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主日程序

亚特兰大改革宗浸信会
Atlanta Reformed Baptist Church

2026年9月13日 主日崇拜

从惊惶到确信

From Terror to Trust

诗篇 Psalm 6



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亞特蘭大改革宗浸信會
Atlanta Reformed Baptist Church

2026年9月13日 主日崇拜

序乐；请就坐，手机关机，默祷预备

宣召 Call to Worship (诗Ps18:1-3)

领：¹耶和华，我的力量啊，我爱你！²耶和华是我的岩石，我的山寨，我的救主，我的神，我的磐石，我所投靠的。祂是我的盾牌，是拯救我的角，是我的高台。³我要求告当赞美的耶和华；这样我必从仇敌手中被救出来。

¹I love you, O Lord, my strength. ²The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. ³I call upon the Lord, who is worthy to be praised, and I am saved from my enemies.

请起立 Please stand

荣耀颂 Gloria Patri

但愿荣耀，
归于父，子，圣灵，
父，子，圣灵，
起初这样 现在这样，
以后也这样，
永无穷尽，
阿们，阿们！

Glory be to the Father,
and to the Son,
and to the Holy Ghost;
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen, amen.

仰望祷告

WORSHIP PRAYER

上行诗歌 Song of Ascents

上主是我坚固保障

A Mighty Fortress Is Our God

耶和华是我的岩石，我的山寨，我的救主，我的神，我的磐石，我所投靠的。祂是我的盾牌，是拯救我的角，是我的高台。（诗18:2）

十诫 The Decalogue (出Ex. 20:3-17)

领：除了我以外，不可有别的神 (v3)

You shall have no other gods before me.

众：不可为自己雕刻偶像，也不可敬拜或
事奉它们。 (vv4-6)

You shall not make for yourself a carved image, You
shall not bow down to them or serve them.

众坐 Be Seated

十诫 The Decalogue (出Ex. 20:3-17)

领：不可妄称耶和华你神的名。 (v7)

You shall not take the name of the Lord your God in vain.

众：当纪念安息日，守为圣日。 (vv8-11)

Remember the Sabbath day, to keep it holy.

众坐 Be Seated

十诫 COMMANDMENT (出Ex. 20:3-17)

领：当孝敬父母，使你的日子在耶和华你 神所赐你的地上得以长久。 (v12)

Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.

众：不可杀人。不可奸淫。不可偷盗。 (vv13-15)

You shall not murder. You shall not commit adultery.
You shall not steal.

十诫 COMMANDMENT (出Ex. 20:3-17)

领：不可作假见证陷害人。_(v16)

You shall not bear false witness against your neighbor.

众：不可贪恋人的房屋；也不可贪恋人的妻子、
仆婢、牛驴，并他一切所有的。_(v17)

You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's.

认罪/恳求施恩

**CONFESSION OF SIN AND
SUPPLICATION FOR GRACE**

确据 Assurance (罗Rom.5:1-2)

众：₁我们既因信称义，就藉着我们的主耶稣基督得与神相和。₂我们又藉着祂，因信得进入现在所站的这恩典中，并且欢欢喜喜盼望神的荣耀。

All: ₁Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

₂Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the

诗歌颂赞 Hymn

我每思念十字宝架

**When I Survey The Wondrous
Cross**

诗歌颂赞Hymn

稳当根基

How Firm a Foundation

认信宣告 **Confession**：1689信条9章1-3段

一、神造人，把固有的自由和选择的能力赋予人的意志，以至于这意志既不受强迫，或行善或作恶，也不会因其本质而必然如此去行。

二、人处于无罪状态时，有自由和能力立志行事，得蒙神的悦纳；但人本是可变的，所以他也可以从那状态中堕落。

1. God has endued the will of man with that natural liberty and power of acting upon choice, that it is neither forced, nor by any necessity of nature determined to do good or evil.

2. Man, in his state of innocency, had freedom and power to will and to do that which was good and well-pleasing to God, but yet was unstable, so that

认信宣告 **Confession**：1689信条9章1-3段

三、因堕落在罪中，要行与得救相关的任何属灵的善事，人在意志上已经完全丧失了这样的能力；他既是属乎血气的人，心中完全与善为敌，死在罪中，所以，他无法靠自己的力量归正，也不能预备自己归正。

3. Man, by his fall into a state of sin, has wholly lost all ability of will to any spiritual good accompanying salvation; so as a natural man, being altogether averse from that good, and dead in sin, is not able by his own strength to convert himself, or to prepare himself thereunto.

