

聖經

# 經動人心

洗  
滌  
心  
懷

Cleansing Stream

*A Touch of Bible*

IX

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◎所有經文根據\*口述版，以廣東話或普通話演繹◎

\*口述版一經文主要按「現代中文譯本修訂版」編寫，使用了「新標點和合本」的地方以劃線為標記，而另行增加的字眼，以「方括號」表明，目的是讓上文下理更清晰、易明。

# 經動人心

IX

*The Touch of Bible*

# 1 疲累重擔 Weary & Burdened

## 新標點和合本

1. 神啊，你是我的神，我要切切地尋求你，  
在乾旱疲乏無水之地，我渴想你；我的心切慕你。〈詩篇63:1〉
2. 神啊，你降下大雨；你產業以色列疲乏的時候，你使他堅固。〈詩篇68:9〉
3. 我的罪孽高過我的頭，如同重擔叫我擔當不起。〈詩篇38:4〉
4. 追趕我們的，到了我們的頸項上；我們疲乏不得歇息。〈耶利米哀歌5:5〉
5. 耶和華啊，求你使我們向你回轉，我們便得回轉。〈耶利米哀歌5:21a〉

## 口述版（根據現代中文譯本修訂）

1. 上帝啊，你是我的上帝；我熱切地尋求你。  
像一塊乾旱、焦渴、無水的田地，我切望你，渴慕你。〈詩篇63:1〉
2. 上帝啊，你降下大雨；你使乾旱的土地得到潤澤。〈詩篇68:9〉
3. 我沉沒在罪的洪流中；罪的重擔把我壓了下去。〈詩篇38:4〉
4. 我們像牛馬被驅趕，勞碌疲乏，不得休息。〈耶利米哀歌5:5〉
5. 上主啊，求你使我們回心轉意，歸向你。〈耶利米哀歌5:21a〉

## NKJV (New King James Version)

1. O God, You are my God; Early will I seek You;  
My soul thirsts for You; My flesh longs for You  
In a dry and thirsty land where there is no water. < Psalm 63:1 >
2. You, O God, sent a plentiful rain, whereby You confirmed Your inheritance, when it  
was weary. < Psalm 68:9 >
3. For my iniquities have gone over my head; like a heavy burden they are too heavy for  
me. < Psalm 38:4 >
4. They pursue at our heels; we labor and have no rest. < Lamentations 5:5 >
5. Turn us back to You, O Lord, and we will be restored; < Lamentations 5:21a >

6. 求你使我明白你的訓詞，我就思想你的奇事。  
我的心因愁苦而消化；求你照你的話使我堅立！  
求你使我離開奸詐的道，開恩將你的律法賜給我！〈詩篇119:27-29〉
7. 你豈不曾知道嗎？你豈不曾聽見嗎？  
永在的神耶和華，創造地極的主，  
並不疲乏，也不困倦；他的智慧無法測度。〈以賽亞書40:28〉

6. 求你教導我了解你的法律；我要學習你奧妙的教誨。  
我被憂愁所困擾；求你照你的應許使我強壯。  
求你使我不走虛偽的道路，開恩把你的法律教導我。〈詩篇119:27-29〉
7. 你不知道嗎？你沒有聽見嗎？  
上主是永恆的上帝。他創造了全世界。  
他不疲乏，也不困倦；他的智慧高深莫測。〈以賽亞書40:28〉

6. Make me understand the way of Your precepts; so shall I meditate on Your wonderful works.  
My soul melts from heaviness; strengthen me according to Your word.  
Remove from me the way of lying, and grant me Your law graciously. < Psalm 119:27-29 >
7. Have you not known? Have you not heard?  
The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary.  
His understanding is unsearchable. < Isaiah 40:28 >

# 1 疲累重擔 Weary & Burdened

## 新標點和合本

8. 疲乏的，他賜能力；軟弱的，他加力量。  
就是少年人也要疲乏困倦；強壯的也必全然跌倒。  
但那等候耶和華的必重新得力。他們必如鷹展翅上騰；  
他們奔跑卻不困倦，行走卻不疲乏。〈以賽亞書40:29-31〉
9. 你們要使軟弱的手堅壯，無力的膝穩固。〈以賽亞書35:3〉
10. [耶和華說：]「疲乏的人，我使他飽飫；愁煩的人，我使他知足。」〈耶利米書31:25〉

## 口述版（根據現代中文譯本修訂）

8. 他賜力量給疲乏的人；他賜力氣給困倦的人。  
年輕人會疲乏；強壯的青年也會困倦。  
但是倚靠上主的人，充沛的精力源源不絕。他們會像老鷹一樣張開翅膀；  
他們奔跑不疲乏；他們行走不困倦。〈以賽亞書40:29-31〉
9. 你們要使疲乏的手健壯，使顫抖的腿站直。〈以賽亞書35:3〉
10. 〔神〕要使疲倦的人振作，使飢餓的人飽足。〈耶利米書31:25〉

## NKJV (New King James Version)

8. He gives power to the weak, and to those who have no might He increases strength.  
Even the youths shall faint and be weary, and the young men shall utterly fall,  
But those who wait on the Lord shall renew their strength;  
They shall mount up with wings like eagles,  
They shall run and not be weary,  
They shall walk and not faint. < Isaiah 40:29-31 >
9. Strengthen the weak hands, and make firm the feeble knees. < Isaiah 35:3 >
10. For I have satiated the weary soul, and I have replenished every sorrowful soul.” < Jeremiah 31:25 >

11. 你要把你的重擔卸給耶和華，他必撫養你；他永不叫義人動搖。〈詩篇 55:22〉
12. [耶穌說：]「凡勞苦擔重擔的人可以到我這裏來，我就使你們得安息。」〈馬太福音 11:28〉
13. 神說：我使你的肩得脫重擔，你的手放下筐子。〈詩篇 81:6〉
14. 沒人卻不知將來有甚麼事；他身後的事誰能告訴他呢？  
凡愚昧人，他的勞碌使自己困乏，因為連進城的路，他也不知道。〈傳道書 10:14b-15〉

