

## Chinese Simplified

# 圣咏

## 前言

圣咏是以色列子民的祈祷，也是人类经验天主的生动表达。这些圣咏代表了天主对人们生活的推动和影响。天主的历史就是人们的生活，因为祂创造了人类，并与人们同甘共苦。圣作者将天主的这种参与以及人们对天主所有的经验，转变为祈祷，用生动和多样的形式表达出来。根据传统，许多圣咏都归于达味的名下，但是这只是一种传统看法，事实上达味可能并非这些圣咏的真正作者。数个世纪的匿名作者们，以他们的祈祷和努力，完成了这部不朽的诗篇。

圣咏中的赞美诗包含同一个主题，就是赞美称颂天主的创造工程及在选民的历史中所行的伟大奇迹。与此相似的诗篇称为感恩诗，主要是表达个人或团体对天主的感谢。而在困苦无助中有感而发的哀歌则包含多种主题和形式，作者以祈祷者的口吻有感而发地向天主哀求，为的是可以感动天主，获得天主的垂听。另一种方式就是由哀求获准而发的信赖祈祷，这种祈祷建立在信任天主预许的基础之上。

在圣咏中，我们还可以发现罪人承认自己的罪，并祈求宽恕的忏悔歌。其他的圣咏我们可以将之称为默想，因为这些圣咏都是关于人类生活及以色列子民历史的反省。

圣咏在以色列子民的祈祷生活中扮演者不可或缺的重要角色，同样，圣咏也是基督徒团体或个人的祈祷。因为耶稣基督生前曾多次用圣咏祈祷，并解释圣咏的深意。

## 第八篇

2 雅威，我们的上主，  
你的圣名在普世多么美妙，  
你的尊荣彰显在高天。

## English

# PSALMS

## Introduction

*The Psalms are the prayer of Israel. They are the expression of human experience addressed towards God. They are the expression of a people's life impelled by God. God's history is the life of the people, because he creates and suffers with the people. All these was transformed into prayers, alive and varied, on the hands of very different authors. Tradition attributes many psalms to king David: it is just a convention, the same as attributing to Solomon the wisdom compositions. An anonymous chain of poets, throughout centuries is a more realistic way to describe the authors of these writings.*

*The hymns sing praises and they are usually communitarian: their themes are the actions of God in creation and history. Close to them is thanksgiving for personal or communitarian favors. From needs spring up supplications, so varied in themes; the praying person motivates his petition so as to convince or to move God. At times, from supplications springs up an act of trust, based on past experiences or in God's promises.*

*The sinner confesses his sins and asks for forgiveness in the penitential psalms. Others we could call meditations because they deal about human life or about the history of Israel.*

*In what follows we will give the Hebraic numbering, adding in parenthesis the Greco Latin number. The psalms are also privileged prayer of the Christian community as well as of an individual. Many psalms were prayed by Jesus, thus giving them the plenitude of meaning hidden in them.*

## 8

2<sup>o</sup> Lord, our Lord,  
how great is your name throughout the earth!  
And your glory in the heavens above.

3 从婴孩与幼童口中，  
你听到完美的赞颂，  
为使恨你的人受辱，  
为使仇敌闭口无言。  
4 我举首仰望穹苍，你手的杰作，  
观看你安排的明月群星，  
5 世人卑微，你却对他念念不忘，  
凡夫俗子，你竟对他眷顾周详！  
6 你使他稍逊于天使诸天神，  
用尊贵光荣做他的华冠；  
7 你让他统治你亲手创造的世界，  
让万物归服在他的脚下，  
8 成群的牛羊，田野的百兽，  
9 空中的飞鸟，海里的游鱼，  
以及大海里种种的浮游生物。  
10 哦！雅威，我们的天主，  
你的圣名在普世多么美妙！

### 第二十三篇

1 上主是我的牧者，  
我一无所缺。  
2 他让我歇息在青草地上，  
领我到幽静的溪水旁，  
3 他使我的心灵复苏。  
他为了自己的圣名，  
引我走正直的坦途，  
4 纵使我走过死亡的幽谷，  
我也不惧怕，因为主与我同在。  
你的牧杖引领着我，  
你的杖竿是我的护佑。

<sup>3</sup>Even the mouths of children and infants  
exalt your glory in front of your foes  
and put to shame enemies and rebels.  
<sup>4</sup>When I observe the heavens,  
the work of your hands,  
the moon and the stars you set in their place—  
<sup>5</sup>what is the mortal that you be mindful of him,  
the son of man, that you should care for him?  
<sup>6</sup>Yet you made him a little lower than the angels;  
you have crowned him with glory and honor.  
<sup>7</sup>You made him rule over the works of your hands;  
you have put all things under his feet  
<sup>8</sup>sheep and oxen without number  
and even the beasts of the field,  
<sup>9</sup>the birds of the air, the fish of the sea,  
and all that swim the paths of the ocean.  
<sup>10</sup>O Lord, our Lord,  
how great is your name all over the earth!

### 23 (22)

<sup>1</sup>The Lord is my shepherd, I shall not want.  
<sup>2</sup>He makes me lie down in green pastures.  
He leads me beside the still waters,  
<sup>3</sup>he restores my soul.  
He guides me through the right paths  
for his name's sake.  
<sup>4</sup>Although I walk through the valley of the shadow of death,  
I fear no evil,  
for you are beside me:  
your rod and your staff comfort me.  
<sup>5</sup>You spread a table before me  
in the presence of my foes.  
You anoint my head with oil;  
my cup is overflowing.

