

PSALM 13 – A PLAN FOR LAMENT

詩篇 13 - 哀歌的計劃

Psalm 詩篇 13, 42 & 43

21 Nov 2021 年 11 月 21 日

LORD, you know the deep places through which our lives must go: Help us, when we enter them, to lift our hearts to you; help us to be patient when we are afflicted, to be humble when we are in distress; and grant that the hope of your mercy may never fail us, and the consciousness of your loving-kindness may never be clouded or hidden from our eyes; through Jesus Christ, your Son, our Lord. Amen.

主啊，你知道我們生命必須經過的深淵：當我們進入它們時，幫助我們把我們的心歸向你；幫助我們在受苦時忍耐，在患難時謙卑；並讓我們永遠不會辜負您慈悲的希望，讓您的慈愛的意識永遠不會在我們眼前蒙上陰影或隱藏；藉著耶穌基督，你的兒子，我們的主而求。阿門。

Greeting, I am glad that you can join us today. If this is your first time tuning in to our live stream or gathering with us in person, we have been studying over the last few weeks the topic of lament from the Book of Lamentation and Psalms in the Old Testament of the Bible.

您好，很高興您今天與我們一起敬拜。如果這是您第一次收看我們的直播或親自與我們聚會，過去幾週我們一直以在《舊約》中的《耶利米哀歌》和《詩篇》來研究哀嘆的這個主題。

Have you heard of the term “lament”? When someone says, “he or she is lamenting.” What exactly are they doing? If today is not your first day with us, and you have journeyed with the writers of Psalm and Lamentation, have you practised any lament in the last five to six weeks? 你聽說過「哀嘆」這個詞嗎？當有人說，「他或她在哀嘆。」他們究竟在做什麼？如果今天不是您第一次與我們在一起，並且您已經與《詩篇》和《耶利米哀歌》的作者一起行，那麼在過去的五到六週內，您有否練習過任何的哀嘆？

James, the brother of Jesus, warn us in his letter in the New Testament, 1:22-25. 耶穌的兄弟，雅各，在《新約》以他命名的書信中，1:22-25，警戒我們。

22 Do not merely listen to the word, and so deceive yourselves. Do what it says. 23 Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror 24 and, after looking at himself, goes away and immediately forgets what he looks like. 25 But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

22 你們要作行道的人，不要只作聽道的人，自己欺騙自己。23 因為只聽道而不行道的，就像人對著鏡子觀看自己本來的面目，24 注視後，就離開，立刻忘了自己的相貌如何。25 惟有查看那完美、使人自由的律法，並且時常遵守的，他不是聽了就忘，而是切實行出來，這樣的人在所行的事上必然蒙福。

James warned us that if we listen to God's word but take no action in practising what we heard, we are deceiving ourselves. We are deceiving ourselves into thinking that we are right with God when we are not. If we take no action, our faith is a sham and will have devastating consequences for our eternal destiny.

雅各警戒我們，如果我們聽神的話，卻不去實踐所聽到的，我們就是在自欺欺人。我們欺騙自己去認為我們與上帝是關係好好，而實際上我們不是。如果我們不行道，我們的信仰就是一場騙局，將對我們永恆的命運產生毀滅性的後果。

If we merely listen to God's word but do not do what it says, it is like someone who looks into a mirror. The mirror James refers to is not the kind we use now but made of polished bronze or copper, which does not give a good impression to someone who only takes a quick look. It will take a considerable amount of time to work out what you look like with them.

如果我們只聽神的話，不照神的話去做，就像人在照鏡子。雅各所指的鏡子不是我們現在使用的那種，而是用拋光的青銅或銅製成的，這對於只看一眼的人來說並不會給出完好的印象。使用它們您需要花費大量時間來確定您的外觀如何。

What we see in a mirror is meant to lead to action. For some people who may be a bit more confident with their self-image, looking at the mirror will lead to more admiration of themselves. They would stop at every mirror to ensure that nothing was out of place, but they would also praise and wonder why I looked so perfect.

我們觀看鏡子所看到的是為了使我們採取一些行動。對於一些可能對自己的形象更十分自信的人來說，照鏡子會使他們更欣賞自己。他們會在每一面鏡子前停下來確保沒有任何不合適他們的形象的地方，但他們也會同時讚嘆並想知道為什麼我看起來如此完美。

For general people, the action is usually corrective, such as a dirty face that needed washing. The only reason you can walk away and immediately forget what you look like would be because you utterly neglect the flaws you discover and instantly forget what you have seen.

