

Grace for Everyone 恩惠臨到每個人

Jonah & Jesus 約拿與耶穌

Matthew 馬太福音 12:38-41, Luke 路加福音 11:29-30, 32

John Lau 劉特正弟兄, 22 June 2025 年 6 月 22 日

Over the last seven weeks, we have been studying the Book of Jonah from the Old Testament, do you have a chance to review those sermons, did you miss anyone of those perching? Let me encourage you to go to our church website or visit our YouTube channel to hear or watch the series over again.

過去七週我們研讀舊約聖經的《約拿書》。你有機會複習一下這些講道嗎？有沒有漏掉任何一篇講道？我鼓勵你到我們教會的網站或 YouTube 頻道，重聽或看這一系列講道。

As Christians, a follower of Jesus Christ, why do we spend two months reading a book from the Old Testament? What does the book of Jonah or his story have to do with Jesus, the pioneer and perfecter of the Christian faith? (Heb12:2)

作為基督徒，就是耶穌基督的追隨者，我們為什麼花兩個月的時間閱讀《舊約》中的書呢？《約拿書》或他的故事與耶穌，基督徒的信心的創始成終者有什麼關係？（希伯來書 12:2）

The book of Jonah set out to help us to understand who we are as God's creation, especially about the situations that human is in. And who God, their creator, is and his grace and compassion through the treatment and interaction between the characters of the book, the sailors, the Nineveh, and Jonah and God.

《約拿書》旨在幫助我們理解作為上帝的受造物的我們是誰，特別是關於人類所處的境況。及透過上帝與書中人物 - 水手、尼尼微人以及約拿之間的相處和互動，了解到上帝，我們的創造者是誰，以及祂的恩惠和憐憫。

The book of Jonah teaches that God's grace and compassion, his love, extend beyond Israel to other nations into the whole creation, *Grace For Everyone*.

《約拿書》告訴我們，上帝的恩惠和憐憫、祂的愛不僅限於對以色列，也擴展到其他國家，直至整個創造世界，恩惠惠及每個人。

The book of Jonah demonstrated God's grace and compassion through his unrelenting pursuing towards his prophet Jonah to draw to attention the inconsistency of his claim of being a follower and worshiper of God. And in turn also written for us to reflect on our relationship with God.

《約拿書》以上帝對先知約拿不懈的追尋展現了祂的恩惠和憐憫，以引發人們注意到他個人與他自稱是屬於上帝是敬畏上帝的人之間的不一致。從而也讓我們反思我們與上帝的關係。

Instead of accepting their calling to help others come to know the true God, to know about his grace and compassion. Many believers, like Jonah, pick and choose who they share God's love with. If someone has wrong or hurt them, they would expect God to lay out retribution before they are willing to step towards them.

許多信徒，就像約拿一樣，會挑選和選擇與誰分享上帝的愛，而不是接受上帝的呼召，去幫助他人認識真神，體會祂的恩惠和憐憫。如果有人得罪了他們或傷害了他們，他們就會期待上帝在他們願意邁出一步之前先安排好報應。

Many Christians consider people of certain ethnicity are more dangerous or barbaric. They look at people holding different beliefs system to them as enemy of God or people with certain practice in life as outcast. But in fact they cause God more grieve than the unbelievers.

許多基督徒認為某些種族的人更危險或野蠻。他們視持有不同信仰體系的人為上帝的敵人，或視有特定生活習俗的人為被拋棄的。但事實上，他們比非信徒更令上帝憂傷。

To treat others with contempt is not acceptable to God, to show conformity of action on the outside but harbour bitterness and cruises in your heart is as wicked as those deliberately rebel against him.

輕蔑地對待他人是上帝所不接受的，外表表現出行為的順從，但內心卻懷有痛苦和怨恨，這與那些故意反抗他的人一樣邪惡。

Let us revisit how God pursue Jonah through his interaction with the *sailors*, the *Ninevites* and *God's* interaction with him. And how *Jesus* use Jonah in his teaching.

