

# 三月團契查經 - 詩篇124

## 預先思考問題

您有什麼難忘的經歷嗎？

有沒有一些你想忘記  
卻又無法忘記的痛苦回憶？

# 詩篇124

1 「若不是耶和華幫助我們...」

以色列人要這樣說：

2 「若不是耶和華幫助我們，

當人起來攻擊我們的時候，

3 向我們發怒的時候，

他們就把我們活活地吞了。

4 洪水就必漫過我們，

急流必淹沒我們，

5 狂傲的洪水就必淹沒我們。」

6 耶和華是應當稱頌的！

祂沒有把我們當野食交給他們吞吃。

7 我們好像雀鳥逃脫

捕鳥人的網羅，

網羅破裂，

我們逃脫了。

8 我們得幫助，是在乎倚靠耶和華的名，

祂是造天地的主。

## Psalm 124

- 1 If it had not been for the  
LORD who was on our side  
let Israel say—
- 2 If it had not been for the  
LORD who was on our side  
when people attacked us,  
3 then they would have swallowed us alive  
when their anger flared against us.
- 4 Then the waters would have engulfed us,  
the torrent would have swept over us,  
5 then they would have swept over us—  
those raging waters.
- 6 Praise be to the LORD,  
who has not let us be torn by their teeth.
- 7 We have escaped like a bird  
out of the fowler's snare.  
The snare has been broken  
and we have escaped.
- 8 Our help is in the name of the LORD,  
the Maker of heaven and earth.