

# God is the only Hope in Despair

## 上帝是絕望中唯一的希望

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I recently learnt a new phrase in Korean. Apologies for my bad Korean. The phrase is, *San neom eo san, galsalog taesan*.

我最近學到了一個新的韓語詞組。我先為我不太好的韓語道歉。這句話是，「*San neom eo san, galsalog taesan*。」

It means, when you walk past a mountain there is another mountain waiting.

意思是，當您過了一座山時，還有另一座山在等待你。

The last part of the phrase taesan is actually talking about a mountain called Taishan in Shandong in China. The phrase is similar to *out of the frying pan into the fire*.

這句話最後一部分的 taesan 實際上是指在中國山東名為泰山的一座的山。這句話類似於每況愈下。

But I think it captures that mixture of joy and pain really well. That feeling of getting past one struggle and the joy on being on the other side. But then the cloud's part and there's another crisis or struggle ahead.

但我認為它很好地捕捉了快樂和痛苦的混合。那種擺脫掙扎有喜悅在另一邊的感覺。但接下來當雲被分開，前方還有另一場危機或鬥爭。

I know it's been exam time for many people studying. And it'd be like that short term feeling of joy when you finish one exam, only to remember you have 4 more coming up!

我知道對於很多在學習的人來說，現在正是考試時期。那感覺就像是，那種當你完成一項考試時的短期快樂，然後記起你還有四場考試！

How foolish is it if we pretend after that first struggle that there are no more struggles ahead?

如果我們在第一次掙扎之後假裝前面沒有更多的掙扎，那是多麼愚蠢？

I wonder if we can do the same thing when we depend on God.

我想知道我們在依靠上帝方面，是否也會做同樣的事情。

Is it possible that we depend on God in one season of despair, like COVID lockdown, one struggle, and then quickly forget how much we need him and go back to trying to do life on our own?

有沒有可能我們在一個絕望的季節裡依賴上帝，比如 COVID 的封城，一場掙扎，然後很快忘記我們是多麼需要他，並重新嘗試自己過自己的生活？

Climbed one mountain with Gods help, and don't even see the next one in front of us.

用神的幫助爬了一座山，而不去看下一座就在眼前。

Throughout lockdown, I was very aware of the mountain that we were climbing. Very aware of how much I needed God's help just to do daily things like having patience with my kids, and not falling into despair. And God has been good. Reading about his patience and love in Jeremiah challenge me to be a good Dad.

在整個封城期間，我非常清楚我們正在攀登的山峰。非常清楚我多麼需要上帝的幫助來做日常的事情，比如對我的孩子有耐心，而不是陷入絕望。上帝一直很美好。讀到他在《耶利米書》中的耐心和愛，挑戰我成為一個好爸爸。

And then we got back to normal life – I didn't realise it, but act like I've got this God. I'll do it on my own. Even though going back to normal life is just another mountain to climb. But I've tried to do it in my own strength.

然後我們又回到了正常的生活——我沒有意識到這一點，但表現得好像上帝啊我懂得怎樣做了。我會自己做。即使恢復正常生活只是另一座要攀登的山。但我在嘗試用自己的力量去攀登。

Kid's got sick, I can deal with this God. Instead of coming to him and grieving pain and sickness and my need for him to be the great healer.

孩子病了，上帝我可以處理好這個的。而不是來到祂的身邊，為痛苦和疾病而悲傷，以及我需要祂成為偉大的治療。

Today is our last in our series Hope in Despair. We have spent the last 8 weeks in the Psalms and the book of Lamentations.

今天是我們在《絕望中的希望》系列中的最後一課。在過去八週，我們一直在讀《詩篇》和《耶利米哀歌》。

I'm really thankful for the series. For helping us to understand how to grieve and lament towards God. Thankful for Psalm 13 from last week which gives us words to use in our lament. 我真的很感謝這個系列。幫助我們了解如何向上帝悲傷和哀嘆。感謝上週的《詩篇》第13篇，它為我們提供了可用於哀嘆的詞句。

The book of Lamentations was very difficult to look at as the city of Jerusalem was destroyed. But it has been wonderful to see the God who stands by his people, even when he has poured out his anger on them – but also speaking words of grace to.

《耶利米哀歌》像耶路撒冷城被毀一樣，難以入目。但看到，即使上帝已向他的百姓傾下怒火，祂仍站在他們身邊支援他的百姓，也向他們說出恩典的話，真是太棒了。

But the challenge for me, and for you will be that as we come from a season of depending on God we continue to trust in him, and not forget our need for God.

