

# The Prelude to the Psalms: The Two Ways

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**References:** Psalm 1, Psalm 150:1-6; Proverbs 11:14; Proverbs 13:24; Galatians 6:7

## Introduction to the Psalms

All right, so this morning I thought we might consider the Book of Psalms, and in particular the first chapter, the first Psalm in the Book of Psalms. The Book of Psalms is a long book. There are one hundred and fifty Psalms, you know. Sometimes people ask the question: "What is that book all about?" And there is a sense in which Psalm number one is a prelude to the Book of Psalms. Psalm number one hundred and fifty at the end of the book would be the postlude or the conclusion to the book.

我今天考虑到的，今天早上我们要学习的是诗篇，特别是学习诗篇第一篇。诗篇是很长的书，在这里有一百五十篇诗篇。有时候，人们会问这样的问题：“这本书讲的是什么？”从这个意义上来讲，诗篇第一篇是整个诗篇的前奏；而最后一篇，诗篇一百五十篇，应该是整个诗篇的结尾，或者是后续。

So, what would the first word be in the Book of Psalms? The first line is "Blessed is the man." And the last Psalm, the first line is "Praise the Lord!" And in the middle, if you like, is the detail as to how to live life with God. If you were to follow the instruction of the first Psalm—learn and live all about it as you go through the rest of the Psalms—what would you say about your life at the end of the song? You would say, "Praise the Lord," wouldn't you?

那么在诗篇第一篇的第一个词是什么？第一句就是：“这人便为有福。”而最后一篇诗篇的第一句话是：“赞美主！”在中间的部分，如果你愿意这样看，就是关于怎样为神而活的细节。如果你遵从第一篇诗篇的指导，在读其余诗篇的过程中去学习并活出来，那么在你人生的结尾，你会怎么想你的人生呢？你会说：“赞美主，”是不是呢？

All right, so some introduction, then, to the life that the Christian should live, and we will get from that in Psalm 1. So we will read it together. Probably, Roy, it is better to read it in Chinese first, and then I will read it in English.

这里有一些关于基督徒应该怎样生活的指导，我们要从诗篇第一篇开始。我们要一起来读，可能我先用中文给大家读一下，然后他再用英文读诗篇第一篇。

[Psalm 1:1-6 NKJV]

<sup>1</sup> Blessed is the man

Who walks not in the counsel of the ungodly,  
Nor stands in the path of sinners,  
Nor sits in the seat of the scornful;

<sup>2</sup> But his delight is in the law of the LORD,

And in His law he meditates day and night.

<sup>3</sup> He shall be like a tree

Planted by the rivers of water,  
That brings forth its fruit in its season,  
Whose leaf also shall not wither;  
And whatever he does shall prosper.

<sup>4</sup> The ungodly are not so,

But are like the chaff which the wind drives away.

<sup>5</sup> Therefore the ungodly shall not stand in the judgment,

Nor sinners in the congregation of the righteous.

<sup>6</sup> For the LORD knows the way of the righteous,

But the way of the ungodly shall perish.

不从恶人的计谋，不站罪人的道路，不坐讥诮之人的座位。惟喜爱耶和华的律法，昼夜思想，这人便为有福！他要像一棵树栽在溪水旁，按时候结果子，叶子也不枯干。凡他所做的尽都顺利。恶人并不是这样，乃像糠秕被风吹散。因此，当审判的时候恶人必站立不住；罪人在义人的会中也是如此。因为耶和华知道义人的道路；恶人的道路却必灭亡。

## The Progression of Happiness

The first verse is a wonderful verse. It says, "Blessed is the man." And again, many are the meanings of the word **blessed**, but in particular, it relates to the **happiness** of life. If you want to be happy, then what you want to do is make sure you don't walk in the counsel of the ungodly, nor stand in the path of sinners, nor sit in the seat of the scornful.

第一节经文是一个奇妙的经文，它说：“这人便为有福。”正如我们在楼上谈到的，这个“有福”是一个有很多不同意义的词。特别的是，它跟人生的幸福是有关系的。如果你想要幸福的话，那你该怎么做呢？你要不从恶人的计谋，不站罪人的道路，不坐讥诮之人的座位。

Have you ever asked the question, "I wonder what I should do? Should I do this or should I do that?" Most often we don't ask that question. We simply say, "This is what I did yesterday.

I'll do the same as I did then." But sometimes under certain circumstances, we end up with more questions, and we might say, "I'm not sure if I should do it today the same way as I did yesterday."

