

## The Lord Is My Shepherd 耶和华是我的牧者

Psalm 23 诗篇 23

4<sup>th</sup> after Easter: May 3, 2020 复活节后第四个主日

### Text:

The LORD is my shepherd, I shall not want. 2 He makes me lie down in green pastures; he leads me beside still waters; 3 he restores my soul. He leads me in right paths for his name's sake. 4 Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff-- they comfort me. 5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. 6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.

### 诗篇 23

耶和华是我的牧人，我必不会缺乏。<sup>2</sup>他使我躺卧在青草地上，领我到安静的水边。<sup>3</sup>他使我的灵魂苏醒；为了自己的名，他引导我走义路。<sup>4</sup>我虽然行过死荫的山谷，也不怕遭受伤害，因为你与我同在；你的杖你的竿都安慰我。<sup>5</sup>在我敌人面前，你为我摆设筵席；你用油膏了我的头，使我的杯满溢。<sup>6</sup>我一生的日子，必有恩惠慈爱紧随着我；我也要住在耶和华的殿中，直到永远。

### Reflection 反思:

I can imagine that you have heard hundreds of sermons preached on this most beloved psalm, Psalm 23! I can imagine many of you memorized Psalm 23; You know it by heart. It was the first thing I memorized when I became a Christian. Songs have been written, stories told, and movies produced to bring its beautiful, peaceful, and reassuring images to life for us “moderns” who have probably never tended a flock of sheep. I don't personally know a shepherd, do you? And I don't know B.C. but green pastures in Ontario are usually filled with cows, not sheep. Yet when we sing “The Lord is my Shepherd” in church, the visions I have that come with the words are always full of peace and free of fear.

我可以想象，你已经听过几百篇关于这篇最受人喜爱的诗篇的布道，诗篇23! 我可以想象你们很多人都记住了诗篇23; 你已经记在心里了。这是我成为基督徒后记住的第一件事。人们写歌、讲故事、拍电影，就是为了给我们这些可能从未牧养过羊群的“现代”人带来美丽、平和、安心的形象。我个人不认识牧羊人，你认识吗? 我不知道卑诗省，不过安大略省的绿色牧场通常都是奶牛，而不是绵羊。然而，当我们在教会唱“耶和华是我的牧者”时，我所憧憬的景象总是充满了平安和无所畏惧。

The central image of today's scripture is a shepherd. “The Lord is my shepherd.” In this simple opening line, the Psalmist is clear about the goal and focus, the centre and purpose of life. There is no rival loyalty, no competing claim. Only you Yahweh are my shepherd. This is a powerful proclamation. The Psalm expresses maximum confidence in God.

今天经文的中心形象是一个牧羊人。耶和华是我的牧者，在这句简单的开场白中，诗人清楚地表达了人生的目标、重点、生活的中心和目的。没有竞争性的忠诚，没有竞争性的要求。只有你 - 耶和华是我的牧者。这是一个强有力的宣言。诗篇表达了对上帝最大的信心。

The very well-known Old Testament scholar Walter Brueggemann in his book, "The Message of the Psalms," begins his commentary on Psalm 23 with these words: "It is almost pretentious to comment on this psalm. The grip it has on biblical spirituality is deep and genuine. It is such a simple statement that it can bear its own witness without comment. It is, of course, a psalm of confidence. It recounts in detail, by means of rich metaphors, a life lived in trustful receptivity of God's gifts."

非常著名的旧约学者沃尔特·布鲁格曼在他的书《诗篇的信息》中，以这样的话开始他对诗篇23篇的评论：“对诗篇的评论几乎是自命不凡的。诗篇对圣经灵性的控制是深刻而真实的。如此简单的陈述，它可以不加评论地为自己见证。当然，这是一首充满信心的诗篇。它通过丰富的隐喻，详细勾画出一个生命 - 活在上帝恩赐的信赖的感受中。”

It is God's companionship that transforms every situation. It does not mean that there are no deathly valleys, no enemies, no COVID-19, but they are not capable of hurt. Psalm 23 knows that evil is present in the world, but it is not feared. Confidence in God is the source of a life of peace and joy. I deeply agree with Dr. Brueggemann's comments, and I have discovered in my own life that God's gifts are best understood and experienced when I fully trust God.