牧 禱

Pastoral Prayer

正统要理问答Orthodox Catechism 143问

问143：第二个祈求的意思是什么？

Q143: What does the second request mean?

答：“愿祢的国降临”的意思是：求祢借着你的圣道和圣灵掌管我们，使我们越来越顺服祢；求祢保守并坚固祢的教会，并将人数加添给她；求祢败坏魔鬼的作为，摧毁一切悖逆祢的权势，以及一切抵挡祢圣道的计谋。求祢成就这事，直到祢的国度完全降临，好叫祢在万物之上，为万物之主。

A: “Your kingdom come” means, Rule us by your Word and Spirit in such a way that more and more we submit to you. Keep your church strong, and add to it. Destroy the devil’s work; destroy every force which revolts against you and every conspiracy against your Word. Do this until your kingdom is so complete

从惊惶到确信
From Terror to Trust
诗篇Psalm 6

经文：诗篇Psalm 6

大卫的诗，交与伶长。用丝弦的乐器，调用第八。

1 耶和华啊，求祢不要在怒中责备我，也不要不要在烈怒中惩罚我！**2** 耶和华啊，求祢可怜我，因为我软弱。耶和华啊，求祢医治我，因为我的骨头发战。**3** 我心也大大地惊惶。耶和华啊，祢要到几时才救我呢。

To the choirmaster: with stringed instruments; according to The Sheminith. A Psalm of David.

1 O Lord, rebuke me not in your anger, nor discipline me in your wrath. **2** Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled. **3** My soul also is greatly troubled. But you, O Lord—how long?

经文：诗篇Psalm 6

⁴耶和華啊，求祢轉回搭救我！因祢的慈愛拯救我。⁵因為，在死地無人記念祢，在陰間有誰稱謝祢？⁶我因唉哼而困乏；我每夜流淚，把床榻漂起，把褥子濕透。⁷我因忧愁眼睛干癢，又因我一切的敵人眼睛昏花。

⁴Turn, O Lord, deliver my life; save me for the sake of your steadfast love. ⁵For in death there is no remembrance of you; in Sheol who will give you praise? ⁶I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. ⁷My eye wastes away because of grief; it grows weak because of all my foes.

经文：诗篇Psalm 6

8你们一切作孽的人，离开我吧！因为耶和华听了我哀哭的声音。9耶和华听了我的恳求；耶和华必收纳我的祷告。10我的一切仇敌都必羞愧，大大惊惶；他们必要退后，忽然羞愧。

8Depart from me, all you workers of evil, for the Lord has heard the sound of my weeping. 9The Lord has heard my plea; the Lord accepts my prayer. 10All my enemies shall be ashamed and greatly troubled; they shall turn back and be put to shame in a moment.

从惊惶到确信

From Terror to Trust

诗篇Psalm 6

- I. 在神面前惊惶（1-3）
Trembling Before God
- II. 在神面前哀求（4-7）
Pleading Before God
- III. 在神面前确信（8-10）
Trusting Before God

I. 在神面前惊惶 Trembling Before God (1-3)

¹耶和華啊，求祢不要在怒中責備我，也不要烈怒中懲罰我！²耶和華啊，求祢可憐我，因為我軟弱。耶和華啊，求祢醫治我，因為我的骨頭髮戰。³我心也大大地驚惶。耶和華啊，祢要到幾時才救我呢。

¹O Lord, rebuke me not in your anger, nor discipline me in your wrath. ²Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled. ³My soul also is greatly troubled. But you, O Lord—how long?

“責備” [יָכַח]: 糾正、指出罪責。

“Rebuke” [יָכַח]: to correct, to expose or point out guilt.

“懲罰” [יָסַר]: 籍由懲戒手段進行的訓誨。

“Discipline” [יָסַר]: instruction carried out through corrective chastening.

