

Bad Blood – Psalm 103

挑拨离间 - 诗篇 103

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That song that the Freestone Trio played is called Bad Blood, by Taylor Swift. It came out a couple of years ago, and it's all about a relationship breaking down.

Freestone 一家三口刚为我们演唱的是 Taylor Swift 的《挑拨离间》。这是几年前发行的一首有关关系破裂的歌。

We've got bad blood – there's conflict between us. It used to be mad love, which is how I always describe my feelings for my wife. We've got problems and I don't think we can solve them. You hit me where I'm weak.

我们的感情被挑拨，我们之间有冲突。曾经是疯狂的爱，这是我常用来描述我对我的妻子的感情。我们之间有问题，我不认为我们能解决它们。你在我软弱的地方攻击我。

This is a very common type of song for Taylor Swift. Her favourite issues to write about are relationships, new relationships, break ups, pain.

这是 Taylor Swift 很常有的歌曲。她最喜欢写关系问题的歌，新的关系，分手，痛苦。But this song is all about the pain of a relationship not being where it should be. And the longing for it be healthy.

这首歌全是指关系没有如它应该那么样所带来的痛苦。渴望它是健康的。

I've felt that pain before. Longing to be closer to friends that we've moved away from. Longing to be better friends.

我以前也曾感到过这种痛。渴望与我们已疏远的朋友更接近。渴望成为更好的朋友。

Psalm 103 shares the same emotions. It appears that David is feeling distant from God and he wants to be closer to him.

《诗篇》103 篇表达同样的情感。看来大卫感觉离神很远，他想更亲近祂。

David rebukes and corrects himself because of how he feels, and he brings his whole self to praise God by remembering what he has done and continues to do.

大卫因为自己的感受责备和纠正自己，他全心全意的以记住上帝做了什么，并继续在做什么去赞美祂。

Our experiences in life can influence how we feel about our relationship with God. Life is really tough right now, where is God. Life is good, God must be blessing me!

我们在生命的经历可以影响我们对我们与神的关系的感觉。生活真的很艰难时，上帝在哪里呀。生活是美好时，上帝一定是在祝福我！

Over the next 3 weeks, called Heart Songs, my desire is that we would get to know the Psalms so that they become like the cry of our heart. So that we become like a water balloon that when pricked out comes water – but for us, when we encounter challenges or joys in life the Psalms would pour out.

在接下来的3周，被定为《心曲》，我渴望我们认识几篇《诗篇》，让它们成为我们心中的呼喊。而我们变得像一个充满水的气球，当被刺时，水便冲出来…对我们来说，当我们遇到生命的挑战或乐趣时，《诗篇》会倾泻而出。

Jesus is a wonderful example for us. When he was on the cross he cried out with the words of Psalm 22 to convey the depths of his anguish. Psalms 41 gives him words to express the pain of his friends deserting him. He commits his Spirit into God's hands with words from Psalm 31. When he drinks the cup of wrath, that is from Psalm 75. Jesus is immersed in the Psalms, when suffering and grief and pain come it shows his view of God.

耶稣对我们来说是一个绝妙的榜样。当他在十字架上时，他用《诗篇》22的内文来传达他深深的痛苦。《诗篇》41给了他表达他的朋友抛弃他时的痛苦的话语。他以《诗篇》31中的话来将自己的灵交到神的手中。当他喝神愤怒的杯时，是出于《诗篇》7。耶稣沉浸在《诗篇》中，当受苦和悲伤和痛苦到来时，显示了他对神的看法。

My desire is for us as a church to know these heart songs of the bible, the Psalms because they beat with the everyday pain of guilt and pain, joy and satisfaction, fear and life with God.

我渴望我们整个教会认识圣经中的这些心曲，《诗篇》，因为他们与上帝同生活时的内疚和痛苦，喜悦和满足，恐惧和与日常中的痛苦同跳动。

Three sermons and three emotions that resonate and give us language, feeling distant from God, being tempted, and joy.

三个讲道和三种情感，能产生共鸣，给我们的话语，感觉远离上帝，被诱惑和喜悦。

Today, as we learn a new song, Psalm 103, David models what it feels like to feel distant from God, and to see how amazing it is that we can know God and all that he has done for us in Jesus.

今天，当我们学习一首新歌，《诗篇》103篇，大卫展示远离神的感觉是怎么样，并且去认识神和他在耶稣中为我们所做的一切是多么令人惊奇。

1. My Soul - Praise God 我的心哪，你要称颂耶和华！

Have a look at Psalm 103 with me.