對於一般人來說，帶來的動作通常是矯正性的，比如臉髒了需要洗。你能走開後並立刻忘記你的相貌如何的唯一原因是因為你完全忽視你發現的缺陷，並立即刻意忘記了你所看到的。

It is ludicrous to have checked your face in the mirror or hear God's word and rapidly ignore and forget what we have heard. It is absurd for someone who belongs to God, who calls themselves a follower of Jesus, to be so cavalier towards God's Word. Let us repent together and turn towards God, like how the Book of Lamentations finishes at 5:21-22 by praying, 對著鏡子檢查自己的臉或聽到神的話，然後迅速忽略並忘記我們所聽到的，這是可笑的。一個屬於上帝的人，自稱為耶穌的追隨者的人，對上帝的話語如此傲慢，是荒謬的。讓我們一起悔改歸向神，就像《耶利米哀歌》在 5:21-22 結束時的禱告一樣，

Restore us to yourself, Lord, that we may return; renew our days as of old unless you have utterly rejected us and are angry with us beyond measure.

21 耶和華啊，求你使我們回轉歸向你，我們就得以回轉。求你更新我們的年日，像古時一樣，22 難道你全然棄絕了我們，向我們大發烈怒？

Suppose you are not yet a believer or follower of the Biblical God, who created this world and you and me. Lamenting is part and parcel of the Bible, the word of God. It is also part and parcel of the Christian life. God encourages his follower to join him in lamenting over the fallen situation of his created world. To lament is to know God. So, let us together, online, in-person, believers or not yet, look at What, Why, and How of lament today.

假設你還不是創造了這個世界，和你和我，聖經中的上帝的信徒或追隨者。哀嘆是神的話，聖經，中主要的一部分。它也是基督徒生命不可劃分的一部分。上帝鼓勵他的追隨者與他一起為他所創造的世界的墮落情況而悲嘆。哀嘆就是去認識上帝。所以，今天讓我們一起，在網上，面對面，信徒與否，看看什麼是，為什麼，以及如何哀嘆。

What is lament? 什麼是哀嘆?

Lament is a declaration of the struggles and suffering you are experiencing directly to God, with honesty and in a God-honouring way. I have been reading Gordon Wenham book called *The Psalter Reclaimed: Praying and Praising with the Psalms*.

哀歌是對你正經歷的掙扎和苦難直接，以誠實和榮耀上帝的方式，向上帝宣告。我正在讀戈登·溫漢姆的書，名為《重啟聖歌：用《詩篇》來祈禱和讚美》。

He comments that lament is a prayer to God for delivery from crises regarding enemies, defeat in battle or a life-threatening illness. These prayers of lament are written and collected in the Psalms and Lamentations. In these crises situations, the person lamenting are often seemed to think that God has deserted them.

他評論說，哀嘆是向上帝祈禱，祈求上帝從關於敵人、戰鬥失敗或危及生命的疾病的危機中解脫出來。這些哀歌被寫成並收集在《詩篇》和《耶利米哀歌》中。在這些危機情況下，哀嘆的人往往似乎認為上帝已經拋棄了他們。

Almost half of all 150 psalms are psalms of lament. The most common format is usually to **complain** about a cry for help and description of distress, **petition** with an appeal to God and reasons for divine intervention and **praise** that ends on a note of certainty that prayer has been heard and a vow to praise God for deliverance. Complain, petition and praise.

在 150 首《詩篇》中，幾乎有一半是哀歌。最常見的形式通常是以求助的呼聲和對痛苦的描述作抱怨控訴、向上帝祈求和以上帝應作出干預的理由發出請願書，以及以確信祈禱已被聽到並發誓讚美上帝的拯救而結束。抱怨，請願，讚美。

Like Psalm 13, which is read for us just now, vv1-4,
就像剛剛為我們朗讀的第 13 篇，1-4 節，

How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and, day after day, have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, and my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

耶和華啊，你忘記我要到幾時呢？要到永遠嗎？你轉臉不顧我要到幾時呢？我心裏籌算，終日愁苦，要到幾時呢？我的仇敵升高壓制我，要到幾時呢？耶和華—我的上帝啊，求你看顧我，應允我！求你使我眼目明亮，免得我沉睡至死；免得我的仇敵說「我勝了他」；免得我的敵人在我動搖的時候喜樂。

The psalmist was in real trouble. His enemies were attacking him, and he doubted whether God still cared for him. He worried that his enemies would realise how shaky his faith was and would gloat over this loss of faith. But like most laments, Psalm 13 suddenly changes key, ending on a note of confidence and praise, vv5-6.