是神的陪伴改变了一切。这并不意味着没有死亡谷，没有敌人，没有COVID-19，但是他们伤害不了我们。诗篇23篇知道世界上有邪恶，但并不可怕。对神的信心是生命平安喜乐的源泉。我非常同意布鲁格曼博士的观点，在我自己的生活中，我发现只有当我完全相信上帝时，上帝的恩赐才能得到最好的理解和体验。

There is something stunning in nature about mothers and children knowing one another's voices. Research shows that blindfolded human mothers can identify their infants in group settings by the sound of the cry. It is awesome to think, extending such a principle quantitatively that the God of the universe knows us by our names and responds to our needs. There is something deeply moving about the notion that, independent as we may choose to be, deeper yet within us is the longing to hear ourselves called and claimed by the voice of God. St. Augustine said something similar when he wrote, "Oh God, you made us for yourself, and our hearts are restless until they rest in you."

母亲和孩子之间相互了解对方的声音，这在自然界中是令人震惊的。研究表明，被蒙住眼睛的人类母亲可以通过哭声来辨别婴儿的身份。这是一个极好的想法：把这个原则拓展到宇宙之神通过我们的名字认识我们，并对我们的需求做出回应。尽管我们可以独立的选择，但在我们内心深处，有一种渴望，那就是听到上帝召唤我们。圣奥古斯丁说过类似的话，他写道，“啊，上帝，你为你自己创造了我们，我们的心不能平安，直到他们卧在你怀中。”

The New Interpreter's Bible Commentary comments on Psalm 23 with these words: "To be sure, it is appropriate that Psalm 23 be read and heard in the midst of death and dying. It may be more important, however, that this psalm be read and heard as a psalm about living, for it puts daily

activities such as eating and drinking and seeking security in a radically God-centered perspective that challenges our usual way of thinking.”

新译本的圣经注释是这样评论诗篇23篇的：“可以肯定，在人死亡和垂死的时候，读诗篇23篇是适当的。然而，更重要的是，我们应该把这篇诗篇当作一篇关于生活的诗篇来读，来听，因为这篇诗篇从根本上以神为中心来看待日常生活，例如吃喝和寻求安全，这对我们通常的思维方式是一种挑战。”

For me, Jesus is the Good Shepherd of my life – God sits me down, has compassion on my hungry spirit, leads me, feeds me, helps me to rest and be refreshed, and then looks in my eyes and whispers, “Now take up your cross and follow me.” God can always be trusted to be with us, to guide us, and to give us rest and peace.

对我来说，耶稣是我生命的好牧人——上帝让我安心，怜悯我饥饿的心灵，引导我，喂养我，帮助我休息和恢复精神，然后看着我的眼睛并耳语，“现在拿起你的十字架，跟从我。”神是我们永远信赖的神，指引我们，赐我们安心与平安。”

The Psalmist draws a stunning conclusion about God in this statement: “I shall not want.” There is nothing we lack because God is our shepherd. We have no other yearnings or desires that fall outside the gifts of God because God makes us to lie down in green pastures, because God leads us beside peaceful waters, and because God guides us in right pathways.

诗人在这句话中得出了一个关于上帝的惊人结论：“我必不会缺乏。”因为神是我们的牧者，所以我们一无所缺。因为神使我们躺卧在青草地上，因为神领我们在可安歇的水边，因为神引导我们走义的路，所以我们没有别的渴慕和欲望能超乎神的恩赐。

God shepherds by providing all that we need, which is not the same as all that we want. The good shepherd does not abandon us in times of suffering and danger such as those we are passing through in this global pandemic. God stands with us as we are experiencing trying times, even though we are still fearful and anxious and don't know what tomorrow will bring. But at this very moment and in this very place, God calls us by name and guides us in right pathways. We are getting there. In a world in peril we see a ray of hope that we are overcoming this pandemic. In a world in peril, God, our shepherd, stills our fears and gives us peace and hope. God's steadfast love is trustworthy. Always. Thanks be to God. Amen.

上帝通过提供我们所需要的一切来牧养我们，这并不等同于我们想要的一切。在我们遭受苦难和危险的时候，就像我们在这次全球疫情大流行中所经历的那样，好牧人不会抛弃我们。当我们经历困难的时候，神与我们同在，即使我们仍然害怕、焦虑，不知道明天会发生什么。但就在此时此地，上帝呼唤我们的名字，指引我们走上义路。我们正朝着那走。在一个处于危险之中的世界中，我们看到了克服这一疫情的一线希望。在一个危险的世界里，神，我们的牧者，使我们的恐惧平静下来，给我们平安和希望。神坚定不移的爱是可靠的。总是这样。感谢上帝。阿们。

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