

LAMENT IN THE LIGHT OF YOUR HOPE - Psalm 6

在你希望的光照下哀歌 – 詩篇 6

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Once, there was a moth. That's right, a moth.

從前，有一隻飛蛾。沒錯，一隻飛蛾。

He went to see the podiatrist.

他去看了足科醫生。

The podiatrist said: "Moth, what seems to be the trouble? How can I help?"

足科醫生說：「飛蛾你覺得那裡不舒服？我可以怎樣幫忙？」

The moth said to the podiatrist: "Doc, I'm in a bad way. My life has fallen apart completely. My friends have all deserted me. Even my family won't talk to me. I can't find work, my marriage is on the rocks, and nothing makes me happy. I just don't know how to keep going. Doc, what do I do?"

飛蛾對足科醫生說：「醫生，我的情況很糟糕。我的生活徹底崩潰了。朋友都拋棄了我，連家人都不理我。我找不到工作，我的婚姻岌岌可危，沒有什麼能讓我快樂。我真不知該如何繼續下去。醫生，我該怎麼辦？」

The podiatrist paused and then replied: "Moth, I can see you're in bad shape. But with everything you have going on in your life, you should be seeing a psychiatrist, not a podiatrist! Why did you come to see me?"

足科醫生想了一想，回答道：「飛蛾，我可以看到你的情況不太好。但是，對於您生活中發生的一切，您應該去看精神科醫生而不是足科醫生！你為什麼來看我？」

And the moth replied: "The light was on."

飛蛾回答說：「你這裡有燈光。」

Where do we turn when our life gets out of control? Where have you flown for help when overrun by anxiety or fear? Unlike that moth, we need to turn toward the light that can help us with our troubles.

當我們的生活失控時，我們該何去何從？當你被焦慮或恐懼所淹沒時，你去哪裡尋求幫助？不要像那只飛蛾那樣，我們需要轉向可以幫助我們解決煩惱的光。

LAMENT 哀歌

In seasons of trouble and darkness, God is near to us. And for those seasons, He has provided a pattern of prayer that is a path into HIS LIGHT, called LAMENT.

在困難和黑暗的時期，上帝是在我們身邊。對於那些時期，他提供了一種祈禱的模式，這是一條通往他的光的道路，稱為哀歌。

Lament is the uniquely Christian response to suffering and tragedy. When we lament, we take our emotions and turn to God with them. We tell Him what is happening, ask Him to intervene, challenge His promises, and rediscover our hope in our relationship with Him. When we lament, God hears our weeping, listens to our cries, and accepts our prayers. In your season of despair, come lament in the light of your hope in Jesus Christ.

哀歌是基督徒對苦難和悲劇的獨特回應。當我們哀歎時，我們會帶著情緒轉向上帝。我們告訴他正在發生的事情，請求他干預，挑戰他的應許，並重新發現在我們與他的關係中的希望。當我們哀歎，上帝聽到我們的哭泣，聆聽我們的呼喊，並接受我們的祈禱。在你絕望的時候，來在你對耶穌基督的希望之光中哀歎。

NEGLECTED LAMENT 被忽視的哀歌

Lament is a neglected response to tragedies in Churches. Christians rarely lament together or privately. But lament is worth rediscovering and practising for our seasons to come.

哀歌是教會對悲劇的一種被忽視的回應。基督徒很少一起或私下哀歎。但是，對於我們將要面對的時期，哀歌是值得重新發現和練習。

The Bible is filled with the language of lament, in public and private prayers and songs. The book of Lamentations is one whole lament. There are more than forty Psalms of lament written to be sung together. If this Biblical pattern of lament is here for us, why aren't we lamenting? Local Christian author Peter Davis says Christians in Sydney today are 'afraid of lament'! Is that true?