5 在我敌人面前，  
你为我摆设宴席。  
你在我的头上傅油，  
又使我的杯爵满盈。

6 我的一生，  
将享有你的恩惠和不变的慈爱：  
我将居住在上主的圣殿里。  
直到永远。

## 第二十四篇

1 大地万物和世间生灵都属上主，  
世界和其中的一切都属于他。  
2 是他在海洋上奠定了陆地，  
是他在水面上建造了普世。  
3 谁能登上上主的圣山？  
谁能站在他的圣所？  
4 是那些手洁心净，不怀诡诈的人，  
是那些不慕虚荣、不发假誓的人。  
5 上主的祝福必降到他们身上，  
他们会得到救主天主的奖赏。  
6 这才是追寻天主的人，  
是追寻雅各伯天主的人。  
7 城门，提高你的门楣；  
古老的城门，敞开你的门扉，  
因为荣耀的君王要进入！  
8 “这位光荣的君王是谁？”  
就是无比威能的上主。  
在战争中无比英勇的上主。  
9 古老的城门，抬高你的门楣；  
古老的城门，敞开你的门扉。  
让光荣的君王走进。  
10 “这位光荣的君王是谁？”

<sup>6</sup>Goodness and kindness will follow me  
all the days of my life,  
I shall dwell in the house of the Lord  
as long as I live.

## 24 (23)

<sup>1</sup>The earth and its fullness belong to the Lord,  
the world and all that dwell in it.  
<sup>2</sup>He has founded it upon the ocean  
and set it firmly upon the waters.  
<sup>3</sup>Who will ascend the mountain of the Lord?  
Who will stand in his holy place?  
<sup>4</sup>Those with clean hands and pure heart,  
who desire not what is vain,  
and never swear to a lie.  
<sup>5</sup>They will receive blessings from the Lord,  
a reward from God, their savior.  
<sup>6</sup>Such are the people who seek him,  
who seek the face of Jacob's God.  
<sup>7</sup>Lift up, O gateways, your lintels,  
open up, you ancient doors,  
that the King of glory may enter!  
<sup>8</sup>Who is the King of glory?  
The Lord, the strong, the mighty,  
the Lord, valiant in battle.  
<sup>9</sup>Lift up your lintels, O gateways,  
open up, you ancient doors,  
that the King of glory may enter!  
<sup>10</sup>Who is the King of glory?  
The Lord of Hosts,

他就是万军的雅威，  
他是荣耀的君王！

### 第三十二篇

得蒙罪赦的人真是有福，  
他已清白如初。  
2 上主眼中无辜的人真是有福。  
他精神清爽，坦荡无欺。  
3 在我沉默不言，拒绝认罪时，  
我的身心疲惫，我整日哀叹流泪，  
4 日夜感到上主的手重压着我，  
如炎炎烈日，  
使我的力量耗尽，我的心焦渴。  
5 于是，我向你承认我的罪过，  
我什么也不再隐藏，我说：“我要对上主承认犯下的罪过。”  
你即刻原谅了我。  
6 忠信的人，  
在危难时都应呼求你，  
纵有洪水滔然，  
虔敬的人必平安无险。  
7 你是我的庇护，  
救我脱离苦难，  
我发自内心地歌颂你的救赎，  
因为你保护了我。  
8 “我会指引你走上正义的大道，  
我会教导你，不离你左右。”

he is the King of glory!

### 32 (31)

Blessed is the one whose sin is forgiven,  
whose iniquity is wiped away.  
2 Blessed are those in whom the Lord sees no guilt  
and in whose spirit is found no deceit.  
3 When I kept my sin secret,  
my body wasted away,  
I was moaning all day long.  
4 Your hand day and night lay heavy upon me;  
draining my strength, parching my heart  
as in the heat of a summer drought.  
5 Then I made known to you my sin  
and uncovered before you my fault,  
saying to myself,  
“To the Lord I will now confess my wrong.”  
And you, you forgave my sin,  
you removed my guilt.  
6 So let the faithful ones pray  
to you in time of distress;  
the overflowing waters will not reach them.  
7 You are my refuge;  
you protect me from distress  
and surround me with songs of deliverance.  
8 I will teach you,  
I will show you the way to follow.  
I will watch over you and give you counsel.

## 第五十一篇

3 天主！求你怜悯我，  
以你的爱和伟大的悲悯，  
宽免我的罪过，  
你的慈悲浩荡无边。  
4 求你使我清白磊落，  
再也不受罪恶的诱惑。  
5 我忏悔自己的过错，  
脑中消除邪恶。  
6 我犯罪惟独伤害了你，  
我做下了你唾弃的恶事。  
我承认你的审判正确无比，  
你的惩罚准确无误、不容怀疑。  
7 我生来就是有罪的人，  
在母腹中我就需要你的宽恕。  
8 我知道你内心渴求真理，  
求你培育我内心的智慧。  
9 求你洗涤我，使我洁净。  
你慈爱的宽免使我洁白如雪，  
10 让我心灵满溢喜悦和感激，  
伤痕累累的身体也觉欢愉。  
11 求你转面不看我的过失，  
除掉我一切的失误杂虑。  
12 天主，求你保持我心灵纯洁，  
使我的精神清新无染。  
13 请来和我同在，不要舍弃我！  
让你的圣神一直陪伴着我。  
14 让你救赎的喜悦鼓舞我的灵魂，  
你的美好精神滋养我。  
15 我要在犯错者中宣讲你的道，  
罪人都会回归你的怀抱。  
16 哦，天主，救我脱离罪恶之血，

## 51 (50)

<sup>3</sup>Have mercy on me, O God, in your love.  
In your great compassion blot out my sin.

<sup>4</sup>Wash me thoroughly of my guilt;  
cleanse me of evil.

<sup>5</sup>For I acknowledge my wrongdoings  
and have my sins ever in mind.  
<sup>6</sup>Against you alone have I sinned;  
what is evil in your sight I have done.  
You are right when you pass sentence  
and blameless in your judgment.

<sup>7</sup>For I have been guilt-ridden from birth,  
a sinner from my mother's womb.