和我一起看《诗篇》103

1 Praise the Lord, my soul; all my inmost being, praise his holy name.

2 Praise the Lord, my soul, and forget not all his benefits—

1 我的心哪，你要称颂耶和华！凡在我里面的，都要称颂他的圣名！

2 我的心哪，你要称颂耶和华！不可忘记他一切的恩惠！

It's as if David is feeling distant and rebukes himself and brings all of who he is before God. He reminds himself to praise God, to speak words of thanks and gratitude. David is calling his whole self from his very inmost being, his secret thoughts and hidden motives to worship God. With everything not just his voice, but his life / emotions / his finger tips / choices. To praise his holy name. God is worth it.

仿佛大卫感到疏远，责备自己，全心全意的把自己带到神面前。他提醒自己去赞美神，去以感谢和感激的言语向神说话。大卫从他最深处的内心召唤他的整个自我，他的秘密思想和隐藏了什么动机去敬拜神。不只是他的声音，而是一切，他的生命/情感/他的指尖/选择。去赞美他的圣名。上帝是值得这一切。

Rarely will be speak over the top about how great a person is, maybe at a wedding speech – My Bride, she's so Radiant she's amazing, she completes me, she makes coffee taste good

again, you make the stars shine, when I see you my heart stops and my breathe catches, only to start again when you say I love you.

很少会谈论一个人是多么伟大，也许在婚礼上…我的新娘，她是如此的光芒万丈，她是惊为天人，她使我完美，她使咖啡再次好味道，你使星星闪耀，当我看到你我的心停止，我的呼吸停顿，直至你说我爱你。

But the object of David's gushing praise is one who actually deserves them. One who actually made the stars and can stop hearts and start them again. Our God is holy and perfect, everything he does is good, he is wonderful and perfect, and he chooses to love us.

但是大卫赞美的对象是那真正值得赞美的。那个真正制造了星星，可以停止心脏，以后重新开始的。我们的上帝是圣洁和完美的，他所做的一切都是美好的，他是美妙的和完美的，他选择去爱我们。

It is easy to forget to praise this God.

很容易忘记去赞美这位神。

We are much more likely to think that we are deserving of praise and surround ourselves with people who praise us and get rid of people who want to keep accountable. I love hearing how good I am. The other day I brought the clothes in from the clothes line and I realised that I was waiting for Alisa to get home to pat me on the head and say how great I was for doing it. What a vain and sinful thing – come and tell me how great I am.

我们更可能认为我们值得赞扬，并和那些赞美我们的人在一起，并摆脱那些想要承担责任的人。我喜欢听我有多好。前几天，我把衣服从晾衣架收回，我意识到我在等待阿莉莎回家拍拍我的头，说我做得太好了。多么自负和罪恶的事情…来告诉我，我是多么伟大。

But this God deserves it. But David rebukes himself and says don't forget to praise God!

这个上帝是配得的。大卫责备自己，说别忘了赞美上帝！

When we live as if we are deserving of praise we can puff ourselves up and make God smaller. We start to drift from close relationship and dependence, and because we think we're great, think that any problems must be God's fault. God why have you done this!

当我们生活得像我们是值得赞美，我们会自高自，卑微上帝。我们开始从密切的关系和依赖中漂移，因为我们认为我们是伟大的，认为任何问题必须是上帝的问题。上帝，你为什么这样做！

David begins by reminding himself, going back to scripture, particularly Genesis, to praise God with his inmost being, because God deserves it and he is holy, and not to forget who he is and all that God has done. This is the antidote to a poisoned and distant heart.

大卫首先提醒自己，回到经文，特别是《创世记》，用他内心深处的存在赞美神，因为神是值得的，他是圣洁的，并不要忘记他是谁，以及神所做的一切。这是毒心和疏远的心的解药。

David needs to remind himself of why he should praise this God and so he remembers who he is and what he has done.

大卫需要提醒自己，为什么他应该赞美这个神，所以他记得他是谁，和他做了什么。

3 who forgives all your sins and heals all your diseases, 4 who redeems your life from the pit and crowns you with love and compassion, 5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

3 他赦免你一切的罪孽，医治你一切的疾病。4 他救赎你的命脱离地府，以仁爱和怜悯为你的冠冕。5 他用美物使你的生命得以满足，以致你如鹰返老还童。

The greatest benefit here is that God forgives sins because there can be no relationships with him without it. Our sin is what stands between us and God and he deals with it.

这里最大的好处是上帝宽恕罪，因为没有宽恕，就不可能有关系。我们的罪是我们和上帝之间的阻隔，他把它处理好。

He heals diseases. In the ancient world, without antibiotics even a tiny cut if infected could mean disaster. There was a very real need to depend upon God in health. COVID has made us realise how dependent we are upon vaccines. Living into a long life was seen as a blessing from God and a reason to praise God.

