

明州國語基督教會主日崇拜

MMCC Sunday Worship

不可忘記神的恩惠

Do Not Forget His Benefits

朱景良 牧师
Rev. Mike Chu

2023年2月5日
February 5, 2023



請安靜默禱 Silent Prayer

唯耶和華在他的聖殿中，全地的人都當
在他面前**肅敬靜默**

哈巴谷書2:20

The Lord is in his holy temple; let all the earth
be silent before him.

Habakkuk 2:20

敬拜期間請關閉電話或靜音

Please turn off or mute your phone during worship.



宣召 Call to Worship

詩篇

Psalm 93



詩篇 Psalm 93

¹耶和華做王，他以威嚴為衣穿上。耶和華以能力為衣，以能力束腰，世界就堅定，不得動搖。
²你的寶座從太初立定，你從亙古就有。
³耶和華啊，大水揚起，大水發聲，波浪澎湃。
⁴耶和華在高處大有能力，勝過諸水的響聲，洋海的大浪。
⁵耶和華啊，你的法度最的確，你的殿永稱為聖是合宜的。

The LORD reigns; he is robed in majesty;
the LORD is robed; he has put on strength as his belt.

Yes, the world is established; it shall never be moved.

² Your throne is established from of old;
you are from everlasting.

³ The floods have lifted up, O LORD,
the floods have lifted up their voice;
the floods lift up their roaring.

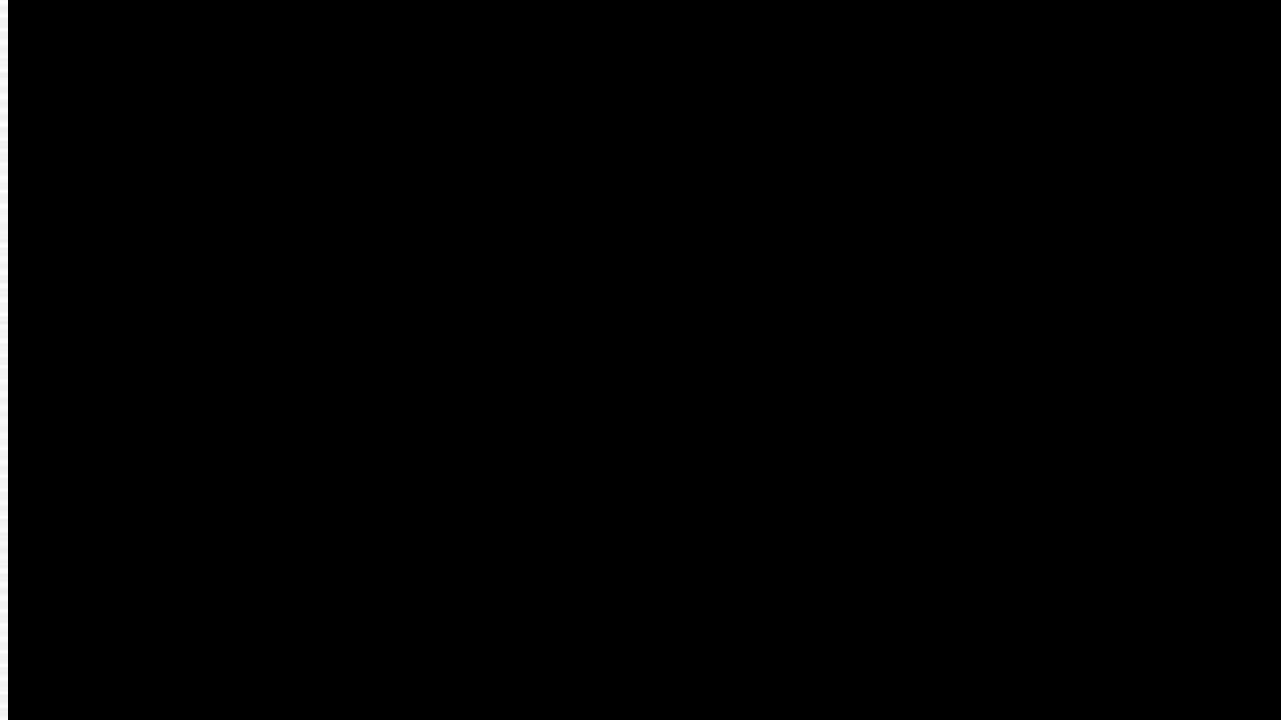
⁴ Mightier than the thunders of many waters,
mightier than the waves of the sea,
the LORD on high is mighty!

⁵ Your decrees are very trustworthy;
holiness befits your house,
O LORD, forevermore.