詩人遇到了真正的麻煩。他的敵人正在攻擊他，他懷疑上帝是否仍然關心他。他擔心他的敵人會意識到他的信心是多麼動搖，並且會為這種信心的喪失而幸災樂禍。但像大多數哀歌一樣，《詩篇》13突然改變了重點，以信心和讚美的音符結束，第5-6節。

But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord's praise, for he has been good to me.

但我倚靠你的慈愛，我的心因你的救恩快樂。我要向耶和華歌唱，因他厚厚地恩待我。

Though laments usually end on a note of hope, several do not. Though at some point they may express hope, the psalmist sometimes reverts to despair at the end. His glimmer of faith seems extinguished. And it is at those dark points that God's steadfast love will shine through to prove his faithfulness to us.

雖然哀歌通常以希望結束，但也有一些不是。雖然在某些時候他們可能會表達希望，但詩人有時會在結束時倒轉回到絕望。他的信心之光似乎已經熄滅。正是在那些黑暗的時刻，上帝堅定不移的愛會閃耀出來，向我們證明他的信實。

Why do we lament? 我們為什麼要哀嘆?

Some of you might question whether it is appropriate for Christians to lament, and some of us did ask. Can Christians use such psalms? Should we not be giving thanks in all circumstances? Are such songs appropriate to people of faith, particularly for use in public worship?

你們中的一些人可能會質疑基督徒去哀嘆是否合適，我們中的一些人確實問過。基督徒可以使用這樣的《詩篇》嗎？我們不應該在任何情況下都感恩嗎？這些歌是否適合有信心的人，尤其是在公共敬拜中使用？

Lament lines up our thoughts about our situations with God's plan for us and this world.

Lament turns and tunes our heart to the hurts and anger of God towards our cavalier mentality towards God and his Word. Lament drives us to action, which often involves confession and repentance. Lament brings our head, heart and hand together to glorify God.

哀嘆將我們對自己處境的想法與上帝對我們和這個世界的計劃對齊。哀歌轉向並調整我們的心，使我們的心與上帝在我們對他和他的話語的傲慢心態的哀傷和憤怒聯合起來。哀歌驅使我們採取行動，通常涉及認罪和悔改。哀歌將我們的頭、心和手聯在一起來榮耀上帝。

Christians should lament or use the lament psalms together because lament psalms are most quoted in the New Testament. Psalm 22 and 69 are the two most quoted Psalms. Psalm 69 is quoted in John, Acts and Roman. Christian, a follower of Christ, should lament because the Christ we follow, Jesus, prayed Psalm 22 on the cross and Psalm 31 just before he died. On the night of his arrest, he would have been singing lament Psalm with his disciples.

基督徒應該哀嘆或一起使用哀歌，因為哀嘆的詩歌在《新約》中被引用最多。《詩篇》22 和 69 是被引用最多的兩篇詩篇。《約翰福音》、《使徒行傳》和《羅馬書》都有引用《詩篇》69 篇。基督徒，基督的跟隨者，應該哀嘆，因為我們所跟隨的基督，耶穌，在十字架上以《詩篇》22 篇和在他死前以 31 篇祈禱。在耶穌被捕的那一天晚上，他會和他的門徒一起唱《詩篇》中的哀歌。

Christians in today's society get nervous when we come across a sentence like, "How long, Lord? Will you forget me forever? How long will you hide your face from me?" (Ps 13:1) because this kind of sentence counters our culture of positivity. Our religious culture identifies strong faith with being ambitious, joyful and strong. Our society emphasises and pursues comfortable self-made lives and pride itself on being better than the rest of the world.