讓我們回顧上帝如何透過約拿與水手、尼尼微人的互動以及上帝與約拿的互動來追尋祂。以及耶穌如何在祂的教導中引用約拿。

Jonah and the Sailors 約拿和水手們

Chapter 1 tells us that after the word of the Lord came to Jonah, sending him to go to Nineveh and preach against its wickedness, Jonah went away to the opposite direction to flee from the Lord. And verse 4, tells us that, ***“the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up.”***

第一章告訴我們，耶和華的話臨到約拿，差遣他到尼尼微，譴責那裡的邪惡。約拿卻往相反的方向去躲避耶和華。第四節告訴我們：「耶和華在海上颳起大風，海就狂風大作，船幾乎破裂。」

The sailor each cried out to their own god and was doing everything to save their lives. The captain find Jonah in a deep sleep below deck. What the captain said to Jonah reveal something common about how people treat their gods, v.6, ***“Get up and call on your god! Maybe he will take notice of us so that we will not perish.”***

水手們各自呼求自己的神明，盡力保命。船長在艙底找到在沉睡的約拿。船長對約拿說的話，揭示了人類是如何對待他們的神的一些共同點，第6節：「起來，求告你的神明，或者神明顧念我們，使我們不致滅亡。」

To many people, their god is at a distance, they only approach their god when they want something. They do not have ongoing relationship with their god. I believe that even though Jonah understands his God is the Lord of heaven, who made the sea and dry land. The fact that he tries to flee from God shows he thinks like those sailors.

對很多人來說，他們與神明保持距離，只在當他們想要什麼東西時才去接近。他們與神之間沒有持續的關係。我相信，儘管約拿明白他的神是天上的主宰，創造了滄海和陸地，但他試圖逃離神，這表明他的想法和那些水手一樣。

He does not understand the uniqueness of the Lord that he claims to worship, he misses the heart of grace and compassion of the Lord. ***Familiarity breeds contempt.*** He claims to worship or fear the Lord, but in his heart of heart, there is another god that taking the centre place.

他不明白他所宣稱敬畏的那位主的獨特性，他錯失了主的恩惠和憐憫的心。熟悉滋生輕蔑。他聲稱敬拜或敬畏主，但在他的內心深處，另有一位神佔據著中心地位。

The sailors prayed and asked the Lord *not to hold them accountable for killing an innocent man, for you, Lord, have done as you pleased* just before they threw Jonah into the sea. They believe the divine being always do as they pleased. We can see all through the book Jonah is doing exactly that, doing only what pleases him. What take centre place of Jonah's heart is himself. He is his own god.

水手們在他們把約拿扔進海里之前禱告求求你不要因這人的性命使我們滅亡，不要使流無辜人血的罪歸給我們；因為你一耶和華隨自己的旨意行事。他們相信神明總是為所欲為。從整本書中我們可以看出，約拿正是這樣做的，只做他自己喜歡的事。約拿心中真正佔據中心地位的是他自己。他是他自己的神。

As much as they want to save themselves, the sailor was not willing to sacrifice someone to achieve their salvation, especially an innocent man. Repeatedly the sailors did their best to save each other, but in the end, they have no choice but to rely on the word of the Lord through his wayward prophet. We will come back to this sacrifice of the innocent later.

儘管水手們渴望自救，但他們不願犧牲他人，尤其是無辜者。水手們一次又一次地竭盡全力互相拯救，但最終，他們別無選擇，只能依靠上帝透過任性的先知所傳達的話語。我們稍後會再討論無辜者犧牲的要點。

After throwing Jonah overboard and the raging sea grew calm, the sailor realised that the Lord has answered their desperate plead to save them. The sailors shown what genuine fear and worship looks like, verse 16, *“At this the men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to him.”*

把約拿拋下海後，洶湧的海浪平靜下來，水手意識到耶和華回應了他們在絕望中的懇求，拯救了他們。水手們展現了真正的敬畏和敬拜，第 16 節寫道：「那些人就大大懼怕耶和華，向耶和華獻祭許願。」

The God appointed prophet, the man who think he is all right with God, ran away and try to flee from God. Where the pagan sailor became a true believer, understood they were saved by God's grace and compassion, when they understand their salvation was only from the Lord. They enter into a covenant relationship with God by vows. What a contrast between Jonah and the sailors.

上帝所任命的先知，自以為在上帝面前沒有不對的人，卻逃跑試圖逃避上帝。而異教水手則成為了真正的信徒，明白自己得救是出於上帝的恩惠和憐憫，因為他們明白自己的救贖唯獨來自耶和華。他們透過許願與上帝建立了盟約關係。約拿和水手們形成了多麼鮮明的對比。

To Jonah, the Lord is only another mean for him to get what he wants. This fact about Jonah's heart shows up more in his interaction with the Ninevites when the word of the Lord come to him a second time after the fish vomited him onto dry land.