I. 在神面前惊惶 Trembling Before God (1-3)

绝非所有的苦难都直接对应着某项具体的罪：

Not all suffering corresponds directly to a specific sin:

- 约伯的苦难并非源于他自己的罪。
Job's suffering was not caused by his own sin.
- 耶稣回答说：“也不是这人犯了罪，也不是他父母犯了罪，是要在他身上显出 神的作为来。”（约9:3）
Jesus answered, “It was not that this man sinned, or his parents, but that the works of God might be displayed in him.” (John 9:3)

I. 在神面前惊惶 Trembling Before God (1-3)

当人在苦难中呻吟时，一百个人中几乎没有一个人会立刻注意到那击打他们的手。然而，无论苦难从何中介而来，圣徒当学的功课，乃是立刻将心思转向神，承认祂是公义的审判者。--加尔文释经

When men groan under affliction, scarcely one in a hundred immediately takes notice of the hand that strikes them. Yet, from whatever quarter affliction may come, the lesson which the saints ought to learn is at once to turn their minds to God, and to acknowledge Him as the righteous Judge. --Calvin's Commentary

I. 在神面前惊惶 Trembling Before God (1-3)

¹ 耶和华啊，求祢不要在怒中责备我，也不要烈怒中惩罚我！² 耶和华啊，求祢可怜我，因为我软弱。耶和华啊，求祢医治我，因为我的骨头发战。³ 我心也大大地惊惶。耶和华啊，祢要到几时才救我呢。

¹ *O Lord, rebuke me not in your anger, nor discipline me in your wrath.* ² *Be gracious to me, O Lord, for I am languishing; heal me, O Lord, for my bones are troubled.* ³ *My soul also is greatly troubled. But you, O Lord—how long?*

“软弱” [אָמַל]：植物因失去水分而逐渐枯萎、凋零。

“languishing” [אָמַל]：Like a plant gradually withering and fading for lack of water..

“骨头”：一个人身体与内在最坚固的支撑结构。

“Bones”：The strongest supporting structure of a person’s body and inner being.

I. 在神面前惊惶 Trembling Before God (1-3)

3 我心也大大地惊惶。耶和华啊，祢要到几时才救我呢。

3 My soul also is greatly troubled. But you, O Lord—*how long?*

“心” [נפש]：一个人的灵魂、生命乃至全人。

“Soul” [נפש]：A person's soul, life, and even the whole self.

“惊惶” [פָּהַל]：受到剧烈冲击后陷入极度的恐慌与战兢。

“Troubled” [פָּהַל]：To be thrown into intense fear and trembling by a severe shock..

“耶和华啊，祢要到几时才救我呢”：“但祢，耶和华啊，要到几时？”

“But you, O Lord—how long?”

II. 在神面前哀求 Pleading Before God (4-7)

⁴耶和華啊，求祢轉回搭救我！因祢的慈愛拯救我。⁵因為，在死地無人記念祢，在陰間有誰稱謝祢？

⁴Turn, O Lord, deliver my life; save me for the sake of your steadfast love.

⁵For in death there is no remembrance of you; in Sheol who will give you praise?

“轉回” [שׁוּב]: “轉身、回來”，常譯為“悔改歸向”神

“Turn” [שׁוּב]: “Return”, often translated as “repent and turn back to God.”

即便神似乎成為我們的敵人，真正的信心仍然只向祂尋求恩典與憐憫。聖靈教導我們：即使神正在管教我們，甚至似乎向我們發怒，我們仍當向祂尋求幫助。Even when God appears to be our enemy, true faith still seeks grace and mercy from Him alone. The Holy Spirit teaches us to seek help from God even when He is punishing us and appears to be angry with us.--約翰·諾克斯John Knox (1512-72)

II. 在神面前哀求 Pleading Before God (4-7)

⁴耶和华啊，求祢转回搭救我！因祢的慈爱拯救我。⁵因为，在死地无人記念祢，在阴间有谁称谢祢？

⁴Turn, O Lord, deliver my life; save me for the sake of your *steadfast love*.

⁵For in death there is no remembrance of you; in Sheol who will give you praise?

“慈爱” [חֶסֶד]: 神坚定、信实、守约的慈爱。

“Steadfast Love” [חֶסֶד]: “God’s Steadfast, Faithful, Covenantal Love”

“記念” [זָכַר]: 述说、见证、宣扬

“remembrance” [זָכַר]: Recount, Bear Witness, Proclaim

II. 在神面前哀求 Pleading Before God (4-7)

6 我因唉哼而困乏；我每夜流泪，把床榻漂起，把褥子湿透。 7
我因忧愁眼睛干瘪，又因我一切的敌人眼睛昏花。

6 I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. 7 My eye wastes away because of grief; it grows weak because of all my foes.