11. 把重擔卸給上主，他一定扶持你；他絕不讓義人失敗。〈詩篇 55:22〉
12. [耶穌說：]「來吧，所有勞苦、背負重擔的人都到我這裏來！我要使你們得安息。〈馬太福音 11:28〉
13. 我把你肩上的重擔移去；我使你放下裝滿磚塊的籃子。〈詩篇 81:6〉
14. 沒有人知道將來的事，也沒有人能預言死後會發生的事。  
只有蠢到連回家的路也弄不清楚的人才會拚著死命勞碌。〈傳道書 10:14b-15〉

11. Cast your burden on the Lord, and He shall sustain you;  
He shall never permit the righteous to be moved. < Psalm 55:22 >
12. [Jesus said, ]Come to Me, all you who labor and are heavy laden, and I will give you rest. < Matthew 11:28 >
13. "I removed his shoulder from the burden; His hands were freed from the baskets. < Psalm 81:6 >
14. No man knows what is to be; who can tell him what will be after him?  
The labor of fools wearies them, for they do not even know how to go to the city! < Ecclesiastes 10:14b-15 >

## 2 滌淨心思 Cleansing of the Mind

### 新標點和合本

1. 非聖潔沒有人能見主。〈希伯來書12:14b〉
2. 神啊，求你為我造清潔的心，使我裏面重新有正直的靈。〈詩篇51:10〉
3. 耶和華的眼目無處不在；惡人善人，他都鑒察。〈箴言15:3〉
4. 遮掩自己罪過的，必不亨通；  
承認離棄罪過的，必蒙憐恤。〈箴言28:13〉

### 口述版（根據現代中文譯本修訂）

1. 沒有聖潔的生活就沒有人能見到主。〈希伯來書12:14b〉
2. 上帝啊，求你為我造一顆純潔的心；求你賜給我一個又新又忠誠的靈。  
〈詩篇51:10〉
3. 上主的眼睛明察秋毫；行為好壞，他都鑒察。〈箴言15:3〉
4. 掩飾自己罪過的，不能有幸福的人生；  
承認過失而悔改的，上帝要向他施仁慈。〈箴言28:13〉

### NKJV (New King James Version)

1. Pursue peace with all people, and holiness, without which no one will see the Lord:  
< Hebrews 12:14b >
2. Create in me a clean heart, O God, and renew a steadfast spirit within me. < Psalm 51:10 >
3. The eyes of the Lord are in every place, keeping watch on the evil and the good.  
< Proverbs 15:3 >
4. He who covers his sins will not prosper, but whoever confesses and forsakes them will have mercy. < proverbs 28:13

5. 他當獨坐無言，因為這是耶和華加在他身上的。〈耶利米哀歌3:28〉
6. 你們這些淫亂的人哪，豈不知與世俗為友就是與神為敵嗎？所以凡想要與世俗為友的，就是與神為敵了。〈雅各書4:8〉
7. 鞭傷除淨人的罪惡；責打能入人的心腹。〈箴言20:30〉

5. 當我們遭受痛苦的時候，我們應該耐心靜坐。〈耶利米哀歌3:28〉
6. 你們親近上帝，上帝就親近你們。有罪的人哪，要潔淨你們的手！偽善的人哪，要潔淨你們的心！〈雅各書4:8〉
7. 創傷驅除邪惡；痛苦的經驗洗滌肺腑。〈箴言20:30〉

5. Let him sit alone and keep silent, because God has laid it on him; < Lamentations 3:28 >
6. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. < James 4:8
7. Blows that hurt cleanse away evil, as do stripes the inner depths of the heart. < Proverbs 20:30 >

## 2 滌淨心思 Cleansing of the Mind

### 新標點和合本

8. [耶穌]又說：「從人裏面出來的，那才能污穢人；因為從裏面，就是從人心裏，發出惡念、苟合、偷盜、凶殺、姦淫、貪婪、邪惡、詭詐、淫蕩、嫉妒、謗讟、驕傲、狂妄。這一切的惡都是從裏面出來，且能污穢人。」〈馬可福音7:20-23〉
9. 貪財是萬惡之根。有人貪戀錢財，就被引誘離了真道，用許多愁苦把自己刺透了。〈提摩太前書 6:10〉

### 口述版（根據現代中文譯本修訂）

8. [耶穌說：]「那使人不潔淨的是從人裏面出來的。因為從裏面，就是從人心裏出來的有種種惡念；這些惡念指使他去犯通姦、偷盜、凶殺、淫亂、貪心、邪惡、詭詐、放蕩、嫉妒、毀謗、驕傲、狂妄等罪。這一切的邪惡都是從人裏面出來而真正使人不潔淨的。〈馬可福音7:20-23〉
9. 貪財是萬惡的根源。有些人因貪慕錢財而背離了信仰，飽嘗痛苦，心靈破碎。〈提摩太前書6:10〉

### NKJV (New King James Version)

8. Therefore by their fruits you will know them. "Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven. Many will say to Me in that day, 'Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?' And then I will declare to them, 'I never knew you; depart from Me, you who practice lawlessness!' < Matthew 7:20-23 >
9. For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows. < 1 Timothy 6:10 >

10. 神所要的祭就是憂傷的靈；  
神啊，憂傷痛悔的心，你必不輕看。〈詩篇51:17〉
11. 求你將我的罪孽洗除淨盡，並潔除我的罪！  
因為，我知道我的過犯；我的罪常在我面前。〈詩篇51:2-3〉
12. 我閉口不認罪的時候，因終日唉哼而骨頭枯乾。黑夜白日，你的手在我身上沉重；我的精液耗盡，如同夏天的乾旱。（細拉）  
我向你陳明我的罪，不隱瞞我的惡。我說：我要向耶和華承認我的過犯，你就赦免我的罪惡。（細拉）〈詩篇32:3-5〉

