

## Chinese Traditional

### 聖詠

#### 前言

聖詠是以色列子民的祈禱，也是人類經驗天主的生動表達。這些聖詠代表了天主對人們生活的推動和影響。天主的歷史就是人們的生活，因為祂創造了人類，並與人們同甘共苦。聖作者將天主的這種參與以及人們對天主所有的經驗，轉變為祈禱，用生動和多樣的形式表達出來。根據傳統，許多聖詠都歸於達味名下，但是這只是一種傳統看法，事實上達味可能並非這些聖詠的真正作者。數個世紀的匿名作者們，以他們的祈禱和努力，完成了這部不朽的詩篇。

聖詠中的讚美詩包含同一個主題，就是讚美稱頌天主的創造工程及在選民的歷史中所行的偉大奇蹟。與此相似的詩篇稱為感恩詩，主要是表達個人或團體對天主的感謝。而在困苦無助中有感而發的哀歌則包含多種主題和形式，作者以祈禱者的口吻有感而發地向天主哀求，為的是可以感動天主，獲得天主的垂聽。另一種方式就是由哀求獲准而發的信賴祈禱，這種祈禱建立在信任天主預許的基礎之上。

在聖詠中，我們還可以發現罪人承認自己的罪，並祈求寬恕的懺悔歌。其他的聖詠我們可以將之稱為默想，因為這些聖詠都是關於人類生活及以色列子民歷史的反省。

聖詠在以色列子民的祈禱生活中扮演者不可或缺的重要角色，同樣，聖詠也是基督徒團體或個人的祈禱。因為耶穌基督生前曾多次用聖詠祈禱，並解釋聖詠的深意。

#### 第八篇

2 雅威，我們的上主，  
你的聖名在普世多麼美妙，  
你的尊榮彰顯在高天。  
3 從嬰孩與幼童口中， 你聽到完美的讚頌，  
為使恨你的人受辱，  
為使仇敵閉口無言。  
4 我舉首仰望穹蒼，你手的傑作，  
觀看你安排的明月群星，  
5 世人卑微，你卻對他念念不忘，  
凡夫俗子，你竟對他眷顧周詳！

## 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

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

6 你使他稍遜于天使諸天神，  
用尊貴光榮做他的華冠；  
7 你讓他統治你親手創造的世界，  
讓萬物歸服在他的腳下，  
8 成群的牛羊，田野的百獸，  
9 空中的飛鳥，海裏的遊魚，  
以及大海裏種種的浮游生物。  
10 哦！雅威，我們的天主，  
你的聖名在普世多麼美妙！

## 第二十三篇

1 上主是我的牧者，  
我一無所缺。  
2 他讓我歇息在青草地上，  
領我到幽靜的溪水旁，  
3 他使我的心靈復蘇。  
他爲了自己的聖名，  
引我走正直的坦途，  
4 縱使我走過死亡的幽谷，  
我也不懼怕，因爲主與我同在。  
你的牧杖引領著我，  
你的杖竿是我的護佑。  
5 在我敵人面前，  
你爲我擺設宴席。  
你在我的頭上傳油，  
又使我的杯爵滿盈。  
6 我的一生，  
將享有你的恩惠和不變的慈愛：  
我將居住在上主的聖殿裏。  
直到永遠。

## 第二十四篇

1 大地萬物和世間生靈都屬上主，  
世界和其中的一切都屬於他。  
2 是他在海洋上奠定了陸地，  
是他在水面上建造了普世。  
3 誰能登上上主的聖山？  
誰能站在他的聖所？  
4 是那些手潔心淨，不懷詭詐的人，  
是那些不慕虛榮、不發假誓的人。  
5 上主的祝福必降到他們身上，  
他們會得到救主天主的獎賞。  
6 這才是追尋天主的人，  
是追尋雅各伯天主的人。  
7 城門，提高你的門楣；  
古老的城門，敞開你的門扉，  
因爲榮耀的君王要進入！

6 Yet you made him a little lower than the angels;  
you have crowned him with glory and honor.  
7 You made him rule over the works of your hands;  
you have put all things under his feet  
8 sheep and oxen without number  
and even the beasts of the field,  
9 the birds of the air, the fish of the sea,  
and all that swim the paths of the ocean.  
10 O Lord, our Lord,  
how great is your name all over the earth!