聖經充滿了哀歌的語言，無論是公開的還是私下的祈禱和歌曲。《耶利米哀歌》是一部完整的哀歌。《詩篇》中有四十多首是可以一起唱的哀歌。如果這種聖經中的哀歎模式就在我們身邊，我們為什麼不哀歎呢？本地的一位基督教作家彼得大衛斯說，今天悉尼的基督徒「害怕哀歎！」是真的嗎？

Even in our multi-ethnic church, most of us only reveal negative emotions from grief or pain in private. Could there be an unspoken rule amongst us that any overflow of emotion is 'wrong'? For many, it's 'just not done' or improper. Perhaps we would rather appear 'respectable' than be openly upset.

即使在我們這個的多民族的教會中，我們大多數人也只會在私下裡顯露悲傷或痛苦的負面情緒。我們中間會不會有一個不言自明的規則，任何情緒的溢出都是「錯誤的」？對許多人來說，這是「不會這樣做」或不正確適當的。也許我們寧願表現得「受人尊敬」，也不願公開不滿。

At an online funeral, I attended recently. This was on full display. I noticed every single person who spoke apologised for their tears. Their overflowing emotions were not 'ok', even at a funeral!

在我最近參加的線上葬禮上，這一點被顯露無遺。我注意到每一個說話的人都為他們的眼淚道歉。即使在葬禮上，他們情緒的溢出也是不「適當」！

In some families, emotions are seen as a weakness. They prove a person is out of control and has lost their self-reliance or capacity to contribute to their family. But who hasn't felt

completely out of control or too weak to fix the situation for ourselves or our family? Locally, hiding hurt isn't helping. Mental health issues are a major concern in our suburb, but we rarely talk about our own struggles.

在一些家庭中，情緒被視為弱點。他們證明一個人失去了控制，失去了自力更生或為家庭做出貢獻的能力。但誰未曾感到完全失控，太虛弱而無法為我們或我們的家人解決我們的處境？在我們身處的社會中，隱藏傷害並沒有帶來幫助。心理健康問題是我們這個社區的一個主要問題，但我們很少談論自己的掙扎。

In some families, even churches, positive emotions are so obsessively sought that any negative emotions are rejected and stifled. Look out for those 'live your best life now' messages. Pain and grief cannot be kept from our lives.

在一些家庭，甚至是教會中，人們過分追求積極情緒，以至於拒絕和扼殺任何消極情緒。留意那些「現在過上最好的生活」的信息。我們是無法從的生命中與痛苦和悲傷保持距離的。

We naturally react to suffering and tragedy as our culture says we should. What would it take for us to look at God's word as our guide to reacting to the hard and horrifying?

我們很自然地以我們的文化所說的那樣對苦難和悲劇做出反應。我們需要什麼才會以上帝的話語來指導我們對艱難和可怕作出反應？

It would take a deeper trust that the God who created us knows us and is in control. We need a deeper faith to react to hardship in God's way than society's pattern. The Bible provides us with a way to 'not be ok' and come to God safely, never hiding our hurting from our Father. That way is lamenting. It's ok to lament, and it's needed.

需要的是更深的信任創造我們、認識我們、並控制我們的上帝。我們需要更深的信來以上帝的方式，而不是社會的模式，去作出回應。聖經為我們提供了一種「承認事情不對勁」的方法，可以安全地來到上帝面前，永遠不會向天父隱瞞我們的傷害。那種方式就是哀歌。哀歎是合適的，也是必需的。

So why do a series on lament right now? We are just getting out of lockdown. Tomorrow lockdown ends. The worst is over, right?

那麼為什麼現在要一個研究關於哀歌的系列呢？我們剛剛得到解封。封城就在明天要結束了。最糟糕的事情已經過去了吧？

WHY LAMENT? 為什麼要哀歎？

Life HAS been hard for all in lockdown in our city. But life is often hard. And for many, always. Across the world, near and far, life is full of grief and pain. You flick past articles of grief on your device every day. It's so hard to read of all the pain in the world and know what to do about it. If we see tragedy everywhere, and it's a heavy burden, where do we turn to hand it over? Rather than reject lament, we need to embrace it, so we are ready.

