

在难处中经历神（一）

向神述说我们的难处

Experience God During Sufferings

(1)

Talk to God about Our Sufferings

诗篇/Psalms 31:9-13

简介：哀歌 (Introduction: Lament Psalms)

- 主题：神的百姓在难处中向神的祷告
Theme: Prayer of God's people in sufferings

- 数量：48首哀歌，占了诗篇的1/3
Number: 48, 1/3 of the Psalms

诗/Ps. 3; 4; 5; 6; 7; 11; 12; 13; 17; 25–27;
31; 35; 38; 39; 41–42/43; 44; 52; 54–59; 60;
69; 74; 77; 79; 80; 83; 85; 86; 88; 89; 94;
102; 109; 126; 137; 139–140; 142

在难处中经历神系列信息

Experience God During Sufferings

- (1) 向神诉说我们的难处
Talk to God about Our Sufferings
- (2) 向神寻求帮助
Seek God's Help
- (3) 在难处中建立信心
Build Faith within Sufferings
- (4) 在难处中赞美神
Praise God within Sufferings

1. 向神诉说的内容 What We Can Talk to God

A. 向神诉说自己的经历

Talk to God Our Personal Experience

我在他（耶和华）面前吐露我的苦情，陈说我的患难。 I pour out before him my complaint; before him I tell my trouble. --诗/Ps. 142:2

发生的事情 What Happened to Us

他们（恶人和仇敌）的心被脂油包裹；
他们用口说骄傲的话。

他们围困了我们的脚步；

他们瞪着眼，要把我们推倒在地。

他像狮子急要抓食，又像少壮狮子蹲伏在暗处。

They close up their callous hearts, and their mouths speak with arrogance. They have tracked me down, they now surround me, with eyes alert, to throw me to the ground. They are like a lion hungry for prey, like a fierce lion crouching in cover.

身体上的痛苦Physical Pain

我的骨头如火把烧着；
我的肉紧贴骨头。

My bones burn like glowing embers;
In my distress I groan aloud and am
reduced to skin and bones.

-- 诗/Ps. 102:3, 5

情绪上的伤害 Emotional Pains

我在患难之日寻求主，我在夜间不住地举手祷告，我的心不肯受安慰。

我想念神，就烦躁不安；

我沉吟悲伤，心便发昏

When I was in distress, I sought the Lord;
at night I stretched out untiring hands,
and I would not be comforted.

I remembered you, God, and I groaned;

I meditated, and my spirit grew faint.

--诗/Ps. 77:2-3

关系上的伤害 Relational Pains

我无处避难，也没有人眷顾我。

No one is concerned for me.

I have no refuge; no one cares for my life.

-- 诗 / Ps. 142:4

1. 向神诉说的内容 What We Can Talk to God

A. 向神诉说自己的经历

Talk to God Our Personal Experience

B. 向神诉说对他的负面情绪

Talk to God Our Negative Emotions

对神的困惑 Confusion about God

难道主要永远丢弃我，不再施恩吗？

难道他的慈爱永远穷尽，他的应许世世废弃

吗？难道神忘记开恩，因发怒就止住他的慈悲

吗？ Will the Lord reject forever?

Will he never show his favor again?

Has his unfailing love vanished forever?

Has his promise failed for all time?

Has God forgotten to be merciful?

Has he in anger withheld his compassion?

-- 诗/Ps. 77:7-9

对神的失望Disappointment for God

耶和华啊，你忘记我要到几时呢？
要到永远吗？

你掩面不顾我要到几时呢？

How long, LORD?

Will you forget me forever?

How long will you hide your face from me?

-- 诗/Ps. 13:1

被神遗弃的痛苦

Pains of Being Abandoned by God

我的敌人辱骂我，
不住地对我说：你的神在哪里呢？

My foes taunt me, saying to me all day
long, "Where is your God?"

-- 诗/Ps. 42:10

最强烈的表达

Most Intensive Expression

主啊，求你睡醒，为何尽睡呢？
求你兴起，不要永远丢弃我们。
你为何掩面，不顾我们所遭的苦难和所受的欺压？

Awake, Lord! Why do you sleep?
Rouse yourself! Do not reject us forever.
Why do you hide your face and forget our
misery and oppression?

-- 诗/Ps. 44:23-24

2. 向神诉说的基础：我们与神的关系

Foundation of Our Talk to God: Relationship

A. 诗人与神的关系

Psalmists' Relationship With God

他们坚信神是他们的神

They Believe God is Their God

耶和华是“我的神”
Yahweh is MY God

-- 诗/Ps. 3:7

他们顺服神的权柄

They Obey God's Authority

耶和华是“我的王”
Yahweh is my King

-- 诗/Ps. 5:2

他们相信神的恩惠和保护

They Believe God's Grace and Protection

耶和华啊，你必用恩惠如同盾牌四面护卫我
You surround them with your favor as with a shield.

-- 诗/Ps. 5:12

他们投靠神 They Trust in God

耶和华我的神啊，我投靠你

LORD my God, I take refuge in you

--诗/Ps. 7:1

他们以神为满足

Their Satisfaction is in God

我醒了的时候，
得见你的形象，就心满意足了

when I awake,

I will be satisfied with seeing your likeness

-- 诗/Ps. 17:15

他们要等候神的工作

They Wait for the Work of God

要等候耶和华！
当壮胆，坚固你的心。
我再说，要等候耶和华！

Wait for the LORD;
be strong and take heart and wait for the
LORD.

-- 诗/Ps. 27:14

2. 向神诉说的基础：我们与神的关系

Foundation of Our Talk to God: Relationship

A. 诗人与神的关系

Psalmists' Relationship With God

B. 与“以色列人发怨言”的不同

Different from Israel's Grumble

3. 为什么我们要向神诉说？

Why Ought We Talk to God?

A. 危害与益处 Harms and Benefits

- 两套神学 Two Theologies
- 跟神亲不起来 Can't be Intimate with God
- “脆断” Sudden Collapse
- 帮助难处中的弟兄姊妹
Help Those under Sufferings

3. 为什么我们要向神诉说？

Why Ought We Talk to God?

B. 障碍与回应 Obstacles and Response

- 文化上的障碍 Cultural Obstacle
- 神学上的障碍 Theological Obstacle
- 灵命上的障碍 Spiritual Obstacle

应用(Application)

1. 个人向神诉说难处
Talk to God Your Pains
2. 教会为你代祷
Church Pray for You