



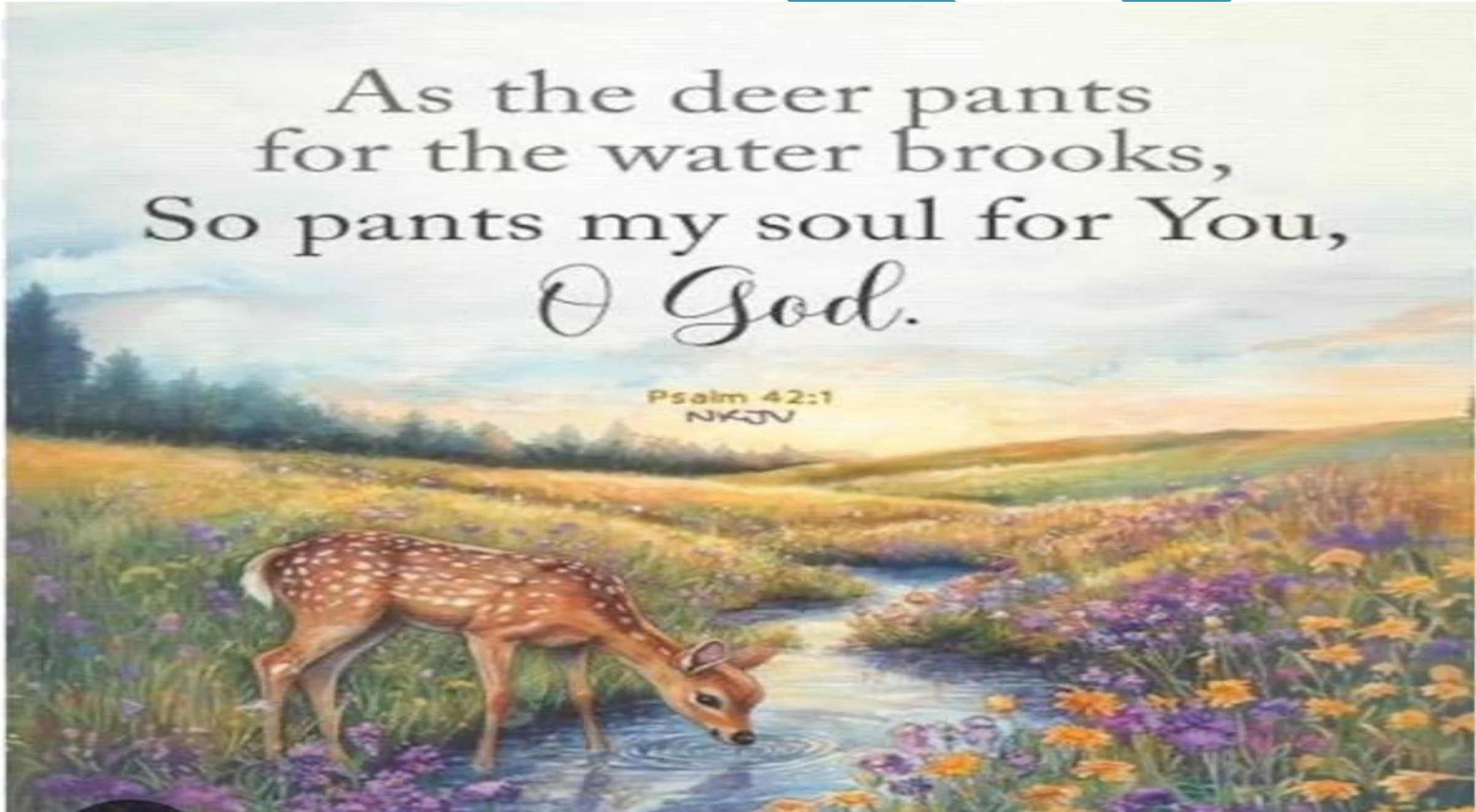
From Sadness to Praise

從憂悶到讚美

Psalm 詩篇 42 & 43

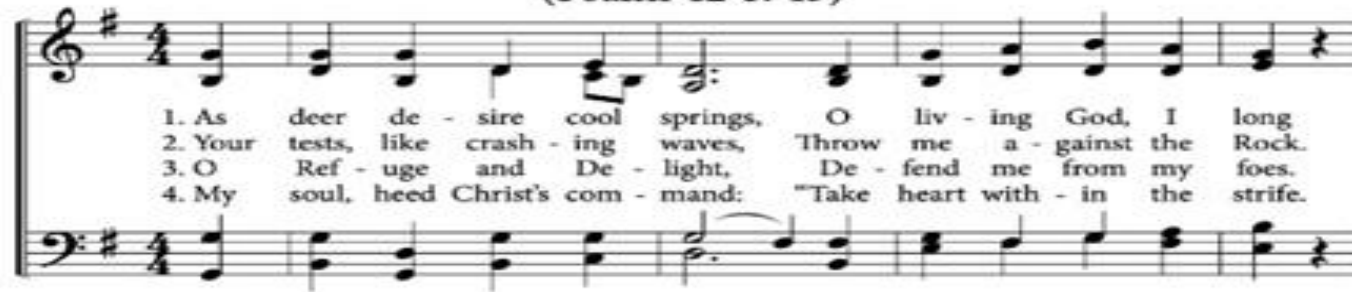
As the deer pants
for the water brooks,
So pants my soul for You,
O God.

Psalm 42:1
NKJV



Why Drown in Hopelessness?

(Psalm 42 & 43)



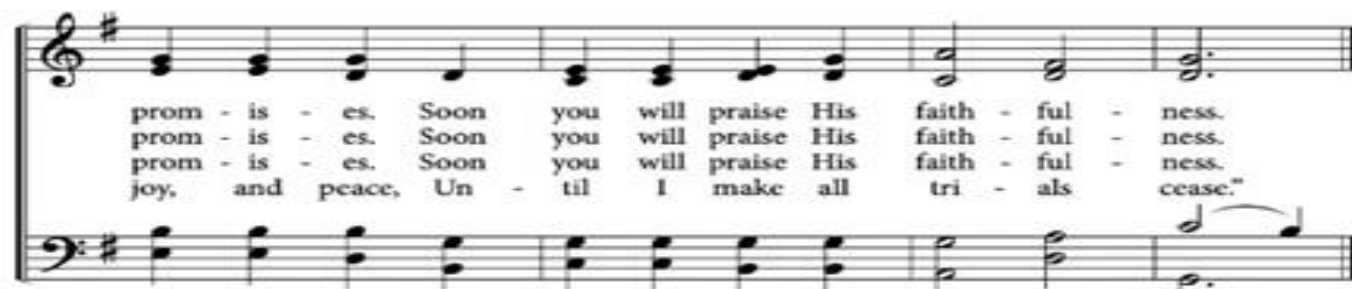
1. As deer de - sire cool springs, O liv - ing God, I long
2. Your tests, like crash - ing waves, Throw me a - gainst the Rock.
3. O Ref - uge and De - light, De - fend me from my foes.
4. My soul, heed Christ's com - mand: "Take heart with - in the strife.



For You to in - ter - vene; Turn sor - row in - to song.
Yet, doubts as - sail my faith; I ques - tion, "Where is God?"
