

# Song of Grace 恩典之歌

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If I took out this magnifying glass and applied it to your life, what would be the biggest things?

如果我拿出这个放大镜，来查看你的生命，最着重的事情将会是什么？

If you went through my life 10 years ago, in the years before I had kids, one of the biggest things was martial arts. I would do it, watch movies about it, talk about it, argue which was the best. It was important, it was I was focussed on and what was big in my life.

如果你看我10年前的生活，在我有孩子之前的年月，最重大的事情之一就是武术。我会练习，看有关的电影，谈论，争论哪个是最好的。这是重要的，它是我的专注，是在我的生命中最重大的事情。

Then when I had kids, the kids become the biggest thing. I want to make them as important to everyone else. Hey, look at this photo of my child, they did a cute or funny thing.

然后，当我有了孩子，孩子们成为最大的事情。我想让对其他人也一样重要视他们。嘿，看我的孩子的照片，他们做了一个可爱或有趣的事情。

What is your life focussed on? Your family, or your health, friends, education, your loves, your passions or hobbies? When people think about you, what do they think they should get you for Christmas?

你生命的关注是什么？你的家人，还是你的健康，朋友，教育，你心所爱，你的激情或爱好？当人们想到你时，他们会认为应该为你预备什么圣诞节礼物？

What have we turned our lives towards, so that when people see us they see the biggest part of our lives?

我们把我们的生命转向了什么，当其他人看到我们时，他们会看到什么是我们生命中最重视的？

We all have things in our lives that we magnify because they make us who we are, they give us meaning and significance. I am valued because of this job. I'm the guy who loves martial arts. I'm unique, I've got kids.

我们生活中都有我们放大的东西，因为它们塑造我们，赋予我们生命意义。因为这份工作，我受到重视。我就是那个喜欢武术的人。我是独一无二的，我有孩子。

I'm not that unique that I've got kids. I'm not that into martial arts like I was years ago. How do we decide what we should magnify in our lives?

我有孩子并不是那么独特。我不像早年前那样喜欢武术。我们如何决定我们应该放大我们生命的那部分？

If we all do it, it's worth asking the question, why. Does this thing really bring significance? Is this really what defines me as me?

如果我们都这样做，值得问，为什么，这个问题吗？这东西真的能带来意义吗？这真的是定义我是谁的东西吗？

As it's Christmas time, and we can sing again; we're going to spend some time looking at the songs sang at the first Christmas.

来到圣诞节，也正当我们可以再唱歌；我们看看在第一个圣诞节时是唱什么歌。

Today we're looking at a song known as the Magnificat, Mary's song. In this song, Mary calls us to make God the largest thing in our lives, to magnify him – all because of his grace towards us. This 15 year old girl in a backwater town will challenge us to make God the biggest thing in our lives, loved by him is what defines us.

今天，我们看一首叫《尊主颂》的歌，马利亚的歌。在这首歌中，马利亚呼吁我们去让上帝成为我们生命中最大的东西，放大他…全因为他对我们的恩典。这个在穷乡僻壤的小镇的15岁女孩，将挑战我们去让上帝在我们生命中成为最大的东西，被他所爱才是为我们定义的要害。

## 1. Singing of Grace 恩典的歌声

We meet up with Mary in the Christmas story after she is pregnant with Jesus. She has visited her cousin, Elizabeth, who is pregnant with John the Baptist. And Elizabeth calls her blessed because she carries Jesus in her womb!

我们在马利亚怀了耶稣后，在圣诞节的故事中看到她。她刚拜访了怀着浸洗约翰，她的表姐，伊利莎白。伊利莎白称她为有福的，因为她正怀着耶稣在腹中。

Responding to all that God has already done in her life, Mary sings a song.

响应上帝在她生命中已经做过的一切，马利亚唱了一首歌。

“My soul glorifies the Lord 47 and my spirit rejoices in God my Saviour,  
「我心尊主为大；47我灵以上帝我的救主为乐；

She is singing from her soul and spirit, the very depths of herself. This is not just a polite, thank you God for having me be Jesus' mother. She praises God with all that she is.

她从内心的深处，灵魂所在的地方，唱出这颂辞。这不单单是一个有礼貌，感谢上帝让我成为耶稣的母亲。她以她的一切去赞美上帝。

And she glorifies the Lord. I don't often dive too deep into the original words in the bible, but I have found this one interesting. The word for glorify comes from the Greek word, Megalunei, (Μεγαλύνει) which is the idea of magnifying, or making something mega, making something big. It was translated into Latin as Magnificat, which is where the song gets its name.

