

The Lord Is My Shepherd

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References: **Psalm 23**, Psalm 23:1-6; John 10:27-28; Romans 8:38-39; John 16:13; John 4:13-14

A Song of Personal Testimony

If you have a Bible in front of you, turn to Psalm chapter 23. Read the whole psalm. It is worthwhile reading the whole psalm because it is a song, and it was sung many times in ancient days.

如果你手边有一本圣经，请翻到诗篇第二十三篇。读完整篇诗篇是很有益处的，因为它是一首诗，也是一首歌，在古代曾被多次歌唱传颂。

I think that Psalm 23 was a song that probably mothers taught their children, and in ancient times the children of Israel would easily memorize this lovely little song.

我想诗篇第二十三篇很可能是当时母亲教给自己孩子的一首歌；在古代，以色列的孩童很容易就能背下这首优美可爱的小诗。

We don't know the tune that David set this poem to. We don't know how he played it and on what kind of instruments he played it on. But he was called the sweet psalmist of Israel. And so it would have been a real blessing to have heard David pick up his harp, an instrument of ten strings, and then begin to play and then to sing this song.

我们不知道大卫为这首诗配了怎样的旋律，也不知道他是怎样弹奏的，用的是什么乐器。但他被称为“以色列美妙的作诗者”。若是我们有机会听见大卫拿起他的十弦琴弹唱这首诗歌，那真会是一种莫大的福分。

Bible scholars think that he wrote this song when he was very young. But it doesn't matter when he wrote it; we have it today. And today our hearts are going to be tuned to David's song, and we are going to just look at what it meant to David.

圣经学者认为这是大卫在年纪很轻的时候写下的。但不管他是什么时候写的，今天这首诗就在我们面前。今天我们的心要调向大卫的这首歌，一起来看看这首诗对大卫究竟意味着什么。

Now notice as we read it that it is a personal song. He begins by saying:

[Psalm 23:1-6 NKJV]

¹ The LORD is my shepherd;

I shall not want.

² He makes me to lie down in green pastures;

He leads me beside the still waters.

³ He restores my soul;

He leads me in the paths of righteousness

For His name's sake.

⁴ Yea, though I walk through the valley of the shadow of death,

I will fear no evil;

For You are with me;

Your rod and Your staff, they comfort me.

⁵ You prepare a table before me in the presence of my enemies;

You anoint my head with oil;

My cup runs over.

⁶ Surely goodness and mercy shall follow me

All the days of my life;

And I will dwell in the house of the LORD

Forever.

请注意，当我们诵读的时候，会看到这是一首非常个人化的诗歌。他开篇说道：“耶和华是我的牧者，我必不至缺乏。他使我躺卧在青草地上，领我在可安歇的水边。他使我的灵魂苏醒，为自己的名引导我走义路。我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。在我敌人面前，你为我摆设筵席；你用油膏了我的头，使我的福杯满溢。我一生一世必有恩惠慈爱随着我，我且要住在耶和华的殿中，直到永远。”

So it is a personal song, but it is a personal testimony. It is a testimony to what the Lord has done for him. We sing a simple song often here; we sing, "God is so good, He is so good to me." That is basically what David is writing about: the goodness of the Lord.

所以这是一首非常个人化的诗，也是一个极具个人意义的见证。这是神在他生命中所行作为的见证。我们在十六街聚会时常常唱一首简单的歌：“神真美好，祂对我真好。”这基本上就是大卫所写的内容：神的良善。

We know it is a personal song, and he uses God's personal name. In the Hebrew, "the LORD"—if you'll notice in your Bibles, in the English at any rate, excuse me, they are all

capital letters. And that is Jehovah. Jehovah is God's personal name. When Moses at the burning bush asks God what His name was, He said, "My name is the LORD, Jehovah."

我们知道这是一首个人的诗歌，并且他使用了神自己的名字。在希伯来原文中，“LORD”（主/耶和华）——大家留意圣经，至少在英文圣经里，全都是大写字母。那就是“耶和华”。耶和华是神自己的名字。当摩西在焚而不毁的荆棘前问神叫什么名字时，神说祂的名是主耶和华。

Now I don't know in Chinese how that is translated, how the word "Lord" is translated. Maybe Jonathan can help us here. So it basically means "my Master." But in the Hebrew, it is made up of three parts: Je-ho-vah, three syllables. They mean: He who was, He who is, and He who is yet to come.

我不知道中文里“主”（Lord）这个词具体如何翻译，也许乔纳森可以帮我们说明。它基本的字面意思是“我的主人”。但在希伯来语中，它由三个音节组成：*Je-ho-vah*。它们的意思是：昔在、今在、以后永在的那一位。

And the LORD is God's personal name, and He uses that name when He is going to make a covenant with His people. When He makes a covenant with His people, He uses His own personal name because it is a personal covenant that He makes with His people.

