



博愛讀經

Agape Bible Reading

追求真知，归和真神，活出真愛

Seek the wisdom, Reconcile to the true God, Live out true Agape

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ABR180

从绝望到盼望

From Dreadful to Hopeful

耶利米哀歌 Lamentations 3:10-25

李万兵 Wanbing Frank Li, PhD

有一个基督徒弟兄遇到一场严重的撞车事故。在深夜被另外一辆车撞了，因为他在停车路标没有停车。虽然他的车全部毁了，他自己没有受什么伤。有人问他，“你对撞车事故祷告了吗？”他回答说，“我刚刚出撞车事故，我还要祷告吗？”事故是这个弟兄忽视交通规则造成的，而他向上帝生气。

在他的头脑里面，他在问以前好些人问过的问题：

我出事故的时候，如果上帝在场，为什么上帝没有阻止那场事故呢？是因为上帝根本就不关心我？或者上帝没有能力阻止事故的发生？或者祂根本就不在那里，或者全知全能的上帝根本就不存在。当事故发生，或者灾难来临的时候，人们就开始

One Christian brother had a serious car accident because he did not stop at the stop sign and was crashed by another car late at night. Although his car was totaled, he did not get hurt. But when he was asked, “Have you prayed about the accident?” He replied, “I just had a big accident, should I still pray?” The accident was due to this brother’s own neglect of the traffic rule yet he was angry with God.

In his mind, he was asking questions many others had asked before.

If God was there when I had accident, why didn’t God stop the accident? Is it because God simply did not care, or God did not have the ability to stop, or he was not there or maybe the omnipotent God simply does not exist? When accidents happen or tragedies strike, people start to have doubts and don’t pray any more.

怀疑，不再祷告了。

然而，先知耶利米具有完全不同的心态。他相信发生在上帝儿女以色列人身上的所有事情都在上帝的掌管之中。他相信上帝是他们遭受苦难的源头。因此他指出，是上帝让他受苦，最终他在雅威上帝里面找到了希望和喜乐。

可怕

在耶路撒冷沦陷之后，犹太人遭受到极大的苦难。许多人死亡。耶利米先知自己也受苦很多。他指上帝是他自己痛苦的源头。

他向我如熊埋伏，如狮子在隐密处。他使我转离正路，将我撕碎，使我凄凉。... 你使我远离平安，我忘记好处。我就说：“我的力量衰败，我在耶和華那里，毫无指望！”（耶利米哀歌 3:10-18）

耶利米认为，是上帝让他（及以色列）遭受身体上、情感上和属灵上的苦难。因此，起初他没有看到从雅威上帝那里有任何的希望，因为上帝如此严厉地惩罚他们。

信实

耶利米并没有放弃。与其为他的苦难责备上帝，他把自己的苦难向上帝陈明，并祷告祈求上帝的怜悯。

耶和華啊！求你記念我如

However, Prophet Jeremiah had a completely different mindset. He believed that God was in charge of all things happened to His children of Israel. He believed that God was the source of their sufferings. So he pointed out that God made him suffer, eventually he found hope and joy in Yahweh God.

Dreadful

After the fall of the Jerusalem, the people of Judah suffered tremendously. Many people died. Jeremiah the prophet himself suffered a lot. He pointed God as the source of his own sufferings.

He (God) is a bear lying in wait for me, a lion in hiding; he turned aside my steps and tore me to pieces; he has made me desolate; ... my soul is bereft of peace; I have forgotten what happiness is; so I say, "My endurance has perished; so has my hope from the LORD." (Jeremiah 3:10-18)

Jeremiah thought that it is God who made him (and the Israel) suffer physically, emotionally and spiritually. So he did not see any hope from Yahweh God first, because God punished them so severely.

Faithful

Jeremiah did not give up. Instead of blaming God for his sufferings, he presented his sufferings to God and prayed to God for His mercy.

