

WORSHIP IN THE SPIRIT

DAILY READINGS:

Monday:	John 4:1-26
Tuesday:	1 Corinthians 14
Wednesday:	Ephesians 5:18-33
Thursday:	I Chronicles 16:7-36
Friday:	Psalms 100
Saturday:	Psalms 149
Sunday:	Psalms 150

MEMORY VERSE:

God is a Spirit: and they that worship him must worship him in spirit and in truth (John 4:24).

神是個靈（或無個字），所以拜他的必須用心靈和誠實拜他。」

INTRODUCTION:

Worship had always been a central feature of the Jewish life. Altars were continually set up by the patriarchs for the worship of God. Next to the law, the receiving of the plans for the tabernacle occupied most of Moses' time on the mount. Erected as a place where God would meet with His people, the tabernacle literally became the hub around which the Jews lived. Solomon later built a more splendid temple, and his father before him had prepared a book of hymns for worship. In Jesus' day, the temple rebuilt by Herod was still the focal point of all Jewish worship.

LESSON NOTES:

In Spirit and Truth: The Samaritans had their roots in the Jewish nation and thus had a similar knowledge of the worship of God. As descendants of the northern kingdom (Israel) who had intermarried with heathen nations at the time of their captivity, they were half-Jews. Naturally, hard and fast boundaries of prejudice were drawn between the "pure" Jews and the "impure" Samaritans. Piously excluding each other from their society, the Jews worshipped at Jerusalem and the Samaritans in Samaria. So great were the feelings between Jew and Samaritan that Jesus once used the illustration of a Samaritan helping a beaten Jew as the ultimate of brotherly love, and the woman at the well wondered why a Jew would ask a Samaritan for water, seeing "the Jews have no dealings with the Samaritans" (John 4:9).

John 4:9	Then saith the woman of Samaria unto him, "How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria?" for the Jews have no dealings with the Samaritans. 撒瑪利亞的婦人對他說：「你既是猶太人，怎麼向我一個撒馬利亞婦人要水喝呢？」 原來猶太人和撒瑪利亞人沒有來往。
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The heart's cry for reality knows no human boundary. Worship and church services may seem to answer the heart's inner cry for peace but only serve to stimulate the desire further when such worship does not have reality. Perhaps it was the knowledge of the inner longing of her heart which made Jesus speak to this Samaritan of low reputation. Quickly the conversation turned to their differences of worship as so often happens, even today. Jesus cut through the difficulty by defining the true worshipper as one who was not confined to time or place or ritual 'in his worship but who worshipped in spirit and in truth (vv. 21-24).

John 4:21-24	²¹ Jesus saith unto her, "Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father. 耶穌說：婦人，你當信我。時候將到，你們拜父，也不在這山上，也不在耶路撒冷。 ²² Ye worship ye know not what: we know what we worship: for salvation is of the Jews. 你們所拜的，你們不知道；我們所拜的，我們知道，因為救恩是從猶太人出來的。
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	<p>²³But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. 時候將到,如今就是了,那真正拜父的,要用心靈和誠實拜他,因為父要這樣的人拜他。</p> <p>²⁴God is a Spirit: and they that worship him must worship him in spirit and in truth." 神是個靈(或無個字),所以拜他的必須用心靈和誠實拜他。」</p>
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Praise and Thanksgiving: Both the Old and New Testament exhort the worshipper to give thanks. Living in a state of perpetual thanksgiving and joyfulness regardless of the circumstances is what Paul expected of the Ephesians (5:18-20). Paul was not so naive as to think that circumstances would always be cause for people to rejoice naturally. Yet he told them to "give thanks always for all things unto God." *Worshipping the Lord is enjoying His presence. Being filled with the Spirit should cause us to sing and make melody in our hearts to the Lord.* When David brought the ark to Jerusalem, he taught his people how to worship (1 Chron. 16:7-36). A partial list of some of the ways he included in his worship are "give thanks," "sing unto Him," "glory in His name," "rejoice," "tell of His wondrous works," "be mindful of His covenant," etc. None of these suggest at all the mournful and sad ritual which we sometimes think is very religious. *Joy and peace are to be the trade-mark of the true worshipper.* How we need to learn more to **come before His presence with singing, making a joyful noise unto the Lord.** Over and over again, David's psalms tell us to **serve Him with gladness, to enter His gates with thanksgiving and into His courts with praise.**