在我們封城的這段期間，所有人的生活都很艱難。但生活往往是很艱難的。對於許多人來說，總是如此。在世界各地，無論遠近，生命都充滿了悲傷和痛苦。您每天都會在手機上流覽到有關悲傷的文章。當讀到世界上所有的痛苦時，很難懂得並知道該怎麼做。

如果我們處處都看到悲劇，而且是沉重的負擔，我們該轉向哪裡去把它們交托呢？與其拒絕哀歎，我們還需要擁抱它，這樣我們就做好了準備。

Discovering lament starts as we open our Bible and read along with laments like Psalm 6. As we read and preach the laments of scripture in this season, they can become our prayers of lament, for right now and soon. In lament, we approach God directly. That might feel unusual for some of you. It can be uncomfortable learning to lament.

當我們打開聖經並閱讀像《詩篇》第6篇這樣的哀歌時，就開始發現哀歌。當我們在這個時期隨著聖經的哀歌一起閱讀和宣講時，它們可以成為我們現在和不久將來的哀歎祈禱。在哀歎中，我們直接接近上帝。對你們中的一些人來說，這可能會感覺不尋常。學習哀歌可能會讓人不舒服。

But don't worry, you won't be learning alone! Lament Psalms are written for God's people to sing all together! If we sang Psalm 6 right now, it would be a cultural rarity to do so, but that's what the Psalm is for! We should not try to sing ourselves into feeling like David or even understand his pain and fear, but we learn to lament like him, together, to prepare ourselves for dark seasons of life!

但不要擔心，你不會是獨自一個人學習！《詩篇》中的哀歌是寫給上帝的子民一起唱的！如果我們現在把《詩篇》6篇唱出來，這樣做在文化上是罕見的，但這就是《詩篇》的用途！我們不應該試圖把自己唱得像有大衛一樣的感覺，甚至不應該去理解他的痛苦和恐懼，但我們應該一起學習像他一樣哀歎，為人生的黑暗時期做好準備！

We could wait to learn lament. Only pick up lament scripture when our life has already fallen apart. But when our mind is spinning, it's hard to tell light from LIGHT. It's hard to speak at all. We need words ready to bring to God in patterns of lament learnt together in scripture and song.

我們可以等待去學習哀歎。只在我們的生命已經分崩離析的時候才拿起哀歌經文。但是，當我們的頭腦在天旋地轉時，就很難區分光和真光，也很難辨明一切。我們需要準備好用在聖經和歌曲中一起學習的哀歎模式將話語帶到上帝面前。

We break. Life is not easy. There are griefs near to us, outside of us and inside of us. In this series, we'll learn lament's path toward the 'light' so that when the darkness comes, we know our way.

我們崩潰。生命不容易。悲傷就在我們身邊，在我們之外，在我們裡面。在本系列中，我們將學習從哀歎走向「光明」的道路，以便當黑暗來臨時，我們知道自己要走的路。

PSALM 6 《詩篇》第6篇

Psalm 6 is a song of David. It is for God's people to sing to learn to turn to God and find hope in Him. David laments because of these three wonderful truths in verses 8b-9:

《詩篇》6篇是大衛的詩歌。是為了讓上帝的子民通過歌唱來學習轉向上帝並在祂裡面找到希望而寫的。大衛因第8b-9節中的這三個奇妙真理而哀歎：

- The Lord has heard my weeping.

- The Lord has heard my cry for mercy.
- The Lord accepts my prayer.
- 耶和華聽了我哀哭的聲音。
- 耶和華聽了我的懇求。
- 主接受了我的祈禱。

***THE LORD HEARS OUR WEeping* 耶和華聽了我哀哭的聲音**

This is a VERY personal song without personal details. David here was horribly sick, in body and soul, and somehow also in imminent danger from his enemies. A situation has arisen that has taken a huge toll on David, inside and out, and he expects to die by sickness or sword. Whatever the season David was enduring, we know he was in physical and mental agony. 這是一首非常個人化卻沒有個人細節的詩歌。大衛在這裡，身體和心靈，都病得很厲害，也同時不知何故也面臨著他的敵人迫在眉睫的危險。出現了一種情況，對大衛內外造成了巨大的傷害，他預計會死於疾病或刀劍。無論大衛經歷的是什麼時期，我們都知道他身心俱疲。

David's sickness gave him immense physical pain, down to his bones (v.2). He was weakened and faint (v.2), worn out and hoarse from his groaning (v.6). His eyes went blind and failed him (v.7), and when he closed them to rest, he could not sleep (v.5).

