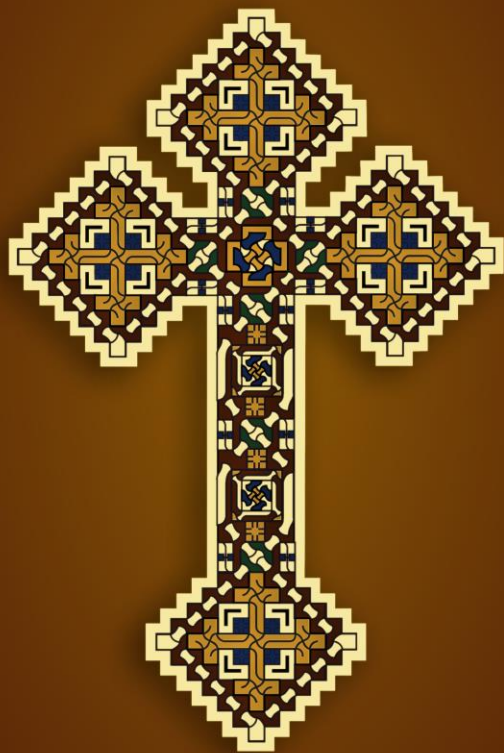


ACCORDING TO  
THE COPTIC ORTHODOX CHURCH -  
EGYPT

依据科普特东正教会  
(埃及)



# 时辰祷告书

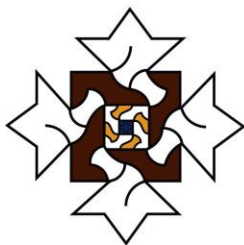
## AGPEYA

圣希欧多尔科普特东正基督教女子隐修院——埃及  
ST. THEODORE COPTIC ORTHODOX CONVENT-EGYPT



ACCORDING TO  
THE COPTIC ORTHODOX CHURCH-  
EGYPT

依据科普特东正教会  
(埃及)



# 时 辰 祷 告 书

# AGPEYA

中英双语对照  
Chinese-English

圣希欧多尔科普特东正基督教女子隐修院——埃及  
ST. THEODORE COPTIC ORTHODOX CONVENT-EGYPT

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“我就是道路、真理、生命”  
(约翰福音14:6)

“I am the way, the truth, and the life.”  
(John 14:6)



“向英勇奋战的殉道士  
——希欧多尔将军致敬”

“Hail to the struggle mantled martyr:  
Theodore the General”





他的圣德·教宗塔瓦卓尔斯二世  
继圣·马可牧首宝座的第118位教宗

**H.H. Pope Tawadros II**  
**118<sup>th</sup> Patriarch of the See of St. Mark**

## 目 录

- |                 |     |
|-----------------|-----|
| ❖ 每个时辰的序言.....  | 1   |
| ❖ 晨祷.....       | 11  |
| (第一时辰的祷告)       |     |
| ❖ 第三时辰的祷.....   | 77  |
| ❖ 第六时辰的祷告.....  | 117 |
| ❖ 第九时辰祷告.....   | 157 |
| ❖ 第十一时辰的祷告..... | 193 |
| ❖ 入睡前的祷告.....   | 223 |
| (第十二时辰的祷告)      |     |
| ❖ 幔子的祷告.....    | 257 |
| ❖ 午夜的祷告.....    | 273 |
| ❖ 神父的赦免祷告.....  | 341 |
| ❖ 祈祷文选读.....    | 361 |

## Contents

❖	Introduction of Every Hour.....	2
❖	Prime.....	12
	(The Prayer of the First Hour)	
❖	The Prayer of the Third Hour.....	78
❖	The Prayer of the Sixth Hour.....	118
❖	The Prayer of the Ninth Hour.....	158
❖	The Prayer of the Eleventh Hour.....	194
❖	Compline.....	224
	(The Prayer of the Twelfth Hour)	
❖	The Prayer of the Veil.....	258
❖	The Midnight Prayer.....	274
❖	The Absolution of the Priests.....	342
❖	Selected Prayers.....	362

## 每个时辰的序言



以圣父、圣子和圣灵，  
独一神的名，阿们！  
求主怜悯，求主怜悯，求主怜悯，  
求主赐福于我们！阿们！  
愿荣耀归于圣父、圣子及圣灵，  
从今时直到永永远远，阿们！

## 主祷文

主啊，让我们配得满怀感激地祈祷，说：  
我们在天上的父，  
愿人都尊你的名为圣。  
愿你的国降临，  
愿你的旨意行在地上，  
如同行在天上。  
我们日用的饮食，今日赐给我们。  
免我们的债，如同我们免了人的债。  
不叫我们遇见试探，救我们脱离凶恶。  
藉着我们的主耶稣基督，  
因为国度、权柄和荣耀全是你的，  
直到永远。阿们！

## Introduction of Every Hour



In the name of the Father, and the Son,  
And the Holy Spirit, one God. Amen.  
Lord have mercy (Kyrie eleyson),  
Lord have mercy, Lord bless; Amen.  
Glory be to the Father, and to the Son,  
And to the Holy Spirit, both now and ever  
And unto the ages of ages. Amen.

## **THE LORD'S PRAYER**

Make us, O Lord, worthy to pray thankfully:  
Our Father who art in Heaven,  
Hallowed be Thy Name.  
Thy Kingdom come.  
Thy will be done on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses  
As we forgive those who trespass against us.  
And lead us not into temptation,  
But deliver us from the evil one,  
Through Christ Jesus our Lord.  
For Thine is the Kingdom, and the power,  
And the glory, forever. Amen.

## 每个时辰的序言



## 感恩祷告

让我们向施恩怜悯的神，我们救主神耶稣基督的父献上感谢。因为他保护、帮助、保守、接纳、同情、并扶持了我们，又带领了我们直到这个时辰。

让我们来祈求无所不能的神，保守我们在这蒙福的一天里，和一生一世之中都有平安相伴。主啊，上主，全能神，我们救主耶稣基督的父啊，因为你保护、帮助、保守、接纳、同情、并扶持了我们，又带领了我们直到这个时辰，因此无论是在每种场合，还是在每种环境之下，我们都要为了一切事而感谢你。

因此，怜爱世人的啊，我们请求并恳求你按着你的美意来善待我们，让我们存着敬畏你的心，平安地结束这蒙福的一天以及这一生所

## Introduction of Every Hour



### **The Prayer of THANKSGIVING**

Let us give thanks to the gracious and merciful God, the Father of our Lord, God and Savior Jesus Christ, for He has protected, assisted, preserved, and accepted us, had compassion upon us, supported us, and brought us till this hour.

Let us also ask Him the Almighty God, to keep us in peace this blessed day, and all the days of our life. O Lord, Master and Almighty God, the Father of our Lord, God and Savior Jesus Christ, we thank you on every occasion, in every condition and for all things, for you have protected, assisted, preserved, accepted us, had compassion upon us, supported us and brought us till this hour.

Therefore, we ask and appeal to Your goodness, O Lover-of-mankind that You grant us to conclude this blessed day and all the days of our life in peace and in Your fear. All envy, all temptation, all works of Satan, all intrigues of the wicked, rising

### 每个时辰的序言

有的日子。请将所有妒忌，试探，撒旦的做工，恶人的诡计，敌人的反叛，无论是可见的还是不可见的，都从我们和你所有的百姓身边，以及这个圣所之中除去。求你把良善的和有益的赐给我们，因为你赋予了我们权柄，使我们得以践踏在蛇蝎和仇敌的多样权势之上。

藉着你唯一的独生子，我们的主，救主神耶稣基督的恩典与怜悯，和对人类的爱，不叫我们遇见试探，救我们脱离凶恶。愿荣耀、尊贵、权能和敬拜都归于你和他，以及与你同质又赐生命的圣灵，从今时直到永永远远。阿们。



### Introduction of Every Hour

up of enemies, seen and unseen; do cast away from us and all Your people, and from this Holy place. Grant us the endowments and benefactions, as You have given us the authority to trample on serpents and scorpions, and over all the power of the enemy.

Lead us not into temptation, but deliver us from evil, through the grace, mercy and love of mankind of Your only begotten Son, our Lord God and Savior, Jesus Christ. Glory, honor, dominion and worship are due to You together with Him and the Life-Giving and Consubstantial Holy Spirit, now and forever. Amen.

## 每个时辰的序言



# 诗篇 51

大卫的诗，交给诗班长，是大卫和拔示巴同房以后，  
及先知拿单来见他以后作的。

<sup>1</sup> 神啊！求你按着你的慈爱恩待我，照着你丰盛的怜悯涂抹我的过犯。<sup>2</sup> 求你彻底洗净我的罪孽，洁除我的罪。<sup>3</sup> 因为我知道我的过犯；我的罪常在我面前。<sup>4</sup> 我得罪了你，唯独得罪你；我行了你眼中看为恶的事，因此，你宣判的时候，显为公义；你审判的时候，显为清正。<sup>5</sup> 看哪，我是在罪孽里生的；我母亲在罪中怀了我。<sup>6</sup> 看哪！你喜爱的是内心的诚实；在我内心的隐密处，你使我得智慧。<sup>7</sup> 求你用牛膝草洁净我，我就干净；求你洗净我，我就比雪更白。<sup>8</sup> 求你使我听见欢喜和快乐的声音，使你所压伤的骨头可以欢呼。<sup>9</sup> 求你掩面不看我

## Introduction of Every Hour



# Psalm 51

<To the Chief Musician.

**A Psalm of David when Nathan the prophet went to him, after he had gone in to Bathsheba.>**

<sup>1</sup> Have mercy upon me, O God, According to Your lovingkindness; According to the multitude of Your tender mercies, Blot out my transgressions. <sup>2</sup> Wash me thoroughly from my iniquity, And cleanse me from my sin. <sup>3</sup> For I acknowledge my transgressions, And my sin *is* always before me. <sup>4</sup> Against You, You only, have I sinned, And done *this* evil in Your sight-- That You may be found just when You speak, *And* blameless when You judge. <sup>5</sup> Behold, I was brought forth in iniquity, And in sin my mother conceived me. <sup>6</sup> Behold, You desire truth in the inward parts, And in the hidden *part* You will make me to know wisdom. <sup>7</sup> Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. <sup>8</sup> Make me hear joy and gladness, *That* the bones You have broken may rejoice. <sup>9</sup> Hide Your face from my sins, And

### 每个时辰的序言

的罪恶，求你涂抹我的一切罪孽。<sup>10</sup> 神啊！求你为我造一颗清洁的心，求你使我里面重新有坚定的灵。<sup>11</sup> 不要把我从你面前丢弃，不要从我身上收回你的圣灵。<sup>12</sup> 求你使我重得你救恩的喜乐，重新有乐意的灵支持我。<sup>13</sup> 我就必把你的道指教有过犯的人，罪人必回转归向你。<sup>14</sup> 神啊！你是拯救我的神，求你救我脱离流人血的罪；我的舌头就必须颂扬你的公义。<sup>15</sup> 主啊！求你开我的嘴，使我的口宣扬赞美你的话。<sup>16</sup> 因为你不喜爱祭物；我就是献上燔祭，你也不喜悦。<sup>17</sup> 神所要的祭，就是破碎的灵；神啊！破碎痛悔的心，你必不轻看。<sup>18</sup> 求你按着你的美意善待锡安；求你修筑耶路撒冷的城墙。<sup>19</sup> 那时，你必悦纳公义的祭、燔祭和全牲的燔祭；那时，人必把公牛献在你的祭坛上。哈利路亚。

### Introduction of Every Hour

blot out all my iniquities. <sup>10</sup> Create in me a clean heart, O God, And renew a steadfast spirit within me. <sup>11</sup> Do not cast me away from Your presence, And do not take Your Holy Spirit from me. <sup>12</sup> Restore to me the joy of Your salvation, And uphold me *by Your* generous Spirit. <sup>13</sup> *Then* I will teach transgressors Your ways, And sinners shall be converted to You. <sup>14</sup> Deliver me from the guilt of bloodshed, O God, The God of my salvation, *And* my tongue shall sing aloud of Your righteousness. <sup>15</sup> O Lord, open my lips, And my mouth shall show forth Your praise. <sup>16</sup> For You do not desire sacrifice, or else I would give *it*; You do not delight in burnt offering. <sup>17</sup> The sacrifices of God *are* a broken spirit, A broken and a contrite heart-- These, O God, You will not despise. <sup>18</sup> Do good in Your good pleasure to Zion; Build the walls of Jerusalem. <sup>19</sup> Then You shall be pleased with the sacrifices of righteousness, With burnt offering and whole burnt offering; Then they shall offer bulls on Your altar. Alleluia.



## 晨祷 (第一时辰的祷告)

在这个时辰里我们纪念我们满有荣耀的主耶稣基督的复活（马可福音 16:2；约翰福音 20:1），我们感谢神，因为他让我们平安地度过了夜晚，我们还祈求他以美善的品行光照我们的一天。

按照我们现在的时间，这个时辰为早上 6:00 点钟。



## **Prime (The Prayer of the First Hour)**

In this Hour we commemorate the resurrection of our Lord who has all the glory (Mar.16:2, Joh.20: 1), as we thank God for peacefully passing the night asking for a day enlightened by good deeds.

This Hour meets 6:00 am, according to our present timing.



晨祷（第一时辰的祷告）

## 让我们来屈膝敬拜

让我们来屈膝敬拜，让我们祈求基督我们的神；

让我们来屈膝敬拜，让我们恳求基督我们的王；

让我们来屈膝敬拜，让我们乞求基督我们的救主；

主耶稣基督啊，神的道，我们的神，藉着圣玛利亚和你所有众圣徒的代求，求你保守我们，为我们带来一个美好的开始，并按着你的旨意怜悯我们直到永远。主啊，夜晚已经过去，我们感谢你，还求你保守我们在这一天当中远离罪恶，并解救我们。

来自圣保罗致以弗所人的使徒书信（以弗所书 4:1-5），愿他的祝福与我们同在，阿们。

<sup>1</sup>所以，我这个在主里的囚犯劝你们：行事为人要配得上你们所蒙的召唤，<sup>2</sup>要以完全的谦卑和温柔，以耐心，在爱中彼此容忍；<sup>3</sup>以和平的联结，努力保持属圣灵的合一：<sup>4</sup>一个身体、一位





Prime (The Prayer of the First Hour)

## COME LET US KNEEL DOWN

Come let us kneel down, let us ask Christ our God.  
Come let us kneel down, let us beseech Christ  
our King.

Come let us kneel down, let us entreat Christ our  
Savior.

O Lord Jesus Christ, the Word of God, our God,  
through the intercession of Saint Mary and all your  
saints, preserve us, and bring us to a good start.  
Have mercy on us according to Your will forever. The  
night has passed; we thank You, O Lord, and we ask  
You to keep us this day away from sin and deliver us.

*The Pauline From St. Paul's Epistle to the  
Ephesians (Eph. 4:1-5); may his blessing be with  
us all. Amen.*

<sup>1</sup>I, therefore, the prisoner of the Lord, beseech you  
to walk worthy of the calling with which you were  
called. <sup>2</sup>with all lowliness and meekness, with  
longsuffering, bearing with one another in love,  
<sup>3</sup>endeavoring to keep the unity of the Spirit in the  
bond of peace. <sup>4</sup>There is one body, and one Spirit,  
just as you were called in one hope of your calling;



## 晨祷（第一时辰的祷告）



圣灵，就像你们蒙召时也被召入一个盼望，<sup>5</sup>一位主、一个信仰、一个洗礼。

### 教会的信仰

一位是神，他是万有之父。一位是他的圣子，耶稣基督神的道，他取了肉身，受难而被埋葬，并在第三日从死里复活，又叫我们与他一同复活。

一位是圣灵，又称慰助者，他位格中的一位，从圣父而出，净化所有被造之物，并教导我们按着一个神性，一个本质来敬拜圣三一。我们赞美他并赞颂他直到永永远远。阿们。

然后祈祷者接着说：

这蒙福一天当中的第一时辰的祷告是献给我的王，和我的神——基督的，恳求他宽恕我们诸多的罪孽。

通过我们的导师，先知大卫王之诗，愿他的祝福与我们同在。阿们。



## Prime (The Prayer of the First Hour)



<sup>5</sup>one Lord, one faith, one baptism.

### THE FAITH OF THE CHURCH

One is God the Father of everyone. One is His Son, Jesus Christ the Word, Who took flesh and died; and rose from the dead on the third day, and raised us with Him.

One is the Holy Spirit, the Comforter, one in His Hypostasis, proceeding from the Father, purifying the whole creation, and teaching us to worship the Holy Trinity, one in divinity and one in essence. We praise Him and bless Him forever. Amen.

The Worshipper then says:

*The Prayer of the first hour of this blessed day is offered to Christ my King and my God, beseeching Him to forgive us our sins.*

*From the Psalms of our teacher David the prophet and the king, may his blessings be with us all. Amen.*



## 晨祷（第一时辰的祷告）



### 诗篇 1

<sup>1</sup> 有福的人：不从恶人的计谋，不站罪人的道路，不坐好讥笑的人的座位。<sup>2</sup> 他喜爱的是耶和华的律法，他昼夜默诵的也是耶和华的律法。<sup>3</sup> 他像一棵树，栽在溪水旁，按时结果子，叶子总不枯干；他所作的一切，尽都顺利。<sup>4</sup> 恶人却不是这样，他们好象糠秕，被风吹散。<sup>5</sup> 因此，在审判的时候，恶人必站立不住；在义人的团体中，罪人也必这样。<sup>6</sup> 因为耶和华看顾义人的道路，恶人的道路却必灭亡。哈利路亚。

### 诗篇 2

<sup>1</sup> 列国为甚么骚动？万民为甚么空谋妄想？<sup>2</sup> 世上的君王起来，首领聚在一起，敌对耶和华和他所膏立的，说：<sup>3</sup>“我们来挣断他们给我们的束缚，摆脱他们的绳索！”<sup>4</sup> 那坐在天上的必发笑，主必讥笑他们。<sup>5</sup> 那时，他必在烈怒中对他们讲话，在震怒中使他们惊慌，说：<sup>6</sup>“我已经在锡安我的



## Prime (The Prayer of the First Hour)



### Psalm 1

<sup>1</sup> Blessed *is* the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; <sup>2</sup> But his delight *is* in the law of the LORD, And in His law he meditates day and night. <sup>3</sup> He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper. <sup>4</sup> The ungodly *are* not so, But *are* like the chaff which the wind drives away. <sup>5</sup> Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. <sup>6</sup> For the LORD knows the way of the righteous, But the way of the ungodly shall perish. Alleluia.

### Psalm 2

<sup>1</sup> Why do the nations rage, And the people plot a vain thing? <sup>2</sup> The kings of the earth set themselves, And the rulers take counsel together, Against the LORD and against His Anointed, *saying*, <sup>3</sup> "Let us break Their bonds in pieces And cast away Their cords from us." <sup>4</sup> He who sits in the heavens shall laugh; The Lord shall hold them in derision. <sup>5</sup> Then



### 晨祷（第一时辰的祷告）

圣山上，立了我的君王。”<sup>7</sup> 受膏者说：“我要宣告耶和华的谕旨：耶和华对我说：‘你是我的儿子，我今日生了你。<sup>8</sup> 你求我，我就把列国赐给你作产业，把全地都归属于你。<sup>9</sup> 你必用铁杖击打他们，好象打碎陶器一样粉碎他们。’”<sup>10</sup> 现在，君王啊！你们要谨慎。地上的审判官啊！你们应当听劝告。<sup>11</sup> 你们要以敬畏的态度事奉耶和华，又应当存战兢的心而欢呼。<sup>12</sup> 你们要用嘴亲吻子，否则他一发怒，你们就在路上灭亡，因为他的怒气快要发作。凡是投靠他的，都是有福的。哈利路亚。

### 诗篇 3

《大卫的诗，是在逃避他儿子押沙龙时作的。》

<sup>1</sup> 耶和华啊！我的仇敌竟然这么多。起来攻击我的竟然那么多。<sup>2</sup> 有很多人议论我说：“他从神那里得不到救助。”（细拉）<sup>3</sup> 耶和华啊！你却是我周围的盾牌，是我的荣耀，是使我抬起头来



### Prime (The Prayer of the First Hour)



He shall speak to them in His wrath, And distress them in His deep displeasure: <sup>6</sup> "Yet I have set My King On My holy hill of Zion." <sup>7</sup> "I will declare the decree: The LORD has said to Me, 'You *are* My Son, Today I have begotten You. <sup>8</sup> Ask of Me, and I will give *You* The nations *for* Your inheritance, And the ends of the earth *for* Your possession. <sup>9</sup> You shall break them with a rod of iron; You shall dash them to pieces like a potter's vessel.'" <sup>10</sup> Now therefore, be wise, O kings; Be instructed, you judges of the earth. <sup>11</sup> Serve the LORD with fear, And rejoice with trembling. <sup>12</sup> Kiss the Son, lest He be angry, And you perish *in* the way, When His wrath is kindled but a little. Blessed *are* all those who put their trust in Him. Alleluia.

### Psalm 3

<A Psalm of David

when he fled from Absalom his son.>

<sup>1</sup> LORD, how they have increased who trouble me! Many *are* they who rise up against me. <sup>2</sup> Many *are* they who say of me, "*There is* no help for him in God." Selah <sup>3</sup> But You, O LORD, *are* a shield for me, My glory and the One who lifts up my head. <sup>4</sup> I cried



## 晨祷（第一时辰的祷告）



的。<sup>4</sup>我发声向耶和华呼求的时候，他就从他的圣山上回答我。（细拉）<sup>5</sup>我躺下，我睡觉，我醒来，都因耶和华在扶持着我。<sup>6</sup>虽有千万人包围攻击我，我也不怕。<sup>7</sup>耶和华啊！求你起来；我的神啊！求你拯救我，你击打了我所有仇敌的脸颊，打碎了恶人的牙齿。<sup>8</sup>救恩属于耶和华，愿你赐福给你的子民。（细拉）哈利路亚。

## 诗篇 4

《大卫的诗，交给诗班长，用丝弦的乐器伴奏。》

<sup>1</sup>我公义的神啊！我呼求的时候，求你答应我。我在困苦中，你曾使我舒畅。求你恩待我，听我的祷告。<sup>2</sup>尊贵的人啊！你们把我的荣耀变为羞辱，要到几时呢？你们喜爱虚妄，追求虚谎，要到几时呢？（细拉）<sup>3</sup>你们要知道耶和华已经把虔诚人分别出来，归他自己；我向耶和华呼求的时候，他就垂听。<sup>4</sup>你们生气，却不可犯罪；在床上的时候，你们要在心里思想，并且要安静。





### Prime (The Prayer of the First Hour)



to the LORD with my voice, And He heard me from His holy hill. Selah <sup>5</sup> I lay down and slept; I awoke, for the LORD sustained me. <sup>6</sup> I will not be afraid of ten thousands of people Who have set *themselves* against me all around. <sup>7</sup> Arise, O LORD; Save me, O my God! For You have struck all my enemies on the cheekbone; You have broken the teeth of the ungodly. <sup>8</sup> Salvation *belongs* to the LORD. Your blessing *is* upon Your people. Selah Alleluia.

### Psalm 4

<To the Chief Musician.