他治病。在古代世界，因没有抗生素，如果被感染，甚至一个小小的伤口，也可能是大难临头。在健康方面，有非常真实的需要去依靠上帝。COVID 让我们意识到我们对疫苗的依赖性。长寿被视为上帝的祝福和去赞美神的理由。

Likely that physical ailment is on view in verse 4, redeemed life from the pit, God has saved him from death's door. He should be praised, come close to God because he saves.

很可能在第 4 节是指身体，救赎你的命脱离地府，上帝从死门关把他救了下来。他应该受到称颂，亲近上帝，因为他拯救。

And he doesn't just pull someone out of the pit of death and despair, as David reflects on God raising us up and crowning us. It is such a wonderful picture of God's love and compassion. It's a picture of an outward sign for all to see. The wedding ring is a sign to say 'now I'm married'. David rejoices in the crown of God's love and compassion, he is forgiven and lifted up.

他不只是把某人从死亡和绝望的坑里拉出来，大卫反思上帝把我们提升，加冕我们。这是一幅神的爱和慈悲的精彩画面。这是一张外在标志的图片，供所有人看。结婚戒指是一个标志，说，「现在我结婚了。」大卫在神的仁爱和怜悯的冠冕中欢欣鼓舞，他已被赦免和救起。

David starts to change his experience of feeling distant by reminding himself of how good God has been to him personally, and he moves from thinking about just himself to all that God has done for Israel.

大卫以提醒自己，上帝对他本人是多么的好去开始改变他感觉疏远的经历，他从只考虑到自己转为上帝为以色列所做的一切。

2. Israel - Praise God 以色列 - 要称颂上帝。

David has called himself to praise God, and now he calls all of Israel to Praise God.

大卫吩咐自己去赞美神，现在他呼吁整个以色列去赞美神。

God has been faithful and good to his people, and he has showed them compassion and love for generations.

上帝对他的百姓一直忠心耿耿，世代地向他们表示怜悯和仁爱。

David speaks of his love for Israel from Vs 9,
大卫从第 9 节谈到他对以色列的爱，

9 He will not always accuse, nor will he harbor his anger forever;10 he does not treat us as our sins deserve or repay us according to our iniquities.

9 他不长久责备，也不永远怀怒。10 他没有按我们的罪待我们，也没有照我们的罪孽报应我们。

He doesn't accuse or harbour anger, he forgives sins and doesn't hold grudges, and so he doesn't treat people as they truly deserve!

他不指责或怀有愤怒，他赦免罪，不怀恨在心，所以他不以他们真正应得来对待人！

But his love! Verse 11,

但他的爱！第 11 节，

11 For as high as the heavens are above the earth, so great is his love for those who fear him;

12 as far as the east is from the west, so far has he removed our transgressions from us.

11 天离地何等的高，他的慈爱向敬畏他的人也是何等的大！

12 东离西有多远，他叫我们的过犯离我们也有多远！

Wonderful piece of poetry. His love is boundless and our sin is gone.

美妙的诗篇。他的爱是无限的，我们的罪已被处理。

And he has compassion on us like a father.

他像父亲一样怜悯我们。

David has gone from wild unimaginable pictures of God's love being as far east and west to a very close and intimate one,

大卫已经从疯狂的难以想象的上帝的爱，就是东离西有多远的距离，转到一个非常密切和亲密的关系。

13 As a father has compassion on his children, so the Lord has compassion on those who fear him;

13 父亲怎样怜悯他的儿女，耶和华也怎样怜悯敬畏他的人！

A dad, caring for his kids. My soul – don't forget this God who is so close.

一个爸爸，照顾他的孩子。我的心哪…别忘了这个如此亲近的上帝。

We might forget, we might get distracted and feel distant for a season, but he knows us. Verse 14 reminds us that he has watched us and known us since the womb.

我们可能会忘记，我们可能会分心，有一季感觉遥远，但他了解我们。第 14 节提醒我们，他从在母腹中开始就关注我们，认识我们。

I was watching Micah, my youngest son who loves bugs. He found a slug in the backyard and named it JohnJohn. And he followed it around, until he unfortunately squashed it. But we are so tiny and insignificant to God – until he chooses to watch us, to love us, to make us precious to him, that he wouldn't squash us, but instead die on the cross for us.