Shine truth in - to this night, And lead me safe - ly home.
Be - lieve in Me— I am The way, the truth, the life.



My soul, why drown in hope - less - ness? Trust in your Sav - ior's
My soul, why drown in hope - less - ness? Trust in your Sav - ior's
My soul, why drown in hope - less - ness? Trust in your Sav - ior's
Though trib - u - la - tions will in - crease, So will My com - fort,



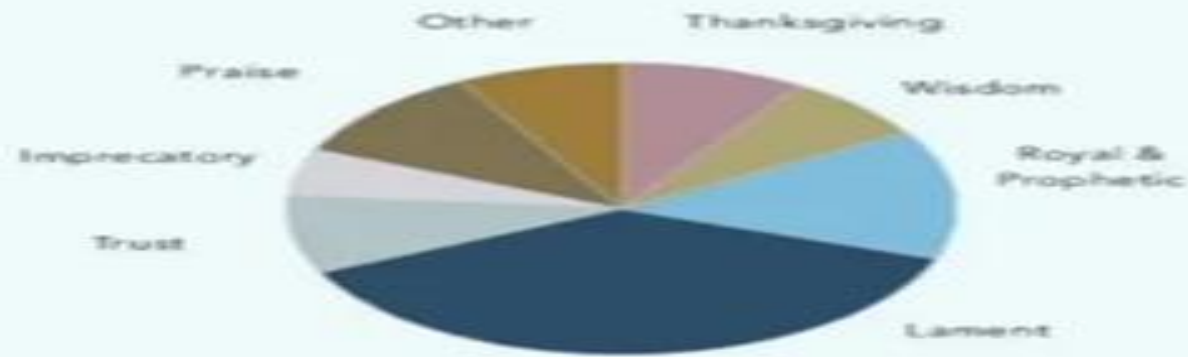
prom - is - es. Soon you will praise His faith - ful - ness.
prom - is - es. Soon you will praise His faith - ful - ness.
prom - is - es. Soon you will praise His faith - ful - ness.
joy, and peace, Un - til I make all tri - als cease."

