

My God and Me

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References: Psalm 139, Psalm 139:1-6; Luke 7:36; Luke 7:39-40; Psalm 139:13; Psalm 139:15-16; Matthew 12:35-37

An Overview of Psalm 139

Let's turn to Psalm 139. I may have studied this psalm with you some time ago, but it is a good psalm to repeat. You may have a heading at the beginning of this psalm that might say, "A Psalm of David." This would be a reference to King David, the king of Israel.

请大家把圣经翻到诗篇139篇。我可能以前跟大家一起学习过这篇诗篇，但是这是一篇很好的诗篇，值得我们再重复学习一遍。你们大家在圣经里这篇诗篇的开头可能有一个标题，上面写着“大卫的诗”。这就是指以色列的王大卫。

The psalm is broken up into four sections, and each one of these sections, or each part of the psalm, talks about one of the characteristics of God. In the first six verses, we learn that God knows everything. In verses 7 down through verse 12, we learn that God is everywhere. In verses 13 through 18, we learn that God is all-powerful; He is the Almighty God. In verses 19 through verse 24, we learn that God is an all-righteous God.

这篇诗篇被分成四个部分，每一个部分都谈到了我们神的品格。在前面的六节里，我们知道了神洞悉所有的事情。从第7节到第12节，我们学到了神是无处不在的。从第13节到第18节，我们学到了神是大能的神，祂是全能者。在第19节到第24节，我们读到神是完全公义的神。

Also, something we learn about this psalm: it is very personal. For instance, if we were to count how many times God is referred to in this psalm, we would find thirty-six times God is referred to. And also in the psalm, the psalmist, King David himself who wrote the psalm, is referred to forty-eight times. So we call this psalm a very personal psalm because of the references to God and the references to the psalmist. If we wanted to put a title to the psalm, we could say the title is, "My God and Me."

我们对这篇诗篇还有一点认识：它是非常个人化的。举个例子，如果我们去数一数这里提到神有多少次，在这篇诗篇里光是提到神就有三十六次。同样，写这篇诗篇的诗人，也就是大卫王自己，也被提到了四十八次。所以我们称这篇诗篇为非常个人化的诗篇，因为里面不断提到神，也提到诗人自己。所以如果我们想给这篇诗篇起一个题目的话，我们可以说题目是《我的神和我》。

Let me give you an example of what I'm talking about. Look at verse 1. Verse 1 starts with, "**O LORD!**" That's one reference to God. And then the next words say, "**You have searched me and known me.**" Two references to God, two references to me in the first verse. And you will find every verse through the psalm has references to God and references to King David, or we would say references to the psalmist.

让我来给大家举个例子说明一下我的意思。看一下第1节。第1节开头说：“耶和华啊！”这是对神的一次提及。接下来的话是：“你已经鉴察我，认识我。”在第一节里就有两次提到神，两次提到我。你会发现这篇诗篇的每一节经文里，都有关于神的提及和大卫王——或者说诗人——的提及。

God Knows Everything About Us

Let's read the first six verses, and keep in mind as we read that it explains that God knows everything about us.

我们开始读第1到第6节。读的时候请在心里牢记，经文阐明了神洞悉关于我们的一切。

[Psalm 139:1-6 NKJV]

¹ O LORD, You have searched me and known me.

² You know my sitting down and my rising up;
You understand my thought afar off.

³ You comprehend my path and my lying down,
And are acquainted with all my ways.

⁴ For there is not a word on my tongue,
But behold, O LORD, You know it altogether.

⁵ You have hedged me behind and before,
And laid Your hand upon me.

⁶ Such knowledge is too wonderful for me;
It is high, I cannot attain it.

