

兄弟姐妹平安，謝謝辛牧師給我一個機會來分享過去一週讀經的心得和個人的感想。

在過去一週讀詩篇 40-77，神藉著大衛和別的作者來提醒我基督徒應有的生命或生活觀。容許我用中，英文來分享一些感想。

在詩篇 40-77 篇神提醒我，屬神生命的成長和生活中，不能缺少我們都熟悉的 7 個重要的操練：

1. 常讚美神, 2. 常常感恩, 3. 認罪悔改, 4. 堅忍信心, 5. 求神保護, 6. 不斷禱告, 和 7. 深信神是公義的神。
還有神寶貴的應許：我們靠著神一定會勝過世界的挑戰和困難。

Psalms 40-77 - Lesson Learned



以下請我們大家思考反省：

1. 我們在屬世和屬靈生活成長裡面有些什麼的操練？
2. 我們如何表達我們所相信的一位創造宇宙萬物，救贖我們的神，也是公義的神？
3. 我們有否經常向神認罪悔改？
4. 在這個動亂和疫情嚴重的社會，我們怎麼樣靠神堅忍我們的信心？

我自己很慚愧很多方面的做得不好，最大虧欠神的是沒有常常認罪悔改，常常走在神前面，替神做決定，也常忘記神是公義的，一切發生的事情都有祂的美意。

我特別喜歡這兩段經文：

57:1-2 “我的心默默無聲，專等候神；我的救恩是從他而來。惟獨他是我的磐石，我的拯救；他是我的高臺，我必不很動搖。”

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51:10-12 “神啊，求你為我造清潔的心，使我裏面重新有正直的靈。不要丟棄我，使我離開你的面；不要從我收回你的聖靈。求你使我仍得救恩之樂，賜我樂意的靈扶持我。”

Psalms 40-77 reminds me of Christian life essentials:

Praise to God

- 47 – Praise to God, the ruler of the earth
- 54 – Praise to the Lord for His love and faithfulness
- 63 - Thirsting for God
- 65 - Praise to God for His salvation and provision

Repentance

- 51 - A prayer of repentance
- 44 – Redemption remembered in present dishonor

Persevering Faith

- 40 – Faith persevering in trial
- 42 – Yearning for God in the midst of distress
- 55 – Cast your cares on the Lord

Take Refuge in God

- 59 – Deliver me from my enemies, my God
- 66 – A calm resolve to wait for God’s salvation
- 71 – Take refuge in the Lord
- 77 – In distress, I sought the Lord

Constant Prayer

- 51 – A prayer of repentance
- 70 – Prayer for relief from adversaries
- 74 – A plea for relief from oppressors
- 43 – Prayer to God in time of trouble

Thanksgiving

- 75 – Thanksgiving for God’s righteous judgement
- 67 – May God shine His face on us

Trust God, the Righteous Judge

- 50 – God the righteous judge
- 52 – The end of the wicked and the peace of the godly
- 58 – God judges the earth
- 73 – The tragedy of the wicked, and the blessedness of trust in God

Lessons learned from Psalms 40-77:

Lessons:

1. Christian life essentials include:
 - Praise to God
 - Thanksgiving
 - Repentance
 - Prayer
 - Take refuge in God
 - Faith persevering in trials
2. God, the righteous judge
3. God's promises:
 - The tragedy of the wicked and the blessedness of trust in God
 - With God we will gain the victory

Reflection:

1. What is your spiritual practice in your Christian life?
2. How do you show your trust in God reigning over the earth and being the righteous God today?
3. How often do you go to God with prayer of repentance?
4. How does your faith persevere in time of trouble?

Conclusion:

- With God we will gain the victory!