

LIVING IN THE LAMENT

活在哀歌中

Network Church Service
“Healing of the Nation” Series Wk 3
29 September 2024
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Embracing Lament

擁抱哀歌

What is Lament? 甚麼是哀歌？

“to express profound grief; to mourn passionately”

(Oxford dictionary definition)

「表達深切的悲痛；強烈哀悼」

(牛津字典定義)

Quote from Michael Card

“Lament is the path that takes us to the place where we discover that there is no complete answer to pain and suffering, only Presence. The language of lament gives a meaningful form to our grief by providing a vocabulary for our suffering and then offering it to God as worship.”

哀歌是一條路徑引領我們發現，痛苦和苦難並沒有提供完全答案，卻是上帝的「同在」。哀歌的內容為我們的悲痛賦予了意義，提供了一個表達苦難的詞彙，然後將它作為敬拜獻給上帝。

Soong-Chan Rah in “Prophetic Lament”

“Lament is a missing, essential component of Christian faith. Lament recognises struggles and suffering, that the world is not as it ought to be. Lament challenges the status quo and cries out for justice against existing injustices.”

哀歌是基督信仰中一個缺失的、關鍵的元素。哀歌承認掙扎與苦難，承認這個現存世界並非應有的模樣。哀歌挑戰現狀，為現存的不義呼求公義。

“Lament is honesty before God and each other. If something has truly been declared dead, there is no use sugar-coating that reality. To hide from suffering and death would be an act of denial.”

哀歌是在上帝和彼此面前的誠實。如果某件事已被宣告死亡，掩飾這個現實是毫無意義的。逃避痛苦和死亡將是一種否定的行為。

- Do we have a theology of suffering? Is our Christian faith all about success and blessing?

你是否有一個有關「苦難」的神學觀？我們的信仰是否只關乎成功與幸福？

- Do we think suffering is unspiritual? When bad things happen, do we feel that God is punishing us for something we did wrong?

苦難是否代表不屬靈？當壞事發生時，我們是否認為上帝是在懲罰我們的過錯？

- Is there room in our Christian faith to embrace pain and suffering in a broken world, to cry out to God, and allow Him to walk with us through those dark times?

在我們的信仰中，是否有空間去擁抱這破碎世界中的痛苦和苦難，向上帝呼求，並讓祂陪伴我們走過那些黑暗的時刻？

Jeremiah's Message to the Exiles (Jer 29:4-10)

耶利米先知對被擄者的信息（耶利米書 29:4-10）

1) Don't withdraw or hide from life in Babylon – settle down, build houses, have families; seek the welfare of the land you're in exile in. (v.4-7)
不要在巴比倫抽離或隱藏地生活— 要安頓下來，建造房屋，組織家庭；尋求你們被擄之地的平安。（第4-7節）

2) Don't listen to the simple solutions from the false prophets (v.8-9) 不要聽從假先知的虛假的話（第8-9節）

God's promise of restoration (v.10) – 70 years in Babylon.
上帝賜下歸回之應許（第10節）— 被擄巴比倫70年

Jeremiah's Message to the Exiles (Jer 29:4-10)

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The only acceptable response left to the exiles is Lament (acknowledging God's sovereignty regardless of their circumstances).

被擄之民唯一可以接受的回應就是哀歌（無論他們的處境如何，承認上帝的主權）

There are no quick answers to pain and suffering!
對於痛苦和苦難，沒有快速的答案！

Biblical Lament: a Lament of Hope

聖經中的哀歌：盼望之哀歌

Lamentations 3:21-23 (ESV)

²¹ But this I call to mind, and therefore I have hope:

²² The steadfast love of the Lord never ceases; his mercies never come to an end;

²³ they are new every morning; great is your faithfulness.

耶利米哀歌 3:21-23 (和合本修訂版)

²¹但我的心回轉過來，因此就有指望

²²因耶和華的慈愛，我們不致滅絕，
因他的憐憫永不斷絕，

²³每早晨，這都是新的；你的信實極其廣大！

Biblical Lament

聖經中的哀歌

Lament is about having a language about dead things; praying things to life with God's heart.

哀歌就是關於為已死之事找到其語言；用上帝的心意來祈禱，使其重生。

“For there is hope for a tree, if it be cut down, that it will sprout again, and that its shoots will not cease.

Though its root grow old in the earth, and its stump die in the soil, yet at the scent of water it will bud and put out branches like a young plant.”

