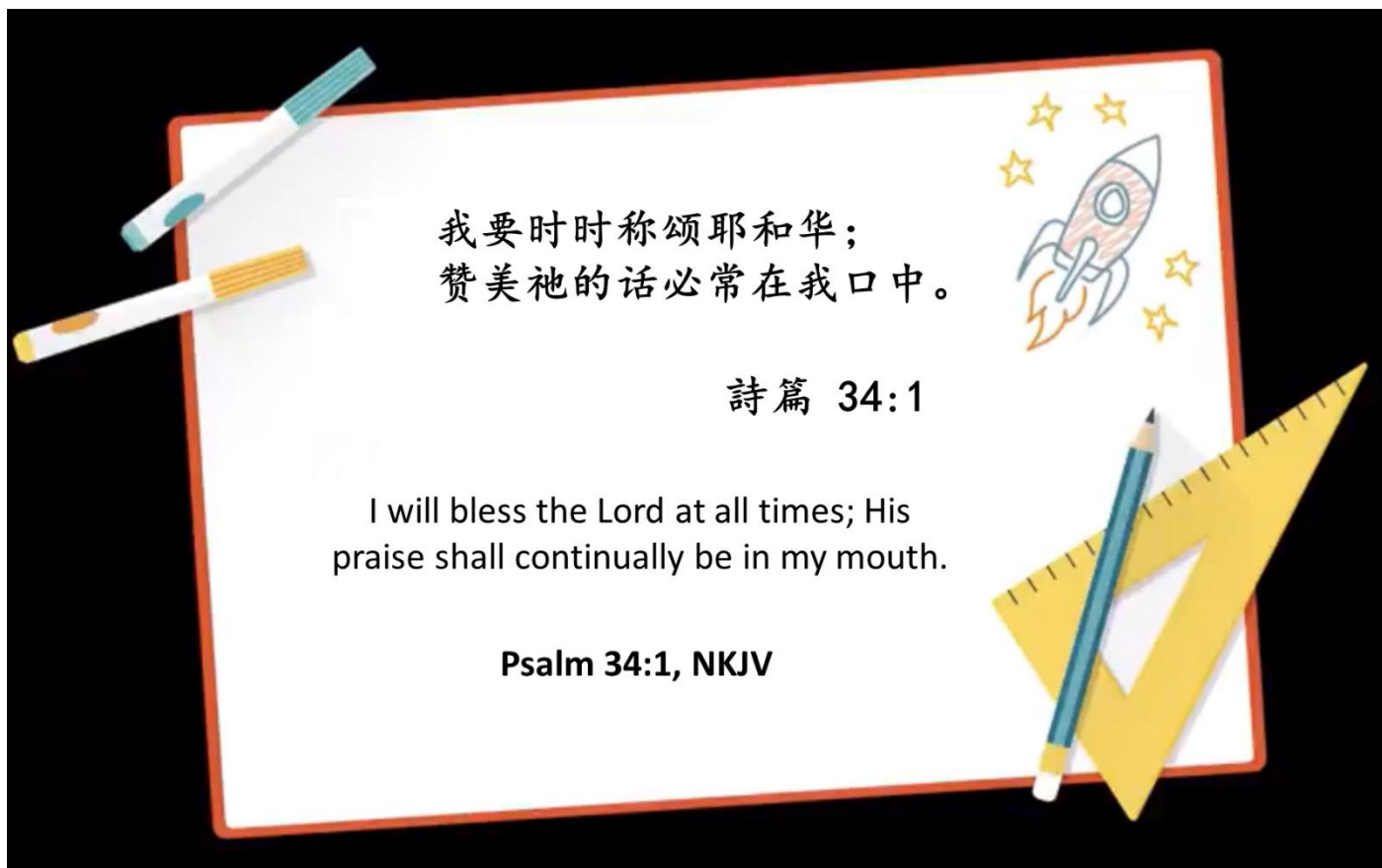


时时赞美主

我要时时称颂耶和华；赞美祂的话必常在我口中。

—— 诗篇 34:1

本周圣经话语：



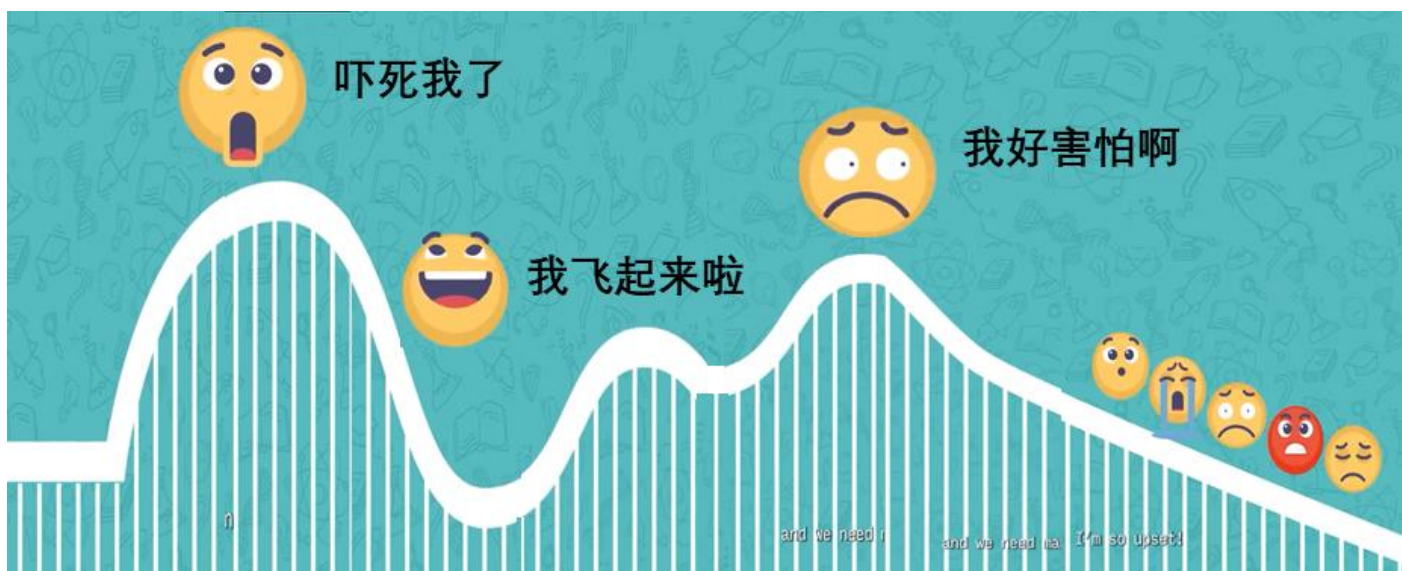
本周主题：

困境 / 逆境 / 困难; 细拉时刻; 赞美; 大卫; 亚杜兰洞

嗨，孩子们！今天我们来谈谈表情符号，表情符号很受欢迎，因为只需一张简单的图片，我们就可以轻松表达我们的感受了。例如，想象一下，你握着一个叠有五个球的蛋卷雪糕，都是你最喜欢的口味！但你还没来得及品尝，整个雪糕就晃倒在地上。如果这发生在我身上，表情符号不会是这个😱，而更像是这个😭。无论我们是伤心😞、害怕😨、抓狂😡、还是高兴😄，都有相应的表情符号，都能捕捉到我们的真实感受。表情符号是不是很棒？



有时候，我们的感觉就像过山车一样上下起伏。那么，我们就需要许多表情符号来表达我们的感受！



今天的圣经课是关于一个人，他经历了如此多挑战，以至于他可能感受到所有这些甚至更多的情绪。但好消息是他并没有总是处于沮丧和忧郁之中，这个



人竟然能从这些状态

转换到这种



状态！

他发生了什么事？或者他做了什么使得他能从如此不快乐和沮丧变得如此冷静和坚强？这个人就是大卫。

今天，就让我们一起来看看如何成为大卫这样的得胜者！



即使是在年少时，当大卫还在放牧羊群，他就已经很大胆且勇敢。当每个人都在巨人歌利亚面前颤抖时，只有大卫挺身而与巨人战斗。你可以想象大卫杀死那个又大又可怕的巨人后，他成为一位多么了不起的英雄！