我布一次带米迦，我的小儿子，他喜欢虫子。他在后院发现了一只小虫，并命名为 JohnJohn。他跟着它四处走，直到他不小心的把它压扁。但是，我们对上帝是如此渺小和微不足道…直到他选择看顾我们，爱我们，珍贵我们，他不但不会压垮我们，而是为我们死在十字架上。

David is on a journey of reminding himself of God's goodness to him. He has rebuked his soul for forgetting his goodness, he has dwelt on his unimaginable and unlikely love and compassion.

大卫正在提醒自己上帝对他善良的旅程。他因他的心忘记了上帝的善良而责备他，他坚持他难以想象和不太可能的仁爱和怜悯。

3. Everything – Praise God! 一切都要称颂上帝!

David has been building in his praise of God. And he lets it out in this repetition of praise in the finals verses.

大卫一直在赞美神。他在最后的诗句中重复称颂。

20 Praise the Lord, you his angels, you mighty ones who do his bidding, who obey his word.

21 Praise the Lord, all his heavenly hosts, you his servants who do his will.

22 Praise the Lord, all his works everywhere in his dominion. Praise the Lord, my soul.

20 听从他命令、成全他旨意、有大能的天使啊，你们都要称颂耶和华!

21 你们行他所喜悦的，作他诸军，作他仆役的啊，都要称颂耶和华!

22 你们一切被他造的，在他所治理的各处，都要称颂耶和华!

He calls on the angels who hear God's voice Praise the Lord. All the world everywhere, Praise God. It's like David is on the top of a mountain calling all creation to respond to his great compassion. Praise Him!

他叫那些听到神的声音的天使赞美主。全世界都在赞美上帝。这就像大卫在山顶上叫所有被他造的去响应他伟大的怜悯。去称颂祂!

Finally, he finishes repeating the opening line, he's gone from the mountain top, back down to himself in the bedroom late at night. Praise the Lord my soul.

最后，他重复了开场白，从山顶上走了下来，回到深夜的卧室里。我的心哪，你要称颂神!

He started small, built remembering God's goodness throughout history, exploded in praise, and closes, my soul Praise God.

他从小开始，以纪念上帝在历史上中的美善建立起来，激发赞美，并完结时，我的心哪，你要称颂上帝。

This prayer is worldview shaping. David appears to have felt distant and forgotten God, and so he reminds himself from scripture about God's size and his own smallness in comparison. God is at the centre of it, he reigns. And yet he is also loving and compassionate. He cares for all his people. He forgives, because he's the only one that can as king. He knows us intimately, because he is from everlasting to everlasting and knows us.

这个祈祷是塑造世界观的。大卫似乎感到疏远和遗忘了上帝，所以他从经文中提醒自己神的大和他自己的小。上帝是万物的中心，他统管万有。然而，他也充满慈爱和怜悯。他关心他所有的百姓。他宽恕，因为他是王，是唯一可以的。他非常了解我们，因为他从亘古到永远，而且认识我们。

This process of meditating on God's goodness changes his experience.

这默想神的美善的过程改变了他的经历。

What David has done can be summarized in this graphic.

大卫所做的可以用这张图画作总结。

David's experience sends him back to scripture, it's what builds his view of God, his theology, which is what shapes his future experience with God.

大卫所经历的使他回到经文中，正是他建立对神的看法，他的神学的地方，也塑造了他未来与神的经历。

Can you imagine if David had done this the other way around? He started feeling distant and he let his experience shape his view of God? God I feel distant, where are you? I don't feel like you are close and loving, so you must not be a good and compassionate God. Then when he reads in the bible that God is a compassionate father, his experience has built up a theology that God is not like that. So he says I don't believe what the bible says about God, my experience has been that he's no loving.

你能想象大卫相反地做这事情吗？他开始感到疏远，然后他让他的经历塑造他对上帝的看法？上帝，我觉得很疏远，你在哪里？我不觉得你是亲密和慈爱的，所以你一定不是一个美善和怜悯的神。然后，当他在圣经中读到上帝是一个富有怜悯的父亲时，他的经验已确立了上帝不是这样的神学观。所以，他说我不相信圣经所说有关上帝的话，我所经历的是他不是慈爱的。

We can be tempted to fall into this trap in so many ways.

我们可以在很多方面陷入这个陷阱。

I'm still plagued by my sin.

我仍然被我的罪所困扰。

God hasn't satisfied everything I want in life.

上帝没有满足我生活中想要的一切。

I'm still struggling

我还在挣扎。

I'm suffering. God where are you and why aren't you helping me!

我在受苦。上帝，你在哪里，你为什么不帮我！

Our experience can build our theology, our view of God.

我们的经验可以建立我们的神学，我们对上帝的看法。

We need David's reminder here, don't forget God and instead read scripture and build our theology, our view of him from that.