<p>Ephesians 5:18-20</p>	<p>¹⁸And be not drunk with wine, wherein is excess; but be filled with the Spirit; 不要醉酒,酒能使人放蕩;乃要被聖靈充滿。</p> <p>¹⁹Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; 當用詩章、頌詞、靈歌、彼此對說,口唱心和的讚美主。</p> <p>²⁰Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; 凡事要奉我們主耶穌基督的名常常感謝父神。</p>
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THE LESSONS:

God is seeking those who will worship Him in spirit and in truth (John 4:23). Often we think that we must take the initiative and strain to get God's attention, when all the time He is seeking us. Making contact with God is a matter of putting our whole spirit into the exercise of worship. Ritual, form, church services, or other devices of worship are not the essence of worship. In some cases they may help, but **the true worshipper is one who worships the Lord with his innermost being. Such worship can take place anytime and anywhere, and indeed should take place all the time and everywhere.**

<p>John 4:23</p>	<p>But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. 時候將到,如今就是了,那真正拜父的,要用心靈和誠實拜他,因為父要這樣的人拜他。</p>
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Praise and thanksgiving are not natural functions. Unfortunately, we all prove to be unthankful. It takes a specific effort to be joyful at all times. Down through the pages of church history up to the present day, we have examples of the great triumphs which came to those who lived a life of praising the Lord. Many of them *had to train themselves to simply say, "Praise the Lord," when trials came.* (Anyone can say, "Praise the Lord," when they are basking in the sunshine of victory!) Why would Paul and David and others continually urge us to praise the Lord unless there was a great lesson to be learned here?

Part of the difficulty in praising the Lord is the self-consciousness of rejoicing before an unseen Person. Yet we must remember that God is unseen and being a Spirit wants us to enter into worship with our whole

spirit. *"In truth" means giving ourselves completely*, not as a form but as an honest experience. Another hindrance to praising the Lord is the consciousness of our own mistakes. Remember, we don't praise the Lord for what we are, *we praise Him for what He is*. As a well-known motto reads, "Praise the Lord — anyhow."

Psalm 34:1

I will bless the Lord at all times:
His praise shall continually be in my mouth.

Monday: John 4:1-26

¹When therefore the Lord knew how the Pharisees had heard that Jesus made and baptized more disciples than John,

主知道法利賽人聽見他收門徒，施洗，比約翰還多，

²(Though Jesus himself baptized not, but his disciples,)

(其實不是耶穌親自施洗，乃是他的門徒施洗，)

³He left Judaea, and departed again into Galilee.

他就離了猶太，又往加利利去。

⁴And he must needs go through Samaria.

必須經過撒瑪利亞，

⁵Then cometh he to a city of Samaria, which is called Sychar, near to the parcel of ground that Jacob gave to his son Joseph.

於是到了撒瑪利亞的一座城，名叫敘加，靠近雅各給他兒子約瑟的那塊地。

⁶Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour.

在那裡有雅各井；耶穌因走路困乏，就坐在井旁。那時約有午正。

⁷There cometh a woman of Samaria to draw water: Jesus saith unto her, "Give me to drink".

有一個撒瑪利亞的婦人來打水。耶穌對他說：「請你給我水喝。」

⁸(For his disciples were gone away unto the city to buy meat.)

(那時門徒進城買食物去了。)

⁹Then saith the woman of Samaria unto him, "How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria?" for the Jews have no dealings with the Samaritans.

撒瑪利亞的婦人對他說：「你既是猶太人，怎麼向我一個撒馬利亞婦人要水喝呢？」原來猶太人和撒瑪利亞人沒有來往。

¹⁰Jesus answered and said unto her, "If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water."

耶穌回答說：「你若知道神的恩賜，和對你說『給我水喝』的是誰，你必早求他，他也必早給了你活水。」

¹¹The woman saith unto him, "Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water?"

婦人說：「先生，沒有打水的器具，井又深，你從那裡得活水呢？」

¹²Art thou greater than our father Jacob, which gave us the well, and drank thereof himself, and his children, and his cattle?"