耶和华是神自己的圣名，当祂要与属祂的子民立约时，便使用这个名字。当祂与百姓立约时，祂使用自己的名字，因为这是祂与子民所立的个人之约。

Now David could have used the word for Creator, Elohim—"God is my shepherd." But God was more than just his Creator to David: He was his Savior and friend, the One he could count upon in all his troubles.

大卫原本可以用代表造物主的名号“以勒”（*Elohim*）——“造物主是我的牧者”。但对大卫而言，神远不止是他的造物主：祂更是他的救主和密友，是他在一切患难中唯一可以投靠的那一位。

Green Pastures and Still Waters

Now David knew something about being a shepherd. From the time that he was a boy, he had charge over his father's sheep. That was a big responsibility. And he could say to his father, "Of all those sheep that you gave me, father, I have lost none of them."

大卫深知如何牧养羊群。从他少年起，他就替父亲看管羊群。那是一份重大的责任。他可以对父亲说：“父亲，你交托给我的那些羊，我一只也没有丢失。”

One time a lion came and snatched a young lamb from the flock. And David went out, and with his rod he defeated that lion and took the lamb from the lion's mouth. Another time a bear came. Bears are immensely powerful creatures, but David stood up to that bear

because that sheep was his father's sheep, and he would not let that sheep go. So David knew the work of a shepherd.

有一次，一只狮子跑来叼走了羊群里的一只小羊羔。大卫冲上前去，用他的杖击打狮子，把羊羔从狮子口中救了出来。又有一次，一只熊来了。熊是力大无穷的猛兽，但大卫毅然挺身对抗那只熊，因为那只羊是他父亲的羊，他决不容让那只羊丧失。所以大卫深知牧羊人的工作。

And so when he could say that opening line, "The LORD is my shepherd," what kind of effect do you think that David's bravery had over the flock? I don't know if sheep can talk to one another, but one thing they would know: when they were under David's care, they didn't have to fear any evil. That confidence that David had that the LORD was his shepherd gave him the confidence to carry on through many, many difficult days that lay ahead.

因此，当他在首句写道“耶和华是我的牧者”时，你认为大卫当年的勇敢给羊群带来了怎样的感受？我不知道羊彼此之间能否交谈，但它们肯定明白一件事：只要在大卫的照料之下，它们就不必惧怕任何祸害。大卫深知耶和华是他的牧者，这种坚定的信心赐给他力量，去面对日后许多艰险的日子。

He said, "The LORD is my shepherd; I shall not want." Is there anything that the Good Shepherd won't give the sheep? What about food? Well, it says here, "He makes me to lie down in green pastures." Now, to lie down in green pastures means that there is more pasturage there than the sheep need. They can now lie down and then they can rest and chew their cud, which they need to do to get nourishment from the pasturage. So there they can lie down full and be surrounded by great plenty. David could be perfectly satisfied with all the good things that God would provide for him.

他说：“耶和华是我的牧者，我必不至缺乏。”好牧人有什么美物不肯赐给羊群呢？食物呢？经上说：“祂使我躺卧在青草地上。”羊能躺卧在青草地上，表明那里的草场丰厚，远超羊群的日常所需。它们饱足后躺卧下来安歇、倒嚼，从牧草中充分汲取养分。它们躺在那里，一无所缺，被极其丰盛的青草环绕。大卫为着神所赐给他的一切丰盛预备而感到无比满足。

For us, if the Lord is your shepherd, He will put you into green pastures—not the plenty that is in this world of material things, but the real spiritual food that every real Christian needs to build them up, to make them strong. If you follow the Good Shepherd, He will lead you into the Word of God, and your soul will be full of the riches of it.

对我们而言，如果主是你的牧者，祂同样会领你躺卧在青草地上——这不是指这世上丰盛的物质钱财，而是每个真正属基督的人所必需的属灵粮食，用以造就生命、使人刚强。如果你跟随好牧人，祂会领你进入神的话语，使你的灵魂饱享真理的丰盛。

How often have we gone hungry because we did not follow the Good Shepherd? We find that it is hard to pray, and the Bible seems not very satisfying, and our souls hunger for some

spiritual food. Well, the Lord, the Good Shepherd, will bring you into that pasturage He wants to feed you with.

我们有多少次陷入属灵的饥饿，正是因为没有紧跟好牧人？我们感到祷告枯竭无力，读圣经似乎也得不到滋润，灵魂深处因缺乏属灵的粮食而饥渴。然而主——好牧人——必会领你进入草场，用祂丰盛的话语来喂养你。

He leads me also, he says, "beside the still waters." This speaks of drinking of the water of life, to be satisfied in the spirit.