<sup>8</sup>I know you desire truth in the heart,  
teach me wisdom in my inmost being.

<sup>9</sup>Cleanse me with hyssop and I shall be clean,  
wash me, I shall be whiter than snow.

<sup>10</sup>Fill me with joy and gladness;  
let the bones you have crushed rejoice.

<sup>11</sup>Turn your face away from my sins  
and blot out all my offenses.

<sup>12</sup>Create in me, O God, a pure heart;  
give me a new and steadfast spirit.

<sup>13</sup>Do not cast me out of your presence  
nor take your holy spirit from me.

<sup>14</sup>Give me again the joy of your salvation  
and sustain me with a willing spirit.

<sup>15</sup>Then I will show wrongdoers your ways  
and sinners will return to you.

<sup>16</sup>Deliver me, O God, from the guilt of blood,  
and of your justice I shall sing aloud.

我必大声宣讲你的正义。  
17 上主，让我大声宣讲你的真理，  
我的口中满是对你的感激赞美。  
18 我有讨你喜爱的供奉，  
但我知道你不喜欢那种奉献。  
19 天主，就让我献上痛悔的精神，  
你不会拒绝我受伤的心灵。  
20 上主！求你用厚爱善待熙雍，  
让人们重建耶路撒冷圣城。  
21 那时你必悦纳合法之祭和全燔祭献，  
那时有牛犊奉献在你的祭坛上。

## 第七十八篇

我的百姓，留意我的教导，  
侧耳聆听我口中的话语！  
2 我要用譬喻讲述，  
我要论说古时的神迹，  
3 是我们曾听见和知道的，  
也是我们祖先告诉我们的。  
4 我们不会向子孙隐瞒，  
我们要将上主的荣耀和威能，  
他所施行的奇妙作为，  
传扬给后代众生。  
5 他曾为雅各伯颁布诫命，  
在以色列设立律法，  
吩咐我们的祖先教导给子孙后代。  
6 让那未来的一代可以知晓，  
也能告诉他们的子孙。  
7 他们将信靠天主，  
记住他的所作所为，  
遵守他的诫律。

17 O Lord, open my lips,  
and I will declare your praise.  
18 You take no pleasure in sacrifice;  
were I to give a burnt offering,  
you would not delight in it.  
19 O God, my sacrifice is a broken spirit;  
a contrite heart you will not despise.  
20 Shower Zion with your favor:  
rebuild the walls of Jerusalem.  
21 Then you will delight in fitting sacrifices,  
in burnt offerings and bulls offered on your altar.

## 78 (77)

Give heed, O my people, to my teaching;  
listen to the words of my mouth!  
2 I will speak in parables,  
I will talk of old mysteries  
3 which we have heard and known,  
which our ancestors have told us.  
4 We will not keep them hidden from our children;  
we will announce them to the coming generation:  
the glorious deeds of the Lord,  
his might and the wonders he has done.  
5 He issued decrees for Jacob  
and set up a law in Israel,  
which he commanded our ancestors  
to teach their children,  
6 so the next generation would learn  
and teach their own children.  
7 They would then put their trust in God,  
and not forget his deeds and his commands.

8 不会像他们的祖先，  
成为顽固悖逆，  
反复无常，不忠于天主之辈。  
9 厄弗辣因的子孙虽已挽弓武装，  
临阵之时却转身溃逃。  
10 他们没有履行与天主的盟约，  
也不服从他的律法。  
11 他们忘却了他的作为  
和他所行的奇事，  
12 即他们的祖先在埃及，  
在左罕地所见的神迹。  
13 他分开大海，领他们穿行；  
他使海水直立如壁。  
14 白天他用云彩引领他们，  
黑夜他以火光为他们照亮。  
15 旷野中他击破岩石，  
赐给他们充足的饮水。  
16 他令岩石泻出溪流，  
水流不绝汇入江河。  
17 他们却依然作恶得罪他，  
在沙漠之中悖逆了至高者，  
18 他们任性试探他，  
随心所欲求取食物。  
19 且亵渎天主说：  
“天主能在沙漠中摆设宴席吗？”  
20 他曾击石出水，  
但他还能再给他的百姓预备粮食和肉吗？”  
21 上主听见，大为愤怒，  
烈焰燃向雅各伯，怒火直冲以色列。  
22 因为他们不依靠天主，  
也不倚赖他的救恩。  
23 然而，他仍令云彩降下，  
开启天上的大门，

<sup>8</sup>And not be like their ancestors,  
stubborn and rebellious people,  
a people of inconstant heart  
whose spirit was fickle.  
<sup>9</sup>Well-armed with bow,  
the Ephraimites took flight  
when the time came to do battle.  
<sup>10</sup>It is because they did not keep  
God's covenant  
and refused to live by his law.  
<sup>11</sup>They forgot the marvels he had done,  
<sup>12</sup>what their ancestors had seen  
in the land of Egypt,  
in the fields of Zoan.  
<sup>13</sup>He divided the sea and led them across;  
he made the water stand like a wall.  
<sup>14</sup>By day he led them with a cloud,  
and by night with a fiery light.  
<sup>15</sup>In the desert he split rocks  
to give them abundant drink.  
<sup>16</sup>He made streams come out of a rock  
and caused water to flow like a river.  
<sup>17</sup>Yet they sinned even more against him  
and rebelled against the Most High  
in the desert.  
<sup>18</sup>They tested God,  
demanding the food they craved.  
<sup>19</sup>They blasphemed against God, saying:  
'Can God spread a table in the desert?'  
<sup>20</sup>He made water flow out of the rock;  
can he also give his people bread or meat?'  
<sup>21</sup>When the Lord heard this he was enraged;  
a fire raged against Jacob,  
his anger flared against Israel,  
<sup>22</sup>for they had no faith in God  
nor trust in his deliverance.  
<sup>23</sup>Yet he commanded the skies  
above and opened the doors of heaven;

