

## 引言 INTRODUCTION

Tree rings can tell us something about the health of a tree and the climate. Those rings are layers of wood tissue that the tree produces. New rings keep forming beneath the bark as the tree grows. In the spring time, development is faster and the rings will have a lighter color. By late summer, growth will slow down and the rings appear darker. A set of rings in both colors represent one year of the tree's life. Besides, a tree grows faster and thus produces a thicker ring when rain is abundant, and vice versa. Life is like that. We run and hop when everything is going well. The sun seems brighter. Then we slow down and sigh in hardship. The sky looks gloomy. Circumstances will affect our feelings. Those changes are comparable to the movements in a symphony. They differ in their speed. Those tempos are denoted by respective musical terms. Adagio is a slow pace at about 66 to 76 beats per minute. It may be expressed by bass instruments such as cello and clarinet. Whereas, allegro is much faster at 120 to 156 beats per minute. It may be characterized by high-pitched instruments like violin and trumpet. The structure of Psalm 22 has different movements like a symphony. It is a mixture of sorrowful and a slow tempo, and joyful and a quick tempo. The author, king David, shares his problems along with praise. The change of mood is sharp. David shows us that when we suffer in life, we can choose despair or we can choose to depend on God. As you read it, you will notice contents that depict Jesus' suffering at the cross. That is why Bible scholars categorize this psalm as one of the Messianic psalms. They describe certain episodes of the earthly life of Jesus. God put words of prophecy in the mind of authors as they were composing those psalms.

## 解釋 EXPLANATION

### 1. 在痛苦中被厭棄 Deserted with Pain

In the first movement of this psalm, David feels that he is deserted by God with pain. Let us read **verses 1-2**. David expresses his pain in three ways. First, he feels that he is abandoned by God. David does not get the help he has expected from God. Second, he feels that he is separated from God. David wonders if God is away. That is why God does not come to his rescue. Third, it seems that God is even silent. David says there is no response after he prays day and night. Even though those emotions were real, David did not get stuck in them. We see the conjunction "yet" in verses 3 and 9. David set aside his own traumas and he focuses on the truths. Listen to **verses 3-5**. David affirms God's nature and His previous works. God is the Holy One who uses the praise of His people as a throne. God is without sin and He hates sin. Therefore, God will protect His children from the attack of evil-doers. His people respond in praise as God rescues them from troubles. David brings up the experience of his ancestors. They cried out to God when they were oppressed by slave-masters in Egypt. The Bible says God remembered the covenant He made with Abraham, Issac and Jacob when He

heard their groaning. Therefore, God sent Moses to deliver them from Egypt. The word “trusted” appears three times in verses 4 and 5. God rescued the Israelites when they trusted Him, even though on the whole they were people of little faith. The result was that the ancestors “were not put to shame.” Another Bible translation renders the expression “they were not disappointed.” Prayers work not because people’s words carry magical power. It is effective when God chooses to act on the favor of His children. His reputation was at stake. Since He had made a covenant with the Israelites, He would fulfill His promises. Thank God for His faithfulness! From the experience of the nation, David turns to himself. Look at [verses 9-11](#). The author goes all the way back to the time when he was in the mother’s womb. David admits that God created his life. A more precious thing is that God knew him before he knew God. David says in verse 9 “you made me trust you.” We see the word “trust” once again. We do not manufacture faith in us. No one will decide to believe in Jesus out of the blue. He puts the faith in you so that you react positively when someone shares the gospel with you. We do not find God; He finds us. That takes away our pride. David recalls that God had been with him even before he was born. Therefore, in verse 11 he determines to put his trust in God like he did before. Based on national history and personal history, David concludes that God is faithful. We have a choice when we are facing hardship. We can trust our feelings and reject God. Thus we conclude that God does not exist or He does not care about my needs. Another option is to trust God and ask Him to increase our faith. After all, who needs God when we are in good health, our careers are flourishing and our kids have good grades? We think that we can control our little world. God can use a small obstacle in life to humble us easily. If God is able to help us but He has not done so yet, then He must have a higher reason. Perhaps He is training our faith, or perhaps He is waiting for the best timing to respond. Difficulties should not keep us away from God. Rather, problems should draw us close to Him. We should keep trusting Him.