接着他说，祂也领我“在可安歇的水边”。这是指畅饮生命的水泉，在灵里得着深切的满足。

One of my questions often used to be when I read this psalm: why the still waters? Don't the sheep like to drink from streams? Now, I knew about cows because we had a milk farm where I lived for a while. Cows will drink from streams, but I didn't know about sheep. Now, you know Rob Brennan, who sometimes speaks at 16th here. His mother grew up on a sheep farm. And so when I was speaking with her one time, I asked her the question: why do sheep have to have still waters?

过去每当我读这篇诗篇时，心里常有一个疑问：为什么必须是“平静安歇的水”？羊难道不喜欢在流动的溪流中饮水吗？我对牛很了解，因为我曾住过一段时间的奶牛农场。牛很乐意在溪流中喝水，但我以前不了解羊的生活习性。大家都认识常来我们十六街讲道的罗布·布伦南（Rob Brennan）弟兄，他的母亲是在一个养羊的农场长大的。有一次我和她交谈时便请教她：为什么羊必须在平静的水边喝水？

Sheep are very skittish; they are very easily disturbed, and the sound of running water frightens them. They would rather go and drink out of a muddy puddle than to drink out of a fast-flowing stream. This world has a lot of muddy water for the sheep. The whole entertainment industry—it is all dirt and grime, and it is not healthy for the sheep. But the Good Shepherd collects His sheep, and He brings them by still, clear waters where they can drink and be satisfied.

她说羊极为胆怯，极容易受惊，流水潺潺的声响会吓着它们。它们宁愿跑到泥泞肮脏的水坑去喝泥水，也不敢靠近湍急的溪流。这个世界充满了给羊群饮用的“泥浆污水”。整个娱乐工业充斥着污秽与尘垢，对羊群的健康毫无益处。然而好牧人招聚祂的羊群，将它们领到清澈安歇的水边，使它们可以安然畅饮，得享满足。

The world has a lot of rushing streams and muddy waters. But remember the lesson that Elijah learned about the Spirit of God: it wasn't in the earthquake, it wasn't in the storm; God's voice was heard as a still, small voice. And it is in the quietness of our spirit that we can truly communicate with Him and He with us, and satisfy our very souls.

这世上有太多奔腾的浊流与污秽的泥汤。但请记得以利亚关于神的灵所学到的功课：神不在烈风地震中，也不在暴风狂浪中；神的声音显明在微小温柔的轻声细语里。唯有在我们心灵安静的时候，我们才能真正与祂交心相通，祂也与我们说话，满足我们深处的灵魂。

Restoring the Soul and the Valley of the Shadow

And the result, of course, of good green pastures all around and of a good drink of that pure water of life, it says: "He restores my soul." A restoration—oftentimes we feel that we are tired, we are exhausted. The affairs of life, the difficulties that we face, our souls sometimes get a little ragged. We don't have the inner peace; we lose that peace that He has promised to us. But the Good Shepherd, in giving us good food and clear water, He restores our souls as we wait upon Him.

四周被肥美的青草环绕，又饱饮了那纯净的生命水，随之而来的果效正如经文所言：“祂使我的灵魂苏醒。”这是一种全然的复苏与更新——很多时候我们感到疲乏、精疲力竭。生活的繁杂纷扰、所面临的重重艰难，常使我们的灵魂变得疲惫憔悴。我们失去了内在的宁静，失去了祂所应许赐下的平安。但在我们仰望等候祂的时候，好牧人赐下上好的灵粮与纯净的活水，使我们的灵魂再度苏醒过来。

The Good Shepherd then leads the little sheep into new pastures, into new adventures. It says here: "He leads me in the paths of righteousness for His name's sake." David, as we mentioned earlier, could report to his father that he had lost none of his sheep. None had been taken by a lion or a bear, nor had he lost any to illness because of lack of good food and clear, pure water. So the Lord will lead us in those paths through life, those paths of righteousness. And He will lead us, and He will never lose one of His sheep.

好牧人接着带领小羊迈向新的草场，踏上新的旅程。经上说：“为自己的名引导我走义路。”正如我们先前所提，大卫当年可以向父亲交账，表明他没有丢失任何一只羊。没有一只羊被狮子或熊叼去，也没有一只因缺乏食物或清水而患病死掉。主同样会在我们一生的道路中引导我们走义路；祂引导我们，而且决不会失落属祂的任何一只羊。

Why will He not lose one? Or let me phrase it another way: He won't lose one because, for His name's sake—His reputation, His honor—He would never, ever lose one sheep under His care.

祂为什么一只羊都不会失去呢？或者换个说法：为了祂的名——祂的名誉与荣耀——在祂亲自照管之下的羊，祂绝对不会失落任何一只。

We read that:

[John 10:27 NKJV] - ²⁷ My sheep hear My voice, and I know them, and they follow Me.

They follow Him in the paths of righteousness.