詩歌贊美 Hymn Praise

这是天父世界 This Is My Father's World



獻 禱

Invocation



奉獻

Tithe & Offering



奉獻詩歌 Offertory Hymn

献上感恩

Give Thanks



金句背誦 Memory Verse

詩篇103:1-2

我的心哪，你要稱頌耶和華， 凡在我裡面的，也要稱頌他的聖名！

我的心哪，你要稱頌耶和華， 不可忘記他的一切恩惠！

Bless the LORD, O my soul, and all that is within me,
bless his holy name!

² Bless the LORD, O my soul, and forget not all his benefits.



讀經 Scripture Reading

詩篇

Psalm 103



詩篇 103

103 大衛的詩。

103: 1-7

¹ 我的心哪，你要稱頌耶和華；凡在我裡面的，也要稱頌他的聖名！

² 我的心哪，你要稱頌耶和華，不可忘記他的一切恩惠。

³ 他赦免你的一切罪孽，醫治你的一切疾病。

⁴ 他救贖你的命脫離死亡，以仁愛和慈悲為你的冠冕。

⁵ 他用美物使你所願的得以知足，以致你如鷹返老還童。

⁶ 耶和華施行公義，為一切受屈的人申冤。

⁷ 他使摩西知道他的法則，叫以色列人曉得他的作為。

Of David.

103 Bless the LORD, O my soul,
and all that is within me,
bless his holy name!

² Bless the LORD, O my soul,
and forget not all his benefits,

³ who forgives all your iniquity,
who heals all your diseases,

⁴ who redeems your life from the pit,
who crowns you with steadfast love and mercy,

⁵ who satisfies you with good
so that your youth is renewed like the eagle's.

⁶ The LORD works righteousness
and justice for all who are oppressed.

⁷ He made known his ways to Moses,
his acts to the people of Israel.



詩篇 103

103: 8-15

8 耶和華有憐憫，有恩典，不輕易發怒，且有豐盛的慈愛。

9 他不長久責備，也不永遠懷怒。

10 他沒有按我們的罪過待我們，也沒有照我們的罪孽報應我們。

11 天離地何等的高，他的慈愛向敬畏他的人也是何等的大。

12 東離西有多遠，他叫我們的過犯離我們也有多遠。

13 父親怎樣憐恤他的兒女，耶和華也怎樣憐恤敬畏他的人。

14 因為他知道我們的本體，思念我們不過是塵土。

15 至於世人，他的年日如草一樣，他發旺如野地的花。

8 The LORD is merciful and gracious,
slow to anger and abounding in steadfast love.

9 He will not always chide,
nor will he keep his anger forever.

10 He does not deal with us according to our sins,
nor repay us according to our iniquities.

11 For as high as the heavens are above the earth,
so great is his steadfast love toward those who fear him;

12 as far as the east is from the west,
so far does he remove our transgressions from us.

13 As a father shows compassion to his children,
so the LORD shows compassion to those who fear him.

14 For he knows our frame;^[a]
he remembers that we are dust.

15 As for man, his days are like grass;
he flourishes like a flower of the field;



詩篇 103

103: 16-22

16 經風一吹，便歸無有，他的原處也不再認識他。

17 但耶和華的慈愛歸於敬畏他的人，從亙古到永遠；他的公義也歸於子子孫孫，

18 就是那些遵守他的約，記念他的訓詞而遵行的人。

19 耶和華在天上立定寶座，他的權柄^[a]統管萬有。

20 聽從他命令、成全他旨意、有大能的天使，都要稱頌耶和華！

21 你們做他的諸軍、做他的僕役、行他所喜悅的，都要稱頌耶和華！

22 你們一切被他造的，在他所治理的各處都要稱頌耶和華！我的心哪，你要稱頌耶和華！

16 for the wind passes over it, and it is gone,
and its place knows it no more.

17 But the steadfast love of the LORD is from everlasting
to everlasting on those who fear him,
and his righteousness to children's children,

18 to those who keep his covenant
and remember to do his commandments.

19 The LORD has established his throne in the heavens,
and his kingdom rules over all.

20 Bless the LORD, O you his angels,
you mighty ones who do his word,
obeying the voice of his word!

21 Bless the LORD, all his hosts,
his ministers, who do his will!

22 Bless the LORD, all his works,
in all places of his dominion.

Bless the LORD, O my soul!



