

Help in Trouble

患难中的帮助

Scripture from NASB (2020) and CUV
Chico Asian Bible Church

Scripture 经文

► 1 Chronicles 29: 15 For we are strangers before You, and temporary residents, as all our fathers were. 历代志上 29:15 “我们在你面前是客旅，是寄居的，像我们列祖一样，我们的日子在世如影，不能长存。”

► John 16: 33 These things I have spoken to you so that in Me you may have peace. In the world you have tribulation but take courage; I have overcome the world.” 约翰福音 16:33 “我将这些事告诉你们，是要叫你们在我里面有平安。在世上你们有苦难；但你们可以放心，我已经胜了世界。”

Scripture 经文

- ▶ Psalm 13 Prayer for Help in Trouble
- ▶ How long, Lord? Will You forget me forever?
How long will You hide Your face from me?
² How long am I to feel anxious in my soul,
With grief in my heart all the day?
How long will my enemy be exalted over me?
- ▶ ³ Consider *and* answer me, O Lord my God;
Enlighten my eyes, or I will sleep the *sleep*
of death,
⁴ And my enemy will say, “I have overcome him,”
And my adversaries will rejoice when I am
shaken.
- ▶ ⁵ But I have trusted in Your faithfulness;
My heart shall rejoice in Your salvation.
⁶ I will sing to the Lord,
Because He has looked after me.

▶ 诗篇第十三篇：患难中的祷告

- ▶ 1 耶和華啊，你忘记我要到几时呢？要到永远吗？你掩面不顾我要到几时呢？
- 2 我心里筹算，终日愁苦，要到几时呢？我的仇敌升高压制我，要到几时呢？
- 3 耶和華—我的 神啊，求你看顾我，应允我；使我眼目光明，免得我沉睡至死；
- 4 免得我的仇敌说：“我胜了他。”免得我的敌人在我摇动的时候喜乐。
- 5 但我倚靠你的慈爱；我的心因你的救恩快乐。
- 6 我要向耶和華歌唱，因他用厚恩待我。

Outline 纲要

- ▶ Why does God delay His help? 为什么神会延迟施以帮助?
 - ▶ Delay in Human Eyes 人眼中的“延迟”
 - ▶ God has His Timing 神有祂的时间表
- ▶ What should we do when we feel that God is delayed? 当我们觉得神延迟时该怎么办?
 - ▶ Continue to trust and wait for God. 继续信靠并等候神
 - ▶ Seek God's guidance. 寻求神的引导
 - ▶ Stay faithful. 保守忠心

Delay in Human Eyes 人眼中的“延迟”

- ▶ Psalm 40: 17 But I am afflicted and needy;
May the Lord be mindful of me.
You are my help and my savior;
Do not delay, my God.
- ▶ 诗篇 40:17: “但我是困苦穷乏的，主仍顾念我。你是帮助我的，搭救我的；神啊，求你不要耽延！”
- ▶ Psalm 69: 3 I am weary with my crying; my throat is parched;
My eyes fail while I wait for my God.
- ▶ 诗篇 69:3: “我因呼求困乏，喉咙干渴；我因等候我的神，眼睛失明。”

Delay in Human Eyes 人眼中的“延迟”

- ▶ Psalm 70: But I am afflicted and needy;
Hurry to me, God!
You are my help and my savior;
Lord, do not delay.
- ▶ 诗篇 70:5: “但我是困苦穷乏的；神啊，求你速速到我这里来。你是帮助我的，搭救我的；耶和华啊，求你不要耽延！”
- ▶ Psalm 119: 82 My eyes fail *with longing* for Your [ai]word, [aj]While I say, “When will You comfort me?”
- ▶ 诗篇 119:82: “我因盼望你的应许，眼睛失明；我说：‘你何时安慰我？’”

Outline 纲要

- ▶ Why does God delay His help? 为什么神会延迟施以帮助?
 - ▶ Delay in Human Eyes 人眼中的“延迟”
 - ▶ God has His Timing 神有祂的时间表
- ▶ What should we do when we feel that God is delayed? 当我们觉得神延迟时该怎么办?
 - ▶ Continue to trust and wait for God. 继续信靠并等候神
 - ▶ Seek God's guidance. 寻求神的引导
 - ▶ Stay faithful. 保守忠心

God has His Timing 神有祂的时间表

- ▶ Ecclesiastes 3: 11 He has made everything appropriate in its time.
- ▶ 传道书 3:11: “神造万物，各按其时成为美好。”

