

五旬节后的主日 SUNDAYS OF THE YEAR AFTER PENTECOST

19/06/16: 五旬节后的第五个主日
The fifth Sunday after Pentecost

[非读经员所读 not for reading by the Reader]

宣招经文 A Call to Worship: 诗篇 Psalm 42 and 43

42:1	神啊！我的心渴慕你，好像鹿渴慕溪水。
42:2	我的心渴想 神，就是永活的 神；我什么时候可以来朝见 神的面呢？
42:3	人整天对我说：“你的 神在哪里呢？”我就昼夜以眼泪当饭吃。
42:4	我从前常常和群众同去，与他们进到神的殿里，在欢呼和称谢声中，大家守节。每逢想起这些事，我的心就感到难过。
42:5	我的心哪！你为什么沮丧呢？为什么在我里面不安呢？应当等候 神；因为我还要称赞他，他是我面前的救助、我的 神。
42:6	我的心在我里面沮丧；因此我从约旦地，从黑门岭，从米萨山，纪念你。
42:7	你的瀑布一发声，深渊就和深渊响应；你的洪涛和波浪都掩盖了我。
42:8	白天耶和華賜下他的慈愛；夜間我要向他歌頌，向賜我生命的 神禱告。
42:9	我要對神我的磐石說：“你为什么忘记我呢？我为什么因仇敌的压迫徘徊悲哀呢？”
42:10	我的敌人整天对我说：“你的神在哪里呢？”他们这样辱骂我的时候，就像在击碎我的骨头。
42:11	我的心哪！你为什么沮丧呢？为什么在我里面不安呢？应当等候 神；因为我还要称赞他，他是我面前的救助、我的 神。
43:1	神啊！求你为我伸冤，为我的案件向不敬虔的国申辩；求你救我脱离诡诈和不义的人；
43:2	因为你是赐我力量的。你为什么弃绝我呢？我为什么因仇敌的压迫徘徊悲哀呢？
43:3	求你发出你的亮光和真理，好引导我，带我到你的圣山，到你的居所。
43:4	我就走到 神的祭坛前，到 神、我极大的喜乐那里。 神啊！我的 神啊！我要弹琴称赞你。
43:5	我的心哪！你为什么沮丧呢？为什么在我里面不安呢？应当等候 神；因为我还要称赞他，他是我面前的救助、我的 神。

42:1	As a deer pants for flowing streams, so pants my soul for you, O God.
42:2	My soul thirsts for God, for the living God. When shall I come and appear before God?
42:3	My tears have been my food day and night, while they say to me all the day long, "Where is your God?"
42:4	These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival.
42:5	Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.
42:6	My soul is cast down within me; therefore, I remember you from the land of Jordan and of Hermon, from Mount Mizar.
42:7	Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me.
42:8	By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.
42:9	I say to God, my rock: "Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?"
42:10	As with a deadly wound in my bones, my adversaries taunt me, while they say to me all the day long, "Where is your God?"
42:11	Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.
43:1	Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me!
43:2	For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy?
43:3	Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!
43:4	Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God.
43:5	Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

诗人 3 次，是的，三次呼求说“我的心哪！你为什么沮丧呢？为什么在我里面不安呢？”。是的，当耶洗别女王派人追杀神的先知以利亚的时候，以利亚也如此沮丧。他三次，是的，三次在路上感觉到生命的绝望。但每一次，神的话临到他，给他盼望，提醒他 神是他面前的救助，是他的 神。亲爱的，您也沮丧吗？要仰望 神。

times, 3 times in today's reading of the Psalms we hear the Psalmist crying: "Why are you cast down, O my soul, and why are you in turmoil within me?" This was surely how Elijah, the prophet of God, felt after he had run away from Jezebel who had threatened to kill him. 3 times, yes 3 times he was in despair of his life. Yet each time the word of the Lord came to him and gave him hope. It reminded him that God was his salvation. Beloved, are you cast down yourself. Hope in the Lord.

