好处不在你以外。
- 3. 论到世上的圣民, 他们又美又善, 是我最喜悦的。
- 4. 以别 神代替耶和华的,他们的愁苦必加增。他们所浇奠的血我不献上,我嘴唇也不提别 神的名号。
- 1. Keep me safe, O God, for in you I take refuge. 2. I said to the LORD, "You are my Lord; apart from you I have no good thing." 3. As for the saints who are in the land, they are the glorious ones in whom is all my delight. 4. The sorrows of those will increase who run after other gods. I will not pour out their libations of blood or take up their names on my lips.

- 5. 耶和华是我的产业,是我杯中的分。我所得的你为我持守。6. 用绳量给我的地界,坐落在佳美之处。我的产业实在美好。7. 我必称颂那指教我的耶和华。我的心肠在夜间也警戒我。8. 我将耶和华常摆在我面前。因他在我右边,我便不至摇动。
- 5. LORD, you have assigned me my portion and my cup; you have made my lot secure. 6. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. 7. I will praise the LORD, who counsels me; even at night my heart instructs me. 8. I have set the LORD always before me. Because he is at my right hand, I will not be shaken.

- 9. 因此我的心欢喜,我的灵快乐。我的肉身也要安然居住。10. 因为你必不将我的灵魂撇在阴间。也不叫你的圣者见朽坏。11. 你必将生命的道路指示我。在你的面前有满足的喜乐。在你右手中有永远的福乐。
- 9. Therefore my heart is glad and my tongue rejoices; my body also will rest secure, 10. because you will not abandon me to the grave, nor will you let your Holy One see decay. 11. You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.



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快乐并不等于喜乐

快乐(happiness) 和喜乐(joyfulness) 乍看之下似乎相同,但实质上却全然不同。

'喜乐' 从内在所发出,是没有附加条件或附加价值的; '快乐' 是外在附加价值因素所加诸的,常是有条件的。

诗篇 Psalms 118:8

投靠耶和华,强似倚赖人。

It is better to take refuge in the LORD than to trust in man.

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神是我的产业 God is my portion

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民数记 Numbers 18:20

耶和华对亚伦说,你在以色列人的境内不可有产业,在他们中间也不可有分。我就是你的分,是你的产业。

The LORD said to Aaron, "You will have no inheritance in their land, nor will you have any share among them; I am your share and your inheritance among the Israelites." 2.

神是我的奇妙策士 God is my wonderful counselor



神是我的保护者 God is my protector

罗马书 Romans 14:17

因为神的国,不在乎吃喝,只在乎公义、和平,并圣灵中的喜乐。

For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.