大衛的病給他身體帶來了巨大的疼痛，直到他的骨頭（第2節）。他因呻吟（第6節）而虛弱無力（第2節）。他的眼睛昏花模糊不清（第7節），當他閉上眼睛休息時，他無法入睡（第6節）。

He is also hurting in his soul. Verse 3: "My soul is in deep anguish". His sorrow blurs his perception of the world (v.7). The most worrying sign for his soul is his bed. It's swimming in his tears. Everywhere he sits, he soaks the place with weeping (v.6). This is long term depression and anxiety; weeping, hydrate, and continue crying. This powerful King sheds the tears of a devastated heart.

他的心靈也在受到傷痛。第3節：「我的心也大大驚惶。」他的悲傷模糊了他對世界的看法（第7節）。他的床鋪是他的心靈最令人擔憂的跡象。每夜流淚，使床鋪漂起，把褥子濕透。（第6節）。這是長期的抑鬱和焦慮；哭泣，補充水分，然後繼續哭泣。這位強大的國王流下了一顆被摧毀的心的淚水。

Only after at least one dark night in this situation does David open his mouth. It takes breaking physically and emotionally for this once mighty warrior to cry out. His fear of death, from sickness and from man, has overtaken his ability to process life in an orderly way. Stricken and panicked, he decided to open his mouth and to cry out perhaps the most common prayer of lament in scripture: "How long, LORD, how long?" (v.3).

在這種情況下，至少過了一個黑夜之後，大衛就開口了。這位曾經是強大的戰士需要身體和情感上的崩潰才去開口呼求。他對死亡的恐懼，對疾病和對人的恐懼，已經超過了他有條不紊地處理生命的能力。驚慌失措的他決定張開嘴，大聲喊出也許是聖經中最常見的哀歌：「耶和華啊，你要等到幾時呢？」（第3節）。

We should be ready to lament before we are completely broken, but we can't predict the speed that darkness will rush upon us. While lament is always the right response, note that clinical depression, anxiety, and other valid and treatable mental health issues can arise in dark seasons like David's. You could argue David's behaviour here shows he's clinically depressed. Lament cannot replace needed medical and professional help, which most of us will be need in our lifetime, but it is always there for every dark day. Even before we see the cracks forming in our soul and circumstance, that is when we take up our lament to God.

我們應該準備好在我們完全破碎之前去哀歎，但我們無法預測黑暗會以何種速度向我們襲來。雖然哀歎總是正確的反應，但請注意臨床抑鬱和焦慮以及其他可認證的且可治療的心理健康問題，可能會出現在像大衛這樣的黑暗時期。你可以爭辯說大衛在這裡的行為表明他患有臨床抑鬱症。我們大多數人一生中都會需要到的，而在每一個黑暗的日子裡總是存在的哀歌是無法取代醫療和專業幫助。在我們看到我們的心靈和環境中形成裂縫之前，那就是我們向上帝哀歎的時候。

THE LORD HEARS OUR CRY 耶和華聽了我的懇求

As David cries out to God, we see four characteristics of lament that together guide David back to his hope. David has been groaning and weeping aimlessly as a reflex to his pain and fear, but now his words become lament as he brings them to His LORD, who can do something to help him.

當大衛向上帝呼求時，我們看到四個哀歌的特徵共同引導大衛回到他的希望。大衛一直在漫無目的地呻吟和哭泣，以反映他的痛苦和恐懼，但現在當他將這些話帶到了可以幫助他的主面前，他的話語變成了哀歌。

BY GRACE 靠著恩典

Verse 1: "LORD, Do not rebuke me in your anger or discipline me in your wrath!" Many Psalms contain specific confessions of sin, but not this one. David starts his lament by confessing his sinfulness. He makes a claim for God's grace toward Him. David knows he doesn't deserve his relationship with God. He claims the relationship, NOT the right to a change of circumstances. He knows God's character is to save and heal as He is gracious and loving. So he trusts that by grace, God would hear him and accept his prayer.

