

Practical Points for Praying in a Crisis 危机中祷告的实用要点

2 Chronicles 历代志下 20:2-17

24 March 三月 2024

Introduction 引言

In February, Clarice, my wife, was admitted to the hospital 今年二月，我的妻子克拉丽斯住进了医院。
She had been experiencing weakness and pain for a few days prior to that 此前几天，她一直感到虚弱和疼痛
We were in a crisis 我们陷入了危机
We did not know what was happening in her body nor what may be causing these symptoms
我们不知道她的身体出了什么问题，也不知道是什么原因导致了这些症状
Multiple examinations were conducted 进行了多项检查
Multiple different tests and scans were done 做了多种不同的检查和扫描
The results all came back negative, effectively ruling out possible serious neurological issues
结果均为阴性，有效排除了可能存在的严重神经系统问题
A few days later, with the help of our family doctor, we discovered the physiological source of her pain
几天后，在家庭医生的帮助下，我们发现了她疼痛的生理根源
Clarice is doing much better now with an ongoing physiotherapy treatment 通过持续的物理治疗，她现在好多了。
Thank you so so much for your prayers and support for us 非常感谢你们的支持以及为我们代祷。

Crises are situations of intense troubles or difficulties 危机是指出现严重问题或困难的情况
Be it in our personal relationships, health, career, study, finance, and more
无论是在个人关系、健康、事业、学习、财务等方面
Or corporately and globally with conflicts, warfare, and natural disasters
还是企业和全球范围内的冲突、战争和自然灾害
Oftentimes, they occur suddenly with little to no warnings or time to prepare
危机往往是突然发生的，几乎没有任何警告或准备时间
And more often than not, they are beyond our own finitude 更多时候，它们超出了我们的能力范围
We often lack the abilities and resources, strength and wisdom, to overcome them on our own
我们往往缺乏独自克服危机的能力和资源、力量和智慧
Crises are a part of our life, a reality of our existence in this broken world waiting for renewal
危机是我们生活的一部分，是我们在这个破碎的世界中要面对的现实，即使我们期待万物重生。

Context 背景

Our passage this morning takes us to back to roughly 850 years before the time of Jesus
今天上午的这段经文把我们带回了耶稣时代之前大约 850 年的时候
To a king named Jehoshaphat 一位名叫约沙法的国王
King Jehoshaphat was the fourth king of Judah, successor of his father King Asa
约沙法王是犹大的第四位国王，是他父亲亚撒王的继任者。
At this point in history, the kingdom of Israel to the north and the kingdom of Judah to the south had been separated
now for about 125 years 此时，北边的以色列王国和南边的犹大国已经分裂了大约 125 年。
We see in 2 Chronicles chapter 17-19 that King Jehoshaphat was one of the good Judean kings
我们在《历代志下》第 17-19 章中看到，约沙法王是犹大国王中的佼佼者。
He followed in the footstep of his ancestor King David 他继承了先祖大卫王的遗志
The Lord was with King Jehoshaphat 耶和华与约沙法王同在
Very early on in his reign, there was a time of revival, a renewal of spirit in Judah
在他统治的早期，犹大出现了一个复兴的时期，属灵面貌焕然一新。

He sent out officials and priests throughout the land, teaching the people the Law of the Lord

他派遣官员和祭司到全国各地，教导人民耶和华的律法

He appointed judges to settle disputes and serve the people 他任命士师解决争端，为人民服务

The king himself even went out among his people, turning them back to the God

国王甚至亲自到百姓中去，使他们回转向神

However, we also know that the reign of King Jehoshaphat was not just characterised by peace and renewal

然而，我们也知道约沙法王的统治并不仅仅以和平和复兴为特征

In this morning's passage, we see a time of crisis 在今天早上的经文中，我们看到了一个危机四伏的时代

In 2 Chronicles chapter 20. We learned that King Jehoshaphat was faced with an impending attack on Judah by multiple enemies

在《历代志下》第 20 章中，我们了解到，约沙法国王面临着多个敌人即将对犹大发动的进攻 The Moabites, the Ammonites, and by some accounts, also the Meunites 摩押人、亚扪人，还有一些说法是米努人

This was likely a surprise attack on the unprepared Judeans 这很可能是对毫无准备的犹太人的突然袭击

An overwhelming force is advancing 一支压倒性的军队正在推进

The situation is dire 形势严峻

And as he is thrust into this state of emergency, King Jehoshaphat began to pray to the Lord his God