## 23 (22)

1 The Lord is my shepherd,  
I shall not want.  
2 He makes me lie down in green pastures.  
He leads me beside the still waters,  
3 he restores my soul.  
He guides me through the right paths  
for his name's sake.  
4 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.  
5 You spread a table before me  
in the presence of my foes.  
You anoint my head with oil;  
my cup is overflowing.  
6 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)

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

8 “這位光榮的君王是誰？”  
就是無比威能的上主。  
在戰爭中無比英勇的上主。  
9 古老的城門，擡高你的門楣；  
古老的城門，敞開你的門扉。  
讓光榮的君王走進。  
10 “這位光榮的君王是誰？”  
他就是萬軍的雅威，  
他是榮耀的君王！

### 第三十二篇

得蒙罪赦的人真是有福，  
他已清白如初。  
2 上主眼中無辜的人真是有福。  
他精神清爽，坦蕩無欺。  
3 在我沈默不言，拒絕認罪時，  
我的身心疲憊，我整日哀歎流淚，  
4 日夜感到上主的手重壓著我，  
如炎炎烈日，  
使我的力量耗盡，我的心焦渴。  
5 於是，我向你承認我的罪過，  
我什麼也不再隱藏，  
我說：  
“我要對上主承認犯下的罪過。”  
你即刻原諒了我。  
6 忠信的人，  
在危難時都應呼求你，  
縱有洪水滔然，  
虔敬的人必平安無險。  
7 你是我的庇護，  
救我脫離苦難，  
我發自內心地歌頌你的救贖，  
因為你保護了我。  
8 “我會指引你走上正義的大道，  
我會教導你，不離你左右。”

### 第五十一篇

3 天主！求你憐憫我，  
以你的愛和偉大的悲憫，  
寬免我的罪過，  
你的慈悲浩蕩無邊。  
4 求你使我清白磊落，  
再也不受罪惡的誘惑。  
5 我懺悔自己的過錯，  
腦中消除邪惡。  
6 我犯罪惟獨傷害了你，  
我做下了你唾棄的惡事。

8 Who is the King of glory?  
The Lord, the strong, the mighty,  
the Lord, valiant in battle.  
9 Lift up your lintels, O gateways,  
open up, you ancient doors,  
that the King of glory may enter!  
10 Who is the King of glory?  
The Lord of Hosts,  
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.

### 51 (50)

3 Have mercy on me, O God, in your love.  
In your great compassion blot out my sin.  
4 Wash me thoroughly of my guilt;  
cleansing me of evil.  
5 For I acknowledge my wrongdoings  
and have my sins ever in mind.  
6 Against you alone have I sinned;  
what is evil in your sight I have done.

我承認你的審判正確無比，  
你的懲罰準確無誤、不容懷疑。  
7 我生來就是有罪的人，  
在母腹中我就需要你的寬恕。  
8 我知道你內心渴求真理，  
求你培育我內心的智慧。  
9 求你洗滌我，使我潔淨。  
你慈愛的寬免使我潔白如雪，  
10 讓我心靈滿溢喜悅和感激，  
傷痕累累的身體也覺歡愉。  
11 求你轉面不看我的過失，  
除掉我一切的失誤雜慮。  
12 天主，求你保持我心靈純潔，  
使我的精神清新無染。  
13 請來和我同在，不要捨棄我！  
讓你的聖神一直陪伴著我。  
14 讓你救贖的喜悅鼓舞我的靈魂，  
你的美好精神滋養我。  
15 我要在犯錯者中宣講你的道，  
罪人都會回歸你的懷抱。  
16 哦，天主，救我脫離罪惡之血，  
我必大聲宣講你的正義。  
17 上主，讓我大聲宣講你的真理，  
我的口中滿是對你的感激讚美。  
18 我有討你喜愛的供奉，  
但我知道你不喜歡那種奉獻。  
19 天主，就讓我獻上痛悔的精神，  
你不會拒絕我受傷的心靈。  
20 上主！求你用厚愛善待熙雍，  
讓人們重建耶路撒冷聖城。  
21 那時你必悅納合法之祭和全燔祭獻，  
那時有牛犢奉獻在你的祭壇上。