“耶和华啊，你已经鉴察我，认识我。我坐下，我起来，你都晓得；你从远处知道我的意念。我行路，我躺下，你都细察；你也深知我一切的行径。耶和华啊，我舌头上的话，你没有一句不知道的。你在我前后环绕我，按手在我身上。这样的知识奇妙，是我不能测的，至高，是我不能及的。”

Let's notice how the psalmist says God knows everything about me. King David says, "You know my thoughts, You know my actions, and You know my words." I'm wondering if it bothers you or if it gets your attention to realize that God knows what you think.

我们来注意一下诗人是怎么说的：神知道关于我的一切。大卫王说：你知道我的想法，你知道我的行动，你知道我说的话。我不知道当你意识到神知道你所想的一切时，这是否会困扰你，或者引起你的警觉。

God Knows Our Secret Thoughts

We could look at an example of this from the New Testament in Luke chapter 7. In Luke chapter 7, beginning in verse 36, it's a story about Jesus having supper with a Pharisee. And while He's having supper with the Pharisee, a woman off of the street comes into the Pharisee's house. The Pharisee knows that this woman is a sinner, and he also realizes that she has come to worship Jesus. And the Pharisee is wondering, if Jesus was really who He said He was, He should know who this woman is.

我们可以在新约路加福音第7章看到一个例子。在路加福音第7章，从第36节开始，讲的是主耶稣在一个法利赛人家里吃晚饭的故事。当祂与法利赛人一起吃晚饭时，一个街上的女人来到了法利赛人的家里。法利赛人知道这个女人是个罪人，他也意识到她是来敬拜耶稣的。法利赛人心里嘀咕：如果耶稣真的是祂自己所声称的那位，祂就应该知道这个女人是谁。

Let me read verse 39:

让我来读一下第39节：

[Luke 7:39 NKJV] - Now when the Pharisee who had invited Him saw this, he spoke to himself, saying, "This Man, if He were a prophet, would know who and what manner of woman this is who is touching Him, for she is a sinner."

“请耶稣的法利赛人看见这事，心里说：‘这人若是先知，必知道摸祂的是谁，是个怎样的女人，乃是个罪人。’”

In other words, he didn't speak out loud; he only thought in his mind and his heart.

Let's just remind ourselves of what's going on here. Jesus has been invited to a Pharisee's house—a very religious man—to have supper with him. While they're eating supper, this woman off of the street, a street woman—a woman who's known to be immoral—comes into the room and starts worshipping the Lord Jesus. She starts washing His feet and wiping His feet with the hair of her head. She kisses His feet, and then she puts very expensive perfume and oil on His feet. So the Pharisee, who is supposed to be a very religious, very righteous man, says, "If Jesus was a prophet, He'd know who this woman is." He did not say that out loud; nobody heard him say that. The Bible says he said that to himself, in his heart.

换句话说，他并没有大声说出来，他只是在自己的心思和心里这样想。我们来提醒一下自己这里到底发生了什么。主耶稣被邀请到一个法利赛人——一个非常虔诚的宗教人士——家里和他一起吃晚饭。当他们吃晚饭的时候，一个街上的女人，一个出了名不道德的街头女人，走进房间，开始敬拜主耶稣。她开始用眼泪洗祂的脚，并用自己的头发擦干。她亲吻祂的脚，然后把非常昂贵的香膏抹在祂的脚上。所以这个本应是非常虔诚、非常公义的法利赛人心想：“如果耶稣是个先知，祂就会知道这个女人是谁。”他并没有大声说出来，没有人听见他说这话。圣经说他是在心里对自己说的。

In verse 40, the Bible says:

在第40节，圣经说：

[Luke 7:40 NKJV] - And Jesus answered and said to him, "Simon, I have something to say to you." So he said, "Teacher, say it."

“耶稣对他说：‘西门！我有句话要对你说。’西门说：‘夫子，请说。’”

So what did Jesus answer? Jesus answered the question that the Pharisee said to himself! Nobody else heard that, but Jesus knew his thoughts. And so from there on in the conversation, Jesus starts telling him a story, and the story refers to who loves Jesus the most.