我們的祖宗雅各將這井留給我們，他自己和兒子並牲畜也都喝這井裡的水，難道你比他還大嗎？」

¹³Jesus answered and said unto her, "Whosoever drinketh of this water shall thirst again:

耶穌回答說：凡喝這水的還要再渴；

¹⁴But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.”

人若喝我所賜的水就永遠不渴。我所賜的水要在他裡頭成為泉源，直湧到永生。」

¹⁵The woman saith unto him, “Sir, give me this water, that I thirst not, neither come hither to draw.”

婦人說：「先生，請把這水賜給我，叫我不渴，也不用來這麼遠打水。」

¹⁶Jesus saith unto her, “Go, call thy husband, and come hither *(here)*.”

耶穌說：「你去叫你丈夫也到這裡來。」

¹⁷The woman answered and said, “I have no husband.” Jesus said unto her, “Thou hast well said, I have no husband:

婦人說：「我沒有丈夫。」耶穌說：「你說沒有丈夫是不錯的。」

¹⁸For thou hast had five husbands; and he whom thou now hast is not thy husband: in that saidst thou truly.”

你已經有五個丈夫，你現在有的並不是你的丈夫。你這話是真的。」

¹⁹The woman saith unto him, “Sir, I perceive that thou art a prophet.

婦人說：先生，我看出你是先知。」

²⁰Our fathers worshipped in this mountain; and ye say, that in Jerusalem is the place where men ought to worship.”

我們的祖宗在這山上禮拜，你們倒說，應當禮拜的地方是在耶路撒冷。」

²¹Jesus saith unto her, “Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father.

耶穌說：婦人，你當信我。時候將到，你們拜父，也不在這山上，也不在耶路撒冷。」

²²Ye worship ye know not what: we know what we worship: for salvation is of the Jews.

你們所拜的，你們不知道；我們所拜的，我們知道，因為救恩是從猶太人出來的。」

²³But the hour cometh, and now is, when ***the true worshippers shall worship the Father in spirit and in truth:*** for the Father seeketh such to worship him.

時候將到，如今就是了，那真正拜父的，要用心靈和誠實拜他，因為父要這樣的人拜他。」

²⁴God is a Spirit: and they that worship him must worship him in spirit and in truth.”

神是個靈（或無個字），所以拜他的必須用心靈和誠實拜他。」

²⁵The woman saith unto him, “I know that Messias cometh, which is called Christ: when he is come, he will tell us all things.”

婦人說：「我知道彌賽亞（就是那稱為基督的）要來；他來了，必將一切的事都告訴我們。」

²⁶Jesus saith unto her, “I that speak unto thee am he.”

耶穌說：「這和你說話的就是他！」

Tuesday: 1 Corinthians 14

¹Follow after charity, and desire spiritual gifts, but rather that ye may prophesy.

你們要追求愛，也要切慕屬靈的恩賜，其中更要羨慕的，是作先知講道（原文作：是說預言；下同）

²For he that speaketh in an unknown tongue speaketh not unto men, but unto God: for no man understandeth him; howbeit (*however*) in the spirit he speaketh mysteries.

那說方言的，原不是對人說，乃是對神說，因為沒有人聽出來。然而，他在心靈裡卻是講說各樣的奧秘。

³But he that prophesieth speaketh unto men to edification, and exhortation, and comfort.

但作先知講道的，是對人說，要造就、安慰、勸勉人。

⁴He that speaketh in an unknown tongue edifieth himself; but he that prophesieth edifieth the church.

說方言的，是造就自己；作先知講道的，乃是造就教會。

⁵I would that ye all spake with tongues but rather that ye prophesied: for greater is he that prophesieth than he that speaketh with tongues, except he interpret, that the church may receive edifying.

我願意你們都說方言，更願意你們作先知講道；因為說方言的，若不繙出來，使教會被造就，那作先知講道的，就比他強了。

⁶Now, brethren, if I come unto you speaking with tongues, what shall I profit you, except I shall speak to you either by revelation, or by knowledge, or by prophesying, or by doctrine?

弟兄們，我到你們那裡去，若只說方言，不用啟示，或知識，或預言，或教訓，給你們講解，我與你們有甚麼益處呢？

⁷And even things without life giving sound, whether pipe or harp, except they give a distinction in the sounds, how shall it be known what is piped or harped?