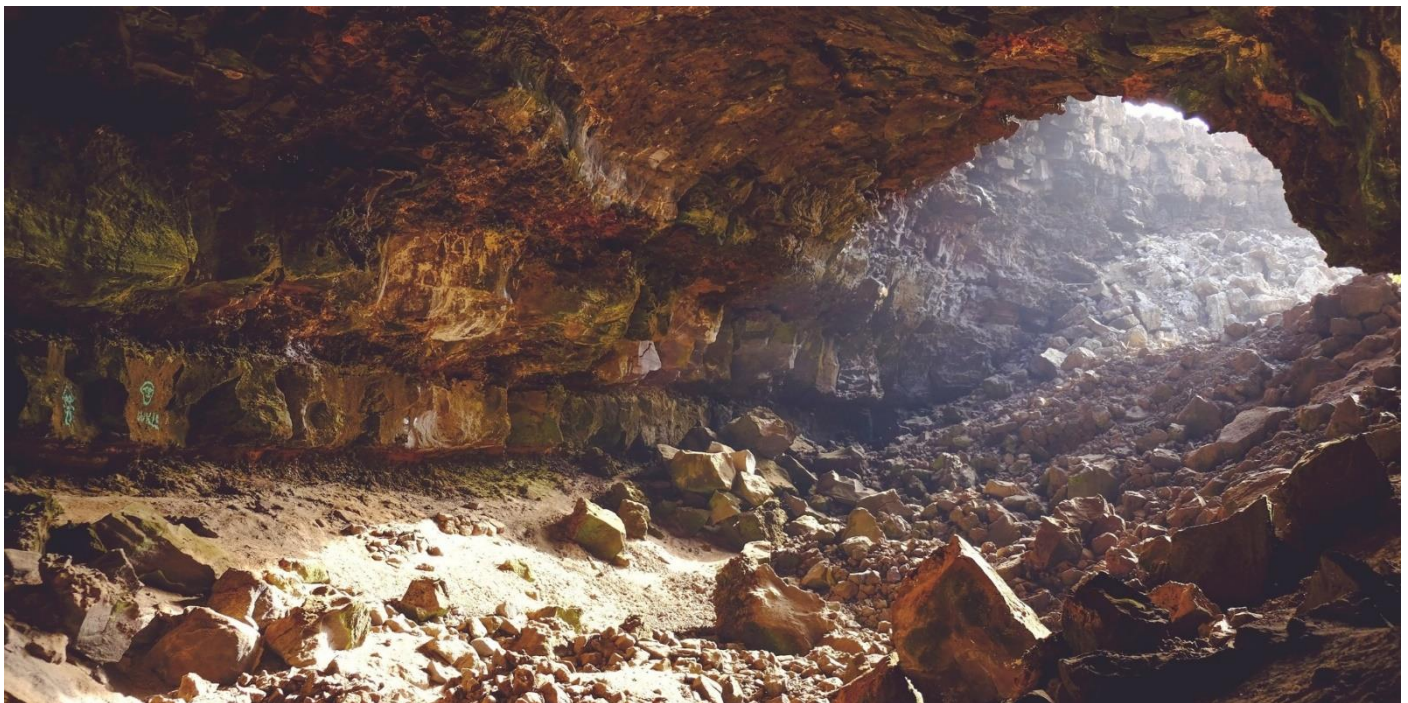
自从大卫加入扫罗王的军队后，他赢得了一场又一场与以色列敌人的争战。他变得如此受欢迎，以至于妇女们对他赞不绝口，但这却带来了扫罗王的嫉妒。扫罗王变得如此嫉妒大卫，他想要杀死大卫。想象一下大卫的感受，他自己的国王想杀了他。对大卫来说，这是一个非常糟糕的时期。大卫别无选择，只能逃命。



在撒母耳记上 21 和 22 章记载着，有一天大卫为了躲避扫罗王，逃到迦特王亚吉那里。亚吉的臣仆说：“这不是以色列王大卫吗？他就是以色列人歌颂的那一位。他们这样一边跳一边唱这首关于他的歌：‘扫罗杀死千千万人，大卫杀死万万人。’”当大卫意识到他们知道他是谁时，他变得非常害怕。所以大卫他在亚吉王和臣仆众人面前装疯扮傻。他往大门口的门上吐口沫，他还让口沫从他的胡子上流下来，表现得像个疯子一样。试想一下，以色列的伟人大卫，一位打了那么多胜仗的伟大勇士，为了自救而不得不装疯扮傻，多悲哀啊！



亚吉王看了大卫一眼，吩咐他的仆人把这个疯子赶出去。于是，大卫终于可以从迦特逃到了亚杜兰山洞里。有谁料到，当初的巨人杀手大卫，战场上的英雄，现在却因为害怕要躲到山洞里。想象一下大卫此时的感受，他是生气、悲伤还是害怕？他有没有因为气馁而放弃了？



答案是：没有。在黑暗的洞穴里，大卫非但没有放弃，反而抬起头去赞美神！圣经告诉我们，在诗篇 34 篇第 1 节说：“我要时时称颂耶和华；赞美祂的话必常在我口中。”猜猜这诗篇是谁写的？是的，是大卫写的！再猜猜看，大卫是在什么时候写下这首诗的？是在他装疯逃跑的时候写的。哇，大卫在被这么多麻烦围困时仍然赞美神！

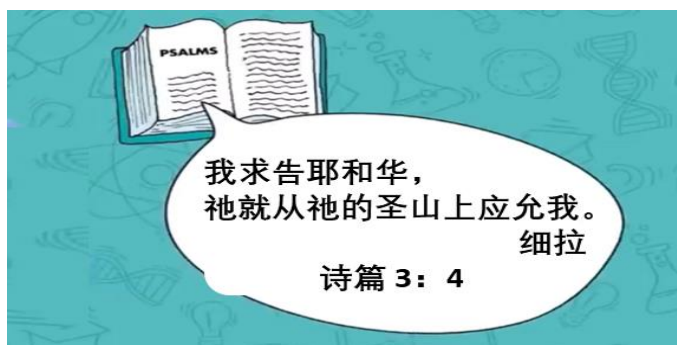
在诗篇 34 篇的其余部分，大卫赞美神的良善，请看第四节，“我寻求耶和华，祂就应允我，救我脱离了一切的恐惧。”他宣称神是一个他可以跑去的安全地方，是一个会拯救和帮助他的神！第六节说：“困苦人呼求，耶和华便垂听，救他脱离一切患难。”在面对了如此之多的逆境之后，即使大卫变得泄气沮丧、心灰意冷也不足为奇。但实际上，大卫在他所有的患难困境中，仍然赞美神对他的好！