## 第七十八篇

我的百姓，留意我的教導，  
側耳聆聽我口中的話語！  
2 我要用譬喻講述，  
我要論說古時的神迹，  
3 是我們曾聽見和知道的，  
也是我們祖先告訴我們的。  
4 我們不會向子孫隱瞞，  
我們要將上主的榮耀和威能，  
他所施行的奇妙作為，  
傳揚給後代衆生。  
5 他曾為雅各伯頒佈誠命，  
在以色列設立律法，  
吩咐我們的祖先教導給子孫後代。  
6 讓那未來的一代可以知曉，  
也能告訴他們的子孫。

You are right when you pass sentence  
and blameless in your judgment.  
7 For I have been guilt-ridden from birth,  
a sinner from my mother's womb.  
8 I know you desire truth in the heart,  
teach me wisdom in my inmost being.  
9 Cleanse me with hyssop and I shall be clean,  
wash me, I shall be whiter than snow.  
10 Fill me with joy and gladness;  
let the bones you have crushed rejoice.

11 Turn your face away from my sins  
and blot out all my offenses.  
12 Create in me, O God, a pure heart;  
give me a new and steadfast spirit.  
13 Do not cast me out of your presence  
nor take your holy spirit from me.  
14 Give me again the joy of your salvation  
and sustain me with a willing spirit.  
15 Then I will show wrongdoers your ways  
and sinners will return to you.

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

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 他們將信靠天主，  
記住他的所作所為，遵守他的誡律。

8 不會像他們的祖先，  
成爲頑固悖逆，  
反復無常，不忠於天主之輩。

9 厄弗辣因的子孫雖已挽弓武裝，  
臨陣之時卻轉身潰逃。

10 他們沒有履行與天主的盟約，  
也不服從他的律法。

11 他們忘卻了他的作爲  
和他所行的奇事，

12 即他們的祖先在埃及，  
在左罕地所見的神迹。

13 他分開大海，領他們穿行；  
他使海水直立如壁。

14 白天他用雲彩引領他們，  
黑夜他以火光爲他們照亮。

15 曠野中他擊破岩石，  
賜給他們充足的飲水。

16 他令岩石瀉出溪流，  
水流不絕彙入江河。

17 他們卻依然作惡得罪他，  
在沙漠之中悖逆了至高者，

18 他們任性試探他，  
隨心所欲求取食物。

19 且褻瀆天主說：

“天主能在沙漠中擺設宴席嗎？

20 他曾擊石出水，

但他還能再給他的百姓預備糧食和肉嗎？”

21 上主聽見，大爲憤怒，  
烈焰燃向雅各伯，怒火直沖以色列。

22 因爲他們不信靠天主，  
也不倚賴他的救恩。

23 然而，他仍令雲彩降下，  
開啓天上的大門，

24 他降下瑪納，  
賜給他們天上的食糧。

25 他們享用天使的糧食，  
他又賜下食物，使他們飽足。

26 他由空中激蕩起東風，  
以他的大能引發了南風。

27 給他們降下鮮肉，多如塵土，  
又降下飛鳥，落在他們的營中，

28 落在他們帳幕四周，似海邊之沙。

29 他們吃了，十分飽足，  
天主使他們的欲望得到滿足。

7 They would then put their trust in God,  
and not forget his deeds and his commands.

8 And not be like their ancestors,  
stubborn and rebellious people,  
a people of inconstant heart  
whose spirit was fickle.

9 Well-armed with bow,  
the Ephraimites took flight  
when the time came to do battle.

10 It is because they did not keep  
God's covenant  
and refused to live by his law.

11 They forgot the marvels he had done,

12 what their ancestors had seen  
in the land of Egypt,  
in the fields of Zoan.