(Job 14:7-9 ESV)

⁷ 因樹有指望，若被砍下，還可發芽，嫩枝生長不息。

⁸ 樹根若衰老在地裏，樹幹也死在土中，

⁹ 及至得了水氣，還會發芽，長出枝條，像新栽的樹一樣。

(約伯記14:7-9 和合本修訂版)

Praying the Psalms

以詩篇作來禱告

- The Psalms were the corporate prayers of Israel, written for corporate worship.
詩篇是以色列人的群體禱告，為群體敬拜而寫。
- The psalmist gives us language for how to open our hearts to God in raw honesty.
詩人為我們提供了如何以真誠的方式向上帝敞開心扉的語言。

Psalm 89

詩篇89篇

- Verses 1-37 – “I will sing of the Lord’s great love; God’s promises to David that his offspring will sit on the throne”
第1-37節 - 我要歌唱耶和華的慈愛；上帝應許堅立大衛後裔的寶座
- Verses 38-51 – “You have been angry with us! How long will You forget us? You rejected us! You did this, God!”
第38-51節 - 祢要惱怒我們！祢要忘記我們到幾時？祢拒絕我們！上帝，祢就是如此對待我們！
- Verse 52 – “Praise be to the Lord forever! Amen and Amen!”
第52節 - 「耶和華是應當稱頌的，直到永遠。阿們！阿們！」

Psalms of Orientation

定向的詩篇

Corporate or personal prayers for seasons of satisfaction and wellbeing, when everything is going well; the world is as it should be, and we delight in God's creation and blessings.

群體或個人的禱告，於安逸滿足的季節，當一切都進行得很順利；世界如同應有的樣子，我們在神的創造和祝福中喜樂。

Examples 例子: Psalm 詩篇 1, 8, 133, 145

Psalms of Disorientation

失向的詩篇

- Corporate and personal prayers for seasons of anguish, isolation and dark times when we are overwhelmed with life.
群體和個人的禱告，適用於痛苦、孤立和黑暗時間，當我們被生活所淹沒時。
- Lament Psalms make up 63 out of 150 Psalms!
150篇詩篇其中有63篇是哀歌
- Complaints about ourselves, about others, about God.
對自己、對他人、對上帝的抱怨

“If it’s in the soul, it must be shared with God.” (Walter Brueggemann)
「假若是關乎靈裡面的事，都必須與上帝分享」

Psalms of Disorientation

失向的詩篇

“Life is meant to be lived as a pilgrimage through the darkness.” (Walter Brueggemann)

生命的意義就是一段穿越黑暗的朝聖之旅

Personal laments 個人哀歌: Psalm 詩篇 13, 35, 86

Communal laments 群體哀歌: Psalm 詩篇 74, 79, 137

Psalms of New Orientation

重新定向的詩篇

Corporate or personal prayers of thanksgiving for times when we were in the pits, but God heard our cries, and surprised us with breakthroughs and new life.

在我們處於低谷時，群體或個人的感恩禱告。因着上帝聽見了我們的呼求，並以突破和新生命叫我們感到驚訝。

Examples: Psalm 30, 40, 138

例子：詩篇 30, 40, 138

Psalms 詩篇137

¹By the waters of Babylon, there we sat down and wept, when we remembered Zion. ²On the willows there we hung up our lyres. ³For there our captors required of us songs, and our tormentors, mirth, saying, “Sing us one of the songs of Zion!” ⁴How shall we sing the Lord’s song in a foreign land? ⁵If I forget you, O Jerusalem, let my right hand forget its skill! ⁶Let my tongue stick to the roof of my mouth, if I do not remember you, if I do not set Jerusalem above my highest joy! ⁷Remember, O Lord, against the Edomites the day of Jerusalem, how they said, “Lay it bare, lay it bare, down to its foundations!” ⁸O daughter of Babylon, doomed to be destroyed, blessed shall he be who repays you with what you have done to us! ⁹Blessed shall he be who takes your little ones and dashes them against the rock!

