

中文崇拜会

2026 年 9 月 13 日

经文：《诗篇 42》

题目：“如鹿切慕”

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介绍

1. 可拉的后裔

- a. 他们是《诗篇》的主要作者之一
- b. 他们属于利未支派，是可拉家族的后裔
- c. 他们是那些没有随同可拉参与叛乱的后代 参阅《民数记 16》
- d. 他们当中有些人曾在大卫作王期间，在会幕中担任乐师 参阅《历代志上 6:31-38》

2. 《诗篇 42》的背景—沮丧的情绪

- a. 他曾流泪 《诗篇 42:3》
- b. 他感到忧闷、沮丧 《诗篇 42:5, 11》
- c. 他的心在里面烦躁不安 《诗篇 42:5, 11》

3. 诗者如何运用信心来应对这些忧闷、沮丧的情绪？

寻求上帝

¹ 神阿，我的心切慕祢，如鹿切慕溪水。

² 我的心渴想神，就是永生神。

我几时得朝见神呢？

《诗篇 42:1-2》

1. 口渴之鹿的意象

a. 它切慕溪水

b. 它会竭尽全力寻找水源

2. 这用来描述诗者心灵深处对上帝的寻求

a. 他对上帝有强烈的渴望

b. 他深切渴慕这位永生的上帝

c. 他会寻找上帝，如同鹿寻找水源

d. 他会不停地寻求，直到寻见上帝

回想关于上帝的宝贵记忆

⁴ 我从前与众人同往，用欢呼称赞的声音，

领他们到神的殿里，大家守节。

我追想这些事，我的心极其悲伤。 《诗篇 42:4》

⁶ 我的神阿，我的心在我里面忧闷。

所以我从约但地，从黑门岭，从米萨山，記念祢。

⁷ 祢的瀑布发声，深渊就与深渊响应。

祢的波浪洪涛漫过我身。

⁸ 白昼耶和華必向我施慈爱。

黑夜我要歌颂祷告赐我生命的神。 《诗篇 42:6-8》

1. 诗者回想敬拜上帝的特别记忆

a. 他曾经与众人（弟兄姊妹）一同到上帝的殿

i. 敬拜上帝

ii. 歌唱赞美上帝

iii. 守朝圣的节期

b. 这些都是幸福、喜乐的回忆

2. 他竭力记起上帝

a. 上帝的慈爱

b. 上帝在夜间所赐的歌

c. 他生命里的上帝

紧紧持守对上帝的盼望

⁵ 我的心哪，你为何忧闷，为何在我里面烦躁。

应当仰望神。

因祂笑脸帮助我，我还要称赞祂。 《诗篇 42:5》

¹¹ 我的心哪，你为何忧闷？为何在我里面烦躁？

应当仰望神。因我还要称赞祂。

祂是我脸上的光荣，是我的神。 《诗篇 42:11》

1. 诗者决心仰望上帝

a. 他不容自己的心继续忧闷烦躁

- b. 他劝勉自己要仰望上帝
 - i. 相信上帝会施恩（以祂的面光帮助他）
 - ii. 相信上帝会向他施慈爱
 - iii. 相信上帝会在夜间用歌声安慰他
 - iv. 相信上帝会垂听他的祷告
 - c. 当他与消极的情绪挣扎时，他仍坚持这份盼望
2. 诗者立志赞美上帝
- a. 尽管他心里忧闷、沮丧，他仍然决意赞美上帝
 - b. 他要因在上帝里面仍有盼望而赞美祂！

我们的挑战

1. 我们有时也会经历人生黑暗、与抑郁情绪挣扎的时刻
2. 我们必须学习以信心来应对这些感受
 - a. 寻求上帝
 - b. 回想与上帝相处的深刻记忆
 - c. 紧紧持守对上帝的盼望
3. 愿主帮助我们将信心付诸实践，克服生命中黑暗与艰难的季节！

Text: Psalm 42

Title: "As the deer"

INTRODUCTION

4. The sons of Korah
 - a. A major contributor to the Book of Psalms
 - b. Levites under the family line of Korah
 - c. These were descendants of the sons who did not join Korah in his rebellion cf. Numbers 16
 - d. Some of them served as musicians in the tabernacle during David's reign cf. 1 Chronicles 6:31-38
5. The context of Psalm 42 – despondent feelings
 - a. There were tears shed (Psalm 42:3)
 - b. There were feelings of being cast down (Psalm 42:5, 11)
 - c. His soul was disquieted within him (Psalm 42:5, 11)
6. How did the psalmist apply his faith to cope with these depressive feelings?

SEARCHING FOR GOD

As the deer pants for the water brooks,

So pants my soul for You, O God.

²*My soul thirsts for God, for the living God.*

When shall I come and appear before God?

Psalm 42:1-2

3. The imagery of a thirsty deer
 - a. It pants for the water brooks
 - b. It would go all out to search for water
4. Used to describe the psalmist's soul-search for God
 - a. There was a strong desire for God
 - b. There was deep longing for the living God

- c. He would search for God as a deer would search for water
- d. He would not stop searching until he finds God

RECALLING PRECIOUS MEMORIES OF GOD

*⁴ When I remember these things,
I pour out my soul within me.
For I used to go with the multitude;
I went with them to the house of God,
With the voice of joy and praise,
With a multitude that kept a pilgrim feast.* *Psalm 42:4*

*⁶ O my God, my soul is cast down within me;
Therefore I will remember You from the land of the Jordan,
And from the heights of Hermon,
From the Hill Mizar.
Deep calls unto deep at the noise of Your waterfalls;
All Your waves and billows have gone over me.
⁸ The LORD will command His lovingkindness in the daytime,
And in the night His song shall be with me—
A prayer to the God of my life.* *Psalm 42:6-8*

- 3. He recalled special memories of worshipping God
 - a. Going to the house of God with the multitude (brethren)
 - i. To worship God
 - ii. To sing praises to God
 - iii. To keep the pilgrim feast
 - b. These were happy and joyful memories
- 4. He sought to remember God Himself
 - a. His lovingkindness
 - b. His song in the night
 - c. The God of his life

HOLDING FAST TO HIS HOPE IN GOD

*⁵ Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God, for I shall yet praise Him
For the help of His countenance.* *Psalm 42:5*

*¹¹ Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God;
For I shall yet praise Him,
The help of my countenance and my God.* *Psalm 42:11*

3. The psalmist's determination to hope in God
 - a. He refused to let his soul remain cast down and disquieted
 - b. He told himself to hope in God
 - i. That God would show favour (the help of His countenance)
 - ii. That God would command His lovingkindness
 - iii. That God would comfort him with a song in the night
 - iv. That God would hear his prayer
 - c. He persisted in this hope as he struggled with his negative feelings
4. The psalmist's commitment to praise God
 - a. Despite being despondent, he was committed to praising God
 - b. He would praise God for the hope that he can have in Him!

OUR CHALLENGE

4. There may be times when we struggle with dark and depressive feelings
5. We must learn to apply our faith to deal with these feelings
 - a. To search for God
 - b. To recall strong memories of God
 - c. To hold fast to our hope in God
6. May the Lord help us to apply our faith to overcome our dark and difficult seasons in life!