24 他降下玛纳，  
赐给他们天上的食粮。  
25 他们享用天使的粮食，  
他又赐下食物，使他们饱足。  
26 他由空中激荡起东风，  
以他的大能引发了南风。  
27 给他们降下鲜肉，多如尘土，  
又降下飞鸟，落在他们的营中，  
28 落在他们帐幕四周，似海边之沙。  
29 他们吃了，十分饱足，  
天主使他们的欲望得到满足。

36 但他们满口谄媚，谎话连篇。  
37 他们的心对他毫无诚意，  
不忠于与他所立的盟约。  
38 但是他却慈悲为怀，  
饶恕了他们的罪过，没有灭绝他们。  
他屡次抑制怒火，没有发泄。  
39 他想到他们不过是血肉之躯，  
只是一阵去而不返的微风。  
40 多少次，他们在旷野中悖逆了他，  
多少次，他们在沙漠里使他悲伤！

41 他们一次次地试探他，  
激怒了以色列的圣者！  
42 他们不再追念  
他救他们脱离压迫者的威能。  
52 他引领自己的百姓如同羊群，  
在旷野中指导他们好似绵羊。  
53 他领他们平安行进，  
使他们无所畏惧。  
而他们的仇敌却为海洋吞没。  
54 他带他们进入自己的圣地，  
到达他右手所得的山岭。

24 he rained down manna upon them  
and fed them with the heavenly grain.  
25 They ate and had more than their fill  
of the bread of angels.  
26 Then from heaven he stirred the east wind,  
and by his power let loose the south wind,  
27 to rain down meat on them like dust.  
Birds as thick as the sand on the seashore  
28 fell inside their camp,  
lying all around their tents.  
29 They ate till they were satisfied,  
for he had given them what they craved.

36 But they flattered him with their mouths,  
they lied to him with their tongues,  
37 while their hearts were unfaithful;  
they were untrue to his covenant.  
38 Even then, in his compassion,  
he forgave their offenses  
and did not destroy them.  
Many a time he restrained his anger  
and did not fully stir up his wrath.  
39 He remembered that they were but flesh,  
a breeze that passes and never returns.  
40 How often did they rebel against him  
in the wilderness,  
how often did they grieve him in the desert!

41 Again and again they tested him,  
and provoked the Holy One of Israel.  
42 They did not remember his power  
in redeeming them from the oppressor.  
52 Then he led forth his people like a flock,  
and guided them like sheep through the desert.  
53 He led them safely, they did not fear,  
but the sea engulfed their enemies.  
54 He brought them to his holy land,  
to the mountain his right hand had won.



55 他们在他们面前赶走异族，  
赐下土地为他们的产业。  
让以色列的支派住进各自的帐篷。  
69 他建造自己的圣所高比上天，  
永远奠定，如地之牢固。  
70 他拣选了他的仆人达味，  
从羊栏中招呼他。  
71 让他离开看护的母亲和羔羊，  
去牧放自己的百姓雅各伯，  
他的产业－以色列的百姓。  
72 达味以纯正的心牧养他们，  
又用巧妙的手引领他们。  
天主，异民入侵你的产业，  
亵渎你的圣殿，  
颠覆耶路撒冷成为废墟。

### 第一百零四篇

1 我的心灵赞美上主！  
伟大庄严是上主的衣衫，  
啊！上主，我的天主，你是何等威严！  
2 太阳时你的外氅，  
苍天伸展搭成你的幕帐，  
3 你把宫殿建在水面上，  
以行云为车辇何等辉煌，  
你凌驾于高空之上；  
4 阵阵劲风是你的使者，  
熊熊火焰是你的大将。  
5 是你奠定了大地的根基，  
牢固稳定永不摇晃；  
6 你以海洋遮盖大地如同衣裳，  
清水在群山峻岭间流淌。  
7 你的怒斥使水仓惶流亡，  
听到你雷鸣的声响，大水惊退。

55 He drove out peoples before them  
and gave them the land as their inheritance;  
they pitched their tents in it.  
69 He built his sanctuary like heaven,  
like the earth he founded forever.  
70 He chose David his servant  
and took him from the sheepfolds;  
71 from tending the sheep and their young,  
he brought him to shepherd Jacob,  
the people of Israel, his inheritance.  
72 And with upright heart David pastured them;  
with skillful hands he led them.

### 104 (103)

1 Bless the Lord, my soul!  
Clothed in majesty and splendor;  
O Lord, my God, how great you are!  
2 You are wrapped in light as with a garment;  
you stretch out the heavens like a tent,  
3 you build your upperrooms above the waters.  
You make the clouds your chariot  
and ride on the wings of the wind;  
4 you make the winds your messengers,  
and fire and flame your ministers.  
5 You set the earth on its foundations,  
and never will it be shaken.  
6 You covered it with the ocean like a garment,  
and waters spread over the mountains.  
7 But at your rebuke the waters flee,  
at the sound of your thunder they take to flight.