但對我和你來說，面臨的挑戰將是，當我們離開依賴上帝的季節時，我們繼續信靠祂，而不是忘記我們對上帝的需要。

Our God is our only hope.

我們的上帝是我們唯一的希望。

Today we're in Psalm 40, and King David encourages us to be lifelong lamenters, who know how to pray crying out to God for help and rejoicing in him, so that we can regularly lament our sin, the season we're in, the situation, the loss of a loved one and grieve, and depend on God's goodness to us.

今天，我們看《詩篇》40篇，大衛王鼓勵我們成為終生的哀悼者，他們知道如何向上帝祈求幫助並以他為樂，這樣我們就可以經常為自己的罪，我們所處的境況，遇上的任何情況，失去親人，而哀嘆和悲痛，並依靠上帝對我們的美善。

## 1. Psalm 詩篇 40:1-10 God Saves 上帝拯救

Have a look with me at Psalm 40.

和我一起看看《詩篇》40篇。

1 I waited patiently for the Lord; he turned to me and heard my cry.

2 He lifted me out of the slimy pit, out of the mud and mire;

1 我曾耐性等候耶和華，他垂聽我的呼求。

2 他從泥坑裏，從淤泥中，把我拉上來，

David has been in a time of struggle, a time of despair. He has cried out to God. And then, he waited patiently. We don't know how long, but long enough that he has had to wait.

大衛一直處於掙扎、絕望的時期。他向上帝呼求。然後，他耐心地等待。我們不知等了多久，但足夠長的時間讓他不得不等待。

And he waited patiently. What a challenge! I don't like to wait for anything, especially when I'm in despair. God come and fix this problem now. I'm sure that is partially our culture of quick fixes and also my own sin.

他耐心地等待著。多麼挑戰啊！我不喜歡等待任何事情，尤其是在我絕望的時候。上帝現在就來解決這個問題。我敢肯定，這部分是我們的快速修復文化，也是我自己的罪過。

But David has waited on God in his season of despair, and God has answered him. He has saved him from whatever the issue was.

但大衛在絕望的時候等候神，神應允了他。無論是什麼問題，他都把他救了出來。

And that description of the problem, of the despair is so vivid.

對問題的描述，對絕望的描述是如此生動。

A slimy pit, out of the mud and the mire. Or a miry bog from older translations.

他從泥坑裏，從淤泥中。或者來自舊翻譯指泥濘沼澤。

It makes me think of my worst nightmare as a child, quicksand. It was in every tv show. I was sure it was going to be a much bigger issue when I grew up, yet I've never been in a literal one. 這讓我想起了我小時候最可怕的噩夢——流沙。它出現在每個電視節目中。我確信長大後這會成為一個更大的問題，但我從來沒有真正陷入過在一個。

But it's a picture of slippery walls, stuck in a hole, unable to climb out. Can't even get a foot or handhold to get some purchase.

但這是一幅滑溜溜的牆壁，卡在一個洞裡，爬不出來的照片。甚至無法獲得一些立腳或把手來借力。

Sounds a lot like COVID lockdown. For a while there, it didn't seem to matter what restrictions were in place, nothing got better. There seemed to be no way out. Season of depression of despair, attacked from inside or out.

聽起來很像 COVID 的封城。有一段時間，實施什麼限制似乎並不重要，一切都沒有好轉。似乎沒有出路。絕望沮喪的季節，從內到外攻擊。

But God has saved David from what seemed like an impossible situation. God has saved him, pulled him up and out. And the contrast is in rest of verse 2.

但上帝已將大衛從看似不可能的情況中拯救出來。上帝救了他，把他拉了起來。對比在第 2 節的其餘部分。

2b: he set my feet on a rock and gave me a firm place to stand.

2b: 使我的腳立在磐石上，使我腳步穩健。

Safety. Security in God. I don't know the feeling of coming out of a slimy pit onto firm ground. But I do know the feeling of not being able to swim and then reaching the sand.

安全。在上帝裡的安全感。我不知道從淤泥坑裡爬到堅實的地面上是什麼感覺。但我確實知道不會游泳然後到達沙灘的感覺。

I remember one morning on holidays years ago, kids were littler. I'd gone for a beach run, and then a swim. I didn't realise how tired the run had made my legs. And I got caught in a rip in the ocean.

我記得幾年前假期的一個早晨，孩子們還小。我去海灘跑步，然後游泳。我沒有意識到跑步讓我的腿有多累。我被捲入大海中的一個暗流。

My life flashed before my eyes. I remember praying, crying out to God for help.