我们需要大卫的提醒，不要忘记上帝，读圣经去建立我们的神学，我们对他的看法。

When we read the bible, God reveals who he is to us fully in Jesus.

当我们读圣经时，神在耶稣里向我们充分揭示他是谁。

In Jesus, Theology takes human form. We see what it would cost for God to have the forgiveness and grace and closeness that David described.

在耶稣里，神学以人类的形式出现。我们看到要拥有大卫所描述的赦免、恩典和亲近，上帝所负的代价。

In Jesus we see a larger picture of God as a father, and we see God's compassion that would make even his enemies his children.

在耶稣里，我们看到上帝作为父亲的大图画，我们看到神的怜悯，甚至会使他的敌人成为他的儿女。

For David he meditated on the God who knew all he'd done, and if we know this psalm we take these words in our hearts we have a much bigger picture of God because of who Jesus is. 对于大卫，他默想他知道他所做的一切的神，如果我们认识这篇诗篇，如果我们把这些话放在心上，我们因为耶稣是谁会对上帝有一个更大的画面。

Jesus reveals who God our Father is. We can know more of who is is and what is he like. So when we read this Psalm as people knowing Jesus it gives it so much depth and context.

耶稣揭示了我们的父神是谁。我们可以知道更多祂是谁，祂是什么样。因此，我们以作为认识耶稣的人来读这篇诗篇时，就会有多的深度和背景。

Just to remind ourselves of the first 5 verses through the lens of Jesus,

让我们透过耶稣以头 5 节来提醒我们，

Praise the Lord, my soul; all my inmost being, praise his holy name.

1 我的心哪，你要称颂耶和华！凡在我里面的，都要称颂他的圣名！

We now have a picture of what holy looks like in the perfect Jesus who never sinned and always obeyed.

我们现在知道神圣是什么样子，因为那完美的耶稣，他从未犯罪，永远遵循顺从。

3 who forgives all your sins and heals all your diseases,

他赦免你一切的罪孽，医治你一切的疾病。

He forgives sins that is only possible because of Jesus – no sacrifice is as great as Jesus on the cross.

他可赦免一切的罪孽是因为耶稣…没有比耶稣在十字架上更伟大的牺牲。

We don't need to fear diseases or illness or even death because Jesus has defeated it in Jesus.

我们不需要害怕疾病、甚至死亡，因为神在耶稣里打败了它。

4 who redeems your life from the pit and crowns you with love and compassion,

4 他救赎你的命脱离地府，以仁爱和怜悯为你的冠冕。

Jesus entered the pit so we could be raised from it.

耶稣进入地府，使我们可以从那里救起来。

He was crowned with thorns so we could be crowned with the title child of God.
他被荆棘加冕，使我们可以加冕为上帝的儿女。

5 who satisfies your desires with good things so that your youth is renewed like the eagle's.

5 他用美物使你的生命得以满足，以致你如鹰返老还童。

And he satisfies, with his love, with his forgiveness, with the church family, nothing compares.
他以他的慈爱，他的赦免，教会家庭，来满足我们，没有什么可比的。

Imagine if we had just these 5 verses in our hearts. When we felt distant from God, pained, suffering illness, struggling with sin, wondering – God, where are you! Meditate like David and call soul to praise God!

试想一下，如果我们心中有这 5 节经文。当我们感到远离上帝时，痛苦，病痛，与罪挣扎，想知道…上帝，你在哪里！像大卫一样默想，叫你的心，去称颂上帝！

God I know you are loving and compassionate, help me to see that. You have promised to love me, you have shown me that Jesus is the ultimate expression of your love, please remind me of that and help me to see it.

上帝，我知道你是仁爱和怜悯的，请帮我看到这一点。你答应过爱我，你告诉我耶稣是你的爱的终极表达，请提醒我，帮我看到这一点。

Alisa and I grew up in Wollongong, and so we don't get to see our oldest friends very often. But when we do, we have such a close connection because of our shared history. We often spend time reminiscing, telling old stories about good times and our friendship is restored. Relationship picks up where it left off.

阿莉莎和我在卧龙岗成长，所以我们不经常见到我们的老朋友。但当我们可以时，我们有如此密切的联系，因为我们的共同历史。我们经常花时间回忆，讲述好时光的老故事，我们的友谊恢复了。关系就在那停下来的地方继续开始。

God has known us from everlasting to everlasting. We can reminisce about all of God's wonderful blessings to us in Jesus.

上帝从亘古到永远已认识了我們。我們可以在耶穌里回憶神給我們的所有祝福。