[John 10:28 NKJV] - ²⁸ And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.

我们读到经文中记着说：> [John 10:27 NKJV] - ²⁷ 我的羊听我的声音，我也认识他们，他们也跟着我。他们跟着祂走在义路上。> [John 10:28 NKJV] - ²⁸ 我又赐给他们永生；他们永不灭亡，谁也不能从我手里把他们夺去。

His name, His reputation, His honor is at stake. If He lost one of His own, then He would be a failure, but He will never, ever fail.

这关乎祂的名、祂的信誉与祂的荣耀。如果祂失落了一个属于祂自己的人，祂就失败了，但祂永远不可能失败。

The Shepherd's Rod and Staff

Even when we walk through the valley of the shadow of death, notice now that the sheep is alone. This is a path that he seems to be treading along alone. The shadow of death—oh, this world in which we live, there is a big shadow that is cast upon this whole world: the shadow of death. We are born to die. Death claims every person on this planet, and the shadow of that fact has cast its gloom upon all of mankind. It is like a valley with the high mountains casting that shadow across the valley that we cannot escape.

即使我们行过死荫的幽谷，请留意，此时小羊似乎是孤身一人的。这似乎是一条唯有自己独自跋涉的道路。死荫——我们所生活的这个世界，笼罩着一层巨大的死亡阴影。人生来必死，死亡索取这星球上的每一个人；这不可回避的事实，将幽暗绝望投射在全人类身上。它宛如一座险峻的峡谷，两侧高山遮天蔽日，将阴影深深地倾泻在谷底，令人逃脱不得。

But he says, "I will fear no evil." Because he says, "You are with me." Even though I am walking by myself, it would seem, through this valley, You are beside me. The Shepherd is no longer leading; the Shepherd is walking beside.

但他却说：“我也不怕遭害。”因为他说：“因为你与我同在。”纵然在这幽谷中看似只有我孤身一人，祢却一直陪伴在我身侧。牧人此时不再仅是在前头引路，而是与羊肩并肩同行。

What Paul wrote to the Romans, he said:

[Romans 8:38-39 NKJV] - ³⁸ For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, ³⁹ nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

正如保罗在写给罗马人的书信中所说：> [Romans 8:38-39 NKJV] - ³⁸ 因为我深信无论是死，是生，是天使，是掌权的，是有能的，是现在的事，是将来的事，³⁹ 是高处的，是低处的，是别的受造之物，都不能叫我们与神的爱隔绝；这爱是在我们的主基督耶稣里的。

We have the wonderful assurance that we have the One who is the very Life itself walking with us through this valley of tears, this valley of the shadow of death. Is there anything that we should fear now in this life if the Lord is with us?

我们拥有何等坚固的确据：那位生命的主宰正亲自与我们同行，穿过这流泪谷，穿过这死荫的幽谷。如果有主与我们同在，在今生我们还有什么好惧怕的呢？

He says here at the end of that verse, "For Your rod and Your staff, they comfort me." Shepherds often had two different kinds of—we may call them sticks. One is a rod, one is a staff. We are familiar with the picture of the shepherd's staff that has the crook at the top: a long, slender pole with a little curl on the top, which is used for taking a lamb or a disobedient young sheep and bringing it to himself.

他在该节的后半段说：“你的杖，你的竿，都安慰我。”牧羊人手里通常有两种不同的木器：一个是杖，一个是竿。我们都很熟悉牧羊人手中带着弯钩的长竿：一根长而细的木竿，顶端带有一个卷钩，专门用来钩住小羊或不顺服的小羊，将它拉回到自己身边。

And so the shepherd's staff then is an instrument of his care for his sheep. He would use his staff to separate the sheep one from another, and when they would come into a sheepfold, he would touch each one as it came to be able to count each sheep as they came into the sheepfold. The sheep could be confident of the shepherd's care because he had his staff in his hand.

因此，牧人的长竿是他体贴看顾羊群的工具。他会用竿把羊群一只只分开；当羊进入羊圈时，他会用竿轻触每一只羊，挨个清点进入羊圈的数目。只要看见牧人手中握着长竿，羊群便深信牧人对它们充满眷顾。

But the rod was something else. The rod was a very strong, fairly heavy piece of wood that would be used as an instrument of power. Think of a rod something like a baseball bat. Many times in Israel, when Israel was fighting, they didn't have any swords. They had to fight the Philistines one time without swords; the only instrument they would have would be their shepherd's rods. And a man with a good rod would be almost a match for anyone with a sword. And it is probably what David used when he killed the lion and the bear.

