



上行

之

诗!

The
Pilgrim
psalms!



15个

迈向锡安

15 Steps to Zion!

步骤!

从绝望到锡安!

From Despair to Zion!

Psa 诗
120-134

- 步骤 Step 1. **急难** Distress (Psa 诗 120)
- 步骤 Step 2. **帮助** Help (Psa 诗 121)
- 步骤 Step 3. **耶和华的殿** The House of the Lord (Psa 诗 122)
- 步骤 Step 4. **怜悯** Mercy (Psa 诗 123)
- 步骤 Step 5. **神的拯救** God's Deliverance (Psa 诗 124)

诗篇

Psa 124

¹（大卫上行之诗。）

以色列人要说：若不是耶和华帮助我们，

²若不是耶和华帮助我们，当人起来攻击我们、

³向我们发怒的时候，就把我们活活地吞了。

⁴那时，波涛必漫过我们，河水必淹没我们，

⁵狂傲的水必淹没我们。

⁶耶和华是应当称颂的！

他没有把我们当野食交给他们吞吃（原文作牙齿）。

⁷我们好像雀鸟，从捕鸟人的网罗里逃脱；网罗破裂，我们逃脱了。

⁸我们得帮助，是在乎倚靠造天地之耶和华的名。

¹ A Song of Ascents. Of David. "If it had not been the LORD who was on our side," Let Israel now say—

² "If it had not been the LORD who was on our side, When men rose up against us,

³ Then they would have swallowed us alive, When their wrath was kindled against us;

⁴ Then the waters would have overwhelmed us, The stream would have gone over our soul;

⁵ Then the swollen waters Would have gone over our soul."

⁶ Blessed be the LORD, Who has not given us as prey to their teeth.

⁷ Our soul has escaped as a bird from the snare of the fowlers; The snare is broken, and we have escaped.

⁸ Our help is in the name of the LORD, Who made heaven and earth.

诗篇

Psa 124

- **神是帮助我们的** *The Lord is on our Side (v1-2)*
 - **恶者的计谋** *Enemy Tactics (v3-5)*
- **大卫得到神的帮助** *David Receives God's Help (v6-8)*

诗篇

Psa 125

¹（上行之诗。）

倚靠耶和华的人好像锡安山，永不动摇。

²众山怎样围绕耶路撒冷，

耶和华也照样围绕他的百姓，从今时直到永远。

³恶人的杖不常落在义人的分上，免得义人伸手作恶。

⁴耶和华啊，求你善待那些为善和心里正直的人。

⁵至於那偏行弯曲道路的人，

耶和华必使他和作恶的人一同出去受刑。

愿平安归於以色列！

¹ A Song of Ascents. Those who trust in the LORD Are like Mount Zion,
Which cannot be moved, but abides forever.

² As the mountains surround Jerusalem, So the LORD surrounds His people From this time forth and forever.

³ For the scepter of wickedness shall not rest On the land allotted to the righteous,
Lest the righteous reach out their hands to iniquity.

⁴ Do good, O LORD, to those who are good, And to those who are upright in their hearts.

⁵ As for such as turn aside to their crooked ways,
The LORD shall lead them away With the workers of iniquity. Peace be upon Israel!

诗篇

Psa 125

- **倚靠耶和华** *Trusting in the Lord (v1-2)*
- **不可动摇的锡安** *Unmovable Zion (v3-5)*
- **15个迈向锡安的步骤** *15 Steps to Zion (Psa 诗 15,24)*

诗篇

Psa 126

¹（上行之诗。）

当耶和华将那些被掳的带回锡安的时候，
我们好像做梦的人。

²我们满口喜笑、满舌欢呼的时候，
外邦中就有人说：耶和华为他们行了大事！

³耶和华果然为我们行了大事，我们就欢喜。

⁴耶和华啊，求你使我们被掳的人归回，好像南地的河水复流。

⁵流泪撒种的，必欢呼收割！

⁶那带种流泪出去的，必要欢欢乐乐地带禾捆回来！

¹ A Song of Ascents. When the LORD brought back the captivity of Zion, We were like those who dream.

² Then our mouth was filled with laughter, And our tongue with singing.
Then they said among the nations, "The LORD has done great things for them."

³ The LORD has done great things for us, And we are glad.

⁴ Bring back our captivity, O LORD, As the streams in the South.

⁵ Those who sow in tears Shall reap in joy.

⁶ He who continually goes forth weeping, Bearing seed for sowing,
Shall doubtless come again with rejoicing, Bringing his sheaves with him.



诗篇

Psa 126

了解被掳的

Understanding Captivities (v2-3)

² 我们满口喜笑、满舌欢呼的时候，
外邦中就有人说：耶和华为他们行了大事！
³ 耶和华果然为我们行了大事，我们就欢喜。

² Then our mouth was filled with laughter, And our tongue with singing.
Then they said among the nations, "The LORD has done great things for them."