8 你又使水流穿山越岭，  
舒缓于幽谷深处。  
9 你限定了他们的界限，  
从此洪水再也不能在大地上泛滥。  
10 你使泉水在深谷中奔流急淌，  
越过群山，蜿蜒成川，  
11 山中百兽享受清凉甘泉，  
饥渴的驴子畅饮在水边。  
12 四周有鸟筑巢，  
树枝上有他们动听的歌唱。  
13 有水流出你的宫殿，  
滋润大地群山，万物收获富饶丰满；  
14 青青绿草喂养牛羊，  
人们有菜园来管理耕种，  
大地五谷的产物是你的礼赞。  
15 甜酒让人满心喜悦，  
还有膏油滋身润面，  
麦饼更让我们体魄强健。  
16 上主用水喂养密林，桦树充沛饱满，  
他亲手种下黎巴嫩的香柏。  
17 百鸟在枝上安家筑巢，  
鹤鸟在松树上安息悠闲。  
18 羚羊奔驰在群山之间，  
绝岭陡壁是岩狸的家园。  
19 你造了月亮来划分季节，  
你创造的太阳自有其升落的韵律。  
20 黑夜来临时，  
林中百兽都悄然出巡。  
21 雄壮的狮子怒吼觅食，  
向天主要求食物充饥；  
22 太阳升起百兽各自躲避，  
回到自己的洞穴悄然休息；  
23 人类出来辛勤耕作，

<sup>8</sup>Brought to the mountains, they flow down again  
to settle in the valleys.  
<sup>9</sup>You set a limit they could not cross,  
never again to flood the earth.  
<sup>10</sup>You make springs gush forth in valleys  
winding among mountains and hills,  
  
<sup>11</sup>giving drink to the beasts of the field,  
quenching the thirst of wild donkeys.  
  
<sup>12</sup>Birds build their nests close by  
and sing among the branches of trees.  
  
<sup>13</sup>You water the mountains from your abode  
and fill the earth with the fruit of your work.  
<sup>14</sup>You make grass grow for cattle  
and plants for man to cultivate,  
that he may bring forth food from the earth:  
  
<sup>15</sup>wine to gladden his heart,  
oil to make his face shine,  
and bread to make him strong.  
  
<sup>16</sup>The Lord waters his trees to their fill,  
the cedars of Lebanon which he planted.  
  
<sup>17</sup>The birds build their nests,  
the stork has its home in the pine trees.  
  
<sup>18</sup>High mountains are for wild goats,  
the cliffs a refuge for badgers.  
  
<sup>19</sup>You made the moon to mark the seasons,  
and the sun that knows when to set;  
<sup>20</sup>when you bring the darkness of the night,  
all the beasts of the forest begin to prowl:  
<sup>21</sup>the young lions roaring for their prey  
claiming their food from God.  
  
<sup>22</sup>When the sun rises, the beasts steal away,  
returning to rest in their dens.  
  
<sup>23</sup>Man then goes out to his work,

直到黄昏才归回。

24 上主，你的艺作变化万千，

你用智慧创造了万物，

你的受造物布满了大地。

25 看，汪洋大海浩淼无边，

水中游物大小各异，不可胜数；

26 船来船往，大海是个陌生的世界，

还有你造的巨龙在水中嬉戏。

27 浩繁的生灵都依赖你，

求得饱食无虞。

28 你喂养他们，他们就在你面前聚集。

你松开仁慈的手，降下美食充饥。

29 你藏起自己的脸面时，

他们就惊恐不安，

如果你收走了他们的气息，

众物就会毁灭，归于尘土。

30 你的精神将人世哺育，

大地充满你创造的生灵；

你擦新宇宙的面容。

31 愿上主的光荣长存，

愿上主亲自欣赏他的神奇化工！

32 他垂视大地，大地就震动不止，

群山一感到他的触及，就喷吐烟气。

33 我一生都要为上主歌唱，

我要颂赞上主，直到生命止息。

34 愿我的歌声使他愉悦欣喜，

愿上主用欢欣充满我心。

35 愿地上再也没有罪人横行，

恶人永远销声匿迹。

愿我的心灵赞颂上主！

and toils till evening comes.

24 How varied O Lord, are your works!

In wisdom you have made them all—  
the earth full of your creatures.

25 Behold the sea, wide and vast,  
teeming with countless creatures,  
living things both great and small,

26 a strange world reserved for the ships,  
for Leviathan, the dragon you made to play with.

27 They all look to you  
for their food in due time.

28 You give it to them,  
and they gather it up;  
you open your hand,  
they are filled with good things.

29 When you hide your face they vanish,  
you take away their breath, they expire  
and return to dust.

30 When you send forth your spirit,  
they are created,  
and the face of the earth is renewed.

31 May the glory of the Lord endure forever;  
may the Lord rejoice in his works!

32 He looks on the earth, and it quakes;  
he touches the mountain, and it smokes.

33 I will sing to the Lord all my life;  
I will sing praise to God while I live.

34 May my song give him pleasure,  
as the Lord gives me delight.

35 May sinners vanish from the earth,  
and may the wicked be no more.  
Bless the Lord, my soul!

## 第一百零五篇

1 称谢天主，呼求他的圣名；  
在万邦中传述他的作为。  
2 向他吟唱，咏颂赞美，  
宣扬他的奇功妙行。  
3 以他的圣名为光荣，  
4 寻求上主，获取力量！  
要时时寻求他的圣容。  
5 天主的仆人亚伯郎的子孙，  
他拣选的雅各伯的后裔！  
6 你们要记住他的奇妙作为，  
他的神迹和他的审判。  
7 他是上主，我们的天主；  
他的裁决遍及普世。  
8 他永远记住自己的盟约，  
不忘许诺，直至万代。  
9 就是与亚伯郎订立的盟约，  
向依撒格许下的誓言。  
10 他对雅各伯确定了他的条例，  
向以色列立下了永久的盟约，  
11 说：“我必将迦南赐给你，  
作为你们的一份产业。”  
12 他们人丁稀少，客居异地，  
13 从这邦流浪到那邦，  
从这国游历到那国，  
14 但天主不容人欺压他们，  
并为了他们警告众王：  
15 “不可触犯我的受傅者，  
不可伤害我的先知！”  
16 然后他降下饥荒，  
断绝了他们的食粮供给，  
17 在此之前他已将一人遣去，

## 105 (104)

<sup>1</sup>Give thanks to the Lord, call on his name;  
make known his works among the nations.  
<sup>2</sup>Sing to him, sing his praise,  
proclaim all his wondrous deeds.  
<sup>3</sup>Glory in his holy name;  
let those who seek the Lord rejoice.  
<sup>4</sup>Look to the Lord and be strong;  
seek his face always.  
<sup>5</sup>Remember his wonderful works,  
his miracles and his judgments,  
<sup>6</sup>you descendants of his servant Abraham,  
you sons of Jacob, his chosen ones!  
<sup>7</sup>He is the Lord our God;  
his judgments reach the whole world.  
<sup>8</sup>He remembers his covenant forever,  
his promise to a thousand generations,  
<sup>9</sup>the covenant he made with Abraham,  
the promise he swore to Isaac.  
  