**With stringed instruments. A Psalm of David.>**

<sup>1</sup> Hear me when I call, O God of my righteousness! You have relieved me in *my* distress; Have mercy on me, and hear my prayer. <sup>2</sup> How long, O you sons of men, *Will you turn* my glory to shame? *How long* will you love worthlessness *And* seek falsehood? Selah <sup>3</sup> But know that the LORD has set apart for Himself him who is godly; The LORD will hear when I call to Him. <sup>4</sup> Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah <sup>5</sup> Offer the sacrifices of righteousness, And put your trust in the LORD. <sup>6</sup> *There are* many who say, "Who



## 晨祷（第一时辰的祷告）



（细拉）<sup>5</sup>你们应当献公义的祭，也要投靠耶和  
华。<sup>6</sup>有许多人说：“谁能指示我们得甚么好处  
呢？”耶和華啊！求你仰起你的脸，光照我们。  
<sup>7</sup>你使我心里喜乐，胜过人在丰收五谷新酒时的  
喜乐。<sup>8</sup>我必平平安安躺下睡觉，因为只有你耶  
和華能使我安然居住。哈利路亚。

## 诗篇 5

大卫的诗，交给诗班长，用管乐伴奏。

<sup>1</sup>耶和華啊！求你留心听我的话，顾念我的叹息。  
<sup>2</sup>我的王，我的 神啊！求你倾听我呼求的声音，  
因为我向你祷告。<sup>3</sup>耶和華啊！求你在清晨听我  
的声音；我要一早向你陈明，并且迫切等候。  
<sup>4</sup>因为你是 不喜爱邪恶的 神，恶人不能与你同  
住。<sup>5</sup>狂傲的人不能在你眼前站立，你恨恶所有  
作恶的人。<sup>6</sup>你必灭绝说谎话的；好流人血和弄  
诡诈的，都是耶和華所憎恶的。<sup>7</sup>至于我，我必  
凭着你丰盛的慈爱，进入你的殿；我要存着敬畏



### Prime (The Prayer of the First Hour)



will show us *any* good?" LORD, lift up the light of Your countenance upon us. <sup>7</sup> You have put gladness in my heart, More than in the season that their grain and wine increased. <sup>8</sup> I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety. Alleluia.

### Psalm 5

<To the Chief Musician.

With flutes. A Psalm of David.>

<sup>1</sup> Give ear to my words, O LORD, Consider my meditation. <sup>2</sup> Give heed to the voice of my cry, My King and my God, For to You I will pray. <sup>3</sup> My voice You shall hear in the morning, O LORD; In the morning I will direct *it* to You, And I will look up. <sup>4</sup> For You *are* not a God who takes pleasure in wickedness, Nor shall evil dwell with You. <sup>5</sup> The boastful shall not stand in Your sight; You hate all workers of iniquity. <sup>6</sup> You shall destroy those who speak falsehood; The LORD abhors the bloodthirsty and deceitful man. <sup>7</sup> But as for me, I will come into Your house in the multitude of Your mercy; In fear of You I will worship toward Your holy temple. <sup>8</sup> Lead me, O LORD, in Your righteousness because of



### 晨祷（第一时辰的祷告）

你的心，向你的圣所敬拜。<sup>8</sup> 耶和华啊！求你因我仇敌的缘故，按着你的公义引导我，在我面前铺平你的道路。<sup>9</sup> 因为他们的口里没有真话，他们的内心充满毁灭人的意图，他们的喉咙是敞开的坟墓，他们用舌头弄诡诈。<sup>10</sup> 神啊！求你定他们的罪；愿他们因自己的诡计跌倒，愿你因他们许多的过犯，把他们赶出去，因为他们背叛了你。<sup>11</sup> 愿所有投靠你的人都喜乐，常常欢呼；愿你保护他们，又愿爱你名的人，因你欢乐。<sup>12</sup> 耶和华啊！因为你必赐福给义人，你要以恩惠像盾牌四面护卫他。哈利路亚。

## 诗篇 6

大卫的诗，交给诗班长，用丝弦的乐器伴奏，调用“舍明尼”。

<sup>1</sup> 耶和华啊！求你不要在烈怒中责备我，也不要气忿中管教我。<sup>2</sup> 耶和华啊！求你恩待我，因为我软弱；耶和华啊！求你医治我，因为我的骨头发抖。<sup>3</sup> 我的心也大大战栗，耶和华啊！要等到几时呢？<sup>4</sup> 耶和华啊！求你回转搭救我，因你



### Prime (The Prayer of the First Hour)



my enemies; Make Your way straight before my face. <sup>9</sup> For *there is* no faithfulness in their mouth; Their inward part *is* destruction; Their throat *is* an open tomb; They flatter with their tongue. <sup>10</sup> Pronounce them guilty, O God! Let them fall by their own counsels; Cast them out in the multitude of their transgressions, For they have rebelled against You. <sup>11</sup> But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name Be joyful in You. <sup>12</sup> For You, O LORD, will bless the righteous; With favor You will surround him as *with* a shield. Alleluia.

### Psalm 6

<To the Chief Musician. With stringed instruments.

On an eight-stringed harp. A Psalm of David.>

<sup>1</sup> O LORD, do not rebuke me in Your anger, Nor chasten me in Your hot displeasure. <sup>2</sup> Have mercy on me, O LORD, for I *am* weak; O LORD, heal me, for my bones are troubled. <sup>3</sup> My soul also is greatly troubled; But You, O LORD-- how long? <sup>4</sup> Return, O LORD, deliver me! Oh, save me for Your mercies' sake! <sup>5</sup> For in death *there is* no remembrance of You;



## 晨祷（第一时辰的祷告）



慈爱的缘故拯救我。<sup>5</sup>因为在死亡之地无人记念你，在阴间有谁称谢你呢？<sup>6</sup>我因悲叹而疲惫，我夜夜流泪，把床漂起，把床榻浸透。<sup>7</sup>我因愁烦眼目昏花，因众多的仇敌视力衰退。<sup>8</sup>你们所有作恶的人，离开我去吧，因为耶和华听了我的哀哭的声音。<sup>9</sup>耶和华听了我的恳求，耶和华必接纳我的祷告。<sup>10</sup>我所有的仇敌都必蒙羞，大大惊惶；眨眼之间，他们必蒙羞后退。哈利路亚。

### 诗篇 8

大卫的诗，交给诗班长，用“迦特”的乐器。

<sup>1</sup> 耶和华我们的主啊！你的名在全地是多么威严，你把你的荣美彰显在天上。<sup>2</sup> 因你仇敌的缘故，你从小孩和婴儿的口中，得着了赞美，使仇敌和报仇的无话可说。<sup>3</sup> 我观看你手所造的天，和你所安置的月亮和星星。<sup>4</sup> 啊！人算甚么，你竟记念他？世人算甚么，你竟眷顾他？<sup>5</sup> 你使他比天



### **Prime (The Prayer of the First Hour)**

In the grave who will give You thanks? <sup>6</sup> I am weary with my groaning; All night I make my bed swim; I drench my couch with my tears. <sup>7</sup> My eye wastes away because of grief; It grows old because of all my enemies. <sup>8</sup> Depart from me, all you workers of iniquity; For the LORD has heard the voice of my weeping. <sup>9</sup> The LORD has heard my supplication; The LORD will receive my prayer. <sup>10</sup> Let all my enemies be ashamed and greatly troubled; Let them turn back *and* be ashamed suddenly. Alleluia.

### **Psalm 8**

**<To the Chief Musician.**

**On the instrument of Gath. A Psalm of David.>**

<sup>1</sup> O LORD, our Lord, How excellent *is* Your name in all the earth, Who have set Your glory above the heavens! <sup>2</sup> Out of the mouth of babes and nursing infants You have ordained strength, Because of Your enemies, That You may silence the enemy and the avenger. <sup>3</sup> When I consider Your heavens, the work of Your fingers, The moon and the stars, which You have ordained, <sup>4</sup> What is man that You are mindful of him, And the son of man that You visit him? <sup>5</sup> For You have made him a little lower than the angels, And You have crowned him with glory and honor. <sup>6</sup>



## 晨祷（第一时辰的祷告）



使低微一点，却赐给他荣耀尊贵作冠冕。<sup>6</sup> 你叫他管理你手所造的，把万物都放在他的脚下，<sup>7</sup> 就是所有的牛羊、田间的走兽、<sup>8</sup> 空中的飞鸟、海里的鱼，和海里游行的水族。<sup>9</sup> 耶和華我們的主啊！你的名在全地是多么威严。哈利路亞。

## 诗篇 12

大卫的诗，交给诗班长，调用“舍明尼”。

<sup>1</sup> 耶和華啊！求你施行拯救，因为虔诚人没有了，在世人中的信实人也不见了。<sup>2</sup> 他们彼此说谎，用谄媚的嘴唇说话，口是心非。<sup>3</sup> 愿耶和華剪除一切说谄媚话的嘴唇，和说夸大话的舌头。<sup>4</sup> 他们曾说：“我们必能以舌头取胜；我们的嘴唇是自己的，谁能作我们的主呢？”<sup>5</sup> 耶和華说：“因为困苦人的冤屈和贫穷人的叹息，我现在要起来，把他们安置在他们渴望的稳妥之中。”<sup>6</sup> 耶和華的言语是纯净的言语，好象银子在泥炉中炼过，精炼过七次一样。<sup>7</sup> 耶和華啊！求你保守我们，





## Prime (The Prayer of the First Hour)



You have made him to have dominion over the works of Your hands; You have put all *things* under his feet, <sup>7</sup> All sheep and oxen-- Even the beasts of the field, <sup>8</sup> The birds of the air, And the fish of the sea That pass through the paths of the seas. <sup>9</sup> O LORD, our Lord, How excellent *is* Your name in all the earth! Alleluia.

## Psalm 12

<To the Chief Musician.

**On an eight-stringed harp. A Psalm of David.>**

<sup>1</sup> Help, LORD, for the godly man ceases! For the faithful disappear from among the sons of men. <sup>2</sup> They speak idly everyone with his neighbor; *With* flattering lips *and* a double heart they speak. <sup>3</sup> May the LORD cut off all flattering lips, *And* the tongue that speaks proud things, <sup>4</sup> Who have said, "With our tongue we will prevail; Our lips *are* our own; Who *is* lord over us?" <sup>5</sup> "For the oppression of the poor, for the sighing of the needy, Now I will arise," says the LORD; "I will set *him* in the safety for which he yearns." <sup>6</sup> The words of the LORD *are* pure words, *Like* silver tried in a furnace of earth, Purified seven times. <sup>7</sup> You shall keep them, O LORD, You shall



## 晨祷（第一时辰的祷告）



保护我们永远脱离这世代的人。<sup>8</sup> 恶人到处横行，  
邪恶在世人中被高举。哈利路亚。

### 诗篇 13

大卫的诗，交给诗班长。

<sup>1</sup> 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？<sup>2</sup> 我心里筹算不安，  
内心终日愁苦，要到几时呢？我的仇敌胜过我，  
要到几时呢？<sup>3</sup> 耶和華我的 神啊！求你看顾我，  
应允我；求你使我的眼睛明亮，免得我沉睡至死；  
<sup>4</sup> 免得我的仇敌说：“我胜过了他”；免得我跌倒  
的时候我的敌人就欢呼。<sup>5</sup> 至于我，我倚靠你的  
慈爱，我的心必因你的救恩欢呼。<sup>6</sup> 我要歌颂耶  
和華，因他以厚恩待我。哈利路亚。



### Prime (The Prayer of the First Hour)



preserve them from this generation forever. <sup>8</sup> The wicked prowl on every side, When vileness is exalted among the sons of men. Alleluia.

### Psalm 13

<To the Chief Musician. A Psalm of David.>

<sup>1</sup> How long, O LORD? Will You forget me forever? How long will You hide Your face from me? <sup>2</sup> How long shall I take counsel in my soul, *Having* sorrow in my heart daily? How long will my enemy be exalted over me? <sup>3</sup> Consider *and* hear me, O LORD my God; Enlighten my eyes, Lest I sleep the *sleep of* death; <sup>4</sup> Lest my enemy say, "I have prevailed against him"; *Lest* those who trouble me rejoice when I am moved. <sup>5</sup> But I have trusted in Your mercy; My heart shall rejoice in Your salvation. <sup>6</sup> I will sing to the LORD, Because He has dealt bountifully with me. Alleluia.



## 晨祷（第一时辰的祷告）



### 诗篇 15

大卫的诗

<sup>1</sup> 耶和華啊！誰能在你的帳幕里寄居？誰能在你的聖山上居住呢？<sup>2</sup> 就是行為完全，作事公義，心裡說誠實話的人。<sup>3</sup> 他不以舌頭詆毀人，不惡待朋友，也不毀謗他的鄰居。<sup>4</sup> 他眼中藐視卑鄙的人，却尊重敬畏耶和華的人。他起了誓，縱然自己吃虧，也不更改。<sup>5</sup> 他不拿自己的銀子放債取利，也不收受賄賂陷害無辜；行這些事的人，必永不动摇。哈利路亞。

### 诗篇 16

大卫的金诗

<sup>1</sup> 神啊！求你保守我，因为我投靠你。<sup>2</sup> 我曾对耶和華说：“你是我的主，我的好处不在你以外。”<sup>3</sup> 至于世上的圣民，他们都是尊贵荣美的人，全是我所喜爱的。<sup>4</sup> 追求别神的，他们的愁苦必定加多。他们所奠的血祭，我不祭奠；我的



## Prime (The Prayer of the First Hour)



### Psalm 15

<A Psalm of David.>

<sup>1</sup> LORD, who may abide in Your tabernacle? Who may dwell in Your holy hill? <sup>2</sup> He who walks uprightly, And works righteousness, And speaks the truth in his heart; <sup>3</sup> He *who* does not backbite with his tongue, Nor does evil to his neighbor, Nor does he take up a reproach against his friend; <sup>4</sup> In whose eyes a vile person is despised, But he honors those who fear the LORD; He *who* swears to his own hurt and does not change; <sup>5</sup> He *who* does not put out his money at usury, Nor does he take a bribe against the innocent. He who does these *things* shall never be moved. Alleluia.

### Psalm 16

<A Michtam of David.>

<sup>1</sup> Preserve me, O God, for in You I put my trust. <sup>2</sup> *O my soul*, you have said to the LORD, "You *are* my Lord, My goodness is nothing apart from You." <sup>3</sup> As for the saints who *are* on the earth, "They are the excellent ones, in whom is all my delight." <sup>4</sup> Their sorrows shall be multiplied who hasten *after* another *god*; Their drink offerings of blood I will not



### 晨祷（第一时辰的祷告）

嘴唇也不提别神的名。<sup>5</sup> 耶和华是我的产业，是我杯中的分；我所得的业分，你亲自为我持守。<sup>6</sup> 准绳量给我的是佳美之地，我的产业实在令我喜悦。<sup>7</sup> 我要称颂那指导我的耶和华，我的心在夜间也劝戒我。<sup>8</sup> 我常常把耶和华摆在我面前，因他在我右边，我必不会动摇。<sup>9</sup> 为此我的心快乐，我的灵欢欣，我的肉身也必安然居住。<sup>10</sup> 因为你必不把我的灵魂撇在阴间，也必不容你的圣者见朽坏。<sup>11</sup> 你必把生命的路指示我，在你面前有满足的喜乐，在你的右手中永远有永远的福乐。哈利路亚。

## 诗篇 19

大卫的诗，交给诗班长。

<sup>1</sup> 诸天述说 神的荣耀，穹苍传扬他的作为。<sup>2</sup> 天天发出言语，夜夜传出知识。<sup>3</sup> 没有话语，没有言词，人也听不到它们的声音。<sup>4</sup> 它们的声音传遍全地，它们的言语传到地极， 神在它们中间



### Prime (The Prayer of the First Hour)



offer, Nor take up their names on my lips. <sup>5</sup> O LORD, *You are* the portion of my inheritance and my cup; You maintain my lot. <sup>6</sup> The lines have fallen to me in pleasant *places*; Yes, I have a good inheritance. <sup>7</sup> I will bless the LORD who has given me counsel; My heart also instructs me in the night seasons. <sup>8</sup> I have set the LORD always before me; Because *He is* at my right hand I shall not be moved. <sup>9</sup> Therefore my heart is glad, and my glory rejoices; My flesh also will rest in hope. <sup>10</sup> For You will not leave my soul in Sheol, Nor will You allow Your Holy One to see corruption. <sup>11</sup> You will show me the path of life; In Your presence *is* fullness of joy; At Your right hand *are* pleasures forevermore. Alleluia.

## Psalm 19

<To the Chief Musician. A Psalm of David.>

<sup>1</sup> The heavens declare the glory of God; And the firmament shows His handiwork. <sup>2</sup> Day unto day utters speech, And night unto night reveals knowledge. <sup>3</sup> *There is* no speech nor language *Where* their voice is not heard. <sup>4</sup> Their line has gone out through all the earth, And their words to the



## 晨祷（第一时辰的祷告）



为太阳安设帐幕。<sup>5</sup> 太阳如同新郎出洞房，又像勇士欢欢喜喜地跑路。<sup>6</sup> 它从天的这边出来，绕行到天的那边；没有甚么可以隐藏，得不到它的温暖。<sup>7</sup> 耶和华的律法是完全的，能使人心苏醒；耶和華的法度是坚定的，能使愚人有智慧。<sup>8</sup> 耶和華的训词是正直的，能使人心快乐；耶和華的命令是清洁的，能使人的眼睛明亮。<sup>9</sup> 耶和華的话语是洁净的，能坚立到永远；耶和華的典章是真实的，完全公义；<sup>10</sup> 都比金子宝贵，比大量的精金更宝贵；比蜜甘甜，比蜂房滴下来的蜜更甘甜；<sup>11</sup> 并且你的仆人也借着这些得到警戒，谨守这些就得着大赏赐。<sup>12</sup> 谁能知道自己的错误呢？求你赦免我隐而未现的过失。<sup>13</sup> 求你拦阻你仆人，不犯任意妄为的罪，不许它们辖制我；我才可以完全，不犯大过。<sup>14</sup> 耶和華我的盘石、我的救赎主啊！愿我口中的言语、心里的意念，都在你面前蒙悦纳。哈利路亚。





### Prime (The Prayer of the First Hour)



end of the world. In them He has set a tabernacle for the sun, <sup>5</sup> Which *is* like a bridegroom coming out of his chamber, *And* rejoices like a strong man to run its race. <sup>6</sup> Its rising *is* from one end of heaven, *And* its circuit to the other end; *And* there is nothing hidden from its heat. <sup>7</sup> The law of the LORD *is* perfect, converting the soul; The testimony of the LORD *is* sure, making wise the simple; <sup>8</sup> The statutes of the LORD *are* right, rejoicing the heart; The commandment of the LORD *is* pure, enlightening the eyes; <sup>9</sup> The fear of the LORD *is* clean, enduring forever; The judgments of the LORD *are* true *and* righteous altogether. <sup>10</sup> More to be desired *are they* than gold, Yea, than much fine gold; Sweeter also than honey and the honeycomb. <sup>11</sup> Moreover by them Your servant is warned, *And* in keeping them *there is* great reward. <sup>12</sup> Who can understand *his* errors? Cleanse me from secret *faults*. <sup>13</sup> Keep back Your servant also from presumptuous *sins*; Let them not have dominion over me. Then I shall be blameless, *And* I shall be innocent of great transgression. <sup>14</sup> Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O LORD, my strength and my Redeemer. Alleluia.



## 晨禱（第一时辰的禱告）



### 诗篇 25

大卫的诗

<sup>1</sup> 耶和華啊！我的心仰望你。<sup>2</sup> 我的 神啊！我倚靠你，求你不要使我羞愧，也不要使我的仇敵勝過我。<sup>3</sup> 等候你的必不羞愧，但那些無故以詭詐待人的必要羞愧。<sup>4</sup> 耶和華啊！求你把你的道路指示我，求你把你的路徑教導我，<sup>5</sup> 求你以你的真理引導我，教訓我，因為你是拯救我的 神；我整天等候的就是你。<sup>6</sup> 耶和華啊！求你記念你的憐憫和慈愛，因為它們自古以來就存在。<sup>7</sup> 求你不要記念我幼年的罪惡和我的過犯；耶和華啊！求你因你的恩惠，按着你的慈愛記念我。<sup>8</sup> 耶和華是良善和正直的，因此他必指示罪人走正路。<sup>9</sup> 他必引導謙卑的人行正義，把他的道路教導謙卑的人。<sup>10</sup> 遵守耶和華的約和法度的人，耶和華都以慈愛和信實待他們。<sup>11</sup> 耶和華啊！因你名的緣故，求你赦免我的罪孽，因為我的罪孽重大。<sup>12</sup> 誰是那敬畏耶和華的人？耶和華必指示他應選



## Prime (The Prayer of the First Hour)



### Psalm 25

<A *Psalm* of David.>

<sup>1</sup> To You, O LORD, I lift up my soul. <sup>2</sup> O my God, I trust in You; Let me not be ashamed; Let not my enemies triumph over me. <sup>3</sup> Indeed, let no one who waits on You be ashamed; Let those be ashamed who deal treacherously without cause. <sup>4</sup> Show me Your ways, O LORD; Teach me Your paths. <sup>5</sup> Lead me in Your truth and teach me, For You *are* the God of my salvation; On You I wait all the day. <sup>6</sup> Remember, O LORD, Your tender mercies and Your lovingkindnesses, For they *are* from of old. <sup>7</sup> Do not remember the sins of my youth, nor my transgressions; According to Your mercy remember me, For Your goodness' sake, O LORD. <sup>8</sup> Good and upright *is* the LORD; Therefore He teaches sinners in the way. <sup>9</sup> The humble He guides in justice, And the humble He teaches His way. <sup>10</sup> All the paths of the LORD *are* mercy and truth, To such as keep His covenant and His testimonies. <sup>11</sup> For Your name's sake, O LORD, Pardon my iniquity, for it *is* great. <sup>12</sup> Who *is* the man that fears the LORD? Him shall He teach in the way He chooses. <sup>13</sup> He himself shall dwell in prosperity, And his descendants shall



## 晨祷（第一时辰的祷告）



择的道路。<sup>13</sup> 他必安享福乐，他的后裔要承受地土。<sup>14</sup> 耶和華把心意向敬畏他的人显示，又使他们认识他的约。<sup>15</sup> 我的眼睛时常仰望耶和華，因为他必使我的脚脱离网罗。<sup>16</sup> 求你转向我，恩待我，因为我孤独困苦。<sup>17</sup> 我心中的愁苦增多，求你使我从痛苦中得释放。<sup>18</sup> 求你看看我的困苦和艰难，赦免我的一切罪恶。<sup>19</sup> 求你看看我的仇敌，因为他们人数众多，他们深深痛恨我。<sup>20</sup> 求你护卫我的性命，搭救我；不要叫我羞愧，因为我投靠你。<sup>21</sup> 愿纯全和正直保护我，因为我等候你。<sup>22</sup> 神啊！求你救赎以色列，救他脱离一切困苦。哈利路亚。

## 诗篇 27

大卫的诗

<sup>1</sup> 耶和華是我的亮光，是我的救恩，我还怕谁呢？耶和華是我性命的避难所，我还惧谁呢？<sup>2</sup> 那些作恶的，就是我的敌人、我的仇敌，他们逼近我，要吃我肉的时候，就绊跌仆倒。<sup>3</sup> 虽有军兵扎营



### Prime (The Prayer of the First Hour)

inherit the earth. <sup>14</sup> The secret of the LORD *is* with those who fear Him, And He will show them His covenant. <sup>15</sup> My eyes *are* ever toward the LORD, For He shall pluck my feet out of the net. <sup>16</sup> Turn Yourself to me, and have mercy on me, For I *am* desolate and afflicted. <sup>17</sup> The troubles of my heart have enlarged; Bring me out of my distresses! <sup>18</sup> Look on my affliction and my pain, And forgive all my sins. <sup>19</sup> Consider my enemies, for they are many; And they hate me with cruel hatred. <sup>20</sup> Keep my soul, and deliver me; Let me not be ashamed, for I put my trust in You. <sup>21</sup> Let integrity and uprightness preserve me, For I wait for You. <sup>22</sup> Redeem Israel, O God, Out of all their troubles! Alleluia.

### Psalm 27

<A Psalm of David.>

<sup>1</sup> The LORD *is* my light and my salvation; Whom shall I fear? The LORD *is* the strength of my life; Of whom shall I be afraid? <sup>2</sup> When the wicked came against me To eat up my flesh, My enemies and foes, They stumbled and fell. <sup>3</sup> Though an army may encamp against me, My heart shall not fear; Though war should rise against me, In this I *will be* confident.