第1節：「耶和華啊，求你不要在怒中責備我，不要在烈怒中懲罰我！」許多《詩篇》都包含對罪的具體認罪，但不是這一首。大衛以承認自己有罪來開始哀歎。他要求上帝對他施恩典。大衛知道他不配與上帝建立關係。他仍然認領這個關係，而不是改變情況的權利。他知道上帝的品格是拯救和醫治，因為他是仁慈和慈愛的。因此，他相信上帝會因恩典垂聽他並接受他的祈禱。

TELL GOD 告訴上帝

David tells this gracious God his situation even though God already knows it.

大衛將他的處境告訴了這位仁慈的上帝，儘管上帝已經知道了。

Think of how a young child reacts to falling down. Even though they know the parent saw the whole thing, the child yelps. 'I tripped over! It's owie!' Part of Lament is sharing with our own

words what we know God sees. Doing this affirms our close relationship where we can share hurting words with our loving Father. We are safe to speak and near to His ear.

想想一個年幼的孩子對跌倒的反應。即使他們知道父母看到了整件事，孩子還是會大喊「我被絆倒了！很痛！」哀歎的一部分是用我們自己的話來分享我們知道上帝所看到的。這樣做肯定了我們，可以與我們慈愛的父親分享傷害性的話語，的親密關係。我們可以安全地說話並他的耳朵常常在聆聽。

ASK GOD 求問神

David asks God to do something. He wants God to have mercy and deliver him out of his situation (v.2+4). David asks specifically for healing (v.2), that it would come quickly (v.3), and for justice as David sees it (v.10). He trusts God to deliver him on this basis: v.4 'save me because of your unfailing love.' In this relationship of grace and love with God, David can safely plead for help. But verse 4 could be read as a challenge. Does David feel loved by God right now?

大衛求神做些事。他希望上帝憐憫他，將他從他的處境中拯救出來（第2+4節）。大衛特別要求醫治（第2節），求快的回應（第3節），以及大衛眼中的公義（第10節）。他相信上帝會在此基礎上拯救他：第4節「因你的慈愛拯救我。」在這種與上帝的恩典和愛的關係中，大衛可以安心地懇求幫助。但第4節也可以被視為挑戰性的。大衛現在是否感受到上帝的愛？

CHALLENGE GOD'S PROMISES 挑戰上帝的應許

Then in verse 5, David says: 'Among the dead, no one proclaims Your name. Who praises You from the grave?' Here at death's door, David is challenging God! Surely God would keep his King alive to lead his people as He promised? Will God save for His Name's sake?

然後在第5節，大衛說：「因為死了的人不會記念你，在陰間有誰稱謝你？」在死亡的門口，大衛正在挑戰上帝！上帝肯定會讓他的君王活著，像他所應許的那樣去帶領他的人民嗎？上帝會為祂的名拯救嗎？

How often do you challenge God out loud to His 'face'? Challenging God in lament makes us remember God's promises to see if our negative circumstances contradict them. It is a brave thing yet a safe thing for David to do because of his close relationship with God. And it's a wise thing to do as God's promises when challenged, always stand as true and sure no matter the scrutiny.

你有多少次當著上帝的「臉」放聲挑戰上帝？在哀歌中挑戰上帝會讓我們記住上帝的應許，看看它們是否與我們的負面環境相矛盾。由於大衛與上帝的親密關係，大衛這樣做是一件勇敢但又安全的事。這樣做是明智的，因為上帝的應許在受到挑戰時，無論審查如何，始終是真實可靠的。

After David cries out, we see no evidence of deliverance from illness or enemy. But the lament shifts direction in verses 9-10. David shifts how he prays. He turns away from evil to turn to God (v.9), and as he tells, asks and challenges God, David has found his way to the truth in the light of God's promises. He finds God listening to his weeping, hearing his cries, and accepting his prayer. This is what gives David hope.