## 2. 在敵人中受藐視 Despised by People

David feels that he is deserted by God with pain. In the second movement of this psalm, David points out that he is despised by people. Let us look at [verses 6-8](#). The psalmist is insulted and ridiculed. The enemies look down on him and make fun of him with demeaning words. There is an old saying: “Sticks and stones may break my bones, but words will never hurt me.” The fact is, a physical wound will eventually heal. But harmful words will etch on our mind for a long time. I still remember some unfounded criticisms from my parents when I was a kid. Surely, I have forgiven them from my heart long time ago. I love them without question. The lesson for us is to think twice and speak wisely. It is one thing for someone to crush our feeling. But it is more unbearable for people to challenge our faith. In verse 8, people question David where God was when he needed help. Does God really care about us? It takes faith to commit our needs to God. But it takes a bigger faith to wait for His answers. The psalmist did not only encounter verbal abuse. His life was in real danger too. David uses wild bulls, lions and stray dogs to describe his enemies. Let us focus on [verses 16-18](#). The enemies are lurking and they are looking for opportunities to attack him. They are sneaky and vicious. Images of piercing through hands and feet and casting lot to divide his clothes make us think of Jesus’ experience. The writer uses those pictures to foretell what Jesus

would go through when He was on the cross. David never experienced such extreme pain and shame. He was a warrior and a king. The Philistines, king Saul's army and even David's own son had tried to hunt him down. Once David led some men to conquer a certain area. On their way back, they realized that their wives and children were captured by enemies. The Bible says all the men were devastated and they cried. After that, they turned their anger toward the leader. They might say to David: "Our families would not be taken by enemies if we have not followed you to battle!" 1 Samuel 30:6 tells us their subsequent reaction and David's response: **And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the Lord his God.** David was sad, but he did not panic. He did not defend himself or rely on his wisdom. He put his trust in God, and his faith was strengthened. The passage says David asked God through prayer whether or not he should chase after the enemies and if he could rescue all the people. God's answers to both questions were "yes." Eventually, David and his troop defeated the enemies and saved all the family members. David had a huge victory, not just over the foes, but also over his fear and the doubts of his men. As David looked back, he could confidently say in Psalm 22:24 – **For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him.** Enemies despised and afflicted David. But God would rise up and protect his servant. God heard David's plea for help and He came to his rescue. God is bigger than your problems and stronger than your enemies. He is not hiding His face from you. Rather, He is hiding you under His wings like a hen protecting her little ones. He is always close to His children. Commit your problems to God and wait on Him.

### 3. 在讚美中得喜樂 Delighted in Praise

After two movements of slow mumbling, Psalm 22 comes to a joyful finale. The psalmist's heart is delighted in praise to God. He calls for three groups of people to praise God. We see two of them in **verses 25-28**. First, David invites his countrymen to praise God. God's responses to David's personal prayers led to a public praise. In verse 25, David says he performs his vows to God. That would most likely include presenting offerings by a priest. David called for a public worship to thank God for His help. His personal testimony was an encouragement to everyone. Unfortunately, nowadays some Christians prefer a private religious practice over a church gathering. They quit coming to church. They resort to the convenience of live streaming. Some just watch sermons at home in their free time. They miss out the opportunities to sing, pray and listen to God's Word with fellow believers. Attending church is not just for our own benefits. We can cheer each other up as we share in small groups. We give thanks together when someone's prayer is answered. We bring each other's burden to God as one people. Therefore, do not come to the church just for yourself, but also for God and fellow brothers and sisters. The second group of people David mentions in verse 27 are people of all nations. They are people who do not know God. Public testimony can be used as a tool for evangelism. We see many examples in the Old Testament. People in foreign nations were amazed by God's wonderful works among His people. No one could imagine that God could bring a bunch of slaves from mighty Egypt. He also helped His people overcome the people in Canaan, and He gave them the land. God also defeated strong

kingdoms like Assyria and Babylon. Even today, the outside world is observing the testimony of churches. We as Christians need to stay strong and defend what the Bible says. People may criticize us as old-fashioned and narrow-minded. But when we practice what we believe, some people will be attracted by our testimony. Our godly conducts will cause them to look for God. The third group of people David testifies to are the future generations of Israelites. Let us read from **verses 30-31**. In Biblical times, fathers were responsible for teaching their kids. One instruction material was the history of their ancestors. The dads recalled the great things God did in the past. They would also use major festivals such as the Passover as teaching opportunities. As kids listened to those stories, they gradually knew the nature and works of God. However, God is not only interested in saving one generation. He is hoping that families will pass on their faith to future generations. God has the same expectation on you. He saves you first because He intends to save your family through you. Do not be so naïve that your children will naturally choose to love God. The fallen world, social media and their peers have strong influence on them. It is good that you bring your kids to church. But just like restaurants cannot replace mom's cooking and school cannot substitutes parents in shaping kids, the church cannot raise kids for you. Children need to see their parents practice Biblical truths at home. They will pay attention how parents deal with outsiders, how they exercise forgiveness in the family and how they trust God in difficult times. Parents are a living Bible to kids at home. From one person, God wants to save your whole family. From one family, God intends to influence the community, then city, then the nation. From one country, God hopes to proclaim His name to the rest of the world. He wants to draw many people to praise Him. It all begins from each believer.