## 晨祷（第一时辰的祷告）



攻击我，我的心也不害怕；虽然发动战争攻击我，我仍旧安稳。<sup>4</sup>有一件事我求过耶和华，我还要寻求；我要一生一世住在耶和华的殿里，瞻仰他的荣美，在他的殿中求问。<sup>5</sup>因为在我遭难的日子，他必把我藏在他的帐棚里，把我隐藏在他帐幕的隐密处，又把我高举在盘石上。<sup>6</sup>现在，我可以抬起头来，高过我四周的仇敌；我要在他的帐幕里，献上欢呼的祭；我要歌唱，颂赞耶和华。<sup>7</sup>耶和华啊！我发声呼求的时候，求你垂听；求你恩待我，应允我。<sup>8</sup>你说：“你们要寻求我的面！”那时我的心对你说：“耶和华啊！你的面我正要寻求。”<sup>9</sup>求你不要向我掩面，不要发怒驱逐你的仆人，你一向是帮助我的。拯救我的神啊！求你不要撇下我，也不要离弃我。<sup>10</sup>虽然我的父母离弃我，耶和华却收留我。<sup>11</sup>耶和华啊！求你指示我你的道路；为我仇敌的缘故引导我走平坦的路。<sup>12</sup>求你不要照着我敌人的心愿，把我交给他们，因为有作假见证的人起来攻击我，并且口出凶暴的话。<sup>13</sup>我还是相信，在活人之地，



## Prime (The Prayer of the First Hour)



<sup>4</sup> One *thing* I have desired of the LORD, That will I seek: That I may dwell in the house of the LORD All the days of my life, To behold the beauty of the LORD, And to inquire in His temple. <sup>5</sup> For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. <sup>6</sup> And now my head shall be lifted up above my enemies all around me; Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the LORD. <sup>7</sup> Hear, O LORD, *when* I cry with my voice! Have mercy also upon me, and answer me. <sup>8</sup> *When You said*, "Seek My face," My heart said to You, "Your face, LORD, I will seek." <sup>9</sup> Do not hide Your face from me; Do not turn Your servant away in anger; You have been my help; Do not leave me nor forsake me, O God of my salvation. <sup>10</sup> When my father and my mother forsake me, Then the LORD will take care of me. <sup>11</sup> Teach me Your way, O LORD, And lead me in a smooth path, because of my enemies. <sup>12</sup> Do not deliver me to the will of my adversaries; For false witnesses have risen against me, And such as breathe out violence. <sup>13</sup> *I would* have lost heart, unless I had believed That I would see the goodness of the LORD In the land of the



## 晨祷（第一时辰的祷告）



我可以看见耶和华的恩惠。<sup>14</sup> 你要等候耶和華，要刚强，要坚定你的心，要等候耶和華。哈利路亚。

## 诗篇 63

大卫的诗，是他在犹大旷野时作的。

<sup>1</sup> 神啊！你是我的 神，我要切切寻求你；在干旱、疲乏、无水之地，我的心，我的身，都渴想你，切慕你。<sup>2</sup> 因此，我在圣所中瞻仰你，为要见你的能力和荣耀。<sup>3</sup> 因你的慈爱比生命更好，我的嘴唇要颂赞你。<sup>4</sup> 我要一生称颂你，我要奉你的名举手祷告。<sup>5</sup> 我的心满足，就像饱享了骨髓肥油；我要用欢乐的嘴唇赞美你。<sup>6</sup> 我在床上记念你，我整夜默想你。<sup>7</sup> 因为你帮助了我，我要在你翅膀的荫下欢呼。<sup>8</sup> 我心紧紧追随你；你的右手扶持我。<sup>9</sup> 但那些寻索我、要杀我的人，必下到地的深处。<sup>10</sup> 他们必交在刀剑之下，成了野狗的食物。<sup>11</sup> 但王必因 神欢喜；所有指着神起誓的，都必可以夸耀；说谎的人的口却必被塞住。哈利路亚。





## Prime (The Prayer of the First Hour)



living. <sup>14</sup> Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD! Alleluia.

## Psalm 63

<A Psalm of David when he was in the wilderness of Judah.>

<sup>1</sup> O God, You *are* my God; Early will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water. <sup>2</sup> So I have looked for You in the sanctuary, To see Your power and Your glory. <sup>3</sup> Because Your lovingkindness *is* better than life, My lips shall praise You. <sup>4</sup> Thus I will bless You while I live; I will lift up my hands in Your name. <sup>5</sup> My soul shall be satisfied as with marrow and fatness, And my mouth shall praise *You* with joyful lips. <sup>6</sup> When I remember You on my bed, I meditate on You in the *night* watches. <sup>7</sup> Because You have been my help, Therefore in the shadow of Your wings I will rejoice. <sup>8</sup> My soul follows close behind You; Your right hand upholds me. <sup>9</sup> But those *who* seek my life, to destroy *it*, Shall go into the lower parts of the earth. <sup>10</sup> They shall fall by the sword; They shall be a portion for jackals. <sup>11</sup> But the king shall rejoice in God; Everyone who swears by Him shall glory; But the mouth of those who speak lies shall be stopped. Alleluia.



## 晨祷（第一时辰的祷告）



### 诗篇 67

诗歌一首，交给诗班长，用丝弦的乐器伴奏。

<sup>1</sup>愿 神恩待我们，赐福给我们，愿他用脸光照我们，（细拉）<sup>2</sup>好使全地得知你的道路，万国得知你的救恩。<sup>3</sup> 神啊！愿众民都称谢你，愿万民都称谢你。<sup>4</sup>愿万族都快乐欢呼，因为你按正直统管众民，并引导地上的万族。（细拉）<sup>5</sup> 神啊！愿众民都称谢你，愿万民都称谢你。<sup>6</sup>地生出土产； 神，就是我们的 神，要赐福给我们。<sup>7</sup> 神要赐福给我们，全地都要敬畏他。哈利路亚。

### 诗篇 70

诗歌一首，交给诗班长，用丝弦的乐器伴奏。

<sup>1</sup> 神啊！求你搭救我；耶和華啊！求你快来帮助我。<sup>2</sup>愿那些寻索我性命的，抱愧蒙羞；愿那些喜悦我遭害的，退后受辱。<sup>3</sup>愿那些对我说：“啊哈！啊哈！”的，都因羞愧退后。<sup>4</sup>愿所有寻求你的，都因你欢喜快乐；愿那些喜爱你救恩的，常



**Prime (The Prayer of the First Hour)**  
**Psalm 67**



**<To the Chief Musician.**

**On stringed instruments. A Psalm. A Song.>**

<sup>1</sup> God be merciful to us and bless us, *And* cause His face to shine upon us. Selah <sup>2</sup> That Your way may be known on earth, Your salvation among all nations. <sup>3</sup> Let the peoples praise You, O God; Let all the peoples praise You. <sup>4</sup> Oh, let the nations be glad and sing for joy! For You shall judge the people righteously, And govern the nations on earth. Selah <sup>5</sup> Let the peoples praise You, O God; Let all the peoples praise You. <sup>6</sup> *Then* the earth shall yield her increase; God, our own God, shall bless us. <sup>7</sup> God shall bless us, And all the ends of the earth shall fear Him. Alleluia.

**Psalm 70**

**<To the Chief Musician.**

***A Psalm of David. To bring to remembrance.>***

<sup>1</sup> *Make haste*, O God, to deliver me! Make haste to help me, O LORD! <sup>2</sup> Let them be ashamed and confounded Who seek my life; Let them be turned back and confused Who desire my hurt. <sup>3</sup> Let them be turned back because of their shame, Who say, "Aha, aha!" <sup>4</sup> Let all those who seek You rejoice and



## 晨祷（第一时辰的祷告）



说：“要尊 神为大。”<sup>5</sup>至于我，我是困苦贫穷的； 神啊！求你快快到我这里来；你是我的帮助，我的拯救；耶和华啊！求你不要耽延。哈利路亚。

### 诗篇 113

<sup>1</sup> 你们要赞美耶和华。耶和华的仆人哪！你们要赞美，要赞美耶和华的名。<sup>2</sup> 耶和华的名是应当称颂的，从现在直到永远。<sup>3</sup> 从日出之地到日落之处，耶和华的名都该受赞美。<sup>4</sup> 耶和华高过万国，他的荣耀超越诸天。<sup>5</sup> 谁像耶和华我们的神呢？他坐在至高之处，<sup>6</sup> 他俯首垂顾天上和地下的事。<sup>7</sup> 他从灰尘中抬举贫寒人，从粪堆中提拔穷乏人，<sup>8</sup> 使他们和权贵同坐，就是和他子民中的权贵同坐，<sup>9</sup> 他使不能生育的妇人安居家中，成了有许多儿女的快乐母亲。你们要赞美耶和华。哈利路亚。



### Prime (The Prayer of the First Hour)



be glad in You; And let those who love Your salvation say continually, "Let God be magnified!"<sup>5</sup> But I *am* poor and needy; Make haste to me, O God! You *are* my help and my deliverer; O LORD, do not delay. Alleluia.

### Psalm 113

<sup>1</sup> Praise the LORD! Praise, O servants of the LORD, Praise the name of the LORD!<sup>2</sup> Blessed be the name of the LORD From this time forth and forevermore!<sup>3</sup> From the rising of the sun to its going down The LORD'S name *is* to be praised.<sup>4</sup> The LORD *is* high above all nations, His glory above the heavens.<sup>5</sup> Who *is* like the LORD our God, Who dwells on high,<sup>6</sup> Who humbles Himself to behold *The things that are* in the heavens and in the earth?<sup>7</sup> He raises the poor out of the dust, *And* lifts the needy out of the ash heap,<sup>8</sup> That He may seat *him* with princes-- With the princes of His people.<sup>9</sup> He grants the barren woman a home, Like a joyful mother of children. Praise the LORD! Alleluia.



## 晨祷（第一时辰的祷告）



### 诗篇 143

大卫的诗

<sup>1</sup> 耶和華啊！求你聽我的禱告，留心聽我的懇求，  
憑你的信實和公義應允我。<sup>2</sup> 求你不要審判你的  
僕人，因為凡活着的人，在你面前沒有一個是義  
的。<sup>3</sup> 仇敵逼迫我，把我壓倒在地，使我住在黑  
暗之處，像死了很久的人一樣。<sup>4</sup> 因此我的靈在  
我裡面軟弱，我的心在我裡面戰栗。<sup>5</sup> 我追念以  
往的日子，默想你的一切作為，沉思你手所作的。  
<sup>6</sup> 我向你伸出雙手，我的心渴想你，好像干旱的  
地盼望雨水一樣。（細拉）<sup>7</sup> 耶和華啊！求你快  
快應允我，我的心靈已經衰竭，求你不要向我掩  
面，免得我像那些下坑的人一樣。<sup>8</sup> 求你使我清  
晨得聞你的慈愛，因為我倚靠你。求你指示我當  
走的路，因為我的心仰望你。<sup>9</sup> 耶和華啊！求你  
救我脫離我的仇敵，我往你那裡藏身。<sup>10</sup> 求你教  
我遵行你的旨意，因為你是我的 神；愿你至善



## Prime (The Prayer of the First Hour)



### Psalm 143

<A Psalm of David.>

<sup>1</sup> Hear my prayer, O LORD, Give ear to my supplications! In Your faithfulness answer me, *And* in Your righteousness. <sup>2</sup> Do not enter into judgment with Your servant, For in Your sight no one living is righteous. <sup>3</sup> For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in darkness, Like those who have long been dead. <sup>4</sup> Therefore my spirit is overwhelmed within me; My heart within me is distressed. <sup>5</sup> I remember the days of old; I meditate on all Your works; I muse on the work of Your hands. <sup>6</sup> I spread out my hands to You; My soul *longs* for You like a thirsty land. Selah <sup>7</sup> Answer me speedily, O LORD; My spirit fails! Do not hide Your face from me, Lest I be like those who go down into the pit. <sup>8</sup> Cause me to hear Your lovingkindness in the morning, For in You do I trust; Cause me to know the way in which I should walk, For I lift up my soul to You. <sup>9</sup> Deliver me, O LORD, from my enemies; In You I take shelter. <sup>10</sup> Teach me to do Your will, For You *are* my God;



## 晨祷（第一时辰的祷告）



的灵引导我到平坦的地。<sup>11</sup> 耶和華啊！求你为你的名的缘故使我存活，按着你的公义把我从患难中领出来。<sup>12</sup> 求你因你的慈爱使我的仇敌灭绝，求你消灭所有苦害我的人，因为我是你的仆人。哈利路亚。

圣哉，圣哉，圣哉，一段出自圣约翰福音书的章节，愿他的祝福与我们同在，阿们。

## 约翰福音（1:1-17）

<sup>1</sup> 太初有道，道与神同在，道就是神。<sup>2</sup> 这道太初与神同在。<sup>3</sup> 万有是藉着他而成的；凡所成的，没有一样不是藉着他而成的。<sup>4</sup> 生命在他里面，这生命就是人的光。<sup>5</sup> 这光在黑暗中照耀，黑暗却没有胜过这光。<sup>6</sup> 有一个人受神的差派而来，他名叫约翰。<sup>7</sup> 他为见证而来，是要为这光做见证，好让人都藉着他相信。<sup>8</sup> 他不是这光，而是





### Prime (The Prayer of the First Hour)



Your Spirit *is* good. Lead me in the land of uprightness. <sup>11</sup> Revive me, O LORD, for Your name's sake! For Your righteousness' sake bring my soul out of trouble. <sup>12</sup> In Your mercy cut off my enemies, And destroy all those who afflict my soul; For I *am* Your servant. Alleluia.

*Holy, Holy, Holy, a chapter of the holy Gospel according to St. John, may his blessings be with us all. Amen.*

### John (1:1-17)

<sup>1</sup> In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup> He was in the beginning with God. <sup>3</sup> All things were made through Him, and without Him nothing was made that was made. <sup>4</sup> In Him was life, and the life was the light of men. <sup>5</sup> And the light shines in the darkness, and the darkness did not comprehend it. <sup>6</sup> There was a man sent from God, whose name *was* John. <sup>7</sup> This man came for a witness, to bear witness of the Light, that all through him might believe. <sup>8</sup> He was not



## 晨祷（第一时辰的祷告）



要为这光做见证。<sup>9</sup> 这光是真光，来到这世界照亮每个人。<sup>10</sup> 他在这世界，世界也是藉着他而成的，世界却不认识他。<sup>11</sup> 他来到自己的地方，自己的人却不接受他。<sup>12</sup> 但是所有接受他的，就是信他名的人，他就赐给他们权柄成为神的儿女。<sup>13</sup> 他们不是由血缘、或肉体的意愿、或人的意志所生的，而是由神所生的。<sup>14</sup> 道成了肉身，居住在我们中间。我们看到了他的荣耀，正是从父而来的独生子的荣耀，充满了恩典和真理。<sup>15</sup> 约翰为他做见证，呼喊说：“这一位就是我曾说过的，‘那在我之后来的，已成为在我前面的，因为他在我之前就已经存在。’”<sup>16</sup> 原来从他的丰盛完美中，我们都领受了恩典，而且恩上加恩。<sup>17</sup> 因为律法是藉着摩西赐下的，恩典和真理是藉着耶稣基督而来的。愿荣耀归于神，直到永永远远，阿们。



### Prime (The Prayer of the First Hour)



that Light, but *was sent* to bear witness of that Light.

<sup>9</sup> That was the true Light which gives light to every man coming into the world. <sup>10</sup> He was in the world,

and the world was made through Him, and the world did not know Him. <sup>11</sup> He came to His own,

and His own did not receive Him. <sup>12</sup> But as many as received Him, to them He gave the right to become children of God, to those who believe in His name:

<sup>13</sup> who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. <sup>14</sup> And

the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth. <sup>15</sup>

John bore witness of Him and cried out, saying, "This was He of whom I said, 'He who comes after me is preferred before me, for He was before me.'"

<sup>16</sup> And of His fullness we have all received, and grace for grace. <sup>17</sup> For the law was given through

Moses, *but* grace and truth came through Jesus Christ. *Glory be to God forever. Amen.*



## 晨祷（第一时辰的祷告）



愿神的话语平平安安地得以圆满：

基督啊，我们敬拜你，与你美善的圣父和圣灵，因为你的到来拯救了我们。

## 连 祷

✙ 来到世上照亮每个人的真光啊，因为你对世人的爱，你来到了世上，一切被造之物都因你的到来而欢喜。你救了我们的祖父亚当脱离了诡计，救了我们的祖母夏娃脱离了死亡的剧痛，又赐给了我们儿子名分的灵。因此，让我们赞美你并称颂你说：“**[愿荣耀归于圣父、圣子和圣灵。]**”

✙ 我们的真光——基督，我们的神啊，就像阳光照耀在我们身上那样，请让发光的悟性与明亮的思想照耀在我们里面，不要让我们行在昏暗的邪情私欲之下，那样我们便能与大卫一同赞颂你说：“天还未亮，我就急忙睁开眼睛，为要默想你的话语。”主啊，我们的神，求你按着你极大的慈爱聆听我们的声音，藉着你的怜悯拯救我们。**[从今时直到永永远远，阿们。]**



## Prime (The Prayer of the First Hour)



*May the saying of God be peacefully fulfilled:*

*We worship You O Christ with Your Good Father and the Holy Spirit, for You have come and saved us.*

### The Litanies

✙ O the true Light Who gives light to every man coming into the world, You came into the world through Your love for mankind, and all creation rejoiced in Your coming. You saved our father, Adam, from the deception, and delivered our mother, Eve, from the pangs of death, and gave us the spirit of sonship. Let us, therefore, praise You and bless You saying (**Δοξα Πατρι...**) [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ As the daylight shines upon us, O Christ Our God, the true Light, let the luminous senses and the bright thoughts shine within us, and do not let the darkness of passions hover over us, that mindfully we may praise You with David saying, "My eyes hasten to awake before the dawn, that I might meditate on Your sayings." Hear our voices according to your great mercy, and deliver us, O Lord our God, through Your compassion. (**Κεντην...**) [*Now and forever and unto the ages of all ages, Amen*].



## 晨祷（第一时辰的祷告）



✠ 上帝之母啊，第二层天，你就像是永不凋谢的璀璨之花，你是永恒的童贞女母亲，尊贵的光之母，从日出之地到日落之处，我们都要将赞颂献给你；因为圣父拣选了你，圣灵庇护了你，圣子也屈尊降下并藉着你而道成了肉身。因此，请你向他祈求，愿他赐救恩给这个由他亲手所造的世界，并救它脱离一切苦难。让我们以一首新歌来赞美他，和赞颂他。[从今时直到永永远远，阿们。]

## 荣耀颂

让我们与天使一同赞颂，说：“在至高之处，荣耀归于神！在地上，平安归于他所喜悦的人。”我们赞美你，我们称颂你，我们事奉你，我们屈膝敬拜你，我们承认你，我们荣耀你。

主啊，天上的王，全能的父神，主啊，唯一的独生子耶稣基督，和圣灵，为了你极大的荣耀，因此我们向你献上感谢。

主 神啊，神羔羊，圣父的圣子，是你除去



### Prime (The Prayer of the First Hour)



✙ You are the honored Mother of the Light; from the risings of the sun to its settings praises are offered to you, O Theotokos, the second heaven, as you are the bright and unchanging flower, and the ever-virgin mother; for the Father chose you, and the Holy Spirit overshadowed you, and the Son condescended and took flesh from you. Wherefore, ask Him to give salvation to the world which He created, and to deliver it from all tribulations. Let us praise Him a new praise, and bless Him. (ΚΕΝΥΝ...) *[Now and forever...].*

### THE GLORIA

Let us praise with the angels, saying, “Glory to God in the highest, peace on earth, and good will toward men.” We praise You. We bless You. We serve You. We worship You. We confess to You. We glorify You.

We give thanks to You for Your great glory, O Lord, King of heaven, God the Father the Almighty, O Lord, the One and Only-Begotten Son, Jesus Christ, and the Holy Spirit.

O Lord God, Lamb of God, Son of the Father, Who



## 晨祷（第一时辰的祷告）



了世人的罪孽，求你怜悯我们，并接受我们的祷告。

你坐在圣父的右边，求你怜悯我们。只有你是圣洁的，只有你是至高无上的，我的主耶稣基督与圣灵；愿荣耀归于父神，阿们。

我每天都要赞颂你，并赞美你的圣名直到永永远远。阿们！我的神啊，天还未亮我的灵魂就早已向你醒来，因为你的训词是普照大地的光。因为是你帮助我的，所以我不断默想你的道路。求你在清晨聆听我的声音，我必将早早地站在你面前，并让你看到我。

## 三圣颂

圣神，圣全能者，圣不朽者，由童贞女所生的啊，求你怜悯我们。

圣神，圣全能者，圣不朽者，为了我们而被钉十字架的啊，求你怜悯我们。

圣神，圣全能者，圣不朽者，从死里复活并升到天上的啊，求你怜悯我们。





## **Prime (The Prayer of the First Hour)**



takes away the sin of the world, have mercy on us. You, Who takes away the sin of the world, receive our prayers unto You.

Who sits at the right hand of the Father, have mercy on us. You only are the Holy; You only are the Most High, my Lord, Jesus Christ with the Holy Spirit; Glory to God the Father. Amen.

Every day I will bless You, and praise Your holy name forever and unto the ages of ages. Amen. From the night season my soul awakes early unto You, O my God, for Your precepts are a light upon the earth. I was meditating on Your ways, for You have become a helper unto me. In the morning You shall hear my voice. Early I will stand before You, and You shall see me.

## **THE TRISAGION**

Holy God, Holy Mighty, Holy Immortal, Who was born of the Virgin, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, Who was crucified for us, have mercy on us.

Holy God, Holy Mighty, Holy Immortal, Who rose from the dead and ascended into the heavens, have mercy on us.



## 晨祷（第一时辰的祷告）

愿荣耀归于圣父，圣子和圣灵，从今时直到永永远远，阿们。

圣三一啊，求你怜悯我们。

圣三一啊，求你怜悯我们。

圣三一啊，求你怜悯我们。

主啊，求你赦免我的罪孽。

主啊，求你宽恕我的过犯。

主啊，求你原谅我的过失。

主啊，愿你眷顾你百姓之中的病患，为了你圣名的缘故，求你治愈他们。

主啊，我们那些已过世的父辈和弟兄们，求你让他们的灵魂得到安息。

主啊，你是唯一没有罪的，求你怜悯我们。

主啊，你是唯一没有罪的，求你帮助并接受我们的祈求。因为荣耀、主权和圣三圣全是你的。求主怜悯，求主怜悯，求主怜悯，求主赐福于我们，阿们。

让我们配得满怀感激地祈祷，说：我们在天上的父……



## Prime (The Prayer of the First Hour)



Glory to the Father, and the Son, and the Holy Spirit, now and forever and unto the ages of all ages.

Amen.

O Holy Trinity, have mercy on us.

O Holy Trinity, have mercy on us.

O Holy Trinity, have mercy on us.

O Lord, forgive us our sins.

O Lord, forgive us our iniquities.

O Lord, forgive us our trespasses.

O Lord, visit the sick of Your people, heal them for the sake of Your holy name.

Our fathers and brothers who have fallen asleep,  
O Lord, repose their souls.

O You Who are without sin, Lord have mercy on us.

O You Who are without sin, Lord help us and receive our supplications. For Yours is the glory, the dominion, and triple holiness. Lord have mercy. Lord have mercy. Lord bless. Amen.

*Make us worthy to pray thankfully: Our Father Who art in heaven...*



## 晨祷（第一时辰的祷告）



向你致敬，圣洁的啊，充满了荣耀，永为童贞女的上帝之母，基督的母亲，我们祈求你把我们的祷告提交给你的爱子，愿他宽恕我们的罪孽。

向圣洁的童贞女致敬，你为我们生下了真光，基督我们的神。请为我们向主代求，愿他赐怜悯给我们的灵魂，并宽恕我们的一切罪孽。

童贞女玛利亚啊，圣洁的上帝之母，我们人类信实的辩护者啊，请为我们在由你所生的基督面前代求，愿他赐予我们罪孽的赦免。

向你致敬，童贞女啊，你是我们真正的女王。向我们人类的夸耀致敬，你为我们生下了以马内利。我们信实的辩护者啊，我们恳求你在我们的主耶稣基督面前牢记我们，愿他宽恕我们的罪孽。

## 东正基督教会信经前言

真光之母啊，我们尊崇你；圣洁的童贞女上帝之母啊，我们荣耀你，因为你为我们生下了全



### **Prime (The Prayer of the First Hour)**



Hail to you, we ask you, O saint, full of glory, the ever-virgin, the Mother of God (Theotokos), the Mother of Christ, lift up our prayers unto your beloved Son, that He may forgive us our sins.