她荣耀主。我通常不深入研究圣经中的原文，但我发现这段经文很有趣。「尊荣赞美」这个词来自希腊词 Megalunei, (Μεγαλλνει), 意思是放大或使一些东西成为巨型，成为大。它被翻译为拉丁文的 Magnificat, 就是这歌的名字。

And so Mary sings wanting to megalunei, magnify, make large God with the depths of her soul.

所以马利亚从灵魂深处唱颂神去让他作为大，去放大，最巨大。

But this is not like a magnifying glass. A magnifying glass takes something small, and makes it larger. It megalueni's it. As a kid, you'd point them at ants, something tiny and insignificant, and you could see it clearer.

但这不像放大镜。放大镜是把小的东西，变为大。巨大化。作为一个孩子，你会用来看蚂蚁，看一些微小的和微不足道的东西，让你可以更清楚看到。

But God is infinite. He is already Mega. Mary is now reflecting on how great he truly is. How majestic, and awesome.

但上帝是无限的。他已经是超级的了。马利亚是在反思回想他是有多么的伟大。多么雄伟，多么棒。

But why, why should God be the biggest thing in Mary's life? As a young pregnant woman, there are many other things that should be the biggest priority. Getting married to Joseph, building a house, food, stability. There are many pressures of life that are all calling to be made *the* most important. But yet, God is the mega. God is what she wants her entire life to magnify.

但是为什么，为什么上帝应该是马利亚生命中最重大的东西呢？作为一个年轻的孕妇，应该有许多其他的事情更为大，更为优先。和约瑟结婚，建房子，食物，稳定生活。有许多生命中的压力都在要求成为最重要的。然而，上帝是最巨大的。上帝是她想让她的一生去放大的。

All because of who she is, and who God is.

全都是因为她是谁，和上帝是谁。

Mary has rejoiced in 'God my saviour'. She doesn't see herself as the offspring of immaculate conception. Only sinners need a saviour. Her song comes from a place of questioning. Why me?

马利亚以上帝「我的救主」为乐。她并不认为自己是完美无暇的受孕的后代。只有罪人需要救世主。她的歌来自一个问题。为什么是我？

Verse 48,

第48节，

for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, 49 for the Mighty One has done great things for me—holy is his name.

因为他顾念他使女的卑微；从今以后，万代要称我有福。49 因为那有权能的为我做了大事；他的名是圣的。

Mary is just another young girl in a backwater town of a captive nation. Yet God chose the unworthy. He was mindful of her. God has taken out the magnifying glass and zoomed in on

one young girl. The God of the infinite universe who is holding all things together by his will, causing the sun to rise, holding gravity, and listening to billions of hearts beat – this great God has one young girl in his mind.

马利亚只是另一个在一个被俘虏的国家的穷乡僻壤的小镇的年轻女孩。然而，上帝选择了卑微不配得的。他顾念她。上帝拿出放大镜，放大了一个年轻女孩。。无限的宇宙的上帝，正按他的人意把所有东西放在一起，使太阳升起，保持引力，聆听数十亿颗心的跳动…这位伟大的上帝心中有一个年轻女孩。

God has lifted her up, and so Mary wants to magnify this God in all of her life, to make him mega. He has taken her out of obscurity and shown her grace.

上帝把她高举起来，所以马利亚想以她的一生去放大这个神，尊他为大。他把她从默默无闻中带出来，以恩慈对待她。

Grace. God's unmerited love and favour. That he would not only be mindful of her. He would choose her to have a crucial role to play in his plans for the salvation of the world.

恩慈。上帝不基于功德的爱和恩惠。他不仅顾念她。他还选择她在拯救世界的计划中扮演一个至关重要的角色。

It's a song of unmerited grace.

这是一首不基于功德的恩典之歌。

50 His mercy extends to those who fear him, from generation to generation.

50 他怜悯敬畏他的人，直到世世代代。

Mary's song reveals her humility and lowliness. These are both marks of someone who has stood before God, fully aware of what their sins deserve and yet have received mercy.

马利亚的歌展现了她的卑微和谦逊。这两者都是敬畏神的，完全知道他们因他们的罪应得的是什么，却得到了怜悯的人的象征。

Mary knows she deserves nothing from God. Can you imagine if she acted like she deserved it? That over inflated view of a person? Where they have become mega in their own eyes?

马利亚知道她不值得上帝给与什么。您可以想象她表现得她配得什么吗？对自己有自我膨胀的看法。在自己眼中看自己为超级的人。

I deserve your favour God. You should pick me! I'm great for you. I will be invaluable for your church. The very best mother of Jesus there is.