Introduction 介紹

Genres of the Psalms 詩篇的體裁

Lament 哀歌：42 & 43

PSALMS GENRES



LAMENT				
3	25	51	74	126
4	26	52	77	129
5	27	53	79	130
6	28	54	80	141
7	31	56	85	142
9	32	57	86	143
10	38	58	90	
12	39	60	94	
13	41	61	102	
14	42	64	108	
17	43	70	120	
22	44	71	123	

THANKSGIVING				
30	66	107	136	
34	75	116	138	
40	92	118	139	
65	105	124		

TRUST & IMPRECATORY				
11	59	88	125	
16	62	91	131	
23	63	109	137	
35	69	115	140	
55	83	121		

WISDOM				
1	37	112	128	
19	49	119	133	
36	73	127		

PRAISE				
8	103	113	145	149
33	104	114	146	150
67	106	117	147	
100	111	135	148	

ROYAL & PROPHEPIC				
2	47	93	101	
18	50	95	110	
20	72	96	132	
21	78	97	144	
29	81	98		
45	89	99		

OTHER ¹ includes temple hymn & Zion pilgrimage; not included in study				
15	48	82	122	
24	68	84	134	
46	76	87		

Ps 詩 42

1	As a deer pants for flowing streams, 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?
3	My tears have been my food day and night, while they say to me all the day long, “Where is your God?”
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.
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
6	and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar.
7	Deep calls to deep at the roar of your waterfalls; all your breakers and your waves have gone over me.
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.
9	I say to God, my rock: “Why have you forgotten me? Why do I go mourning because of the oppression of the enemy?”
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?”
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.

Ps 詩 43

1	Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me!
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?
3	Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!
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.
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.

Ps 詩 42

1	神阿、我的心切慕你、如鹿切慕溪水。
2	我的心渴想 神、就是永生 神、我幾時得朝見 神呢。
3	我晝夜以眼淚當飲食、人不住的對我說、你的 神在那裏呢。
4	我從前與眾人同往、用歡呼稱讚的聲音、領他們到 神的殿裏、大家守節、我追想這些事、我的心極其悲傷。
5	我的心哪、你為何憂悶、為何在我裏面煩躁、應當仰望 神、因他笑臉幫助我、我還要稱讚他。
6	我的 神阿、我的心在我裏面憂悶、所以我從約但地、從黑門嶺、從米薩山、記念你。
7	你的瀑布發聲、深淵就與深淵響應、你的波浪洪濤漫過我身。
8	白晝耶和華必向我施慈愛、黑夜我要歌頌禱告賜我生命的 神。
9	我要對 神我的磐石說、你為何忘記我呢、我為何因仇敵的欺壓時常哀痛呢。
10	我的敵人辱罵我、好像打碎我的骨頭、不住的對我說、你的神在那裏呢。
11	我的心哪、你為何憂悶、為何在我裏面煩躁、應當仰望 神、因我還要稱讚他、他是我臉上的光榮、〔原文作幫助〕是我的神。