So this is an example that you do not have to say anything out loud for God to know it; He knows your thoughts. I don't know if that bothers you, or convicts you, or encourages you. You see, when you have good thoughts or good things in your heart that nobody else hears or sees, be encouraged: God sees them and knows them. On the other hand, if you have bad thoughts, or immoral thoughts, or evil thoughts in your heart that nobody else sees, God sees them too.

那么耶稣回答了什么？耶稣回答的是法利赛人心里对自己说的的问题！没有其他人听到，但耶稣知道他的心思意念。从那里的对话开始，耶稣给他讲了一个故事，这个故事涉及谁最爱耶稣。所以这就是一个例子，说明你不需要大声说出任何事情，神就已经知道了；祂知道你的心思意念。我不知道这会让你感到不安，还是会责备你，或者鼓励你。你看，当你心里有别人听不到也看不到美好想法或良善意念时，当受鼓励——因为神看见并且知道它们。从另一方面来说，如果你心里有别人看不到的坏念头、不道德的想法或邪恶的心思，神也同样看得到。

Look at the end of verse 2. It says, "**You understand my thought afar off.**" Now, there would be two ways you could look at that. You understand my thought even though You're in heaven and I'm on earth—that is, God is in heaven and the psalmist is on earth. And the psalmist says, even though You're afar off, You're a great way away, You can still understand

my thoughts. Possibly it could also mean that You understood my thoughts years ago, or even years into the future. So just remember that these first six verses are going to all tell us something about how God knows everything about us.

看第2节的下半节。经上说：“你从远处知道我的意念。”对此有两种理解方式。一种是：尽管你在天上，我在地上，你依然明白我的意念——也就是说，神在天上，而诗人在地上；诗人说，即使你在极远之处，相隔遥远，你依然能明白我的意念。另一种可能的意思是：你在许多年前就已经知晓我的意念，甚至对未来许多年后的意念你也早已洞悉。所以只要记住，这前六节经文都在向我们阐明神是如何完全知道我们的一切。

God Created Us and Knows Us Completely

So again in verse 1: **"You have searched me."** That is past tense. You've already searched me, and You know me. Now, this is not a difficult thing to understand that God knows us. He knows us because He created us; He made us. Let me give you an illustration of that.

再次回到第1节：“你已经鉴察我。”这是过去时态。你已经鉴察了我，并且你认识我。神了解我们，这不是一件难以理解的事。祂了解我们，因为祂创造了我们，祂造了我们。让我给你们举个例子来说明。

Let's suppose that you are a very, very smart person, a very smart scientist, and let's suppose that you created a robot. And you programmed the robot to do everything you wanted it to do. Your friend comes for a visit, and your friend says, "Oh, what is this?" And you say, "Oh, this is a robot. I made it." And so your friend says, "What can it do?" And you say, "It can do anything that I tell it to do." And so you give it a few commands, and the robot obeys the commands. And so the friend says, "How do you know what the robot is going to do?" And you say, "I know this robot because I made it and I programmed it."

假设你是一位非常非常聪明的人，是一位非常聪明的科学家，假设你制造了一个机器人。你为这个机器人编写了程序，让它做你想让它做的每一件事。你的朋友来拜访，朋友问：“哦，这是什么？”你说：“哦，这是一个机器人，我造的。”你的朋友问：“它能做什么？”你说：“它能做我吩咐它做的任何事。”于是你发出了几个指令，机器人就顺服了这些指令。朋友就问：“你怎么知道机器人要做什么呢？”你说：“我了解这个机器人，因为是我造了它，是我为它编写的程序。”

The Bible tells us very clearly that God created us, and He put in our hearts and in our minds what He wants us to do. So He knows everything in your heart and in your mind. There is no place—there is nothing that you can think that God doesn't know. He's your Creator; He created your brain. For you to realize that you don't need to say anything for God to know what you think can be comforting, or it can be terrifying.