10. 上帝啊，我獻上的祭是憂傷的靈；  
憂傷痛悔的心，你不拒絕。〈詩篇51:17〉
11. 求你清除我的邪惡，洗滌我的罪孽。  
我知道我的過犯；我自覺常在罪惡中。〈詩篇51:2-3〉
12. 我閉口不認罪的時候，終日哭泣，身心疲乏。  
上主啊，你日夜懲罰我；我筋疲力竭，像水氣在盛暑中蒸發  
於是，我向你承認我的罪；我不隱瞞自己的過犯。  
我決意向你陳明一切，你就赦免我所有的罪。〈詩篇32:3-5〉

10. The sacrifices of God are a broken spirit, a broken and a contrite heart—  
These, O God, You will not despise. < Psalm 51:17 >
11. Wash me thoroughly from my iniquity, and cleanse me from my sin.  
For I acknowledge my transgressions, and my sin is always before me. < Psalm 51:2-3 >
12. When I kept silent, my bones grew old through my groaning all the day long.  
For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer. Selah  
I acknowledged my sin to You, and my iniquity I have not hidden.  
I said, “I will confess my transgressions to the Lord,” and You forgave the iniquity of my sin. (Selah) < Psalm 32:3-5 >

### 新標點和合本

13. 你所喜愛的是內裏誠實；你在我隱密處，必使我得智慧。  
求你用牛膝草潔淨我，我就乾淨；求你洗滌我，我就比雪更白。〈詩篇51:6-7〉
14. 親愛的弟兄啊，我們既有這等應許，就當潔淨自己，除去身體、靈魂一切的污穢，敬畏上帝，得以成聖。〈哥林多後書7:1〉

### 口述版（根據現代中文譯本修訂）

13. 你所要求的是真誠的心；求你用你的智慧充滿我。  
求你除掉我的罪，使我潔淨；求你洗滌我，使我比雪更白。〈詩篇51:6-7〉
14. 親愛的朋友們，既然我們得到這些應許，我們應該潔淨自己，除去一切使身體和心靈污染的事物，在敬畏上帝的生活中達到聖潔。〈哥林多後書7:1〉

### NKJV (New King James Version)

13. Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom.  
Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.  
< Psalm 51:6-7 >
14. Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God. < 2 Corinthians 7:1 >

15. 弟兄們，我們既因耶穌的血得以坦然進入至聖所，並我們心中天良的虧欠已經灑去，身體用清水洗淨了，就當存著誠心和充足的信心來到神面前；也要堅守我們所承認的指望，不致搖動，因為那應許我們的是信實的。〈希伯來書10:19, 22-23〉

15. 那麼，弟兄姊妹們，我們藉著耶穌的死可以坦然無懼地進到至聖所。那麼，我們應該用誠實的心和堅定的信心，用已經蒙潔淨、無虧的良心，和清水洗過的身體，來親近上帝。讓我們堅定不移地持守我們所宣認的盼望，因為上帝的應許是可靠的。〈希伯來書10:19,22-23〉

15. Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering, for He who promised is faithful. < Hebrews 10:19, 22-23 >

## 3 智慧指標 Marks of Wisdom

### 新標點和合本

1. 耶和華的訓詞正直，能快活人的心；  
耶和華的命令清潔，能明亮人的眼目。〈詩篇19:8〉
2. 耶和華的眼目眷顧聰明人，卻傾敗奸詐人的言語。〈箴言22:12〉
3. 清潔的人，你以清潔待他；乖僻的人，你以彎曲待他。〈撒母耳記下22:27〉
4. 人的愚昧傾敗他的道；他的心也抱怨耶和華。〈箴言19:3〉
5. 人所行的，在自己眼中都看為正；惟有耶和華衡量人心。〈箴言21:2〉

### 口述版（根據現代中文譯本修訂）

1. 上主的法則公正，使順從的人喜樂；  
上主的訓誨透徹，使人的心眼明亮。〈詩篇19:8〉
2. 上主的眼目看顧真理；他消滅撒謊者的言論。〈箴言22:12〉
3. 純潔的，你以純潔待他；邪惡的，你敵視他。〈撒母耳記下22:27〉
4. 有人因自己的愚行毀了前途，他反而心裏埋怨上主。〈箴言19:3〉
5. 人以為自己所做的都正確；上主卻審察他的動機。〈箴言21:2〉

### NKJV (New King James Version)

1. The statutes of the Lord are right, rejoicing the heart;  
The commandment of the Lord is pure, enlightening the eyes; < Psalm 19:8 >
2. The eyes of the Lord preserve knowledge, but He overthrows the words of the faithless.  
< Proverbs 22:12 >
3. With the pure You will show Yourself pure; and with the devious You will show Yourself shrewd. < 2 Samuel 22:27 >
4. The foolishness of a man twists his way, and his heart frets against the Lord. < Proverbs 19:3 >
5. Every way of a man is right in his own eyes, but the Lord weighs the hearts. < Proverbs 21:2 >

6. 人多述說自己的仁慈，但忠信人誰能遇著呢？〈箴言20:6〉
7. 水中照臉，彼此相符；人與人，心也相對。〈箴言27:19〉
8. 人心懷藏謀略，好像深水，惟明哲人才能汲引出來。〈箴言20:5〉
9. 孩童的動作是清潔，是正直，都顯明他的本性。〈箴言20:11〉
10. 鼎為煉銀，爐為煉金，人的稱讚也試煉人。〈箴言27:21〉

6. 自以為忠信的人很多；貨真價實的有幾個？〈箴言20:6〉
7. 水裏照出的是自己的臉；內心反映的是你自己。〈箴言27:19〉
8. 人的思想像深井中的水，明智的人才會汲取。〈箴言20:5〉
9. 兒童的品格是否良善，從他的行為可以看出。〈箴言20:11〉
10. 爐火鍛煉金銀；稱讚考驗人品。〈箴言27:21〉