在大衛呼求之後，我們看不到從疾病或敵人中得救的證據。但這哀歌在 9-10 節改變了方向。大衛改變了他的祈禱方式。他轉離邪惡歸向上帝（第 9 節），而當他講述、祈求和挑戰上帝時，大衛在根據上帝的應許的光中找到了通往真理的道路。他發現上帝聽了他哀哭的聲音，聽了他的懇求，並接納他的禱告。這就是大衛的希望。

The Lord has heard my weeping. The Lord has heard my cry for mercy. The Lord accepts my prayer.

耶和華聽了我哀哭的聲音。耶和華聽了我的懇求。耶和華必接納我的禱告。

THE LORD ACCEPTS OUR PRAYER 耶和華接納了我們的禱告。

As if from nowhere, he has a sudden strength! He rejects the allure of any 'bright light' that a King could turn to in the darkness. He embraces the ability of God to comfort him in the promise of his acceptance of His prayer! Before God heals or saves, David finds his trust in a relationship with God that cannot be broken by any circumstance and RELIED ON upon his circumstance.

仿佛不知從何而來，他突然有了一股力量！他拒絕了一個國王可以在黑暗中轉向的任何「亮光」的誘惑。他擁抱上帝應許接納他的禱告來安慰他的能力！在上帝醫治或拯救之前，大衛發現他對與上帝的關係的信任不會被任何情況打破，並且不依賴於他的環境。

Here I imagine David's tear-stained face as he prays become peaceful, and the music shifting minor to major. And then we have verse 10: "All my enemies will be overwhelmed with shame and anguish; they will turn back and suddenly be put to shame." This sounds out of the blue and a bit bold for our tongues. Will David's enemies be turned back? Will they take on David's anguish of soul (v.3) as their own? No matter the outcome, David is confident in God's ability and comforted in the acceptance God provided him as he lamented.

在這裡，我想像大衛祈禱時淚流滿面的臉變得平靜，音樂從小調變成了大調。然後我們有第 10 節：「我所有的仇敵都必羞愧，大大驚惶；轉眼之間，他們要羞愧撤退。」這聽起來出乎意料，對我們的舌頭來說有點大膽。大衛的敵人會被擊退嗎？他們會把大衛的心靈痛苦（第 3 節）當作自己的嗎？無論結果如何，大衛都對神的能力充滿信心，並在哀歎時對神所賜給他的接納感到安慰。

It was lamenting that changed David from verse 1 to 10, while his situation did not change. Lamenting led David to hope and dismiss his doubts. God heard him weep, listened to his cry, and accepted his prayers, which confirmed David's relationship by God's grace and unfailing love for him. For David, that was enough.

哀歌把大衛從第 1 節轉變為第 10 節，而他的處境卻絲毫沒有改變。哀歎使大衛抱有希望，並打消了他的疑慮。上帝聽了他哀哭的聲音，聽了他的懇求，接納他的禱告，確實了大衛因上帝的恩典和對他永恆的慈愛而建立的關係。對大衛來說，這就足夠了。

OUR HOPE 我們的希望

Today, you might not be in a place like David was, dying and desperate. But if you don't need lament today, you certainly will soon. We have seen in Psalm 6 that God is the light that

scripture would have us turn to for help in our darkest hour. We don't wait until our soul and body have recovered but come to God while our tears flow, with cries and honest prayers. We have found here that turning to God, telling God, asking God, even challenging God is a prayer pattern of lament that God will hear and accept. And that when coming to Him, test our relationship, and compare our broken body, soul and circumstances to His promises for now and for our future we find Him trustworthy and reliable. In lament, we find hope, and as we hope, our faith grows. But faith does not always resolve life, but with faith, there is forever hope in Jesus.

今天，你可能不是在像大衛那樣的垂死掙扎的地方。但如果你今天不需要哀歌，你肯定很快就會需要。我們在《詩篇》6篇中看到，上帝是聖經中在最黑暗的時刻讓我們轉向求助的光。我們不需等到我們的心靈和身體恢復了，而是在我們流淚的時候，帶著哭泣和誠實的祈禱來到上帝面前。我們在這裡發現，轉向神、告訴神、祈求神，甚至挑戰神，都是神會垂聽和接納的哀歌禱告模式。當來到他面前，測試我們的關係，將我們破碎的身體、心靈和環境與他對現在和未來的應許進行比較時，我們會發現他是值得信賴和可靠的。我們在悲歎中找到希望，當我們盼望時，我們的信心就會增長。但信心並不總是解決生命，但有了信心，在耶穌裡就有永遠的盼望。

David trusted in God's character as a gracious, loving, saving God and came to him and lament. He found hope in God's promises that one day, justice and peace would be done forevermore. But David didn't live to see the fullest display of HOW GRACIOUS God is in Jesus at the cross.