就是那有聲無氣的物，或簫，或琴，若發出來的聲音沒有分別，怎能知道所吹所彈的是甚麼呢？

⁸For if the trumpet give an uncertain sound, who shall prepare himself to the battle?

若吹無定的號聲，誰能預備打仗呢？

⁹So likewise ye, except ye utter by the tongue words easy to be understood, how shall it be known what is spoken? for ye shall speak into the air.

你們也是如此。舌頭若不說容易明白的話，怎能知道所說的是甚麼呢？這就是向空說話了。

¹⁰There are, it may be, so many kinds of voices in the world, and none of them is without signification.

世上的聲音，或者甚多，卻沒有一樣是無意思的。

¹¹Therefore if I know not the meaning of the voice, I shall be unto him that speaketh a barbarian, and he that speaketh shall be a barbarian unto me.

我若不明白那聲音的意思，這說話的人必以我為化外之人，我也以他為化外之人。

¹²Even so ye, forasmuch as ye are zealous of spiritual gifts, seek that ye may excel to the edifying of the church.

你們也是如此，既是切慕屬靈的恩賜，就當求多得造就教會的恩賜。

¹³Wherefore let him that speaketh in an unknown tongue pray that he may interpret.

所以那說方言的，就當求著能繙出來。

¹⁴For if I pray in an unknown tongue, my spirit prayeth, but my understanding is unfruitful.

我若用方言禱告，是我的靈禱告，但我的悟性沒有果效。

¹⁵What is it then? I will pray with the spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also.

這卻怎麼樣呢？我要用靈禱告，也要用悟性禱告；我要用靈歌唱，也要用悟性歌唱。

¹⁶Else when thou shalt bless with the spirit, how shall he that occupieth the room of the unlearned say Amen at thy giving of thanks, seeing he understandeth not what thou sayest?

不然，你用靈祝謝，那在座不通方言的人，既然不明白你的話，怎能在你感謝的時候說阿們呢？

¹⁷For thou verily givest thanks well, but the other is not edified.

你感謝的固然是好，無奈不能造就別人。

¹⁸I thank my God, I speak with tongues more than ye all:

我感謝神，我說方言比你們眾人還多。

¹⁹Yet in the church I had rather speak five words with my understanding, that by my voice I might teach others also, than ten thousand words in an unknown tongue.

但在教會中，寧可用悟性說五句教導人的話，強如說萬句方言。

²⁰Brethren, *be not children in understanding: howbeit in malice be ye children, but in understanding be men.*

弟兄們，在心志上不要作小孩子。然而，在惡事上要作嬰孩，在心志上總要作大人。

²¹In the law it is written, With men of other tongues and other lips will I speak unto this people; and yet for all that will they not hear me, saith the Lord.

律法上記著：主說：我要用外邦人的舌頭和外邦人的嘴唇向這百姓說話；雖然如此，他們還是不聽從我。

²²Wherefore tongues are for a sign, not to them that believe, but to them that believe not: but prophesying serveth not for them that believe not, but for them which believe.

這樣看來，說方言不是為信的人作證據，乃是為不信的人；作先知講道不是為不信的人作證據，乃是為信的人。

²³If therefore the whole church be come together into one place, and all speak with tongues, and there come in those that are unlearned, or unbelievers, will they not say that ye are mad?

所以，全教會聚在一處的時候，若都說方言，偶然有不通方言的，或是不信的人進來，豈不說你們癡狂了麼？

²⁴But if all prophesy, and there come in one that believeth not, or one unlearned, he is convinced of all, he is judged of all:

若都作先知講道，偶然有不信的，或是不通方言的人進來，就被眾人勸醒，被眾人審明，

²⁵And thus are the secrets of his heart made manifest; and so falling down on his face he will worship God, and report that God is in you of a truth.

他心裡的隱情顯露出來，就必將臉伏地，敬拜神，說：神真是在你們中間了。

²⁶How is it then, brethren? when ye come together, every one of you hath a psalm, hath a doctrine, hath a tongue, hath a revelation, hath an interpretation. **Let all things be done unto edifying.**

弟兄們，這卻怎麼樣呢？你們聚會的時候，各人或有詩歌，或有教訓，或有啟示，或有方言，或有繙出來的話，凡事都當造就人。

27If any man speak in an unknown tongue, let it be by two, or at the most by three, and that by course; and let one interpret.