13 He divided the sea and led them across;  
he made the water stand like a wall.

14 By day he led them with a cloud,  
and by night with a fiery light.

15 In the desert he split rocks  
to give them abundant drink.

16 He made streams come out of a rock  
and caused water to flow like a river.

17 Yet they sinned even more against him  
and rebelled against the Most High in the desert.

18 They tested God,  
demanding the food they craved.

19 They blasphemed against God, saying:  
“Can God spread a table in the desert?”

20 He made water flow out of the rock;  
can he also give his people bread or meat?”

21 When the Lord heard this he was enraged;  
a fire raged against Jacob,  
his anger flared against Israel,

22 for they had no faith in God  
nor trust in his deliverance.

23 Yet he commanded the skies  
above and opened the doors of heaven;

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 但他們滿口諂媚，謊話連篇。  
37 他們的心對他毫無誠意，  
不忠於與他所立的盟約。  
38 但是他卻慈悲為懷，  
饒恕了他們的罪過，  
沒有滅絕他們。  
他屢次抑制怒火，  
沒有發泄。  
39 他想到他們不過是血肉之軀，  
只是一陣去而不返的微風。  
40 多少次，他們在曠野中悖逆了他，  
多少次，他們在沙漠裏使他悲傷！

41 他們一次次地試探他，  
激怒了以色列的聖者！  
42 他們不再追念  
他救他們脫離壓迫者的威能。

52 他引領自己的百姓如同羊群，  
在曠野中指導他們好似綿羊。  
53 他領他們平安行進，  
使他們無所畏懼。  
而他們的仇敵卻為海洋吞沒。  
54 他帶他們進入自己的聖地，  
到達他右手所得的山嶺。  
55 他在他們面前趕走異族，  
賜下土地為他們的產業。  
讓以色列的支派住進各自的帳篷。  
69 他建造自己的聖所高比上天，  
永遠奠定，如地之牢固。  
70 他揀選了他的僕人達味，  
從羊欄中招呼他。  
71 讓他離開看護的母親和羔羊，  
去牧放自己的百姓雅各伯，  
他的產業—以色列的百姓。  
72 達味以純正的心牧養他們，  
又用巧妙的手引領他們。  
天主，異民入侵你的產業，  
褻瀆你的聖殿，  
顛覆耶路撒冷成為廢墟。

### 第一百零四篇

1 我的心靈讚美上主！  
偉大莊嚴是上主的衣衫，  
啊！上主，我的天主，你是何等威嚴！  
2 太陽時你的外氈，  
蒼天伸展搭成你的幕帳，  
3 你把宮殿建在水面上，  
以行雲為車輦何等輝煌，  
你凌駕於高空之上；

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 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 陣陣勁風是你的使者，  
熊熊火焰是你的大將。  
5 是你奠定了大地的根基，  
牢固穩定永不搖晃；  
6 你以海洋遮蓋大地如同衣裳，  
清水在群山峻嶺間流淌。  
7 你的怒斥使水倉惶流亡，  
聽到你雷鳴的聲響，大水驚退。  
8 你又使水流穿山越嶺，  
舒緩于幽谷深處。  
9 你限定了他們的界限，  
從此洪水再也不能在大地上泛濫。  
10 你使泉水在深谷中奔流急淌，  
越過群山，蜿蜒成川，  
11 山中百獸享受清涼甘泉，  
饑渴的驢子暢飲在水邊。  
12 四周有鳥築巢，  
樹枝上有他們動聽的歌唱。  
13 有水流出你的宮殿，  
滋潤大地群山，萬物收穫富饒豐滿；  
14 青青綠草餵養牛羊，  
人們有菜園來管理耕種，  
大地五穀的產物是你的禮贊。  
15 甜酒讓人滿心喜悅，  
還有膏油滋身潤面，  
麥餅更讓我們體魄強健。  
16 上主用水餵養密林，樺樹充沛飽滿，  
他親手種下黎巴嫩的香柏。  
17 百鳥在枝上安家築巢，  
鶴鳥在松樹上安息悠閒。  
18 羚羊賓士在群山之間，  
絕嶺陡壁是岩狸的家園。  
19 你造了月亮來劃分季節，  
你創造的太陽自有其升落的韻律。  
20 黑夜來臨時，  
林中百獸都悄然出巡。  
21 雄壯的獅子怒吼覓食，  
向天主要求食物充饑；  
22 太陽升起百獸各自躲避，  
回到自己的洞穴悄然休息；  
23 人類出來辛勤耕作，  
直到黃昏才歸回。  
24 上主，你的藝作變化萬千，  
你用智慧創造了萬物，  
你的受造物佈滿了大地。  
25 看，汪洋大海浩淼無邊，  
水中游物大小各異，不可勝數；  
26 船來船往，大海是個陌生的世界，  
還有你造的巨龍在水中嬉戲。  
27 浩繁的生靈都依賴你，  
求得飽食無虞。