證道 Sermon

不可忘記神的恩
Do Not Forget His Benefits

詩篇 Psalm 103



不可忘記神的恩惠

Forget Not All His Benefits

詩篇103篇

詩篇 Psalm 103

大衛的詩。 ¹ 我的心哪，你要稱頌耶和華，凡在我裡面的，也要稱頌他的聖名！ ² 我的心哪，你要稱頌耶和華，不可忘記他的一切恩惠！

Of David. ¹ **Praise** the LORD, my soul; all my inmost being, **praise** his holy name. ² **Praise** the LORD, my soul, and forget not all his benefits—

20 聽從他命令、成全他旨意、有大能的天使，都要稱頌耶和華！ 21 你們作他的諸軍，作他的僕役，行他所喜悅的，都要稱頌耶和華！ 22 你們一切被他造的，在他所治理的各處，都要稱頌耶和華。我的心哪，你要稱頌耶和華！

20 **Praise** the LORD, you his angels, you mighty ones who do his bidding, who obey his word. 21 **Praise** the LORD, all his heavenly hosts, you his servants who do his will. 22 **Praise** the LORD, all his works everywhere in his dominion. **Praise** the LORD, my soul.

1. 回憶幫助我們讚美神 (1-2)

Memories Help Us to Praise God

¹ 我的心哪，你要稱頌耶和華，凡在我裡面的，也要稱頌他的聖名！² 我的心哪，你要稱頌耶和華，不可忘記他的一切恩惠！

¹ **Praise** the LORD, my soul; all my inmost being, **praise** his holy name. ² **Praise** the LORD, my soul, and **forget not** all his benefits—

2019年是爸爸九十歲大壽。但同時是香港反送中兩百萬人上街遊行。催淚彈、水炮車、元朗721事件等等,使我們不知道要不要回香港為爸爸慶祝生日。最後,我們、Simon & Kitty都決定回港。因為怕失去慶祝90大壽的機會。現在回頭看,這是神的智慧。因為2019年12月,新冠病毒的出現,全世界都封鎖了。到今日2022年,任何人進入香港都要隔離。所以這次大壽是鄭家所有人一起團聚唯一的機會。今次回港感受非常不同。香港就如在戰火之下。我們晚上9pm由銅鑼灣海傍走去坐電車。銅鑼灣如同一個死城。也是我人生中第一次,走路時害怕。而最怕是見到警察。



第二天中午,約了家姐在銅鑼灣維園附近食自助餐。在行人天橋上,有兩個警察追一個黑衣人在我們身旁走過。我們還問自己:真的要去食晏嗎?

臨走前一天,希望回元朗和爸爸道別。但剛剛是理大事件的開始。所有鐵路都停駛。的士大佬冒險送我們出入元朗。當時香港緊急的程度,有家人叫我們立刻改機票離港。沒有想到,我們2019年離開香港。我們從小認識的香港也離開了我們。



詩篇 Psalm 103 : 5

⁵ 他用美物使你所願的得以知足，以致你如鷹
返老還童。

⁵ who satisfies your desires with good things so
that your youth is renewed like the eagle's.