對約拿來說，耶和華不過是他達成心願的另一種手段。約拿內心的這項特質在他與尼尼微人的互動中更加明顯：在魚把他吐到旱地之後，耶和華的話語第二次臨到他。

Jonah and the Ninevites 約拿和尼尼微人

Chapter 3 tells us that the great city of Nineveh was so large that it will take 3 days to go through it. And Jonah did not even get to the heart of the city; he only went a day's journey into the city. And he proclaimed that dooming message in 3:4, *“Forty more days and Nineveh will be overthrown.”*

第三章告訴我們，尼尼微這座大城非常龐大，需要三天才能走遍。而約拿甚至沒有到達城中心，他只走了一天的路程。他在 3 章 4 節宣告了那句毀滅性的信息：「**再過四十天，尼尼微要傾覆了！**」

He delivered the Lord's message with accuracy but without any compassion or grace. The fact that he went out of the city and set down to wait to see God place judgment on Nineveh after the whole city has already shown sign of repentance shows this even more.

他準確地傳達了主的信息，卻沒有一點憐憫和恩惠。在全城都已顯出悔改的跡象之後，他卻出城等候神對尼尼微的審判，更說明了這一點。

And further on, he became angry at God when God relented and did not bring the destruction on the city as he had threatened, Jonah's reaction reveals again how far his heart is from the Lord. He is so blinded towards God's grace and compassion for all people.

之後，當上帝改變心意，不降下原先要降與他們的災難去毀滅這座城市時，約拿對上帝感到憤怒。他的反應再次暴露了他的內心與上帝的距離有多麼遙遠。他完全忽略了上帝對所有人類的恩惠和憐憫。

The king of Nineveh in 3:9 was betting on the possibility that may be God will relent, and with compassion, turn from his fierce anger so that they will not perish. He is willing to stop and give up all their evil way and their violence and physically shows signs of remorse in exchange for God's mercy. They were willingly to entrust their lives into the mercy of God and respond to God's correction.

尼尼微王在 3 章 9 節押注上帝或許會改變心意，憐憫他們，不再發怒，使他們不至滅亡。他願意停止並放棄他們一切的惡行和暴力，並在實體上表現出悔改的跡象，以換取上帝的憐憫。他們願意將自己的生命交託在上帝的憐憫之下，並回應上帝的管教。

Historically we do know that the changes by the Ninevites was short-lived, we may even question the genuineness of their repentance. But their quick response in repentance was praised by Jesus, saying both in Matthew 12:41 and Luke 11:32 that

從歷史上看，我們確實知道尼尼微人的改變是短暫的，我們甚至可能質疑他們悔改的真誠性。但他們迅速悔改是耶穌的讚揚，耶穌在《馬太福音》12:41 和《路加福音》11:32 中都說：

The men of Nineveh will stand up at the judgment with this generation and condemn it; for they repented at the preaching of Jonah, and now something greater than Jonah is here.

「在審判的時候，尼尼微人要起來定這世代的罪，因為尼尼微人聽了約拿所傳的就悔改了。看哪，比約拿更大的在這裏！」

The speediness of the Ninevites in responding to Jonah's message is a great contrast towards Jonah's slowness in coming to terms of God's grace and compassion, of the idols of his own heart. God use the sailor to show Jonah what it means to truly fear and worship God, it is to honour the relationship you have with God, submit and commit to him.

尼尼微人迅速回應約拿的信息，這與約拿遲遲不肯領受上帝的恩惠和憐憫，以及他心中的偶像形成了鮮明對比。上帝利用水手向約拿展示了真正敬畏和敬拜上帝的意義，那就是尊重你與上帝的關係，順服並委身於祂。

God use the Ninevites to show the slowness of heart and the idols in Jonah's heart. And that got me thinking about his prayer especially with the hindsight of what happen in the interaction between Jonah and God in chapter 4.

上帝藉著尼尼微人顯約拿內心的遲鈍和偶像。這讓我想起祂的禱告，特別是回想第四章中約拿與上帝的互動時。

Jonah and God 約拿與上帝

Going back through this few short chapters of Jonah, the sinister side within me do wonder about the state of mind of Jonah when he says his prayer in chapter 2. I do not think Jonah's prayer in chapter 2 is his confession and repentance prayer.