³ The LORD has done great things for us, And we are glad.

• **约瑟 Joseph**
Psa 诗 105:19

• **雅各 Jacob**
Gen 创 32:28

• **耶稣基督 Jesus Christ**
Isa 赛 49:1-2

诗篇

Psa 126

了解被掳的

Understanding Captivities (v2-3)

• 约瑟 Joseph

Psa 诗
105:19

耶和华的话试炼他，
直等到他所说的应验了。

Until the time that his word came to pass,
The word of the LORD tested him.



诗篇

Psa 126

了解被掳的

Understanding Captivities (v2-3)

• 雅各 *Jacob*

Gen 创
32:28

那人说：「你的名不要再叫雅各，要叫以色列；因为你与神与人较力，都得了胜。」

And He said, "Your name shall no longer be called Jacob, but Israel; for you have struggled with God and with men, and have prevailed."

• 耶稣基督 *Jesus Christ*

Isa 赛
49:1-2

众海岛啊，当听我言！远方的众民哪，留心而听！自我出胎，耶和華就选召我；自出母腹，他就提我的名。他使我的口如快刀，将我藏在他手荫之下；又使我成为磨亮的箭，将我藏在他箭袋之中；

"Listen, O coastlands, to Me, And take heed, you peoples from afar! The LORD has called Me from the womb; From the matrix of My mother He has made mention of My name. And He has made My mouth like a sharp sword; In the shadow of His hand He has hidden Me, And made Me a polished shaft; In His quiver He has hidden Me."

诗篇
Psa 126

了解赎罪和会幕

Understanding Atonement and Tabernacles

- **流泪哭泣撒种的** *Sowing in Tears and Weeping (v5-6, Psa 诗 84:6)*
 - **会幕的祝福** *Blessings of Tabernacles (v5-6, Act 徒 2:47)*
 - **尼希米-以斯拉** *Nehemiah-Ezra (Neh 尼 8:8-10)*

诗篇

Psa 126

了解赎罪和会幕

Understanding Atonement and Tabernacles

• 流泪哭泣撒种的

Sowing in Tears and Weeping

Psa 诗
126:5-6

流泪撒种的，必欢呼收割！那带种流泪出去的，必要欢欢乐乐地带禾捆回来！ *Those who sow in tears Shall reap in joy. He who continually goes forth weeping, Bearing seed for sowing, Shall doubtless come again with rejoicing, Bringing his sheaves with him.*

诗篇

Psa 126

了解赎罪和会幕

Understanding Atonement and Tabernacles

- **流泪哭泣撒种的**
Sowing in Tears and Weeping

Psa 诗
84:6

他们经过「流泪谷」，叫这谷变为泉源之地；并有秋雨之福盖满了全谷。 *As they pass through the Valley of Baca, They make it a spring; The rain also covers it with pools.*

诗篇

Psa 126

了解赎罪和会幕

Understanding Atonement and Tabernacles

• 会幕的祝福

Blessings of Tabernacles

Psa 诗
126:5-6

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Those who sow in tears Shall reap in joy. He who continually goes forth weeping, Bearing seed for sowing, Shall doubtless come again with rejoicing, Bringing his sheaves with him.

诗篇

Psa 126

了解赎罪和会幕

Understanding Atonement and Tabernacles

• 会幕的祝福

Blessings of Tabernacles

Act 徒
2:47

赞美神，得众民的喜爱。
主将得救的人天天加给他们。

praising God and having favor with all the people. And the Lord added to the church daily those who were being saved.

• 尼希米-以斯拉

Nehemiah-Ezra

Neh 尼
8:8-10

他们清清楚楚地念神的律法书，讲明意思，使百姓明白所念的。省长尼希米和作祭司的文士以斯拉，并教训百姓的利未人，对众民说：「今日是耶和华你们神的圣日，不要悲哀哭泣。」这是因为众民听见律法书上的话都哭了；又对他们说：「你们去吃肥美的，喝甘甜的，有不能预备的就分给他，因为今日是我们主的圣日。你们不要忧愁，因靠耶和华而得的喜乐是你们的力量。」

So they read distinctly from the book, in the Law of God; and they gave the sense, and helped them to understand the reading. And Nehemiah, who was the governor, Ezra the priest and scribe, and the Levites who taught the people said to all the people, "This day is holy to the LORD your God; do not mourn nor weep." For all the people wept, when they heard the words of the Law. Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the LORD is your strength."

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步骤 Step 5. **神的拯救** God's Deliverance (Psa 诗 124)

步骤 Step 6. **倚靠** Trust (Psa 诗 125)

步骤 Step 7. **我们所被掳的归回** The Turning of Our Captivity (Psa 诗 126)