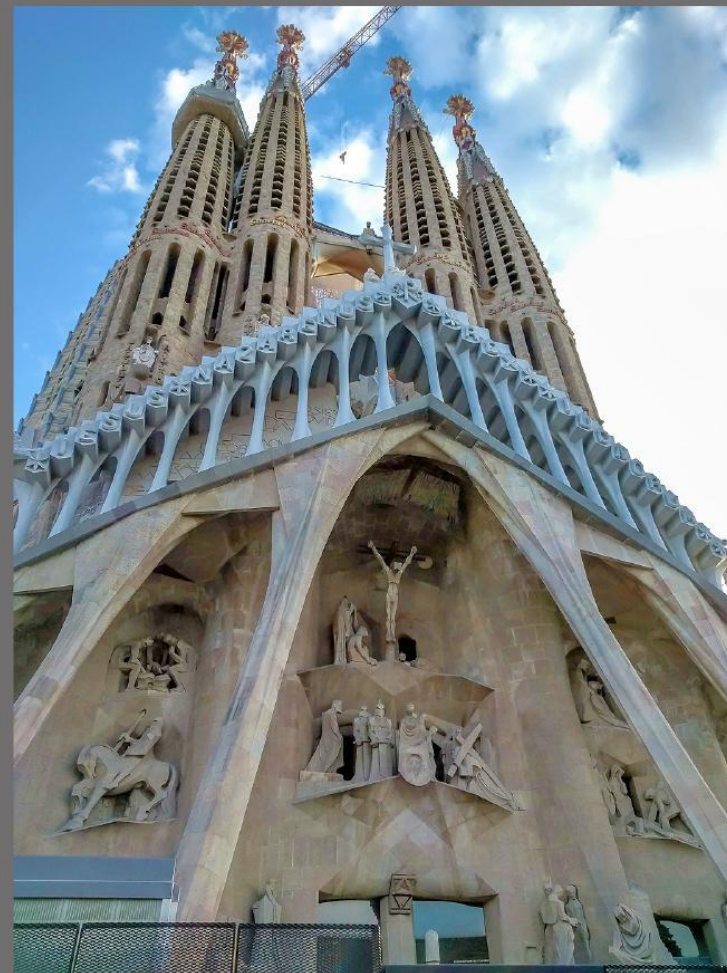
詩篇 Psalm 103 : 3–5

³ 他赦免你的一切罪孽，醫治你的一切疾病。

⁴ 他救贖你的命脫離死亡，以仁愛和慈悲為你的冠冕。⁵ 他用美物使你所願的得以知足，以致你如鷹返老還童。

³ **who forgives** all your sins and heals all your diseases, ⁴ **who redeems** your life from the pit and **crowns** you with love and compassion, ⁵ **who satisfies** your desires with good things so that your youth is renewed like the eagle's.

1. 回憶幫助我們讚美神
Memories Help Us to Praise God(1-2)
2. 回憶幫助我們看見神的恩惠
Memories Help Us to See God's Grace (3-5)



我們三月份已知道九月時會放假兩週。我們想過幾個可能性：去夏威夷大島（感謝神，決定不去。因為火山爆發，而且夏威夷在八月底經歷大颱風）；波士頓和 Maine（大颱風Florence帶來大水災）；大峽谷和附近公園；巴黎。最後，因為大峽谷和巴黎價錢差不多，我們決定去巴黎。而且我發現Delta有減價，本來七萬里只換\$700，但當時卻能換\$850。但因為Audrey太忙，我們就失去這deal。我當時大發脾氣：「我不去旅行了！」我不但罵Audrey，我也罵神。其實神沒有欠我什麼。而且人怎可以埋怨神呢？神卻非常耐心，讓我生氣幾天後，Audrey說請我去法國。當我再訂機票和酒店時，神讓我們找到很便宜的機票。連delta airline的agent都說，從來沒有見過這麼平。

我感謝神的憐憫。一方面見到自己常在同一個事情上跌倒。另一方面，我認識到“affordable”是一個非常危險的字。

1. 回憶幫助我們讚美神
Memories Help Us to Praise God(1-2)
2. 回憶幫助我們看見神的恩惠
Memories Help Us to See God's Grace (3-5)
3. 回憶幫助我們認識神和自己
Memories Help Us to Know God and Self (6-18)

詩篇 Psalm 103:6–7

6 耶和華施行公義，為一切受屈的人伸冤。 7
他使摩西知道他的法則，叫以色列人曉得他的作為。

6 The LORD works righteousness and justice for
all the oppressed. 7 He made known his ways to
Moses, his deeds to the people of Israel:

詩篇 Psalm 103:8–9

⁸ 耶和華有憐憫，有恩典，不輕易發怒，且有豐盛的慈愛。⁹ 他不長久責備，也不永遠懷怒。

⁸ The LORD is compassionate and gracious, slow to anger, abounding in love. ⁹ He will not always accuse, nor will he harbor his anger forever;

詩篇 Psalm 103:10–12

¹⁰他沒有按我們的罪過待我們，也沒有照我們的罪孽報應我們。¹¹ 天離地何等的高，他的慈愛向敬畏他的人也是何等的大！¹² 東離西有多遠，他叫我們的過犯離我們也有多遠！

¹⁰ he does not treat us as our sins deserve or repay us according to our iniquities. ¹¹ For as high as the heavens are above the earth, so great is his love for those who fear him; ¹² as far as the east is from the west, so far has he removed our transgressions from us.

詩篇 Psalm 103:13–14

13 父親怎樣憐恤他的兒女，耶和華也怎樣憐恤敬畏他的人！ 14 因為他知道我們的本體，思念我們不過是塵土。

13 As a father has compassion on his children, so the LORD has compassion on those who fear him;
14 for he knows how we are formed, he remembers that we are dust.

詩篇 Psalm 103:15–16

¹⁵ 至於世人，他的年日如草一樣。他發旺如野地的花，¹⁶ 經風一吹，便歸無有；它的原處也不再認識它。

¹⁵ The life of mortals is like grass, they flourish like a flower of the field; ¹⁶ the wind blows over it and it is gone, and its place remembers it no more.

