



Bible Reading Guide

August 2015

聖經閱讀指引

二〇一五年八月

Psalms 1-41

詩篇第一至四十一篇（卷一）

Psalms is a compendium of Old Testament theology. At the heart of each psalm is God's kingly rule.

Psalms are used to worship God. People express to God and explore their relationship with God whether it is in trust, praise, confession or complaint. Psalms are crafted with literature devices, eg imagery and various forms of parallelism. The Israelites recited Psalms as part of their religious and political life, eg the coronation of a king. Today, Psalms are devotional works, prayer books or expressions of faith for us.

Generally, there are four major types of Psalms. They include praise (eg Ps 8), lament or prayers for help (eg Ps 22), royal (eg Ps 2) and wisdom & torah (the Hebrew law and its basic meaning and instruction) (eg Ps 1).

The Book 1 of Psalms, that is Psalms 1-41 are before the exile and this book focuses on the choice of Davidic kings.

詩篇概括了舊約神學的真理。每篇詩的中心顯出上帝的王權。

詩篇是用來敬拜上帝的。人們向上帝表達心意並通過信靠、頌讚、認罪或訴苦去探索與神之間的關係。詩篇精心使用文學的技巧，如比喻、各類排比的手法。朗誦詩篇是以色列人宗教及政治生活的一部份，例如國王加冕的時候。現在，詩篇已成為我們靈修的文章、禱告文集及認信的辭源。

一般而言，詩篇分四大類型。包括：讚美詩（如：詩八）、哀歌或求助的祈禱（如：詩廿二）、君王詩篇（如：詩二）、智慧和律法詩歌（如：詩一）。

詩篇卷一包括第一至四十一篇，是放逐之前編寫的。它集中於大衛子孫作王的選擇。

<p>Day 1</p> <p>第一日</p>	<p>Read Psalm 1 a few times during today, recite it if possible.</p> <p>Psalm 1 is a beatitude and it teaches that how one lives one's life is decisive for how it turns out. It also introduces the whole book of Psalms which is a guide to a blessed life.</p> <p>What is a blessed man like?</p> <p>How about a wicked man?</p> <p>Do we see the results of a blessed man and a wicked man as described by the psalm in the world today? 1:3 pushes beyond the dimension of the current world into eternity.</p> <p>How do we meditate God's law day and night practically?</p> <p>閱讀詩篇第一篇幾次，並嘗試背誦它。</p> <p>這是一篇述福的詩詞。它教導生活的決擇決定結局。並介紹整本的詩篇乃蒙福人生的導</p>
---------------------------------------	--

	<p>引。 有福的人是怎樣的？ 惡人又如何？ 在現今的世界，我們是否看到這裡所形容有福的人和惡人的不同結局？第3節所描寫的，超越了今世至永遠。 我們如何做到晝夜思想耶和華的律法？</p>
<p>Day 2</p> <p>第二日</p>	<p>Read Psalm 2 Psalm 2 is a royal or coronation psalm. Its original context is for the succession of a Davidic king. This is the only Old Testament text speaks of God's king (2:6), anointed (Messiah) (2:2) and Son (2:7) in the one place. Hebrew uses 2:7 to describe Christ Jesus, the Messiah. What is God's response to those who rebel against Him and his anointed? What does the anointed/king say in vv7-9? In Acts 4:24 -31, after Peter and John were released, how do they use Psalm 2 to pray? Based on Peter and John's prayer, pray to God about the rebellion of the nations of this world and our courage to share the good news of the messiah.</p> <p>閱讀第二篇 這是一篇有關君王詩篇或國王加冕的詩篇。原為大衛王朝的王位承繼而作。在舊約裡，惟獨它在同一處提及神的君（6節）、受膏者（彌賽亞）（2節）和兒子（7節）。希伯來書以第7節描述耶穌基督，彌賽亞。</p> <p>上帝對那些反抗祂和祂受膏者的人有何回應？ 王（受膏者）在7-9節說了甚麼？ 在使徒行傳四章24-31節，彼得與約翰被釋後如何引用這詩篇來禱告？ 試藉彼得和約翰的禱文，為今天叛逆神的國家祈求，也為我們有勇氣去分享關於彌賽亞的福音祈求。</p>
<p>Day 3</p> <p>第三日</p>	<p>Read Psalms 3-4 Psalms 3 and 4 are a type of lament psalm or prayers which ask for help. In Psalm 3, how strong are the psalmist's enemies? What is the psalmist's claim when many said that God will not deliver him? What did people say about the psalmist, David when his son Absalom rebelled against him 2 Sam 17:13-21? Would you be able to affirm the psalmist's claim when others or circumstances indicated otherwise?</p> <p>In the time of ancient Israel, honor (4:2) was of the greatest value and was an essential part of one's identity. God is the ultimate basis of such "honor". What does God do for one who calls out to Him in the big threat of losing one's greatest value (4:7-8)? How has God answered you when you are in great distress?</p> <p>閱讀第三、四篇 這兩篇是哀歌或求助的祈禱。 詩人的仇敵如何強大（第三篇）？ 當很多人說上帝不予以幫助時，詩人卻如何主張？ 詩人大衛遭兒子押沙龍背叛時，人們說了他甚麼（撒下十七：13-21）？ 當人事或環境逆轉時，我能否堅定地作出和詩人一樣的聲言呢？ 在古以色列時代，尊榮（詩四：2）是最珍貴的，且是身份地位不可缺的。上帝是「尊</p>