<sup>4</sup>you make the winds your messengers,  
and fire and flame your ministers.  
<sup>5</sup>You set the earth on its foundations,  
and never will it be shaken.  
<sup>6</sup>You covered it with the ocean like a garment,  
and waters spread over the mountains.  
<sup>7</sup>But at your rebuke the waters flee,  
at the sound of your thunder they take to flight.  
<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,  
and toils till evening comes.  
<sup>24</sup>How varied O Lord, are your works!  
In wisdom you have made them all—  
the earth full of your creatures.  
<sup>25</sup>Behold the sea, wide and vast,  
teeming with countless creatures,  
living things both great and small,  
<sup>26</sup>a strange world reserved for the ships,  
for Leviathan, the dragon you made to play with.  
<sup>27</sup>They all look to you  
for their food in due time.

28 你餵養他們，  
他們就在你面前聚集。  
你鬆開仁慈的手，  
降下美食充饑。  
29 你藏起自己的臉面時，  
他們就驚恐不安，  
如果你收走了他們的氣息，  
衆物就會毀滅，歸於塵土。  
30 你的精神將人世哺育，  
大地充滿你創造的生靈；  
你擦新宇宙的面容。  
31 願上主的光榮長存，  
願上主親自欣賞他的神奇化工！  
32 他垂視大地，大地就震動不止，  
群山一感到他的觸及，就嘔吐煙氣。  
33 我一生都要爲上主歌唱，  
我要頌贊上主，直到生命止息。  
34 願我的歌聲使他愉悅欣喜，  
願上主用歡欣充滿我心。  
35 願地上再也沒有罪人橫行，  
惡人永遠銷聲匿迹。  
願我的心靈讚頌上主！

### 第一百零五篇

1 稱謝天主，呼求他的聖名；  
在萬邦中傳述他的作爲。  
2 向他吟唱，詠頌讚美，  
宣揚他的奇功妙行。  
3 以他的聖名爲光榮，  
4 尋求上主，獲取力量！  
要時時尋求他的聖容。  
  
5 天主的僕人亞伯郎的子孫，  
他揀選的雅各伯的後裔！  
6 你們要記住他的奇妙作爲，  
他的神迹和他的審判。  
7 他是上主，我們的天主；  
他的裁決遍及普世。  
8 他永遠記住自己的盟約，  
不忘許諾，直至萬代。  
9 就是與亞伯郎訂立的盟約，  
向依撒格許下的誓言。  
  
10 他對雅各伯確定了他的條例，  
向以色列立下了永久的盟約，  
11 說：“我必將迦南賜給你，  
作爲你們的一份產業。”  
12 他們人丁稀少，客居異地，  
13 從這邦流浪到那邦，  
從這國遊歷到那國，  
14 但天主不容人欺壓他們，

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!

### 105 (104)

1 Give thanks to the Lord, call on his name;  
make known his works among the nations.  
2 Sing to him, sing his praise,  
proclaim all his wondrous deeds.  
3 Glory in his holy name;  
let those who seek the Lord rejoice.  
4 Look to the Lord and be strong;  
seek his face always.  
  
5 Remember his wonderful works,  
his miracles and his judgments,  
6 you descendants of his servant Abraham,  
you sons of Jacob, his chosen ones!  
7 He is the Lord our God;  
his judgments reach the whole world.  
8 He remembers his covenant forever,  
his promise to a thousand generations,  
9 the covenant he made with Abraham,  
the promise he swore to Isaac.  
  