我的一生在我眼前一閃而過。我記得我祈禱，向上帝呼求幫助。

And that feeling when my feet finally hit sand and I was safe. Joy. Relief. Inexpressible praise to God for another day. And I've been much more aware of how easy it is to swim.

當我的腳終於碰到沙子並且我安全了時的那種感覺。喜悅。寬慰。為了有多一天的命讚美上帝。而且我更加意識到游泳是多麼容易。

God has taken David out of the depths of pain. A struggle he could not climb out of and placed him safe.

上帝已將大衛從痛苦的深淵中拯救出來。是他無法擺脫的掙扎，而使他安全。

So David responds by praising God, his trust grows in him, and he wants to give all of his life not just offerings to him.

所以大衛以讚美回應上帝，他對他的信任與日俱增，他想把他的一生都奉獻給他，而不僅僅是獻給他。

3 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.

3 他使我口唱新歌，就是讚美我們上帝的話。許多人必看見而懼怕，並要倚靠耶和華。

He's praising God and his trust and dependence has grown. He cried out to God, waited for him, God answered and saved him. David doesn't just move on to the next thing, but praises him and trusts him more!

他在讚美上帝，他的信任和依賴也因應增加了。他呼求神，等候他，神應允並拯救了他。大衛不只是繼續做下一件事，而是讚美他並更加信任他！

And he offers his whole life to God.

他將自己的整個生命獻給上帝。

6 Sacrifice and offering you did not desire— but my ears you have opened—burnt offerings and sin offerings you did not require. 7 Then I said, “Here I am, I have come—it is written about me in the scroll. 8 I desire to do your will, my God; your law is within my heart.”

6 祭物和禮物，你不喜愛，你已經開通我的耳朵；燔祭和贖罪祭非你所要。7 那時我說：「看哪，我來了！我的事在經卷上已經記載了。8 我的上帝啊，我樂意照你的旨意行，你的律法在我心裏。」

It's hard to read this and not immediately think of Jesus. David is the fulfilment of expectation, of a king. But where David desires to do God's will. Jesus is the one who does it. He is the one who all of the Old Testament points to.

讀到這裡，很難不立即想到耶穌。大衛是對王的期望的實現。但大衛渴望遵行上帝的旨意。而耶穌就是這樣做的人。他是所有舊約聖經都指向的那一位。

Whilst God has been faithful and answered David's call. How much more Jesus. Crying out on the cross, where are you? Why have you forsaken me?

上帝對大衛的呼救一直信實並回應了。更何況是耶穌的。在十字架上呼喊，你在哪裡？你為什麼離棄我？

And yet God lifted Jesus out of a pit, not just a pit of despair and pain – but the pit of death.

然而，上帝將耶穌從一個深坑中拉出來，不僅是一個絕望和痛苦的深坑——而是一個死亡的深坑。

And because God lifted him up, he offers to lift us up too to new life. Placing us on the firm foundation of Jesus.

並且因為上帝復活了他，他也會將我們升到新的生命。把我們放在耶穌穩固的根基上。

In our moment of salvation – we didn't even realise how high the walls of the pit were until we were taken out of them. Praise God.

在我們得救的時刻——直到我們被帶出來，我們才意識到坑的牆壁有多高。讚美神。

We were stuck not just in a pit, but Eph 2 tells us we were dead. Totally unable to climb out of our own graves. Put us on Jesus. Firm foundation.

我們不僅被困在坑里，而且《以弗所書》2章告訴我們，我們是已經死了。完全無法爬出我們自己的墳墓。把我們放在耶穌身上。堅實的基礎。

See Goodness of God on the other side of the pit. Hard to see when we're in the pit. God is always good and always listening. Important to have these moments to acknowledge God's goodness.

在坑的外邊會看到上帝的美善。但當我們在坑里時很難看到。上帝總是良善，總是傾聽。重要的是有這些時刻來確認上帝的美善。

God I can depend on your love in Jesus, even when in pit.

上帝啊，我可以靠耶穌去依靠你的愛，即使在坑里。

Jesus is the firm foundation, when we stand on him, we can survive every pit. No pit can swallow us.

耶穌是穩固的根基，當我們站在他身上時，我們就能渡過每一個坑。沒有坑可以吞掉我們。

## 2. Psalm 詩篇 40:11-17 God keeps saving 神不斷地拯救

If those 10 verses were all that we had of Chapter 40 of the psalms that would be really lovely. God saves us when we're down and out. When we are stuck.