我配得上你的恩惠。上帝你应该选我！我非常适合你。对于你的教会我将会是无价宝。是耶稣最好的母亲。

When we are faced with that kind of arrogance and pride, we find it repugnant and distasteful. 当我们面对这种傲慢和骄傲时，我们感到厌恶和令人反感。

Who are you to speak like that!

你是谁去那样说话！

And yet we all struggle to sing a song like Mary's.  
然而，我们都有困难去唱出一首像马利亚的歌。

God why would you choose to save me? Why do you know me? At some level we all think we deserve good from God. Mary song calls us to be in awe of God's gift given, especially because we don't deserve it.

上帝，你为什么会选择去救我？你为什么认识我？在某种程度上，我们都认为我们值得上帝对我们好和给与好处。马利亚的歌叫我们敬畏上帝所赐的礼物，特别是因为我们不值得得到。

Have you ever received a gift that was just absolutely spot on? Maybe you'll get one on Christmas morning, when you're at a friends house, or with family. Open a gift, and just sit a little in awe – wow, this gift is actually perfect for me, you must really know me.

你曾经收到过绝对准确如你所愿的礼物吗？也许你会在圣诞节的早晨，当你在朋友家，或和家人在一起，收到。打开礼物，有一点点受宠若惊…哇，这个礼物正正是我所需的，你必定是真正十分了解我。

Mary's song is a reminder that God knows us. He is mindful of us. We need to continue to sing this song to our hearts. Walking around Christmas shopping – God why have you been mindful of me. I'll magnify you with all my soul. God's grace causes Mary to want to magnify, make God the mega of our soul.

马利亚的歌提醒我们，上帝了解我们。他顾念我们。我们需要继续向我们的心唱这首歌。在走来走去作圣诞购物时…上帝，你为什么顾念我。我会用我的灵魂来尊你放为大。上帝的恩典使马利亚想要去尊崇，使上帝成为我们心灵的巨无霸。

## 2. Singing of Justice 正义之歌

Mary now sings about how great God is, that he lifts the lowly up and not those who are full of pride, who make themselves mega in their own eyes.

马利亚唱出上帝怎样的伟大，他举起卑微的，而不是那些充满自豪感的人，那些在自己眼中把自己变得巨大的人。

This God is great, he is mega. He isn't biased. He treats the lowly and humble with love and grace. He lifts them up, he places the magnifying glass on them and is mindful of us.

这神是伟大的，他是巨大的。他没有偏见。他用爱和恩典来对待卑微和谦逊的人。他高举他们，他把放大镜放在他们身上，并顾念着我们。

Mary now sings of what God does with those who make themselves great.

马利亚现在唱出上帝怎样处理那些使自己变得大的人。

Verse 51.

第 51 节。

He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts.

52 He has brought down rulers from their thrones but has lifted up the humble.

53 He has filled the hungry with good things but has sent the rich away empty.

51 他用膀臂施展大能；他赶散心里妄想的狂傲人。

52 他叫有权柄的失位，叫卑贱的升高。

53 他叫饥饿的饱餐美食，叫富足的空手回去。

He scatters those who are proud in their inmost thoughts. Pride competes with God for glory. It's a competition for who will be the greatest. Pride in our hearts refuses to acknowledge that God is sovereign.

他赶散心里妄想的狂傲人，骄傲的人与上帝争光。这是一场争夺谁为最大的斗争。我们心中的骄傲拒绝承认上帝是主宰。

When there is pride in our hearts, we look different. Mary is singing comparing what is going on in her heart. She is making God the greatest in her soul and spirit, whereas the pride in their inmost thoughts, their hidden places magnify themselves. Any sentence that starts with I deserve, that should have been me.

当我们心中骄傲时，我们看起来就不一样了。马利亚正在唱着，比较着她心里所想的。她在使上帝成为她灵魂深处中最伟大的，而那些在他们内心深处是骄傲的，他们会在隐藏的地方把自己放大。任何以我应得的，那应该是我所得的，作开头的句子。

We all battle it. An over inflated sense of what we deserve. Think about Christmas, what are your expectations for Christmas morning? Do you have expectations that Christmas day will go exactly as you've planned? Christmas can be such a tricky time, because for many of us we build up a perfect picture of it, and when it doesn't happen there is conflict.

我们都在对抗着。我们都对应该得到什么有膨胀感。想想圣诞节，你对圣诞节的早晨有什么期望？有否期望圣诞日将完全按照你的计划进行？圣诞节可能是一个如此棘手的时间，因为对于我们中的许多人来说，我们建立了一个完美的画面，当它不发生时，便有冲突。

But God *hates* pride. He has lifted up Mary, she knew her humble place before God.