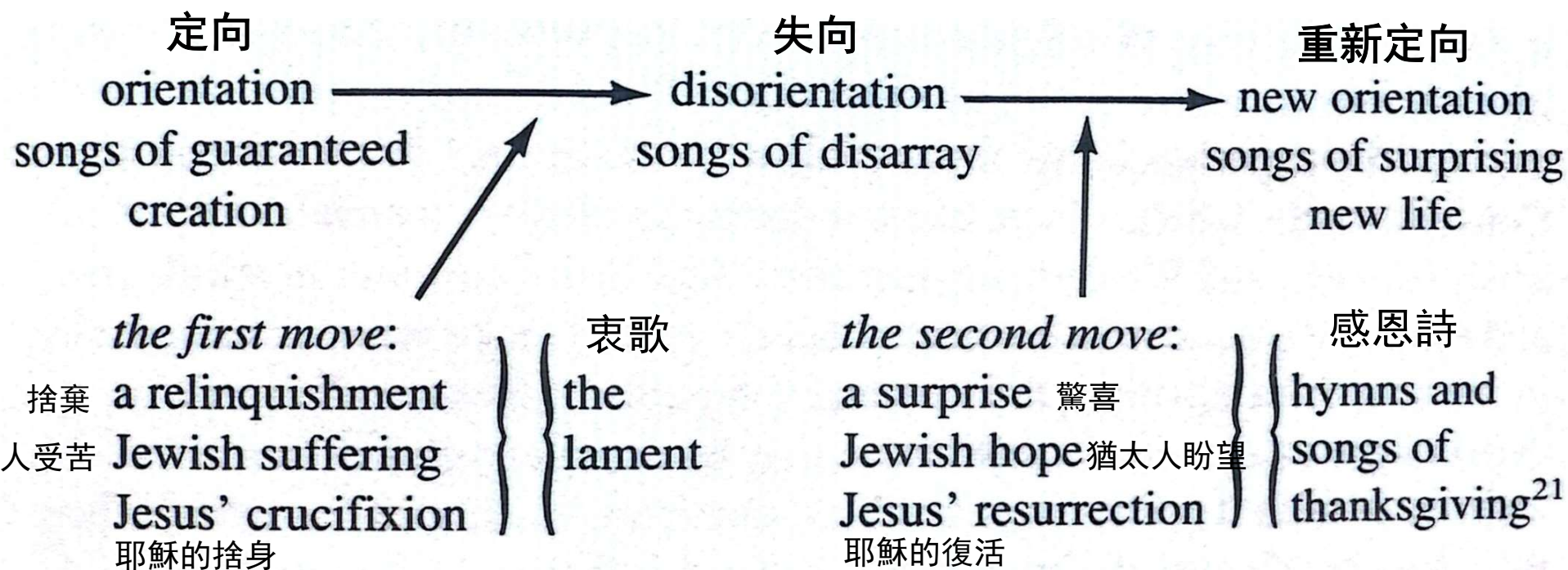
(ESV)

¹我們在巴比倫河邊，坐在那裏，追想錫安，就哭了。²在一排柳樹中，我們掛上我們的豎琴。³擄掠我們的在那裏要我們唱歌；搶奪我們的要我們為他們作樂：「給我們唱一首錫安的歌吧！」⁴我們怎能在外邦之土唱耶和華的歌呢？⁵耶路撒冷啊，我若忘記你，寧願我的右手枯萎；⁶我若不記得你，不看你過於我最喜樂的，寧願我的舌頭貼於上膛！⁷耶路撒冷攻破的日子，以東人說：「拆毀！拆毀！直拆到根基！」耶和華啊，求你記得！⁸將要被滅的巴比倫哪，用你待我們的惡行報復你的，那人有福了。⁹抓起你的嬰孩摔在磐石上的，那人有福了。

(和合本修訂版)

Life is Movement through Different Seasons

生命中不同季節的移動



Identificational Repentance

認同性悔改

Daniel's Prayer for his People (Daniel 9:1-19)

但以理為人民的祈禱 (但以理書9:1-19)

Since there was a prophecy by Jeremiah (Jer 25:11-12, 29:10) that the desolation of Jerusalem would end in 70 years, why did Daniel still have to fast and pray for it to happen (Dan 9:2-3)?
既然耶利米早已預言（耶25:11-12，耶29:10）耶路撒冷的荒涼會在70年後結束，為什麼但以理仍然需要為這事禁食和禱告？（但以理書 9:2-3）

Why Pray?

為何要禱告？

If God already said He was going to do something, why do we still need to pray? Does God need our prayers? Do our prayers make a difference?

如果上帝已經說祂要做某件事，我們為什麼還需要禱告？上帝需要我們的禱告嗎？我們的禱告有什麼影響嗎？

Why Pray? 為何要禱告？

“Though God is sovereign and all-powerful, Scripture clearly tells us that He limited himself, concerning the affairs of earth, to working through human beings.”

雖然上帝是至高並且全能，聖經清楚告訴我們，祂在地上的事自己限制了自己，透過人類來成就祂的工作

(Dutch Sheets, in his book, “Intercessory Prayer”)

Whose Sin was Daniel Confessing? 但以理為誰的罪認罪悔改？

“ **We** have sinned and done wrong. **We** have been wicked and have rebelled; **we** have turned away from your commands and laws. **We** have not listened to your servants the prophets, who spoke in your name to our kings, our princes and our ancestors, and to all the people of the land.” (Daniel 9:5-6)

「⁵我們犯罪作惡，行惡叛逆，偏離你的誠命典章，⁶沒有聽從你僕人眾先知奉你的名向我們君王、官長、祖先和這地所有百姓所說的話。」但以理書9:5-6（和合本修訂版）

Identificational Repentance

認同性悔改

- A specific prayer of confession where we identify with the sins of our ancestors, our people group, our nation, and stand before God to cry out for mercy.