Hail to the Holy Virgin, who bore for us the true Light, Christ our God. Ask the Lord on our behalf, that He may have mercy on our souls, and forgive us our sins.

O Virgin Mary, the holy Mother of God (Theotokos), the trusted advocate of the human race, intercede on our behalf before Christ, Whom you bore, that He may grant us the forgiveness of our sins.

Hail to you, O Virgin, the right and true queen. Hail to the pride of our race, you bore for us Emmanuel. We ask you, remember us, our trusted advocate, before our Lord Jesus Christ, that He may forgive us our sins.

### **INTRODUCTION OF THE ORTHODOX CREED**

We exalt you, the Mother of the true Light, and we glorify you, O Holy Virgin Mother of God, for you



## 晨祷（第一时辰的祷告）



世界的救主，他来到了世间并拯救了我们的灵魂。基督，我们的上主，我们的君王，愿荣耀归于你，你是使徒的夸耀，殉道者的冠冕，义人的喜乐，教会的坚定，罪孽的赦免。我们宣告圣三一同归于一个神性。我们屈膝敬拜他并荣耀他。求主怜悯，求主怜悯，求主赐福。阿们。

## 东正基督教会信经

我们信独一的上帝，全能的圣父，创造天地一切有形无形之万物的主。

我们信独一的主耶稣基督，上帝的独生子，在万世以前为圣父所生，出于光而为光，出于真上帝而为真上帝，受生而非被造，与圣父同性同体，天上地上的万物都是籍他而造成的；他为了我们人类，并为了我们得救恩，从天降临，因着圣灵，并从童贞女玛利亚道成肉身，而成为人。

在本丢比拉多手下，他为我们钉于十字架上，受难而被埋葬。依圣经所言，他在第三日复活，



### **Prime (The Prayer of the First Hour)**



give birth to the Savior of the whole world. He came and saved our souls. Glory to You, our Master, our King, Christ, the pride of the apostles, the crown of the martyrs, the joy of the righteous, the firmness of the churches, the forgiveness of sins. We proclaim the Holy Trinity in One Godhead. We worship Him. We glorify Him. Lord have mercy. Lord have mercy. Lord bless. Amen.

### **THE ORTHODOX CREED**

We believe in one God, God the Father, the Almighty, Who created heaven and earth, and all things, seen and unseen.

We believe in one Lord Jesus Christ, the Only-Begotten Son of God, begotten of the Father before all ages; Light of Light, true God of true God, begotten not created, of one essence with the Father, by Whom all things were made; Who for us, men, and for our salvation, came down from heaven, and was incarnated of the Holy Spirit and of the Virgin Mary, and became Man.

And He was crucified for us under Pontius Pilate, suffered and was buried. And on the third day He rose from the dead, according to the Scriptures. He



## 晨祷（第一时辰的祷告）

并升天，坐在圣父的右边；他必将在荣耀中再临，审判活人死人，他的国度永无穷尽。

我们真信圣灵，赐生命的主，从圣父而出，与圣父与圣子同受敬拜，同享尊荣，他曾借众先知说话。我信独一圣而公之使徒教会。我们认信使罪得赦的独一洗礼。我们盼望死人复活和来世的生命。阿们。

然后祈祷者说：

主啊，求你聆听我们，求你怜悯我们并宽恕我们的罪。阿们。“求主怜悯（Kir-ye ley-son）”  
41 次。接着说：

## 圣哉，圣哉，圣哉

圣哉，圣哉，圣哉，万军之耶和华。天上地上都充满了你的荣耀和尊贵。全能的父神啊，求你怜悯我们。圣三一啊，求你怜悯我们。耶和华万军之神啊，求你与我们同在。因为只有你能够





## Prime (The Prayer of the First Hour)



ascended into the heavens; and sat at the right hand of His Father. And also He is coming again in His glory to judge the living and the dead, whose kingdom has no end.

Yes, we believe in the Holy Spirit, the Lord, the Life-Giver, Who proceeds from the Father, Who, with the Father and the Son, is worshipped and glorified, Who spoke in the prophets. And in one holy, universal and apostolic church. We confess one baptism for the remission of sins. We look for the resurrection of the dead, and the life of the coming age. Amen.

*Then the worshipper prays:*

*Lord hear us, have mercy and forgive our sins. Amen. ΚΥΡΙΕ ΕΛΕΗΣΟΝ (Lord have mercy) 41 times.*

*Then he says:*

## **HOLY, HOLY, HOLY**

Holy, Holy, Holy, Lord of hosts. Heaven and earth are full of Your glory and honor. Have mercy on us, O God the Father, the Almighty. O Holy Trinity, have mercy on us. O Lord, God of hosts, be with us. For we have no helper in our hardships and tribulations



## 晨祷（第一时辰的祷告）



在苦难和忧患之中帮助我们。神啊，求你赦免，宽恕并免除我们在有意或无意、知情或不知情、隐藏或公开之下所犯的罪孽。主啊，求你宽恕我们，因为我们是藉着你的圣名而得蒙召唤的。主啊，求你照着你的怜悯，而不照着我们的罪而行。

让我们配得满怀感激地祈祷，说：我们在天上的父……

### 第一篇赦罪祷告

在万世以前就存在，并永远长存的耶和万军之神啊，是你造了太阳给白昼，又赐下黑夜让世人安歇；世代的王啊，我们感谢你，因为你让我们平平安安地度过了夜晚，又带领我们来到了黎明。

我们的上主，万世之王啊，因此我们祈求你，愿你的容光照耀在我们身上，并以你神性的智慧之光照亮我们。我们的上主啊，藉着你怜爱世人



### **Prime (The Prayer of the First Hour)**



but You. Absolve, forgive, and remit, O God, our transgressions; those which we have committed willingly and those we have committed unwillingly, those which we have committed knowingly and those which we have committed unknowingly, the hidden and manifest, O Lord forgive us, for the sake of Your Holy name which is called upon us. Let it be according to Your mercy, O Lord, and not according to our sins.

*Make us worthy to pray thankfully: Our Father Who art in heaven...*

### **FIRST ABSOLUTION**

O Lord, God of hosts, who exists before all ages and abides forever, who created the sun for daylight, and the night as rest for all men; we thank You, O King of ages, for You have let us pass through the night in peace, and brought us to the daybreak.

Therefore, we ask You, O our Master, the King of all ages, to let Your face shine upon us, and the light of Your divine knowledge enlighten us. Grant us, O our Master, to be sons of light and sons of day, to



## 晨祷（第一时辰的祷告）



的独生子耶稣基督的恩典与慈爱，还有你圣灵的恩惠，请让我们做光明之子和白昼之子，那样我们就能以贞洁与美善的品行，毫无指责地走完这一生余下的日子，从今时直到永永远远。阿们。

## 第二篇赦罪祷告

神啊，是你让光发出，造了日头照义人也照恶人，又造了光照亮了全世界。我们的上主啊，求你光照我们的头脑与心灵，还有我们对事物的理解能力。请让我们在这一天当中能够蒙得你的喜悦。藉着与你同受荣耀的我们的主耶稣基督，和与你同质又赐生命的圣灵，求你守护我们远离种种邪恶、罪孽与仇敌的各样权势，从今时直到永永远远，阿们。



### **Prime (The Prayer of the First Hour)**



pass this day in righteousness, chastity and good conduct, that we may complete all the rest of the days of our life without offence, through the grace, the compassion and the love of mankind of Your Only-Begotten Son Jesus Christ, and the gift of Your Holy Spirit, now and at all times and forever. Amen.

### **SECOND ABSOLUTION**

O God Who causes the light to burst forth, Who lets His sun shine upon the righteous and the wicked, Who created the light which illuminates the whole world. We ask You, O Master of all, to enlighten our minds, our hearts and our understandings. Grant us to please You this present day. Guard us from every bad thing, from every sin, and from every adversative power, through Christ Jesus our Lord, with who is glorified with You, and with the Holy Spirit the Life-Giver and one essence with You, now and at all times and unto the ages of all ages. Amen.



## 晨祷（第一时辰的祷告） 每个时辰结尾的祷告

怜悯我们吧，神啊，求你怜悯我们，天上地上无时无刻不敬拜你和荣耀你。


基督我们的神啊，你是美善，长久忍耐，又有着丰盛的慈爱与极大怜悯的神，你喜爱义人，甚至对我这个罪人中的罪魁也有怜悯。谁不愿罪人死去，但你却愿他们个个都因悔改而得生命，你召唤每一个人接受救恩，好让我们获得那即将到来的应许的赏赐。主啊，请接受我们在这个时辰以及每个时辰的祷告。求你安逸我们的生活，并指引我们遵照你的诫命而行。求你圣化我们的灵魂，洁净我们的身体，归正我们的思想，使我们动机完全纯洁，治愈我们的疾病，并宽恕我们的罪孽。求你救我们远离各样邪恶的悲痛与忧伤的心。请让你圣洁的天使们围绕着我们，那样我们便能得到保护与指引，并获得信仰的统一，还有对你那难以察觉又至高无限的荣耀的认知。因为你是当受赞颂的，直到永远。阿们。



Prime (The Prayer of the First Hour)  
**CONCLUSION OF EVERY HOUR**

Have mercy on us, O God, and have mercy on us, who, at all times and in every hour, in heaven and on earth, is worshipped and glorified.

Christ our God, the good, the long suffering, the abundant in mercy, and the great in compassion, who loves the righteous and has mercy on the sinners of whom I am chief; who does not wish the death of the sinner but rather that he returns and lives, who calls all to salvation for the promise of the blessings to come. Lord receives from us our prayers in this hour and in every hour. Ease our life and guide us to fulfill Your commandments. Sanctify our spirits. Cleanse our bodies. Conduct our thoughts. Purify our intentions. Heal our diseases. Forgive our sins. Deliver us from every evil grief and distress of heart. Surround us by Your holy angels, that, by their camp, we may be guarded and guided, and attain the unity of faith, and the knowledge of Your imperceptible and infinite glory. For You are blessed forever. Amen.

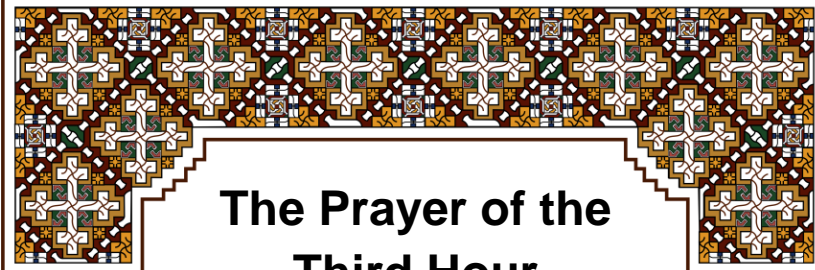


## 第三时辰的祷告

在这个时辰，本丢彼拉多将满有荣耀的，主耶稣基督定罪，（马可福音 15:25），同样圣灵也是在这个时辰降临在纯洁的门徒们身上的（使徒行传 2:15）。我们也祈求圣灵的恩赐在我们里面点燃。

按照我们现在的时间，这个时辰为上午 9:00 点钟。





## **The Prayer of the Third Hour**

In this Hour Pontius Pilate condemned the Lord Christ, who has all the glory (Mar.15:25), and also the Holy Spirit was poured upon the pure disciples (Act.2:15). We also ask for the kindling of the gifts of the Holy Spirit in us.

This Hour meets 9:00 am, according to our present timing.



### 第三时辰的祷告

祈祷者祈祷“每个时辰的序言”中的祷告文：

- ❖ 主祷文 第 1 页
- ❖ 感恩祷告 第 3 页
- ❖ 诗篇 51 第 7 页

然后祈祷者接着说：

以圣父、圣子和圣灵独一神的名，阿们！

求主怜悯，求主怜悯，求主赐福于我们！阿们！

愿荣耀归于圣父、圣子及圣灵，从今时直到永永远远，阿们！

这蒙福一天当中的第三时辰的祷告是献给我的王，和我的神——基督的，恳求他宽恕我们诸多的罪孽。

通过我们的导师，先知大卫王之诗，愿他的祝福与我们同在。阿们。



## The Prayer of the Third Hour



The worshipper prays the introduction of every hour:

- ❖ Our father who are in heaven... Page 2
- ❖ The thanksgiving prayer page 4
- ❖ psalm 51 page 8

Then the worshipper prays:

*In the name of the Father, and the Son, and the Holy Spirit, one God. Amen.*

*Lord have mercy (Kyrie eleyson), Lord have mercy, Lord bless; Amen.*

*Glory be to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.*

*The Prayer of the third hour of this blessed day is offered to Christ my King and my God, beseeching Him to forgive us our sins.*

*From the Psalms of our teacher David the prophet and the king, may his blessings be with us all. Amen.*



### 第三时辰的祷告

## 诗篇 20

大卫的诗，交给诗班长。

<sup>1</sup> 愿耶和華在你遭難的日子應允你，願雅各的神的名保護你。<sup>2</sup> 願他從聖所幫助你，從錫安扶持你。<sup>3</sup> 願他記念你的一切素祭，悅納你的燔祭。  
（細拉）<sup>4</sup> 願他照著你的心愿賞賜你，實現你的一切計劃。<sup>5</sup> 我們要因你的勝利歡呼，因我們神的名高舉旗幟；願耶和華實現你所求的一切。  
<sup>6</sup> 現在我確知，耶和華拯救自己的受膏者；他必從他的聖天上應允他，用自己右手的能力拯救他。  
<sup>7</sup> 有人靠車，有人靠馬。我們却靠耶和華我們神的名。<sup>8</sup> 他們都屈身跌倒，我們却起來，挺身而立。<sup>9</sup> 耶和華啊！求你拯救君王！我們呼求的時候，愿你應允我們。哈利路亞。

## 诗篇 23

大卫的诗

<sup>1</sup> 耶和華是我的牧人，我必不會缺乏。<sup>2</sup> 他使我



## The Prayer of the Third Hour Psalm 20

<To the Chief Musician. A Psalm of David.>

<sup>1</sup> May the LORD answer you in the day of trouble; May the name of the God of Jacob defend you; <sup>2</sup> May He send you help from the sanctuary, And strengthen you out of Zion; <sup>3</sup> May He remember all your offerings, And accept your burnt sacrifice. Selah <sup>4</sup> May He grant you according to your heart's *desire*, And fulfill all your purpose. <sup>5</sup> We will rejoice in your salvation, And in the name of our God we will set up *our* banners! May the LORD fulfill all your petitions. <sup>6</sup> Now I know that the LORD saves His anointed; He will answer him from His holy heaven With the saving strength of His right hand. <sup>7</sup> Some *trust* in chariots, and some in horses; But we will remember the name of the LORD our God. <sup>8</sup> They have bowed down and fallen; But we have risen and stand upright. <sup>9</sup> Save, LORD! May the King answer us when we call. Alleluia.

## Psalm 23

<A Psalm of David.>

<sup>1</sup> The LORD *is* my shepherd; I shall not want. <sup>2</sup> He makes me to lie down in green pastures; He leads



### 第三时辰的祷告



躺卧在青草地上，领我到安静的水边。<sup>3</sup>他使我的灵魂苏醒；为了自己的名，他引导我走义路。  
<sup>4</sup>我虽然行过死荫的山谷，也不怕遭受伤害，因为你与我同在；你的杖你的竿都安慰我。<sup>5</sup>在我敌人面前，你为我摆设筵席；你用油膏了我的头，使我的杯满溢。<sup>6</sup>我一生的日子，必有恩惠慈爱紧随着我；我也要住在耶和华的殿中，直到永远。  
哈利路亚。

## 诗篇 24

大卫的诗

<sup>1</sup>地和地上所充满的，世界和住在世上的，都是属于耶和华的。<sup>2</sup>因为他把地奠定在海上，使世界安定在众水之上。<sup>3</sup>谁能登上耶和华的山？谁能站在他的圣所中呢？<sup>4</sup>就是手洁心清的人，他不倾向虚妄，起誓不怀诡诈。<sup>5</sup>他必领受从耶和华来的福分，也必蒙拯救他的 神称他为义。



### The Prayer of the Third Hour

me beside the still waters. <sup>3</sup> He restores my soul; He leads me in the paths of righteousness For His name's sake. <sup>4</sup> Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You *are* with me; Your rod and Your staff, they comfort me. <sup>5</sup> You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. <sup>6</sup> Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever. Alleluia.

### Psalm 24

<A Psalm of David.>

<sup>1</sup> The earth *is* the LORD'S, and all its fullness, The world and those who dwell therein. <sup>2</sup> For He has founded it upon the seas, And established it upon the waters. <sup>3</sup> Who may ascend into the hill of the LORD? Or who may stand in His holy place? <sup>4</sup> He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, Nor sworn deceitfully. <sup>5</sup> He shall receive blessing from the LORD, And righteousness from the God of his salvation. <sup>6</sup> This *is*



### 第三时辰的祷告



<sup>6</sup> 这就是求问耶和华的那一类人，就是寻求你面的雅各。（细拉）<sup>7</sup> 众城门哪！抬起你们的头来；古老的门户啊！你们要被举起，好让荣耀的王进来。<sup>8</sup> 那荣耀的王是谁呢？就是强而有力的耶和华，在战场上大有能力的耶和华。<sup>9</sup> 众城门哪！抬起你们的头来；古老的门户啊！你们要被举起，好让荣耀的王进来。<sup>10</sup> 那荣耀的王是谁呢？万军之耶和华，他就是那荣耀的王。（细拉）哈利路亚。

## 诗篇 26

大卫的诗

<sup>1</sup> 耶和华啊！求你为我伸冤，因为我向来行事正直；我倚靠耶和华，并不动摇。<sup>2</sup> 耶和华啊！求你试验我，鉴察我，熬炼我的肺腑心肠。<sup>3</sup> 因为你的慈爱常在我的眼前，我行事为人都按着你的真理。<sup>4</sup> 我决不与奸诈的人同坐，也不和虚伪的人来往。<sup>5</sup> 我恨恶恶人的聚会，也不与作恶的同





## The Prayer of the Third Hour



Jacob, the generation of those who seek Him, Who seek Your face. Selah <sup>7</sup> Lift up your heads, O you gates! And be lifted up, you everlasting doors! And the King of glory shall come in. <sup>8</sup> Who is this King of glory? The LORD strong and mighty, The LORD mighty in battle. <sup>9</sup> Lift up your heads, O you gates! Lift up, you everlasting doors! And the King of glory shall come in. <sup>10</sup> Who is this King of glory? The LORD of hosts, He is the King of glory. Selah. Alleluia

## Psalm 26

<A Psalm of David.>

<sup>1</sup> Vindicate me, O LORD, For I have walked in my integrity. I have also trusted in the LORD; I shall not slip. <sup>2</sup> Examine me, O LORD, and prove me; Try my mind and my heart. <sup>3</sup> For Your lovingkindness is before my eyes, And I have walked in Your truth. <sup>4</sup> I have not sat with idolatrous mortals, Nor will I go in with hypocrites. <sup>5</sup> I have hated the assembly of evildoers, And will not sit with the wicked. <sup>6</sup> I will wash my hands in innocence; So I will go about Your altar, O LORD, <sup>7</sup> That I may proclaim with the voice



### 第三时辰的祷告



坐。<sup>6</sup> 耶和華啊！我要洗手表明無辜，才來繞着你的祭壇行走；<sup>7</sup> 好使我發出稱謝的聲音，述说你一切奇妙的作為。<sup>8</sup> 耶和華啊！我喜愛你住宿的殿，你榮耀居住的地方。<sup>9</sup> 求你不要把我的生命和罪人一同除掉，也不要把我的生命和流人血的人一起消滅。<sup>10</sup> 他們的手中有惡計，他們的右手充滿賄賂。<sup>11</sup> 至於我，我要按正直行事為人，求你救贖我，恩待我。<sup>12</sup> 我的腳站在平坦的地方，我要在眾會中稱頌耶和華。哈利路亞。

## 詩篇 29

### 大衛的詩

<sup>1</sup> 神的眾子啊！要歸給耶和華，你們要把榮耀和能力歸給耶和華。<sup>2</sup> 要把耶和華的名的榮耀歸給他，要以聖潔的裝束敬拜耶和華。<sup>3</sup> 耶和華的聲音在眾水之上，榮耀的神打雷，耶和華打雷在大水之上。<sup>4</sup> 耶和華的聲音大有能力，耶和華的



## The Prayer of the Third Hour



of thanksgiving, And tell of all Your wondrous works.

<sup>8</sup> LORD, I have loved the habitation of Your house, And the place where Your glory dwells. <sup>9</sup> Do not gather my soul with sinners, Nor my life with bloodthirsty men, <sup>10</sup> In whose hands *is* a sinister scheme, And whose right hand is full of bribes. <sup>11</sup> But as for me, I will walk in my integrity; Redeem me and be merciful to me. <sup>12</sup> My foot stands in an even place; In the congregations I will bless the LORD. Alleluia.

## Psalm 29

<A Psalm of David.>

<sup>1</sup> Give unto the LORD, O you mighty ones, Give unto the LORD glory and strength. <sup>2</sup> Give unto the LORD the glory due to His name; Worship the LORD in the beauty of holiness. <sup>3</sup> The voice of the LORD *is* over the waters; The God of glory thunders; The LORD *is* over many waters. <sup>4</sup> The voice of the LORD *is* powerful; The voice of the LORD *is* full of majesty. <sup>5</sup> The voice of the LORD breaks the cedars, Yes, the LORD splinters the cedars of Lebanon. <sup>6</sup> He makes



### 第三时辰的祷告

声音充满威严。<sup>5</sup> 耶和華的聲音震斷了香柏樹，耶和華震斷了黎巴嫩的香柏樹。<sup>6</sup> 他使黎巴嫩山跳躍像牛犊，使西連山跳躍像野牛犊。<sup>7</sup> 耶和華的聲音帶着火焰劈下。<sup>8</sup> 耶和華的聲音震撼曠野，耶和華震撼加低斯的曠野。<sup>9</sup> 耶和華的聲音驚動母鹿生產，使林中的樹木光禿凋零；凡是在他殿中的都說：“榮耀啊！”<sup>10</sup> 耶和華坐在洪水之上，耶和華坐着為王直到永遠。<sup>11</sup> 願耶和華賜力量給他的子民，願耶和華賜平安的福給他的子民。哈利路亞。

### 詩篇 30

大衛的詩：獻殿之歌。

<sup>1</sup> 耶和華啊！我要尊崇你，因為你曾救拔我，不容我的仇敵向我夸耀。<sup>2</sup> 耶和華我的神啊！我曾向你呼求，你也醫治了我。<sup>3</sup> 耶和華啊！你曾把我從陰間救上來，使我存活，不至于下坑。<sup>4</sup> 耶和華的聖民哪！你們要歌頌耶和華，讚美他



### The Prayer of the Third Hour



them also skip like a calf, Lebanon and Sirion like a young wild ox. <sup>7</sup> The voice of the LORD divides the flames of fire. <sup>8</sup> The voice of the LORD shakes the wilderness; The LORD shakes the Wilderness of Kadesh. <sup>9</sup> The voice of the LORD makes the deer give birth, And strips the forests bare; And in His temple everyone says, "Glory!" <sup>10</sup> The LORD sat *enthroned* at the Flood, And the LORD sits as King forever. <sup>11</sup> The LORD will give strength to His people; The LORD will bless His people with peace. Alleluia.