圣经非常清楚地告诉我们，是神创造了我们，祂把祂想要我们做的事放在我们的大脑和心里。因此，祂知道你心里和脑子里的一切。没有任何想法是你能想到而神不知道的。祂是你的创造主，祂创造了你的大脑。当你意识到自己无需开口、神就知道你在想什么时，这可以令人得安慰，也可以令人感到战兢。

Look again at the first part of verse 2. It says, "You know my down sitting, and you know my up rising." In verse 3, it says, "You compass my path and my lying down, and are acquainted with all my ways." In verse 4, "There is not a word in my tongue, but behold, O LORD, You know it altogether." In these verses, it is not hard for us to understand: God not only knows what we think, but He knows what we say, and He knows where we go. He knew you when you were conceived by your parents.

再看一下第2节的前半部分。经上说：“我坐下，我起来，你都晓得。”第3节说：“我行路，我躺下，你都细察；你也深知我一切的行径。”第4节说：“耶和华啊，我舌头上的话，你没有一句不知道的。”在这些经文里，对我们来说不难理解：神不仅知道我们的想法，祂还知道我们所说的话，知道我们要去哪里。当你在母腹中被父母怀胎时，祂就已经认识你了。

Look at verse 13:

看第13节：

[Psalm 139:13 NKJV]

For You formed my inward parts;

You covered me in my mother's womb.

“我的肺腑是你所造的；我在母腹中，你已覆庇我。”

Verses 15 and 16:

第15和16节：

[Psalm 139:15-16 NKJV]

¹⁵ My frame was not hidden from You,

When I was made in secret,

And skillfully wrought in the lowest parts of the earth.

¹⁶ Your eyes saw my substance, being yet unformed.

And in Your book they all were written,

The days fashioned for me,

When as yet there were none of them.

“我在暗中受造，在地的深处被联络；那时，我的形体并不向你隐藏。我未成形的体质，你的眼早已看见了；你所定的日子，我尚未度一日，你都写在你的册上了。”

So we know that God, from the very beginning, knows who we are. He created us; He knows everything about us. He knows your history. So the psalmist starts this psalm off by saying, "You know everything about me."

所以我们知道，神从一开始就知道我们是谁。祂创造了我们，祂知道关于我们的一切，祂知道你的过去和历史。因此诗人在这篇诗篇一开始便说：“你知道关于我的一切。”

Some of you, maybe all of you, have met my wife, Anne. I knew her for two years before we were married, and we have been married fifty-two years. So I have known her for fifty-four years, and I still don't know everything about her! I know a lot of things about her, but not everything. But let me remind you: God knows **everything** about you. And you know the best thing about that? He still loves you. Even though He knows everything about you, He still loves you!

你们当中的一些人，或者所有人，都见过我的妻子安（Anne）。我们在结婚前就认识了两年，如今我们已经结婚五十二年了。所以我认识她五十四年了，但我依然无法完全了解她的一切！我知道关于她的许多事，但并非全都知道。但让我提醒你们：神知道关于你的**一切**。你知道最美好的是什么吗？祂依然爱你！尽管祂完全了解你的一切，祂依然深爱着你！

An Accounting of Our Words

In the beginning of this psalm, the psalmist says, "You know all of my thoughts and all of my words," and then he says, "You know everything that I do." Did you ever say anything you wished you had not said? This is a good time to nod your head like this—we have all said things that we wish we had not.

在这篇诗篇的开端，诗人说：“你知道我所有的心思和所有的话语”，接着他说：“你知道我所做的一切。”你可曾说过让自己后悔说出口的话？现在正是像这样点头的好时候——我们都曾说过让自己后悔莫及的话。

Let's turn for a reference to Matthew chapter 12. Let's read verses 35, 36, and 37.

让我们翻到马太福音第12章作为参考。我们来读第35、36和37节。

[Matthew 12:35-37 NKJV] - ³⁵ A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. ³⁶ But I say to you that for every idle word men may speak, they will give

account of it in the day of judgment. ³⁷ For by your words you will be justified, and by your words you will be condemned."