最容易的做法就是选择放弃，自怨自艾一下事情就完了。但与其抱怨说：“哦，真倒霉！为什么这一切都发生在我身上？”大卫反而说：“哦，我的神啊，你还是对我这么好！”大卫并没有低头看自己的处境，而是抬头仰望神，他紧紧记住神是如何帮助他、拯救他！

此时你可能会想，“哇，大卫是个伟大的人物，他是那么圣洁又那么好，神当然会帮助他的！”但我想让你知道，大卫也是个普通人，就像你我一样。他也会犯错，还多次向神抱怨，唉声叹气。

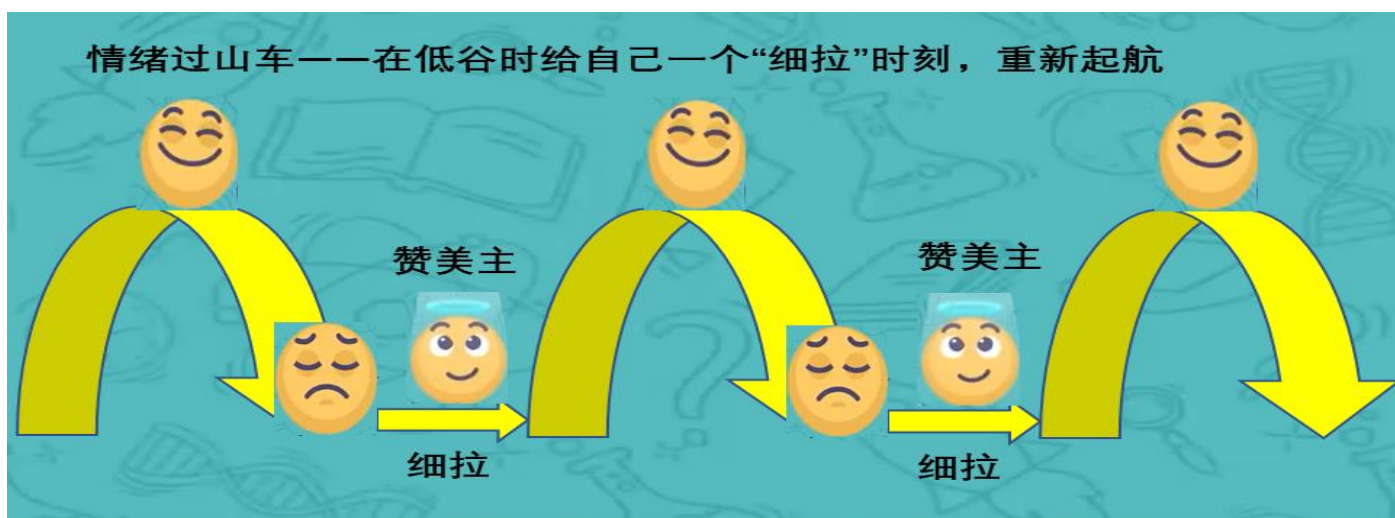
但你知道吗？大卫并没有停留在悲伤或害怕的感受中。在大卫所写的许多诗篇中，在他将自己所有的情绪倾诉给神之后，你会发现有一个小小的词语叫做“细拉”在他的诗里面。



每次我们在诗篇中看到“细拉”这个词，我们都会停下来。我们停下来，把目光从所有困扰我们的事情上移开；我们停下来，让神对我们说话，提醒我们祂的良善和祂的爱。

现在，我们明白大卫为什么能写下“我要时时称颂耶和华；赞美祂的话必常在我口中”这样的诗句。我们也可以做大卫所做的事！我们不必等到一切都解决了才赞美我们的神。我们可以决定，我们不仅会在美好的时候赞美神，而且在糟糕的时候、悲伤的时候，甚至是恐惧的时候都会赞美神！我们可以无时无刻赞美神，因为神总是良善的！

在你感到担心、害怕、生气或受伤时，去告诉主耶稣，不要害怕，祂随时都在准备着聆听你的。在你把你的情绪都说出来之后，给自己一个“细拉”时刻——暂停，深呼吸，然后做大卫所做的，赞美主，告诉主祂是多么的好和奇妙，告诉主你是多么信任和相信祂，感谢祂一直对你这么好！