<sup>10</sup>He confirmed his decree to Jacob,  
to Israel his eternal covenant:  
<sup>11</sup>‘To you I will give the land of Canaan  
as part of your inheritance.’  
<sup>12</sup>When they were few in number,  
strangers in the land,  
<sup>13</sup>wandering from nation to nation,  
from one kingdom to another,  
<sup>14</sup>he allowed no one to oppress them,  
and for their sake he rebuked kings:  
<sup>15</sup>“Touch not my anointed ones,”  
he warned, “do my prophets no harm!”  
<sup>16</sup>Then he sent a famine  
and ruined the crop that sustained the land;  
  
<sup>17</sup>he sent a man ahead of them, Joseph,

就是那被卖为奴的若瑟。

18 他的双脚为镣铐所困，  
他的颈项绕着铁链，

19 直到他的预言应验，  
上主的话证明了他的诚实。

20 国王派人释放了他，  
众民的首领恢复了他的自由。

21 委任他掌管王室事务，  
管理王室的所有产业，

22 让他训诲王侯，  
以智慧教导元老。

23 后来，以色列到了埃及，  
雅各伯在含地安下了家室。

24 天主使他的百姓昌盛，  
比他们的仇敌更加强健。

25 他使敌人憎恨他的百姓，  
用阴险诡诈对待他的子民。

37 他领出满载金银的以色列，  
所有支派中没有一个人残缺。

38 以色列出离，埃及人无不欢娱，  
因为他们实在胆战恐惧。

39 他展布云彩，用来掩护遮荫，  
他树立火柱，为在夜间照明。

40 他们一悬求，他就送来鹌鹑，  
又从天上降粮饱饫他们。

41 他劈开磐石，涌出水泉，  
如同小河流经沙漠。

42 因为他记得自己神圣的许诺，  
没有忘却他对仆人亚伯郎的誓言。

43 他引领他的百姓欣然离去，  
他拣选的子民欢乐歌唱。

44 他把异邦的土地赐给他们，  
使他们承受别人劳碌的果实，

who was sold as a slave;

18his feet in shackles,  
his neck in irons

19till what he foretold came to pass,  
and the Lord's word proved him true.

20The king sent for him, set him free,  
the ruler of the peoples released him.

21He put him in charge of his household  
and made him ruler of all his possessions,

22that he might train his princes  
and teach his elders wisdom.

23Then Israel came to Egypt,  
Jacob settled in the land of Ham.

24The Lord made his people fruitful  
and much stronger than their foes,

25whose hearts he turned to hate his people,  
to deal deceitfully with his servants.

37He led Israel out of the alien land,  
laden with silver and gold,  
and none were left behind.

38Egypt was glad when they departed,  
so filled were they with dread.

39He spread a cloud as covering,  
and fire to give them light at night.

40They asked for food;  
he gave them quails and fed them  
with bread from heaven.

41He opened the rock, and water gushed out,  
flowing like a river through the desert.

42For he remembered his promise to Abraham,  
his servant.

43So he led forth his people with joy,  
his chosen ones with singing.

44He gave them the lands of the nations,  
and let them take the fruit of others' toil,

45 为叫他们谨守他的典章，  
遵从他的律法。

## 第一百零六篇

亚肋路亚！

1 称谢上主，因为他良善美好。  
他的仁爱永在。

2 谁能计数上主的大能化工？  
谁又能表述他的一切美德？

3 常行公义的人真是有福，  
行为正直的人真是有福！

4 上主，你善待你百姓之时，  
求你记着我；  
你解放他们之时，求你援救我；

5 让我看见你信众的喜乐，  
分享你邦国的欢悦，  
与你的子民一起赞美你。

6 我们像祖先一样犯了罪，  
我们曾为非作歹。

7 我们的祖先在埃及时，  
对你的奇妙作为不加注重；  
忘却了他丰富的仁爱，  
在红海悖逆了至高者。

8 然而他因了自己的名，  
拯救了他们，  
使他的大能得以彰显。

9 他呵叱红海，海水便干涸；  
他引领他们穿行海底，如履旱地。

10 他拯救他们脱离敌人之手，  
从仇人手中救他们获得自由。

11 海水淹没了追赶他们的人，  
没有一个得以逃脱。

12 他们这才相信了他的允诺，  
齐声高歌赞颂他。

13 但是他们很快就忘了他的作为，

45 that they might keep his statutes  
and remain obedient to his laws.

## 106 (105)

*Alleluia!*

1 Give thanks to the Lord, for he is good,  
for his love endures forever.

2 Who can count the Lord's mighty deeds,  
or declare all his praises?

3 Blessed are they  
who always do just and right.

4 Remember me, O Lord,  
when you show favor to your people;  
rescue me when you deliver them;

5 Let me see the triumph of your faithful,  
let me share the joy of your nation,  
and join your people in praising you.

6 We have sinned like our ancestors;  
we have done wrong and acted wickedly.

7 When they were in Egypt,  
our ancestors had no regard  
for your wondrous deeds;  
they forgot the abundance of your love;  
they rebelled against the Most High  
by the Sea of Reeds.