Ps 詩 43

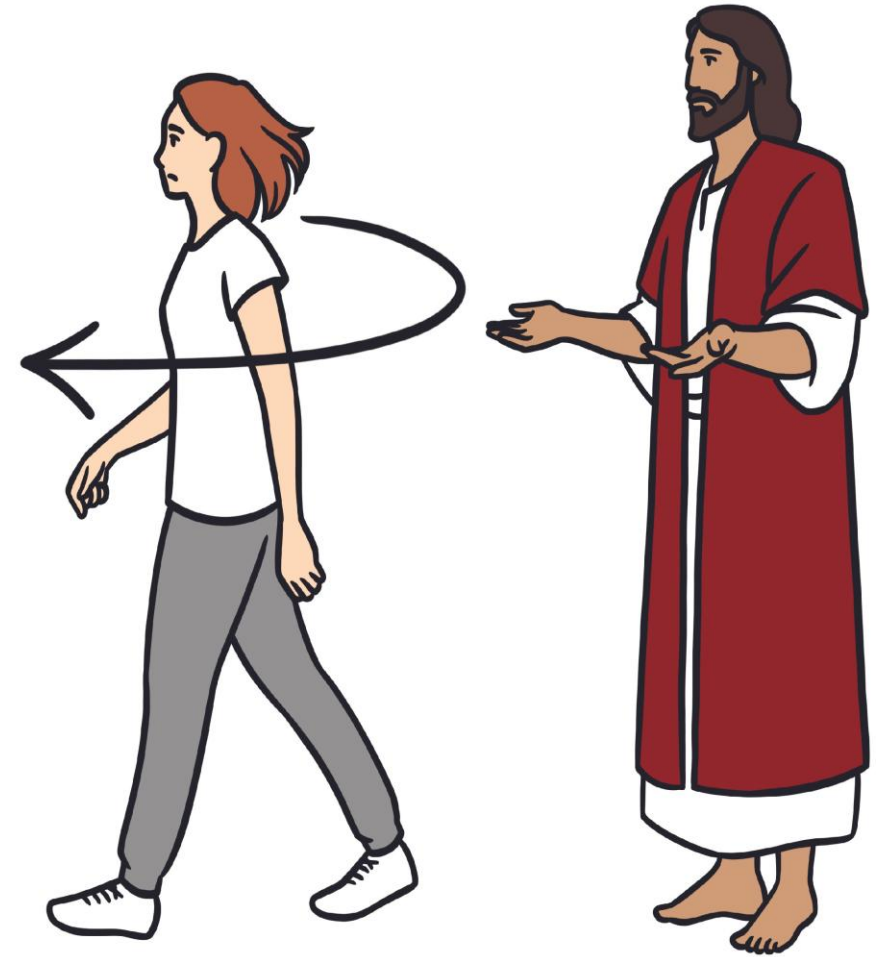
1	神阿、求你伸我的冤、向不虔誠的國、為我辨屈、求你救我脫離詭詐不義的人。
2	因為你是賜我力量的 神、為何丟棄我呢、我為何因仇敵的欺壓時常哀痛呢。
3	求你發出你的亮光和真實、好引導我、帶我到你的聖山、到你的居所。
4	我就走到 神的祭壇、到我最喜樂的 神那裏、 神阿、我的 神、我要彈琴稱讚你。
5	我的心哪、你為何憂悶、為何在我裏面煩躁、應當仰望 神、因我還要稱讚他、他是我臉上的光榮、〔原文作幫助〕是我的 神。

JOY
PEACE
LOVE



Suppressing your emotions

- You ignore your feelings
- Not expressing how you feel is done subconsciously
- It nags at you in the back of your brain



apostasy, astray

I. To align faith and feelings 信仰與感覺一致

Ps 詩 42 : 2 - 4

2 My soul thirsts for God, for the living God. When shall I come and appear before God?

我的心渴想 神、就是永生 神。我幾時得朝見 神呢。

3 *My tears have been my food day and night, while they say to me all the day long, "Where is your God?"*

我晝夜以眼淚當飲食。人不住的對我說、你的 神在那裏呢。

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.

我從前與眾人同往、用歡呼稱讚的聲音、領他們到 神的殿裏、大家守節。我追想這些事、我的心極其悲傷。



Parents of teenager who took his own life sue OpenAI



Nadine Yousif

BBC News



STAGES OF DEVELOPMENT

Infancy - birth - 12 months

Toddler - 12 months - 3 yrs.

Preschool - 3 yrs. - 6 yrs.

School Age - 6 yrs. - 12 yrs.

Adolescents - 13 yrs. - 18 yrs.



II. Don't give up your faith 不要放棄信心

Ps 詩 42 : 6 - 7

⁶ and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from *Mount Mizar*.

我的 神阿、我的心在我裏面憂悶。所以我從約但地、從黑門嶺、從
米薩山、記念你。

⁷ Deep calls to *deep at the roar of your waterfalls*; all your breakers and your waves have gone over me.

你的瀑布發聲、*深淵就與深淵響應*。你的波浪洪濤漫過我身。



WHY DID **JOB** SUFFER?

THE SECRET THINGS BELONG TO
THE LORD OUR GOD, BUT THE
THINGS REVEALED BELONG TO US
AND TO OUR CHILDREN FOREVER,
SO THAT WE MAY FOLLOW ALL THE
WORDS OF THIS LAW.