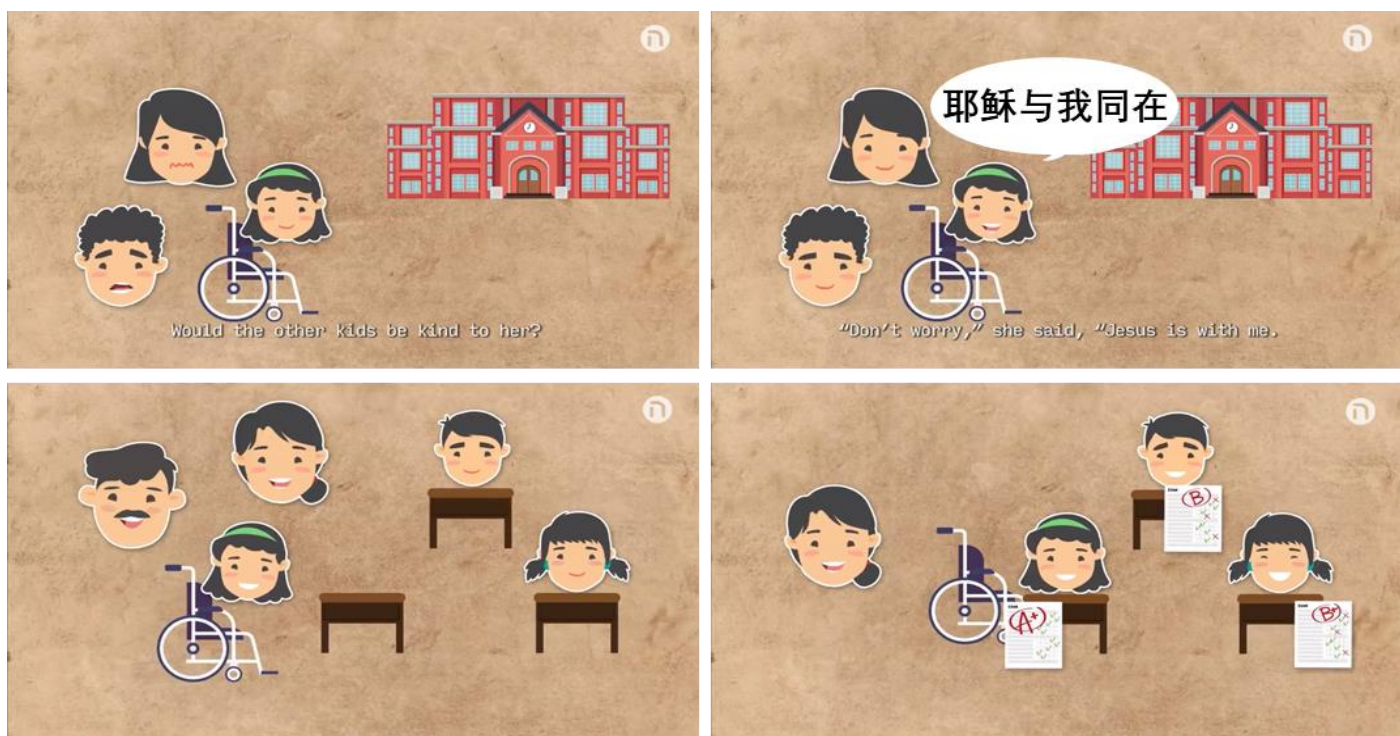
接下来，请看大卫在“细拉”时刻之后发生了什么。在他赞美神之后，大约有四百人来加入他，组成他军队的一部分。有了这支新军队，大卫打了很多胜仗，最后，他被立为以色列的王。大卫在他失落的时候赞美神，神祝福他赐给他胜利！



