

Happy – Psalm 40 快乐 - 诗篇 40

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That is such a contagious fun song. His happiness and joy is contagious. It's hard not to hear that song and want to dance or clap along with him. Pharrell Williams in that songs calls people to be happy. Nothing is going to bring him down, even if he's in a room without a roof.

那是一首充满感染力而有趣的歌曲。他的快乐是具有感染力的。在听这首歌时，很难不想和他一起跳舞或鼓掌。法瑞尔·威廉姆斯在那首歌里叫人们快乐。没有什么能把他打倒，即使他在一个没有屋顶的房间里。

And he invites people to clap along, join me in my happiness and joy!

他邀请人们一起鼓掌，和我一起享受我的喜乐！

He doesn't tell us where his happiness and joy come from, but he is sharing it.

他没有告诉我们他的喜乐是从何而来，但他正在分享它。

How do you react when you're happy?

当你快乐的时候，你会怎样反应？

I don't often stop and reflect on what brings me joy. Very rarely will I give thanks to God for my kids, when I'm spending time with friends I don't randomly start saying, *I'm happy you guys should clap along.*

我不常停下来思考是什么带给我快乐。我很少会为我的孩子感谢上帝，当我与朋友共度时光时，我不会随机地说，*我很快乐你们应该跟我一起鼓掌。*

On Monday, my family went out for a big walk through the Royal National Park to a waterfall. After a 40 minute walk, got to the waterfall and river, and Micah got into the water with me, then started to climb out and sliced his foot on an oyster. He's doing really well now don't worry. As he was being speed boated out by some kind people to take Alisa and Mike to hospital. I left with the other 2 kids and frustration and annoyance welled up inside me and my kids.

星期一，我和家人出去皇家国家公园远足到了一个瀑布。步行40分钟后，到达瀑布和河流，米迦和我一起下水，然后开始爬出来，脚被牡蛎割破了。他现在很好，别担心。当他和阿莉莎被一个热心善良的人用快艇送去医院时。其他两个孩子留下来跟着我，我和孩子们内心都感到沮丧和烦恼。

It's so sad that we had to leave. So sad that we couldn't keep swimming. Feel like we missed out. And I saw the pull of being ungrateful and unhappy.

我们不得不离开，真是太伤心了。我们很伤心不能继续游泳。感觉我们错过了。而我看到了不感恩和不快乐的拉力。

But instead I encouraged my own heart and kids to be thankful to God that we live in a country that we have much we can be happy about, much to be thankful about. We have a good medical system. We got to go for a bush walk! God has richly blessed us with all that I have, even if it wasn't exactly as we wanted.

所以我鼓励自己的心和孩子们要感谢上帝，因我们生活在一个，有很多我们可以高兴，很多要感谢，的国家。我们有一个健全的医疗系统。我们得去野外远足！上帝丰满的赐予我们所拥有的一切，即使不完全是我们想要的。

When things go wrong, when the oyster cuts of life surprise us and cut us deep, feelings of resentment, anger, and frustration can well up inside us towards God.

当事情出错时，当牡蛎的割伤给我们带来惊喜，把我们切得很深，怨恨、愤怒和沮丧的感觉可能会从我们内心涌向上帝。

Today as we continue in our heartsongs series, David has written another song that should penetrate into our heart. Psalm 40 shows us the how and why to combat those feelings of ingratitude towards God. Today we'll see why we should have gratitude, How to have it, and how it grows a deeper relationship with God.

今天，当我们继续我们的心曲系列，大卫写了另一首，应该会渗透我们的心的诗歌。。《诗篇》40向我们展示了如何和为什么要对抗那些对上帝的不感激之情。今天，我们将看到为什么我们应该有感激之情，如何拥有它，以及它是如何使我们与上帝的关系建立到更深的层次。

1. Why have Gratitude to God 为什么要感激上帝

Have a look with me at verse 1.

和我一起看看第1-2节。

I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.

我曾耐性等候耶和华，他垂听我的呼求。他从泥坑里，从淤泥中，把我拉上来，使我的脚立在盘石上，使我脚步稳健。

Last week we looked at Psalm 141, and David cried out to God in desperation to God for help. And this Psalm reads like a direct sequel. David cried out for help, and then verse 1, God turned to me and heard my cry.

上周我们看了《诗篇》141，大卫绝望地向上帝呼救。这篇《诗篇》读起来就像一部直接的续集。大卫在呼救，然后第1节，上帝转向我，垂听了我的呼求。

God responded to David's cry for help and pulled him out of danger. Out of the slimy pit and places him on solid ground.