回顧這只有幾章短短的《約拿書》，我內心陰險的一面確實想知道約拿在第 2 章禱告時的心態。我不認為約拿在第 2 章的禱告是他的懺悔和悔改的禱告。

It sounds more like he was glad that even though it was dark and fishy, distressing and disgusting, at least he was not at a burning lake of fire. As he sits around in the dark in the belly of a fish, he was still alive or even gaining some strength.

聽起來更像是慶幸，雖然周圍陰暗腥臭，令人痛苦噁心，但至少他不是正在燃燒的火湖裡。他坐在魚腹的黑暗中，仍然活著，甚至還在恢復一些力量。

I wonder is this his prayer of thanks, thinking that 'God somehow still all right with me,' and God had kept me to rise again in the resurrection at the last day. Like what Martha believes about Lazarus in John 11:24 when Jesus told her that her brother will rise again.

我想知道這是不是他的感恩禱告，他心想「上帝不知何故仍然覺得我好好」，上帝在保佑我讓我在末日時復活。就像耶穌在《約翰福音》11 章 24 節中告訴馬大，她的兄弟會復活時，對死了的拉撒路的看法一樣。

I am thinking that because just as Jonah thinks that he is still right with God. Maybe he thinks that him offering himself to save the sailor has please God and his running away is not as guilty now because of his selfless act.

我這麼想是因為正當約拿認為自己在上帝面前仍然好好時。也許他認為，自己獻出自己去救那些水手的無私行為，蒙了上帝悅納，抵銷了他逃跑，現在他不是那麼有罪了。

As he cries out, 'Salvation comes from the Lord.' I am ready to stay here until the last day and God commanded the fish to spat him out. And God says, "Right-DE-oh," "***Go to the great city of Nineveh and proclaim to it the message I give you.***" And make good on your vow to serve me.

正當他呼求：「**救恩出於耶和華。**」我準備留在這裡，直到末日時，上帝命令魚把他吐出來。好像上帝說：「對了，好的」，「**起來，到尼尼微大城去，把我告訴你的信息向其中的居民宣告。**」並償還你向我所許的願。

Jonah's anger towards God for relenting from destructing Nineveh and his tantrum spat about the plant show to me that he still has some issues with God. That is why I do not think his prayer in the belly of the fish is any sign of his repentance.

約拿因上帝不願毀滅尼尼微而感到憤怒，以及他為了植物而大發雷霆，這在我看來表明他仍然心裡對上帝存有問題。這也是為什麼我不認為他在魚腹中的禱告是他已悔改的任何跡象。

Last week, we have look at the compassion of God from chapter 4. God's compassion manifested by his concern about Jonah by providing a plant to ease his discomfort and sending him to the great city with 120,000 Ninevites who cannot tell their right hand from their left.

上週，我們從第 4 章學習了上帝的憐憫。上帝的憐憫體現在他對約拿的愛惜，他用一株植物來免約拿受苦難，並派他去尼尼微大城，那裡有 12 萬名不能分辨左右手的人。

God voluntarily attached himself with Jonah and the Ninevites. He patiently guides and provides for his wayward prophet to lead him to repentance.

上帝自願與約拿和尼尼微人聯繫在一起。他耐心地引導並供給他任性的先知，引導他去悔改。

For someone who has all the right to be angry with Jonah, God gently asked with great restrain “*Is it right for you to be angry?*” “*Is it right for you to be angry about the plant?*” to provoke Jonah into a deeper self reflection. God relentlessly pursuit Jonah to turn him away from the idols that will eventually destroy him and turn him back towards God himself.

對於一個完全有權對約拿發怒的來說，上帝卻溫和地克制地問道：「*你這樣發怒，對嗎？*」，「*你因這棵蓖麻這樣發怒，對嗎？*」，以此來激發約拿進行更深刻的自我反思。上帝堅持不懈地追尋約拿，讓他遠離那些最終會毀滅他的偶像，回歸上帝自己身邊。

God uses a plant that sprang up overnight and died overnight to show to Jonah the inconsistency of his worship towards him. There was no rebuke, no harsh words, the way that God dealt with the Ninevites and Jonah truly support Jonah’s understanding about God. That he is *a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity.*