但短杖则是另一回事。杖是一根非常坚固、相当沉重的粗木棒，是彰显能力的武器。大家可以把它想象成类似棒球棒的器具。在以色列的历史中，很多次争战他们手中连一把刀剑都没有。有一次他们迎击非利士人，在毫无兵器的情况下，他们唯一的器械就是牧羊人的木杖。一个手持良杖的人，足可匹敌任何手执刀剑的仇敌。这很有可能就是当年大卫打死狮子和熊所用的武器。

But he said, "Your rod and Your staff, they comfort me." God's power and God's care for David. In this valley of the shadow of death, there is death all around me, but I will fear none of the evil. What can Satan do to me? Your rod is there, far more powerful than a bear or a lion. Satan is more powerful, but Your rod is stronger than any Satan.

大卫说：“你的杖，你的竿，都安慰我。”这是神彰显给大卫的能力与看顾。在这死荫的幽谷里，死亡的气息四面环绕，但我毫无畏惧。撒但能奈我何？祢的杖就在那里，比熊或狮子有力得多。撒但虽有力量，但祢的杖远胜过一切撒但的作为。

When I am tired, when I am sick, when I am lonely, I feel the shepherd's staff bringing me to himself and maybe carrying me along in my weakness. He says, "I will fear no evil, for You are with me; Your rod and Your staff, they comfort me." The shepherd's care was a great comfort in this very dangerous and evil world.

当我疲惫、软弱、孤单的时候，我体会到牧人的竿将我拉回祂怀中，在我软弱时托住我前行。他说：“我不怕遭害，因为你与我同在；你的杖，你的竿，都安慰我。”在这个充满危险与邪恶的世界上，牧人的眷顾是何等巨大的安慰！

A Table in the Presence of Enemies

He said, "You prepare a table before me in the presence of my enemies." A table in the presence of his enemies! We have many enemies. We mentioned Satan; he is the god of this age. He controls things beyond our control. He is far more powerful and intelligent than we are. And yet the Lord says, "Come, sit down at My table."

他说：“在我敌人面前，你为我摆设筵席。”在敌人面前摆设筵席！我们有许多的敌人。我们提到了撒但，他是这世代的神；他掌控着许多超出我们能力范围的事，比我们更加强壮、诡诈。然而主却说：“来，坐在我的席上。”

And the table speaks of fellowship, does it not? We are surrounded by enemies. Now, those enemies, they are not invited guests to the table—it is the Lord's table! In the New Testament, we read of the table of the Lord, and we have read of the table of demons. The worldling sits down at the table of demons, and they are satisfied with all that sustenance that is fed to demons themselves: false teaching, bad morals—that is the world's dinner table. But He prepares a lovely feast in fellowship with Him and in fellowship with all those who do love Him.

筵席象征着团契相交，不是吗？我们四面受敌，但那些敌人并不是这席上的受邀之宾——这是主的筵席！在新约圣经里，我们读到主的筵席，也读到鬼的筵席。世人坐在鬼的筵席前，以那些属于鬼魔的糟粕为满足：虚谎的教导、败坏的道德——那就是世界的餐桌。然而主却预备了美妙的盛宴，让我们在祂里面与祂相交，也与所有爱祂的人一同交通团契。

He says, "You anoint my head with oil." Now, I was wondering about why that is. Sometimes what shepherds will do is they pour some oil on the heads of the sheep because troublesome flies don't want to land on the oil. And these flies are very, very distracting for sheep. Because their bodies are full of wool, the flies can't bother any part of the sheep except for their eyes and around their nose. And it drives these poor sheep to distraction. So how can we maybe apply this spiritually?

他说：“你用油膏了我的头。”我过去常思想这到底是什么意思。有时候牧羊人会把油抹在羊的头上，因为讨厌的苍蝇不敢落在油上。苍蝇会极大地骚扰羊群。因为羊身上长满了厚厚的羊毛，苍蝇无法叮咬其他部位，唯独叮在羊的眼睛和鼻子周围，搅扰得可怜的羊烦躁不安。那么，我们该如何把这一点应用在属灵生活上呢？

We too are troubled with flies. Notice it anoints the head—that is, we are talking about the mind now. And the oil is a picture of the Holy Spirit. And the Lord Jesus said to His disciples:

[John 16:13 NKJV] - However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come.

And that will keep our minds. If we are grounded in the truth, we won't be distracted by false teaching from the world.

我们也常被属灵的“苍蝇”骚扰。请注意油是膏在头上——也就是关乎我们的心思意念。油在圣经中预表圣灵。主耶稣曾对门徒说：> [John 16:13 NKJV] - 只等真理的圣灵来了，祂要引导你们明白一切的真理；因

为祂不是凭自己说的，乃是把祂所听见的都说出来，并要把将来的事告诉你们。这必能保守我们的心思意念。如果我们扎根在真理之中，就不会被世俗的异端偏见所扰乱分散。

And then he says, "My cup runs over." His cup wasn't just full; it ran over. What do you do if your cup is overflowing? You look for another vessel to pour the excess in, don't you? So now the blessings flow over to others. We can provide for others that have need. It is like the older sheep: they follow the shepherd, and the younger sheep look at the older sheep and they follow the older sheep. So we can be a source of blessing to others.