### Psalm 30

<A Psalm. A Song at the dedication  
of the house of David.>

<sup>1</sup> I will extol You, O LORD, for You have lifted me up, And have not let my foes rejoice over me. <sup>2</sup> O LORD my God, I cried out to You, And You healed me. <sup>3</sup> O LORD, You brought my soul up from the grave; You have kept me alive, that I should not go down to the pit. <sup>4</sup> Sing praise to the LORD, You saints of His, And give thanks at the remembrance of His holy name. <sup>5</sup> For His anger *is but for* a moment, His favor *is for*



### 第三时辰的祷告



的圣名。<sup>5</sup> 因为他的怒气只是短暂的，他的恩惠却是一生一世的；夜间虽然不断有哭泣，早晨却必欢呼。<sup>6</sup> 至于我，我在安稳的时候曾说：“我必永不动摇。”<sup>7</sup> 耶和華啊！你的恩寵，使我堅立，如同大山；你一掩面，我就驚惶。<sup>8</sup> 耶和華啊！我曾向你呼求；我曾向我主懇求，說：<sup>9</sup>“我被害流血，下到深坑，有甚么益处呢？尘土還能稱贊你，還能傳揚你的信實嗎？”<sup>10</sup> 耶和華啊！求你垂聽，恩待我；耶和華啊！求你幫助我。”<sup>11</sup> 你已經把我的悲哀變為舞蹈，把我的麻衣脫去，又給我穿上歡樂；<sup>12</sup> 好让我的靈歌頌你，永不停止。耶和華我的 神啊！我要永遠稱贊你。哈利路亞。

### 诗篇 34

大卫的诗，是他在亚比米勒面前装疯，被驱逐离去时作的。

<sup>1</sup> 我要时常称颂耶和華，讚美他的话必常在我口中。<sup>2</sup> 我的心要因耶和華夸耀，困苦的人听见了就喜乐。<sup>3</sup> 你们要跟我一起尊耶和華為大，我们



## The Prayer of the Third Hour



life; Weeping may endure for a night, But joy *comes* in the morning. <sup>6</sup> Now in my prosperity I said, "I shall never be moved." <sup>7</sup> LORD, by Your favor You have made my mountain stand strong; You hid Your face, *and* I was troubled. <sup>8</sup> I cried out to You, O LORD; And to the LORD I made supplication: <sup>9</sup> "What profit *is there* in my blood, When I go down to the pit? Will the dust praise You? Will it declare Your truth? <sup>10</sup> Hear, O LORD, and have mercy on me; LORD, be my helper!" <sup>11</sup> You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness, <sup>12</sup> To the end that *my* glory may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever. Alleluia.

## Psalm 34

<A *Psalm* of David when he pretended madness

before Abimelech, who drove him away, and he departed.>

<sup>1</sup> I will bless the LORD at all times; His praise *shall* continually *be* in my mouth. <sup>2</sup> My soul shall make its boast in the LORD; The humble shall hear *of it* and be glad. <sup>3</sup> Oh, magnify the LORD with me, And let us exalt His name together. <sup>4</sup> I sought the LORD, and



### 第三时辰的祷告



来一同高举他的名。<sup>4</sup>我曾求问耶和华，他应允了我，救我脱离一切恐惧。<sup>5</sup>人仰望他，就有光彩，他们的脸必不蒙羞。<sup>6</sup>我这困苦人呼求，耶和华就垂听，拯救我脱离一切患难。<sup>7</sup>耶和华的使者，在敬畏他的人周围扎营，搭救他们。<sup>8</sup>你们要亲自体验，就知道耶和华是美善的；投靠他的人，都是有福的。<sup>9</sup>耶和华的圣民哪！你们要敬畏他，因为敬畏他的一无所缺。<sup>10</sup>少壮狮子有时还缺食挨饿，但寻求耶和华的，甚么好处都不缺。<sup>11</sup>孩子们！你们要来听我；我要教导你们敬畏耶和华。<sup>12</sup>谁喜爱生命，爱慕长寿，享受美福，<sup>13</sup>就应谨守舌头，不出恶言，嘴唇不说欺诈的话。<sup>14</sup>也要离恶行善，寻找并追求和睦。<sup>15</sup>耶和华的眼睛看顾义人，他的耳朵垂听他们的呼求。<sup>16</sup>耶和华的脸敌对作恶的人，要把他们的名从世上除掉。<sup>17</sup>义人哀求，耶和华就垂听，搭救他们脱离一切患难，<sup>18</sup>耶和华亲近心中破碎的人，拯救灵





## The Prayer of the Third Hour



He heard me, And delivered me from all my fears. <sup>5</sup>  
They looked to Him and were radiant, And their  
faces were not ashamed. <sup>6</sup> This poor man cried out,  
and the LORD heard *him*, And saved him out of all  
his troubles. <sup>7</sup> The angel of the LORD encamps all  
around those who fear Him, And delivers them. <sup>8</sup>  
Oh, taste and see that the LORD *is* good; Blessed *is*  
the man *who* trusts in Him! <sup>9</sup> Oh, fear the LORD, you  
His saints! *There is* no want to those who fear Him.  
<sup>10</sup> The young lions lack and suffer hunger; But those  
who seek the LORD shall not lack any good *thing*. <sup>11</sup>  
Come, you children, listen to me; I will teach you  
the fear of the LORD. <sup>12</sup> Who *is* the man *who* desires  
life, And loves *many* days, that he may see good? <sup>13</sup>  
Keep your tongue from evil, And your lips from  
speaking deceit. <sup>14</sup> Depart from evil and do good;  
Seek peace and pursue it. <sup>15</sup> The eyes of the LORD  
*are* on the righteous, And His ears *are open* to their  
cry. <sup>16</sup> The face of the LORD *is* against those who do  
evil, To cut off the remembrance of them from the  
earth. <sup>17</sup> *The righteous* cry out, and the LORD hears,  
And delivers them out of all their troubles. <sup>18</sup> The  
LORD *is* near to those who have a broken heart, And



### 第三时辰的祷告



里痛悔的人，<sup>19</sup> 义人虽有许多苦难，但耶和華搭救他脱离这一切。<sup>20</sup> 耶和華保全他一身的骨头，连一根也不容折断。<sup>21</sup> 恶人必被恶害死；憎恨义人的，必被定罪。<sup>22</sup> 耶和華救赎他仆人的性命；凡是投靠他的，必不被定罪。哈利路亚。

### 诗篇 41

大卫的诗，交给诗班长

<sup>1</sup> 关怀穷乏人的有福了；在遭难的日子，耶和華必救他。<sup>2</sup> 耶和華要保护他，使他生存；他在地上要称为有福的；求你不要照着他敌人的心愿把他交给他们。<sup>3</sup> 他患病在床，耶和華必扶持他；在病榻中你使他恢复健康。<sup>4</sup> 至于我，我曾说：“耶和華啊！求你恩待我；求你医治我，因为我得罪了你。”<sup>5</sup> 我的仇敌用恶毒的话中伤我，说：“他甚么时候死呢？他的名字甚么时候消灭呢？”<sup>6</sup> 即使他来看我，说的也是假话；他把奸诈积存在心里，走到外面才说出来。<sup>7</sup> 所有憎恨我的人，



### The Prayer of the Third Hour

saves such as have a contrite spirit. <sup>19</sup> Many *are* the afflictions of the righteous, But the LORD delivers him out of them all. <sup>20</sup> He guards all his bones; Not one of them is broken. <sup>21</sup> Evil shall slay the wicked, And those who hate the righteous shall be condemned. <sup>22</sup> The LORD redeems the soul of His servants, And none of those who trust in Him shall be condemned. Alleluia.

### Psalm 41

<To the Chief Musician. A Psalm of David.>

<sup>1</sup> Blessed *is* he who considers the poor; The LORD will deliver him in time of trouble. <sup>2</sup> The LORD will preserve him and keep him alive, *And* he will be blessed on the earth; You will not deliver him to the will of his enemies. <sup>3</sup> The LORD will strengthen him on his bed of illness; You will sustain him on his sickbed. <sup>4</sup> I said, "LORD, be merciful to me; Heal my soul, for I have sinned against You." <sup>5</sup> My enemies speak evil of me: "When will he die, and his name perish?" <sup>6</sup> And if he comes to see *me*, he speaks lies; His heart gathers iniquity to itself; *When* he goes out, he tells *it*. <sup>7</sup> All who hate me whisper together



### 第三时辰的祷告



都交头接耳地议论我；他们设恶计要害我，说：  
**8**“有恶疾临到他身上；他既然躺下了，就必一病不起。”**9**连我信任的密友，就是那吃我饭的，也用脚踢我。**10**至于你，耶和华啊！求你恩待我，使我康复起来，好报复他们。**11**因此我就知道你喜爱我，因为我的仇敌不能向我欢呼夸胜。**12**至于我，你因为我正直，就扶持我；你使我永远站在你面前。**13**耶和华以色列的神是应当称颂的，从永远直到永远。阿们，阿们。哈利路亚。

### 诗篇 43

**1** 神啊！求你为我伸冤，为我的案件向不敬虔的国申辩；求你救我脱离诡诈和不义的人；**2** 因为你是赐我力量的神。你为甚么弃绝我呢？我为甚么因仇敌的压迫徘徊悲哀呢？**3** 求你发出你的亮光和真理，好引导我，带我到你的圣山，到你的居所。**4** 我就走到神的祭坛前，到神、我极大的喜乐那里。神啊！我的神啊！我要弹



### The Prayer of the Third Hour

against me; Against me they devise my hurt. <sup>8</sup> "An evil disease," *they say*, "clings to him. And *now* that he lies down, he will rise up no more." <sup>9</sup> Even my own familiar friend in whom I trusted, Who ate my bread, Has lifted up *his* heel against me. <sup>10</sup> But You, O LORD, be merciful to me, and raise me up, That I may repay them. <sup>11</sup> By this I know that You are well pleased with me, Because my enemy does not triumph over me. <sup>12</sup> As for me, You uphold me in my integrity, And set me before Your face forever. <sup>13</sup> Blessed *be* the LORD God of Israel From everlasting to everlasting! Amen and Amen. Alleluia.

### Psalm 43

<sup>1</sup> Vindicate me, O God, And plead my cause against an ungodly nation; Oh, deliver me from the deceitful and unjust man! <sup>2</sup> For You *are* the God of my strength; Why do You cast me off? Why do I go mourning because of the oppression of the enemy? <sup>3</sup> Oh, send out Your light and Your truth! Let them lead me; Let them bring me to Your holy hill And to Your tabernacle. <sup>4</sup> Then I will go to the altar of God, To God my exceeding joy; And on the harp I will



### 第三时辰的祷告



琴称赞你。<sup>5</sup>我的心哪！你为甚么沮丧呢？为甚么在我里面不安呢？应当等候 神；因为我还要称赞他，他是我面前的救助、我的 神。哈利路亚。

### 诗篇 45

可拉子孙的训诲诗，又是爱歌，交给诗班长，调用“百合花”。

<sup>1</sup>我心里涌出优美的言辞；我要为王朗诵我的作品；我的舌头像经验丰富的作家的笔。<sup>2</sup>你比世人都美好；你的嘴唇吐出恩言；因此， 神赐福给你，直到永远。<sup>3</sup>大能者啊！愿你腰间佩上刀，彰显你的尊荣和威严。<sup>4</sup>在你的威严中，为了真理、谦卑和公义的缘故，你胜利地乘车前进；愿你的右手施行可畏的事。<sup>5</sup>你的箭锐利，射中了王的仇敌的心；万民都仆倒在你脚下。<sup>6</sup> 神啊！你的宝座是永永远远的，你国的权杖是公平的权杖。<sup>7</sup>你喜爱公义，恨恶邪恶，所以， 神，就是你的 神，用喜乐的油膏抹你，胜过膏抹你的



## The Prayer of the Third Hour



praise You, O God, my God. <sup>5</sup> Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God. Alleluia.

## Psalm 45

<To the Chief Musician. Set to "The Lillies.">

**A Contemplation of the sons of Korah. A Song of Love.>**

<sup>1</sup> My heart is overflowing with a good theme; I recite my composition concerning the King; My tongue *is* the pen of a ready writer. <sup>2</sup> You are fairer than the sons of men; Grace is poured upon Your lips; Therefore God has blessed You forever. <sup>3</sup> Gird Your sword upon *Your* thigh, O Mighty One, With Your glory and Your majesty. <sup>4</sup> And in Your majesty ride prosperously because of truth, humility, *and* righteousness; And Your right hand shall teach You awesome things. <sup>5</sup> Your arrows *are* sharp in the heart of the King's enemies; The peoples fall under You. <sup>6</sup> Your throne, O God, *is* forever and ever; A scepter of righteousness *is* the scepter of Your kingdom. <sup>7</sup> You love righteousness and hate wickedness; Therefore God, Your God, has anointed You With the oil of gladness more than Your



### 第三时辰的祷告



同伴。<sup>8</sup> 你的衣服都有没药、沉香和肉桂的香气；从象牙宫里有丝弦的乐声，使你欢喜。<sup>9</sup> 你的贵妃中有众君王的女儿；王后佩戴着俄斐的金饰，站在你的右边。<sup>10</sup> 王所爱的女子啊！你要听，要看，要留心听；你要忘记你的本族和你的父家；<sup>11</sup> 王就爱慕你的美丽；因为他是你的主，你要向他俯伏。<sup>12</sup> 推罗的女子必带着礼物而来；民间富有的人要向你求恩。<sup>13</sup> 王所爱的女子在宫里，极其荣华；她的衣服全是用金线绣成的。<sup>14</sup> 她身穿刺绣的衣服，被引到王的面前；她后面伴随的童女，也都被带到你的面前。<sup>15</sup> 她们欢喜快乐被引到王那里；她们要进入王宫。<sup>16</sup> 你的子孙必接续你的列祖；你要立他们作全地的王。<sup>17</sup> 我必使你的名被万代纪念；因此万民都必称赞你，直到永永远远。哈利路亚。





### The Prayer of the Third Hour



companions. <sup>8</sup> All Your garments *are scented* with myrrh and aloes *and* cassia, Out of the ivory palaces, by which they have made You glad. <sup>9</sup> Kings' daughters *are* among Your honorable women; At Your right hand stands the queen in gold from Ophir. <sup>10</sup> Listen, O daughter, Consider and incline your ear; Forget your own people also, and your father's house; <sup>11</sup> So the King will greatly desire your beauty; Because He *is* your Lord, worship Him. <sup>12</sup> And the daughter of Tyre *will come* with a gift; The rich among the people will seek your favor. <sup>13</sup> The royal daughter *is* all glorious within *the palace*; Her clothing *is* woven with gold. <sup>14</sup> She shall be brought to the King in robes of many colors; The virgins, her companions who follow her, shall be brought to You. <sup>15</sup> With gladness and rejoicing they shall be brought; They shall enter the King's palace. <sup>16</sup> Instead of Your fathers shall be Your sons, Whom You shall make princes in all the earth. <sup>17</sup> I will make Your name to be remembered in all generations; Therefore the people shall praise You forever and ever. Alleluia.



### 第三时辰的祷告 诗篇 46

可拉子孙的歌，交给诗班长，用女高调。

<sup>1</sup> 神是我们的避难所，是我们的力量，是我们在患难中随时都可得到的帮助。<sup>2</sup> 因此，地虽然震动，群山虽然崩塌入海洋的深处，我们也不害怕。<sup>3</sup> 虽然海浪翻腾澎湃，虽然山岳因波涛汹涌摇动，我们也不害怕。（细拉）<sup>4</sup> 有一条河，它众多的支流使 神的城充满快乐；这城就是至高者居住的圣所。<sup>5</sup> 神在城中，城必不动摇；天一亮， 神必帮助它。<sup>6</sup> 列邦喧嚷，万国动摇；神一发声，地就融化。<sup>7</sup> 万军之耶和华与我们同在；雅各的 神是我们的保障。（细拉）<sup>8</sup> 你们都来，看耶和华的作为，看他怎样使地荒凉。<sup>9</sup> 他使战争止息，直到地极；他把弓折毁，把矛砍断，把战车用火焚烧。<sup>10</sup> 你们要住手，要知道我是神；我要在列国中被尊崇，我要在全地上被尊崇。<sup>11</sup> 万军之耶和华与我们同在；雅各的 神是我们的保障。（细拉）哈利路亚。



## The Prayer of the Third Hour Psalm 46

<To the Chief Musician. A *Psalm* of the sons of Korah.

**A Song for Alamoth.>**

<sup>1</sup> God *is* our refuge and strength, A very present help in trouble. <sup>2</sup> Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; <sup>3</sup> *Though* its waters roar *and* be troubled, *Though* the mountains shake with its swelling. Selah <sup>4</sup> *There is* a river whose streams shall make glad the city of God, The holy *place* of the tabernacle of the Most High. <sup>5</sup> God *is* in the midst of her, she shall not be moved; God shall help her, just at the break of dawn. <sup>6</sup> The nations raged, the kingdoms were moved; He uttered His voice, the earth melted. <sup>7</sup> The LORD of hosts *is* with us; The God of Jacob *is* our refuge. Selah <sup>8</sup> Come, behold the works of the LORD, Who has made desolations in the earth. <sup>9</sup> He makes wars cease to the end of the earth; He breaks the bow and cuts the spear in two; He burns the chariot in the fire. <sup>10</sup> Be still, and know that I *am* God; I will be exalted among the nations, I will be exalted in the earth! <sup>11</sup> The LORD of hosts *is* with us; The God of Jacob *is* our refuge. Selah. Alleluia.



### 第三时辰的祷告 诗篇 47

可拉子孙的诗，交给诗班长。

<sup>1</sup> 万民哪！你们都要鼓掌，要向 神欢声呼喊；  
<sup>2</sup> 因为耶和华至高者是可敬畏的，他是统治全地的大君王。<sup>3</sup> 他要使万民臣服在我们之下，使列国臣服在我们的脚下。<sup>4</sup> 他为我们选择了我们的产业，就是他所爱的雅各的荣耀。（细拉）<sup>5</sup> 神在欢呼声中上升，耶和华在号角声中上升。<sup>6</sup> 你们要歌颂，歌颂 神；你们要歌颂，歌颂我们的王。<sup>7</sup> 因为 神是全地的王，你们要用诗歌歌颂他。<sup>8</sup> 神作王统治列国， 神坐在他的圣宝座上。<sup>9</sup> 万民中的显贵都聚集起来，要作亚伯拉罕的 神的子民；因为地上的盾牌都归顺 神；他被尊为至高。哈利路亚。

圣哉，圣哉，圣哉，一段出自圣约翰福音书的章节，愿他的祝福与我们同在，阿们。



The Prayer of the Third Hour  
**Psalm 47**

<To the Chief Musician.

**A Psalm of the sons of Korah.>**

<sup>1</sup> Oh, clap your hands, all you peoples! Shout to God with the voice of triumph! <sup>2</sup> For the LORD Most High *is* awesome; *He is* a great King over all the earth. <sup>3</sup> He will subdue the peoples under us, And the nations under our feet. <sup>4</sup> He will choose our inheritance for us, The excellence of Jacob whom He loves. Selah <sup>5</sup> God has gone up with a shout, The LORD with the sound of a trumpet. <sup>6</sup> Sing praises to God, sing praises! Sing praises to our King, sing praises! <sup>7</sup> For God *is* the King of all the earth; Sing praises with understanding. <sup>8</sup> God reigns over the nations; God sits on His holy throne. <sup>9</sup> The princes of the people have gathered together, The people of the God of Abraham. For the shields of the earth *belong* to God; He is greatly exalted. Alleluia.

*Holy, Holy, Holy, a chapter of the Holy Gospel according to St. John, may his blessings be with us all. Amen.*



### 第三时辰的祷告

## 约翰福音（14:26-15:4）

<sup>26</sup> 但那位慰助者，就是父以我的名所要派遣的圣灵，将要把一切的事教导你们，并且让你们想起我对你们说过的一切。<sup>27</sup> “我把平安留给你们，我把我的平安赐给你们。我给你们的，不像世界所给的。你们心里不要愁烦，也不要胆怯。

<sup>28</sup> 你们听过我对你们说：‘我去了，还要回到你们这里来。’如果你们爱我，就会为了我到父那里去而感到欢喜。这是因为父比我更大。<sup>29</sup> 如今，在事情发生以前我已经告诉你们了，好让你们在事情发生的时候能相信。<sup>30</sup> 我不再对你们多说了。要知道，世界的那掌权者就要来了，而他对我毫无作用。<sup>31</sup> 不过我照着父的吩咐如此去做，是为要世界知道我爱父。“起来，我们走吧！”<sup>1</sup> “我就是真葡萄树，我父是园丁。<sup>2</sup> 所有属于我而不结果子的枝条，他就除掉；而所有结果子的，他就修剪干净，好让它结出更多的果子。



## The Prayer of the Third Hour



### John (14:26-15:4)

<sup>26</sup> "But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. <sup>27</sup> "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. <sup>28</sup> "You have heard Me say to you, 'I am going away and coming *back* to you.' If you loved Me, you would rejoice because I said, 'I am going to the Father,' for My Father is greater than I. <sup>29</sup> "And now I have told you before it comes, that when it does come to pass, you may believe. <sup>30</sup> "I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me. <sup>31</sup> "But that the world may know that I love the Father, and as the Father gave Me commandment, so I do. Arise, let us go from here. <sup>1</sup> "I am the true vine, and My Father is the vinedresser. <sup>2</sup> "Every branch in Me that does not bear fruit He takes away; and every *branch* that bears fruit He prunes, that it may bear more fruit. <sup>3</sup>



### 第三时辰的祷告

<sup>3</sup> 藉着我给你们讲的话语，你们已经干净了。

<sup>4</sup> 你们当住在我里面，我就住在你们里面。枝条如果不留在葡萄树上，就不能由自己结出果子；照样，你们如果不住在我里面，你们也是如此。愿荣耀归于神，直到永永远远，阿们。

愿神的话语平平安安地得以圆满：

基督啊，我们敬拜你，与你美善的圣父和圣灵，因为你的到来拯救了我们。

### 连 祷

✝ 主啊，在这第三时辰你把圣灵降在了你圣洁的门徒们和尊贵的使徒们身上，美善的主啊，请不要将圣灵从我们身上收回，反而要使他在我们里面焕然一新。神啊，请在我里面造一颗清洁的心，求你使我里面重新有一个坚定的灵。求你不要把我从你面前赶走，也不要从我身上收回你的圣灵。[愿荣耀归于圣父、圣子和圣灵。]





### The Prayer of the Third Hour



"You are already clean because of the word which I have spoken to you. <sup>4</sup> "Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. *Glory be to God forever. Amen.*

*May the saying of God be peacefully fulfilled:*

*We worship You O Christ with Your Good Father and the Holy Spirit, for You have come and saved us.*

### The Litanies

✙ Your Holy Spirit, O Lord Whom You sent forth upon Your holy disciples and honored apostles in the third hour, do not take away from us, O Good One, but renew Him within us. Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence. And do not take Your Holy Spirit away from me. (Δοξα Πατρι...). [*Glory to the Father, and the Son, and the Holy Spirit*].