	<p>榮”的終極基礎。</p> <p>當人面臨失去最珍貴的東西而求告上帝時，神會做甚麼（詩四：7-8）？</p> <p>當我在重大困難時，上帝如何回應我？</p>
<p>Day 4</p> <p>第四日</p>	<p>Read Psalms 5-6</p> <p>Psalm 5 shows the lies of the wicked threatening the life of the faithful. When does the psalmist pray to God (5:3)?</p> <p>In Psalm 6, how intense and what is the duration of the psalmist's situation? Would you be able to keep praying to God if you were in the psalmist's situation in Psalm 6?</p> <p>閱讀第五、六篇</p> <p>第五篇顯示惡人的謊言會威脅信徒的生活。</p> <p>詩人何時求告上帝（詩五：3）？</p> <p>在第六篇，詩人的困境有多久？又如何逼切呢？</p> <p>若遇到相同困境時，我能否不住地祈求上帝嗎？</p>
<p>Day 5</p> <p>第五日</p>	<p>Read Psalms 7-8</p> <p>Psalm 8 is a praise hymn. It praises God for His creation and is in the world of Genesis 1.</p> <p>How do we see God's greatness in verses 1-3?</p> <p>How does God express grace to men in verses 6-8?</p> <p>How does the resurrected Jesus fulfill the roles which God sets for men to do in Hebrew 2:6-8?</p> <p>How do we manage and care for the creation as God intends us to in this world?</p> <p>閱讀第七、八篇</p> <p>第八篇是讚美詩。讚美上帝的創造，是在創世紀第一章的意境中。</p> <p>有什麼顯出上帝的偉大（八：1-3）？</p> <p>上帝如何表達對人的恩慈（八：6-8）？</p> <p>在希伯來書二章 6-8 節裡，復活的耶穌如何完成原來上帝給人的角色？</p> <p>鑑於上帝的原意，我們要如何管理及關懷這世上的受造物呢？</p>
<p>Day 6</p> <p>第六日</p>	<p>Read Psalms 9-10</p> <p>What do the wicked do (10:2-11)?</p> <p>What do the wicked think of their actions in relation to God (10:3-4, 11, 13)?</p> <p>Find some examples of such wickedness in the news today.</p> <p>Who are today's helpless, afflicted, fatherless and oppressed?</p> <p>Pray for the world to come to term with God's judgment and for God's mercy for today's helpless, afflicted, fatherless and oppressed.</p> <p>閱讀第九、十篇</p> <p>惡人在做甚麼（十：2-11）？</p> <p>惡人以為上帝會如何看待他們的行為（十：3-4,11,13）？</p> <p>試在新聞裡，找些類似惡行的例子。</p> <p>誰是今天的無倚無靠的、困苦的、孤兒、和受欺壓的？</p> <p>為世界將受神的審判祈求，也求上帝施恩於今天的無倚無靠的、困苦的、孤兒、和受欺壓的。</p>
<p>Day 7</p> <p>第七日</p>	<p>Read Psalms 11-13</p> <p>What does God do in 11:4-5?</p> <p>God will punish wickedness and vindicate the righteous.</p> <p>Psalm 13 is a lament or a prayer for help.</p>