上帝回应了大卫的呼救，把他从危险中拉出来。从泥坑里，从淤泥中，使他的脚稳立在盘石上。

God puts a new song in his mouth to sing praises to God. Verse 3.

上帝把一首新歌放在他嘴里，唱出对神的赞美。第3节。

He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him.

他使我口唱新歌，就是赞美我们上帝的话。许多人必看见而惧怕，并要倚靠耶和华。

David is going to respond to God's goodness by singing to him, and people will hear and trust God because he has been good to David.

大卫要以赞颂去响应神的美好，人们会听到并信靠上帝，因为他对大卫一直很好。

David continues to meditate on what it is to be blessed by God. Verse 4.

大卫继续默想被上帝祝福是怎么样。第4节。

Blessed is the one who trusts in the Lord, who does not look to the proud, to those who turn aside to false gods.

那倚靠耶和华、不理睬狂傲和偏向虚假的，这人有福了！

Blessed is the person who turns to God, because God is not a fake. He is not a man made idol, He is not just a god of our own devising, or made from a piece of wood.

转向上帝的人是有福的，因为上帝不是假的。他不是一个人制造的偶像，他不仅仅是我们自己设计的或由一块木头制成的神。

But the Lord is a God who can help. Who does help his people.

上帝是一个能拯救的神。仔确实拯救了他的百姓。

So why have gratitude to God – because he is the one who works and helps his people.

所以为什么要感谢上帝，因为他是作功并拯救他的百姓的那位。

He is real. David recognises who he is, and who God is. He is the one who is in control and works. Verse 5,

他是真实的。大卫认清自己是谁，和上帝是谁，是在掌控并工作的那位。第5节，

Many, Lord my God, are the wonders you have done, the things you planned for us.

None can compare with you; were I to speak and tell of your deeds, they would be too many to declare.

耶和华—我的上帝啊，你所行的奇事和你为我们设想的计划，多到无法尽述；若要述说陈明，不可胜数。

This God works. He saves. Many are His wonders.

这个上帝是工作的神。他拯救。并行许多都的奇事。

This is who our God is. Paul in 1 Corinthians 4:7 reminds us about why we should be grateful to God.

这就是我们的上帝。保罗在《哥林多前书》4:7提醒我们，为什么我们应该感谢上帝。

What do you have that you did not receive? And if you did receive it, why do you boast as though you did not?

使你与人不同的是谁呢？你所有的有哪一个不是领受的呢？若是领受的，为何自夸，彷彿不是领受的呢？

Paul calls to remember who we are and who God is. He is the one who is in control of all things, Tim Keller reflected in My Rock my refuge, 保罗呼吁记住我们是谁，上帝是谁。他是控制一切的那位，Tim Keller在《我的石头，我的避难所》中反映。

“Every day that your heart keeps pumping, your country is not invaded, and your brain keeps functioning is wholly an undeserved gift of God.”

“每一天，你的心继续跳动，你的国家没有被入侵，你的大脑继续运作，完全是上帝的，你不该有的，礼物。”

We have been granted so many wonderful gifts by God and yet we fail to recognise them. David starts this Psalm by assigning praise and honour in the right direction.

上帝赐予我们许多美好的礼物，但我们却认不出它们。大卫以正确的方向去分配赞美和荣誉来开始这首诗篇。

He doesn't reflect on his happiness and joy as if they came from himself, his ability to work hard or get himself out of his own situation. But it's all a gift from God.

他没有以他的幸福和快乐，好像是来自自己的，或努力工作或让自己摆脱自己的状况的能力。这一切都是上帝的礼物。

And this is true of our lives and salvation. We contribute nothing except our own sin to needing to be saved. All we contribute to salvation is need.

我们的生命和救恩都是如此。除了我们自己的罪和需要被拯救，我们没有仍作任何的贡献。我们对救恩的所有贡献，就只是‘需要’。

We should give thanks and gratitude to God for every moment of our lives!

我们应该为我们生命的每一刻感谢和感激上帝！

Good marks in school – God has given you a stable schooling system, a brain to learn, teaches to educate.

在学校有好分…是因为上帝给了你一个稳定的教育体系，一个学习的大脑，教书的老师。

Got a job, thank God for low unemployment. Succeeding in your job, thank God for your health which hasn't impacted your ability to work.

找到工作，为低失业率感谢上帝的。在工作中成功，为你的健康感谢上帝，因没有影响到你的工作能力。

Don't have a job, but there is a social system, job seeker, and there are jobs you can apply for, give thanks. Job keeper keeping you in a job at the moment, thank God. Religious freedom to praise God in a church.