你有没有问过这样的问题：“我不知道我该做什么。我是应该做这呢，还是应该做那呢？”大多数时候，我们不问这个问题，只是简单地说：“我昨天是这么做的，今天我也要同样这么做。”但有时在某些情况下，我们最终会有更多的问题，我们可能会说：“我不是很确定我今天是否应该按照昨天同样的方式去做。”

So just think in general terms now. How do most people go about solving the problem of what to do next? How do you go about solving the problem? What do you do? When I was very young, I used to say, "I'll ask Mommy." When you get older, you might ask other people. You might even decide you are going to read a book on the subject and determine on the basis of that what you want to do. In general, it is not at all uncommon for us to seek counsel from another when we have to make a decision.

现在我们来问一个普遍的问题：大多数人如何去解决“下一步该做什么”的问题？你如何去解决问题？你会怎么做？当我非常小的时候，我通常说：“我问我的妈妈。”当你长大以后，你可能会问其他人，甚至可能决定去读一本关于这个主题的书，并以此决定你想做什么。总的来说，当我们必须做决定时，向他人寻求建议并不是不寻常的事。

## Seeking the Right Counsel

But of course, the key is: if you are going to ask counsel from someone, you want to ask the **right** person. If you ask the wrong person, you could get the wrong counsel. And frankly, most counsel comes from the ungodly. Many people are prepared to tell you what to do. They think, "This is what you ought to do."

当然，关键是：如果你要寻求别人的意见，你要问对人。如果你问错了人，你就会得到错误的建议。坦率地说，大多数建议是从不敬虔的人那里来的。很多人都准备好了告诉你怎么做，他们认为：“这就是你该做的。”

Or you can turn to the Bible and to the people of God. You can say to them, "What do you think we should do?" What would be the best answer that you could give to someone who came to you as a Christian and said, "Can you tell me what to do?" What would you say? Would you not say, frankly, "I'm not sure, but **this** is what the Bible says"? That's the best answer you could give, isn't it?

或者，你可以转向圣经，找属神的人，对他们说：“你认为我们应该做什么？”如果一个人因为你是基督徒而来找你，问你下一步该怎么做，你能给出的最好回答是什么？你会怎么说？你难道不会坦率地说：“我不是很确定，但是圣经是这么说的”吗？这就是你能给出的最好的答案，不是吗？

So, you have got this wonderful book ahead of you here, and you say, "I want to do what God wants me to do. I don't want the counsel of the ungodly; I want the counsel of God." The Book of Proverbs says that in the multitude of counselors, there is safety.

[Proverbs 11:14 NKJV]

Where there is no counsel, the people fall; But in the multitude of counselors there is safety.

The problem is that in the multitude of counselors, there is also a lot of folly. How do you distinguish? And so the simple logic of the Christian goes like this: "What would Jesus want me to do?"

所以，你们每个人面前都有一本奇妙的书。你说：“我想要知道神让我怎么去做。我不想听那些不敬虔的指导，我想要神的建议。”箴言说，谋士多，人便安稳。问题是，在众多的谋士中，也有很多愚昧。你如何区别呢？所以，基督徒一个简单的逻辑就是：“耶稣基督想要我做什么？”

## The Path of Decline

Now, there's a progression in verse one. This person does not walk in the counsel of the ungodly; number two, he does not stand in the path of sinners; number three, he does not sit in the seat of the scornful. If you were to follow the counsel of the ungodly, what would happen? You would do what the ungodly wanted you to do. And then someone would say to you, "Why did you do that?" And the answer is, you would make a defense.

在第一节中有一个递进的关系：第一，这个人不从恶人的计谋；第二，他不站罪人的道路；第三，他不坐讥诮之人的座位。如果你遵循那些不敬虔的建议，会发生什么呢？你就会去做那些不敬虔的人要你做的事情。然后有人会问你：“你为什么要那么做？”答案是，你会为自己辩护。

You might say, "My friend told me to." But probably you wouldn't do that. You would probably say, "I did it because it was right." And you would take a stand on the basis of what you did. You would say, "I did what the ungodly told me to do. I am prepared to stand, and I am standing now with the sinners, the others who did what the ungodly wanted them to do."

你可能会说：“我的朋友教我这么做的。”但可能你不会那么说，你可能会说：“我这么做是因为我认为这是对的。”你就会在你所做的事的基础上站稳立场。你会说：“我做了不敬虔的人告诉我做的事。我准备好了要站在这立场上，我现在就和罪人站在一起，和其他那些照着不敬虔之人要求去做的人站在一起。”

And then as time went on, you would end up sitting in the seat of the scornful, and you would make fun of those who did something different from what you did. All of which says that, on

the basis of what action you take, you will usually make a strong commitment and justify yourself.