接着他说：“使我的福杯满溢。”他的杯子不仅是斟满了，而且是漫溢了出来。当你的杯子满溢时你会做什么？你会找另外一个器皿来承接多出来的福分，不是吗？这样，福分就流淌到了别人身上。我们便能供应那些有匮乏的人。这正如老羊跟随牧人，小羊看着老羊并跟着老羊走一样；我们也可以成为他人蒙福的源头。

"My cup runs over." It would be a wonderful thing if every day we could say, "My cup runs over." We'd be a real blessing to others, wouldn't we? If it is just full, it doesn't do anybody else any good. You feel okay, but we want to be a blessing to others. And it is only through our Good Shepherd that He can fill our cup to the top and overflowing.

“使我的福杯满溢。”如果我们每天都能发自肺腑地说“我的福杯满溢”，那是何等蒙福的光景！我们将成为他人真实的祝福，不是吗？如果仅仅只是满了，对别人毫无益处。你自己固然饱足，但我们更渴望将福分分享出去。唯有借着我们的好牧人，祂才能将我们的杯斟得满满的，以致福杯满溢。

Remember what He said to the woman at the well? If you drink of the water that I give you, you will have some running over. I want to just look up that scripture. That is John 4, verse 13:

[John 4:13-14 NKJV] - ¹³ Jesus answered and said to her, "Whoever drinks of this water will thirst again, ¹⁴ but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life."

We not only want to be full ourselves; we want to be overflowing to be a blessing to others.

还记得主在井旁对撒玛利亚妇人说的话吗？人若喝祂所赐的水，这水要在里头成为泉源涌流出来。我们来看这段经文，在约翰福音第四章十三至十四节：> [John 4:13-14 NKJV] - ¹³ 耶稣回答说：“凡喝这水的还要再渴；¹⁴ 人若喝我所赐的水就永远不渴。我所赐的水要在他里头成为泉源，直涌到永生。”我们不仅期望自己得以饱足，更渴望生命满溢奔流，成为他人的祝福。

Goodness, Mercy, and the Father's House

And then the last verse of our psalm, he says: "Surely goodness and mercy shall follow me all the days of my life." Goodness and mercy! What he is doing is he is looking back now in the past. Perhaps David was very young and didn't have a lot of experience, but he could look back and say, "My days with the Lord were full of goodness and mercy." And I am sure of this because he wrote many songs, and when he got old, he could say the same thing: "Goodness and mercy has followed me all the days of my life."

诗篇的最后一节，大卫说：“我一生一世必有恩惠慈爱随着我。”恩惠与慈爱！大卫此时在回顾自己的过往岁月。也许大卫写诗时年纪尚轻，阅历未深，但他回顾走过的路时却能断言：“我与主同行的年日充满了恩惠与慈爱。”对此我深信不疑，因为大卫一生作了许多诗歌，哪怕到了垂暮之年，他依然能发出同样的感叹：“恩惠与慈爱一生一世都随着我。”

But when we look at the present, we have got all these problems in front of us, we have got all these worries about the future, we have got these uncertainties in our lives. If we look back and we see that God has been so gracious and merciful in the past, why would He not continue? We spend so much time worrying about the future that we forget about how good God has been in the past. So we can be assured of this.

但当我们定睛在现实生活时，眼前尽是各样难处，对前途充满了忧虑，生活中遍布着不可预料的变数。如果我们回头看，看到神在过去是何等恩待我们、施怜悯于我们，祂在往后的年日里岂不照样如此行吗？我们花了太多时间为明天忧心忡忡，以致全然遗忘了神在过去的恩惠与美善。因此，我们对此应当满怀确信。

Notice he says, "Surely goodness and mercy will follow me all the days of my life." Let's underline that word: surely, certainly. When we finish our lives, we can look back and we can say, "Surely goodness and mercy has followed me all the days of my life." And we are assured of a glorious future. And he says, "And I will dwell in the house of the LORD forever."

请注意他说：“我一生一世*必*有恩惠慈爱随着我。”让我们在“必”（*surely*，必定、确实）这个字下面画线。当我们行完一生路程时，我们同样能够回首赞叹：“我一生一世确有恩惠慈爱随着我！”我们对那荣耀的归宿深信不疑。他说：“我且要住在耶和华的殿中，直到永远。”

Just a question as we close: how big is the Father's house? Is it any smaller than the universe? It is bigger than the universe! If I am wrong, you can correct me when we get there, but I don't think I am. It is like if you would open the door to the Father's house and you look through, it would be larger than worlds upon worlds and universes upon universes. Because we are stepping out of our limits into the infinite and eternal. That is our dwelling place with our Good Shepherd.