### 第三时辰的祷告



✙ 主啊，在这第三时辰你把圣灵降在了你圣洁的门徒们和尊贵的使徒们身上，美善的主啊，请不要将圣灵从我们身上收回，然而我们祈求你，主耶稣基督，神的独生子，道啊，求你使我里面重新有一个公义的灵和一个赐生命的灵，一个预言的灵和一个贞洁的灵，一个圣洁的灵、一个正义的灵和一个有权柄的灵，全能的主啊，你是我们的灵魂之光。你照亮了世间的每一个人，求你怜悯我们。[从今时直到永永远远，阿们。]

✙ 上帝之母啊，你是结下生命之果的真葡萄树。充满了恩典的啊，我们祈求你和众使徒们一起为我们灵魂的救赎祈祷。耶和华我们的神是当受赞颂的，我们每天都要赞美主耶和华。他为我们预备道路，因为他是拯救我们的神。[从今时直到永永远远，阿们。]

✙ 天国的王，慰助者，真理的灵啊，你处处同在又充满每一个角落，你是藏有一切美物的宝库，又是生命的赐予者，求你仁慈地来到我们的身边，并住在我们里面，洁净我们一切的污秽，美善的



### The Prayer of the Third Hour



✙ O Lord who sent down Your Holy Spirit upon Your holy disciples and Your honored apostles in the third hour, do not take Him away from us, O Good One, but we ask You O Lord Jesus Christ, the Son of God, the Word, renew within us a right and life-giving spirit, a spirit of prophecy and chastity, a spirit of holiness, justice and authority, O the Almighty One, for You are the light of our souls. O You who give light to every man that comes into the world, have mercy on us. (ΚΕΝΥΝ...). *[Now and forever and unto the ages of all ages, Amen].*

✙ O Theotokos, you are the true vine who bore the Fruit of Life. We ask you, O full of grace, with the apostles, to pray for the salvation of our souls. Blessed is the Lord our God. Blessed is the Lord day by day. He prepares our way, for He is God of our salvation. (ΚΕΝΥΝ...). *[Now and forever and unto the ages of all ages, Amen].*

✙ O Heavenly King, the Comforter, the Spirit of truth, who is present in all places and fills all, the treasury of good things and the Life-Giver, graciously come, and dwell in us and purify us from



### 第三时辰的祷告



主啊，求你拯救我们的灵魂。[愿荣耀归于圣父、圣子和圣灵。]

✝ 救主啊，正如你曾与你的门徒们同在，又赐给他们平安一样，也求你仁慈地来到我们的身边，与我们同在，赐予我们从你而来的平安，拯救我们，并救赎我们的灵魂。[从今时直到永永远远，阿们。]

✝ 每逢我们站在圣殿里，我们被看作是站在天堂之上的。上帝之母啊，你是天堂的大门，求你向我们打开怜悯之门。[从今时直到永永远远，阿们。]

然后祈祷者说：

主啊，求你聆听我们，求你怜悯我们并宽恕我们的罪。阿们。“求主怜悯 (Kir-ye ley-son)” 41 次。接着说：圣哉，圣哉，圣哉……第 69 页。

让我们配得满怀感激地祈祷，说：我们在天上的父……



### The Prayer of the Third Hour

all defilement, O Good One, and save our souls. (**ΔΟΞΑΠΑΤΡΙ...**). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ Just as You were with Your disciples, O Savior, and gave them peace, graciously come also and be with us, and grant us Your peace, and save us, and deliver our souls. (**ΚΕΝΥΝ...**). [*Now and forever and unto the ages of all ages, Amen*].

✙ Whenever we stand in Your holy sanctuary, we are considered standing in heaven. O Theotokos, you are the gate of heaven, open for us the gate of mercy. (**ΚΕΝΥΝ...**). [*Now and forever and unto the ages of all ages, Amen*].

*Then the worshipper prays:*

*Lord hear us, have mercy and forgive our sins. Amen. ΚΥΡΙΕ ΕΛΕΗΣΟΝ (Lord have mercy) 41 times. Then he says: Holy, Holy, Holy...Page 70*

*Make us worthy to pray thankfully: Our Father Who art in heaven...*



### 第三时辰的祷告

## 赦罪祷告

怜悯众生的神，安慰所有人的主啊，你总是籍着圣灵安慰我们，感谢你在这个圣洁的时辰唤醒我们来祷告，在这个时辰，你把圣灵的恩典以状似舌头的火焰那样，丰丰富富地倾注在你圣洁的门徒们和尊贵又蒙福的使徒们身上。怜爱世人的主啊，我们祈求并恳求你接受我们的祷告，宽恕我们的罪孽，并把圣灵的恩典赐予我们，净化我们在身体与灵魂上的污秽。请指引我们过属灵的生活，那样我们就可以顺着圣灵行走，不再去满足肉体的欲望了。请让我们配以完全纯洁和公义的心用尽一生事奉你。因为得当的荣耀、尊贵和主权都是属于你和你美善的圣父与圣灵的，从今时直到永永远远，阿们。

然后说：“**每个时辰结尾的祷告**”，第 75 页。



## The Prayer of the Third Hour **ABSOLUTION**

O God of all compassion, and Lord of all comfort, who comforted us at all times with the comfort of Your Holy Spirit, we thank You for You raised us for prayer in this holy hour, in which You abundantly poured the grace of Your Holy Spirit upon Your holy disciples and honorable and blessed apostles, like tongues of fire. We ask and entreat You, O lover of mankind, to accept our prayers, and forgive our sins, and send forth upon us the grace of Your Holy Spirit, and purify us from all defilement of body and spirit. Lead us into a spiritual manner of life, that we may walk in the Spirit and not fulfill the lusts of the flesh. And make us worthy to serve You with purity and righteousness all the days of our life. For unto You is due glory, honor, and dominion, with Your good Father and the Holy Spirit, now and forever and unto the ages of all ages. Amen.

*Then say the conclusion of every hour, p.76.*

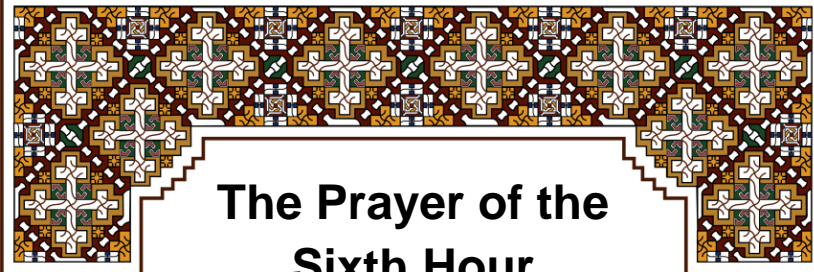


## 第六时辰的祷告

在这个时辰，我们美善的救主耶稣基督被钉在了十字架之上（约翰福音 19:14）。钉子捶入了他的手和脚（约翰福音 20:25）。他尝了用苦胆调和的酒（马太福音 27:34）。右边的强盗衷心地祈求他，说：“你进了你国度的时候，求你记念我。”（路加福音 23:42）。在他受难的时候黑暗笼罩了全地。

按照我们现在的时间，这个时辰为正午 12:00 点。





## **The Prayer of the Sixth Hour**

In this Hour of the day our good Savior the Lord Jesus Christ was crucified (Joh.19:14). The nails were hammered in His Hands and Feet (Joh.20:25). He tasted vinegar mingled with gall (Mth.27:34). The right thief asked Him to remember him in His kingdom so the Savior gave him his heartily request (Luk23:42) as there was darkness over the whole earth during His crucifixion.

This Hour meets 12:00 pm, according to our present timing.



## 第六时辰的祷告



祈祷者祈祷“每个时辰的序言”中的祷告文：

- ❖ 主祷文 第 1 页
- ❖ 感恩祷告 第 3 页
- ❖ 诗篇 51 第 7 页

然后祈祷者接着说：

以圣父、圣子和圣灵独一神的名，阿们！

求主怜悯，求主怜悯，求主赐福于我们！阿们！

愿荣耀归于圣父、圣子及圣灵，从今时直到永永远远，阿们！

这蒙福一天当中的第六时辰的祷告是献给我的王，和我的神——基督的，恳求他宽恕我们诸多的罪孽。

通过我们的导师，先知大卫王之诗，愿他的祝福与我们同在。阿们。



## The Prayer of the Sixth Hour



The worshipper prays the introduction of every hour:

- ❖ Our father who are in heaven... Page 2
- ❖ The thanksgiving prayer page 4
- ❖ psalm 51 page 8

Then the worshipper prays:

*In the name of the Father, and the Son, and the Holy Spirit, one God. Amen.*

*Lord have mercy (Kyrie eleyson), Lord have mercy, Lord bless; Amen.*

*Glory be to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.*

*The prayer of the sixth hour of this blessed day, we offer to Christ my King and my God, beseeching Him to forgive us our sins.*

*From the Psalms of our teacher David the prophet and the king, may his blessings be with us all. Amen.*



## 正午的祷告（第六时辰的祷告）



### 诗篇 54

大卫的训诲诗，交给诗班长，用丝弦的乐器伴奏，是在西弗人去对扫罗说：“大卫不是在我们中间躲藏吗？”以后作的。

<sup>1</sup> 神啊！求你因你的名拯救我，求你以你的大能为我伸冤。<sup>2</sup> 神啊！求你垂听我的祷告，留心听我口中的言语。<sup>3</sup> 因为傲慢的人起来攻击我，强横的人寻索我的性命；他们不把 神放在眼里。（细拉）<sup>4</sup> 看哪！ 神是我的帮助；主是扶持我性命的。<sup>5</sup> 愿灾祸报应在我仇敌的身上；愿你因你的信实消灭他们。<sup>6</sup> 我要甘心情愿献祭给你；耶和華啊！我必称赞你的名，因你的名是美好的。<sup>7</sup> 他救我脱离了一切患难；我亲眼看见了我的仇敌灭亡。哈利路亚。

### 诗篇 57

大卫的金诗，交给诗班长，调用“休要毁坏”，  
是大卫躲在山洞里逃避扫罗时作的。



**The Prayer of the Sixth Hour**  
**Psalm 54**

**<To the Chief Musician. With stringed instruments.  
A Contemplation of David when the Ziphites went  
and said to Saul, "Is David not hiding with us?">**

<sup>1</sup> Save me, O God, by Your name, And vindicate me by Your strength. <sup>2</sup> Hear my prayer, O God; Give ear to the words of my mouth. <sup>3</sup> For strangers have risen up against me, And oppressors have sought after my life; They have not set God before them. Selah <sup>4</sup> Behold, God *is* my helper; The Lord *is* with those who uphold my life. <sup>5</sup> He will repay my enemies for their evil. Cut them off in Your truth. <sup>6</sup> I will freely sacrifice to You; I will praise Your name, O LORD, for *it is* good. <sup>7</sup> For He has delivered me out of all trouble; And my eye has seen *its desire* upon my enemies. Alleluia.

**Psalm 57**

**<To the Chief Musician. Set to "Do Not Destroy."**

**A Michtam of David when he fled from Saul into the cave.>**

<sup>1</sup> Be merciful to me, O God, be merciful to me! For my soul trusts in You; And in the shadow of Your



## 第六时辰的祷告

<sup>1</sup> 神啊，求你恩待我！求你恩待我！因为我投靠你；我要投靠在你翅膀的荫下，直到灾害过去。  
<sup>2</sup> 我要向至高的 神呼求，就是向为我成就他旨意的 神呼求。<sup>3</sup> 神从天上施恩拯救我，斥责那践踏我的人；（细拉） 神必向我发出他的慈爱和信实。<sup>4</sup> 我躺卧在狮子中间，就是在那些想吞灭人的世人中间；他们的牙齿是枪和箭，他们的舌头是快刀。<sup>5</sup> 神啊！愿你被尊崇，过于诸天；愿你的荣耀遍及全地。<sup>6</sup> 他们为我的脚设下了网罗，使我低头屈服；他们在我面前挖了坑，自己反掉进坑中。（细拉）<sup>7</sup> 神啊！我的心坚定，我的心坚定；我要歌唱，我要颂赞。<sup>8</sup> 我的灵啊！你要醒过来。琴和瑟啊！你们都要醒过来。我也要唤醒黎明。<sup>9</sup> 主啊！我要在万民中称谢你，在万族中歌颂你。<sup>10</sup> 因为你的慈爱伟大，高及诸天，你的信实上达云霄。<sup>11</sup> 神啊！愿你被尊崇，过于诸天；愿你的荣耀遍及全地。哈利路亚。



## The Prayer of the Sixth Hour



wings I will make my refuge, Until *these* calamities have passed by. <sup>2</sup> I will cry out to God Most High, To God who performs *all things* for me. <sup>3</sup> He shall send from heaven and save me; He reproaches the one who would swallow me up. Selah God shall send forth His mercy and His truth. <sup>4</sup> My soul *is* among lions; I lie *among* the sons of men Who are set on fire, Whose teeth *are* spears and arrows, And their tongue a sharp sword. <sup>5</sup> Be exalted, O God, above the heavens; *Let Your glory be* above all the earth. <sup>6</sup> They have prepared a net for my steps; My soul is bowed down; They have dug a pit before me; Into the midst of it they *themselves* have fallen. Selah <sup>7</sup> My heart is steadfast, O God, my heart is steadfast; I will sing and give praise. <sup>8</sup> Awake, my glory! Awake, lute and harp! I will awaken the dawn. <sup>9</sup> I will praise You, O Lord, among the peoples; I will sing to You among the nations. <sup>10</sup> For Your mercy reaches unto the heavens, And Your truth unto the clouds. <sup>11</sup> Be exalted, O God, above the heavens; *Let Your glory be* above all the earth. Alleluia.



## 第六时辰的祷告



### 诗篇 61

大卫的诗，交给诗班长，用丝弦的乐器伴奏。

- <sup>1</sup> 神啊！求你听我的呼求，留心听我的祷告。
- <sup>2</sup> 我内心沮丧的时候，我从地极向你呼求；求你领我到那比我更高的盘石上面去。<sup>3</sup> 因为你作过我的避难所，作过我逃避仇敌的坚固堡垒。<sup>4</sup> 我要永远住在你的帐棚里，投靠在你翅膀下的隐密处。（细拉）<sup>5</sup> 神啊！你听了我所许的愿；你把产业赐给敬畏你名的人。<sup>6</sup> 愿你增添王的寿数；愿他的年日世世无穷。<sup>7</sup> 愿他在 神面前永远作王；愿你指派慈爱和诚实保护他。<sup>8</sup> 这样，我要永远歌颂你的名，并且天天还我向你所许的愿。
- 哈利路亚。

### 诗篇 63

大卫的诗，是他在犹大旷野时作的。

- <sup>1</sup> 神啊！你是我的 神，我要切切寻求你；在





## The Prayer of the Sixth Hour Psalm 61

<To the Chief Musician. On a stringed instrument.

*A Psalm of David.>*

<sup>1</sup> Hear my cry, O God; Attend to my prayer. <sup>2</sup> From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I. <sup>3</sup> For You have been a shelter for me, A strong tower from the enemy. <sup>4</sup> I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. Selah <sup>5</sup> For You, O God, have heard my vows; You have given *me* the heritage of those who fear Your name. <sup>6</sup> You will prolong the king's life, His years as many generations. <sup>7</sup> He shall abide before God forever. Oh, prepare mercy and truth, *which* may preserve him! <sup>8</sup> So I will sing praise to Your name forever, That I may daily perform my vows. Alleluia.

## Psalm 63

<A Psalm of David when he was in the wilderness of Judah.>

<sup>1</sup> O God, You *are* my God; Early will I seek You; My soul thirsts for You; My flesh longs for You In a dry and thirsty land Where there is no water. <sup>2</sup> So I have



## 第六时辰的祷告



干旱、疲乏、无水之地，我的心，我的身，都渴想你，切慕你。<sup>2</sup>因此，我在圣所中瞻仰你，为要见你的能力和荣耀。<sup>3</sup>因你的慈爱比生命更好，我的嘴唇要颂赞你。<sup>4</sup>我要一生称颂你，我要奉你的名举手祷告。<sup>5</sup>我的心满足，就像饱享了骨髓肥油；我要用欢乐的嘴唇赞美你。<sup>6</sup>我在床上记念你，我整夜默想你。<sup>7</sup>因为你帮助了我，我要在你翅膀的荫下欢呼。<sup>8</sup>我心紧紧追随你；你的右手扶持我。<sup>9</sup>但那些寻索我、要杀我的人，必下到地的深处。<sup>10</sup>他们必交在刀剑之下，成了野狗的食物。<sup>11</sup>但王必因 神欢喜；所有指着神起誓的，都必可以夸耀；说谎的人的口却必被塞住。哈利路亚。

## 诗篇 67

诗歌一首，交给诗班长，用丝弦的乐器伴奏。

<sup>1</sup>愿 神恩待我们，赐福给我们，愿他用脸光照



## The Prayer of the Sixth Hour



looked for You in the sanctuary, To see Your power and Your glory. <sup>3</sup> Because Your lovingkindness is better than life, My lips shall praise You. <sup>4</sup> Thus I will bless You while I live; I will lift up my hands in Your name. <sup>5</sup> My soul shall be satisfied as with marrow and fatness, And my mouth shall praise *You* with joyful lips. <sup>6</sup> When I remember You on my bed, I meditate on You in the *night* watches. <sup>7</sup> Because You have been my help, Therefore in the shadow of Your wings I will rejoice. <sup>8</sup> My soul follows close behind You; Your right hand upholds me. <sup>9</sup> But those *who* seek my life, to destroy *it*, Shall go into the lower parts of the earth. <sup>10</sup> They shall fall by the sword; They shall be a portion for jackals. <sup>11</sup> But the king shall rejoice in God; Everyone who swears by Him shall glory; But the mouth of those who speak lies shall be stopped. Alleluia.

## Psalm 67

<To the Chief Musician. On stringed instruments.

A Psalm. A Song.>

<sup>1</sup> God be merciful to us and bless us, *And* cause His face to shine upon us. Selah <sup>2</sup> That Your way may be



## 第六时辰的祷告



我们，（细拉）<sup>2</sup>好使全地得知你的道路，万国得知你的救恩。<sup>3</sup> 神啊！愿众民都称谢你，愿万民都称谢你。<sup>4</sup>愿万族都快乐欢呼，因为你按正直统管众民，并引导地上的万族。（细拉）<sup>5</sup> 神啊！愿众民都称谢你，愿万民都称谢你。<sup>6</sup>地生出土产； 神，就是我们的 神，要赐福给我们。<sup>7</sup> 神要赐福给我们，全地都要敬畏他。哈利路亚。

## 诗篇 70

大卫的记念诗，交给诗班长。

<sup>1</sup> 神啊！求你搭救我；耶和華啊！求你快来帮助我。<sup>2</sup>愿那些寻索我性命的，抱愧蒙羞；愿那些喜悦我遭害的，退后受辱。<sup>3</sup>愿那些对我说：“啊哈！啊哈！”的，都因羞愧退后。<sup>4</sup>愿所有寻求你的，都因你欢喜快乐；愿那些喜爱你救恩的，常说：“要尊 神为大。”<sup>5</sup>至于我，我是困苦贫



### **The Prayer of the Sixth Hour**

known on earth, Your salvation among all nations. <sup>3</sup>  
Let the peoples praise You, O God; Let all the  
peoples praise You. <sup>4</sup> Oh, let the nations be glad and  
sing for joy! For You shall judge the people  
righteously, And govern the nations on earth. Selah  
<sup>5</sup> Let the peoples praise You, O God; Let all the  
peoples praise You. <sup>6</sup> *Then* the earth shall yield her  
increase; God, our own God, shall bless us. <sup>7</sup> God  
shall bless us, And all the ends of the earth shall  
fear Him. Alleluia.

### **Psalm 70**

**<To the Chief Musician. A Psalm of David.**

**To bring to remembrance.>**

<sup>1</sup> *Make haste*, O God, to deliver me! Make haste to  
help me, O LORD! <sup>2</sup> Let them be ashamed and  
confounded Who seek my life; Let them be turned  
back and confused Who desire my hurt. <sup>3</sup> Let them  
be turned back because of their shame, Who say,  
"Aha, aha!" <sup>4</sup> Let all those who seek You rejoice and  
be glad in You; And let those who love Your  
salvation say continually, "Let God be magnified!" <sup>5</sup>  
But I *am* poor and needy; Make haste to me, O God!



## 第六时辰的祷告



穷的； 神啊！求你快快到我这里来；你是我的帮助，我的拯救；耶和华啊！求你不要耽延。哈利路亚。

### 诗篇 84

可拉子孙的诗，交给诗班长，用“迦特”的乐器。

<sup>1</sup> 万军之耶和华啊！你的居所多么可爱。<sup>2</sup> 我的灵渴想切慕耶和华的院子，我的心身向永活的 神欢呼。<sup>3</sup> 万军之耶和华，我的王我的 神啊！在你的祭坛那里，麻雀找到了住处，燕子也为自己找到了安置幼雏的巢。<sup>4</sup> 住在你殿中的，都是有福的，他们还要不断赞美你。（细拉）<sup>5</sup> 靠你有力量的，心中向往通到圣殿大道的，这人是有福的。<sup>6</sup> 他们经过干旱的山谷，使这谷变为泉源之地，更有秋雨使这谷到处都是水池。<sup>7</sup> 他们行走，力上加力，直到各人在锡安朝见 神。<sup>8</sup> 耶和华万军的 神啊！求你听我的祷告；雅各的 神啊！求你留心听。（细拉）<sup>9</sup> 神啊！求你垂顾我们的



## The Prayer of the Sixth Hour



You *are* my help and my deliverer; O LORD, do not delay. Alleluia.

## Psalm 84

<To the Chief Musician. On an instrument of Gath.

A Psalm of the sons of Korah.>

<sup>1</sup> How lovely *is* Your tabernacle, O LORD of hosts! <sup>2</sup> My soul longs, yes, even faints For the courts of the LORD; My heart and my flesh cry out for the living God. <sup>3</sup> Even the sparrow has found a home, And the swallow a nest for herself, Where she may lay her young-- *Even* Your altars, O LORD of hosts, My King and my God. <sup>4</sup> Blessed *are* those who dwell in Your house; They will still be praising You. Selah <sup>5</sup> Blessed *is* the man whose strength *is* in You, Whose heart *is* set on pilgrimage. <sup>6</sup> As *they* pass through the Valley of Baca, They make it a spring; The rain also covers it with pools. <sup>7</sup> They go from strength to strength; *Each one* appears before God in Zion. <sup>8</sup> O LORD God of hosts, hear my prayer; Give ear, O God of Jacob! Selah <sup>9</sup> O God, behold our shield, And look upon the face of Your anointed. <sup>10</sup> For a day in Your courts *is* better than a thousand. I would rather be a doorkeeper in the house of my God Than dwell in



## 第六时辰的祷告



盾牌，求你看顾你的受膏者。<sup>10</sup>在你院子里住一日，胜过在别处住千日；宁愿站在我神殿中的门槛上，也不愿住在恶人的帐棚里。<sup>11</sup>因为耶和华神是太阳，是盾牌，耶和华赐下恩惠和光荣；他没有留下一样好处，不给那些行为正直的人。<sup>12</sup>万军之耶和华啊！倚靠你的人是有福的。哈利路亚。

## 诗篇 85

可拉子孙的诗，交给诗班长。

<sup>1</sup> 耶和华啊！你恩待了你的地，恢复了雅各的产业。<sup>2</sup> 你赦免了你子民的罪孽，遮盖了他们的一切罪恶。（细拉）<sup>3</sup> 你收回了你的一切忿怒，使你猛烈的怒气转消。<sup>4</sup> 拯救我们的神啊！求你复兴我们，求你止住你向我们所发的忿怒。<sup>5</sup> 你要永远向我们发怒吗？你要延长你的怒气到万代吗？<sup>6</sup> 你不使我们再活过来，以致你的子民可以因你欢喜吗？<sup>7</sup> 耶和华啊！求你使我们得见你的慈爱，又把你的救恩赐给我们。<sup>8</sup> 我要听神耶和华所





### The Prayer of the Sixth Hour



the tents of wickedness. <sup>11</sup> For the LORD God *is* a sun and shield; The LORD will give grace and glory; No good *thing* will He withhold From those who walk uprightly. <sup>12</sup> O LORD of hosts, Blessed *is* the man who trusts in You! Alleluia.