6. Most men will proclaim each his own goodness, but who can find a faithful man? < Proverbs 20:6 >
7. As in water face reflects face, so a man's heart reveals the man. < Proverbs 27:19 >
8. Counsel in the heart of man is like deep water, but a man of understanding will draw it out. < Proverbs 20:5 >
9. Even a child is known by his deeds, whether what he does is pure and right. < Proverbs 20:11 >
10. The refining pot is for silver and the furnace for gold,  
And a man is valued by what others say of him. < Proverbs 27:21 >

### 3 智慧指標 Marks of Wisdom

#### 新標點和合本

11. 愚蒙人是話都信；通達人步步謹慎。〈箴言14:15〉
12. 褻慢人煽惑通城；智慧人止息眾怒。〈箴言29:8〉
13. 必有許多人使自己清淨潔白，且被熬煉；但惡人仍必行惡，一切惡人都不明白，惟獨智慧人能明白。〈但以理書12:10〉
14. 在何處有嫉妒、紛爭，就在何處有擾亂和各樣的壞事。這樣的智慧不是從上頭來的，乃是屬地的，屬情慾的，屬鬼魔的。惟獨從上頭來的智慧，先是清潔，後是和平，溫良柔順，滿有憐憫，多結善果，沒有偏見，沒有假冒。〈雅各書3:16,15,17〉

#### 口述版（根據現代中文譯本修訂）

11. 愚蠢人事事都信；聰明人步步小心。〈箴言14:15〉
12. 狂妄人煽動城市作亂；明智人維護地方安寧。〈箴言29:8〉
13. 許多人將被洗滌，潔淨，磨煉。邪惡的人將繼續作惡；他們不會領悟，只有聰明的人才會領悟。〈但以理書12:10〉
14. 凡是有嫉妒和自私的地方，就有紛亂和各種邪惡的行為。你們的所謂智慧不是從天上來的，而是屬世，屬情慾，屬魔鬼的。但是，從上面來的智慧有幾樣特徵：第一是純潔，其次是和平、謙和、友善，充滿著仁慈，能結出豐富的善果，沒有偏私，沒有虛偽。〈雅各書3:16,15,17〉

#### NKJV (New King James Version)

11. The simple believes every word, but the prudent considers well his steps. < Proverbs 14:15 >
12. Scoffers set a city aflame, but wise men turn away wrath. < Proverbs 29:8 >
13. Many shall be purified, made white, and refined, but the wicked shall do wickedly; And none of the wicked shall understand, but the wise shall understand. < Daniel 12:10 >
14. For where envy and self-seeking exist, confusion and every evil thing are there. This wisdom does not descend from above, but is earthly, sensual, demonic. But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. < James 3:16,15,17 >

15. 側耳聽智慧，專心求聰明，  
尋找它，如尋找銀子，搜求它，如搜求隱藏的珍寶，  
你就明白敬畏耶和華，得以認識神。  
因為，耶和華賜人智慧；知識和聰明都由他口而出。〈言2:2,4-6〉
16. 你也必明白仁義、公平、正直、一切的善道。智慧必入你心；〈箴言2:9-10〉
17. 你要專心仰賴耶和華，不可倚靠自己的聰明，在你一切所行的事上都要認定他，他必指引你的路。〈箴言3:5-6〉

15. 要聽明智的訓言，明白它的意義。  
要像尋求銀子一樣熱心，像搜索寶藏一樣認真。  
這樣，你就會領悟甚麼是敬畏上主，明白甚麼是認識上帝。  
因為，賜智慧的是上主，知識和悟性都是從他來的。〈箴言2:2,4-6〉
16. 你若聽從[上主]，就會知道甚麼是誠實、公平、正直，知道甚麼是你們應當做的。你會成為明智的人，而知識會使你歡愉。〈箴言2:9-10〉
17. 要專心信賴上主，不可倚靠自己的聰明。無論做甚麼事，都要以上主的旨意為依歸，他就會指示你走正路。〈箴言3:5-6〉

15. So that you incline your ear to wisdom, and apply your heart to understanding;  
If you seek her as silver, and search for her as for hidden treasures;  
Then you will understand the fear of the Lord, and find the knowledge of God.  
For the Lord gives wisdom; from His mouth come knowledge and understanding;  
< Proverbs 2:2,4-6 >
16. Then you will understand righteousness and justice, equity and every good path.  
When wisdom enters your heart, and knowledge is pleasant to your soul, < Proverbs 2:9-10 >
17. Trust in the Lord with all your heart, and lean not on your own understanding;  
In all your ways acknowledge Him, and He shall direct your paths. < Proverbs 3:5-6 >

## 4 更新蛻變 Transformation & Renewal

### 新標點和合本

1. 耶和華的律法全備，能甦醒人心；  
耶和華的法度確定，能使愚人有智慧。〈詩篇19:7〉
2. 主耶和華—以色列的聖者曾如此說：你們得救在乎歸回安息；你們得力在乎平靜安穩；〈以賽亞書30:15a〉
3. 我以永遠的愛愛你，因此我以慈愛吸引你。以色列的民哪，我要再建立你，你就被建立；你必再以擊鼓為美，與歡樂的人一同跳舞而出；〈耶利米書31:3b-4〉

### 口述版（根據現代中文譯本修訂）

1. 上主的法律完備，使人的生命更新；  
上主的命令可靠，使愚蠢人得智慧。〈詩篇19:7〉
2. 至高的上主—以色列神聖的上帝對他的子民說：「回來吧，安心信靠我，你們就得安全；鎮靜等待我，你們就有力量。」〈以賽亞書30:15a〉
3. 以色列人哪，我一向疼愛你們，我仍要以信實不變的愛愛你們。  
我要重新建立你們。你們將再拿起鈴鼓，載歌載舞地歡呼。〈耶利米書31:3b-4〉