大衛相信上帝是一位仁慈、慈愛、拯救的上帝，他會來到他面前哀歎。他在上帝的應許中找到了希望，即有朝一日正義與和平會永遠實現。但是大衛並沒有活到看到在十字架上的耶穌所彰顯的多麼仁慈的上帝。

BUT TODAY, we have the brightest view of God's guiding light in the darkness, the Light Of The World, Jesus Christ! In Him, God's grace is on display and brightest at the cross! It is there where Jesus took the sin of all who believe in Him upon Himself—dying in agony in our place so we could know God's grace in full forgiveness!

但是今天，我們在黑暗中看到了上帝的指路明燈，世界之光，耶穌基督！神的恩典在祂身上彰顯，在十字架上最顯明！正是在那裡，耶穌將所有相信他的人的罪孽轉嫁到了他自己身上。代替我們在痛苦中死去，這樣我們就可以在完全的寬恕中認識上帝的恩典！

How can you know that lamenting, your turning to God, telling him, asking him, challenging him and hoping in Him is worth it? How can we know the tears and prayers are not for nothing? Because Jesus became God's enemy and died in our sorrows. Jesus bore the pain and wrath that in verse 10 of the Psalm, David imagined should land on his worst enemy. Instead, God took our pains of death on Himself.

你怎麼知道哀歎、轉向神、告訴他、求問他、挑戰他和盼望他是值得的？我們怎麼知道眼淚和祈禱不是白費的？因為耶穌成了神的仇敵，在我們的悲傷中死去。耶穌承受了大衛在《詩篇》6：10中想像的應該落在他最大的敵人身上的痛苦和憤怒。取而代之的是，上帝親自承擔了我們的死亡痛苦。

All so that our Father could promise so assuredly that when we come to Him as believers in His Son's sacrifice, forgiven our sinfulness, we have a Father and a family to run to with our sorrows. Find comfort in lament in the accepting embrace of your Father. We have unlimited GRACE from God to lament, which we can claim like in verse 1 of the Psalm if we trust in Jesus. With God, by grace, in Christ, we are safe and find our hope through lament. There is the light of our hope!

這一切都是為了讓我們的天父可以如此肯定地應許，當我們信他兒子的犧牲，以致我們的罪孽得到寬恕，來到他面前作為信徒時，我們就有了一位可以帶著我們的悲傷奔向的父親和一個家。在你天父接納的擁抱中，在悲痛中找到安慰。如果我們相信耶穌，我們就可以像《詩篇》6: 1那樣，從上帝那裡認領獲得無限的恩典去哀歎。靠著上帝，靠著恩典，在基督裡，我們是安全的，並藉著哀歎找到我們的希望。這就是我們的希望之光！

When you go through hard and horrifying times, fly to God, come to His light! Don't be found at the podiatrist like the moth. Don't be drawn towards any other light that CAN NOT deliver you from death. RUN in by the way of lament to the light of God's promises that shine so brightly at the cross. Lament to the God that hears your weeping listens to our cries and accepts our prayers. Lament in the light of your hope, the hope found in Jesus Christ.

當你經歷艱難和可怕的時候，飛向上帝，來到他的光中！不要像飛蛾一樣跑到足科醫生那裡。不要被任何其他不能將你從死亡中拯救出來的光所吸引。以哀歌的方式奔跑，進入在十字架上如此閃耀的上帝應許之光。向聆聽您的哀哭的聲音，聆聽我們的懇求，並接納我們的禱告的上帝哀歎。在你的希望之光中哀歎，那在耶穌基督裡找到希望。