但上帝讨厌骄傲。他高举马利亚，她清楚知道自己在上帝面前的卑微的位置。

But God scatters the proud. It is an act of judgement. God did it when mankind got ahead of themselves at the tower of babel. Full of pride, they thought that they could ascend to heaven, and they were scattered.

上帝赶散狂傲的人。这是一个审判。当人类在巴别塔想超越上帝为自己立名时，曾做了一次。他们当时充满狂傲，以为可以通天，所以被分散了。

When Israel was full of pride, and thought that Jerusalem would never fall, he scattered his people across the world.

当以色列充满骄傲，认为耶路撒冷永远不会倒塌时，他把他的百姓分散到世界各地。

God brings down those who are wise in their own eyes. He sends away those who are rich.

上帝使那些自以为聪明的人失位。他送走那些自以为富有的人。

Call of Christmas is our desperate need for God to save us. He had to directly intervene in the situation.

圣诞节的召唤是我们迫切需要上帝来拯救我们。是他不得不直接干预的局势。

God had to take off his power and become a person. Limit himself and became humble man.

上帝必须放下他的权能，成为一个人。限制自己，成为卑微的人。

And if we attempt to make ourselves greater than him we'll have no part in his salvation.

如果我们试图使自己比他大，我们将与他的救恩没有份。

52 He has brought down rulers from their thrones but has lifted up the humble.

53 He has filled the hungry with good things but has sent the rich away empty.

52 他叫有权柄的失位，叫卑贱的升高。

53 他叫饥饿的饱餐美食，叫富足的空手回去。

The powerful and wealthy are inclined to pride. So God sends them away empty.

有权柄的和富足的人通常都倾向于骄傲。所以上帝使他们空手回去。

We do see this continue in the world today. How world leaders, government officials indulge in luxury, give grants and money to one another, swell with pride and are intoxicated with the spoils of prosperity.

我们确实看到这种情况在当今世界仍在继续。世界各国的领导人、政府官员如何沉溺于奢华，如何向彼此提供赠款和金钱，骄傲地膨胀，陶醉于繁华带来的腐败。

When Mary sings that God brings down rulers from their thrones, she calls us to see that God is the mega, the greatest. The world does not run on money at the whim of those who have the most.

当马利亚唱出上帝叫有权柄的失位时，她叫我们看上帝是最伟大的。世界不是随拥有最多钱的人的心所欲地，依靠金钱去运行的。

It might seem like the rich can do whatever pleases them, but in actual fact, there is a God who is greater.

富足的人似乎可以做任何取悦他们做的事，但实际上，有一个更伟大的神。

The great and rich and powerful face the temptation to lift themselves up to their own praise and leave nothing for God. But this is not just for those on thrones and the mega rich. We must be hyper aware and on guard against such chasing, lest God remind us of our dependence by removing his blessings.

伟大的、富有的、有权柄的人面临着自我升高，自我赞美的诱惑，没有给留下任何给与上帝。但不仅仅是那些在王位上的和超级富豪的。我们必须对这样的追逐提高意识，提高警惕，以免上帝通过移除他的祝福来提醒我们的依赖。

Mary's hymn is a song of the powerless not the proud. Song not of expectations by God's unexpected Grace. God is in control not the world.

马利亚的赞美诗是一首卑微无力的人的歌，而不是骄傲的人的歌。不是对上帝有什么期望而是意想不到的恩典的歌曲。不是世界在控制而是上帝在掌控。

In this whole song, God is the subject of almost all the verbs, the actions. He is the God who acts.

在这整首颂歌中，上帝是几乎所有动词和动作的主题。他是行动的神。

God is the saviour

上帝是救主

He is mindful of his servants.

他顾念他的仆人

The mighty one does great things.

那有权能的做了大事

He extends mercy.

他怜悯

He performs mighty deeds.

他施展大能

Brought down rulers and lifted up humble.

叫有权柄的失位，叫卑贱的升高

Filled hungry and sent away the rich.

叫饥饿的饱餐美食，叫富足的空手回去

And he has helped his servant.

他帮助了他的使仆

It is a picture of God's wonderful grace. That he would act.

这是一幅上帝的奇妙恩典的图片。他是会采取行动的。

All religions in the world are about what we have to do.

