



# A Lament of Hope

## 擁有希望的哀悼

03/19/2023 – LAMENTATIONS 3

EMMANUEL CHINESE CHRISTIAN CHURCH

# Three Observations

- ▶ Suffering can leave us feeling hopeless  
苦難會讓我們感到絕望
- ▶ Suffering can never take away our true hope  
苦難永遠無法帶走我們真正的希望
- ▶ Hope brings about restoration and renewal  
in the midst of our suffering  
希望在我們的苦難中帶來恢復和更新



Suffering Can Leave Us Feeling  
Hopeless

苦難會讓我們感到絕望

# Lamentations 3:1-9 (ESV)

- 1 I am the man who has seen affliction under the rod of his wrath;
- 2 he has driven and brought me into darkness without any light;
- 3 surely against me he turns his hand again and again the whole day long.
- 4 He has made my flesh and my skin waste away; he has broken my bones;
- 5 he has besieged and enveloped me with bitterness and tribulation;
- 6 he has made me dwell in darkness like the dead of long ago.
- 7 He has walled me about so that I cannot escape; he has made my chains heavy;
- 8 though I call and cry for help, he shuts out my prayer;
- 9 he has blocked my ways with blocks of stones; he has made my paths crooked.

# 耶利米哀歌 3:1-9

- 1 我是因耶和華憤怒的杖遭遇困苦的人。
- 2 他引導我，使我行在黑暗中，不行在光明裡。
- 3 他真是終日再三反手攻擊我。
- 4 他使我的皮肉枯乾，他折斷我的骨頭。
- 5 他築壘攻擊我，用苦楚和艱難圍困我。
- 6 他使我住在幽暗之處，像死了許久的人一樣。
- 7 他用籬笆圍住我，使我不能出去，他使我的銅鏈沉重。
- 8 我哀號求救，他使我的禱告不得上達。
- 9 他用鑿過的石頭擋住我的道，他使我的路彎曲。



# Lamentations 3:10-18 (ESV)

10 He is a bear lying in wait for me, a lion in hiding;

11 he turned aside my steps and tore me to pieces; he has made me desolate;

12 he bent his bow and set me as a target for his arrow.

13 He drove into my kidneys the arrows of his quiver;

14 I have become the laughingstock of all peoples, the object of their taunts all day long.

15 He has filled me with bitterness; he has sated me with wormwood.

16 He has made my teeth grind on gravel, and made me cower in ashes;

17 my soul is bereft of **peace**; I have forgotten what **happiness** is;

18 so I say, "My **endurance** has perished; so has my hope from the Lord."

# 耶利米哀歌 3:10-18

- 10 他向我如熊埋伏，如獅子在隱密處。
- 11 他使我轉離正路，將我撕碎，使我淒涼。
- 12 他張弓將我當做箭靶子。
- 13 他把箭袋中的箭射入我的肺腑。
- 14 我成了眾民的笑話，他們終日以我為歌曲。
- 15 他用苦楚充滿我，使我飽用茵陳。
- 16 他又用沙石礮斷我的牙，用灰塵將我蒙蔽。
- 17 你使我遠離**平安**，我忘記**好處**。
- 18 我就說：「我的**力量**衰敗，我在耶和華那裡毫無指望。」



Suffering Can Never Take Away  
Our True Hope

苦難永遠無法帶走我們真正的希望



# 耶利米哀歌Lamentations 3:21-24 (ESV)

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

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

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

24 “The Lord is my **portion**,” says my soul, “therefore I will hope in him.”

21 我想起這事，心裡就有指望。

22 我們不致消滅，是出於耶和華**諸般的慈愛**，是因他的憐憫不至斷絕。

23 每早晨這都是新的，你的誠實極其廣大。

24 我心裡說：「耶和華是我的**份**，因此我要仰望他。」

# Attributes of God in Lamentations 3 (ESV)

## 上帝的屬性

**Good** - 25 The Lord is **good** to those who wait for him, to the soul who seeks him.

**施恩** 25 凡等候耶和華，心裡尋求他的，耶和華必**施恩**給他。

**Loving** - 31 For the Lord will not cast off forever, 32 but, though he cause grief, he will have compassion according to the abundance of his steadfast **love**; 33 for he does not afflict from his heart or grieve the children of men.

**慈愛** 31 因為主必不永遠丟棄人。 32 主雖使人憂愁，還要照他諸般的**慈愛**發憐憫。 33 因他並不甘心使人受苦，使人憂愁。

# Attributes of God in Lamentations 3 (ESV)

## 上帝的屬性

**Just** - 34 To crush underfoot all the prisoners of the earth, 35 to deny a man **justice** in the presence of the Most High, 36 to subvert a man in his lawsuit, the Lord does not approve.