若有說方言的，只好兩個人，至多三個人，且要輪流著說，也要一個人繙出來。

28But if there be no interpreter, let him keep silence in the church; and let him speak to himself, and to God.

若沒有人繙，就當在會中閉口，只對自己和神說就是了。

29Let the prophets speak two or three, and let the other judge.

至於作先知講道的，只好兩個人或是三個人，其餘的就當慎思明辨。

30If any thing be revealed to another that sitteth by, let the first hold his peace.

若旁邊坐著的得了啟示，那先說話的就當閉口不言。

31For ye may all prophesy one by one, that all may learn, and all may be comforted.

因為你們都可以一個一個的作先知講道，叫眾人學道理，叫眾人得勸勉。

32And the spirits of the prophets are subject to the prophets.

先知的靈原是順服先知的；

33For God is not the author of confusion, but of peace, as in all churches of the saints.

因為神不是叫人混亂，乃是叫人安靜。

34Let your women keep silence in the churches: for it is not permitted unto them to speak; but they are commanded to be under obedience as also saith the law.

婦女在會中要閉口不言，像在聖徒的眾教會一樣，因為不准他們說話。他們總要順服，正如律法所說的。

35And if they will learn any thing, let them ask their husbands at home: for it is a shame for women to speak in the church.

他們若要學甚麼，可以在家裡問自己的丈夫，因為婦女在會中說話原是可恥的。

36What? came the word of God out from you? or came it unto you only?

神的道理豈是從你們出來麼？豈是單臨到你們麼？

37If any man think himself to be a prophet, or spiritual, let him acknowledge that the things that I write unto you are the commandments of the Lord.

若有人以為自己是先知，或是屬靈的，就該知道，我所寫給你們的是主的命令。

38But if any man be ignorant, let him be ignorant.

若有不知道的，就由他不知道罷！

39Wherefore, brethren, **covet to prophesy**, and forbid not to speak with tongues.

所以我弟兄們，你們要切慕作先知講道，也不要禁止說方言。

40 **Let all things be done decently and in order.**

凡事都要規規矩矩的按著次序行。

Do All Things....

<p>1 Corinthians 14:26</p>	<p>How is it then, brethren? when ye come together, every one of you hath a psalm, hath a doctrine, hath a tongue, hath a revelation, hath an interpretation. Let all things be done unto edifying. 弟兄們，這卻怎麼樣呢？你們聚會的時候，各人或有詩歌，或有教訓，或有啟示，或有方言，或有繙出來的話，凡事都當造就人。</p>
<p>1 Corinthians 14:40</p>	<p>Let all things be done decently and in order. 凡事都要規規矩矩的按著次序行。</p>
<p>1 Corinthians 16:14</p>	<p>Let all your things be done with charity (love). 凡你們所做的都要憑愛心而做。</p>
<p>Ephesians 5:20</p>	<p>Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ; 凡事要奉我們主耶穌基督的名常常感謝父神。</p>
<p>Philippians 2:14</p>	<p>Do all things without murmurings and disputings: 凡所行的，都不要發怨言，起爭論，</p>
<p>Philippians 4:13</p>	<p>I can do all things through Christ which strengtheneth me. 我靠著那加給我力量的，凡事都能做。</p>
<p>1 Thessalonians 5:21</p>	<p>Prove all things; hold fast that which is good. 1 Thessalonians 5:21 但要凡事察驗，善美的要持守，</p>
<p>1 Timothy 3:11</p>	<p>Even so must their wives be grave, not slanderers, sober, faithful in all things. 女執事（原文是女人）也是如此：必須端莊，不說讒言，有節制，凡事忠心。</p>

Wednesday: Ephesians 5:18-33

¹⁸And be not drunk with wine, wherein is excess; but **be filled with the Spirit**;

不要醉酒，酒能使人放蕩；乃要被聖靈充滿。

¹⁹Speaking to yourselves in psalms and hymns and spiritual songs, **singing and making melody** in your heart to the Lord;

當用詩章、頌詞、靈歌、彼此對說，口唱心和的讚美主。

²⁰**Giving thanks** always for all things unto God and the Father in the name of our Lord Jesus Christ;

凡事要奉我們主耶穌基督的名常常感謝父神。

²¹**Submitting** yourselves one to another in the fear of God.