“善人从他心里所存的善就发出善来；恶人从他心里所存的恶就发出恶来。我又告诉你们，凡人所说的闲话，当审判的日子，必要句句供出来；因为凭你的话定你为义，也凭你的话定你有罪。”

I was listening to a preacher just recently, and he told a story about going to play golf with some of his friends. The preacher said, "I am not a golfer. I don't know very well how to play golf, but maybe once a year I go with my friends." There were several Christians and a missionary who were all around watching them as they were playing the game. The preacher said, "It was my time to hit the ball." And when he hit the ball, it did not go straight; it went to the extreme right of where he was standing, and it hit the missionary who was watching right in the chest! It hit him so hard he collapsed on the ground.

They went over to him; they thought maybe he had died. But when he finally was able to stand, he started swearing and cursing the preacher who had hit the ball! He said the words that came out of his mouth were so bad, so evil, he couldn't believe that this missionary was talking like that.

我最近听一位传道人讲道，他讲了一个和几位朋友去打高尔夫球的故事。那位传道人说：“我不是个高尔夫球手，我不太会打高尔夫，但大概每年一次我会和朋友去打一次。”当时有几个基督徒和一位宣教士在周围观看他们打球。传道人说：“轮到我击球了。”当他击球时，球没有向前直飞，而是朝他所站位置的极右侧偏去，正好击中了在一旁观看的宣教士的胸口！球击得非常重，以至于宣教士当场倒在地上。他们赶紧跑过去看他，以为他可能死了。但当他终于能站起来时，他竟开始咒骂击中他的那位传道人！他说从宣教士嘴里冒出来的那些话是如此恶毒、如此邪恶，他简直不敢相信一位宣教士会说出那样的话。

Now, we just read a verse that says what comes out of your mouth tells what is in your heart. Sometimes we are very careful with our words, because we know that other people are listening and we want to say nice words. But sometimes there is an accident, or a surprise, or something happens, and it brings out the worst in your heart. You have to remember: if you have evil thoughts or evil desires in your heart, one day they will come out of your mouth as well.

我们刚才读到的经文说到，你口里所出的话表明了你心里所存的。有时候我们说话非常小心，因为我们知道别人在听，我们想说好听的话。但有时突然发生意外，或是遭遇突发状况，就会将你心里最坏的一面引发出来。你必须牢记：如果你的心里存有邪恶的念头或邪恶的欲望，总有一天它们也会从你的口中流露出来。

We also read in these verses that we will have to give an answer or an account for everything that we say. Let's think of an example. Let's suppose you and your wife are in the house

alone, with nobody else. Or it could be you and one of your children. Something happens, and it brings out the very worst in your heart—a very evil thing—and you say it out loud to the other person. We just read verses that said, one day you get to explain that to God. You will get to explain to God in the Day of Judgment why you said what you said. This is what the psalmist is talking about when he says, "You understand my thoughts, and You know my words."

我们在这几节经文中也读到，对于我们所说的每一句话，我们将来都必须交账或作出回答。让我们来想一个例子。假设你和你妻子单独在家，没有其他人在场；或者只有你和你其中的一个孩子。发生了一些事，引出了你内心深处最恶劣、极邪恶的心思，你便对着另一个人大声说了出来。我们刚才读到的经文说，有一天你必须向神解释这件事。在审判的日子，你必须向神解释你当时为什么说了那样的话。这就是诗人所说的：“你明白我的意念，你也知道我舌头上的话。”

Let me ask you a question: do you have two different ways in which you express yourself—one way when you're around Christians, and another way when you are around people who are not Christians? Just think about that, and we'll take a break.

让我问你一个问题：你是否有两种截然不同的表达方式——一种是在基督徒周围时的说话方式，另一种是在非基督徒周围时的说话方式？请大家思考一下这个问题，我们先休息一下。