當今社會的基督徒當遇到，「耶和華啊，你忘記我要到幾時呢？要到永遠嗎？你轉臉不顧我要到幾時呢？」（詩篇 13:1），這樣的句子時會感到緊張。因為這種句子違背了我們積極向上的文化。我們的宗教文化將雄心勃勃、快樂和堅強視為堅定的信仰的表現。我們的社會強調並追求自製舒適的生活，並以比世界其他地方活得更好而自豪。

Many Christians are influenced by their society and have difficulties empathising with the reality of suffering and the seeming absence of God. We think it is not appropriate to say something like that to or about God. It is too negative and makes God look bad.

許多基督徒受到社會的影響，難以理解苦難的現實和似乎沒有上帝的存在。我們認為對上帝或關於上帝說這樣的話是不合適的。太消極了，會讓上帝看起來很糟糕。

Another reason we should and must lament in today's society is by praying these psalms. Those who think they have no problems and difficulties in their lives can learn to sympathise with those in trouble and pray for those suffering or persecuted. Our reality is no one is immune to suffering and challenges to life.

在當今社會，我們應該並且必須哀嘆的另一個原因是，當用這些詩篇祈禱時。那些認為自己在生活中沒有問題和困難的人，可以學會同情有困難的人，為受苦或受迫害的人祈禱。我們的現實是沒有人能倖免於生活的苦難和挑戰。

And maybe the reality for you right now is you are under significant burdens, both physical and spiritual: sickness, marital problems, financial difficulties, pressure at work, even harassment and persecution. The advancing of your age brings all sorts of problems with it. You find it very hard to come full of joy or happiness.

也許你現在的現實是承受著沉重的身體和精神負擔：疾病、婚姻問題、經濟困難、工作壓力，甚至騷擾和迫害。隨著年齡的增長，會帶來各種各樣的問題。你發現很難充滿喜悅或幸福。

When you can see no way out, and in your distress, lamenting and crying out, "How long, Lord?" is the sure and only way of getting to "I will sing the Lord's praise, for he has been good to me."

當你在你的痛苦中看不到出路，哀嘆並呼喊，「耶和華啊，你忘記我要到幾時呢？要到永遠嗎？你轉臉不顧我要到幾時呢？」是達到「我要向耶和華歌唱，因他厚厚地恩待我。」的唯一途徑。

How to lament? 如何哀嘆?

What is the most significant experience of suffering that you have gone through? That you are now going through? What injustice and social issues disturb you most? God is inviting you to put your trust in Him and lament with him over your significant sufferings, and to cry out to him. Bring your lamentation to God, especially if you are now in the middle of your hardship. Let us practice lamentation together, bring your suffering to God.

你經歷過的最嚴重的痛苦經歷是什麼？你現在正在經歷的？哪些不公正和社會問題是最困擾您的？上帝邀請你去信靠他，去為你重大的苦難與他一起哀嘆，向他呼求。把你的哀痛帶給上帝，特別是如果你現在正處於困境之中。讓我們一起操練哀嘆，把你的苦難帶到神面前。

We will practice lamenting together by reading aloud Psalms 13, 42 and 43 to each other. We will divide our gathering today into four sections starting from my left. Section one is the group in front of the stained glass window, section two is my left half of the midsection, section three is my right half of the midsection, including all of you watching online, and section four is those under and on the mezzanine.

我們將通過互相大聲朗讀《詩篇》13、42和43來練習一起悲嘆。我們將從我的左邊開始，將我們今天的聚會分成四個區分。第一區是彩繪玻璃窗前的人群，第二區是我面前的左半，第三區是右半包括所有在線觀看的，第四區是坐在夾層下和夾層上的。

Section one only will start reading aloud Lamentation 5:21-22 and Psalm 13, the rest of us will listen as they read, then pause for a couple of seconds, followed by section two only, reading Psalm 42:1-5, pause then section three reading Psalm 42:6-11, and pause and section four reading Psalm 43:1-5. And we will finish with reading Lamentation 5:21-22 and Psalm 13 together.

第一區將開始大聲朗讀《耶利米哀歌》5:21-22和《詩篇》13，俾他們一邊讀我們其他人會一邊聽，然後停頓幾秒鐘，然後是第二區，讀《詩篇》42:1-5，停，然後第三區讀《詩篇》42:6-11，停，第四區讀《詩篇》43:1-5。最後，我們將一起閱讀《耶利米哀歌》5:21-22和《詩篇》13。

Bring to mind your suffering and the suffering of this world as you read from the screen. Let the word of God lead you through a journey of lament.

