

大斋期 LENT

13/03/16: 大斋期第五个主日 5th Sunday in Lent

[非读经员所读 Not to be read by the Reader]

宣招经文 A Call to Worship: 诗篇 Psalm 126

126:1	耶和華使被擄的人歸回錫安的時候，我們好像在作夢的人。
126:2	那時，我們滿口喜笑，滿舌歡呼；那時列國中有人說：“耶和華為他們行了大事。”
126:3	耶和華為我們行了大事，我們就歡喜。
126:4	耶和華啊，求你使我們被擄的人歸回，像南地的河水復流一樣。
126:5	那些流淚撒種的，必歡呼收割。
126:6	那帶着種子流着淚出去撒種的，必帶着禾捆歡呼快樂地回來。
126:1	When the LORD restored the fortunes of Zion, we were like those who dream."
126:2	"Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, ""The LORD has done great things for them.""
126:3	The LORD has done great things for us; we are glad.
126:4	"Restore our fortunes, O LORD, like streams in the Negeb!"
126:5	Those who sow in tears shall reap with shouts of joy!
126:6	"He who goes out weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him."

今天所讀的詩篇是其中一首的【往上行之歌】，也稱呼【朝聖歌】。聖城耶路撒冷是建立在一座山上。從各處各方來到耶路撒冷守一年一次的逾越節的朝聖者都會唱這些【往上行之歌】。在我們將接近耶穌的受難周的時候，今天的【朝聖歌】以及先知以賽亞提醒我們 神已經為愛他的人做好了準備：流淚變為喜樂，在曠野里開一條道路，使荒地有江河！是的，真羊羔主耶穌將擦去我們的眼淚，祂就是道路，祂就是活水！

Today's reading from the Psalm is a "song of ascent". Jerusalem is built on a hill. As Pilgrims approach Jerusalem for the annual Passover remembrance, they will sing these "songs of ascent". As we move closer to Passion Week where our Lord will be judged and killed in the Holy city of Jerusalem, we are reminded in today's Psalm of Ascent and also by the Prophet Isaiah what God has already prepared for them that

love Him – tears turned to joy, a way in the wilderness and water in the desert! Christ our true Passover Lamb shall indeed wipe away our tears. He is the Way, He is the Living Water!

请听旧约经课 Listen now to the reading from the Old Testament:

以赛亚书 Isaiah 43:16-21

43:16	耶和華这样说：他在海中开了一条道，在大水中辟了一条路；
43:17	他使战车、马匹、军兵和勇士都一同出来，他们都躺下去，不能再起来；他们都灭没，好像灯火熄灭一样。
43:18	“你们不要怀念先前的事，也不要思念古时的事。
43:19	“看哪！我要作一件新的事；现在它要发生了，难道你们还不知道吗？我要在旷野开一条道路，在荒地开挖江河。
43:20	野地的走兽必尊重我，野狗和鸵鸟也必这样，因为我使旷野有水，使荒地有江河，好使我拣选的子民有水喝，
43:21	就是我为自己所造的子民，好使他们述说赞美我的话。
43:16	"Thus says the LORD, who makes a way in the sea, a path in the mighty waters,"
43:17	"who brings forth chariot and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick."
43:18	"Remember not the former things, nor consider the things of old."
43:19	"Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert."
43:20	"The wild beasts will honor me, the jackals and the ostriches, for I give water in the wilderness, rivers in the desert, to give drink to my chosen people,"
43:21	the people whom I formed for myself that they might declare my praise.

出生在大数的扫罗曾每一年和其他的朝圣者一定到耶路撒冷守逾越节。这一位最典型的犹太人，这一位【希伯来人中的希伯来人】认为【律法】，【割礼】，和到耶路撒冷守【逾越节】是犹太人的特征。然后，他遇见了耶稣！他的生命改变了。扫罗，改名为保罗现在领悟在表面上作犹太人的不是犹太人，唯有在内心作犹太人的才是犹太人。Saul of Tarsus must have been one of the many Pilgrims to have gone to Jerusalem for the annual Passover. This most typical of Jews, a “Hebrew of the Hebrews” even, considered the Law, Circumcision and this annual pilgrimage to Jerusalem for the Passover, to be what characterized a Jew. Then he met Jesus and his life was changed – Saul, now called Paul testifies that a true Jew was not one outwardly but one inwardly.