8 Yet he saved them for his name's sake,  
to make his mighty power known.

9 He rebuked the sea, and it dried up;  
he led them through the deep as on dry land.

10 He saved them from hostility,  
freeing them from the hand of the enemy.

11 Waters covered their pursuers,  
and none of them was left alive.

12 Then they believed his promises  
and all at once sang his praises.

13 But soon they forgot his works

不愿再等候他的旨意。

14 他们任性纵欲，

在旷野中试探天主，

15 他将他们贪求的赐给了他们，  
也给他们降下灾病。

16 他们在营中嫉妒梅瑟，  
对上主的圣者亚郎也起了猜忌。

17 于是土地裂开，吞噬了达堂，  
埋葬了阿彼兰的同伴；

18 烈火在他们中间燃起，  
焚烧作恶的人。

19 他们在曷勒布铸造了牛犊，  
敬拜铸造的偶像。

20 他们以吃草的牛之形象，  
替代了天主的荣耀。

21 他们忘却了他们的救主天主，  
他曾在埃及行过大事，

22 在含地施展奇迹，  
在红海行过令人畏惧的事。

23 天主说要消灭他们之时，  
他拣选的梅瑟站在岸边，  
在他面前解除了他们被灭的危机。

24 但是他们仍然藐视誓许的乐土，  
不信他的话语。

25 他们在帐篷内抱怨诉苦，  
不愿倾听上主的声音。

26 于是他向他们举手发誓，  
要让他们在旷野中倒毙，

27 使他们的子孙分散异邦，  
在各地流亡。

28 他们与巴耳培敖尔联合，  
分食祭献死神的祭品。

29 他们的恶行惹怒了上主，  
瘟疫突发，在他们中间肆行。

30 丕乃哈斯起来调停，

and did not wait for his counsel.

14 They gave way to wanton craving  
and tempted God in the desert.

15 He gave them what they wanted,  
then sent them a wasting disease.

16 In the camp they grew envious  
of Moses and Aaron,  
the holy one of the Lord.

17 So the earth opened, swallowed Dathan,  
and buried the company of Abiram;

18 fire broke out against them,  
burning up the wicked.

19 They made a calf at Horeb  
and worshiped the molten image.

20 They exchanged the glory of God  
for the image of a bull that eats grass.

21 They forgot their Savior God,  
who had done great things in Egypt,

22 wonderful works in the land of Ham,  
and awesome deeds by the Sea of Reeds.

23 So he spoke of destroying them,  
but Moses, his chosen one,  
stood in the breach before him  
to shield them from destruction.

24 Yet they despised the promised land,  
for they had no faith in his word.

25 They grumbled in their tents  
and would not listen to the voice of the Lord.

26 So he swore to them with his hand raised  
that he would let them perish in the desert,

27 scatter their descendants among the nations  
and disperse them over the lands.

28 They joined the rites of Baal-peor  
and ate sacrifices to lifeless gods.

29 Their deeds provoked the Lord to anger,  
and a plague broke out among them.

30 But Phinehas stood up and intervened,

瘟疫才得止息。

31 这归功于他的正直，  
世代代为人纪念。

32 他们在默黎巴水边激怒了上主，  
梅瑟也受了牵连；

33 因他们悖逆天主时，  
他说了莽撞的话。

34 他们没有依照上主的命令，  
去杀灭异族；

35 反而与异族混杂居住，  
学习他们的行事习俗。

36 为侍奉异族的偶像，  
他们被诱入圈套，

37 牺牲自己的儿女，  
奉献给邪魔恶鬼；

38 他们倾流无辜者的鲜血，  
和自己儿女的鲜血，  
奉献给迦南的偶像，  
使得那地为血玷污。

39 他们因自己的行为受到玷污，  
在叩拜偶像时行同娼妓。

40 上主大发烈怒，  
对自己的子民心生厌恶。

41 他把他们交在异邦手中，  
让他们的仇敌傲慢地来统辖。

42 他们被敌人欺辱，  
经受被虐待的痛苦。

43 他们多少次得他的解救，  
但是他们继续违抗他，  
在罪恶中越陷越深。

44 他还是俯听了他们在苦难中的哀告，  
怀着怜恤垂顾了他们。

45 他忆起自己的盟约，恩待了他们，  
他因深厚的仁爱，怜恤了他们。

46 他使他们在掳掠他们的人面前蒙受怜恤。

47 上主，我们的天主，

and the plague came to an end.

31 This was credited to his uprightness,  
making him remembered for all ages.

32 Angered by them at Meribah's waters,  
the Lord took it out on Moses

33 for the rash words he uttered,  
when they rebelled against God.

34 They dared not destroy the pagans,  
as the Lord commanded;

35 they mingled with these nations  
and learned to do as they did.

36 In serving the idols of the pagans,  
they were trapped

37 into sacrificing children to demons,  
38 shedding the innocent blood

of their sons and daughters  
to the idols of Canaan,  
polluting the country with blood.

39 They defiled themselves by what they did,  
playing the harlot in their worship.

40 The anger of the Lord grew intense  
and he abhorred his inheritance.

41 He handed them over to the nations,  
and their foes ruled them with arrogance.

42 Brought by the enemy into subjection,  
they suffered the agony of oppression.

43 He delivered them many a time,  
but they went on defying him  
and sinking deeper into their sin.

44 But he heard their cry of affliction  
and looked on them with compassion.

45 Remembering his covenant,  
he relented for their sake,  
because of his great love.

46 He let them be pitied by all those  
who held them captive.

47 Save us, O Lord, our God,



求你拯救我们，  
从异邦中将我们召回，  
使我们能称谢你，  
赞美你的圣名。

48 愿上主，以色列的天主受赞颂，  
从亘古直到永远。  
愿万民齐呼：  
“阿们！”

## 第一百三十二篇

1 上主，求你记住达味，  
和他忍受的一切苦难。  
11 上主向达味许过誓愿，  
他持守不渝：  
“我要使你的后代继承你的王座。  
12 如果你的子孙谨守我的盟约，  
遵从我教导他们的诫律，  
他们的后裔也必坐上你的宝座。”  
13 上主拣选了熙雍，  
愿将它作为他的居所：  
14 “这是我永久的憩息之所；  
我要在此居住，这是我的愿望。  
15 我要祝福她的蔬果食粮，  
使贫者得以饱足。  
16 我要为她的司祭披上荣耀之衣，  
使她的信众欢喜歌唱。  
17 从这里将兴起一个救主，  
他是达味的子孙；  
我的受傅者的明灯将在此永远闪亮。  
18 我要使他的仇敌满披羞辱，  
他的头上却有王冠发出异彩。”

gather us from among the nations,  
that we may give thanks to you  
and praise your holy name.