没有工作，但为有一个社会系统，有求职者资助，和有工作你可以申请，去感谢。在目前的情况，有在职者资助让你保持工作，感谢上帝。有宗教自由可在教会里赞美上帝的。

If you're married thank God. If you're not married thank God that you don't live in a society that forces you to be married against your will.

如果你结婚了，感谢上帝。如果你还没有结婚，感谢上帝，因为你不是活在一个强迫你，违背你意愿，去结婚的社会里。

Tim Keller again from My Rock my refuge says that ingratitude is the root of all human sin. We read that as a staff team on the 30th September, and I've been wrestling with that idea. Ingratitude is the root of all sin. Ingratitude forgets who God is, and what he is done. It doesn't thank God, but it shifts the gratitude to someone who doesn't deserve it. I take the place of God and I praise myself. Ingratitude is the rejection of God as God, and it leads to pride, and arrogance.

再次从《我的岩石，我的避难所》，Tim Keller说，不感激是所有人类的罪的根源。自从9月30日我们整个教牧同工一起阅读了这一点，我一直在为这个想法而挣扎。不感激是一切罪恶的根源。不感激是忘记上帝是谁，忘记他做了什么。不去感谢上帝，但把感激之情转移到那些不值得的人那里。我代替了上帝，我赞美我自己。不感激是拒绝上帝作为上帝，导致骄傲和傲慢。

Not giving thanks to God for every second that we live and breathe, and work and go to school. We deserve nothing from God, but he makes the sun rise on us, and blesses us.

不为我们生命的每一秒，每一口呼吸，工作和上学而感谢上帝。我们不值得上帝的给与，但他让太阳如常升起照耀我们，祝福我们。

The sin of not have gratitude to God gives the delusion that we have the ability to hold life together. We are some how responsible for all that we have. Every minute is undeserved gift. 对上帝的没有感激之情的罪，使我们误以为我们有能力把持生命。我们所拥有的一切都是从自己所得。实际上每一分钟都是不该得的礼物。

We are just stewards with the time, the talents and the treasures God has given us. And it is up to us to choose how to use what God has given us. Wisely to bless others, or to care for ourselves. In recognition of where it comes from, or with the sin of ingratitude that will poison our hearts.

我们只是上帝给我们的时间，人才和财宝的管家。我们可以选择如何使用神赐给我们的。明智地去祝福他人，或只关心自己。承认它从何而来，或以不感激的罪毒害我们的心。

There is a very real danger of assigning too much praise to our self. Ingratitude says that I don't need you.

给予我们自己太多的赞美存在一种非常真实的危险。不感激是说我不需要你。

I remember my own ungrateful, surly teenage years. Maybe you remember yourself saying hurtful things like; *I don't need you, I can do it on my own, stop holding me back.*

我记得我自己少年时代的不感恩。也许你记得自己说过伤人的话，比如；*我不需要你，我可以自己去做，别再阻止我。*

Even though I was developing in my independence, I still had to realise how dependent I was upon my family.

尽管我在建立我们独立，我仍然必须意识到我是多么的依赖我的家人。

Imagine saying that to God. God leave me alone, I've got this. I know how to control my life. I can keep my heart beating.

想象一下对上帝说这些。上帝别管我，我做得到。我知道如何控制我的生命。我可以保持我的心去跳动。

David has reminded himself of how dependent he is upon God's grace for his life. That's the why we should have gratitude, because he does is incredibly generous.

大卫提醒自己，他的生命是多么的要依赖神的恩典。这就是为什么我们应该有感激之情，因为他确实非常慷慨。

2. How to have Gratitude 如何保持感恩

David not only recognises what God has done and meditates on it. He also goes out and declares it. This is a key way to have gratitude, to speak about all that God has done. Verse 9 大卫不仅认识到上帝的所作的事，并常默念。他还走出去，宣讲它们。这是一个保持感恩的关键方式，去谈论上帝所做的一切。第9节。

I proclaim your saving acts in the great assembly; I do not seal my lips, Lord, as you know. I do not hide your righteousness in my heart; I speak of your faithfulness and your saving help. I do not conceal your love and your faithfulness from the great assembly.

我在大会中传讲公义의佳音，看哪，必不制止我的嘴唇；耶和華啊，这一切你都知道。我未曾把你的公义藏在心里，我已陈明你的信实和你的救恩；在大会中我未曾隐瞒你的慈爱和信实。

David proclaims God's saving acts. He doesn't complain that God let him fall into a slimy pit of mud but proclaims in front of everyone that God saved him from it.