又當存敬畏基督的心，彼此順服。

²²Wives, **submit** yourselves unto your own husbands, as unto the Lord.

你們作妻子的，當順服自己的丈夫，如同順服主。

²³For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.

因為丈夫是妻子的頭，如同基督是教會的頭；他又是教會全體的救主。

²⁴Therefore as the church is **subject** unto Christ, so let the wives be to their own husbands **in every thing**.

教會怎樣順服基督，妻子也要怎樣凡事順服丈夫。

²⁵Husbands, love your wives, even as Christ also loved the church, and gave himself for it;

你們作丈夫的，要愛你們的妻子，正如基督愛教會，為教會捨己。

²⁶That he might sanctify and cleanse it with the washing of water by the word,

要用水藉著道把教會洗淨，成為聖潔，

²⁷That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

可以獻給自己，作個榮耀的教會，毫無玷污、皺紋等類的病，乃是聖潔沒有瑕疵的。

²⁸So ought men to love their wives as their own bodies. He that loveth his wife loveth himself.

丈夫也當照樣愛妻子，如同愛自己的身子；愛妻子便是愛自己了。

²⁹For no man ever yet hated his own flesh; but nourisheth and cherisheth it, even as the Lord the church:

從來沒有人恨惡自己的身子，總是保養顧惜，正像基督待教會一樣，

³⁰For we are members of his body, of his flesh, and of his bones.

因我們是他身上的肢體（有古卷在此有：就是他的骨他的肉）。

³¹For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh.

為這個緣故，人要離開父母，與妻子連合，二人成為一體。

³²This is a great mystery: but I speak concerning Christ and the church.

這是極大的奧祕，但我是指著基督和教會說的。

³³Nevertheless let every one of you in particular so love his wife even as himself; and the wife see that she **reverence** her husband.

然而，你們各人都當愛妻子，如同愛自己一樣。妻子也當敬重他的丈夫。

Thursday: 1 Chronicles 16:7-36

1 Chronicles 16:7-22	Psalm 105: 1-15
<p>⁷Then on that day David delivered first this psalm to thank the LORD into the hand of Asaph and his brethren. 那日，大衛初次藉亞薩和他的弟兄以詩歌稱頌耶和華，說：</p> <p>⁸Give thanks unto the LORD, call upon his name, make known his deeds among the people. 你們要稱謝耶和華，求告他的名，在萬民中傳揚他的作為！</p> <p>⁹Sing unto him, sing psalms unto him, talk ye of all his wondrous works. 要向他唱詩、歌頌，談論他一切奇妙的作為。</p> <p>¹⁰Glory ye in his holy name: let the heart of them rejoice that seek the LORD. 要以他的聖名誇耀；尋求耶和華的人，心中應當歡喜。</p> <p>¹¹Seek the LORD and his strength, seek his face continually. 要尋求耶和華與他的能力，時常尋求他的面。</p> <p>¹²Remember his marvellous works that he hath done, his wonders, and the judgments of his mouth; 他僕人以色列的後裔，他所揀選雅各的子孫哪，你們要記念他奇妙的作為和他的奇事，並他口中的判語。</p> <p>¹³O ye seed of Israel his servant, ye children of Jacob, his chosen ones.</p> <p>¹⁴He is the LORD our God; his judgments are in all the earth. 他是耶和華—我們的神，全地都有他的判斷。</p> <p>¹⁵Be ye mindful always of his covenant; the word which he commanded to a thousand generations; 你們要記念他的約，直到永遠；他所吩咐的話，直到千代，</p> <p>¹⁶Even of the covenant which he made with Abraham, and of his oath unto Isaac; 就是與亞伯拉罕所立的約，向以撒所起的誓。</p> <p>¹⁷And hath confirmed the same to Jacob for a law, and to Israel for an everlasting covenant, 他又將這約向雅各定為律例，向以色列定為永遠的約，</p> <p>¹⁸Saying, Unto thee will I give the land of Canaan, the</p>	<p>¹O give thanks unto the LORD; call upon his name: make known his deeds among the people. 你們要稱謝耶和華，求告他的名，在萬民中傳揚他的作為！</p> <p>²Sing unto him, sing psalms unto him: talk ye of all his wondrous works. 要向他唱詩歌頌，談論他一切奇妙的作為！</p> <p>³Glory ye in his holy name: let the heart of them rejoice that seek the LORD. 要以他的聖名誇耀！尋求耶和華的人，心中應當歡喜！</p> <p>⁴Seek the LORD, and his strength: seek his face evermore. 要尋求耶和華與他的能力，時常尋求他的面。</p> <p>⁵Remember his marvellous works that he hath done; his wonders, and the judgments of his mouth; 他僕人亞伯拉罕的後裔，他所揀選雅各的子孫哪，你們要記念他奇妙的作為和他的奇事，並他口中的判語。</p> <p>⁶O ye seed of Abraham his servant, ye children of Jacob his chosen.</p> <p>⁷He is the LORD our God: his judgments are in all the earth. 他是耶和華—我們的神；全地都有他的判斷。</p> <p>⁸He hath remembered his covenant for ever, the word which he commanded to a thousand generations. 他記念他的約，直到永遠；他所吩咐的話，直到千代—</p> <p>⁹Which covenant he made with Abraham, and his oath unto Isaac; 就是與亞伯拉罕所立的約，向以撒所起的誓。</p> <p>¹⁰And confirmed the same unto Jacob for a law, and to Israel for an everlasting covenant: 他又將這約向雅各定為律例，向以色列定為永遠的約，</p> <p>¹¹Saying, Unto thee will I give the land of Canaan, the</p>