一個具體的認罪禱告，當中我們與我們祖先、我們的族群、我們的國家站在同一位置，同心為着罪在上帝面前呼求憐憫。

- Daniel was not the one committing the sins that led to the nation going into exile, but he stood in identification with his people to repent.

但以理並沒有犯導致國家被擄的罪，但他與他的人民站在一起一同向神悔改。

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

2 Chronicles 7:14 (NIVUK)

「這稱為我名下的子民，若是謙卑自己，禱告，尋求我的面，轉離他們的惡行，我必從天上垂聽，赦免他們的罪，醫治他們的地。」

歷代志下7:14（和合本修訂版）

What Have We Lost that We are Lamenting For? 我們在哀嘆中失去的是甚麼？

Do we feel like we're living in exile – physically, emotionally, spiritually?

我們是否感覺自己正在活在被擄的日子中—不論是身體上、情感上還是靈性上？

Do we long to see renewal but don't know where to start?

我們是否渴望看到更新，但不知道從哪裡開始？

Do we look back and long for 'the good old days'?

我們是否緬懷過去，想念「美好的舊日子」？

Hong Kong

香港

If we long for the 'good old days', can we bring our expectations to God? Let's not be like the Jews who missed Jesus, because they were waiting for a different kind of Messiah.

如果我們緬懷「美好的舊日子」，我們能否將這些渴望帶到上帝面前？不要像那些錯過耶穌的猶太人一樣，因為他們在等待另一個彌賽亞。

Pray: "God, what are You doing in our devastated nation? What do You want to do in me and in my people while we are living in exile."

禱告：「上帝，祢在我們破碎的國家中正在做什麼？當我們身處被擄之時，祢想在我和我的人民中做什麼？」

<https://youtu.be/6gCtj5l-5s?si=Qcw3c0fQoA6YC24d>

Song: By the waters of Babylon

Psalms 詩篇 85

¹Lord, you were favorable to your land; you restored the fortunes of the **United Kingdom**. ²You forgave the iniquity of your people; you covered all their sin. *Selah* ³You withdrew all your wrath; you turned from your hot anger. ⁴Restore us again, O God of our salvation, and put away your indignation toward us! ⁵Will you be angry with us forever? Will you prolong your anger to all generations? ⁶Will you not revive us again, that your people may rejoice in you? ⁷Show us your steadfast love, O Lord, and grant us your salvation. ⁸Let me hear what God the Lord will speak, for he will speak peace to his people, to his saints; but let them not turn back to folly. ⁹Surely his salvation is near to those who fear him, that glory may dwell in our land. ¹⁰Steadfast love and faithfulness meet; righteousness and peace kiss each other. ¹¹Faithfulness springs up from the ground, and righteousness looks down from the sky. ¹²Yes, the Lord will give what is good, and our land will yield its increase. ¹³Righteousness will go before him and make his footsteps a way.

(ESV)

<date/time>

¹耶和華啊，你已經向你的地施恩，救回被擄的**香港**。
²你赦免了你百姓的罪孽，遮蓋了他們一切的過犯。（細拉）
³你收回所發的憤怒，撤銷你猛烈的怒氣。
⁴拯救我們的上帝啊，求你使我們回轉，使你向我們所發的憤怒止息。
⁵你要向我們發怒到永遠嗎？要將你的怒氣延留到萬代嗎？
⁶你不再將我們救活，使你的百姓因你歡喜嗎？
⁷耶和華啊，求你使我們得見你的慈愛，又將你的救恩賜給我們。
⁸我要聽上帝—耶和華所說的話，因為他必應許賜平安給他的百姓，就是他的聖民；他們卻不可再轉向愚昧。
⁹他的救恩誠然與敬畏他的人相近，使榮耀住在我們的地上。
¹⁰慈愛和誠實彼此相遇，公義與和平彼此相親。
¹¹誠實從地而生，公義從天而現。
¹²耶和華必賜福氣給我們；我們的地也要出土產。
¹³公義要行在他面前，使他的腳蹤有可走之路。

（和合本修訂版）

Reflection Questions for Cell Groups

小組反思問題

Do you think suffering is unspiritual? How can you begin to embrace lament as a spiritual practice in your Christian faith?

你認為受苦是不屬靈的嗎？你如何開始將哀歌作為你信仰中的一種屬靈操練？

Are you in a season of Orientation, Disorientation or New Orientation now?

Find one psalm you can relate to, and pray the psalm this week, opening your heart in honesty to God.

你現在處於「定向」、「失向」或「重新定向」的季節嗎？找到一篇讓你能產生共鳴的詩篇，本週用這篇詩篇禱告，誠實地向上帝敞開你的心。

Take Psalm 85 and spend some time in prayer for the restoration of your nation.

讀詩篇85篇，花時間為你的國家復興而禱告。