当约沙法王陷入紧急状态时，他开始向耶和华他的神祷告

This is a prayer from which we can draw so much from to benefit of our own prayer life, particularly in times of crisis 我们可以从这篇祷文中汲取很多东西，以有益于我们自己的祷告生活，尤其是在危机时刻

It is a prayer that proclaims the greatness of who God is 这是一个宣告上帝是如此伟大的祷告

It is a prayer that recognises our reliance and dependent upon the Lord 这篇祷告承认我们对神的依赖和倚靠

It is a prayer that calls us to throw ourselves upon God's faithfulness 这是一个呼召我们投靠上帝的信实的祷告

And it is a prayer that calls us to worship the living God 这是一个呼召我们敬拜永生上帝的祷告

Let us look now, then, at the pattern and the answer of this crisis prayer 现在,让我们看看这个危机祷告的模式和答案

Point 1: Focus on God 要点 1：以上帝为中心

In 2 Chronicles 20, scripture tells us that Judah is under attack from a vast enemy force

在《历代志下》第 20 章中，经文告诉我们犹大正遭受一支庞大敌军的攻击

They are advancing quickly, presumably towards the capital, Jerusalem

他们正在快速推进，大概是向首都耶路撒冷进发

In response to this distressing news, King Jehoshaphat proclaimed a fast for all of Judah and began to seek God in prayer 面对这一噩耗，约沙法王宣布犹大全城禁食，并开始祷告中寻求神

His response to the crisis was to come before the Lord praying and fasting 他对危机的反应是来到耶和华面前祷告和禁食

Pastor Rick Warren in his teaching pointed out this extremely crucial action in a crisis prayer

华理克牧师在他的教导中指出了危机祷告中这个必要的对策。

Turning to God for help 向神求助

Before we take any action or engage with the crisis, we turn first to God for help and guidance

在采取任何行动或应对危机之前，我们首先向上帝寻求帮助和指引

This may seem obvious, of course we turn to God for help 这似乎是显而易见的，我们当然要向上帝寻求帮助

But if we were to honestly examine ourselves, how many times would we find that we missed, skipped, or ignored this obvious step?

但是，如果我们诚实地审视自己，我们会发现有多少次我们错过、跳过或忽视了这个显而易见的步骤？

We may find that, more often than we realised or feel comfortable to admit, we do not actually turn to God first for help before we act

我们可能会发现，比我们意识到或愿意承认的更多时候，我们在行动之前实际上并没有首先向上帝求助

Our pride at times causes us begin with ourselves 我们的骄傲有时会让从自己开始

We come first to our own knowledge, abilities, and experiences 我们首先想到自己的知识、能力和经验

Or we seek first the help from other external sources and resources available to us

或者我们首先寻求其他外来的资源和帮助

These, of course, have their helpful and proper place in dealing with crises in our lives

当然，在处理我们生活中的危机时，这些资源都有其帮助和适当的位置

But, make no mistake, it is not them that we turn to first for help and guidance

但是，请不要误会，我们首先寻求帮助和指导的并不是它们

It is God 而是上帝

It is him, by his mighty hand, who will direct us and the use of our abilities and resources

是上帝用祂的大能之手指引我们，教我们如何使用我们的能力和资源

Often in ways we cannot even begin to imagine! 往往是我们无法想象的方式!

This is the excitement of walking with the living God in faith, even in the midst of difficulties

这就是在信心中与永生的上帝同行令人激动之处，即使是在困难之中

In a crisis, prayer is our first fundamental response, not our last resort we try when nothing else seems to work

在危机中，祷告是我们的第一基本反应，而不是我们的最后手段。

Continuing in verses 6-12, we see a raw, earnest plea to God for help from a king standing in from of his people

接着在第 6-12 节中，我们看到了一位国王站在他的子民面前向上帝发出的赤裸裸、恳切的求助。

King Jehoshaphat's prayer gives us an example in approaching the Lord for help in a crisis

约沙法王的祷告为我们提供了一个在危机中向神求助的范例

He prayed 他祷告说：

"Lord, the God of our ancestors, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you. Our God, did you not drive out the inhabitants of this land before your people Israel and give it forever to the descendants of Abraham your friend?"