當您看著屏幕閱讀時，請記住您的痛苦和這個世界的痛苦。讓上帝的話語帶領你走過一段哀嘆之旅。

Section one -

第一區——

Restore us to yourself, Lord, that we may return; renew our days as of old unless you have utterly rejected us and are angry with us beyond measure. (Lamentation 5:21-22)
1 How long, Lord? Will you forget me forever? How long will you hide your face from me? 2 How long must I wrestle with my thoughts and, day after day, have sorrow in my heart? How long will my enemy triumph over me?
3 Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, 4 and my enemy will say, "I have overcome him," and my foes will rejoice when I fall. 5 But I trust in your unfailing love; my heart rejoices in your salvation. 6 I will sing the Lord's praise, for he has been good to me. (Psalm 13:1-5.)

耶和華啊，求你使我們回轉歸向你，我們就得以回轉。求你更新我們的年日，像古時一樣，難道你全然棄絕了我們，向我們大發烈怒？（哀歌 5:21-22）

1 耶和華啊，你忘記我要到幾時呢？要到永遠嗎？你轉臉不顧我要到幾時呢？2 我心裏籌算，終日愁苦，要到幾時呢？我的仇敵升高壓制我，要到幾時呢？3 耶和華—我的上帝啊，求你看顧我，應允我！求你使我眼目明亮，免得我沉睡至死；4 免得我的仇敵說「我勝了他」；免得我的敵人在我動搖的時候喜樂。5 但我倚靠你的慈愛，我的心因你的救恩快樂。6 我要向耶和華歌唱，因他厚厚地恩待我。（詩篇 13:1-5。）

Section two -

第二區——

1 As the deer pants for streams of water, so my soul pants for you, my God. 2 My soul thirsts for God, for the living God. When can I go and meet with God? 3 My tears have been my food day and night, while people say to me all day long, "Where is your God?" 4 These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. 5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. (Psalms 42:1-5)

1 上帝啊，我的心切慕你，如鹿切慕溪水。2 我的心渴想上帝，就是永生上帝，我幾時得朝見上帝呢？3 我晝夜以眼淚當食物，人不住地對我說：「你的上帝在哪裏呢？」4 我從前與眾人同往，領他們到上帝的殿裏，大家用歡呼稱頌的聲音守節；我追想這些事，我的心極其悲傷。5 我的心哪，你為何憂悶？為何在我裏面煩躁？應當仰望上帝，因我還要稱謝他，我當面的拯救，（詩篇 42:1-5）

Section three and you who are watching online -

第三區和正在網上看的你——

6 My soul is downcast within me; therefore, I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. 7 Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. 8 By day, the LORD directs his love. At night his song is with me—a prayer to the God of my life. 9 I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" 10 My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?" 11 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. (Psalms 42:6-11)

6 我的上帝。我的心在我裏面憂悶，所以我從約旦地，從黑門嶺，從米薩山記念你。7 你的瀑布發聲，深淵就與深淵響應，你的波浪洪濤漫過我身。8 白晝，耶和華必施慈愛；黑夜，我要歌頌祈禱賜我生命的上帝。9 我要對上帝—我的磐石說：「你為何忘記我呢？我為何因仇敵的欺壓時常哀痛呢？」10 我的敵人辱罵我，好像敲碎我的骨頭，他們不住地對我說：「你的上帝在哪裏呢？」11 我的心哪，你為何憂悶？為何在我裏面煩躁？應當仰望上帝，因我還要稱謝他，我當面的拯救，我的上帝。（詩篇 42:6-11）

Section four -

第四區——

1 Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked. 2 You are God, my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? 3 Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. 4 Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God. 5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. (Psalm 43:1-5)

1 上帝啊，求你為我伸冤，向不虔誠的國為我辯護；求你救我脫離詭詐不義的人。2 你是作我保障的上帝，為何丟棄我呢？我為何因仇敵的欺壓時常哀痛呢？3 求你發出你的亮光和信實，好引導我，帶我到你的聖山，到你的居所！4 我就走到上帝的祭壇，到賜我喜樂的上帝那裏。上帝，我的上帝啊，我要彈琴稱謝你！5 我的心哪，你為何憂悶？為何在我裏面煩躁？應當仰望上帝，我還要稱謝他，我當面的拯救，我的上帝。（詩篇 43:1-5）

All together -
全部一起 -

Restore us to yourself, Lord, that we may return; renew our days as of old unless you have utterly rejected us and are angry with us beyond measure. (Lamentation 5:21-22)

1 How long, Lord? Will you forget me forever? How long will you hide your face from me? 2 How long must I wrestle with my thoughts and, day after day, have sorrow in my heart? How long will my enemy triumph over me? 3 Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, 4 and my enemy will say, "I have overcome him," and my foes will rejoice when I fall. 5 But I trust in your unfailing love; my heart rejoices in your salvation. 6 I will sing the Lord's praise, for he has been good to me. (Psalm 13:1-5.)