10 He confirmed his decree to Jacob,  
to Israel his eternal covenant:  
11 ‘To you I will give the land of Canaan  
as part of your inheritance.’  
12 When they were few in number,  
strangers in the land,  
13 wandering from nation to nation,  
from one kingdom to another,  
14 he allowed no one to oppress them,



並爲了他們警告衆王：  
15 “不可觸犯我的受傅者，  
不可傷害我的先知！”  
16 然後他降下饑荒，  
斷絕了他們的食糧供給，

17 在此之前他已將一人遣去，  
就是那被賣爲奴的若瑟。  
18 他的雙腳爲鑕銬所困，  
他的頸項繞著鐵鏈，  
19 直到他的預言應驗，  
上主的話證明了他的誠實。

20 國王派人釋放了他，  
衆民的首領恢復了他的自由。  
21 委任他掌管王室事務，  
管理王室的所有產業，  
22 讓他訓誨王侯，  
以智慧教導元老。  
23 後來，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，  
比他們的仇敵更加強健。  
25 他使敵人憎恨他的百姓，  
用陰險詭詐對待他的子民。

37 他領出滿載金銀的以色列，  
所有支派中沒有一個人殘缺。  
38 以色列出離，埃及人無不歡娛，  
因爲他們實在膽戰恐懼。  
39 他展布雲彩，用來掩護遮蔭，  
他樹立火柱，爲在夜間照明。  
40 他們一懇求，他就送來鸕鶿，  
又從天上降糧飽餵他們。

41 他劈開磐石，湧出水泉，  
如同小河流經沙漠。  
42 因爲他記得自己神聖的許諾，  
沒有忘卻他對僕人亞伯郎的誓言。  
43 他引領他的百姓欣然離去，  
他揀選的子民歡樂歌唱。  
44 他把異邦的土地賜給他們，  
使他們承受別人勞碌的果實，  
45 爲叫他們謹守他的典章，  
遵從他的律法。

## 第一百零六篇

亞肋路亞！

1 稱謝上主，因爲他良善美好。  
他的仁愛永在。  
2 誰能計數上主的大能化工？  
誰又能表述他的一切美德？

and for their sake he rebuked kings:  
15“Touch not my anointed ones,”  
he warned, “do my prophets no harm!”  
16Then he sent a famine  
and ruined the crop that sustained the land;

17he sent a man ahead of them, Joseph,  
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,

45that 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 常行公義的人真是有福，  
行為正直的人真是有福！  
4 上主，你善待你百姓之時，  
求你記著我；  
你解放他們之時，求你援救我；  
5 讓我看見你信眾的喜樂，  
分享你邦國的歡悅，  
與你的子民一起讚美你。

6 我們像祖先一樣犯了罪，  
我們曾為非作歹。  
7 我們的祖先在埃及時，  
對你的奇妙作為不加注重；  
忘卻了他豐富的仁愛，  
在紅海悖逆了至高者。  
8 然而他因了自己的名，  
拯救了他們，  
使他的大能得以彰顯。  
9 他呵叱紅海，海水便乾涸；  
他引領他們穿行海底，如履旱地。  
10 他拯救他們脫離敵人之手，  
從仇人手中救他們獲得自由。

11 海水淹沒了追趕他們的人，  
沒有一個得以逃脫。  
12 他們這才相信了他的允諾，  
齊聲高歌讚頌他。  
13 但是他們很快就忘了他的作為，  
不願再等候他的旨意。  
14 他們任性縱欲，  
在曠野中試探天主，  
15 他將他們貪求的賜給了他們，  
也給他們降下災病。

16 他們在營中嫉妒梅瑟，  
對上主的聖者亞郎也起了猜忌。  
17 於是土地裂開，吞嚥了達堂，  
埋葬了阿彼蘭的同伴；  
18 烈火在他們中間燃起，  
焚燒作惡的人。  
19 他們在曷勒布鑄造了牛犢，  
敬拜鑄造的偶像。  
20 他們以吃草的牛之形象，  
替代了天主的榮耀。