大卫传讲上帝的拯救行动。他不抱怨上帝让他掉进泥坑里，而是在所有人面前宣讲上帝把他从泥坑中救了出来。

We saw last week that David needed God to close his mouth, so he didn't sin. Now he says that his mouth won't be sealed because he is telling everyone about his saving acts.

我们上周看到大卫需要上帝闭上他的嘴，以致他没有犯罪。现在他说，他必不制止他的嘴，因为他要向大家告诉神拯救的行为。

Again, he contrasts what he might be tempted to do, but does to show gratitude for all that God has done. He doesn't hide God's righteousness in his heart, but meditates and tells everyone about God's character!

再次，他以可能被引诱去做的事情作对比，但以行动表达对上帝所做的一切的感激。他不把神的公义藏在心里，他思念并向所有人传讲神的品格！

He is
他是

Righteous – he is pure and good.

公义…他纯洁和美好。

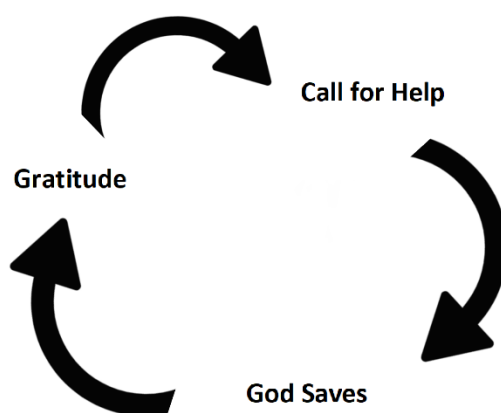
Faithful – he always saves and cares for his people.

信实…他总是拯救和关心他的百姓。

Love – Hesed, loving kindness, that word we saw last week.

慈爱…Hesed, 慈爱善良, 我们上周看到的一句话。

Cycle of Gratitude 感恩周期



Call for Help – God Saves – Gratitude.

呼救…上帝拯救…感激。

I do this practically with my kids all the time.

当我和我的孩子一起时, 几乎都会这样做。

We had a moment on Thursday where we could have been overwhelmed with ingratitude. We were at the Zoo, and we just missed out on getting into the seal show twice. There was a bit of a meltdown moment, I won't tell you whether it was Alisa or I, or the kids, but there was a moment of anger and frustration because we missed out.

上周四, 我们有一个可能被不感激淹没了的时刻。我们在动物园, 我们刚错过了进入海豹表演两次。有一个崩溃的时刻, 我不会告诉你是阿莉莎或我, 或孩子们, 但有一个因为我们错过了而愤怒和沮丧的时刻。

Let's go slowly over all that has happened and not take just this incident out of context.

让我们慢慢来讨论已经发生的一切, 而不是把这件事与上下文混为一谈。

What else have we seen today. Zebra, giraffes, penguins. Seen so many animals! Let's remember all of the good things.

我们今天还看到了什么。斑马，长颈鹿，企鹅。看到这么多动物了！让我们记住所有美好的事物。

Easy to do that with God, to focus on what we think we are missing out on.
很容易向上帝这样做，专注于我们认为我们错过了什么。

Gratitude looks like remembering all that he has done, not just in saving us from death and damnation, bringing us into his family, giving us the Holy Spirit to grow as his children. But God has also blessed us with a community of believers, we live in Australia and have religious freedom. Even when we were in strict lockdown our church had the ability to quickly pivot to streaming online.

感恩是记得他所做的一切，不仅仅是为了把我们从死亡和诅咒中拯救出来，把我们带进他的家庭，给我们圣灵去长成作为他的孩子。但上帝也祝福我们有一个信徒的群体，我们住在澳大利亚，有宗教自由。即使我们现严格的防疫封锁，我们的教会也有能力快速转为在线播放。

God blesses us every day with rains, and the sun. With flowers and parks to see his goodness in every moment.

上帝每一天以雨水和太阳来祝福我们。用鲜花和公园，每时每刻都看到他的美善。

In the Old Testament, when God's people had taken him for granted He often took away his blessing. See it in the book of Judges, where God's people take him for granted, the one who gave them their homes and land and families, and started worshipping other Gods.

在《旧约》中，上帝的百姓把他作为是理所当然的，他经常会挪开他的祝福。在《士师记》中，神的百姓把他作为理所当然，那位给了他们家园、土地和家庭的，并开始崇拜其他的神。

Repetition in scripture, I am the God of your fathers who brought you out of Egypt. Remember all I did for you. Gratitude looks like remembering. Reminding ourselves of the context of the life that we live.