世界上所有的宗教都关心我们必须做什么。

Whether I have to meditate to give up all worldly attachment. Act in the right way to please a god, or continue to go to temple or church, following the right cultic practices. The sinner has to be the one who acts, to go from low to high. Sinner to saint. Mary's song flips that. Flips all the expectations and all cultural and social protocols.

我是否必须冥想去放弃对世界的所有依恋。以正确的方式去取悦神，或继续去寺庙或教堂，遵循正确的宗教仪式。从卑微升高，罪人是那必须行动的人。从罪人到圣人。

马利亚的歌把这个翻转了。翻转所有期望和所有文化和社会协议。

God is the one who acts. He sees our need and starts a revolution that reorders reality. The highest of highs intercedes for the lowest, and young women and calls her blessed.

上帝是采取行动的那位。他看到了我们的需要，开始了一场重新排列现实的革命。从最高之上的最高处来到低微的，年轻的女子，并称她为有福。

God ignores those on the thrones, those who are rich and important, and he is mindful of the humble and lowly.

上帝无视那些在王位上的人，那些富有和重要的人，他顾念卑微的人。

The almighty restructures cosmic reality with the unmighty. The God of the magnificent stands with small and weak, and he magnifies them.

万能的以不显大的将宇宙的现实重新安排。宏伟的上帝与小而弱的并肩，并去放大他们。

## Conclusion 结论

This Christmas let's not move to quickly past Mary's amazement that God would choose her. God had spent centuries preparing for the day when Jesus would come and now he is going to save the world, using an unmarried young girl. Mary's words in that song should be ours...he has been mindful of the humble state of his servant. The mighty one has done great things for me.

这个圣诞节，让我们不要迅速的略过马里亚为了上帝选择她而感到的惊奇。上帝以几个世纪准备耶稣来临的日子，现在他要用一个未婚的年轻女孩来拯救世界。马里亚在那首歌里的话应该是我们的...他一直顾念他使仆的卑微，那有权能的为我做了大事。

He has done not just good, not even great, but mighty things for me. And for you. How can we get to Christmas and not sit in this note of joy and astonishment that God would choose to bless me? You?

他不仅做了好事，甚至不是很好的事，而是为我做了伟大的事。也为了你。我们怎么能来到圣诞节，而不坐在这喜悦和惊讶的音符中，上帝会选择去祝福我？或你呢？

We should all be like Mary, amazed that God would work in us. We are all like Mary, who received Christ in her in a very literal way. But for everyone who puts faith in Jesus we receive in by the Holy Spirit.

我们都应该像马里亚一样，惊讶于上帝会为我们的工作。我们都像马里亚，以非常直白的方式接待了基督。对于每一个相信耶稣的人，我们借着圣灵去接受。

We should be floored that God would give us, with all our smallness and flaws, and issues of pride the greatest gift. We should never move too far from this astonishment.

我们应该为上帝会给我们这些带着我们所有的卑微和缺点，以及骄傲的问题的人，这么伟大的礼物而不知所操。我们绝不应离开这种惊讶太远！

This is the heart of the Christian Gospel. God's grace that he would choose anyway.

这是基督福音，上帝的恩典，的核心。他无论如何都会选择我们。

When we are astonished by God's grace, it kills our pride. It kills our demands of God. It kills our religious doing things to please God. And we are left in awe, surprise and wonder.

当我们被神的恩典惊呆了时，我们的骄傲就被扼杀了。扼杀我们对上帝的要求。杀停我们以做宗教的事情来取悦上帝。我们被留在敬畏，惊讶和惊奇中。

This Christmas let's magnify God in our lives, let's make him bigger.

这个圣诞节让我们放大我们生命中的上帝，让我们尊他为大。

Have you ever set something on fire with a magnifying glass? It has no power, no fire or flame, no light in itself. But when it is turned on the right angle, it magnifies the sun's rays and ignites, causes a massive reaction.

你曾否用过放大镜去点燃一些东西？它本身没有力量，没有火头，没有光。但当把它调较到适当的角度，它可把太阳的光线聚焦和点燃，引起巨大的反应。

We on our own have no power. But we are like a magnifying glass that God uses to focus and direct his power.

我们凭自己没有力量。但我们就像一个放大镜，上帝可用来聚焦和引导他的力量。

This Christmas as we face the pull of greed, pride, and high expectations, let God be the greatest in your life. Angle yourself away from those, and turn to God so that he might be magnified in you and through you to all people.

这个圣诞节，当我们面对贪婪、骄傲和高期望的拉力时，让上帝成为你生命中最伟大的。远离那些一切，转向上帝，这样他可在你身上被放大，并通过你被放大到所有人的身上。