<p>第七日</p>	<p>How many "how long" are there in 13:1-2? It indicates the urgency. Who has the psalmist trouble with 13:1-2? What are the psalmist's struggles? What has the psalmist decided 13:5-6? How long has God hidden his face from you? What happened to end your request?</p> <p>閱讀第十一至十三篇 上帝在做甚麼（十一：4-5）？ 上帝要懲罰惡人，維護義人。</p> <p>第十三篇也是哀歌或求助的祈禱。 在 1-2 節有多少 " 要到幾時呢 " ？這表示緊迫性。 詩人跟誰有麻煩（十三：1-2）？ 詩人的爭扎是甚麼？ 詩人作了甚麼決定（十三：5-6）？ 上帝向我掩面了多久？何事發生令我停止請求？</p>
<p>Day 8</p> <p>第八日</p>	<p>Read Psalms 14-16 What does the fool do (14:1,3)? What does God seek (14:2)? In Romans 3:10 -12, how does Apostle Paul use 14:1-3 to describe men in? Pray for God's grace for others to recognise Him as their Lord. In Psalm 16, cup & portion are religious language and lot & boundary are concepts from Joshua to describe Israel's occupation of the promised land. If the right hand is the hand of strength and effectiveness, then what does the psalmist depend on to success? God gives us our belonging, wisdom and success (16:5-8). Ps 16:8-11 refers to a near death experience. In Acts 2:22 -28, how do Peter and other apostle use the text with reference to Jesus? Pray that we would trust God as He is the dependable one.</p> <p>閱讀第十四—十六篇 愚頑人在做甚麼（十四：1,3）？ 上帝在尋找甚麼（十四：2）？ 使徒保羅如何引用十四：1-3 去論述世人（羅三：10-12）？ 祈求上帝的恩典彰顯，使其他人認識祂為主。</p> <p>在十六篇，杯(cup) 和產業(portion) 是宗教儀式用語，所得的(lot) 和地界(boundary) 是源於約書亞形容以色列人應許之地的用語。 若右手是力量和最有效之手，那麼詩人靠甚麼達致成功？ 我們所有的，包括智慧和成功，是上帝給予的（十六：5-8）。 十六篇 8-11 節述及一個接近死亡的經驗，而彼得和其它使徒如何將之用在耶穌身上（使二：22-28）？ 為我們對上帝的信靠而祈求，因為祂是完全可靠的。</p>
<p>Day 9</p>	<p>Read Psalms 18, 17 Psalm 18 is a royal psalm.</p> <p>What would the psalmist like to see in comparison to others (17:14-15)? The heart of this Psalm is the relation with God. The psalmist would like to see</p>

<p>第九日</p>	<p>God or the face of God in the temple (Psalm 63:2).</p> <p>What do you do with your riches and inheritance? Would you be satisfied with what the Psalmist longs for? 閱讀第十八、十七篇 十八篇是另一篇君王詩篇。</p> <p>相對於其他人，詩人想見到甚麼（十七：14-15）？ 此詩篇其實在講述與上帝的關係。詩人想在殿裡見到上帝或祂的臉（詩六十三：2）。</p> <p>我會怎樣處理財富和繼承物？ 我會期盼詩人“心滿意足”的事嗎？</p>
<p>Day 10</p> <p>第十日</p>	<p>Read Psalm 19 Like Psalm 1, Psalm 19 is a wisdom and torah/law psalm. It is for instructions and full of wisdom. How does God's glory reflect in his creation (19:1-6)? What do God's words do (19:7-10)? The creator of this universe is the Lord who gives the instruction. How do God's instructions point out our error, hidden fault or willful sin today? Say 19:14 as a prayer to God : "May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer."</p> <p>閱讀第十九篇 像第一篇，這是智慧和律法詩歌，為訓導而用，充滿智慧。 受造之物如何彰顯上帝的榮耀（1-6 節）？ 上帝的話語有什麼功用（7-10 節）？ 宇宙的創造者是上帝，祂賜給教導。 在今天，上帝的教導怎樣指出我的錯失、隱而未現的過錯、任意妄為的罪？ 用 14 節向上帝祈禱：「耶和華我的磐石，我的救贖主啊，願我口中的言語，心裡的意念，在你面前蒙悅納。」</p>
<p>Day 11</p> <p>第十一日</p>	<p>Read Psalms 20-21 Psalms 20 & 21 are both royal psalms. Horses and chariots were the supreme weapons of royal military at that time. What would the king and its people depend on (20:6-8)? What blessing does a king receive from God as he trusts in Him 21:1-7? How are today's rulers different to the king? Pray for the rulers of our world to trust God.</p> <p>閱讀第廿、廿一篇 這兩篇都是君王詩篇。 在當時，馬匹和馬車是王家軍隊至上的裝備。 這個王與他國民靠著甚麼呢（廿：6-8）？</p> <p>一個信靠上帝的王可以從祂得到甚麼福份（廿一：1-7）？ 今天的掌權者如何有別於這個王？ 祈求世界的掌權者能信靠上帝。</p>