Remember my affliction and my wanderings, the wormwood and the

茵陈和苦胆的困苦窘迫。我心想念这些，就在里面忧伤。(耶利米哀歌 3:19-20)

突然，从上帝那永不改变的属性，他的慈爱、怜悯和信实里面，耶利米发现了在上帝里面的希望。

我想起这事，心里就有指望。我们不至消灭，是出于耶和华诸般的慈爱；是因他的怜悯，不至断绝。每早晨这都是新的；你的诚实极其广大！(耶利米哀歌 3:21-23)

因为上帝的全知全能、慈爱、怜悯和信实，我们在上帝里面就有盼望。

盼望

因为我们是上帝的儿女，祂会供应我们所需。

我心里说，耶和华是我的分；因此，我要仰望他。凡等候耶和华，心里寻求他的，耶和华必施恩给他。(耶利米哀歌 3:24-25)

虽然耶利米遭受了苦难，他有盼望，需要等候雅威上帝的慈爱、怜悯和祂的时间。耶利米从绝望变成充满希望，因为上帝是信实的。

或许你正面临困难的状况或挑战。请记住，所有的状况都在雅威上帝的掌管之中。当我们到祂的面前寻求祂的怜悯的时候，祂就会帮助我们。愿上帝祝福你和你的家人。

gall! My soul continually remembers it and is bowed down within me. (Lamentations 3:19-20)

Suddenly he found hope in God from the unchangeable attributes of God, His love, mercy and faithfulness.

But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. (Lamentations 3:21-23)

Because of God's omnipotence, love, mercy and faithfulness, we have hope in God.

Hopeful

Because we are children of God, He will supply what we need.

"The LORD is my portion," says my soul, "therefore I will hope in him." The LORD is good to those who wait for him, to the soul who seeks him. (Lamentations 3:24-25)

Although Jeremiah suffered, he had hope and needed to wait for Yahweh God for His love and mercy and His timing.

Jeremiah changed from dreadful to hopeful because God is faithful.

Perhaps you are currently facing difficult situations or challenges. Remember that Yahweh God is in charge in all situations. He is almighty, loving, merciful and faithful. He will help us when we go to Him to seek His mercies. May God bless you and your family.

博愛读经问题

ABR Questions

阅读: 路加福音 24 章; 诗篇 122 篇; 耶利米哀歌 1-5 章

Weekly Bible reading: Luke 24; Psalm 122; Lamentations 1-5

礼拜六 Saturday

- 读经 Bible Reading: 路加福音 24 章; Luke 24
- 路 24:39 你们看我的手，我的脚，就 [知道] 实在是我了。摸我看看！魂无骨无肉，你们看，我是有的。
- 问题: 复活之后的主耶稣好像有物质的身体。我们今后在天堂也有物质的身体吗？
- Luke 24:39 See my hands and my feet, that it is I myself. Touch me, and see. For a spirit does not have flesh and bones as you see that I have.
- Question: It seems that the resurrected Jesus had a physical body. Will we have a physical body when are in heaven?

礼拜天 Sunday

- 读经 Bible Reading: 诗篇 122 篇; Psalm 122
- 诗 122:6 你们要为耶路撒冷求平安。耶路撒冷啊！爱你的人必然兴旺。
- 问题: 对你来说，什么是你今天心目中的“耶路撒冷”？
- Psalm 122:6 Pray for the peace of Jerusalem! May they be secure who love you!
- Question: What is the “Jerusalem” in your heart today?

礼拜一 Monday

- 读经 Bible Reading: 耶利米哀歌 1 章; Lamentations 1
- 哀 1:12 你们一切过路的人哪！这事你们不介意吗？你们要观看，有象这临到我的痛苦没有？就是耶和华在他发烈怒的日子使我所受的苦。
- 问题：这节经文的意义是什么？
- Lamentations 1:12 Is it nothing to you, all you who pass by? Look and see if there is any sorrow like my sorrow, which was brought upon me, which the LORD inflicted on the day of his fierce anger.
- Question: What is the implication in this verse?

礼拜二 Tuesday

- 读经 Bible Reading: 耶利米哀歌 2 章; Lamentations 2
- 哀 2:21 少年人和老年人，都在街上躺卧；我的处女和壮丁，都倒在刀下；你发怒的日子，杀死他们。你杀了，并不顾惜。
- 问题：是谁屠杀了犹太人？为什么作者说是上帝屠杀了他们呢？这意味着上帝会怎样对付我们的罪过呢？
- Lamentations 2:21 In the dust of the streets lie the young and the old; my young women and my young men have fallen by the sword; you have killed them in the day of your anger, slaughtering without pity.
- Question: Who killed the people of Judah? Why did the author say that it was God who killed them? What is the implication how God may treat our sins?