如果《詩篇》第40篇只有這10節，那將是非常可愛的。當我們跌倒時，當我們被卡住時。上帝會拯救我們。

Awesome everything is better now. No more problems.

現在一切都好起來了。真棒。沒有更多的問題。

But that's not our lived experience.

但這不是我們的生命經歷。

But the truth is that we lurch from disaster to disaster. From the frying pan to the fire. Get to the top of one mountain and see the next in front of us.

事實是，我們在一場災難中跌跌撞撞到下一個災難。每況愈下。登上一座山的頂，而看到在我們面前的下一座。

Just because someone has survived cancer doesn't mean a loved one won't die. Struggled to find a new job doesn't mean that a bush fire won't threaten your house.

僅僅因為某人從癌症中倖存下來並不意味著所愛的人不會死去。努力尋找新工作並不意味著叢林大火不會威脅到你的房子。

The harsh realistic truth is that we live in a damned world, cursed by sin. God is the only hope and help until he remakes this world when Jesus returns.

殘酷而現實的事實是，我們生活在一個被罪詛咒的該死的世界裡。上帝是唯一的希望和幫助，直到耶穌再來時他重新創造這個世界。

But there is a wonderful hope and encouragement that we see in the second half of Psalm 40.  
但是，我們在《詩篇》40篇的後半部分看到了美好的希望和鼓勵。

We saw that David had cried out for God's help, and God answered him.  
我們看到大衛呼求神的幫助，神應允了他。

But here he is again crying out for help. Even though God saved him and placed him on firm ground, there is another struggle another pit of his own making.  
但在這裡，他再次呼救。儘管神救了他，把他放在穩固的地基上，但他又在掙扎，又是自己做出的一個坑。

### Verse 11 第 11 節

11 Do not withhold your mercy from me, Lord; may your love and faithfulness always protect me. 12 For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me.  
11 耶和華啊，求你不要向我止住你的憐憫！願你的慈愛和信實常常保佑我！主啊，不要向我隱瞞你的憐憫；願你的愛和信實永遠保護我。12 因有無數的禍患圍困我，我的罪孽追上了我，使我不能看見，這罪孽比我的頭髮還多，我的膽量喪失了。

David's own sin has caused his trouble. And his request is based on who God is. God is faithful and loving. And even though David is back down in the pit he will cry out to him again.  
大衛自己的罪給他帶來了麻煩。他的請求是基於上帝是誰。上帝是信實和慈愛的。即使大衛回到坑里，他也會再次向他呼救。

### Verse 13. 第 13 節。

13 Be pleased to save me, Lord; come quickly, Lord, to help me.  
13 耶和華啊，求你開恩搭救我！耶和華啊，求你速速幫助我！

David has learnt the lesson of grief and lamentation. Calling out to God when in need. Depending on him in each and every circumstance – even problems that he makes. God doesn't ignore him because of that. David has seen how faithful God is, that he answers prayers, so he cries out to him again.

大衛已經吸取了悲傷和哀嘆的教訓。在需要時呼求上帝。在每一種情況下都依賴於他——甚至是在他製造的問題中。因此上帝不會忽視他。大衛看到神是多麼信實，他會回應禱告，所以他再次向他呼求。

He's aware of his condition and need for God.  
他知道自己的處境和對上帝的需要。

Verse 17.

第 17 節。

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.  
我本是困苦貧窮的，主卻顧念我。  
你是幫助我的，搭救我的；我的上帝啊，求你不要耽延！

This is king David saying these words. He is poor and needy. Not sure whether this was when he was hiding in a cave, or when he was king in the palace. But he's aware of how depraved his own heart is and his need for God.

這是大衛王在說這些話。他困苦貧窮需要幫助。不知道這是他躲在山洞裡的時候，還是他在宮裡當國王的時候。但他知道自已的心是多麼墮落，也知道他多麼需要上帝。

That's what happens when we grow closer to God, we are made more and more aware of our sinfulness and God's holiness. So that we can say God you are my help and my deliverer.  
這就是當我們越來越接近上帝時會發生的事情，我們越來越意識到我們的罪性和上帝的聖潔。這樣我們才會說上帝，你是幫助我的，搭救我的。

When we learn the lament of Psalm 40, and the book of Lamentations or Psalm 13 from last week, we learn David's lesson here.

當我們在《詩篇》第 40 篇和《耶利米哀歌》中或上週的第 13 篇學習哀嘆時，我們就是在學習大衛的功課。

God is always good, he is always helping and answering prayers. He is always able to be trusted.