<p>Day 12</p> <p>第十二日</p>	<p>Read Psalm 22</p> <p>This is an individual lament. Lament is also an expression of faith. Verses 1-11 are the first cycle for help and vv12-18 are the second cycle. The prayer of the psalmist is vv19-21a. The psalmist's praise is from v21b-31. Read 22:1-18 again to appreciate the great distress the psalmist is in. How do we understand Jesus's agony in Mark 15:34 as he recites 22:1? In light of Psalm 22 pray to God, expressing your cry for his help in your own circumstance.</p> <p>閱讀第廿二篇</p> <p>這是一篇個人的哀歌，也包含信心的表達。</p> <p>1-11 節是第一循環的求助，12-18 節是第二循環。詩人的祈禱在 19-21 上，而他的讚美在 21 下-31 節。</p> <p>重讀 1-18 節以體會詩人的巨大悲傷。</p> <p>在馬可福音十五：34，耶穌喊出與第 1 節相同的話語，我們如何理解祂的悲痛？有感於這一詩篇，求上帝教我們在悲痛時如何向祂表達哀求。</p>
<p>Day 13</p> <p>第十三日</p>	<p>Read & sing Psalm 23 a few times today</p> <p>The metaphor of God as my shepherd draws on varied experiences and evokes imagination. The primary duties of the shepherd were provision and protection for the flock. He was accountable for their welfare and safety. In the Old Testament time, both God and kings were called the shepherd of the people. Jesus evokes the shepherd imagery in John 10:11. How has the Lord been your shepherd in the past as the psalmist lays out? How can you dwell in the house or the presence of the Lord forever?</p> <p>閱讀並歌唱第廿三篇幾遍</p> <p>將上帝喻為牧者勾起回憶，並喚起想象。牧者的主要責任是供養和保護羊群，負責它們的幸福和安全。在舊約時代，上帝和君王都被稱為人民的牧者。耶穌也引用牧者的形象（約十：11）。</p> <p>如詩人所描繪的，耶和華在過去怎樣作我的牧者？我如何得以住在耶和華的殿中直到永遠？</p>
<p>Day 14</p> <p>第十四日</p>	<p>Read Psalms 24-26</p> <p>Who may enter the hill of the Lord, Mount Zion where the temple stands 24:3-6? Whose entrance to the temple on Zion demands such recognition 24:1-2, 7-10? This psalm may be recited when the ark was brought into the temple as part of a festival celebrating the reign of the Lord.</p> <p>From 25:22, it shows that it is an individual prayer whose troubles and hopes are those of the whole people. The psalmist prays that God will show him, teach him, guide, forgive and deliver him. Based on Psalm 25, pray for the whole of the church's community like the psalmist.</p> <p>閱讀第廿四—廿六篇</p> <p>誰得以進入耶和華的山、錫安山，就是神聖所的所在（廿四：3-6）？誰進入錫安的聖所要如此抬頭注目（廿四：1-2,7-10）？此詩可於約櫃抬入聖殿時朗誦，這是作為慶祝耶和華統治的節日典禮一部份。</p> <p>從廿五:22，這是一篇個人為全民的祈禱。詩人祈求上帝指示他，教訓他，引導、赦免和搭救他。</p> <p>像這篇裡的詩人一樣，為整體教會禱告。</p>