## 結論 CONCLUSION

When we suffer in life, we can choose despair or we can choose to depend on God. David recalled his personal experience and set an example for us. He put his trust in God at all times. David witnessed that God was always there even when he felt deserted by God with pain. God would rise up and protect His servant even when David was despised by people. At the end, David was delighted in praise toward God. David's words reveal snapshots of Jesus' suffering on the cross. He too felt being deserted by God. He cried out on the cross: "My God, My God, why have You forsaken me?" Jesus was shouldering the sins of mankind at that very moment. Therefore, the holy and righteous God could not get near to Jesus momentarily. Many people at the scene despised Jesus. They mocked at Jesus that He saved others but He could not save Himself. Jesus could have vindicated Himself. But He waited for God's justice. Jesus willingly submitted to the Father's will and suffered on our behalf. At the end, Jesus delighted in praise. He rose from the death. He welcomes all those who share His joy of victory pour out praise to God.

## 引言 INTRODUCTION

年輪告訴我們有關樹木的健康狀況和當地的氣候。那些圈其實是一層又一層的木頭。隨著樹木的生長，新的年輪不斷在樹皮下形成。樹木在春天生長得更快，產生的木頭顏色也比較淡。夏天過後，生長速度會減慢，年輪的顏色也比較深。一組兩種顏色的年輪代表樹木的一年壽命。此外，當雨水充足時，樹木生長得更快，於是便產生更厚的年輪。人生也是那樣。當一切順利時，我們會奔跑和跳躍。太陽看起來也更燦爛。當困難來臨時，我們放慢腳步，垂頭喪氣。天空看起來變得陰沉。環境會影響我們的心情。這些變化就類似交響樂中的樂章。樂章可能有不同的速度。這些節奏由音樂術語表示。慢板的節奏是每分鐘約 66 至 76 拍，可能用大提琴、單簧管等低音樂器來表達。而快板的節奏是每分鐘 120 到 156 拍，可能用小提琴和號角等高音樂器來表達。詩篇 22 篇的結構就像交響樂的不同樂章。它有悲哀和節奏慢的地方，也有喜樂和節奏快的部份。作者君王大衛表達對神的讚美，同時也分享了他的困難。兩者的情緒變化是急速的。大衛告訴我們，當我們在受苦時，我們可以選擇放棄，也可以選擇依靠神。當你讀這首詩的時候，你會注意到一些對耶穌在十字架上受苦的描述。因此聖經學者將這首詩列為彌賽亞詩。那些詩形容耶穌在世上生活的某些情節。神透過作者的文筆預言耶穌的遭遇。

## 解釋 EXPLANATION

### 1. 在痛苦中被厭棄 Deserted with Pain

在這首詩的第一樂章中，大衛在痛苦中感覺到被神厭棄了。讓我們讀**第 1-2 節**。大衛用三種方式表達他的痛苦。首先，他覺得自己被神遺棄了。大衛沒有得到他所期望從神那裡得到的幫助。第二，他覺得自己與神隔絕了。大衛懷疑神是否離開了，以致神不來拯救他。第三，神似乎甚至沉默了。大衛說，儘管他日夜禱告，卻沒有得到回應。雖然那些情緒很真實，大衛並沒有陷入其中。我們在第 3 節和第 9 節看到「但」這個連接詞。聽聽**第 3-5 節**。大衛肯定了神的性情和祂過去的作為。神是聖潔的神，祂使用子民的讚美為寶座。神沒有罪，而且祂恨惡罪。因此，神會保護祂的兒女免受惡人的攻擊。當神將子民從困境中拯救出來時，他們便以讚美回應。大衛提到了他祖先的經歷。當他們在埃及因為受到奴役壓迫時，他們向神呼求。聖經說，當神聽到他們的嘆息時，