### Psalm 85

< To the Chief Musician. A Psalm of the sons of Korah.>

<sup>1</sup> LORD, You have been favorable to Your land; You have brought back the captivity of Jacob. <sup>2</sup> You have forgiven the iniquity of Your people; You have covered all their sin. *Selah* <sup>3</sup> You have taken away all Your wrath; You have turned from the fierceness of Your anger. <sup>4</sup> Restore us, O God of our salvation, And cause Your anger toward us to cease. <sup>5</sup> Will You be angry with us forever? Will You prolong Your anger to all generations? <sup>6</sup> Will You not revive us again, That Your people may rejoice in You? <sup>7</sup> Show us Your mercy, LORD, And grant us Your salvation. <sup>8</sup> I will hear what God the LORD will speak, For He will speak peace To His people and to His saints; But let them not turn back to folly. <sup>9</sup> Surely His salvation *is* near



## 第六时辰的祷告



要说的话；因为他应许赐平安给他的子民，给他的圣民；但愿他们不要转向愚妄。<sup>9</sup> 他的救恩的确临近敬畏他的人，使他的荣耀住在我们的地上。<sup>10</sup> 慈爱和信实彼此相遇，公义和平安互相亲吻。<sup>11</sup> 信实从地上生出，公义从天上俯视。<sup>12</sup> 耶和華也必赐下好处，我们的地要多出土产。<sup>13</sup> 公义必行在他面前，为他的脚步预备道路。哈利路亚。

## 诗篇 86

大卫的祷告。

<sup>1</sup> 耶和華啊！求你留心听我、应允我，因为我是困苦贫穷的。<sup>2</sup> 求你保护我的性命，因为我是虔诚的人；我的 神啊！求你拯救这倚靠你的仆人。<sup>3</sup> 主啊！求你恩待我，因为我终日向你呼求。<sup>4</sup> 主啊！求你使你的仆人心里欢喜，因为我的心仰望你。<sup>5</sup> 主啊！你是良善，又乐意饶恕人的，向你呼求的，你都以丰盛的慈爱待他们。<sup>6</sup> 耶和華啊！求你侧耳听我的祷告，留心听我的恳求。<sup>7</sup> 在我遭难的日子，我要求告你，因为你必应允我。



## The Prayer of the Sixth Hour



to those who fear Him, That glory may dwell in our land. <sup>10</sup> Mercy and truth have met together; Righteousness and peace have kissed. <sup>11</sup> Truth shall spring out of the earth, And righteousness shall look down from heaven. <sup>12</sup> Yes, the LORD will give *what is good*; And our land will yield its increase. <sup>13</sup> Righteousness will go before Him, And shall make His footsteps *our* pathway. Alleluia.

## Psalm 86

### <A Prayer of David>>

<sup>1</sup> Bow down Your ear, O LORD, hear me; For I *am* poor and needy. <sup>2</sup> Preserve my life, for I *am* holy; You are my God; Save Your servant who trusts in You! <sup>3</sup> Be merciful to me, O Lord, For I cry to You all day long. <sup>4</sup> Rejoice the soul of Your servant, For to You, O Lord, I lift up my soul. <sup>5</sup> For You, Lord, *are* good, and ready to forgive, And abundant in mercy to all those who call upon You. <sup>6</sup> Give ear, O LORD, to my prayer; And attend to the voice of my supplications. <sup>7</sup> In the day of my trouble I will call upon You, For You will answer me. <sup>8</sup> Among the gods *there is none* like You, O Lord; Nor *are there*



## 第六时辰的祷告



8 主啊！在众神之中，没有能和你相比的，你的作为也是无可比拟的。9 主啊！你所造的万国都要来，在你面前下拜，他们必荣耀你的名。10 因为你是伟大的，并且行奇妙的事，只有你是 神。11 耶和華啊！求你把你的道路指教我，使我行在你的真理中，专心敬畏你的名。12 主我的 神啊！我要满心称赞你，我要永远荣耀你的名。13 因为你向我大施慈爱，你救了我的命，免入阴间的深处。14 神啊！骄傲的人起来攻击我，一群强暴的人寻索我的性命，他们不把你放在眼内。15 但是，主啊！你是有怜悯有恩典的 神，你不轻易发怒，并且有极大的慈爱和信实。16 求你转向我，恩待我；把你的能力赐给你的仆人，拯救你婢女的儿子。17 求你向我显出恩待我的记号，好使恨我的人看见了，就觉得羞愧；因为你耶和華帮助了我，安慰了我。哈利路亚。



### The Prayer of the Sixth Hour



*any works* like Your works. <sup>9</sup> All nations whom You have made Shall come and worship before You, O Lord, And shall glorify Your name. <sup>10</sup> For You *are* great, and do wondrous things; You alone *are* God. <sup>11</sup> Teach me Your way, O LORD; I will walk in Your truth; Unite my heart to fear Your name. <sup>12</sup> I will praise You, O Lord my God, with all my heart, And I will glorify Your name forevermore. <sup>13</sup> For great *is* Your mercy toward me, And You have delivered my soul from the depths of Sheol. <sup>14</sup> O God, the proud have risen against me, And a mob of violent *men* have sought my life, And have not set You before them. <sup>15</sup> But You, O Lord, *are* a God full of compassion, and gracious, Longsuffering and abundant in mercy and truth. <sup>16</sup> Oh, turn to me, and have mercy on me! Give Your strength to Your servant, And save the son of Your maidservant. <sup>17</sup> Show me a sign for good, That those who hate me may see *it* and be ashamed, Because You, LORD, have helped me and comforted me. Alleluia.



## 第六时辰的祷告 诗篇 87

歌一首，可拉子孙的诗。

<sup>1</sup> 耶和華所立的根基在聖山上。<sup>2</sup> 耶和華愛錫安的城門，勝過雅各的一切居所。<sup>3</sup> 神的城啊！有很多榮耀的事，都是指着你说的。（細拉）<sup>4</sup> “在認識我的人中，我提到拉哈伯和巴比倫，看哪！還有非利士、推羅和古實，我說：‘這一個是生在那裏的。’”<sup>5</sup> 論到錫安，必有話說：“這一個、那一個都是生在錫安的。”至高者必親自堅立這城。<sup>6</sup> 耶和華登記萬民的時候，必記着：“這一個是生在那裏的。”（細拉）<sup>7</sup> 他們跳舞歌唱的時候，要說：“我的泉源都在你里面。” 哈利路亞。

## 诗篇 91

<sup>1</sup> 住在至高者的隱密處的，必在全能者的蔭底下安居。<sup>2</sup> 我要對耶和華說：“你是我的避難所，我的保障，你是我的神，我所倚靠的。”<sup>3</sup> 他必救你脫離捕鳥的人的網羅，脫離致命的瘟疫。<sup>4</sup> 他



## The Prayer of the Sixth Hour



### Psalm 87

<A Psalm of the sons of Korah. A Song.>

<sup>1</sup> His foundation *is* in the holy mountains. <sup>2</sup> The LORD loves the gates of Zion More than all the dwellings of Jacob. <sup>3</sup> Glorious things are spoken of you, O city of God! Selah <sup>4</sup> "I will make mention of Rahab and Babylon to those who know Me; Behold, O Philistia and Tyre, with Ethiopia: `This *one* was born there.'" <sup>5</sup> And of Zion it will be said, "This *one* and that *one* were born in her; And the Most High Himself shall establish her." <sup>6</sup> The LORD will record, When He registers the peoples: "This *one* was born there." Selah <sup>7</sup> Both the singers and the players on instruments *say*, "All my springs *are* in you." Alleluia.

### Psalm 91

<sup>1</sup> He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. <sup>2</sup> I will say of the LORD, "*He is* my refuge and my fortress; My God, in Him I will trust." <sup>3</sup> Surely He shall deliver you from the snare of the fowler *And* from the perilous pestilence. <sup>4</sup> He shall cover you



## 第六时辰的祷告



必用自己的羽毛遮盖你，你要投靠在他的翅膀底下；他的信实象盾牌，像坚垒。<sup>5</sup> 你不必害怕黑夜的惊恐，或是白日的飞箭；<sup>6</sup> 也不必害怕黑暗中流行的瘟疫，或是在正午把人毁灭的毒病。<sup>7</sup> 虽有千人仆倒在你的左边，万人仆倒在你的右边，但灾害必不临近你。<sup>8</sup> 不过你要亲眼观看，看见恶人遭报。<sup>9</sup> 你既然把耶和華当作自己的避难所，把至高者当作自己的居所，<sup>10</sup> 祸患必不临到你，灾害必不临近你的帐棚。<sup>11</sup> 因为他为了你，会吩咐自己的使者，在你所行的一切路上保护你。<sup>12</sup> 他们必用手托住你，免得你的脚碰到石头。<sup>13</sup> 你必践踏狮子和虺蛇。你必踏碎少壮狮子和大蛇。<sup>14</sup> 耶和華说：“因为他恋慕我，我必搭救他；因为他认识我的名，我必保护他。<sup>15</sup> 他求告我，我必应允他；他在患难中，我必与他同在；我必拯救他，使他得尊荣。<sup>16</sup> 我必使他得享长寿，又向他显明我的救恩。” 哈利路亚。





## The Prayer of the Sixth Hour



with His feathers, And under His wings you shall take refuge; His truth *shall be your* shield and buckler. <sup>5</sup> You shall not be afraid of the terror by night, *Nor* of the arrow *that* flies by day, <sup>6</sup> *Nor* of the pestilence *that* walks in darkness, *Nor* of the destruction *that* lays waste at noonday. <sup>7</sup> A thousand may fall at your side, And ten thousand at your right hand; *But* it shall not come near you. <sup>8</sup> Only with your eyes shall you look, And see the reward of the wicked. <sup>9</sup> Because you have made the LORD, *who is* my refuge, *Even* the Most High, your dwelling place, <sup>10</sup> No evil shall befall you, *Nor* shall any plague come near your dwelling; <sup>11</sup> For He shall give His angels charge over you, To keep you in all your ways. <sup>12</sup> In *their* hands they shall bear you up, Lest you dash your foot against a stone. <sup>13</sup> You shall tread upon the lion and the cobra, The young lion and the serpent you shall trample underfoot. <sup>14</sup> "Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. <sup>15</sup> He shall call upon Me, and I will answer him; I *will be* with him in trouble; I will deliver him and honor him. <sup>16</sup> With long life I will satisfy him, And show him My salvation." Alleluia.



## 第六时辰的祷告

### 诗篇 93

<sup>1</sup> 耶和华作王，他以威严为衣；耶和华以威严为衣，以能力束腰，世界就得以坚立，永不动摇。

<sup>2</sup> 你的宝座自古就立定，你从亘古就存在。<sup>3</sup> 耶和华啊！大水扬起了，大水扬起了声音，大水扬起了澎湃的波浪。<sup>4</sup> 耶和华在高处大有能力，胜过大水的响声，胜过海中的巨浪。<sup>5</sup> 耶和华啊！你的法度极为确定；你的殿永远被称为圣是合宜的。哈利路亚。

圣哉，圣哉，圣哉，一段出自圣马太福音书的章节，愿他的祝福与我们同在，阿们。

### 马太福音（5:1-16）

<sup>1</sup> 耶稣看见人群，就上了山，坐下来。他的门徒们来到他面前，<sup>2</sup> 他就开口教导他们，说：<sup>3</sup> “灵里贫乏的人是蒙福的，因为天国是他们的。<sup>4</sup> 悲伤的人是蒙福的，因为他们将受到安慰。<sup>5</sup> 谦和



## The Prayer of the Sixth Hour



### Psalm 93

<sup>1</sup> The LORD reigns, He is clothed with majesty; The LORD is clothed, He has girded Himself with strength. Surely the world is established, so that it cannot be moved. <sup>2</sup> Your throne *is* established from of old; You *are* from everlasting. <sup>3</sup> The floods have lifted up, O LORD, The floods have lifted up their voice; The floods lift up their waves. <sup>4</sup> The LORD on high *is* mightier Than the noise of many waters, *Than* the mighty waves of the sea. <sup>5</sup> Your testimonies are very sure; Holiness adorns Your house, O LORD, forever. Alleluia.

*Holy, Holy, Holy, a chapter of the Holy Gospel according to St. Matthew, may his blessings be with us all. Amen.*

### Matthew (5:1-16)

<sup>1</sup> And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. <sup>2</sup> Then He opened His mouth and taught them, saying: <sup>3</sup> "Blessed *are* the poor in spirit,



## 第六时辰的祷告



的人是蒙福的，因为他们将继承那地。<sup>6</sup> 饥渴慕义的人是蒙福的，因为他们将得饱足。<sup>7</sup> 怜悯人的人是蒙福的，因为他们将蒙怜悯。<sup>8</sup> 心里洁净的人是蒙福的，因为他们将看见神。<sup>9</sup> 使人和睦的人是蒙福的，因为他们将被称为‘神的儿女’。<sup>10</sup> 为义受逼迫的人是蒙福的，因为天国是他们的。<sup>11</sup> “当人们因我的缘故责骂你们、逼迫你们、用各种捏造出来的恶事毁谤你们的时候，你们就是蒙福的。<sup>12</sup> 你们当欢喜，当快乐，因为你们在天上的报偿是大的。要知道，那些人也这样逼迫了在你们以前的先知们。<sup>13</sup> “你们是地上的盐。盐如果失去了味道，还能用什么来把它腌成咸的呢？它再也没有用处，只好被丢在外面，任人践踏。<sup>14</sup> “你们是世界的光。建在山上的城是不能隐藏的；<sup>15</sup> 人点亮了油灯，也不会放在斗底下，而会放在灯台上，它就照亮屋子里所有的人。<sup>16</sup> 同样，你们的光也应当照耀在人前，使他们看见你们的



## The Prayer of the Sixth Hour



For theirs is the kingdom of heaven. <sup>4</sup> Blessed *are* those who mourn, For they shall be comforted. <sup>5</sup> Blessed *are* the meek, For they shall inherit the earth. <sup>6</sup> Blessed *are* those who hunger and thirst for righteousness, For they shall be filled. <sup>7</sup> Blessed *are* the merciful, For they shall obtain mercy. <sup>8</sup> Blessed *are* the pure in heart, For they shall see God. <sup>9</sup> Blessed *are* the peacemakers, For they shall be called sons of God. <sup>10</sup> Blessed are those who are persecuted for righteousness' sake, For theirs is the kingdom of heaven. <sup>11</sup> "Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. <sup>12</sup> "Rejoice and be exceedingly glad, for great *is* your reward in heaven, for so they persecuted the prophets who were before you. <sup>13</sup> "You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. <sup>14</sup> "You are the light of the world. A city that is set on a hill cannot be hidden. <sup>15</sup> "Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all *who are* in the house. <sup>16</sup> "Let your light so



## 第六时辰的祷告



美好工作，就荣耀你们在天上的父。愿荣耀归于神，直到永永远远，阿们。

愿神的话语平平安安地得以圆满：

基督啊，我们敬拜你，与你美善的圣父和圣灵，因为你的到来拯救了我们。

### 连 祷

✠ 在第六天的第六个时辰被钉于十字架之上的啊，这都是因为我们的先祖亚当曾大胆在乐园犯罪的缘故。基督啊我们的神，求你打破我们罪的枷锁，求你拯救我们。我向主呼求，他就听了我的声音。主啊，求你在黄昏，早晨和正午留心听我的声音，接受我的祷告，应许我的恳求。求你聆听我的话语，并拯救我的灵魂使我得平安。

[愿荣耀归于圣父、圣子和圣灵。]

✠ 耶稣基督，我们的神啊，你在第六个时辰被钉在了十字架之上，因此藉着木头除去了罪孽，



### The Prayer of the Sixth Hour

shine before men, that they may see your good works and glorify your Father in heaven. *Glory be to God forever. Amen.*

*May the saying of God be peacefully fulfilled:*

*We worship You O Christ with Your Good Father and the Holy Spirit, for You have come and saved us.*

### The Litanies

✙ O You, Who on the sixth day and in the sixth hour was nailed to the cross for the sin which our father Adam dared to commit in Paradise. Break the bonds of our sins, O Christ our God, and save us. I cried to the Lord and He heard me. Lord accept my prayer and answer my supplication, be attentive to me and hear me in the evening, in the morning, and at midday. Hear my words and delivers my soul in peace. (Δοξα Πατρι...). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ O Jesus Christ, our God, who was nailed to the cross in the sixth hour, and killed sin by the tree, and by Your death You made alive the dead man, whom You created with Your own hands, and had



## 第六时辰的祷告



并藉着你的死亡使那些由你亲手所造，却因罪而死的人们复活了。主啊，藉着你治愈人又赐予人生命的受难，求你结束我们的一切痛苦。请按着你的怜悯，让我们牢记你属天的诫命，把我们的思想从轻率鲁莽的属地行为和属世的欲望之中解脱出来。[从今时直到永永远远，阿们。]

✙ 因为我们犯下了许多的罪孽，因此我们无法蒙恩，也没有借口，更无法称义。童真女，上帝之母啊，因此我们藉着你向我们的救主祈求，他会格外地接受你的代求，因为他是由你所生的。纯洁的母亲啊，求你不要拒绝罪人藉着你来向他祈求，因为他满有怜悯又能拯救我们，他所遭受的苦受难也是为了我们能够获救。我们的处境是极其卑微的，让你的怜悯赶快来到我们身边吧。神啊，我们的救主，求你因你荣耀圣名的缘故帮助我们。主啊，求你因自己的圣名，拯救我们，并宽恕我们一切的罪孽。[从今时直到永永远远，阿们。]





### The Prayer of the Sixth Hour



died in sin. Put to death our pains by Your healing and life-giving passions, and by the nails with which You were nailed. Rescue our minds from thoughtlessness of the earthly deeds and worldly lusts, to the remembrance of Your heavenly commandments, according to Your compassion. **(ΚΕΝΤΗ...)**. [*Now and forever and unto the ages of all ages, Amen*].

✙ Since we have no favor, nor excuse, nor justification because of our many sins, we, through you, implore to Him who was born of you, O *Theotokos*, the Virgin, for abundant and acceptable is your intercession with our Savior. O pure mother, do not exclude sinners from your intercession with Him whom you bore, for He is merciful and able to save us, because He suffered for us to deliver us. Let your compassion speedily reach us, for we are exceedingly humbled. Help us, O God, our Savior, for the glory of Your name. O Lord, deliver us and forgive us our sins for the sake of Your holy name. **(ΚΕΝΤΗ...)**. [*Now and forever and unto the ages of all ages, Amen*].



## 第六时辰的祷告



✙ 基督我们的神啊，当你在十字架上张开了你圣洁的双手的时候，你把救赎带给了全世界。因此，天下万国都大声呼喊说：“主啊，愿荣耀归与你。” **[愿荣耀归于圣父、圣子和圣灵。]**

✙ 美善的主啊，我们敬拜你不朽的位格，基督我们的神啊，请求你宽恕我们的罪孽。因为照着你的旨意，你心甘情愿地被高举在十字架之上，对由你亲手所造的一切施行拯救，叫他们摆脱仇敌的奴役。救主啊，我们大声地向你献上感谢，因为当你来到这个世界帮助世人时，你让喜乐充满了全世界，救主啊，愿荣耀归于你。 **[从今时直到永永远远，阿们。]**

✙ 童贞女，上帝之母啊，你充满了恩典，我们赞美你，藉着你儿子的十字架，阴间倒塌了，死亡也被废除了。我们从前是死的，现在却复活了，并配得永生，重新获得了乐园最初的喜乐。因此，我们满怀感激地荣耀不朽的基督我们的神。 **[从今时直到永永远远，阿们。]**



## The Prayer of the Sixth Hour



✙ O Christ our God, You gave salvation to the whole world when You stretched Your holy hands on the cross. Therefore, all nations cry out saying, "Glory to You O Lord". (ΔΟΞΑΠΑΤΡΙ...), [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ We worship Your incorruptible person, O Good One, asking for the forgiveness of our sins, O Christ our God. For, of Your will, You were pleased to be lifted up onto the cross, to deliver those whom You created from the bondage of the enemy. We cry out unto You and give thanks to You, for You have filled all with joy, O Savior, when You came to help the world. Lord, glory to You. (ΚΕΝΤΗ...), [*Now and forever and unto the ages of all ages, Amen*].

✙ You are she who is full of grace. O Theotokos, the Virgin, we praise you, for, through the cross of your Son, Hades fell down and death was abolished. We were dead but we are raised and became worthy of eternal life, and gained the delight of the first Paradise. Therefore, we thankfully glorify the immortal Christ our God. (ΚΕΝΤΗ...), [*Now and forever and unto the ages of all ages, Amen*].



## 第六时辰的祷告



然后祈祷者说：

主啊，求你聆听我们，求你怜悯我们并宽恕我们的罪。阿们。“求主怜悯 (Kir-ye ley-son)” 41 次。接着说：圣哉，圣哉，圣哉……第 69 页。

让我们配得满怀感激地祈祷，说：我们在天上的父……

### 赦罪祷告

我们的王，全能者，我们救主神耶稣基督的父啊，我们感谢你，并荣耀你，因为你让你独生子受难的时刻，成为了充满慰藉和祷告的时刻。藉着你的独生子，耶稣基督，我们的主和我们灵魂的救主的十字架，你摧毁了仇敌的一切权势，正如你在那神圣的时刻，撕毁了我们罪的封印那样，我们祈求你接受我们的恳求并废除那敌对我们的罪的封印。

神啊，请赐予我们一段光辉的岁月，一个毫



## The Prayer of the Sixth Hour



*Then the worshipper prays:*

*Lord hear us, have mercy and forgive our sins.  
Amen. ΚΥΡΙΕ ΕΛΕΗΣΟΝ (Lord have mercy) 41 times.*

*Then he says: Holy, Holy, Holy...Page 70*

*Make us worthy to pray thankfully: Our Father  
Who art in heaven...*

### ABSOLUTION

We thank You, our King, the Almighty, the Father of our Lord God and Savior Jesus Christ, and glorify You, for You have made the times of the passions of Your Only-Begotten Son, to be times of comfort and prayer. Accept our supplication and remove the seal of our sins that is written against us, just as You tore it in this holy hour, by the cross of Your Only-Begotten Son, Jesus Christ, our Lord and Savior of our souls, this is by which You destroyed all the power of the enemy.

Grant us, O God, a glorious time, a spotless conduct, and a peaceful life, so that we may please Your holy and glorified name, and that, without falling into condemnation, we may stand before the



## 第六时辰的祷告



无指责的品行和一个平安的生命，那样我们便能讨你喜悦并荣耀你的名，那样我们便能站在你独生子，我们的主耶稣基督那可敬可畏又公义的审判座前，而不被定罪，那样我们便能与你的众圣徒一起荣耀你。我们永恒的圣父啊，我们荣耀你和与你同质的圣子，以及赐生命的圣灵，从今时直到永永远远。阿们。

然后说：“**每个时辰结尾的祷告**”，第 75 页。



### **The Prayer of the Sixth Hour**



fearful and just throne of Your Only-Begotten Son Jesus Christ our Lord, and that we, together with all Your saints, glorify You. Our Father, who is without beginning, we glorify You and with the Son who is of one essence with You, and the Holy Spirit the Life-Giver, now and forever and unto the ages of all ages. Amen.

*Then say the conclusion of every hour, p.76.*



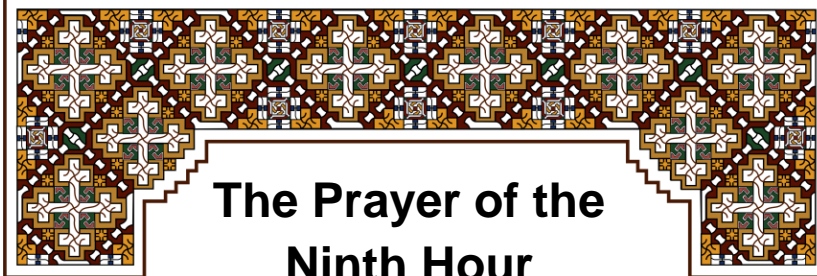
## 第九时辰的祷告

在这一天的这个时辰，我们的主耶稣基督大声呼叫，说：“父啊，我把我的灵魂交托在你手中。”说完这话，就断了气。

（路加福音 23:46）接着，从第六个时辰开始，太阳的光芒也成了黑暗模糊的。（马可福音 15:33）

按照我们现在的的时间，这个时辰为下午 3:00 点。





## **The Prayer of the Ninth Hour**

In this Hour of the day our Lord Jesus Christ cried with a loud voice "Father into Your hands I commit My Spirit" and having said this He gave up the spirit (Luk23:46). Then the sun which was dark during the sixth hour lit (Mar.15:33).

This Hour meets 3:00 pm, according to our present timing.