在经文中重复，我是你父亲的神，把你们从埃及带出来那一位。记住我所做的一切。感恩看起来像是去回忆。提醒自己我们正在活着的生命的背景。

But we can also take God for granted in the nicest ways. Take for granted that he will forgive us and forget the cost of our sin. Take for granted that he is loving, and that he won't withhold anything from us his children. We can take for granted that he is always with us and answers our prayers.

但是我们也可以最好的方式把上帝作为是理所当然的。认为他当然会赦免我们，忘记我们的罪的代价。他当然是慈爱的，他不会向我们，他的孩子，保留任何东西。我们可以想当然地认为，他总是和我们在一起，回答我们的祈祷。

Remembering, speaking, and meditating on all that God has done grows gratitude. It reorients our lives to be thankful to all that God has done.

记住、传讲和默想一切神所做的会增长感激。复位我们的生命去感谢神所做的一切。

So why have gratitude? Simply, God is responsible for everything good in our lives.
那么，为什么要感恩呢？简单地说，我们生命中所有美好的事情都是上帝的作为。

3. Gratitude leads to a better relationship with God 感恩导致与上帝有更好的关系

David closes asking God for more help. Just like that cycle we saw earlier, he has been saved by God, shown his gratitude, and trusts that God will continue to care for him. Verse 13 & 17.
大卫最后请求上帝更多的帮助。就像我们之前看到的那个周期一样，他被上帝拯救了，表现出他的感激之情，并信靠上帝会继续照顾他。第13节和17节。

13 Be pleased to save me, Lord; come quickly, Lord, to help me.

13 耶和华啊，求你开恩搭救我！耶和华啊，求你速速帮助我！

17 But as for me, I am poor and needy; may the Lord think of me. You are my help and my deliverer; you are my God, do not delay.

17 我本是困苦贫穷的，主却顾念我。你是帮助我的，搭救我的；我的上帝啊，求你不要耽延！

David's trust and dependence upon God has grown seeing how he has been saved, meditating on all of God's goodness, and he continues to trust that God will come quickly to him and save him – because he was saved in the past.

大卫对上帝的信靠和依赖已经增长，看到他是如何被拯救的，沉思着上帝所有的美善，他继续相信上帝会很快来到他面前，拯救他…因为他在过去被拯救了。

Imagine if David had forgotten. If that cycle had been broken. He was saved but did not reflect on how he was saved or who did the saving. He just took it for granted.

想象一下，如果大卫忘记了。如果那个周期被打破了。他得救了，但没有考虑他如何得救或谁做了救助。他只是理所当然。

Disillusionment with God. No Gratitude. No thankfulness. Forgotten God.

对上帝的幻灭。没有感激之情。没有感谢。遗忘了上帝。

Attempt to do it in own power, and not depend upon God as the one who is the real strength.

尝试以自己的力量去做，而不是依靠上帝作为真正的力量。

David takes good from God and gives him the glory. He doesn't forget God and get puffed up. He doesn't become self sufficient and arrogant, but has good relationship with God.

大卫从上帝那里得到好，并给他荣耀。他没有忘记上帝，而自高自大。他没有变得自给自足和傲慢，但与上帝关系良好。

Ingratitude like any sin grows when we feed it and shrivels when we don't.

不感激就像任何罪，当我们喂它的时候，会增长，当我们不喂它的时候，会枯萎。

Once we start noticing the thoughts of ingratitude around and inside us we can start replacing them with thankful thoughts and prayers.

一旦我们开始注意到我们周围和内心不感激的想法，我们可以开始用感激的想法和祈祷来取代它们。

Yes my car just got a flat tyre, God has blessed me with a car and a spare tyre to fix it!

是的，我的车轮刚爆胎了，上帝祝福了我一辆车和备胎来修理它！

Yes I sin, God has so blessed me with a saviour, and he forgives me.

是的，我犯了罪，上帝用救世主祝福我，和他宽恕我。

That way we can cultivate a life of gratitude for all God has done and call people to be like Pharrel Williams who sang that song at the start to clap along and be happy.

这样，我们可以为上帝所做的一切培养感恩的生命，并呼吁人们像唱开始时那首歌的法瑞尔·威廉姆斯一样，一起鼓掌并喜乐。

This series hope has been that we are encouraged to be reading the HeartSongs of the bible, the Psalms, as they resonate throughout all of our lives.

这个系列的希望一直是鼓励我们阅读圣经的心曲，《诗篇》，因为它们在我们的一生中都产生了共鸣。

To help us to talk to God when we feel distant from him. To cry out for help when tempted. And to live a life of gratitude to God for all he has done.

当我们与上帝疏远时，帮助我们与上帝交谈。被诱惑时大声呼救。并为他所做的一切而感激上帝。