God has His Timing 神有祂的时间表

- ▶ Genesis 40: 14 Only [k]keep me in mind when it goes well for you, and please do me a kindness [l]by mentioning me to Pharaoh, and get me out of this [m]prison. 15 For I was in fact kidnapped from the land of the Hebrews, and even here I have done nothing that they should have put me into the [n]dungeon.”
- ▶ Genesis 40: 21 He restored the chief cupbearer to his [p]office, and he put the cup into Pharaoh’s [q]hand; 22 but he hanged the chief baker, just as Joseph had interpreted to them. 23 Yet the chief cupbearer did not remember Joseph, but forgot him.
- ▶ 创世记 40:14-15: “但你得好处的时候，求你记念我，施恩与我，在法老面前提说我，救我出这监牢。我实在是从希伯来人之地被拐来的；我在这里也没有做什么，叫他们把我下在监里。”
- ▶ 创世记 40:21-23: “酒政便复原职，把杯递在法老手中。但膳长挂起来，正如约瑟向他们所讲解的。只是酒政不记念约瑟，竟忘了他。”

God has His Timing 神有祂的时间表

- ▶ Genesis 41: 1 Now it happened at the end of two full years that Pharaoh had a dream, and behold, he was standing by the Nile.
- ▶ Genesis 41: 14 Then Pharaoh sent word and called for Joseph, and they hurriedly brought him out of the dungeon; and when he had shaved himself and changed his clothes, he came to Pharaoh.
- ▶ Genesis 41: 16 ¹⁶ Joseph then answered Pharaoh, saying, “[i]It has nothing to do with me; God will [k]give Pharaoh an answer for his own good.”
- ▶ 创世记 41:1: “过了两年，法老作梦，梦见自己站在河边。”
- ▶ 创世记 41:14: “于是法老差人去召约瑟；他们便急忙带他出监。他就剃头、刮脸、更换衣服，进到法老面前。”
- ▶ 创世记 41:16: “约瑟回答法老说：‘这不在乎我，神必将平安的话回答法老。’”

God has His Timing 神有祂的时间表

- ▶ John 11: Now a certain man was sick: Lazarus of Bethany, the village of Mary and her sister Martha. ² And it was the Mary who anointed the Lord with [a]ointment, and wiped His feet with her hair, whose brother Lazarus was sick.
- ▶ John 11: 6 ⁶ So when He heard that he was sick, He then stayed two days *longer* in the place where He was.
- ▶ John 11: 21 ²¹ Martha then said to Jesus, “Lord, if You had been here, my brother would not have died.
- ▶ 约翰福音 11:1-2: “有一个患病的人，名叫拉撒路，住在伯大尼，就是马利亚和她姐姐马大的村庄。...这马利亚就是那用香膏抹主，又用头发擦他脚的；她的兄弟拉撒路病了。”
- ▶ 约翰福音 11:6: “耶稣听见所说的，就在所居之地仍住了两天。”
- ▶ 约翰福音 11:21: “马大对耶稣说：‘主啊，你若早在这里，我兄弟必不死。’”

God has His Timing 神有祂的时间表

- ▶ John 11: 4 ⁴ But when Jesus heard *this*, He said, “This sickness is not [b]meant for death, but *is* for the glory of God, so that the Son of God may be glorified by it.”
- ▶ John 11: 45 Therefore many of the Jews who came to Mary, and saw what He had done, believed in Him.
- ▶ 约翰福音 11:4: “耶稣听见就说: ‘这病不至于死, 乃是为神的荣耀, 叫神的儿子因此得荣耀。’”
- ▶ 约翰福音 11:45: “那些来看马利亚的犹太人, 有好些信了他。”

Outline 纲要

- ▶ Why does God delay His help? 为什么神会延迟施以帮助?
 - ▶ Delay in Human Eyes 人眼中的“延迟”
 - ▶ God has His Timing 神有祂的时间表
- ▶ What should we do when we feel that God is delayed? 当我们觉得神迟延时该怎么办?
 - ▶ Continue to trust and wait for God. 继续信靠并等候神
 - ▶ Seek God's guidance. 寻求神的引导
 - ▶ Stay faithful. 保守忠心

Continue to trust and wait for God.继续信靠并等候神

- ▶ Psalm 13: ⁵ But I have trusted in Your faithfulness;
My heart shall rejoice in Your salvation.
⁶ I will sing to the Lord,
Because He has looked after me.
- ▶ 诗篇 13:5-6: “但我倚靠你的慈爱; 我的心因你的救恩快乐。我要向耶和华歌唱, 因他用厚恩待我。”
- ▶ Psalm 27: 14 Wait for the Lord; Be strong and let your heart take courage;
Yes, wait for the Lord.
- ▶ 诗篇 27:14: “要等候耶和华! 当壮胆, 坚固你的心! 我再说, 要等候耶和华!”
- ▶ Psalm 31: 24 Be strong and let your heart take courage, all you who wait
for the Lord.
- ▶ 诗篇 31:24: “凡仰望耶和华的人, 你们都要壮胆, 坚固你们的心!”