随着时间的推移，你最终会坐在讥讽之人的座位上，你会嘲笑那些做法与你不同的人。所有这一切都说明，基于你所采取的行动，你通常会做出强烈的承诺并为自己辩护。

I ran across a situation a while ago. The question was: "What action should we take? Do we go this way or this way?" This way is God's way. That way is much more convenient. Basically, people will approve of it and everybody does it, and therefore we can go that way. And so the people who went the wrong way, they go the wrong way, and then people come up to them later and say, "Why did you do that?" And you say, "My stand is that was the right way. This doesn't apply. This is the right way." And the logical conclusion is, after a while, you'll end up laughing at the people who did it the right way, and you side with the people who did it the wrong way.

不久前我处在这样一个情况，问题是：“我们该采取什么行动？是往这边走还是往那边走？”这边是神的路。那边则要方便得多，基本上人们都会赞同，大家也都这么做，因此我们可以走那边。于是那些走错路的人，他们走错了路，后来人家问他：“你为什么这样做？”你就为自己辩护说：“我的立场是，那才是正确的路。这个不适用，这边才是对的。”逻辑上的结论就是，过一段时间，你最终会嘲笑那些走在正确路上的人，而和那些走错路的人站在一起。

Have you noticed that most of the people in the world have rejected this way? And the conclusion that they reach is often very, very wrong—very foolish.

你有没有注意到，世界上大多数人都拒绝了圣经里的这条路？他们所做的结论通常是非常非常错误的，也是非常愚蠢的。

## **The Consequence of Choice**

When I was younger, there was a fellow by the name of Dr. Spock who came onto the English-speaking world. And he told the world that the Bible's way of training children was not very effective. In particular, he said you shouldn't punish children; especially, you can't give them a spanking. The Bible says:

[Proverbs 13:24 NKJV]

He who spares his rod hates his son, But he who loves him disciplines him promptly.

Dr. Spock decided that he wouldn't teach that, and so he taught the whole English-speaking world to raise children another way. The problem was his own children. One of his own children committed suicide. They didn't know how to live. He followed his own rules in training his children, and they didn't know how to live. So there is a consequence of going the wrong way. If you listen to the counsel of the ungodly, you will ultimately defend that position, and then you'll laugh at the position that is right. Don't go down that path.

当我年轻的时候，有一个叫斯波克医生（Dr. Spock）的人出现在英语世界。他告诉世人，圣经训练孩子的方式并不太有效。他特别提到不应该惩罚孩子，尤其是不能打孩子屁股。圣经说：“不忍用杖打儿子的，是恨恶他；疼爱儿子的，随时管教。”斯波克医生决定不教导那一点，所以他教导整个英语世界用另一种方式抚养孩子。问题出在他自己的孩子身上——他其中一个孩子自杀了。他们不知道该如何生活。他遵从他自己的规则去训练他自己的孩子，那些孩子却不知道怎么生活。所以，走错路是有后果的。如果你听从不敬虔的建议，你最终会为那个立场辩护，然后嘲笑正确的立场。不要走那条路。

If you were to do the right thing, you wouldn't walk in the counsel of the ungodly, but instead, you would delight in the law of the Lord. You would look and you would say, "The law of the Lord is this. This is what I've got to do. I am not going to go with the counsel of the ungodly; I will go with the Lord." And in that law, you would meditate day and night.

如果你要做正确的事，你就不走不敬虔人的计谋，相反，你会喜爱耶和华的律法。你会观察并说：“耶和华的律法是这样的，这就是我应该做的。我不想听那些不敬虔的指导，我想要与主同行。”并且在这样的律法中，你会昼夜思想。

After you decide to follow the Lord in whatever the issue is, what do you think about? Do you think, "Oh, maybe I made a wrong decision"? Do you think, "I should have listened to the psychology of the world"? Or do you quietly delight in the law of the Lord and say, "Lord, I did this because You told me to do it. The Bible says do it, and I am going to delight in what it is You said"?

当你决定在任何事情上都跟随主之后，你会思考什么呢？你会觉得“噢，也许我做了一个错误的决定”吗？你会认为“我应该去听那个世界上的心理学家的劝告”吗？或者你会非常平静地喜爱耶和华的律法，说：“主啊，我这样做是因为你告诉我要这么做。圣经说要这样做，我就要在你所说的话语中找到喜乐”？

## **Like a Tree Planted**

Now, what happens after that? Verse three says you get to be like a tree planted by the rivers of water. You will bring forth fruit in your season. Your leaf will not wither. Whatever you do will prosper. Is that good news?