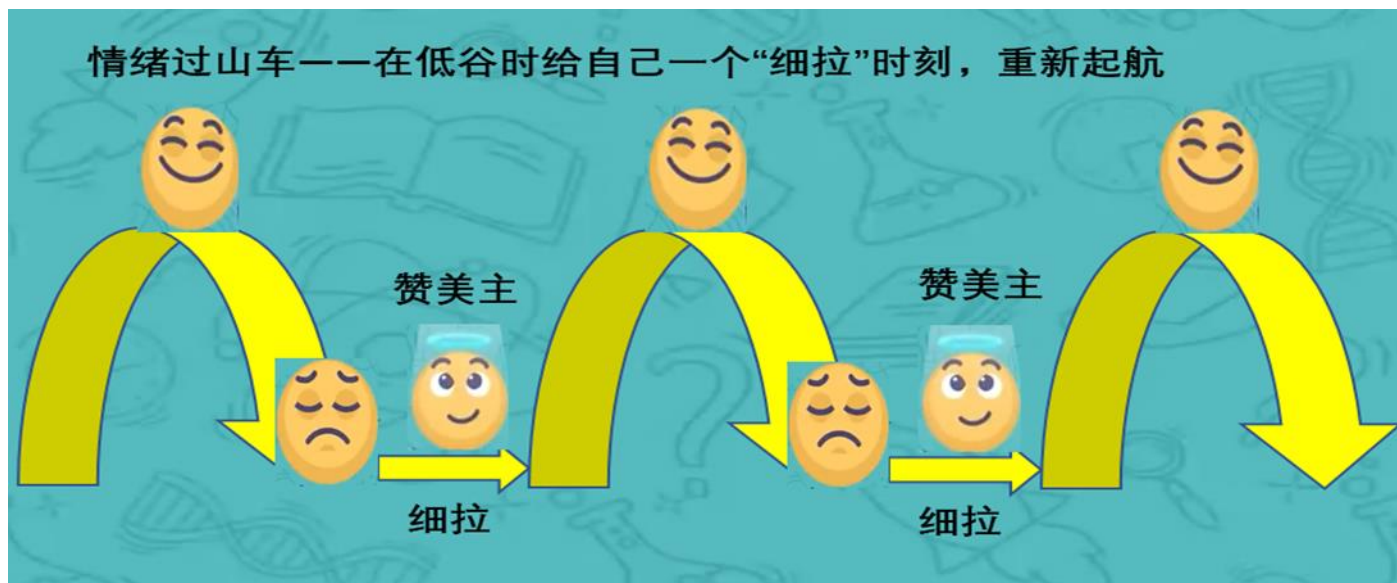
接下来，我们分享一个见证。是一位患了重病的女孩，她不得不要住院，且要呆在医院很长一段时间。她既不能上学，又不能出去玩。但令人惊讶的是，即使她想到自己过得如此艰难，这位小女孩并没有一直悲伤或害怕。大多数时候，她微笑着，很高兴看到来探望她的人。尽管她仍然生病，但她每周日都会在网上参加主日学的学习。她了解到耶稣是多么爱她，了解到耶稣是多么想医治她。即使她无法从病床上下来，她也喜欢赞美敬拜主。不管遇到多大的困难，她都只是不断地仰望赞美主。



离开学校长达四个月后，她的身体恢复强壮到终于可以返校了。她的家人很担心，想知道她将如何应对。她能追赶得上那些落下来的功课吗？其他孩子会对她好吗？令他们惊讶的是，这个小女孩并不害怕。“别担心，”她说，“耶稣与我同在，祂会好好照顾我的！”在她回到学校的第一天，校长和老师们聚集在一起欢迎她，其他孩子也很友好和乐于帮助她。尽管她错过了很多课，但她所付出的努力超越了仅仅是只为了赶上落下的课程。那一年，她的数学成绩还全班名列前茅。当她看到她的成绩时，你猜她做了什么？她赞美主！



孩子们，我们属于一位非常爱我们的良善慈爱的阿爸天父，祂知道有时事情会变得对我们来说很艰难。好消息是，你可以向我们的阿爸天父倾诉你正在经历的任何事情以及你的所有感受。告诉祂你有多么受伤、愤怒、失望或悲伤，没关系的，你可以坦诚地来到阿爸天父的面前。在你告诉祂你所有的忧虑和烦恼之后，不要只是停在那里，做大卫所做的一一暂停，深呼吸，给自己一个“细拉”时刻，提醒自己主是多么爱你，以及你如何始终信赖祂，然后说：“我要时时赞美主！”



当你的同学很刻薄时，不要呆在伤心或害怕里，给自己一个“细拉”时刻，赞美主必会解救你的困境。如果你在考试中表现不佳并且感觉不好时，也不要停留在那里，深呼吸，做一个“细拉”，赞美主给了你所有你需要的智慧！当我们赞美主时，大能的事情就会发生，祂会为你扭转不好的局面，祂永远不会令你失望。赞美主，你必看见祂给你带来的胜利，就像大卫一样，所有孩子们一起说“阿们！”

<p>求助的晨祷 大卫逃避他儿子押沙龙的时候作的诗。</p> <p>3 耶和華啊，我的敵人何其加增， 有許多人起來攻擊我； 2 有許多人議論我說： “他得不着 神的幫助。” 細拉</p> <p>3 但你耶和華是我四圍的盾牌， 是我的榮耀，又是叫我抬起頭來的。 4 我用我的聲音求告耶和華， 他就從他的聖山上應允我。 細拉</p> <p>5 我躺下睡覺 我醒着</p>	<p>Save Me, O My God</p> <p>3 A PSALM OF DAVID, WHEN HE FLED FROM ABSALOM HIS SON.</p> <p>1 O LORD, how many are my foes! Many are rising against me; 2 many are saying of my soul, there is no salvation for him in God. <i>Selah</i>²</p> <p>3 But you, O LORD, are a shield about me, my glory, and the lifter of my head. 4 I cried aloud to the LORD, and he answered me from his holy hill. <i>Selah</i></p> <p>5 I lie down and sleep; I wake</p>
---	---