### NKJV (New King James Version)

1. The law of the Lord is perfect, converting the soul;  
The testimony of the Lord is sure, making wise the simple; < Psalm 19:7 >
2. For thus says the Lord God, the Holy One of Israel:  
“In returning and rest you shall be saved;  
In quietness and confidence shall be your strength.” < Isaiah 30:15a >
3. “Yes, I have loved you with an everlasting love; therefore with lovingkindness I have drawn you.  
Again I will build you, and you shall be rebuilt, O virgin of Israel!  
You shall again be adorned with your tambourines, and shall go forth in the dances of those who rejoice. < Jeremiah 31:3b-4 >

4. 我們不致消滅，是出於耶和華諸般的慈愛；是因他的憐憫不致斷絕。  
每早晨，這都是新的；你的誠實極其廣大！  
人仰望耶和華，靜默等候他的救恩，這原是好的。〈耶利米哀歌3:22-23,26〉
5. 求你使我仍得救恩之樂，賜我樂意的靈扶持我，〈詩篇51:12〉
6. 也要為自己的腳，把道路修直了，使瘸子不致歪腳，反得痊癒。〈希伯來書12:13〉

4. 上主的慈愛永不斷絕；他的憐憫永不止息；  
像晨曦那樣清新，像太陽的東升那樣確實。  
因此我們應該仰望他，耐心等候他的救恩。〈耶利米哀歌3:22-23,26〉
5. 讓我重新體會你救恩的喜樂，使我的靈甘心樂意順服你。〈詩篇51:12〉
6. 要時常走在筆直的路上，使跛了的腳不至於完全殘廢，反而重新得到力量。〈希伯來書12:13〉

4. Through the Lord's mercies we are not consumed, because His compassions fail not.  
They are new every morning; Great is Your faithfulness.  
It is good that one should hope and wait quietly for the salvation of the Lord.  
< Lamentations 3:22-23, 26 >
5. Restore to me the joy of Your salvation, And uphold me by Your generous Spirit.  
< Psalm 51:12 >
6. and make straight paths for your feet, so that what is lame may not be dislocated, but rather be healed. < Hebrews 12:13 >

## 4 更新蛻變 Transformation & Renewal

### 新標點和合本

7. 耶穌回答說：「我實實在在地告訴你，人若不重生，就不能見神的國。人若不是從水和聖靈生的，就不能進神的國。從肉身生的就是肉身；從靈生的就是靈。風隨著意思吹，你聽見風的響聲，卻不曉得從哪裏來，往哪裏去；凡從聖靈生的，也是如此。」〈約翰福音3:3,5b-6,8〉
8. 你們也因著他，信那叫他從死裏復活、又給他榮耀的神。你們既因順從真理，潔淨了自己的心。你們蒙了重生，不是由於能壞的種子，乃是由於不能壞的種子，是藉著神活潑常存的道。〈彼得前書1:21a,22a,23〉

### 口述版（根據現代中文譯本修訂）

7. 耶穌回答：「我鄭重地告訴你，人若不〔從上帝那裏領受新生命〕，就不能看見上帝國的實現。人若不是從水和聖靈生的，就不能成為上帝國的子民。人的肉身是父母生的，他的靈性是聖靈生的。風隨意吹動，你聽見它的聲音，卻不知道它從哪裏來，往哪裏去。凡從聖靈生的，也都是這樣。」〈約翰福音3:3,5b-6,8〉
8. 藉著[基督]，你們信了那使他從死裏復活、並賜給他榮耀的上帝；現在，因為你們順服真理，你們已經潔淨了自己，你們已經重生，不是從那會朽壞的種子生的，而是從那不朽壞的種子—就是上帝活潑永恆的道所生的。〈彼得前書1:21a,22a,23〉

### NKJV (New King James Version)

7. Jesus answered and said to him, "Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God." unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. The wind blows where it wishes, and you hear the sound of it, but cannot tell where it comes from and where it goes. So is everyone who is born of the Spirit." < John 3:3,5b-6,8 >
8. who through Him believe in God, who raised Him from the dead and gave Him glory, Since you have purified your souls in obeying the truth through the Spirit in sincere love of the brethren... having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever, < 1 Peter 1:21a,22a,23 >

9. 所以，我們不喪膽。外體雖然毀壞，內心卻一天新似一天。〈哥林多後書 4:16b〉
10. 就要脫去你們從前行為上的舊人，這舊人是因私慾的迷惑漸漸變壞的；又要將你們的心志改換一新，並且穿上新人；〈以弗所書 4:22-24a〉
11. 穿上了新人。這新人在知識上漸漸更新，正如造他主的形像。〈歌羅西書 3:10〉

9. 雖然我們外在的軀體漸漸衰敗，我們內在的生命卻日日更新。〈哥林多後書 4:16b〉
10. 那麼，你們要脫下那一向使你們生活在腐敗中的「舊我」；那舊我是由於私慾的誘惑而腐化了的。你們的心思意念要更新，要穿上「新我」；這新我是照著上帝的形像造的，〈以弗所書 4:22-24a〉
11. 換上了新我。這新我，由創造主上帝按照自己的形像不斷地加以更新，能夠完全地認識他。〈歌羅西書 3:10〉

9. Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. < 2 Corinthians 4:16b >
10. that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, and be renewed in the spirit of your mind, and that you put on the new man which was created according to God... < Ephesians 4:22-24a >
11. and have put on the new man who is renewed in knowledge according to the image of Him who created him, < Colossians 3:10 >