21 他們忘卻了他們的救主天主，  
他曾在埃及行過大事，  
22 在含地施展奇迹，  
在紅海行過令人畏懼的事。  
23 天主說要消滅他們之時，  
他揀選的梅瑟站在岸邊，  
在他面前解除了他們被滅的危機。  
24 但是他們仍然藐視誓許的樂土，  
不信他的話語。

<sup>3</sup>Blessed are they  
who always do just and right.  
<sup>4</sup>Remember me, O Lord,  
when you show favor to your people;  
rescue me when you deliver them;  
<sup>5</sup>let me see the triumph of your faithful,  
let me share the joy of your nation,  
and join your people in praising you.

<sup>6</sup>We have sinned like our ancestors;  
we have done wrong and acted wickedly.  
<sup>7</sup>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.  
<sup>8</sup>Yet he saved them for his name's sake,  
to make his mighty power known.  
<sup>9</sup>He rebuked the sea, and it dried up;  
he led them through the deep as on dry land.  
<sup>10</sup>He saved them from hostility,  
freeing them from the hand of the enemy.

<sup>11</sup>Waters covered their pursuers,  
and none of them was left alive.  
<sup>12</sup>Then they believed his promises  
and all at once sang his praises.  
<sup>13</sup>But soon they forgot his works  
and did not wait for his counsel.  
<sup>14</sup>They gave way to wanton craving  
and tempted God in the desert.  
<sup>15</sup>He gave them what they wanted,  
then sent them a wasting disease.

<sup>16</sup>In the camp they grew envious  
of Moses and Aaron,  
the holy one of the Lord.  
<sup>17</sup>So the earth opened, swallowed Dathan,  
and buried the company of Abiram;  
<sup>18</sup>fire broke out against them,  
burning up the wicked.  
<sup>19</sup>They made a calf at Horeb  
and worshiped the molten image.  
<sup>20</sup>They exchanged the glory of God  
for the image of a bull that eats grass.

<sup>21</sup>They forgot their Savior God,  
who had done great things in Egypt,  
<sup>22</sup>wonderful works in the land of Ham,  
and awesome deeds by the Sea of Reeds.  
<sup>23</sup>So he spoke of destroying them,  
but Moses, his chosen one,  
stood in the breach before him  
to shield them from destruction.  
<sup>24</sup>Yet they despised the promised land,  
for they had no faith in his word.

25 他們在帳篷內抱怨訴苦，  
不願傾聽上主的聲音。  
26 於是他向他們舉手發誓，  
要讓他們在曠野中倒斃，  
27 使他們的子孫分散異邦，  
在各地流亡。  
28 他們與巴耳培敖爾聯合，  
分食祭獻死神的祭品。  
29 他們的惡行惹怒了上主，  
瘟疫突發，在他們中間肆行。  
30 丕乃哈斯起來調停，  
瘟疫才得止息。

31 這歸功於他的正直，  
世世代代為人記念。  
32 他們在默黎巴水邊激怒了上主，  
梅瑟也受了牽連；  
33 因他們悖逆天主時，  
他說了莽撞的話。  
34 他們沒有依照上主的命令，  
去殺滅異族；  
35 反而與異族混雜居住，  
學習他們的行事習俗。

36 為侍奉異族的偶像，  
他們被誘入圈套，  
37 犧牲自己的兒女，  
奉獻給邪魔惡鬼；  
38 他們傾流無辜者的鮮血，  
和自己兒女的鮮血，  
奉獻給迦南的偶像，  
使得那地為血玷污。  
39 他們因自己的行為受到玷污，  
在叩拜偶像時行同娼妓。  
40 上主大發烈怒，  
對自己的子民心生厭惡。

41 他把他們交在異邦手中，  
讓他們的仇敵傲慢地來統轄。  
42 他們被敵人欺辱，  
經受被虐待的痛苦。  
43 他們多少次得他的解救，  
但是他們繼續違抗他，  
在罪惡中越陷越深。  
44 他還是俯聽了他們在苦難中的哀告，  
懷著憐恤垂顧了他們。  
45 他憶起自己的盟約，恩待了他們，  
他因深厚的仁愛，憐恤了他們。  
46 他使他們在擄掠他們的人面前蒙受憐恤。