lot of your inheritance;

說：我必將迦南地賜給你，作你產業的分。

19When ye were but few, even a few, and strangers in it.

當時你們人丁有限，數目稀少，並且在那地為寄居的；

20And when they went from nation to nation, and from one kingdom to another people;

他們從這邦游到那邦，從這國行到那國。

21He suffered no man to do them wrong: yea, he reprov'd kings for their sakes,

耶和華不容甚麼人欺負他們，為他們的緣故責備君王，

22Saying, Touch not mine anointed, and do my prophets no harm.

說：不可難為我受膏的人，也不可惡待我的先知！

lot of your inheritance:

說：我必將迦南地賜給你，作你產業的分。

12When they were but a few men in number; yea, very few, and strangers in it.

當時，他們人丁有限，數目稀少，並且在那地為寄居的。

13When they went from one nation to another, from one kingdom to another people;

他們從這邦遊到那邦，從這國行到那國。

14He suffered no man to do them wrong: yea, he reprov'd kings for their sakes;

他不容甚麼人欺負他們，為他們的緣故責備君王，

15Saying, Touch not mine anointed, and do my prophets no harm.

說：不可難為我受膏的人，也不可惡待我的先知。

23Sing unto the LORD, all the earth; shew forth from day to day his salvation.

全地都要向耶和華歌唱！天天傳揚他的救恩，

24Declare his glory among the heathen; his marvellous works among all nations.

在列邦中述說他的榮耀，在萬民中述說他的奇事。

25For great is the LORD, and greatly to be praised: he also is to be feared above all gods.

因耶和華為大，當受極大的讚美；他在萬神之上，當受敬畏。

26For all the gods of the people are idols: but the LORD made the heavens.

外邦的神都屬虛無，惟獨耶和華創造諸天。

27Glory and honour are in his presence; strength and gladness are in his place.

有尊榮和威嚴在他面前，有能力和喜樂在他聖所。

28Give unto the LORD, ye kindreds of the people, give unto the LORD glory and strength.

民中的萬族啊，你們要將榮耀能力歸給耶和華，都歸給耶和華！

29Give unto the LORD the glory due unto his name: bring an offering, and come before him: worship the LORD in the beauty of holiness.

要將耶和華的名所當得的榮耀歸給他，拿供物來奉到他面前；當以聖潔的(的或作為)妝飾敬拜耶和華。

30Fear before him, all the earth: the world also shall be stable, that it be not moved.

全地要在他面前戰抖，世界也堅定不得動搖。

31Let the heavens be glad, and let the earth rejoice: and let men say among the nations, The LORD reigneth.