在结束前留给大家一个小思考：天父的家到底有多大？它会比宇宙还小吗？它比宇宙还要浩大辽阔！如果说错了，等将来我们到了天家你可以纠正我，但我深信我没有说错。那景象就如你推开天父房屋的门向内张望，它比无数的世界还要宏伟，比亿万的宇宙更加广袤。因为我们将彻底跨出肉体的有限，迈入无限与永恒的荣耀。那便是我们与好牧人同住的居所。

"The LORD is my shepherd; I shall not want." He will provide everything we need for this life and for eternal life. And it was so important to Him that He laid down His own life for His sheep. He gave His life that His sheep might be in heaven with Him. I have a Good Shepherd; I will suffer no need. I will fear no evil, and I am going to be in the house of the LORD forever with Him.

“耶和华是我的牧者，我必不至缺乏。”祂必会供应我们在今生以至永恒生命中一切的所需。这对祂来说是如此看重，以致于祂甘愿为羊舍命。祂舍弃了自己的生命，只为叫属祂的羊能与祂一同进入天家。我拥有一位好牧人，我必不至缺欠；我不怕遭害，并且我要永远在耶和华的殿中与祂同住。

So that concludes our little meditation on this beautiful little psalm. Have you committed it to your memory? Six little verses. It will be a comfort when you need some comfort; it will be encouragement when you need encouragement. May the Lord help each one of us.

我们对这篇优美诗篇的默想就到这里。你把它背熟在心了吗？仅仅六节经文。在你需要安慰的日子，它必成为你的安慰；在你需要勉励的时刻，它必成为你的力量。愿主扶持帮助我们当中的每一个人。

The Fourteen Blessings and the Process of Restoration

We have time for some questions if you have any questions this evening. We might entertain some questions; we could get Mr. Summers to help us out as well. Maybe before we do that, I'll answer one of the questions that I have asked periodically. The psalm is a very good psalm, and it deals with the issues of life.

如果大家今晚有什么问题，我们还有一点时间。我们可以解答一些提问，也可以请萨默斯（Harold Summers）弟兄一起来帮助解答。在此之前，我先解答一个我常常深思的问题。这篇诗篇极好，它切实触及了我们人生中的实际问题。

It starts out in verses one and two talking about all the good things that God does for His children. And then in verse three, it says the amazing words: "He restores my soul." So the question is: why does your soul need restoring? And the answer is because you make a mistake, you fail, you sin. What happens then? And so in verse three and four, and I guess till the middle of verse five, He talks about the process of restoration.

经文第一节和第二节开篇就述说了神为祂的儿女所施予的一切美事。但在第三节，出现了一句惊心动魄的话：“祂使我的灵魂苏醒。”问题是：我们的灵魂为什么需要苏醒与复兴呢？答案是：因为我们会失误，会

跌倒，会犯罪。跌倒之后会发生什么呢？因此，从第三节、第四节直到第五节的前半段，大卫向我们揭示了灵魂被恢复与苏醒的过程。

Then when you get to the end of verse five, you read: "My cup runs over. Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the LORD forever." So if you count it up, I think there are fourteen different good things God does for the sheep who follow Him: there are seven good things that are normal, and there are seven things that are part of the restoration process.

而当你读到第五节的末尾时，你看到：“我的福杯满溢。我一生一世必有恩惠慈爱随着我，我且要住在耶和华的殿中，直到永远。”如果你仔细数算，会发现神为跟随祂的羊做了十四件美善的事：有七件属于日常平顺中的美福供应，另外七件则属于灵魂跌倒后恢复与苏醒的恩典。

So let me just go through the list of the fourteen. Now, I am not going to spend a lot of time on them, but I am going to give you the fourteen.

让我把这十四项梳理给你们。我不打算占用太多时间逐一细讲，但我要把这十四样恩典列出来。

All right: number one, "The LORD is my shepherd." Number two, "I shall not want"—or lack anything. Number three, "He makes me to lie down in green pastures." Number four, "He leads me beside still waters." And then, He has to restore my soul.

好的：第一，“耶和华是我的牧者”；第二，“我必不至缺乏”——不缺任何美物；第三，“祂使我躺卧在青草地上”；第四，“祂领我在可安歇的水边”。然后，祂必须使我的灵魂苏醒。

Do I need to translate them all? Okay, so the people on Zoom didn't lose it; she got the four good things. Then something went wrong. Now let's pretend nothing went wrong, and then you can go down to the end of verse five: it says, "My cup runs over." All these good things in life! Then, "Surely goodness and mercy follow me all the days of my life, and I will dwell in the house of the LORD forever." That's the way it should be. But sometimes we need restoration.