请听旧约经课：

1 Kings 19:1-15a:

19:1	亚哈把以利亚所行的一切，和他用刀杀死众先知的一切事，都告诉了耶洗别。
19:2	耶洗别就差派一个使者去见以利亚说：“明天这个时候，如果我不使你的性命，像那些人一样，愿神明惩罚我，并且加倍惩罚我。”
19:3	以利亚害怕，就起来，逃命去了。他到了犹大的别是巴，就把自己的仆人留在那里。
19:4	他自己却在旷野走了一天的路，来到一棵罗腾树下，就坐在那里求死，说：“耶和华啊，现在已经够了，求你取我的性命吧，因为我并不比我的列祖好。
19:5	他躺在那棵罗腾树下，睡着了。忽然有一位天使拍他，说：“起来，吃吧！”
19:6	他张眼一看，只见头旁有用炭火烤的饼和一瓶水。他就起来吃喝，然后又躺下去。
19:7	耶和华的使者第二次回来拍他，说：“起来吃吧！因为你要走的路程太远了。”
19:8	于是他起来吃喝，靠着那食物的力量，他走了四十昼夜，直走到 神的山，就是何烈山。
19:9	他在那里进了一个洞，就在洞里过夜。耶和华的话临到他，说：“以利亚啊，你在这里干什么？”
19:10	他说：“我为耶和华万军的神大发热心，因为以色列人背弃了你的约，拆毁了你的祭坛，用刀杀死了你的众先知，只剩下我一个人，他们还在寻索，要取去我的性命。”
19:11	耶和华说：“你出来站在山上，在我耶和华面前。”那时，耶和华从那里经过。在耶和华面前有强烈的大风，山崩石碎，但耶和华不在风中；风过以后有地震，但耶和华也不在地震中；
19:12	地震过后有火，耶和华也不在火中；火后有低微柔和的声音。
19:13	以利亚听见了，就用自己的外衣蒙着脸，走出来，站在洞口。忽然有声音向他说：“以利亚啊，你在这里干什么？”
19:14	以利亚说：“我为耶和华万军的神大发热心，因为以色列人背弃了你的约，拆毁了你的祭坛，用刀杀了你的众先知，只剩下我一个人，他们还在寻索，要取去我的性命。”
19:15	耶和华对他说：“你离去吧，从你来的路回到大马士革的旷野去。你到了那里，就要膏哈薛作亚兰王。
19:1	Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword.
19:2	Then Jezebel sent a messenger to Elijah, saying, “So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow.”
19:3	Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

19:4	But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers."
19:5	And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat."
19:6	And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again.
19:7	And the angel of the Lord came again a second time and touched him and said, "Arise and eat, for the journey is too great for you."
19:8	And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.
19:9	There he came to a cave and lodged in it. And behold, the word of the Lord came to him, and he said to him, "What are you doing here, Elijah?"
19:10	He said, "I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away."
19:11	And he said, "Go out and stand on the mount before the Lord." And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake.
19:12	And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper.
19:13	And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And behold, there came a voice to him and said, "What are you doing here, Elijah?"
19:14	He said, "I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away."
19:15	And the Lord said to him, "Go, return on your way to the wilderness of Damascus. And when you arrive, you shall anoint Hazael to be king over Syria."

福音的奥秘是曾经隐藏但现在已显明出来了。基督就是亮光和真理，将我们带到他自己那里。亲爱的，请问这福音改变了您的生命吗？您的心渴慕 神，好像鹿渴慕溪水吗？

The mystery of the Gospel was once hidden but is now revealed. Christ the light and truth now leads us unto Himself. Beloved, have you known the change in your life because of this Gospel? Does your soul pant after God, as a deer pants for flowing streams?

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

加拉太书 Gal. 3:23-29:

3:23	但信的道理还没有来到以前，我们在律法下被囚禁、被围困，直到那要来的信的道理显明出来。
3:24	这样，律法成了我们的启蒙教师，领我们到基督那里，使我们可以因信称义。
3:25	但信的道理既然来到，我们就不再在启蒙教师之下了。
3:26	你们因着信，在基督耶稣里都作了 神的儿子。
3:27	你们所有受洗归入基督的人，都是披戴基督的，
3:28	并不分犹太人或希腊人，作奴仆的或自由人，男的或女的，因为你们在基督耶稣里都成为一体了。
3:29	如果你们属于基督，就是亚伯拉罕的后裔，是按照应许承受产业的了。
3:23	Now before faith came, we were held captive under the law, imprisoned until the coming faith would be revealed.
3:24	So then, the law was our guardian until Christ came, in order that we might be justified by faith.
3:25	But now that faith has come, we are no longer under a guardian,
3:26	for in Christ Jesus you are all sons of God, through faith.
3:27	For as many of you as were baptized into Christ have put on Christ.
3:28	There is neither Jew nor Greek, there is neither slave nor free, there is no male and female, for you are all one in Christ Jesus.
3:29	And if you are Christ's, then you are Abraham's offspring, heirs according to promise.