Continue to trust and wait for God.继续信靠并等候神

- ▶ Psalm 33: 18 Behold, the eye of the Lord is on those who fear Him, on those who wait for His faithfulness, 20 Our soul waits for the Lord; He is our help and our shield.
- ▶ Psalm 37: 7 Rest in the Lord and wait [c]patiently for Him; Do not get upset because of one who is successful in his way, 34 Wait for the Lord and keep His way, And He will exalt you to inherit the land;
- ▶ Psalm 40: 1 I waited [a]patiently for the Lord; And He reached down to me and heard my cry.
- ▶ 诗篇 33:18, 20: “耶和华的眼目看顾敬畏他和仰望他慈爱的人。...我们的心向来等候耶和华；他是我们的帮助，我们的盾牌。”
- ▶ 诗篇 37:7, 34: “你当默然倚靠耶和华，耐性等候他...要等候耶和华，遵守他的道，他就抬举你，使你承受地土...”
- ▶ 诗篇 40:1: “我曾耐性等候耶和华；他垂听我的呼求。”

Outline 纲要

- ▶ Why does God delay His help? 为什么神会延迟施以帮助?
 - ▶ Delay in Human Eyes 人眼中的“延迟”
 - ▶ God has His Timing 神有祂的时间表
- ▶ What should we do when we feel that God is delayed? 当我们觉得神延迟时该怎么办?
 - ▶ Continue to trust and wait for God. 继续信靠并等候神
 - ▶ Seek God's guidance. 寻求神的引导
 - ▶ Stay faithful. 保守忠心

Seek God's guidance. 寻求神的引导

Psalms 18:2 The Lord is my rock and my fortress and my savior,

My God, my rock, in whom I take refuge;
My shield and the horn of my salvation,
my stronghold.

³ I call upon the Lord, who is worthy to be praised,
And I am saved from my enemies.

.....

6 In my distress I called upon the Lord,
And cried to my God for help;
He heard my voice from His temple,
And my cry for help before Him came into His ears.

20 The Lord has rewarded me according to my righteousness;
According to the cleanness of my hands He has repaid me.

²¹ For I have kept the ways of the Lord,
And have not acted wickedly against my God.

²² For all His judgments were before me,
And I did not put away His statutes from me.

► 诗篇 18:2-3: “耶和华是我的岩石，我的山寨，我的救主，是我的神，是我所投靠的磐石，是我的盾牌，是拯救我的角，是我的高台。我要求告当赞美的耶和华；这样，我必从仇敌手中被救出来。”

► 诗篇 18:6: “我在急难中求告耶和华，向我的神呼求；他从殿中听了我的声音，我在他面前的呼求入了他的耳中。”

► 诗篇 18:20-22: “耶和华按着我的公义报答我，按我手中的清洁赏赐我。因我遵守了耶和华的道，未曾作恶离开我的神。他的一切典章常在我面前；他的律例我也未曾丢弃。”

Outline 纲要

- ▶ Why does God delay His help? 为什么神会延迟施以帮助?
 - ▶ Delay in Human Eyes 人眼中的“延迟”
 - ▶ God has His Timing 神有祂的时间表
- ▶ What should we do when we feel that God is delayed? 当我们觉得神迟延时该怎么办?
 - ▶ Continue to trust and wait for God. 继续信靠并等候神
 - ▶ Seek God's guidance. 寻求神的引导
 - ▶ Stay faithful. 保守忠心

Stay faithful.保守忠心

- ▶ Ecclesiastes 7: 8 The end of a matter is better than its beginning; Patience of spirit is better than arrogance of spirit.
- ▶ James 5: 7 Therefore be patient, brothers *and sisters*, until the coming of the Lord. The farmer waits for the precious produce of the soil, being patient about it, until ^[f]it gets the early and late rains. ⁸ You too be patient; strengthen your hearts, for the coming of the Lord is near.
- ▶ Romans 12: 11 ... fervent in spirit, serving the Lord; ¹² rejoicing in hope, persevering in tribulation, devoted to prayer,
- ▶ 传道书 7:8: “事情的终局强如事情的起头；存心忍耐的，胜过居心骄傲的。”
- ▶ 雅各书 5:7-8: “弟兄们哪，你们要忍耐，直到主来。看哪，农夫忍耐等候地里宝贵的出产，直到得了秋雨春雨。你们也当忍耐，坚固你们的心，因为主来的日子近了。”
- ▶ 罗马书 12:11-12: “殷勤不可懒惰。要心里火热，常常服事主。在指望中要喜乐，在患难中要忍耐，祷告要恒切。”

Stay faithful. 保守忠心

- ▶ 1 Peter 1: 6 ⁶ In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various ^[b]trials, ⁷ so that the ^[c]proof of your faith, *being* more precious than gold which perishes though tested by fire, may be found to result in praise, glory, and honor at the revelation of Jesus Christ;
- ▶ 彼得前书 1:6-7: “因此，你们是大有喜乐；但如今，在百般的试炼中暂时忧愁，叫你们的信心既被试验，就比那被火试验仍然能坏的金子更显宝贵，可以在耶稣基督显现的时候得着称赞、荣耀、尊贵。”