需要我全部翻译出来吗？好的，这样在Zoom线上的弟兄姊妹就不会漏掉，她已经翻译了前四样美善的恩赐。接着，事情出了差错。假定中途没有出任何岔子，我们直接看第五节末尾：“使我的福杯满溢。”人生中充满这一切的美物！随后是第六节：“我一生一世必有恩惠慈爱随着我，我且要住在耶和华的殿中，直到永远。”正常的情形本该如此。但在现实中，我们有时需要被神挽回与恢复。

So back to pick up the ones in the middle that are all part of the restoration process. How does He restore our soul? Verse three, the next line reads: "He leads me in the paths of righteousness for His name's sake." That's how He restores us: He leads us in righteousness even though we've gone wrong.

因此，让我们回过头看诗篇中间所穿插的、属于灵魂恢复过程的恩典。祂如何苏醒我们的灵魂呢？第三节下半句说：“为自己的名引导我走义路。”这就是祂复兴我们的方式：即便我们走差了路，祂因自己的名仍引领我们走上正义之途。

And because we went wrong, we go through the valley of the shadow of death. But if we do that, the Lord will restore us: He will enable us to go through that and fear no evil. How does He do that? He is with us! Even though we've gone wrong, He'll restore our soul by being with us. Hallelujah! He will restore our soul by using His rod and His staff, and they will correct us and lead us and help us.

因着我们的过失与失败，我们往往行经死荫的幽谷。但即使落入幽谷，主依然要恢复我们：祂加添力量使我们能昂首安渡险境而不怕遭害。祂如何做成这事？因为祂与我们同在！即便我们曾偏行己路，祂却以同在来苏醒我们的心灵。哈利路亚！祂用祂的杖和祂的竿来恢复我们，纠正我们的偏差，引我们出离黑暗，成为我们的帮助。

And verse five: "He prepares a table before me in the presence of my enemies." Yes, we have enemies because we fell and we need to be restored, but He'll help us even there. And then He'll anoint our head with oil, bring us back to where we should have been so that our cup runs over.

第五节：“在我敌人面前，你为我摆设筵席。”是的，因着软弱跌倒，我们面对敌人的围困攻击，需要被主拯救；但即便在仇敌环伺之下，祂仍施恩搭救。紧接着祂用油膏抹我们的头，把我们带回到原该享有的荣耀地位，叫我们的福杯满溢。

Don't be discouraged if in some way you fall, you find you haven't followed the Shepherd. Keep with the Shepherd, let Him restore your soul, and He will do that. All right, so that's just my little encouragement. I read that, I say: "Lord, I am sorry that I need to be restored, but I am so thankful that You'll restore me and get me back to the point where my cup runs over." I like that part.

如果你在有些事上跌倒了，发觉自己没有紧跟牧人的脚踪，千万不要灰心沮丧！要定意贴近牧人，让祂来苏醒你的灵魂，祂必会亲自成全。这是我给各位的一点劝勉。每当我读到这里，我便向主祷告：“主啊，我很惭愧自己竟然频频需要被祢挽回复原，但我又是何等感恩，因祢必拯救复兴我，领我回到福杯满溢的恩典境地。”我由衷喜爱这个应许。

All right, so we're supposed to close in prayer; let's do that now. Lord, we thank You that You're a Good Shepherd and You take care of us. Even if we fail, You can still restore us. We say hallelujah! And so we pray, Lord, for the blessing of God upon us all. Thank You for those in the building now—for the adults here, for the teens and children downstairs. Lord, bless us all, we pray. And thank You, Lord, for those on Zoom, especially those from far away. We

thank You that the Lord is the shepherd of every one of us. You don't have to be in Vancouver to have the Shepherd. He's everywhere; wherever He's got sheep, He's their Shepherd. Thank You. So Lord, we pray that You'll bless us all. We give thanks for Your goodness, and we pray and give thanks in Jesus' name. Amen.

现在到了我们一同作结束祷告的时间。主啊，我们感谢祢是一位好牧人，时刻体贴看顾我们。即便我们失败软弱，祢仍旧能挽回复兴我们。我们要欢呼赞美祢：哈利路亚！主啊，我们祈求神的厚福临到我们每一个人身上。我们为着今晚身在聚会大楼里的每一个人感恩——包括这里的成年人，以及楼下的青少年和孩童；主啊，我们祈求祢大大赐福我们众人。我们也为着在Zoom线上的弟兄姊妹感恩，特别是那些来自远方的人。我们感谢祢，因为主是我们每一位专属的牧者。我们不必非要在温哥华才能得享这位牧人的护佑；祢无处不在，无论属祢的羊身在何处，祢就是他们的牧人。感谢祢。主啊，愿祢赐福我们众人。我们称颂祢的良善，祷告感恩乃是奉主耶稣基督得胜的名。阿们。