我们自己的悔改经历虽然没有像这个被鬼附着的格拉森人这么生动，然而，我们和他却有一个共同点：我们也曾经是黑暗之子，曾经是撒旦的奴隶，在世上是没有指望的。耶稣一来，万事都改变了！

Although our own conversion experience may not be as dramatic as this demon possessed man in the country of the Gerasenes, nevertheless the one common thing we shared with this man was that we were once also the children of darkness, slaves to Satan, without hope in this world. Then Jesus came and everything changed.

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

路加福音 Luke 8:26-39:

8:26	船到了格拉森人的地区，正在加利利对面，
8:27	耶稣一上岸，就有城里一个被鬼附着的人，迎面而来。这人已经很久不穿衣服，不住在家里，只住在坟墓里。
8:28	他一见耶稣，就俯伏喊叫，大声说：“至高神的儿子耶稣，我跟你有什么关系呢？求你不要使我受苦。”
8:29	因为耶稣已经吩咐这污灵从那人身上出来。原来这污灵屡次抓住那人；那人被铁链和脚链捆锁，而且有人看管，他竟挣断锁链，被鬼赶入旷野。

8:30	耶稣问他：“你叫什么名字？”他说：“群。”因为进到那人里面的鬼很多。
8:31	他们求耶稣，不要赶他们进入无底坑。
8:32	那里有一大群猪正在山上吃东西。他们求耶稣准他们进入猪群。耶稣准许了，
8:33	鬼就从那人身上出来，进入猪群，猪群闯下山崖，掉在海里淹死了。
8:34	放猪的看见所发生的事就逃跑，到城里和各乡村把这事传开。
8:35	众人就出来看发生了什么事。来到耶稣那里，看见鬼已经离开的那人，穿着衣服，神志清醒，坐在耶稣脚前，他们就害怕。
8:36	当时看见的人，把被鬼附过的人怎样得到医治，说给他们听。
8:37	格拉森一带的人，都要求耶稣离开他们，因为他们大大惧怕。他就上船回去了。
8:38	鬼已经离开的那人求耶稣，要跟他在一起；但耶稣打发他回去，说：
8:39	“你回家去，述说 神为你作了怎样的事。”他就走遍全城，传讲耶稣为他作了怎样的事。
8:26	Then they sailed to the country of the Gerasenes, which is opposite Galilee.
8:27	When Jesus had stepped out on land, there met him a man from the city who had demons. For a long time he had worn no clothes, and he had not lived in a house but among the tombs.
8:28	When he saw Jesus, he cried out and fell down before him and said with a loud voice, “What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me.”
8:29	For he had commanded the unclean spirit to come out of the man. (For many a time it had seized him. He was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the desert.)
8:30	Jesus then asked him, “What is your name?” And he said, “Legion,” for many demons had entered him.
8:31	And they begged him not to command them to depart into the abyss.
8:32	Now a large herd of pigs was feeding there on the hillside, and they begged him to let them enter these. So he gave them permission.
8:33	Then the demons came out of the man and entered the pigs, and the herd rushed down the steep bank into the lake and drowned.
8:34	When the herdsmen saw what had happened, they fled and told it in the city and in the country.
8:35	Then people went out to see what had happened, and they came to Jesus and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind, and they were afraid.
8:36	And those who had seen it told them how the demon-possessed man had been healed.
8:37	Then all the people of the surrounding country of the Gerasenes asked him to depart from them, for they were seized with great fear. So he got into the boat and returned.
8:38	The man from whom the demons had gone begged that he might be with

	him, but Jesus sent him away, saying,
8:39	“Return to your home, and declare how much God has done for you.” And he went away, proclaiming throughout the whole city how much Jesus had done for him.