接下来，我们来看看本周的学习要点，你可以把它们抄写到你的笔记本里，作为强有力的提醒，在你开始新的一周时鼓励你。

学习要点

- 1** 即使在困境，大卫仍然为神如此恩待他而去赞美神。他并没有理会当下的处境，大卫仰望的是天父爸爸！
- 2** 我们像大卫一样，不需要等到所有问题都解决了才赞美主。即使在悲伤、危险或害怕的时候，我们也可以赞美主。
- 3** 我们可以先停一停，给自己一个“细拉”时刻，去回想主耶稣是多么爱我们。祂一定会为我们逆转不好的局面，给我们带来胜利！

孩子们，如果你正在听这个故事，你从来没有邀请耶稣进入你的生命，成为你的主和救主，你现在可以这样做，跟着我重复这个祷告：“亲爱的主耶稣，感谢你为我死在十字架上。你是神的儿子，你死了，也被埋葬，第三天又复活了。你宝血洗去了我所有的罪，使我得以永远与阿爸天父在一起。我请求你现在进入我的生命里，成为我的主和救主，我永远是个义人，永远是有福的，永远是神的孩子。奉耶稣的名，阿门！”

PRAISE THE LORD AT ALL TIMES

I will bless the Lord at all times; His praise shall continually be in my mouth. – Psalm 34:1, NKJV

Hey Rock Kidz, today let's talk about emojis! Emojis are popular because with just one simple picture, we can easily communicate what we feel. For example, imagine this in your hand! Five scoops of your favourite flavours all attacked on one single cone! Yummy! But before you can even taste it, the whole thing wobbles and falls to the floor. If that happened to me, the emoji would not be this, or this. It would be something more like this! Don't you feel that emojis are amazing? They can really capture our true feelings whether we are sad, scared, mad or glad. There are emojis for all of these feelings.

But when would you use this one? Probably when you're so annoyed or frustrated you have nothing to say! Sometimes what we feel goes up and down like a roller-coaster and we need many emojis to express how we're feeling! And it can look something like this! Oh no! I can't look! What am I going to do? This makes me mad? I'm so upset!

Today's bible lesson is about a man who faced so many challenges that he probably felt all those emotions and more, but the good news is that he did not stop at being upset and unhappy. This man was able to go from here to here! What happened to him, or what did he do to get from being so unhappy and upset to being so cool and strong? This man was David.

And today, let's find out the secret of how we can be a mighty champion like David! Even as a young shepherd boy, David was bold and brave. When everyone trembled before Goliath, David was the only one brave enough to run out and fight the giant. You can imagine what a hero David became after killing that big, scary giant.

After David joined King Saul's army, he won battle after battle against the enemies of Israel. He became so popular that women sang his praises. But this just made King Saul jealous of him. So jealous that King Saul wanted David dead! Imagine how David might have felt. His own king wanted to kill him! It was a very bad time for David. David had no choice but run for his life! In 1 Samuel 21: 10 - 11 : That day David ran away from Saul and went to King Achish of Gath. Achish's officers said, "Isn't this David, the king of the land of Israel? He is the one the Israelites sing about. They dance and sing this song about him: 'Saul has killed thousands of enemies, but David has killed tens of thousands.' "

When David realized they knew who he was, he became very afraid. "So he pretended to be crazy in front of Achish and his office. While David was with them, he acted like a crazy man. He spat on the doors of the gate. He let spit fall down his beard." Just imagine, David, the mighty man of Israel, the great warrior who had won many battles, had to pretend to be crazy in order to save himself.

The king took one look at David and told his servants to drive this crazy man out. From Gath, David escaped to the cave of Adullam. There he was, David the giant-slayer and the hero of many battles, now afraid and hiding in a cave. Imagine how David might have felt. Was he mad, sad or scared? Did he get so discouraged that he gave up? The answer is no. David did not give up, but David looked up!

The Bible tells us that in the dark cave where he was hiding from his enemies, David chose to praise the Lord. How do we know? The Bible tells us so! Psalm 34: 1 says, "I will bless the Lord at all times; His praise shall continually be in my mouth." Guess who wrote this Psalm? Yes, David! And guess when David wrote it? Around the time when he pretended to be mad and ran away! Wow! David praised the Lord even while so much trouble was around him.

In the rest of Psalm 34, David praised the Lord for being good. Verse four, "**I sought the Lord, and He heard me, And delivered me from all my fears.**" He declared that God was a safe place he could run to, a God who would save and help him! In verse six, "**This poor man cried out, and LORD heard him, And saved him out of all his troubles.**" In the middle of all his troubles, David praised God for being good to him! With so much going against him, it wouldn't be surprising if David was discouraged, depressed and defeated.