## 新標點和合本

1. 清心的人有福了！因為他們必得見神。〈馬太福音5:8〉
2. 喜愛清心的人因他嘴上的恩言，王必與他為友。〈箴言22:11〉
3. 凡向他有這指望的，就潔淨自己，像他潔淨一樣。〈約翰一書3:3〉
4. 神是個靈，所以拜他的必須用心靈和誠實拜他。〈約翰福音4:24〉
5. 神啊，求你鑒察我，知道我的心思，試煉我，知道我的意念，  
看在我裏面有甚麼惡行沒有，引導我走永生的道路。〈詩篇139:23-24〉

## 口述版（根據現代中文譯本修訂）

1. 心地純潔的人多麼有福啊；他們要看見上帝！〈馬太福音5:8〉
2. 喜愛純潔的心和詞令優雅的人能贏得君王的歡心。〈箴言22:11〉
3. 每一個盼望基督顯現的人都會保持自己的純潔，正像基督是純潔的一樣。  
〈約翰一書3:3〉
4. 上帝是靈，敬拜他的人必須以心靈和真誠敬拜。〈約翰福音4:24〉
5. 上帝啊，求你察驗我，知道我的意念；求你考驗我，洞悉我的心思。  
求你看看我有沒有狂妄的思想；求你引導我走永生的道路。〈詩篇139:23-24〉

## NKJV (New King James Version)

1. Blessed are the pure in heart, for they shall see God. < Matthew 5:8 >
2. He who loves purity of heart and has grace on his lips, the king will be his friend.  
< Proverbs 22:11
3. And everyone who has this hope in Him purifies himself, just as He is pure. < 1 John 3:3 >
4. God is Spirit, and those who worship Him must worship in spirit and truth.” < John 4:24 >
5. Search me, O God, and know my heart; try me, and know my anxieties;  
And see if there is any wicked way in me, and lead me in the way everlasting. < Psalm 139:23-24 >

6. 求你叫我轉眼不看虛假，又叫我在你的道中生活。〈詩篇119:37〉
7. 我要自由而行，因我素來考究你的訓詞。〈詩篇119:45〉
8. 鼎為煉銀，爐為煉金；惟有耶和華熬煉人心。〈箴言17:3〉
9. 心中安靜是肉體的生命；嫉妒是骨中的朽爛。〈箴言14:30〉
10. 人的靈是耶和華的燈，鑒察人的心腹。〈箴言20:27〉

6. 求你使我不看重虛幻的事；求你藉著你的道路賜我新生命。〈詩篇119:37〉
7. 我要自由自在地生活，因為我遵守你的教導。〈詩篇119:45〉
8. 金銀受爐火鍛煉；人心被上主考驗。〈箴言17:3〉
9. 寧靜使身體健康；嫉妒是骨中毒癌。〈箴言14:30〉
10. 上主賜給我們心智和良心，誰也無法隱瞞自己。〈箴言20:27〉

6. Turn away my eyes from looking at worthless things, and revive me in Your way.  
< Psalm 119:37 >
7. And I will walk at liberty, for I seek Your precepts.< Psalm 119:45 >
8. The refining pot is for silver and the furnace for gold, but the Lord tests the hearts.  
< Proverbs 17:3 >
9. A sound heart is life to the body, but envy is rottenness to the bones. < Proverbs 14:30 >
10. The spirit of a man is the lamp of the Lord, searching all the inner depths of his heart.  
< Proverbs 20:27 >

## 5 持守純正 Purity Retained

### 新標點和合本

11. 慈愛的人，你以慈愛待他；完全的人，你以完全待他。  
清潔的人，你以清潔待他；乖僻的人，你以彎曲待他。〈詩篇18:25-26〉
12. 負罪之人的路甚是彎曲；至於清潔的人，他所行的乃是正直。〈箴言21:8〉
13. 惡謀為耶和華所憎惡；良言乃為純淨。〈箴言15:26〉

### 口述版（根據現代中文譯本修訂）

11. 上主啊，你以信實待信實的人；你以完善待完善的人。  
純潔的，你以純潔待他；邪惡的，你敵視他。〈詩篇18:25-26〉
12. 犯罪的人路徑彎曲；純潔的人行為正直。〈箴言21:8〉
13. 上主憎恨邪惡的思想；他卻悅納純潔的言語。〈箴言15:26〉

### NKJV (New King James Version)

11. With the merciful You will show Yourself merciful;  
With a blameless man You will show Yourself blameless;  
With the pure You will show Yourself pure;  
And with the devious You will show Yourself shrewd. < Psalm 18:25-26 >
12. The way of a guilty man is perverse; but as for the pure, his work is right. < Proverbs 21:8 >
13. The thoughts of the wicked are an abomination to the Lord,  
But the words of the pure are pleasant. < Proverbs 15:26 >

14. 弟兄們，我還有未盡的話：凡是真實的、可敬的、公義的、清潔的、可愛的、有美名的，若有甚麼德行，若有甚麼稱讚，這些事你們都要思念。〈腓立比書4:8〉
15. 我只怕你們的心或偏於邪，失去那向基督所存純一清潔的心，就像蛇用詭詐誘惑了夏娃一樣。〈哥林多後書11:3〉
16. 又要謹慎，恐怕有人失了神的恩；恐怕有毒根生出來擾亂你們，因此叫眾人沾染污穢；〈希伯來書12:15〉

14. 末了，弟兄姊妹們，你們要常常留意那些美善和值得讚揚的事。一切真實、高尚、公正、純潔、可愛，和光榮的事都應該重視。〈腓立比書4:8〉
15. 我只怕你們的心被腐化，放棄了對基督純潔專一的愛，像夏娃被蛇的詭詐所誘惑一樣。〈哥林多後書11:3〉
16. 要謹慎，免得有人失去了上帝的恩典。要謹慎，免得有人像一株有毒的植物，長大起來，遺害人群。〈希伯來書12:15〉

14. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. < Philippians 4:8 >
15. But I fear, lest somehow, as the serpent deceived Eve by his craftiness, so your minds may be corrupted from the simplicity that is in Christ. < 2 Corinthians 11:3 >
16. looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled; < Hebrews 12:15 >

## 5 持守純正 Purity Retained

### 新標點和合本

17. 你要逃避少年的私慾，同那清心禱告主的人追求公義、信德、仁愛、和平。〈提摩太後書2:22〉
18. 要存清潔的良心，固守真道的奧祕。〈提摩太前書3:9〉
19. 勸老年人要有節制、端莊、自守，在信心、愛心、忍耐上都要純全無疵。〈提多書2:14〉
20. 凡所行的，都不要發怨言，起爭論，使你們無可指摘，誠實無偽，在這彎曲悖謬的世代作神無瑕疵的兒女。〈腓立比書2:14-15a〉

### 口述版（根據現代中文譯本修訂）

17. 你不要像少年人意氣用事；要跟那些心地純潔、祈求主幫助的人一同追求正義、信心、愛心，與和平。〈提摩太後書2:22〉
18. 應該以清白的良知持守信仰的奧祕。〈提摩太前書3:9〉
19. 基督為我們獻上自己，救贖我們，脫離一切邪惡，使我們成為他純潔的子民，歸屬於他，熱心行善。〈提多書2:14〉
20. 你們無論做甚麼事都不要埋怨或爭論，好使你們在這腐敗、彎曲的世代中純潔無邪，作上帝沒有缺點的兒女。〈腓立比書2:14-15a〉

### NKJV (New King James Version)

17. Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart. < 2 Timothy 2:22 >
18. holding the mystery of the faith with a pure conscience. < 1 Timothy 3:9 >
19. who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works. < Titus 2:14 >
20. Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation... < Philippians 2:14-15a >

21. 你們顯在這世代中，好像明光照耀，將生命的道表明出來，〈腓立比書 2:15b-16a〉

21. | 你們要在世人當中發光，像星星照耀天空，堅守生命的道。〈腓立比書 2:15b-16a〉

21. among whom you shine as lights in the world, holding fast the word of life...  
< Philippians 2:15b-16a >

## 新標點和合本

1. 少年人用甚麼潔淨他的行為呢？是要遵行你的話！〈詩篇119:9〉
2. 求你使我離開奸詐的道，開恩將你的律法賜給我！〈詩篇119:29〉
3. 計謀都憑籌算立定；打仗要憑智謀。〈箴言20:18〉
4. 你去打仗，要憑智謀；謀士眾多，人便得勝。〈箴言24:6〉
5. 不先商議，所謀無效；謀士眾多，所謀乃成。〈箴言15:22〉

## 口述版（根據現代中文譯本修訂）

1. 年輕人要怎樣過純潔的生活呢？就是要遵行你的命令。〈詩篇119:9〉
2. 求你使我不走虛偽的道路，開恩把你的法律教導我。〈詩篇119:29〉
3. 有計劃的事必然成功；無策略的仗絕不可打。〈箴言20:18〉
4. 作戰必須先有策略；參謀多，必操勝券。〈箴言24:6〉
5. 集思廣益，事必有成；不加籌劃，事必失敗。〈箴言15:22〉

## NKJV (New King James Version)

1. How can a young man cleanse his way? By taking heed according to Your word. < Psalm 119:9 >
2. Remove from me the way of lying, and grant me Your law graciously. < Psalm 119:29 >
3. Whoever hides hatred has lying lips, and whoever spreads slander is a fool. < Proverbs 20:18 >
4. For by wise counsel you will wage your own war,  
And in a multitude of counselors there is safety. < Proverbs 24:6 >
5. Without counsel, plans go awry, but in the multitude of counselors they are established. < Proverbs 15:22 >

6. 不輕易發怒的，勝過勇士；治服己心的，強如取城。〈箴言16:32〉
7. 殷勤籌劃的，足致豐裕；行事急躁的，都必缺乏。〈箴言21:5〉
8. 恆心為義的，必得生命；追求邪惡的，必致死亡。〈箴言11:19〉
9. 要修平你腳下的路，堅定你一切的道。〈箴言4:26〉
10. 人冒失說，這是聖物，許願之後才查問，就是自陷網羅。〈箴言20:25〉

6. 忍耐勝過威力；自制強如奪城。〈箴言16:32〉
7. 計劃周詳的人富足；行為衝動的人貧苦。〈箴言21:5〉
8. 立志行善，必得生命；決心作惡，招致死亡。〈箴言11:19〉
9. 對所計劃的事要有把握，你所做的就不至於差錯。〈箴言4:26〉
10. 向上帝許願前必須三思，以免後來懊悔。〈箴言20:25〉

6. He who is slow to anger is better than the mighty,  
And he who rules his spirit than he who takes a city. < Proverbs 16:32 >
7. The plans of the diligent lead surely to plenty,  
but those of everyone who is hasty, surely to poverty. < Proverbs 21:5 >
8. The hypocrite with his mouth destroys his neighbor,  
but through knowledge the righteous will be delivered. < Proverbs 11:19 >
9. Ponder the path of your feet, and let all your ways be established. < Proverbs 4:26 >
10. It is a snare for a man to devote rashly something as holy, and afterward to reconsider  
his vows. < Proverbs 20:25 >

## 新標點和合本

11. 沒有人能以智慧、聰明、謀略敵擋耶和華。  
馬是為打仗之日預備的；得勝乃在乎耶和華。〈箴言21:30-31〉
12. 心中的謀算在乎人；舌頭的應對由於耶和華。  
人一切所行的，在自己眼中看為清潔；惟有耶和華衡量人心。  
你所做的，要交託耶和華，你所謀的，就必成立。  
人心籌算自己的道路；惟耶和華指引他的腳步。〈箴言16:1-3,9〉