47 上主，我們的天主，  
求你拯救我們，  
從異邦中將我們召回，  
使我們能稱謝你，  
讚美你的聖名。

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

48 願上主，  
以色列的天主受讚頌，  
從亙古直到永遠。  
願萬民齊呼：“阿們！”

## 第一百三十二篇

1 上主，求你記住達味，  
和他忍受的一切苦難。  
11 上主向達味許過誓願，  
他持守不渝：  
“我要使你的後代繼承你的王座。  
12 如果你的子孫謹守我的盟約，  
遵從我教導他們的誠律，  
他們的後裔也必坐上你的寶座。”

13 上主揀選了熙雍，  
願將它作為他的居所：  
14 “這是我永久的憩息之所；  
我要在此居住，這是我的願望。  
15 我要祝福她的蔬果食糧，  
使貧者得以飽足。  
16 我要為她的司祭披上榮耀之衣，  
使她的信眾歡喜歌唱。  
17 從這裏將興起一個救主，  
他是達味的子孫；  
我的受傅者的明燈將在此永遠閃亮。  
18 我要使他的仇敵滿披羞辱，  
他的頭上卻有王冠發出異彩。”

## 第一百三十六篇

1 感謝上主吧，因他美善，  
他的仁慈永存。  
2 感謝眾神的天主吧，  
他的仁慈永存。  
3 感謝萬主之主吧，  
他的仁慈永存。  
4 惟有他行了奇能異事，  
他的仁慈永存。  
5 他憑智慧創造蒼穹，  
他的仁慈永存。  
6 他鋪陳大地於眾水之上，  
他的仁慈永存。  
7 他創造了巨大光亮，  
他的仁慈永存。  
8 太陽管理白晝，  
他的仁慈永存。  
9 月亮星辰照管黑夜，  
他的仁慈永存。

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

## 132 (131)

1 Remember David, O Lord,  
and all his readiness.  
11 The Lord swore to David  
a promise, and he will remain true to it:  
‘I will keep your descendance on your throne.  
12 If your sons keep my covenant  
and the decrees I have taught them,  
their sons, too,  
will sit forever upon your throne.’

13 For the Lord has chosen Zion;  
he has desired it for his dwelling:  
14 This is my resting place forever;  
this I prefer, here will I dwell.  
15 I will bless its fruits,  
its bread, and the poor will be satisfied.  
16 I will clothe its priests with glory  
and its faithful will sing in gladness.  
17 From here a savior shall come forth,  
a son of David;  
here shall shine forever the lamp of my anointed.  
18 In shame will I clothe his enemies,  
but upon his head a crown shall shine.’

## 136 (135)

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

## 第一百四十八篇

1 亞肋路亞！從天上讚美上主；  
在高處讚美上主！  
2 他的衆天使啊，讚美他吧；  
他的諸軍旅啊，讚美他吧！  
3 太陽月亮啊，讚美他吧；  
閃爍的星辰啊，讚美他吧！  
4 至高的諸天啊，讚美他吧；  
天上的大水啊，讚美他吧！  
5 願它們讚美上主的名，  
正是上主一發命，它們立刻受造。

6 他安置他們直至永遠，  
各有永固持續的職份。  
7 海怪和深淵中的水族，  
8 雲霧白雪，冰雹閃電，  
遵行他命令的風暴，  
9 山嶽丘陵，果樹香柏，  
10 野獸家畜，爬蟲飛禽，  
你們要在地上讚美上主。  
11 地上的君王與萬民，  
世上的公侯與首領，  
12 少年少女，  
老人孩童，  
13 願他們讚美上主的名！  
惟有他的名被尊崇，  
他的威嚴超越天地。  
14 他賜給自己的子民以榮耀，  
賜給他的信衆以讚美，  
即賜予以色列，  
那親近他的子民。

## 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.  
<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.*