上帝用一夜生長又一夜枯死的植物，向約拿顯明他對上帝的敬拜的不一致。上帝對待尼尼微人和約拿的方式沒有責備，也沒有嚴厲的言語，這恰恰印證了約拿對上帝的認識。上帝是一位有恩惠，有憐憫的上帝，不輕易發怒，有豐盛的慈愛，並且會改變心意，不降那災難。

God has all the time he has, and he will use all the time needed to get us to repent and turn back to him, just like Apostle Peter says in 3:8-9 of his 2nd letter, *But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. The Lord is not slow in keeping his promise, as some understand slowness. Instead, he is patient with you, not wanting anyone to perish, but everyone to come to repentance.*

神擁有充足的時間，祂會用一切必要的時間來促使我們悔改歸向祂，正如使徒彼得在《彼得後書》3:8-9 中所說：「親愛的，有一件事你們不可忘記，就是：主看一日如千年，千年如一日。9 主沒有遲延他的應許，就如有人以為他是遲延，其實他是寬容你們，不願一人沉淪，而是人人都來悔改。」

If God’s grace and compassion can change someone like Jonah, he will also change you and bring you into a new life. A life under our Lord Jesus Christ.

如果上帝的恩惠和憐憫能夠改變像約拿這樣的人，祂也必定會改變你，帶你進入新的生命。在主耶穌基督的帶領下，開啟新的生活。

Jonah and Jesus 約拿和耶穌

In Jesus time, both Matthew and Luke told us that Jesus referred to Jonah in his teaching to the religious and those come to see him.

在耶穌時代，馬太和路加都告訴我們，耶穌在向宗教人士和前來拜訪的人傳道時提到了約拿。

In Matthew 12:38-40, it says, *38 Then some of the Pharisees and teachers of the law said to him, “Teacher, we want to see a sign from you.” 39 He answered, “A wicked and adulterous generation asks for a sign! But none will be given it except the sign of the prophet Jonah. 40 For as Jonah*

was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth.”

《馬太福音》12:38-40 寫道：38 當時，有幾個文士和法利賽人對耶穌說：「老師，我們想請你顯個神蹟給我們看看。」39 耶穌回答他們：「邪惡淫亂的世代求看神蹟，除了先知約拿的神蹟以外，再沒有神蹟給他們看了。40 約拿三日三夜在大魚肚腹中，同樣，人子也要三日三夜在地裏面。」

Again, in Luke 11:29-30, it reads, 29 *As the crowds increased, Jesus said, “This is a wicked generation. It asks for a sign, but none will be given it except the sign of Jonah. 30 For as Jonah was a sign to the Ninevites, so also will the Son of Man be to this generation.”*

《路加福音》11:29-30 中再次寫道：29 當眾人越來越擁擠的時候，耶穌說：「這世代是一個邪惡的世代。他們求看神蹟，除了約拿的神蹟以外，再沒有神蹟給他們看了。30 約拿怎樣為尼尼微人成了神蹟，人子也要照樣為這世代的人成為神蹟。」

Jesus has very strong words for the religious leaders because they think they are good enough to be accepted by God. But they could not recognise whom Jesus is and reject the one and only true Son of God. When they question Jesus’s authority and demanded a sign from him, he says, *none will be given it except the sign of the prophet Jonah.*

耶穌嚴厲斥責宗教領袖，因為他們自以為夠優秀，足以被上帝接納。但他們卻無法認出耶穌，拒絕了上帝獨一而真正的兒子。當他們質疑耶穌的權威，並要求他顯神蹟時，耶穌說，除了先知約拿的神蹟以外，再沒有神蹟給他們看了。

Jesus mentioned two area in these two passages. *Firstly*, he equates the experience of Jonah in the belly of the huge fish to his experience of the three days and three nights in the heart of the earth.

耶穌在這兩段經文中提到了兩點。首先，他將約拿在大魚腹中的經歷與他在地裡三天三夜的經歷相提並論。

As Steve preached last week, Jonah went into the depth of the sea in order to save the sailors. Even the pagan sailors would not accept that killing an innocent man is forgivable. But Jesus who is without sin was *made to be sin offering for us, so that in him, we might become the righteousness of God.* (2 Cor 5:21)

正如主任牧師上週講道時所說，約拿為了拯救水手們而被拋入深海。即使是異教水手們也不會接受殺害無辜者是可以寬恕的。但耶穌是無罪的，祂是那無罪的，替我們成為罪，好使我們在他裏面成為上帝的義。（哥林多後書 5:21）

When Jesus went to the cross, he repeats the suffering of Jonah, but to an infinitely greater degree. He cries out on the Cross, *My God, my God, why have you forsaken me?* (Matt 27:46). for he went into the depths of death and separation from God, into the depths of divine judgment, in order to save Jonah, and us.