The easy thing to do was to give up and just have a pity party. But instead of going, "Oh no, why is all this happening to me?" David went, "Oh yes, Lord, You are so good to me!" David did not look at his own situation but looked to God instead. He remembered how God helped him and rescued him! Now, before you think, "Wow, David is such a great man of God. He is so holy and so good!" I want you to know this, David was a regular person, just like you and me. He also moaned and groaned to God many times.

But you know what, David did not stay sad or scared. In many of the Psalms David wrote, after he poured out all his feelings to God, there is this little word called 'selah'. Each time we see the word 'selah' in a Psalm, we pause. We pause and take our eyes off all that is bothering us. We pause and allow God to speak to us and remind us of His goodness and His love. Now we understand why David wrote, "I will bless the Lord at all times; His praise shall continually be in my mouth." We can also do what David did. We don't have to wait until everything is sorted out before we praise our God. We can decide that we will bless the Lord not just in the good times, but in the bad times, sad times and even scared times. We will bless the Lord at all times. We can praise Him at all times because God is good all the time!

Don't be afraid to tell Him if you're worried, scared, angry or hurt. He is always ready to listen to you. After you do that, have a 'selah' moment. Pause take a deep breath. Then do what David did and praise the Lord. Tell Him how good and amazing He is. Tell Him how much you trust and believe Him. Thank you for always being good to you!

So what happened to David? After he praised the Lord, about four hundred men came to join him and became part of his army. With this new army, David fought and won many battles.

In the end, he was made king over Israel. He praised God even when he was down, and God blessed him with victory!

Let me tell you about a girl who had a very serious illness. She had to stay in the hospital a lot. She couldn't go to school, and she couldn't go out and play. Amazingly, even though she was having such a tough time, this little girl was not sad or scared all the time. Most of the time, she smiled and was happy to see the people who came to visit her. Even though she was still sick, she watched Rock Kidz online every Sunday. She heard how much Jesus loves her, and she heard how much He wanted to heal her. And even though she could not get out of her hospital bed, she loved to praise and worship the Lord. No matter how tough things got, she just kept looking up and praising the Lord.

After being away from school for four long months, she was finally strong enough to go back. Her family worried and wondered how she would cope. Would she be able to catch up? Would the other kids be kind to her?

To their amazement, the little girl was not afraid. "Don't worry," she said, "Jesus is with me. He takes good care of me!" On her first day back at school, the principal and teachers gathered to welcome her. The other kids were friendly and helpful as well. And even though she had missed so much school, she did more than just keep up. That year, she topped her class in math! What do you suppose she did when she saw her results? Yes! She praised the Lord!

Hey Rock Kidz, we belong to a good, good God who loves us so much. He knows that sometimes things can get tough. The good news is that you can pour out whatever you are going through and what you are feeling to our Daddy God. You tell Him how hurt, angry, disappointed or sad you feel. It's okay. You can be honest with daddy God. After you have told Him all your worries and troubles, don't just stop there, do what David did. Pause. Have a 'selah' moment. Pause. Take a deep breath and loop up and remind yourself how much God loves you and how you can always put your trust in Him. Then say, "I will praise the Lord at all times!"

When your classmates are mean, don't stay sad or scared. Have a 'selah' moment and praise the Lord who will surely save you. If you do badly for a test and feel bad, don't stay there either. Take a deep breath, do a 'selah', and praise the Lord for giving you all the wisdom you need.

When we praise God, powerful things happen. He will turn the situation around for you. He will never let you down. Praise Him and watch Him bring you the victory.

Up next, we'll be taking a look at this week's key learning points, you can pause this video to copy them down on your notebook as powerful reminders to encourage you as you go about a new week.

KEY LEARNING POINTS:

1 Even in the midst of trouble, David praised God for being good to him. Instead of looking at the situation around him, he looked to Daddy God!

2 Just like David, we don't need to wait till everything is sorted out before we praise our God. We can choose to bless the Lord even in the sad times, bad times and scared times.

3 We can pause, have a "selah" moment, and remember how much God loves us. He will surely turn things around for us and bring us the victory!

=====

Hey Rock Kidz, if you are listening to this story and you've never asked Jesus to come into your life to be your Lord and Saviour, you can do so now. Just repeat this prayer after me, "Dear Lord Jesus, thank You for dying on the cross for me. You are the Son of God, who died, was buried and on the third day, you rose again. Your precious blood washed away all my sins making me forever right with Daddy God. I ask You now to come into my life to be my Lord and Saviour. I am forever righteous, forever blessed, forever a child of God. In Jesus 'name," and everyone say, "Amen."

=====

Theme of the Week:

Trouble; **selah** moment; Praise; David; cave of Adullam