

中文崇拜会

2026 年 9 月 27 日

经文：《诗篇 46》

证道题目：“你们要休息，要知道我是神”

传教士：柯伟德牧师

介绍

1. 我们生活在一个充满困难、不断变化的世界里
2. 许多事情都可能“动摇”我们的生命和信心
3. 《诗篇 46》给予我们极大的鼓励
 - a. 它并没有说问题会停止
 - b. 但它应许在困难当中上帝必与我们同在。
 - c. 祂是我们在患难中随时的帮助！

患难中随时的帮助

“神是我们的避难所，是我们的力量，是我们在患难中随时的帮助。
所以地虽改变，山虽摇动到海心，
其中的水虽砰訇翻腾，山虽因海涨而战抖，我们也不害怕。”
《诗篇 46:1-3》

1. 所显出的问题之严重程度
 - a. 即便是被视为不会动摇的事物，也会崩塌
 - i. 地虽改变
 - ii. 山虽摇动到海心
 - b. 甚至原本平静的，也可以变成猛烈的风暴
 - i. 水砰訇
 - ii. 水翻腾
 - iii. 山战抖
2. 然而，我们不需要害怕
3. 我们可以在上帝里得着安稳
 - a. 祂是我们的避难所
 - b. 祂是我们的力量
 - c. 祂是在患难中随时的帮助

神在其中，城必不动摇

“有一道河，这河的分汊使神的城欢喜，这城就是至高者居住的圣所。神在其中，城必不动摇，到天一亮，神必帮助这城。外邦喧嚷，列国动摇，神发声，地便熔化。”

《诗篇 46:4 - 6》

1. 这意象开始改变
 - a. 转向耶路撒冷 —— 上帝的城
 - b. 转向一道河，这河的分汊使神的城欢喜
 - c. 这是一个温和、使人喜乐的意象
2. 就像河水一样，上帝会温柔地扶持我们；祂会供应我们一切所需
3. 在上帝的供应和扶持里，我们能够认识上帝与我们同在
4. 我们也可以确信上帝的大能

你们要休息，要知道我是神

“你们来看耶和华的作为，看祂使地怎样荒凉。祂止息刀兵，直到地极；祂折弓断枪，把战车焚烧在火中。你们要休息，要知道我是神！我必在外邦中被尊崇，在遍地上也被尊崇。”

《诗篇 46:8 - 10》

1. 我们应当如何回应上帝？
2. 上帝直接对我们说：“你们要休息，要知道我是神！”
3. 在患难当中，我们常常会：
 - a. 感到害怕
 - b. 感到焦虑
 - c. 心里不安
4. “要休息”的挑战
 - a. 专心仰望上帝
 - b. 预备好自己领受上帝的话语

- c. 放下自己的忧虑（并信靠上帝）
5. 我们如何能够做到这一点？
- “要知道我是神”
- a. 我们必须记念上帝过去的信实
 - b. 我们必须不断加深对上帝的认识
 - c. 我们必须一天一天地实行如何信靠上帝
 - d. 这一切都是我们在上帝里有信心的一部分

终结

- 1. 虽然人生可能充满许多困难
- 2. 让我们实行我们的信心：
 - a. 上帝是我们安稳
 - b. 上帝扶持并供应于我们
 - c. 我们被挑战要休息

Chinese Worship Service

Text: Psalm 46

Title: “Be Still and Know that I am God”

27 September 2026

INTRODUCTION

1. We live in a difficult and changing world
2. Many things can “shake” our life and faith
3. Psalm 46 gives us great encouragement
 - a. It does not say that the problems will stop
 - b. But it does promise that God will be with us in it
 - c. He is a very present help in trouble!

A VERY PRESENT HELP IN TROUBLE

*¹God is our refuge and strength,
A very present help in trouble.*

*²Therefore we will not fear,
Even though the earth be removed,
And though the mountains be carried into the midst of the sea;*

*³Though its waters roar and be troubled,
Though the mountains shake with its swelling.
Psalm 46:1-3*

1. The extent of problems highlighted
 - a. Even what is supposedly unmovable gives way
 - i. The earth is removed
 - ii. The mountains are carried into the sea
 - b. Even the calm becomes a fierce storm
 - i. The waters roar
 - ii. They are troubled
 - iii. The mountains shake
2. Yet we do not need to fear
3. We can be secure in God
 - a. He is our refuge
 - b. He is our strength
 - c. He is our present help in trouble

GOD IS IN THE MIDST OF HER, SHE SHALL NOT BE MOVED

⁴*There is a river whose streams shall make glad the city of God,
The holy place of the tabernacle of the Most High.*

⁵*God is in the midst of her, she shall not be moved;
God shall help her, just at the break of dawn.*

⁶*The nations raged, the kingdoms were moved;
He uttered His voice, the earth melted.*

Psalm 46:4-6

1. The imagery now changes
 - a. To the city of Jerusalem – the city of God
 - b. To a river whose streams make her glad
 - c. A gentle and gladdening picture
2. Like a river, God will gently sustain us; He will supply all that we need
3. In His sustenance, God's Presence is recognized
4. We can also be sure of God's power

BE STILL AND KNOW THAT I AM GOD

⁸*Come, behold the works of the LORD,
Who has made desolations in the earth.*

⁹*He makes wars cease to the end of the earth;
He breaks the bow and cuts the spear in two;
He burns the chariot in the fire.*

¹⁰*Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth!*

Psalm 46:8-10

1. How should we respond to God?
2. God speaks directly to us, "Be still and know that I am God"
3. In the midst of problems, we are often
 - a. Fearful
 - b. Anxious
 - c. Restless
4. The challenge to "Be still"
 - a. It is to be focused on God
 - b. It is to be ready to receive a word from God
 - c. It is to let go (and trust in God)

5. How can this be done?
“Know that I am God”
 - a. We have to remember His past faithfulness
 - b. We have to grow in our knowledge of God
 - c. We have to practice our trust in God day by day
 - d. This is all part of having faith in God

CONCLUSION

1. Though life can be beset with many difficulties
2. Let us exercise our faith
 - a. God makes us Secure
 - b. God Sustains us
 - c. We are challenged to be Still