“耶和华—我们列祖的神啊，你不是天上的神吗？你不是万邦万国的主宰吗？在你手中有大能大力，无人能抵挡你。我们的神啊，你不是曾在你百姓以色列面前驱逐这地的居民，将这地赐给你朋友亚伯拉罕的后裔永远为业吗？”

In a crisis prayer, we remember who God is, what he had done, and what he promised to do

在危机中祷告，我们要记住上帝是谁，祂做了什么，以及祂应许要做什么。

Indeed, turning to the Lord for help becomes more and more natural as we mature in our faith

事实上，随着我们信仰的成熟，向主求助会变得越来越自然

We grow in our knowledge of who God is 我们对神的认识不断加深

We recall vividly what he had done in our lives 我们清楚地记得祂在我们生命中所成就的事

And we remember his promises given to us in the scriptures 我们记得祂在圣经中给我们的应许

If we do not know who he is, what he had done, or what he said he will do, we will be hindered to come to, to trust, to obey, and to wait upon him in times of crisis

如果我们不知道祂是谁，不知道祂成就过什么，也不知道祂说过要成就什么，我们就会受到阻碍，无法在危机时刻来到祂身边、信靠祂、顺服祂、等候祂

So how do we do this? 那么，我们该如何做到这一点呢？

How can we know who God is and what he promised? 我们怎样才能知道上帝是谁，祂应许了什么？

We study the scriptures 我们研读圣经

In is within the pages of the Bible that God reveals who he is to his people 在圣经中,上帝向祂的子民揭示了祂是谁

Isaiah 40:28 tells us that God is the everlasting God, almighty creator and sustainer of all

《以赛亚书》40: 28 告诉我们, 上帝是永生的上帝, 是全能的创造者和万物的维持者

Psalms 145:17 says that God is righteous in all his ways and kind in all his deeds

《诗篇》145: 17 说, 上帝在祂一切所行的事上都是公义的, 在祂一切所行的事上都是仁慈的

Deuteronomy 32:4: tells us that God is upright and just and all his ways are perfect

《申命记》32: 4 告诉我们, 上帝是正直、公义的, 祂的一切行为都是完美的

1 Corinthians 10:13 tells us that God is faithful and will not give us more than we can bear

《哥林多前书》10: 13 告诉我们, 上帝是信实的, 不会赐给我们超过我们所能承受的。

1 John 4:8, of course, tells us that God is love 当然, 《约翰一书》4: 8 告诉我们上帝就是爱

And it is still within these pages that the promises of God is given to his children

在这些书页中, 上帝将应许赐给祂的儿女们

Romans 8:28 promised us that God works for the good of those who love him

《罗马书》8: 28 祂向我们承诺, 使万事都互相效力, 叫爱 神的人得益处

Deuteronomy 31:6 Tells us that God will never leave us nor forsake us

《申命记》31: 6 告诉我们, 上帝永远不撇下我们, 也不丢弃我们

Psalms 46:1 God is our refuge and an ever-present help 《诗篇》46: 1 神是我们的避难所, 是患难中随时的帮助

And so so so many more 还有很多很多

And as we look back on our journey with Christ 当我们回顾与基督同行的旅程时

Give him praise for what he had already accomplished in our lives 为祂在我们生命中已经成就的事赞美祂

Give thanks for the crises he had carried us through 感谢祂带我们度过了的危机

Delight in God's word 享受上帝的话语

Read it, listen to it 阅读、聆听

Meditate on it, study it, research it 默想它、读它、研究它

Feed on it, throw yourself into it 汲取营养, 投入其中

Memorise it, put it into action 背诵, 付诸行动

Pray it, just like King Jehoshaphat prayed in this time of crisis 祷告, 就像约沙法王在危机时刻祷告的那样

I know who you are, Lord 主啊, 我知道祢是谁

I know your marvelous deeds done in my life 我知道祢在我生命中所成就的奇事

And I know the promises you have given me 我知道祢给我的应许

Point 2: Acknowledge our limitations 要点 2: 承认我们的局限性

In verse 12, the king continued to pray, saying *"For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you."*

在第 12 节中, 国王继续祷告说: "因为我们无力抵挡这来攻击我们的大军。我们不知道该怎么办, 我们的眼目单仰望你。"