在这之后发生了什么呢？第三节说，你要像一棵树栽在溪水旁。按时候结果子，叶子也不枯干。凡你所做的尽都顺利。这是个好消息吗？

What do you know about a tree? It takes a long time to grow. Sometimes a tree's trunk is very big—how long did that take? Maybe seventy or a hundred years. If you plant a peach seed in your yard and it grows into a peach tree, when will you be able to eat the peaches? Well, not for at least three, four, or five years. If you do what is right in your life, how long is it going to take before you see fruit? It could take a long time. It takes a long time for the tree to grow.

你对树了解多少？树要花很长时间才能长成。有时候树干长得这么粗，那要花多久呢？可能要七十年或一百年。如果你在后院种下一颗桃核，等它长成桃树，你什么时候能吃到桃子？最少也要三、四、五年。如果你决定在你的人生中做正确的事，你认为要花多久才能看到果子呢？可能会花很长时间。树木生长需要很长时间。

What are you going to do in the meantime? You can say, "Oh, I did the wrong thing," or you can say, "I am going to delight in the law of the Lord, and I am going to keep praying, and I am going to say: 'Lord, You know I did that for the right reason. Would You please bring some fruit on my tree, please?'" Remember, in all of life, the Bible says there are consequences. You sow here, and you will reap later there.

[Galatians 6:7 NKJV]

Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

在此期间你应该做什么呢？你可以说：“噢，我做错了，”或者你可以说：“我要喜爱耶和华的律法，我要一直祷告。我要说：‘主啊，你知道我这样做是为了正确的理由。请让我的树结出一些果子吧，好吗？’”记住，在人生所有的情况下，圣经都说是有后果的。你在这里种下的，将来会在那里收获。不要自欺，神是轻慢不得的。人种的是什麼，收的也是什麼。

If you walk in the counsel of the ungodly, ultimately you will sit back and you will mock the Christian. If you follow the truth of God and you walk in the counsel of God, you will ultimately sit there and praise the Lord for all His goodness to you.

如果你听从那些不敬虔的建议，最后，你会坐在那里嘲弄基督徒。但如果你遵循神的真理，听从神的建议，最终你会坐在那里，为祂对你所做的一切美事而赞美主。

## Sowing and Reaping

Some of you have been shopping, and the sign in the store says: "Buy now, pay later." Who was the inventor of the "buy now, pay later" plan? The devil. The devil says you don't need to worry about tomorrow. But God says everything you sow will have consequences; you will reap what you sow. It might take as long as a tree to grow, but if you give wisdom to God and follow His leading, the Lord will bless. And if you don't, sooner or later you will say, "I made a terrible mistake. I should have followed God."

你们有些人去购物，商店里的标志说：“现在购买，稍后付款。”谁是“先买后付”计划的发明者？是魔鬼。魔鬼说你不需要担心明天。但神说，你种下的每一件事都会有后果；你会收获你所种的。这可能需要像树木生长那样长的时间，但如果你将智慧归于神并跟随祂的引导，主必赐福。如果你不这样做，迟早你会说：“我犯了一个大错，我本该跟随神的。”

So, what is the Book of Psalms all about? It is all about wisdom. You follow God, and God will bless. You don't, and there will be a problem. That is the prelude to the Book of Psalms, but it is also a summary of the entire Bible. Read it. Trust it. Obey it! And keep living it after you've done it, and you will find you will receive the blessing.

所以，诗篇讲的是什么？全都是关于智慧。你跟随神，神就会赐福给你；你不跟随神，就会产生麻烦和问题。这就是诗篇的前奏，也是整个圣经的总结。去读它，相信它，顺服它！在你做了之后一直这样生活，你就会发现你会得到福气。

All right, well, that's all the time we have this morning. Let's pray.

Lord, we want to thank You for the logic of the Bible. We are thankful that if we follow what the Bible says, the blessing of God will be upon us, and if we don't, we will end up in trouble. Lord, help us to be simple enough to say, "I don't want the counsel of the ungodly; I'm going to go in the way of the Lord." And we ask Your blessing, then, upon each of us in Jesus' name. Amen.

这就是我们今天所有的全部时间，我们来祷告。主啊，我们感谢你，为了圣经里的逻辑。我们感谢你，如果我们跟随圣经所说的，神的赐福就会降临在我们身上；如果我们不遵从，我们就会有麻烦了。主啊，求你帮助我们能简单地去想：“我不想听那些不敬虔的建议，我要与主同行。”我们求你的福气降临在每一个人身上。奉耶稣基督的名祷告，阿们。