请听新约经课 Listen now to the reading from the New Testament:

腓立比书 Philippians 3:4b-14

3:4	虽然我有理由可以倚靠肉体。如果别人认为可以倚靠肉体，我就更加可以了；
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3:5	我第八天受割礼，属于以色列民族便雅悯支派，是希伯来人所生的希伯来人。按着律法来说，我是个法利赛人；
3:6	按着热诚来说，我是迫害教会的；按着律法上的义来说，我是无可指摘的
3:7	然而以前对我有益的，现在因着基督的缘故，我都当作是有损的。
3:8	不但这样，我也把万事当作是有损的，因为我以认识我主基督耶稣为至宝。为了他，我把万事都?弃了，看作废物，为了要得着基督。
3:9	并且得以在他里面，不是有自己因律法而得的义，而是有因信基督而得的义，就是基于信心，从 神而来的义，
3:10	使我认识基督和他复活的大能，并且在他所受的苦上有分，受他所受的死
3:11	这样，我也许可以从死人中复活。
3:12	这并不是说我已经得着了，已经完全了，而是竭力追求，好使我可以得着基督耶稣要我得着的。
3:13	弟兄们，我不以为自己已经得着了，我只有一件事，就是忘记背后，努力面前，
3:14	向着目标竭力追求，为要得着 神在基督耶稣里召我往上去得的奖赏。
3:4	"though I myself have reason for confidence in the flesh also. If anyone else thinks he has reason for confidence in the flesh, I have more:"
3:5	"circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the law, a Pharisee;"
3:6	"as to zeal, a persecutor of the church; as to righteousness under the law, blameless."
3:7	"But whatever gain I had, I counted as loss for the sake of Christ."
3:8	"Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ"
3:9	"and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith--"
3:10	"that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death,"
3:11	that by any means possible I may attain the resurrection from the dead.
3:12	"Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own."
3:13	"Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead,"
3:14	I press on toward the goal for the prize of the upward call of God in Christ Jesus.

还有一位典型的犹太人名叫犹大，是耶稣的门徒。他不像保罗，虽然遇见了耶稣，却没有经历生命的改造。犹大顾念着肉体的事，没有以天上的事为念。随着肉体而活必定死，但靠着圣灵的就必活着。亲爱的，不要像犹大，要学习保罗，向着目标竭力追

求，为要得着 神在基督耶稣里召我往上去得的奖赏。今天就做吧！ Unlike Paul, another typical Jew by the name of Judas, a disciple of Christ no less, never experienced the change of heart and life when he met Jesus. Judas was mindful of things of the flesh, not things of the spirit. To be mindful of the flesh is death, to be mindful of the things of the spirit is life. Beloved, do not be like Judas. Be like Paul, press toward the goal for the prize of the upward calling of God in Christ Jesus – do it today.

请听福音经课 Listen now to the reading from the Gospels:

约翰福音 John 12:1-8

12:1	逾越节前六天，耶稣到了伯大尼，就是拉撒路所住的地方；耶稣曾经使这拉撒路从死人中复活。
12:2	有人在那里为耶稣预备了筵席。马大在那里侍候，拉撒路也和一些人与耶稣一同吃饭。
12:3	马利亚拿了半公斤珍贵纯正的哪哒香膏，抹耶稣的脚，又用自己的头发去擦；屋里就满了香膏的香气。
12:4	耶稣的一个门徒，就是那要出卖他的加略人犹大，说：
12:5	“为什么不把这香膏卖三百银币，济穷人呢？”
12:6	他说这话，并不是因为他关怀穷人，而是因为他是贼，又带着钱囊，常取其中所存的。
12:7	耶稣就说：“由她吧，这香膏是她留下来为我安葬的日子用的。
12:8	你们常常有穷人跟你们在一起，却不常有我。”
12:1	"Six days before the Passover, Jesus therefore came to Bethany, where Lazarus was, whom Jesus had raised from the dead."
12:2	"So they gave a dinner for him there. Martha served, and Lazarus was one of those reclining with him at table."
12:3	"Mary therefore took a pound of expensive ointment made from pure nard, and anointed the feet of Jesus and wiped his feet with her hair. The house was filled with the fragrance of the perfume."
12:4	"But Judas Iscariot, one of his disciples (he who was about to betray him), said,"
12:5	Why was this ointment not sold for three hundred denarii and given to the poor?
12:6	"He said this, not because he cared about the poor, but because he was a thief, and having charge of the moneybag he used to help himself to what was put into it."
12:7	"Jesus said, ""Leave her alone, so that she may keep it for the day of my burial."
12:8	"For the poor you always have with you, but you do not always have me.""