King Jehoshaphat's crisis prayer also acknowledged his and the people of Judah's inadequacies and limitations

约沙法王的危机祷告也承认了他和犹太人的不足和局限性

They admit that they are completely and utterly powerless in the situation 他们承认自己在这种情况下完全无能为力

They do not know what to do 他们不知道该做什么

They do not see a way out 他们看不到出路

In a crisis prayer, we acknowledge our limitation and inadequacy

在危机中祷告，我们承认自己的局限和不足

Admitting our inadequacy is not an admission of defeat 承认我们的不足并不是承认失败

We are not throwing in the towel or waving the white flag in the face of crisis

面对危机，我们并不是要放弃或挥舞白旗

Rather, it is an acknowledgment of our humanity and a plea for divine intervention

相反，我们承认我们的人性，并恳求神来介入

In our prayer, we are asking God to have his way in our crisis 在祷告中，我们求上帝在我们的危机中施展祂的能力

Humbly, we surrender ourselves before him, placing at his feet our finitude

我们谦卑地将自己交托给祂，将我们的有限放在祂的脚前

We say Lord, I do not know what to do 我们说，主啊，我不知道该怎么做

I am unable to make anything happen 我无能为力

It is impossible without you 没有祢，一切皆无可能翻转

But my eyes are upon you 但我仰望祢

One Bible teacher commented on the meaning of having our eyes upon God in times of crisis

一位《圣经》学者是如此解释在危机中注视上帝的意义

He said human beings will not look for things which they know for certain will not come

他说，人类不会去寻找他们知道肯定不会到来的东西

But we look only at you, Lord, for we know that help would come and that it would come only from you

主啊，我们只仰望祢，因为我们知道帮助会来，而且只从你而来

We cannot do much 我们做不了什么

We do not know much 我们知道的不多

We do not know how, when, or what you would have us do 我们不知道你要我们怎么做、何时做、做什么

So we look upon you, as a servant look upon his Lord 所以我们仰望你，就像仆人仰望他的主一样

The apostle Paul, despite his fervent zeal for the Lord, recognized his own weaknesses

使徒保罗尽管热心为主，但也认识到自己的弱点

He writes in 2 Corinthians 12:9-10, 他在《哥林多后书》12: 9-10 中写道

But the Lord said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

主对我说：““我的恩典是够你用的，因为我的能力是在人的软弱上显得完全。”所以，我更喜欢夸耀自己的软弱，好使基督的能力覆庇我。为基督的缘故，我以软弱、凌辱、艰难、迫害、困苦为可喜乐的事；因为我什么时候软弱，什么时候就刚强了。”

In our prayers, when we humbly acknowledge our inadequacy before God, we invite him to take control

在祷告中，当我们在神面前谦卑地承认自己的不足时，我们就邀请神来掌管我们

Take control of that which we have absolutely no control over 掌管我们完全无法控制的事情

It is through our weaknesses that God's strength is made manifest 正是通过我们的软弱，神的力量才得以彰显

Point 3: The Battle belongs to God 要点 3：战争属于上帝

In verses 15-17, the Lord answered Jahoshaphat's prayer through Jahaziel, a Levite

在第 15-17 节中，耶和華通过利未人雅哈悉回答了约沙法的祷告

The Lord says "Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.

Verse 17, "You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Judah and Jerusalem. Do not be afraid; do not be discouraged. Go out to face them tomorrow, and the Lord will be with you."

第 17 节：“犹大和耶路撒冷人哪，这次你们不要争战，要摆阵站着，看耶和华为你们施行拯救。不要恐惧，也不要惊惶。明日当出去迎敌，因为耶和华与你们同在。”

Isn't that amazing?这难道不令人惊叹吗？

For the battle is not yours, but God's. 因为战争不是你的，而是上帝的。

Can you imagine how King Jehoshaphat must have felt hearing this?你能想象约沙法王听到这句话的感受吗？

His was certain destruction of his people and his kingdom 他的人民和他的王国必将灭亡。

He plead with the Lord, focusing on God's goodness, laying before him his powerlessness