## 口述版（根據現代中文譯本修訂）

11. 上主若與你為敵，所有智慧、聰明、策略都與你無益。  
人可以招兵買馬，準備打仗，但使人得勝在乎上主。〈箴言21:30-31〉
12. 策劃在人；決斷在乎上主。  
人以為自己所做的都對；上主卻審察他的動機。  
把所籌劃的事交託上主，你就能夠成功。  
策劃在人；但上主導引你的腳步。〈箴言16:1-3,9〉

## NKJV (New King James Version)

11. There is no wisdom or understanding or counsel against the Lord.  
The horse is prepared for the day of battle, but deliverance is of the Lord. < Proverbs 21:30-31 >
12. The preparations of the heart belong to man, but the answer of the tongue is from the Lord.  
All the ways of a man are pure in his own eyes, but the Lord weighs the spirits.  
Commit your works to the Lord, and your thoughts will be established.  
A man's heart plans his way, but the Lord directs his steps. < Psalm 16:1-3,9 >

13. 「你們要謹慎，恐怕因貪食、醉酒，並今生的思慮累住你們的心，那日子就如同網羅忽然臨到你們；〈路加福音21:34〉
14. 因為那日子要這樣臨到全地上一切居住的人。〈路加福音21:35〉
15. 你們要時時警醒，常常祈求，使你們能逃避這一切要來的事，得以站立在人子面前。」〈路加福音21:36〉
16. 總要警醒禱告，免得入了迷惑。你們心靈固然願意，肉體卻軟弱了。」〈馬太福音26:41〉

13. 你們自己要警醒！不要讓酒肉和生活上的憂慮麻痹你們的心靈，恐怕那日子要忽然臨到你們。〈路加福音21:34a〉
14. 因為那日子像羅網一樣，要臨到全世界所有的人身上。〈路加福音21:34b-35〉
15. 你們要警醒，不斷地禱告，使你們有力量忍受一切要發生的事，得以站在人子面前。〈路加福音21:36〉
16. 要警醒禱告，免得陷入誘惑。你們心靈固然願意，肉體卻是軟弱的。〈馬太福音26:41〉

13. “But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly. < Luke 21:34 >
14. For it will come as a snare on all those who dwell on the face of the whole earth. < Luke 21:35 >
15. Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man.” < Luke 21:36 >
16. Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.” < Matthew 26:41 >

## 新標點和合本

17. 然而，叫耶穌從死裏復活者的靈若住在你們心裏，那叫基督耶穌從死裏復活的，也必藉著住在你們心裏的聖靈，使你們必死的身體又活過來。〈羅馬書8:11〉
18. 你們若順從肉體活著，必要死；若靠著聖靈治死身體的惡行，必要活著。〈羅馬書8:13〉

## 口述版（根據現代中文譯本修訂）

17. 上帝的靈使耶穌從死裏復活；如果這靈住在你們裏面，那麼，這位使基督從死裏復活的上帝，也要藉著住在你們裏面的聖靈，把生命賜給你們那必朽的身體。〈羅馬書8:11〉
18. 你們若服從本性，一定死亡；你們若依靠聖靈治死罪行，一定存活。〈羅馬書8:13〉

## NKJV (New King James Version)

17. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you. < Romans 8:11 >
18. For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. < Romans 8:13 >

19. 我們既有這許多的見證人，如同雲彩圍著我們，就當放下各樣的重擔，脫去容易纏累我們的罪，存心忍耐，奔那擺在我們前頭的路程，仰望為我們信心創始成終的耶穌。〈希伯來書12:1-2a〉

19. 既然我們有這麼多見證人，像雲彩一樣圍繞著我們，就應該排除一切的障礙和跟我們糾纏不休的罪，堅忍地奔跑我們前面的路程。我們要看耶穌，因為他是我們信心的創始者和完成者。〈希伯來書12:1-2a〉

19. Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith... < Hebrews 12:1-2a >

# 附錄 Appendix

主題 Themes	歌曲名稱 Song Title	曲長 Duration
① 疲累重擔 Weary & Burdened	His Name is Wonderful	5' 15"
② 滌淨心思 Cleansing of the Mind	It Is Well With My Soul	6' 37"
③ 智慧指標 Marks of Wisdom	Precious Lord Take My Hand	6' 15"
④ 更新蛻變 Transformation & Renewal	Blessed Assurance	5' 41"
⑤ 持守純正 Purity Retained	The Lord's Prayer	6' 07"
⑥ 籌劃前路 Mapping the Path Ahead	Great Is Thy Faithfulness	6' 25"

全長約36分鐘 • Duration : Approx. 36mins.  
From the audio recording by Green Hill Productions - “30 Favorite Piano Hymns”

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執行監製：李韋善  
經文演繹〈廣東話〉：鄭子誠、林映輝  
經文演繹〈普通話〉：王耀臨、馮 琍  
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洗滌心懷

# 聖經 感動人心

*A Touch of Bible*

IX

Cleansing  
Stream

俗世潮流和眾多誘惑引發心靈交戰，

各種各樣的忙碌容易令人疲乏困倦…

面對撒但不止息地施計謀、張牙舞爪，

務要跟神搶奪人心，

人們豈可不戰而降？

快來到神跟前，

讓祂的話語更新意念、潔淨或潤澤心田。

## 內容

主題經文輯錄 | 全長約36分鐘

- 1 疲累重擔 Weary & Burdened
- 2 滌淨心思 Cleansing of the Mind
- 3 智慧指標 Marks of Wisdom
- 4 更新蛻變 Transformation & Renewal
- 5 持守純正 Purity Retained
- 6 籌劃前路 Mapping the Path Ahead

經文演繹〈廣東話〉：★ 鄭子誠、林映輝

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• 廣東話 聲道1至6 · 普通話版 聲道7-12 · 全長約73分鐘

## 經文冊

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# 聖經 經動人心

A Touch of Bible

IX

Cleansing  
Stream

柔和背景音樂——給予你舒緩的默想空間