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48 Blessed be the Lord, God of Israel,  
from eternity to eternity.  
Let all the people say:  
“Amen!” Praise the Lord!

## 132 (131)

<sup>1</sup>Remember David, O Lord,  
and all his readiness.  
<sup>11</sup>The Lord swore to David  
a promise, and he will remain true to it:  
‘I will keep your descendance  
on your throne.  
<sup>12</sup>If your sons keep my covenant  
and the decrees I have taught them,  
their sons, too,  
will sit forever upon your throne.’  
<sup>13</sup>For the Lord has chosen Zion;  
he has desired it for his dwelling:  
<sup>14</sup>‘This is my resting place forever;  
this I prefer, here will I dwell.  
<sup>15</sup>I will bless its fruits,  
its bread, and the poor will be satisfied.  
<sup>16</sup>I will clothe its priests with glory  
and its faithful will sing in gladness.  
<sup>17</sup>From here a savior shall come forth,  
a son of David;  
here shall shine forever the lamp of my anointed.  
<sup>18</sup>In shame will I clothe his enemies,  
but upon his head a crown shall shine.’

## 第一百三十六篇

1 感谢上主吧，  
因他美善，  
他的仁慈永存。  
2 感谢众神的天主吧，  
他的仁慈永存。  
3 感谢万主之主吧，  
他的仁慈永存。  
4 惟有他行了奇能异事，  
他的仁慈永存。  
5 他凭智慧创造苍穹，  
他的仁慈永存。  
6 他铺陈大地于众水之上，  
他的仁慈永存。  
7 他创造了巨大光亮，  
他的仁慈永存。  
8 太阳管理白昼，  
他的仁慈永存。  
9 月亮星辰照管黑夜，  
他的仁慈永存。

## 第一百四十八篇

1 亚肋路亚！从天上赞美上主；  
在高处赞美上主！  
2 他的众天使啊，赞美他吧；  
他的诸军旅啊，赞美他吧！  
3 太阳月亮啊，赞美他吧；  
闪烁的星辰啊，赞美他吧！  
4 至高的诸天啊，赞美他吧；

## 136 (135)

<sup>1</sup>Alleluia!  
Give thanks to the Lord, for he is good,  
his kindness endures forever.  
<sup>2</sup>Give thanks to the God of gods,  
his kindness endures forever.  
<sup>3</sup>Give thanks to the Lord of lords,  
his kindness endures forever.  
<sup>4</sup>He alone does great marvels,  
his kindness endures forever.  
<sup>5</sup>In wisdom he made the heavens,  
his kindness endures forever.  
<sup>6</sup>He set the earth upon the waters,  
his kindness endures forever.  
<sup>7</sup>He made the great lights,  
his kindness endures forever,  
<sup>8</sup>the sun to rule over the day,  
his kindness endures forever,  
<sup>9</sup>the moon and stars to rule the night,  
his kindness endures forever.

## 148

<sup>1</sup>Alleluia! Praise the Lord from the heavens;  
praise him in the heavenly heights.  
<sup>2</sup>Praise him, all his angels;  
praise him, all his heavenly hosts.  
<sup>3</sup>Praise him, sun and moon;  
praise him, all you shining stars.  
<sup>4</sup>Praise him, you highest heavens  
and you waters above the skies.

天上的大水啊，赞美他吧！  
5 愿它们赞美上主的名，  
正是上主一发命，它们立刻受造。  
6 他安置他们直至永远，  
各有永固持续的职份。  
7 海怪和深渊中的水族，  
8 云雾白雪，冰雹闪电，  
遵行他命令的风暴，  
9 山岳丘陵，果树香柏，  
10 野兽家畜，爬虫飞禽，  
你们要在地上赞美上主。  
11 地上的君王与万民，  
世上的公侯与首领，  
12 少年少女，老人孩童，  
13 愿他们赞美上主的名！  
惟有他的名被尊崇，  
他的威严超越天地。  
14 他赐给自己的子民以荣耀，  
赐给他的信众以赞美，  
即赐予以色列，那亲近他的子民。

<sup>5</sup>Let them praise the name of the Lord,  
at whose command they were made.  
<sup>6</sup>He established them forever  
and gave each a fixed and lasting duty.  
<sup>7</sup>Praise the Lord from the earth,  
you sea creatures and all the depths,  
<sup>8</sup>clouds and snow, hail and lightning,  
storm winds that do his bidding,  
<sup>9</sup>you mountains and all you hills,  
you fruit trees and cedars,  
<sup>10</sup>you wild beasts and tame animals,  
you creeping things and winged fowl.  
<sup>11</sup>Kings of the earth and nations,  
princes and all rulers of the world,  
<sup>12</sup>young men and maidens, old and young together,  
<sup>13</sup>let them praise the name of the Lord.  
For his name alone is exalted;  
his majesty is above earth and heaven.  
<sup>14</sup>He has given his people glory;  
he has given a praise to his faithful,  
to Israel, the people close to him.  
Alleluia.