他恳求耶和华，强调上帝的仁慈，向他陈述自己的无能为力

Then the Lord answered with a promise of deliverance!然后耶和华应允拯救他！

The tremendous joy the king and his people must have felt 国王和他的子民一定感到无比喜悦

And how much more so for us in the reality of our crises today?在今天的现实危机中，我们更应如此。

To know that the battle in fact does not belong to us, and gladly so

要知道争战其实并不属于我们的，并且欣喜地知道

To know that the battle belongs to the Lord!要知道战争属于主的！

Our God fights on our behalf 我们的上帝为我们而战

How reassuring is that?这多么令人欣慰？

And spoilers alert, He cannot lose!剧透一下：祂永远胜利！

He doesn't do losing 祂压根不会输

In fact, he had already won!祂真真实实的已经得胜了！

And we have already won alongside him 通过祂的胜利，我们也已得胜有余。

Victory was won for us on that cross upon which Jesus Christ laid down his life

耶稣基督在十字架上舍命为我们赢得了胜利

And in that empty tomb where the very Spirit of God raised Jesus from the dead

胜利的证明就是那空坟墓：上帝的灵使耶稣从死里复活！

The power of sin and death was shattered 罪和死亡的权势被粉碎

They linger on in our broken world but they can no longer hold us

它们在我们破碎的世界中苟延残喘，但它们再也不能束缚我们

We are able to stand firm against them by the power of the Holy Spirit dwelling in us

靠着住在圣灵住在我们里面的能力，我们能够坚定地对抗它们

And that one day, we will see Jesus face to face 而终有一天，我们将与耶稣面对面见面

So, as victorious co-heirs of Christ, remember your God-given identity in the face of crises

因此，作为基督得胜的共同继承人，在面对危机时要牢记上帝赋予你的身份

Until Christ returned and creation is restored, we will still experience crises in our lives

直到基督再来、万物复苏之前，我们仍将经历生活中的危机

And as we wait upon the Lord in prayer asking him to help us in our crises, let us remember

当我们在祷告中等候主，求祂在我们的危机中帮助我们时，让我们记住

Do not be afraid 不要害怕

Do not be discouraged 不要气馁

Remember that we are not demanded to fight these overwhelming battles on our own

记住，我们并没有被要求独自去打这些势不可挡的仗

Take up our position, following after Christ, and stand firm 归队，跟从基督，站稳

Remember that the Lord is indeed with us 切记：主确实与我们同在

Remember that Jesus has already won 切记：耶稣已经得胜了

Point 4: Worship the Lord! 第四点：敬拜耶和华！

Finally, 2 Chronicles 20:21 writes

After consulting the people, Jehoshaphat appointed men to sing to the Lord and to praise him for the splendor of his holiness as they went out at the head of the army, saying: "Give thanks to the Lord for his love endures forever."

最后，《历代志下》20: 21 写道

约沙法与百姓商议，就设立歌唱的人，颂赞耶和华，使他们穿上圣洁的礼服，走在军队前赞美耶和华：“当称谢耶和华，因他的慈爱永远长存！”

King Jehoshaphat then marched out against the enemy 约沙法王向敌人进军

It is a marching formation with the marching band in front, singing and praising the Lord

这是一个行进的队形，行进的乐队在前，歌唱和赞美主

Pastor Rick Warren in his teaching reminds us the importance of worshipping and giving thanks to God amidst our crisis. 华理克牧师在他的教导中提醒我们在危机中敬拜和感谢神的重要性。

We are not to wait for the crisis to be over before we worship 我们不要等到危机过去才敬拜

We are not to wait and see how God will deliver us before we give thanks

我们不能等着看神如何拯救我们，然后再感恩

We are to give thanks to the Lord in the midst of the crises of life

我们要在生活的危机中感谢主

Scripture teaches us that worship is not merely a ritualistic expression of devotion

圣经教导我们，敬拜不仅仅是虔诚的仪式表达

Rather, it is a profound posture of the heart—an acknowledgment of God's sovereignty and goodness, irrespective of life's circumstances. 相反，它是一种深刻的心灵姿态--无论生活环境如何，都承认上帝的主权和良善。

In Psalm 34:1, King David proclaims, *"I will bless the Lord at all times; his praise shall continually be in my mouth"* 在诗篇 34:1 中，大卫王宣称：“我要时时称颂耶和华，赞美他的话常在我口中。”

Worshipping then, is an act of faith 因此，敬拜是一种信心的行为

It is an unwavering belief that God is still in control, even when our world seems to be crumbling around us