**公義** 34 人將世上被囚的踹在腳下， 35 或在至高者面前**冤枉**人， 36 或在人的訟事上顛倒是非，這都是主看不上的。

**Sovereign** - 37 Who has spoken and it came to pass, **unless the Lord has commanded it?** 38 Is it not from the mouth of the Most High that good and bad come? 39 Why should a living man complain, a man, about the punishment of his sins?

**具有主權** 37 **除非主命定**，誰能說成就成呢？ 38 禍福不都出於至高者的口嗎？ 39 活人因自己的罪受罰，為何發怨言呢？

# From No Hope to Hope (ESV)

## 從無望到希望

### From No Hope從無望

18 so I say, “My endurance has perished; so has my **hope** from the Lord.”

18 我就說：「我的力量衰敗，我在耶和華那裡毫無**指望**。」

### To Hope到希望

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

21 我想起這事，心裡就有**指望**。

24 “The Lord is my portion,” says my soul, “therefore I will **hope** in him.”

24 我心裡說：「耶和華是我的份，因此我要**仰望**他。」

29 let him put his mouth in the dust—there may yet be **hope**;

29 他當口貼塵埃，或者有**指望**。



Hope Brings About Restoration  
And Renewal In The Midst Of Our  
Suffering

希望在我們的苦難中帶來恢復和更新



# God Goes From 3<sup>rd</sup> To 2<sup>nd</sup> Person (ESV)

## 上帝從第三人稱變成第二人稱

### Beginning of Lamentations 3 耶利米哀歌 3 的開始

2 **he** has driven and brought me into darkness without any light;

2 **他**引導我，使我行在黑暗中，不行在光明裡。

7 **He** has walled me about so that I cannot escape; he has made my chains heavy;

7 **他**用籬笆圍住我，使我不能出去，他使我的銅鏈沉重。

15 **He** has filled me with bitterness; he has sated me with wormwood.

15 **他**用苦楚充滿我，使我飽用茵陳。

# God Goes From 3<sup>rd</sup> To 2<sup>nd</sup> Person (ESV)

## 上帝從第三人稱變成第二人稱

### After the appearance of hope in Lamentations 3

43 “You have wrapped yourself with anger and pursued us, killing without pity;

59 You have seen the wrong done to me, O Lord; judge my cause

64 “You will repay them, O Lord, according to the work of their hands..

### 希望出現後

43 你自被怒氣遮蔽，追趕我們；你施行殺戮，並不顧惜。

59 耶和華啊，你見了我受的委屈，求你為我申冤。

64 耶和華啊，你要按著他們手所做的向他們施行報應。

# From Torment to Salvation (ESV)

## 從折磨到救贖

### Beginning of Lamentations 3 耶利米哀歌 3 的開始

8 though I call and cry for help, he shuts out my prayer;

8 我哀號求救，他使我的禱告不得上達。

# From Torment to Salvation (ESV)

## 從折磨到救贖

### After the appearance of hope in Lamentations 3

55 “I called on your name, O Lord, from the depths of the pit;

56 you heard my plea, ‘Do not close your ear to my cry for help!’

57 You came near when I called on you; you said, ‘Do not fear!’

### 希望出現後

55 耶和華啊，我從深牢中求告你的名。

56 你曾聽見我的聲音：「我求你解救，你不要掩耳不聽！」

57 我求告你的日子，你臨近我，說：「不要懼怕！」

When you focus your hope on the outcome,  
God will only become as good as the  
outcome he gives you, but when you focus  
your hope on God, any outcome from him is  
good enough.

當你將希望集中在結果上時，上帝只會變得和他  
給你的結果一樣好，但是當你將希望集中在上帝  
身上時，任何結果都足夠好。



# Conclusion 結論 (ESV)

## Lamentations 3

24 “The Lord is my **portion**,” says my soul, “therefore I will hope in him.”

24 我心裡說：「耶和華是我的**份**，因此我要仰望他。」

## Luke 10

38 Now as they went on their way, Jesus entered a village. And a woman named Martha welcomed him into her house. 39 And she had a sister called Mary, who sat at the Lord's feet and listened to his teaching. 40 But Martha was distracted with much serving. And she went up to him and said, “Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.” 41 But the Lord answered her, “Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good **portion**, which will not be taken away from her.”

# Conclusion 結論 (ESV)

## Lamentations 3

24 “The Lord is my **portion**,” says my soul, “therefore I will hope in him.”

24 我心裡說：「耶和華是我的**份**，因此我要仰望他。」

## 路加福音 10

38 他們走路的時候，耶穌進了一個村莊。有一個女人名叫馬大，接他到自己家裡。 39 她有一個妹子名叫馬利亞，在耶穌腳前坐著聽他的道。 40 馬大伺候的事多，心裡忙亂，就進前來說：「主啊，我的妹子留下我一個人伺候，你不在意嗎？請吩咐她來幫助我。」 41 耶穌回答說：「馬大，馬大，你為許多的事思慮煩擾， 42 但是不可少的只有一件。馬利亞已經選擇那上好的**福分**，是不能奪去的。」