願天歡喜，願地快樂；願人在列邦中說：耶和華作王了

32Let the sea roar, and the fulness thereof: let the fields rejoice, and all that is therein.

願海和其中所充滿的澎湃；願田和其中所有的都歡樂。

33Then shall the trees of the wood sing out at the presence of the LORD, because he cometh to judge the earth.
那時，林中的樹木都要在耶和華面前歡呼，因為他來要審判全地。

34O give thanks unto the LORD; for he is good; for his mercy endureth for ever.
應當稱謝耶和華；因他本為善，他的慈愛永遠長存！

35And say ye, Save us, O God of our salvation, and gather us together, and deliver us from the heathen, that we may give thanks to thy holy name, and glory in thy praise.
要說：拯救我們的神啊，求你救我們，聚集我們，使我們脫離外邦，我們好稱讚你的聖名，以讚美你為誇勝。

36Blessed be the LORD God of Israel for ever and ever. And all the people said, Amen, and praised the LORD.
耶和華—以色列的神，從亙古直到永遠，是應當稱頌的！眾民都說：阿們！並且讚美耶和華。

Friday: Psalm 100

¹Make a joyful noise unto the LORD, all ye lands.

(稱謝詩。) 普天下當向耶和華歡呼！

²Serve the LORD with gladness: come before his presence with singing.

你們當樂意事奉耶和華，當來向他歌唱！

³Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

你們當曉得耶和華是神！我們是他造的，也是屬他的；我們是他的民，也是他草場的羊。

⁴Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

當稱謝進入他的門；當讚美進入他的院。當感謝他，稱頌他的名！

⁵For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.

因為耶和華本為善。他的慈愛存到永遠；他的信實直到萬代。

Saturday: Psalm 149

¹**Praise** ye the LORD. **Sing** unto the LORD a new song, and his praise in the congregation of saints.

你們要讚美耶和華！向耶和華唱新歌，在聖民的會中讚美他！

²Let Israel **rejoice** in him that **made** him: let the children of Zion **be joyful** in their King.

願以色列因造他的主歡喜！願錫安的民因他們的王快樂！

³Let them **praise** his name in the dance: let them **sing praises** unto him with the timbrel and harp.

願他們跳舞讚美他的名，擊鼓彈琴歌頌他！

⁴For the LORD **taketh pleasure** in his people: he will **beautify** the meek with salvation.

因為耶和華喜愛他的百姓；他要用救恩當作謙卑人的妝飾。

⁵Let the saints **be joyful** in glory: let them **sing** aloud upon their beds.

願聖民因所得的榮耀高興！願他們在床上歡呼！

⁶Let the high praises of God be in their mouth, and a two-edged sword in their hand;

願他們口中稱讚神為高，手裡有兩刃的刀，

⁷To **execute** vengeance upon the heathen, and punishments upon the people;

為要報復列邦，刑罰萬民。

⁸To **bind** their kings with chains, and their nobles with fetters of iron;

要用鍊子捆他們的君王，用鐵鐐鎖他們的大臣；

⁹To **execute** upon them the judgment written: this honour have all his saints. **Praise** ye the LORD.

要在他們身上施行所記錄的審判。他的聖民都有這榮耀。你們要讚美耶和華！

Sunday: Psalm 150

¹**Praise** ye the LORD. **Praise** God in his sanctuary: **praise** him in the firmament of his power.
你們要讚美耶和華！在神的聖所讚美他！在他顯能力的穹蒼讚美他！

²**Praise** him for his mighty acts: **praise** him according to his excellent greatness.
要因他大能的作為讚美他，按著他極美的大德讚美他！

³**Praise** him with the sound of the trumpet: **praise** him with the psaltery and harp.
要用角聲讚美他，鼓瑟彈琴讚美他！

⁴**Praise** him with the timbrel and dance: **praise** him with stringed instruments and organs.
擊鼓跳舞讚美他！用絲弦的樂器和簫的聲音讚美他！

⁵**Praise** him upon the loud cymbals: **praise** him upon the high sounding cymbals.
用大響的鈸讚美他！用高聲的鈸讚美他！

⁶Let every thing that hath breath **praise** the LORD. **Praise** ye the LORD.
凡有氣息的都要讚美耶和華！你們要讚美耶和華！