祂就記念祂與亞伯拉罕、以撒和雅各所立的約。因此，神差遣摩西將他們從埃及拯救出來。「倚靠」這個字在第 4 節和第 5 節中出現了三次。當以色列人倚靠神之時，神便拯救他們，雖然他們是信心不足的人。結果是祖先便「不羞愧」，意思是「他們沒有失望」。禱告之所以有效，並不是因為人們的言語有任何魔力。當神選擇按祂兒女的心願行動時，禱告便是有效的。神的聲譽受到威脅。因為神早已和以色列人立約，祂就必然遵守祂的承諾。感謝神的信實！從國家的經歷，大衛轉到個人經歷。請看第 9-11 節。作者追溯到他在母親腹中的時候。大衛承認神創造了他的生命。更寶貴的是，在他認識神之前，神就已經認識了他。大衛在第 9 節說：「你就使我有倚靠的心」。我們再次看到「倚靠」這個字。我們無法製造信心。沒有人會突然決定相信耶穌。是神把信心加給你，以致當有人向你傳福音時，你就會願意接受。不是我們尋找神；乃是神找到我們。這便挪去了我們的驕傲。大衛說在他出生之前，神就與他同在。因此，在第 11 節中，他決定像以前一樣倚靠神。根據國家歷史和個人經驗，大衛得出結論：神是信實的。當我們面對困難時，我們有不同的選擇。我們可以相信自己的感覺而拒絕神。然後我們得出結論：神不存在或祂不關心我的需要。另一個選擇是相信神並求祂加添我們信心。畢竟，當我們身體健康、事業穩定、孩子成績好時，誰還需要神呢？我們認為我們可以控制自己的一切。神可以使用一個小困難使我們謙卑下來。如果神能夠幫助我們，但祂還沒有這樣做，那麼祂一定有更好的理由。也許祂正在磨練我們的信心，也許祂等待最好的時機來回應。困難不應該使我們遠離神。相反，問題應該讓我們更接近祂。因此我們應該繼續相信祂。

## 2. 在敵人中受藐視 Despised by People

大衛感覺到自己在痛苦中被神厭棄。在這首詩的第二樂章中，大衛說他在敵人中受藐視。讓我們來看第 6-8 節。詩人被羞辱和嘲笑。敵人看不起他，用貶低的語言取笑他。英文有句話說：「棒子和石頭可能會打斷我的骨頭，但言語永遠無法傷害我。」事實上，身體上的傷口最終會癒合，但傷人的話可能會一直留在我們心中。我還記得小時候父母對我說了一些惡意的批評。當然，我早就從心裡原諒他們了。我也一直很愛他們。我們必須記住要三思而後行。被人傷害心靈是一回事，但更難以忍受的是人們挑戰我們的信仰。在第 8 節中，人們問大衛，當他需要幫助時，神在哪裡。神真的關心我們嗎？將我們的需要交託給神需要信心，但等待祂的回應需要更大的信心。詩人不僅受到言語的辱罵，他的性命也受到威脅。大衛用野牛、獅子和狗來形容他的敵人。讓我們注意第 16-18 節。敵人埋伏著，尋找機會攻擊他。他們狡猾而且惡毒。刺穿手腳和抽籤分衣服的畫面讓我們想到耶穌的經歷。作者用那些形容預表耶穌在十字架上將要面對的苦難。大衛從未嘗過如此極度的痛苦和羞辱。他是一名勇士和君王。非

利士人、掃羅王的軍隊，甚至大衛的兒子都曾試圖追捕他。有一次，大衛帶領一些人征服了某個地區。回來的路上，他們發現自己的妻子和孩子被敵人抓走了。聖經說，所有的人都傷心痛哭了。之後，他們把怒氣轉向領袖。他們可能對大衛說：「如果我們沒有跟隨你去打仗，我們的家人就不會被敵人奪走！」撒母耳記上 30:6 告訴我們他們隨後的反應和大衛的回應：**大衛甚是焦急，因眾人為自己的兒女苦惱，說：「要用石頭打死他。」**大衛卻倚靠耶和華他的神，**心裡堅固**。大衛很難過，但他並不慌亂。他沒有為自己辯護，也沒有依靠自己的智慧。他仰望神，他的信心因而更堅定。經文說，大衛藉著禱告求問神他是否應該追趕敵人，並且能否拯救所有的人。神對這兩個問題的回答都是「是」。最終，大衛和他的部隊打敗了敵人並拯救了所有的家人。大衛取得了重大的勝利，不僅戰勝了敵人，也戰勝內心的恐懼和手下的懷疑。當大衛回顧過去時，他可以在詩篇 22:24 中充滿信心地說：**因為他沒有藐視憎惡受苦的人，也沒有向他掩面；那受苦之人呼籲的時候，他就垂聽**。仇敵藐視並攻擊大衛，但神會起來保護祂的僕人。神垂聽了大衛的呼求，並拯救他。神比你的問題更偉大，比你的敵人更強壯。祂並沒有向你掩面。相反，祂好像母雞保護她的小雞一樣把你藏在祂的翅膀下。神總是與祂的兒女靠近。學習將你的問題交託給神並等候祂。