它是一种坚定不移的信念，相信上帝仍然掌控着一切，就算我们感觉中世界似乎在无望中坍塌

It does not depend upon what God will do or not do 它不取决于上帝会做什么或不做什么

It does not hinge on the way God will choose to act 它并不取决于上帝会选择以何种方式行事

It has nothing to do with when God's time will come 与上帝的时间何时到来无关

It is a complete declaration of faith 它是一个完整的信心宣言

The prophet Habakkuk declared in 3:17-18

"Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice in the Lord; I will take joy in the God of my salvation"

哈巴谷先知在 3:17-18 中宣称

“虽然无花果树不发旺，葡萄树不结果，橄榄树也不收成，田地不出粮食，圈中绝了羊，棚内也没有牛；然而，我要因耶和华欢欣，因救我的 神喜乐。”

Therefore, let us worship the Lord through our crises 因此，让我们在危机中敬拜主吧

In the midst of it, before it begins, and after we are delivered from one and waiting for another to start!

在危机之中，在危机开始之前，以及在我们从一个危机中解脱出来，等待另一个危机开始之时！

Worship him for his grace and mercy undeservingly bestowed upon us

因着祂的恩典和怜悯毫无保留地赐给了我们来敬拜祂

Sing praises to him for the redeeming blood of Christ poured out on the cross

为基督在十字架上流出的救赎宝血而歌颂祂

Give thanks to him for he had and will deliver us from our troubles according to his perfect plan set for us

感谢祂，因为祂已经并将按照祂为我们制定的完美计划拯救我们脱离困境

Conclusion: Jesus the Triumphant King 结语： 凯旋王耶稣

The books of Chronicles records the lives and deeds of past kings of Israel

《历代志》记录了以色列历代君王的生平事迹。

As we read through it, one clear theme that we will pick up on is that of the prophetic hope

当我们阅读时，我们会发现一个明确的主题，那就是预言的盼望

First, the hope for the new temple 首先是对新圣殿的盼望

And second, the hope for the coming messianic king 第二，对即将到来的弥赛亚王的盼望

The prophesied messiah had come 预言中的弥赛亚已经降临

His name is Jesus 祂的名字是耶稣

Today is Palm Sunday, the first day of Holy Week in the Christian calendar

今天是棕榈主日，基督教年历的圣周第一天

Today, we celebrate Jesus' triumphal entry into Jerusalem some 880 years after the life of King Jehoshaphat

今天，我们庆祝耶稣凯旋进入耶路撒冷，这距离约沙法王的一生已经过去了大约 880 年。

The Jewish people were looking, waiting for a king to deliver them from the domination of the Roman Empire

犹太民族一直在寻找，等待一位王将他们从罗马帝国的统治下解救出来

To set them free and to reestablish the kingdom of God's chosen people once again

让他们获得自由，再次重建上帝选民的王国

They shouted *Hosanna!* 他们高呼 和散那！

Blessed is he who comes in the name of the Lord 奉主名来的王是应当称颂的

Blessed is the king of Israel 以色列的王是有福的

Indeed, Jesus is the king of kings 耶稣的确是万王之王

And indeed, he did come to defeat an enemy 祂的确已经来打败敌人了

But not the one that they had in mind 但不是他们心目中的那个敌人

He came to defeat sin and death 祂是来打败罪恶和死亡的

He gave himself as our sacrificial passover lamb 祂以自己的身体作为逾越节献祭的羔羊

To give eternal life to those that would put their faith in him 将永生赐给那些信祂的人

Today, maybe you are in a crisis 今天，也许你正处于危机之中

One that you cannot overcome alone 一个你无法独自克服的危机

I invite you to call upon the name of Jesus 我邀请你呼唤耶稣的名字

Cry out to him 向祂呼喊

The one that loves you and gave his life for you 那个爱你并为你献出生命的人

Throw yourself at his feet 来到祂的脚前

Along with your weaknesses and limitations 连同你的软弱和局限

Know that he had already won 要知道祂已经得胜

That he is able 祂有能力

That he is mighty to save 祂有拯救的大能

Draw near to him today 今天靠近他

And he will draw near to you 祂就会靠近你

Hosanna Hosanna 和散那和散那

Blessed is he who comes in the name of the Lord 奉主名来的是应当称颂的！

Hosanna in the highest heaven 至高无上的，和散那！

Amen 阿门