<p>Day 15</p> <p>第十五日</p>	<p>Read Psalms 27-28</p> <p>Psalm 27 is lament psalm and with a greater emphasis on thanksgiving and hope.</p> <p>Who does the psalmist trust despite danger, enemies or possible abandonment by his parents (27:1-12)?</p> <p>His urgent prayer is complemented with confident confession. Trust is real and active when one is aware of one's vulnerability.</p> <p>How does the psalmist show his confident at the end (27:13-14)?</p> <p>What can you learn from this psalm when you pray in the time of your needs?</p> <p>閱讀第廿七、廿八篇</p> <p>廿七篇是一篇哀歌，但強調感恩和盼望。</p> <p>雖然面臨危險、仇敵或父母的離棄，詩人信靠誰呢（廿七：1-12）？</p> <p>他迫切的禱告與有信心的告白彼此互補。當人認識到脆弱時，信靠是實在的和積極的。</p> <p>詩人在結尾時如何顯出他的信念（廿七：13-14）？</p> <p>從這裡我可以學到甚麼去幫助我在有需要時作出祈求？</p>
<p>Day 16</p> <p>第十六日</p>	<p>Read Psalms 29-31</p> <p>Psalm 29 is a doxology for God's glory, power and kingdom. It begins with a summons for divine beings to praise (v1-2) and ends with a prayer of the praise (v11). The hymn was presumably for the congregation assembled at the temple.</p> <p>What are God's greatness expressed in nature in (29:3-10)?</p> <p>How does God's greatness show in nature at the baptism and the death of Jesus in Mark 1:9-11 & Matthew 27:45-51? God is the maker of heaven and earth.</p> <p>Praise God for his glory, power and kingdom based on Psalm 29.</p> <p>閱讀第廿九—卅一篇</p> <p>廿九篇是頌讚上帝榮耀、權能和國度的詩篇。它以呼喚上帝的眾子獻上讚美（1-2 節）開始，以禱告頌揚結束（11 節），應是為會眾在聖殿聚集而作。</p> <p>上帝藉自然現象顯出那些大能（3-10 節）？</p> <p>在耶穌受洗和受死時，上帝如何藉自然現象顯出祂的大能（可一：9-11；太廿七：45-51）？祂是天地的創造者。</p> <p>仿效廿九篇，頌讚上帝榮耀、權能和國度。</p>
<p>Day 17</p> <p>第十七日</p>	<p>Read Psalms 32, 34</p> <p>What are differences in the psalmist's attitude before and after he confesses to God (32:3-5)?</p> <p>What does the psalmist encourage others to do after his confession (32:6-7)?</p> <p>Confession of sin is also a very important part of our prayer and our relationship with God.</p> <p>Confess your sins to God today as a part of your prayer.</p> <p>閱讀第卅二、卅四篇</p> <p>詩人的態度在向上帝認罪前後有何不同（詩卅二：3-5）？</p> <p>他認罪後，鼓勵其他人去做甚麼（卅二：6-7）？</p> <p>認罪是禱告及與上帝關係很重要的一部份。</p> <p>在今天的禱告裡，請向神認罪。</p>
<p>Day 18</p>	<p>Read Psalms 33, 35, 36</p> <p>Psalm 36 consists with a description of the wicked (vv1-4), a praise of the Lord (vv5-9) and a prayer for help (vv10-12).</p> <p>The wicked threaten the world which the faithful lives. To ignore such reality</p>

<p>第十八日</p>	<p>would mean blindness to the situation of faith. Do we find it so in the world around us? What attribute of God does the psalmist appeal to for help (36:7-10)? Do we see that God's attribute in our lives? In the New Testament, who is the bread, the water and the light of our life? John 6:35, John 4:14, John 1:4 閱讀第卅三、卅五、卅六篇 卅六篇包括(i)描述惡人(1-4 節)、(ii) 頌揚上帝(5-9)、和(iii)求助禱告(10-12)。 惡人威脅信徒的生活。忽視這個事實有如對信仰環境的盲目。我們周圍有這個情況嗎？ 詩人以上帝那樣的特質而作出呼求（卅六：7-10）？在我生命中，見到上帝這樣的特質嗎？ 在新約裡，誰是我們生命中的糧、水、和光（約六：35，約四：14，約一：4）？</p>
<p>Day 19 第十九日</p>	<p>Read Psalms 37-38 Psalm 37 depicts a choice between the pressures of the present and the promise of the future. What does God say if we want to follow the quick way to success in this world (37:3-7, 18-19, 21-22, 27-29)? What will the wicked receive (37:1-2, 10, 12-13, 20-22, 27-29)? How do you keep God's way always (37:30-31, 34)? Confess to God the times when you have been following the ways of wicked. 閱讀第卅七、卅八篇 卅七篇顯示一個選擇，介乎現今的困壓和將來的應許。 假如我們想用快捷而骯髒的手法去達致成功，上帝說甚麼（卅七：3-7, 18-19, 21-22, 27-29...）？ 惡人將會得到甚麼（卅七：1-2,10,12-13,20-22,27-29）？ 我如何經常持守上帝之道（卅七：30-31,34）？ 若我跟隨了惡人之道，在那些事上需要向上帝認罪。</p>
<p>Day 20 第廿日</p>	<p>Read Psalms 39-41 Book 1 of the Psalms focus on the Davidic kings. We have read how some of the Psalms are applied to the Messiah, Jesus as well. Let's conclude our reading on Book 1 by reading 1 Corinthians 15:50-58. Jesus has overcome the world, sin & death and in Jesus we have that victory! 閱讀第卅九—四十一篇 卷一聚焦於大衛的子孫作王。我們讀到其中有些詩篇，是可同樣用於彌賽亞、耶穌身上。 作為結束，讓我們閱讀林前十五：50-58 節。耶穌已征服世界、罪惡、和死亡；在耶穌裡我們可以得勝！</p>

Next month:
Luke 1 - 11
 下個月：路加福音