### 3. 在讚美中得喜樂 Delighted in Praise

在兩個緩慢的樂章之後，詩篇 22 進到喜樂的結束。詩人的心因讚美神得喜樂。他呼籲三批人來讚美神。我們在第 25-28 節看到其中兩批。首先，大衛邀請他的同胞讚美神。神對大衛個人禱告的回應激勵公眾讚美神。在第 25 節中，大衛說他向神還願。這很可能包括祭師的獻祭。大衛招集大眾參加敬拜聚會，藉此感謝神的幫助。他的個人見證對其他人來說是一種鼓勵。很可惜，今天有些基督徒喜歡私人的宗教活動而不是教會聚會。他們甚至停止去教會了。他們利用直播聚會的方便。有些人等到有空時才在家觀看講道的錄影。他們錯過了與信徒們一起唱歌、禱告和聽道的機會。去教會不只是為了我們自己的利益。我們在小組分享中互相鼓勵。當某人的禱告得到回應時，我們也可以一起感恩。我們作為一個信仰群體，將各人的重擔帶到神面前。因此，來教會不只是為了自己，也是為了神和弟兄姐妹。大衛在第 27 節提到的第二批人是萬國的人。他們是不認識神的人。公開的見證可以用作傳福音的工具。我們在舊約中看到很多例子。外邦人因為神在祂子民中的奇妙作為感到驚訝。沒有人能想像神能從強大的埃及人手中拯救一群奴隸。祂也幫助祂的子民戰勝了迦南人，並將土地賜給他們。神也擊敗了亞述和巴比倫等強大的帝國。就算在今天，教會以外的人也在觀察教會的見證。作為基督徒，我們需要堅定地持守聖經。人們可能會批評我們守舊、思想狹隘。但當我們實踐信仰時，有些人就會被我們的見證所吸

引。我們敬虔的行為會使他們尋求神。大衛見證的第三群人是以色列人的後代。讓我們讀第 30-31 節。在聖經時代，父親有責任教導孩子。他們的教材之一是祖宗的歷史。父親們回憶神過去的作為。例如他們利用像逾越節等節期作為教導的機會。孩子們聽著那些故事，從而了解神的本質與祂的作為。然而，神不僅僅打算拯救一代人。祂希望家庭能夠把信仰傳給後代。神對你也有同樣的期望。祂首先拯救你，因為祂計劃透過你來拯救你的家人。不要太天真，以為你的孩子會自動地選擇愛神。墮落的世界、社交媒體和朋友對他們有很大的影響。帶孩子來教會是件好事。但就像餐館不能代替媽媽做飯，學校不能代替父母塑造孩子，教會也不能代替你教養孩子。孩子需要看到父母在家中實踐聖經真理。他們會注意父母如何與外人相處，如何在家庭中操練饒恕，以及如何在困難中信靠神。對孩子來說，父母就是一本活的聖經。神要從你一個人開始拯救全家。神希望從一個家庭影響社區，然後影響城市，然後影響國家。神盼望從一個國家向其他地方宣揚祂的名。祂定意要吸引多人來讚美祂。這一切都從每個信徒開始。

## 結論 CONCLUSION

當我們在受苦時，我們可以選擇放棄，也可以選擇依靠神。大衛回憶了他的個人經歷，從而為我們樹立了榜樣。他一直信靠神。大衛見證，縱然當他在痛苦中感到被神厭棄，但是神從來沒有離開過他。就算大衛在敵人中受藐視，神仍會起來保護祂的僕人。最終，大衛因讚美神得到喜樂。大衛的話預表了耶穌在十字架上受苦的情景。耶穌覺得到被神厭棄。祂在十字架上呼喊：「我的神，我的神，為什麼離棄我？」耶穌在那一刻肩負了全人類的罪。因此，聖潔公義的神暫時遠離耶穌。現場許多人都藐視耶穌。他們嘲笑耶穌，說祂救了別人，卻無法救自己。耶穌本來可以為自己辯護，但祂等待神的公義。耶穌甘心樂意地順服天父的旨意，並為我們受苦。最後，耶穌在讚美中得喜樂。祂從死裡復活了。祂歡迎所有分享祂得勝喜悅的人一同讚美神。