耶和華啊，求你使我們回轉歸向你，我們就得以回轉。求你更新我們的年日，像古時一樣，難道你全然棄絕了我們，向我們大發烈怒？（哀歌 5:21-22）

1 耶和華啊，你忘記我要到幾時呢？要到永遠嗎？你轉臉不顧我要到幾時呢？2 我心裏籌算，終日愁苦，要到幾時呢？我的仇敵升高壓制我，要到幾時呢？3 耶和華—我的上帝啊，求你看顧我，應允我！求你使我眼目明亮，免得我沉睡至死；4 免得我的仇敵說「我勝了他」；免得我的敵人在我動搖的時候喜樂。5 但我倚靠你的慈愛，我的心因你的救恩快樂。6 我要向耶和華歌唱，因他厚厚地恩待我。（詩篇 13:1-5。）

Many haunting questions often surface in the middle of our difficult circumstances. While we wait for God to deliver us, we can not help but question, Have we missed the way by mistake? Have we done something wrong? Doesn't God care? Is God there after all, or have we been mistaken all along?

許多縈繞心頭的問題常常在我們艱難的環境中浮現出來。我們在等待神搭救我們的時，不禁會問，我們是不是誤入歧途了？我們做錯了什麼嗎？上帝不在乎嗎？上帝到底在不在，還是我們一直都誤會了？

Waiting does something to us, and it also tells us something. It shows what our relationship is to the person to the event we are waiting for. The way a man will wait for his fiancée and the

wedding. The way that is expecting parents wait for their baby during the pregnancy. Waiting shows us what we think of the person who keeps us waiting. And we have to wait no more. 等待會改變我們，也會告訴我們一些事情。它顯示了我們與我們正在等待的人和事之間的關係。正如男人如何等待未婚妻和婚禮。父母在懷孕期間等待嬰兒的期待。等待向我們展示了我們對讓我們等待的人的看法。而我們不必再等了。

The Lord has come, our Saviour, and our God is among us. Jesus is not a means to an end or a mechanism through which we can change our circumstances. He is the end. Our circumstances meant to drive us to him. It's not that our suffering doesn't matter: it matters enough to bring tears to the eyes of the Son of God! But it matters like a first meeting matters to marriage, or like birth matters to motherhood. It is an entry point to a relationship formed through suffering as much as through joy. If, as Jesus claims, the goal of our existence is a relationship with him, finding him in our suffering is the main point.

主來了，我們的救主，我們的神就在我們中間。耶穌不是達到目的的手段，也不是我們可以改變環境的機制。他是終點。我們的情況是要驅使我們去找他。並不是我們的苦難不重要：它們的重要讓上帝的兒子為我們眼中含淚！它們是很重要，就像第一次見面對婚姻很重要，也就像出生對作為母親很重要一樣。它是通過痛苦和快樂而形成的關係的切入點。如果，正如耶穌所說，我們存在的目的是與他建立關係，那麼在我們的苦難中找到他才是主要的重點。

LORD, you know the deep places through which our lives must go: Help us, when we enter them, to lift our hearts to you; help us to be patient when we are afflicted, to be humble when we are in distress; and grant that the hope of your mercy may never fail us, and the consciousness of your loving-kindness may never be clouded or hidden from our eyes; through Jesus Christ, your Son, our Lord. Amen.

主啊，你知道我們生命必須經過的深淵：當我們進入它們時，幫助我們把我們的心歸向你；幫助我們在受苦時忍耐，在患難時謙卑；並讓我們永遠不會辜負您慈悲的希望，讓您的慈愛的意識永遠不會在我們眼前蒙上陰影或隱藏；藉著耶穌基督，你的兒子，我們的主而求。阿門。