上帝總是美善的，他總是在幫助和回應祈禱。他總是能夠被信任。

But also how good grace is. That God would willingly have traded our place for Jesus' at the cross.

恩典真是那麼美好。上帝會心甘情願地在十字架上用耶穌來替代我們。

Preacher, theologian, and author; Don Carson told a story about a missionary who came back to study a PhD with him. He brought his wife and young daughter. When they were there his wife was diagnosed with cancer. Treated with chemotherapy, and she recovered.

傳教士、神學家和作家；唐卡森講了一個故事是關於一位和他一起回來攻讀博士學位的傳教士的。他帶來了他的妻子和年幼的女兒。當他們在那裡時，他的妻子被診斷出患有癌症。經過化療，她康復了。

He continued his studies. 6 months later he was diagnosed with cancer of the liver. No one wanted to touch him. Eventually he found doctors who would help him, they took out most of his stomach, but he eventually recovered and went back to his PhD.

他繼續他的學業。6個月後，他被診斷出患有肝癌。沒有醫生願意接納他為病人為他動刀。最終他找到了可以幫助他的醫生，他們取出了他的大部分胃，但他最終康復並回到了他的博士學位。

6 months after that his wife died from her cancer.

6個月後，他的妻子死於癌症。

He finished his PhD, but before he went back to the mission field with his 9 year old daughter, he spoke at Don Carson's church, and thank everyone for their support. 他完成了博士學位，但在帶著9歲的女兒回到傳教區之前，他在唐卡森的教會講道，並感謝大家的支持。

For their prayers. And he thanked God for all his goodness and grace. For the assurance of life and for real hope, and that he would see his wife again. That God had left him here to father his daughter. He spent his whole time in gratitude.

感謝他們的祈禱。他感謝上帝所有的美善和恩典。生命的保證和真正的希望，以及他會再次見到他的妻子。上帝讓他留在這裡養育他們的女兒。他的整個講道中的時間都在感恩。

Don Carson made the point – That is simply normal Christian living.

唐卡森指出了一點——這是完全絕對恰好的正常基督徒生命。

Hope in despair is the usual life of the Christian.

絕望中盼望是基督徒的常態。

Our hope isn't that this season of pain will get better. That life will go back to normal, or that things will get easier.

我們盼望的不是這個痛苦的季節會好轉。生活會恢復正常，或者事情會變得更容易。

Our hope is in Jesus who didn't climb a mountain, but got on a cross. Who God raised from the dead, and pulled us out of the pit of death with him.

我們靠耶穌去盼望，他沒有爬上山，但上了在十字架。他是神從死裡復活，把我們和他一起從死亡的深淵中拉出來的那人。

So that no matter what happens the end of the story is already sure. We can grieve the pain of difficult seasons, of challenges at work or within our families, getting sick – because Jesus climbed the most important mountain. And he has placed us on his back and carries us like a little child to stand before God.

這樣無論發生什麼故事的結局都已經確定了。我們可以為艱難的季節、工作或家庭中的挑戰、生病的痛苦而悲傷——因為耶穌爬上了最重要的山。他把我們背起來在他背上，帶著我們像一個小孩子一樣站在上帝面前。

The Christian can endure, that story of the missionary still rejoicing and being thankful to God can be our story too because Jesus is walking with us. He says, this pain you're going through, I've already walked through, come and follow me. Place your burdens on me.

基督徒可以忍受，傳教士仍然喜樂並感謝上帝的故事也可以成為我們的故事，因為耶穌正在與我們同行。他說，你正在經歷的這個痛，我已經走過了，來跟從我。把你的擔子放在我身上。

So as we finish this season of looking at hope and despair and before we head into Christmas, one often full of distractions, food, and joy from presents and families, remember the value of lament.

因此，當我們結束這個研究希望和絕望的季節，並在我們進入聖誕節，這個通常是充滿干擾、食物和來自禮物和家庭的歡樂的季節之前，請記住哀嘆的價值。

Lament reminds us of God's goodness. It reminds us of how we still depend on him. Grieve our sins and celebrate and rejoice over God's grace to us.

哀嘆提醒我們上帝的美善。這讓我們想起我們是怎樣仍然依賴他。為我們的罪悲痛，為上帝對我們的恩典而慶祝和歡欣。

Remember it because there is another mountain to climb around the corner, but Jesus is already there, calling you to walk with him. Don't get bogged down in despair. Cry out to him for help because he will answer you.

記住這一點，因為拐角處還有一座山要爬，但耶穌已經在那裡，呼喚你與他同行。不要陷入絕望。向他求助，因為他會回答你。