- DEUTERONOMY 29:29

II. Don't give up your faith 不要放棄信心

Ps 詩 42 : 10 - 11

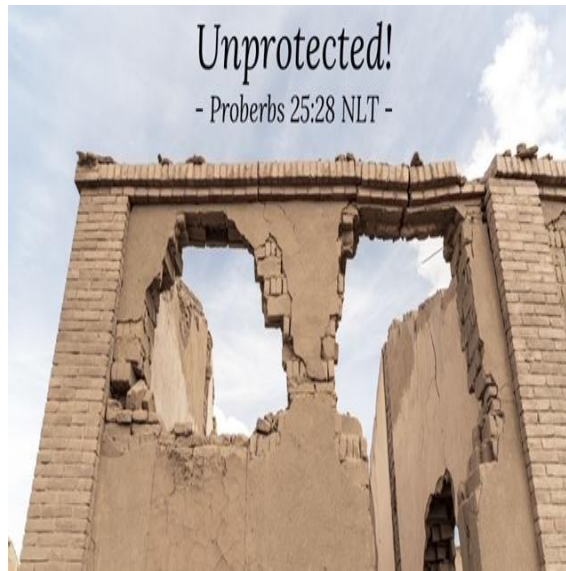
- 10 As with a deadly wound in my bones, *my adversaries taunt me*, while they say to me all the day long, *“Where is your God?”*
我的敵人辱罵我、好像打碎我的骨頭、不住的對我說、你的 神在那裏呢。
- 11 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.
我的心哪、你為何憂悶、為何在我裏面煩躁。應當仰望 神。因我還要稱讚他。他是我臉上的光榮、〔原文作幫助〕是我的 神。

I. To align faith and feelings 信仰與感覺一致

Prov 箴 25: 28

Like a city that is broken into and *without walls*. So is a person who has no self-control *over his spirit*. (NASB)

人不制伏 *自己的心*、好像毀壞的城邑、*沒有牆垣*。



Unprotected!
- Proverbs 25:28 NLT -



Don't let circumstances
change the way you see
JESUS.
Let **JESUS** change the
way you see circumstances.

Anyway 無論如何

1. People are unreasonable, illogical, and self-centered... *Love them anyway!*
別人是不合理、不合邏輯、和自我中心 ... 無論如何，愛他們！
2. If you are kind, people may accuse you of selfish ulterior motives... *Be kind anyway!*
若你對別人仁慈，別人或許會控告你有自私目的 ... 無論如何，對他們仁慈！
3. The good you do today will be forgotten tomorrow.... *Be good anyway!*
若你今天行的善，明天會被遺忘 ... 無論如何，去行善！

Anyway 無論如何

4. Honesty and frankness will make you vulnerable... *Be honest and frank anyway!*

誠實和坦率會使你易受傷害 ... 無論如何，保持誠實和坦率！

5. In the final analysis, it is between you and God... *It was never between you and them anyway.*

最終的分析，是你與上帝之間的事情 ... 無論如何，從來不是你與他們之間的事！

III. Hope in God leads to praise 盼望在神而發出讚美

Ps 詩 43 : 3 - 5

- 3 Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!
求你發出你的亮光和真實、好引導我、帶我到你的聖山、到你的居所。
- 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.
我就走到 神的祭壇、到我最喜樂的 神那裏。 神阿、我的 神、我要彈琴稱讚你。
- 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. 我的心哪、你為何憂悶、為何在我裏面煩躁。應當仰望 神。因我還要稱讚他。他是我臉上的光榮、〔原文作幫助〕是我的 神。

PSALM 42

A maskil of the Sons of Korah.

JOYFUL
thankful
BLESSED

Reflections 反思

I. To align faith and feelings

信仰與感覺一致

II. Don't give up your faith

不要放棄信心

III. Hope in God leads to praise

盼望在神而發出讚美

【God Will Make A Way 祂為我開路】 1/5

God will make a way where there seems to be no way

He works in ways we cannot see

He will make a way for me

祂為我開路，當我走到路盡頭

祂的作為雖難測度

祂必為我開道路

**He will be my guide, hold me closely to His side
With love and strength for each new day
He will make a way, He will make a way**

**祂是我的主，領我走過死蔭谷
賜愛與能力在每一天
祂必開道路，祂必開道路**

**By a roadway in the wilderness He'll lead me
And rivers in the desert will I see
Heaven and earth will fade
But His Word will still remain
He will do something new today**

**祂必領我經過曠野中的道路
我將看見沙漠中祂開江河
天地將要廢去，祂的話語卻長存
祂今日要成就大事**

God will make a way where there seems to be no way

He works in ways we cannot see

He will make a way for me

祂為我開路，當我走到路盡頭

祂的作為雖難測度

祂必為我開道路

**He will be my guide, hold me closely to His side
With love and strength for each new day
He will make a way, He will make a way**

**祂是我的主，領我走過死蔭谷
賜愛與能力在每一天
祂必開道路，祂必開道路**