詩篇 Psalm 103:17–18

17 但耶和華的慈愛歸於敬畏他的人，從亙古到永遠；他的公義也歸於子子孫孫 - 18 就是那些遵守他的約、記念他的訓詞而遵行的人。

17 But from everlasting to everlasting the LORD's love is with those who fear him, and his righteousness with their children's children— 18 with those who keep his covenant and remember to obey his precepts.

1. 回憶幫助我們讚美神
Memories Help Us to Praise God(1-2)
2. 回憶幫助我們看見神的恩惠
Memories Help Us to See God's Grace (3-5)
3. 回憶幫助我們認識神和自己
Memories Help Us to Know God and Self (6-18)
4. 回憶邀請其他人一起讚美神
Memories Invite Others to Praise God (19-22)

“We delight to praise what we enjoy
because the praise not merely expresses
but completes the enjoyment.”

我們樂於讚美我們所享受的，因為讚美
不僅表達了享受，而且完成了享受。

CS Lewis

20 聽從他命令、成全他旨意、有大能的天使，都要稱頌耶和華！ 21 你們作他的諸軍，作他的僕役，行他所喜悅的，都要稱頌耶和華！ 22 你們一切被他造的，在他所治理的各處，都要稱頌耶和華。我的心哪，你要稱頌耶和華！

20 **Praise** the LORD, you his angels, you mighty ones who do his bidding, who obey his word. 21 **Praise** the LORD, all his heavenly hosts, you his servants who do his will. 22 **Praise** the LORD, all his works everywhere in his dominion. **Praise** the LORD, my soul.

詩篇 Psalm 103:5, 13

5 他用美物使你所願的得以知足，以致你如鷹
返老還童。

13 父親怎樣憐恤他的兒女，耶和華也怎樣憐恤
敬畏他的人！

5 who satisfies your desires with good things so
that your youth is renewed like the eagle's.

13 As a father has compassion on his children, so
the LORD has compassion on those who fear him;

詩篇 Psalm 103:12

12 東離西有多遠， 他叫我們的過犯離我們也
有多遠！

12 as far as the east is from the west, so far has he
removed our transgressions from us.

我的心，你要稱頌耶和華 Praise the Lord, O My Soul



聖餐 The Lord's Supper

哥林多前書

1 Corinthian 11: 23-32



哥林多前書1Corinthian 11: 23-32

23 我當日傳給你們的，原是從主領受的，就是主耶穌被賣的那一夜，拿起餅來，**24** 祝謝了，就掰開，說：「這是我的身體，為你們捨的。你們應當如此行，為的是記念我。」**25** 飯後，也照樣拿起杯來，說：「這杯是用我的血所立的新約。你們每逢喝的時候，要如此行，為的是記念我。」**26** 你們每逢吃這餅、喝這杯，是表明主的死，直等到他來。**27** 所以，無論何人，不按理吃主的餅、喝主的杯，就是干犯主的身、主的血了。**28** 人應當自己省察，然後吃這餅、喝這杯。**29** 因為人吃喝，若不分辨是主的身體，就是吃喝自己的罪了。**30** 因此，在你們中間有好些軟弱的與患病的，死^[a]的也不少。**31** 我們若是先分辨自己，就不至於受審。**32** 我們受審的時候，乃是被主懲治，免得我們和世人一同定罪。

23 For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, **24** and when he had given thanks, he broke it, and said, "This is my body, which is for you. Do this in remembrance of me."**25** In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." **26** For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. **27** Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. **28** Let a person examine himself, then, and so eat of the bread and drink of the cup. **29** For anyone who eats and drinks without discerning the body eats and drinks judgment on himself. **30** That is why many of you are weak and ill, and some have died. **31** But if we judged ourselves truly, we would not be judged. **32** But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.



回應詩歌 擘生命餅 Break Thou The Bread Of Life

擘生命餅

生命圣诗164



Break Thou the Bread of Life
Hymns of Life 164



祝福 Benediction

站立

Please Rise



三一颂 The Doxology



欢迎與報告 Welcome & Announcement

1. 主日學今天學習的書卷是《申命記十一章》，請弟兄姐妹們盡量留下參加。
2. MMCC與CPC事奉職工年度中國新年午餐會，將於2/16中午在CPC餐廳舉行，歡迎弟兄姊妹參加。
3. 上週主日敬拜约有45人參加，收到一般奉獻\$650 .00。请大家把十一奉獻及感恩、爱心等其它奉獻寄到教会信箱：

MMCC, P. O. Box 390514, Minneapolis, MN 55439.

奉獻記錄（截至1/29/2023）

年度累計預算	\$67,179.81	超（差）額
年度累計實際	\$81,395.00	\$14,215.19



殿乐 Postlude