當耶穌走上十字架時，祂重複了約拿的苦難，但程度遠超過約拿所受的。祂在十字架上呼喊：「我的神！我的神！為什麼離棄我？」（馬太福音 27:46）祂為了拯救約拿和我們，深陷死亡、與神隔絕的深淵，陷入承受著神聖審判的深淵。

Secondly, as Jonah was a sign to the most wicked people of his time, the Ninevites, so also Jesus, the Son of Man is a sign to this generation. If God can save both the Ninevites and Jonah, if God can cause them to change, there are no man or woman too sinful that God’s grace and compassion cannot touch and save. And there are no man or woman that are so good that do not need God’s grace and compassion.

其次，正如約拿向當時最邪惡的尼尼微人顯出神蹟一樣，人子耶穌也向這個世代顯出神蹟。如果上帝能夠拯救尼尼微人和約拿，如果上帝能夠使他們悔改，那麼，沒有哪個男人或女人的罪孽深重到上帝的恩惠和憐憫無法觸及和拯救。同樣，也沒有哪個男人或女人善良到不需要上帝的恩惠和憐憫。

If you are a Christian, no matter you only recently come to submit your life to Jesus or you have been one for almost your whole life. When you hear about the gospel of Jesus every Sunday or during your own reading of God's word, has it driven you to deeper levels of humanity, grace, compassion, and forgiveness towards others, especially those who have wronged you.

如果你是基督徒，無論你是最近才將生命交託給耶穌，還是幾乎一輩子都是基督徒。當你每個星期天聽到耶穌的福音，或親自研讀聖經時，它是否促使你對他人，尤其是那些曾經得罪過你的人，擁有更深層次的人性、恩惠、憐憫和寬恕？

Is Jesus your true joy and treasure? Don't get caught up with earthly things that sprang up overnight and die overnight. Praise God when suffering and hardship comes into your life, for they are God pursuing you like how he pursued Jonah to make you holy and helping you become worthy of the calling you have received.

耶穌是你真正的喜樂和寶藏嗎？不要沉溺於那些一夜之間出現又一夜消逝的屬世的事物。當你生命中遭遇苦難和困境時，要讚美神，因為神正在追尋你，就像他追尋約拿一樣，要使你成為聖潔，並幫助你配得你所蒙的呼召。

Remember Jesus your Lord and the things he has done for you to be right with your Creator your Father in Heaven. We are saved not because of any righteous things we have done but purely because of the grace and compassion of our God, of his mercy. (Titus 3:5) If our gracious and compassionate God can change the Ninevites and Jonah, he will save and change you too.

要記念耶穌是你的主，以及祂為你所做的一切，使你與你的造物主，你在天上的父和好。我們得救，並非因為我們做了什麼義事，而純粹是因為我們神的恩惠、憐憫和祂的慈悲。（提多書 3:5）如果我們仁慈憐憫的神能夠改變尼尼微人和約拿，祂也必拯救和改變你們。

Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. For the Lord is the great God, the great King above all gods. In his hand are the depths of the earth, and the mountain peaks belong to him. The sea is his, for he made it, and his hands formed the dry land. Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care. Today, if only you would hear his voice, do not harden your hearts ... (Psalm 95:1-8)

1 來啊，我們要向耶和華歌唱，向拯救我們的磐石歡呼！**2** 我們要以感謝來到他面前，用詩歌向他歡呼！**3** 因耶和華是偉大的上帝，是超越萬神的大君王。**4** 地的深處在他手中；山的高峰也屬他。**5** 海洋屬他，是他造的；旱地也是他手造成的。**6** 來啊，我們要俯伏敬拜，在造我們的耶和華面前跪拜。**7** 因為他是我們的上帝；我們是他草場的百姓，是他手中的羊。惟願你們今天聽他的話！**8** 你們不可硬著心...（詩篇 95:1-8）

Repent and believe in the good news.

悔改並要信福音。