“未曾经历过深刻恐惧与被弃绝之感的人，无法发出深刻的祈祷。
No one who has not been profoundly terrified and forsaken prays profoundly.”-- 马丁·路德 Martin Luther

“我现在心里忧愁，我说什么才好呢？父啊，救我脱离这时候；但我原是为这时候来的。” “Now is my soul troubled. And what shall I say? ‘Father, save me from this hour’? But for this purpose I have come to this hour.” (约In 12:27)
“我心里甚是忧伤，几乎要死。 My soul is very sorrowful, even to death” (太Matt. 26:38)

III. 在神面前确信 Trusting Before God (8-10)

8你们一切作孽的人，离开我吧！因为耶和华听了我哀哭的声音。

9耶和华听了我的恳求；耶和华必收纳我的祷告。

8Depart from me, all you workers of evil, for the Lord *has heard* the sound of my weeping. 9The Lord *has heard* my plea; the Lord *accepts* my prayer.

“听” [שָׁמַע]：听、听见、聆听、留心、顺从。

“hear” [שָׁמַע]：to hear, listen, give heed, obey.

真信心：在眼前的环境尚未改变之前，我的灵魂已经先一步抓住了那位听祷告的神。

III. 在神面前确信 Trusting Before God (8-10)

10我的一切仇敌都必羞愧，大大惊惶；他们必要退后，忽然羞愧。

10All my enemies shall be ashamed and *greatly troubled*; they shall *turn back* and be put to shame in a moment.

3我心也大大地惊惶。 **3**My soul also is *greatly troubled*.

4耶和华啊，求祢转回搭救我！ **4**Turn, O Lord, deliver my life;

大卫将忧伤倾倒在神怀中之后，仿佛换了一个人。改变他的不是问题的瞬间解决，而是他重新获得了父神恩宠的确信。只要确知神依然爱他，他便足以抵挡整个世界。After Disburdening His Griefs into the Bosom of God, David Became, as It Were, a New Man—not because his troubles were immediately removed, but because he recovered the assurance of God’s fatherly favor. Assured of God’s love, he could stand against the whole world.

—加尔文释经Calvin’s Commentary

¹如今，那些在基督耶稣里的就不定罪了。²因为赐生命圣灵的律，在基督耶稣里释放了我，使我脱离罪和死的律了。¹There is therefore now no condemnation for those who are in Christ Jesus.²For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. （罗Rom. 8:1-2）

神继续赦免已经称义之人的罪。虽然我们永不会从称义的地位堕落，但我们可能因犯罪而遭受神如父一般的不悦。在这种情形下，我们通常不能重新得享祂面上的光，直到我们谦卑自己，承认自己的罪，恳求饶恕，重新恢复我们的信心并悔改。God continues to forgive the sins of those that are justified, and although they can never fall from the state of justification, yet they may, by their sins, fall under God's fatherly displeasure; and in that condition they usually do not have the light of his countenance restored to them, until they humble themselves, confess their sins, beg pardon, and renew their faith and repentance. -1689.11.5

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诗篇Psalm 6

- 你是否深陷痛苦之中？ Are You Deep in Suffering?
- 你是否处在良心不安？ Is Your Conscience Troubled?
- 你是否还在漫长等待？ Are You Still in a Long Season of Waiting?

回应诗歌

当转眼仰望耶稣

Turn Your Eyes Upon Jesus

三一颂 Doxology

赞美真神万福之源，	Praise God, from Whom all
	blessings flow;
世上万民都当颂扬，	Praise Him, all creatures here
	below;
天使天军赞美主名，	Praise Him above, ye Heavenly
	Host;
赞美圣父圣子圣灵，	Praise Father, Son, and Holy
阿们！	Spirit. Amen.



祝 祷Benediction

²⁴愿耶和华赐福给你，保护你。²⁵愿耶和华使祂的脸光照你，赐恩给你。²⁶愿耶和华向你仰脸，赐你平安。（民6:24-26）

²⁴The Lord bless you and keep you; ²⁵the Lord make his face to shine upon you and be gracious to you; ²⁶the Lord lift up his countenance upon you and give you peace.

(Num. 6:24-26)



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