礼拜三 Wednesday

- 读经 Bible Reading: 耶利米哀歌 3 章; Lamentations 3
- 哀 3:38 祸福不都出于至高者的口吗？
- 问题：是那样吗？如果是，我们还应该为我们的苦难责备撒旦吗？
- Lamentations 3:38 Is it not from the mouth of the Most High that good and bad come?
- Question: Is it true? If yes, should we blame Satan for our sufferings?

礼拜四 Thursday

- 读经 Bible Reading: 耶利米哀歌 4 章; Lamentations 4
- 哀 4:3 野狗尚且把奶乳哺其子，我民的妇人倒成为残忍，好象旷野的鸵鸟一般。
- 问题：旷野的鸵鸟有什么残忍的呢？
- Lamentations 4:3 Even jackals offer the breast; they nurse their young, but the daughter of my people has become cruel, like the ostriches in the wilderness.
- Question: What is cruel about the ostriches in the wilderness?

礼拜五 Friday

- 读经 Bible Reading: 耶利米哀歌 5 章; Lamentations 5
- 哀 5:21 耶和华啊！求你使我们向你回转，我们便得回转；求你复新我们的日子，象古时一样。
- 问题：谁应当对我们的回转负责？我们是不是应该主动回到上帝的身边呢？
- Lamentations 5:21 Restore us to yourself, O LORD, that we may be restored! Renew our days as of old.
- Question: Who is responsible for our restoration? Should we go take the initiative to go back to God?

背诵：哀 3:31 因为主必不永远丢弃人。32 主虽使人忧愁，还要照他诸般的慈爱发怜悯。33 因他并不甘心使人受苦，使人忧愁。

Memorize: Lamentations 3:31 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 willingly afflict or grieve the children of men.

博愛读经提示

ABR Hints

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提示 Hints

我很难想象。

| It is hard for me to image.

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- Question: What is the “Jerusalem” in your heart today?

提示 Hints

教会就是今天我心目中的
耶路撒冷。

| Church is the Jerusalem in my
heart today.

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- Question: Who killed the people of Judah? Why did the author say that it was God who killed them? What is the implication how God may treat our sins?

提示 Hints

上帝利用敌人来屠杀犹太人，以惩罚他们的罪过。上帝可能严厉地惩罚我们的罪过，虽然我不知道上帝会怎样惩罚。

God used the enemies to kill the people of Judah in order to punish their sins. God may punish our sins severely, although I do not know how.

礼拜三 Wednesday

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- 哀 3:38 祸福不都出于至高者的口吗?
- 问题: 是这样吗? 如果是, 我们还应该为我们的苦难责备撒旦吗?
- Lamentations 3:38 Is it not from the mouth of the Most High that good and bad come?
- Question: Is it true? If yes, should we blame Satan for our sufferings?

提示 Hints

请分享你的想法。

Please share your thoughts.

礼拜四 Thursday

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- 哀 4:3 野狗尚且把奶乳哺其子, 我民的妇人倒成为残忍, 好象旷野的鸵鸟一般。
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- Lamentations 4:3 Even jackals offer the breast; they nurse their young, but the daughter of my people has become cruel, like the ostriches in the wilderness.
- Question: What is cruel about the ostriches in the wilderness?

提示 Hints

鸵鸟在受到威胁的时候会把头埋在沙子里面。它们装作什么都没有看见。如果小孩饥饿的时候, 他的妈妈装作什么都没有看见, 那就是她的残忍了。

Ostriches hide their head in the sand when they are threaded. They pretend not see anything. It is cruel for a mother not to feed her baby but pretends not to see to anything, when it is hungry.

礼拜五 Friday

- 读经 Bible Reading: 耶利米哀歌 5 章; Lamentations 5
- 哀 5:21 耶和华啊！求你使我们向你回转，我们便得回转；求你复新我们的日子，象古时一样。
- 问题：谁应当对我们的回转负责？我们是不是应该主动回到上帝的身边呢？
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- Question: Who is responsible for our restoration? Should we go take the initiative to go back to God?

提示 Hints

如果上帝的灵没有感动我们，我们就没有愿望要回转上帝面前。

If the Spirit of God did not restore us, we would not have the desire to restore to God.

背诵: 哀 3:31 因为主必不永远丢弃人。32 主虽使人忧愁，还要照他诸般的慈爱发怜悯。33 因他并不甘心使人受苦，使人忧愁。

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