## 第九时辰的祷告



祈祷者祈祷“每个时辰的序言”中的祷告文：

- ❖ 主祷文 第 1 页
- ❖ 感恩祷告 第 3 页
- ❖ 诗篇 51 第 7 页

然后祈祷者接着说：

以圣父、圣子和圣灵独一神的名，阿们！

求主怜悯，求主怜悯，求主赐福于我们！阿们！

愿荣耀归于圣父、圣子及圣灵，从今时直到永永远远，阿们！

这蒙福一天当中的第九时辰的祷告是献给我的王，和我的神——基督的，恳求他宽恕我们诸多的罪孽。

通过我们的导师，先知大卫王之诗，愿他的祝福与我们同在。阿们。



## The Prayer of the Ninth Hour



The worshipper prays the introduction of every hour:

- ❖ Our father who are in heaven... Page 2
- ❖ The thanksgiving prayer page 4
- ❖ psalm 51 page 8

Then the worshipper prays:

*In the name of the Father, and the Son, and the Holy Spirit, one God. Amen.*

*Lord have mercy (Kyrie eleyson), Lord have mercy, Lord bless; Amen.*

*Glory be to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.*

*The prayer of the ninth hour of this blessed day, we offer to Christ my King and my God, beseeching Him to forgive us our sins.*

*From the Psalms of our teacher David the prophet and the king, may his blessings be with us all. Amen.*



## 第九时辰的祷告



### 诗篇 96

<sup>1</sup> 你们要向耶和华唱新歌，全地都要向耶和华歌唱。<sup>2</sup> 要向耶和华歌唱，称颂他的名，天天传扬他的救恩。<sup>3</sup> 要在列国中述说他的荣耀。在万民中述说他奇妙的作为。<sup>4</sup> 因为耶和华是伟大的，该受极大的赞美，他当受敬畏，过于众神之上。<sup>5</sup> 因为万民的神都是虚空的偶像，但耶和华创造了诸天。<sup>6</sup> 尊荣和威严在他面前，能力和华美在他圣所之中。<sup>7</sup> 列国的万族啊！你们要归给耶和华，要把荣耀和能力归给耶和华。<sup>8</sup> 要把耶和华的名当得的荣耀归给他，带着礼物进入他的院子。<sup>9</sup> 要以圣洁的装束敬拜耶和华，全地都要在他面前战栗。<sup>10</sup> 你们要在万国中宣告：“耶和华作王！”世界就坚定，必不动摇；他必按着公正审判万民。<sup>11</sup> 愿天欢喜，愿地快乐；愿海和海中充满的，都翻腾响闹；<sup>12</sup> 愿田野和其中的一切都欢乐，那时林中的一切树木都必欢呼。<sup>13</sup> 它们都要



## The Prayer of the Ninth Hour

### Psalm 96



<sup>1</sup> Oh, sing to the LORD a new song! Sing to the LORD, all the earth. <sup>2</sup> Sing to the LORD, bless His name; Proclaim the good news of His salvation from day to day. <sup>3</sup> Declare His glory among the nations, His wonders among all peoples. <sup>4</sup> For the LORD *is* great and greatly to be praised; He *is* to be feared above all gods. <sup>5</sup> For all the gods of the peoples *are* idols, But the LORD made the heavens. <sup>6</sup> Honor and majesty *are* before Him; Strength and beauty *are* in His sanctuary. <sup>7</sup> Give to the LORD, O families of the peoples, Give to the LORD glory and strength. <sup>8</sup> Give to the LORD the glory *due* His name; Bring an offering, and come into His courts. <sup>9</sup> Oh, worship the LORD in the beauty of holiness! Tremble before Him, all the earth. <sup>10</sup> Say among the nations, "The LORD reigns; The world also is firmly established, It shall not be moved; He shall judge the peoples righteously." <sup>11</sup> Let the heavens rejoice, and let the earth be glad; Let the sea roar, and all its fullness; <sup>12</sup> Let the field be joyful, and all that *is* in it. Then all the trees of the woods will rejoice <sup>13</sup> before the LORD. For He is coming, for He is coming to judge



## 第九时辰的祷告



在耶和华面前欢呼，因为他来了；他来要审判全地。他要按着公义审判世界，凭着他的信实审判万民。哈利路亚。

### 诗篇 97

<sup>1</sup> 耶和华作王，愿地快乐，愿众海岛都欢喜。<sup>2</sup> 密云和幽暗在他的四围，公义和公正是他宝座的根基。<sup>3</sup> 有火走在他的前面，烧尽他四围的敌人。<sup>4</sup> 他的闪电照亮世界，大地看见了就战栗。<sup>5</sup> 在耶和华面前，就是在全地的主面前，群山都像蜡一般融化。<sup>6</sup> 诸天传扬他的公义，万民得见他的荣耀。<sup>7</sup> 愿所有事奉雕刻的偶像的，以虚无的偶像为夸口的，都蒙羞；众神哪！你们都要拜他。<sup>8</sup> 耶和华啊！锡安听见你的判断就欢喜，犹大的各女子也都快乐。<sup>9</sup> 耶和华啊！因为你是全地的至高者；你被尊崇，远超过众神之上。<sup>10</sup> 你们爱耶和华的，都要恨恶罪恶；耶和华保护圣民的性



## The Prayer of the Ninth Hour



the earth. He shall judge the world with righteousness, And the peoples with His truth. Alleluia.

### Psalm 97

<sup>1</sup> The LORD reigns; Let the earth rejoice; Let the multitude of isles be glad! <sup>2</sup> Clouds and darkness surround Him; Righteousness and justice *are* the foundation of His throne. <sup>3</sup> A fire goes before Him, And burns up His enemies round about. <sup>4</sup> His lightnings light the world; The earth sees and trembles. <sup>5</sup> The mountains melt like wax at the presence of the LORD, At the presence of the Lord of the whole earth. <sup>6</sup> The heavens declare His righteousness, And all the peoples see His glory. <sup>7</sup> Let all be put to shame who serve carved images, Who boast of idols. Worship Him, all *you* gods. <sup>8</sup> Zion hears and is glad, And the daughters of Judah rejoice Because of Your judgments, O LORD. <sup>9</sup> For You, LORD, *are* most high above all the earth; You are exalted far above all gods. <sup>10</sup> You who love the LORD, hate evil! He preserves the souls of His saints; He delivers them out of the hand of the wicked.



## 第九时辰的祷告



命，救他们脱离恶人的手。<sup>11</sup>有亮光照耀义人，心里正直的人得享喜乐。<sup>12</sup>义人哪！你们要靠耶和華欢喜，要称赞他的圣名。哈利路亚。

## 诗篇 98

### 诗一首

<sup>1</sup> 你们要向耶和華唱新歌，因为他行了奇妙的事；他的右手和他的圣臂，为他施行拯救。<sup>2</sup> 耶和華显明了他的救恩，在列国眼前显示了他的公义。<sup>3</sup> 他记念他向以色列家所应许的慈爱和信实，地的四极都看见我们 神的救恩。<sup>4</sup> 全地都要向耶和華欢呼，要发声欢唱，要歌颂。<sup>5</sup> 要弹琴歌颂耶和華，要用琴和歌声歌颂他；<sup>6</sup> 要用号筒和号角的声音，在大君王耶和華面前欢呼。<sup>7</sup> 愿海和海中充满的，都翻腾响闹，愿世界和住在世上的也都发声；<sup>8</sup> 愿江河拍手，愿群山一起欢呼；<sup>9</sup> 它们都要在耶和華面前欢呼，因为他来是要审判全





## The Prayer of the Ninth Hour



<sup>11</sup> Light is sown for the righteous, And gladness for the upright in heart. <sup>12</sup> Rejoice in the LORD, you righteous, And give thanks at the remembrance of His holy name. Alleluia.

### Psalm 98

#### <A Psalm.>

<sup>1</sup> Oh, sing to the LORD a new song! For He has done marvelous things; His right hand and His holy arm have gained Him the victory. <sup>2</sup> The LORD has made known His salvation; His righteousness He has revealed in the sight of the nations. <sup>3</sup> He has remembered His mercy and His faithfulness to the house of Israel; All the ends of the earth have seen the salvation of our God. <sup>4</sup> Shout joyfully to the LORD, all the earth; Break forth in song, rejoice, and sing praises. <sup>5</sup> Sing to the LORD with the harp, With the harp and the sound of a psalm, <sup>6</sup> With trumpets and the sound of a horn; Shout joyfully before the LORD, the King. <sup>7</sup> Let the sea roar, and all its fullness, The world and those who dwell in it; <sup>8</sup> Let the rivers clap *their* hands; Let the hills be joyful together <sup>9</sup> before the LORD, For He is coming to judge the earth. With righteousness He shall judge the world,



## 第九时辰的祷告



地，他要按着公义审判世界，凭着公正审判万民。  
哈利路亚。

### 诗篇 99

<sup>1</sup> 耶和華作王，萬民都要戰栗；他坐在兩個基路伯之上，大地也要震動。<sup>2</sup> 耶和華在錫安是至大的，他崇高，超過萬民。<sup>3</sup> 願他們稱讚你偉大可畏的名。他是聖潔的。<sup>4</sup> 王的能力，喜愛公正；你堅立正義；你在雅各家施行公正和公義。<sup>5</sup> 你們要尊崇耶和華我們的神，在他的腳凳前敬拜；他是聖潔的。<sup>6</sup> 在他的祭司中有摩西和亞倫，在求告他名的人中有撒母耳；他們求告耶和華，他就應允他們。<sup>7</sup> 他從雲柱中對他們說話；他們謹守耶和華賜給他們的法度和律例。<sup>8</sup> 耶和華我們的神啊！你應允了他們；你雖然按照他們所行的報應他們，但對他們來說，你是一位赦免人的神。<sup>9</sup> 你們要尊崇耶和華我們的神，在他的聖山上敬拜，因為耶和華我們的神是聖潔的。哈利路亞。



## The Prayer of the Ninth Hour



And the peoples with equity. Alleluia.

### Psalm 99

<sup>1</sup> The LORD reigns; Let the peoples tremble! He dwells *between* the cherubim; Let the earth be moved! <sup>2</sup> The LORD *is* great in Zion, And He *is* high above all the peoples. <sup>3</sup> Let them praise Your great and awesome name-- He *is* holy. <sup>4</sup> The King's strength also loves justice; You have established equity; You have executed justice and righteousness in Jacob. <sup>5</sup> Exalt the LORD our God, And worship at His footstool-- He *is* holy. <sup>6</sup> Moses and Aaron were among His priests, And Samuel was among those who called upon His name; They called upon the LORD, and He answered them. <sup>7</sup> He spoke to them in the cloudy pillar; They kept His testimonies and the ordinance He gave them. <sup>8</sup> You answered them, O LORD our God; You were to them God-Who-Forgives, Though You took vengeance on their deeds. <sup>9</sup> Exalt the LORD our God, And worship at His holy hill; For the LORD our God *is* holy. Alleluia.



## 第九时辰的祷告 诗篇 100

### 感恩诗

<sup>1</sup> 全地应当向耶和华欢呼。<sup>2</sup> 应当欢欢喜喜事奉耶和华，欢唱着到他的面前。<sup>3</sup> 要知道耶和华是神；他创造了我们，不是我们自己；我们是他的子民，也是他草场上的羊。<sup>4</sup> 应当充满感恩进入他的殿门，满口赞美进入他的院子；要感谢他，称颂他的名。<sup>5</sup> 因为耶和华本是美善的，他的慈爱存到永远，他的信实直到万代。哈利路亚。

## 诗篇 101

### 大卫的诗。

<sup>1</sup> 我要歌唱慈爱和公正；耶和华啊！我要向你歌颂。<sup>2</sup> 我要小心谨慎行正直的路；你甚么时候才到我这里来呢？我要在我的家中，以正直的心行事。<sup>3</sup> 邪恶的事，我都不摆在眼前；离开正路的人所作的事，我都恨恶，决不容这些沾染我。



## The Prayer of the Ninth Hour Psalm 100

<A Psalm of Thanksgiving.>

<sup>1</sup> Make a joyful shout to the LORD, all you lands! <sup>2</sup> Serve the LORD with gladness; Come before His presence with singing. <sup>3</sup> Know that the LORD, He is God; *It is He who* has made us, and not we ourselves; *We are* His people and the sheep of His pasture. <sup>4</sup> Enter into His gates with thanksgiving, *And* into His courts with praise. Be thankful to Him, *and* bless His name. <sup>5</sup> For the LORD *is* good; His mercy *is* everlasting, *And* His truth *endures* to all generations. Alleluia.

## Psalm 101

<A Psalm of David.>

<sup>1</sup> I will sing of mercy and justice; To You, O LORD, I will sing praises. <sup>2</sup> I will behave wisely in a perfect way. Oh, when will You come to me? I will walk within my house with a perfect heart. <sup>3</sup> I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me. <sup>4</sup> A perverse heart shall depart from me; I will not know wickedness. <sup>5</sup> Whoever secretly slanders his neighbor, Him I will destroy; The one who has a



## 第九时辰的祷告



<sup>4</sup>狡诈的心思，我要远离；邪恶的事，我不参与。  
<sup>5</sup>暗中诽谤邻舍的，我必把他灭绝；眼目高傲，心里骄横的，我必不容忍他。<sup>6</sup>我的眼目必看顾国中的诚实人，使他们与我同住；行为正直的，必要侍候我。<sup>7</sup>行诡诈的，必不得住在我的家里；说谎话的，必不能在我眼前坚立。<sup>8</sup>我每日早晨必灭绝国中所有的恶人，好把所有作孽的人都从耶和华的城里剪除。哈利路亚。

## 诗篇 110

大卫的诗。

<sup>1</sup>耶和華對我主說：“你坐在我的右边，等我使你的仇敌作你的脚凳。”<sup>2</sup>耶和華必使你从锡安伸出能力的权杖，你要在你的仇敌中掌权。<sup>3</sup>在你征战的日子，你的人民都乐意投身；你的少年人以圣洁为装饰，好象清晨的甘露，到你那里。<sup>4</sup>耶和華起了誓，就决不反悔；他说：“你永远作祭司，是照着麦基洗德的体系。”<sup>5</sup>主在你右边，在他发怒的日子，必剿灭列王。<sup>6</sup>他必在列国中施



## The Prayer of the Ninth Hour



haughty look and a proud heart, Him I will not endure. <sup>6</sup> My eyes *shall be* on the faithful of the land, That they may dwell with me; He who walks in a perfect way, He shall serve me. <sup>7</sup> He who works deceit shall not dwell within my house; He who tells lies shall not continue in my presence. <sup>8</sup> Early I will destroy all the wicked of the land, That I may cut off all the evildoers from the city of the LORD. Alleluia.

## Psalm 110

<A Psalm of David.>

<sup>1</sup> The LORD said to my Lord, "Sit at My right hand, Till I make Your enemies Your footstool." <sup>2</sup> The LORD shall send the rod of Your strength out of Zion. Rule in the midst of Your enemies! <sup>3</sup> Your people *shall be* volunteers In the day of Your power; In the beauties of holiness, from the womb of the morning, You have the dew of Your youth. <sup>4</sup> The LORD has sworn And will not relent, "You *are* a priest forever According to the order of Melchizedek." <sup>5</sup> The Lord *is* at Your right hand; He shall execute kings in the day of His wrath. <sup>6</sup> He shall judge among the nations, He shall fill *the places* with dead bodies, He shall execute the heads of many countries. <sup>7</sup> He shall



## 第九时辰的祷告



行审判，尸首就遍满各处；他要剿灭地上各处的首领。<sup>7</sup>王要喝路旁的河水，因此他必挺胸昂首。哈利路亚。

### 诗篇 111

<sup>1</sup> 你们要赞美耶和华。在正直人的议会中和大会里，我要全心称谢耶和华。<sup>2</sup> 耶和华的作为伟大，喜爱他作为的人都努力查究。<sup>3</sup> 他的作为满有尊荣和威严，他的公义永远长存。<sup>4</sup> 他使人记念他所行的奇事；耶和华有恩典，有怜悯。<sup>5</sup> 他赐粮食给敬畏他的人；他永远记念自己的约。<sup>6</sup> 他向自己的子民彰显大能的作为，把列国赐给他们为业。<sup>7</sup> 他手所作的都是诚实和公正；他的训词都是可信赖的。<sup>8</sup> 他的训词是永远确定的，是按着信实和正直制订的。<sup>9</sup> 他向自己的子民施行救赎；他命定自己的约，直到永远；他的名神圣可畏。<sup>10</sup> 敬畏耶和华是智慧的开端；凡是这样行的都是明智的。耶和华该受赞美，直到永远。哈利路亚。





## The Prayer of the Ninth Hour



drink of the brook by the wayside; Therefore He shall lift up the head. Alleluia.

### Psalm 111

<sup>1</sup> Praise the LORD! I will praise the LORD with *my* whole heart, In the assembly of the upright and *in* the congregation. <sup>2</sup> The works of the LORD *are* great, Studied by all who have pleasure in them. <sup>3</sup> His work *is* honorable and glorious, And His righteousness endures forever. <sup>4</sup> He has made His wonderful works to be remembered; The LORD *is* gracious and full of compassion. <sup>5</sup> He has given food to those who fear Him; He will ever be mindful of His covenant. <sup>6</sup> He has declared to His people the power of His works, In giving them the heritage of the nations. <sup>7</sup> The works of His hands *are* verity and justice; All His precepts *are* sure. <sup>8</sup> They stand fast forever and ever, *And are* done in truth and uprightness. <sup>9</sup> He has sent redemption to His people; He has commanded His covenant forever: Holy and awesome *is* His name. <sup>10</sup> The fear of the LORD *is* the beginning of wisdom; A good understanding have all those who do *His commandments*. His praise endures forever. Alleluia.



## 第九时辰的祷告



### 诗篇 112

<sup>1</sup> 你们要赞美耶和华。敬畏耶和华、热爱他的诫命的，这人是有福的。<sup>2</sup> 他的后裔在地上必强盛，正直人的后代必蒙福。<sup>3</sup> 他家中有财富，有金钱，他的仁义存到永远。<sup>4</sup> 正直人在黑暗中有光照亮他，他满有恩慈，好怜恤，行公义。<sup>5</sup> 恩待人，借贷给别人，按公正处理自己事务的，这人必享福乐。<sup>6</sup> 因为他永远不会动摇，义人必永远被纪念。<sup>7</sup> 他必不因坏消息惧怕；他的心坚定，倚靠耶和华。<sup>8</sup> 他的心坚决，毫不惧怕，直到他看见他的敌人遭报。<sup>9</sup> 他广施钱财，赍济穷人；他的仁义存到永远；他的角必被高举，大有荣耀。<sup>10</sup> 恶人看见就恼怒，他必咬牙切齿，身心耗损；恶人的心愿必幻灭。哈利路亚。

### 诗篇 113

<sup>1</sup> 你们要赞美耶和华。耶和华的仆人哪！你们要赞美，要赞美耶和华的名。<sup>2</sup> 耶和华的名是应当



## The Prayer of the Ninth Hour



### Psalm 112

<sup>1</sup> Praise the LORD! Blessed *is* the man *who* fears the LORD, *Who* delights greatly in His commandments. <sup>2</sup> His descendants will be mighty on earth; The generation of the upright will be blessed. <sup>3</sup> Wealth and riches *will be* in his house, And his righteousness endures forever. <sup>4</sup> Unto the upright there arises light in the darkness; *He is* gracious, and full of compassion, and righteous. <sup>5</sup> A good man deals graciously and lends; He will guide his affairs with discretion. <sup>6</sup> Surely he will never be shaken; The righteous will be in everlasting remembrance. <sup>7</sup> He will not be afraid of evil tidings; His heart is steadfast, trusting in the LORD. <sup>8</sup> His heart *is* established; He will not be afraid, Until he sees *his desire* upon his enemies. <sup>9</sup> He has dispersed abroad, He has given to the poor; His righteousness endures forever; His horn will be exalted with honor. <sup>10</sup> The wicked will see *it* and be grieved; He will gnash his teeth and melt away; The desire of the wicked shall perish. Alleluia.

### Psalm 113

<sup>1</sup> Praise the LORD! Praise, O servants of the LORD,



### 第九时辰的祷告



称颂的，从现在直到永远。<sup>3</sup>从日出之地到日落之处，耶和華的名都該受讚美。<sup>4</sup>耶和華高過萬國，他的榮耀超越諸天。<sup>5</sup>誰像耶和華我們的神呢？他坐在至高之處，<sup>6</sup>他俯首垂顧天上和地下的事。<sup>7</sup>他從灰塵中抬舉貧寒人，從糞堆中提拔窮乏人，<sup>8</sup>使他們和權貴同坐，就是和他子民中的權貴同坐，<sup>9</sup>他使不能生育的婦人安居家中，成了有許多兒女的快樂母親。你們要讚美耶和華。哈利路亞。

### 詩篇 116:1-9

<sup>1</sup> 我愛耶和華，因為他聽了我的聲音、我的懇求。  
<sup>2</sup> 因為他留心聽我的懇求，我一生一世要求告他。  
<sup>3</sup> 死亡的繩索纏繞着我，陰間的痛苦抓住我；我遭遇患難和愁苦。<sup>4</sup> 那時，我呼求耶和華的名，說：“耶和華啊！求你拯救我。”<sup>5</sup> 耶和華有恩典，有公義，我們的神滿有憐憫。<sup>6</sup> 耶和華保護愚蒙人，我落到卑微的地步，他拯救了我。<sup>7</sup> 我的心哪！你要回復安寧，因為耶和華用厚恩待你。



## The Prayer of the Ninth Hour



Praise the name of the LORD! <sup>2</sup> Blessed be the name of the LORD From this time forth and forevermore! <sup>3</sup> From the rising of the sun to its going down The LORD'S name *is* to be praised. <sup>4</sup> The LORD *is* high above all nations, His glory above the heavens. <sup>5</sup> Who *is* like the LORD our God, Who dwells on high, <sup>6</sup> Who humbles Himself to behold *The things that are* in the heavens and in the earth? <sup>7</sup> He raises the poor out of the dust, *And* lifts the needy out of the ash heap, <sup>8</sup> That He may seat *him* with princes-- With the princes of His people. <sup>9</sup> He grants the barren woman a home, Like a joyful mother of children. Praise the LORD! Alleluia.

### Psalm 116:1-9

<sup>1</sup> I love the LORD, because He has heard My voice *and* my supplications. <sup>2</sup> Because He has inclined His ear to me, Therefore I will call *upon Him* as long as I live. <sup>3</sup> The pains of death surrounded me, And the pangs of Sheol laid hold of me; I found trouble and sorrow. <sup>4</sup> Then I called upon the name of the LORD: "O LORD, I implore You, deliver my soul!" <sup>5</sup> Gracious *is* the LORD, and righteous; Yes, our God *is* merciful. <sup>6</sup> The LORD preserves the simple; I was brought



## 第九时辰的祷告



<sup>8</sup> 主啊！你救了我的性命脱离死亡，你使我的眼睛不致流泪，使我的双脚不致跌倒。<sup>9</sup> 我要在活人之地，行在耶和华面前。哈利路亚。

### 诗篇 116:10-19

<sup>10</sup> 我虽然说：“我受了极大的痛苦”，但我仍然相信。<sup>11</sup> 我在惊惶之中曾说：“人都是说谎的。”<sup>12</sup> 我拿甚么报答耶和华向我所施的一切厚恩呢？<sup>13</sup> 我要举起救恩的杯，称扬耶和华的名。<sup>14</sup> 我要在耶和华的众民面前，向他还我所许的愿。<sup>15</sup> 在耶和华的眼中看来，圣民的死极为宝贵。<sup>16</sup> 耶和华啊！我真是你的仆人；我是你仆人，你婢女的儿子；我的锁炼你给我解开了。<sup>17</sup> 我要把感恩祭献给你，我要称扬耶和华的名。<sup>18</sup> 我要在耶和华的众民面前，向他还我所许的愿。<sup>19</sup> 耶路撒冷啊！就是在你的中间，在耶和华殿的院子里，我要还我所许的愿。你们要赞美耶和华。哈利路亚。



### The Prayer of the Ninth Hour



low, and He saved me. <sup>7</sup> Return to your rest, O my soul, For the LORD has dealt bountifully with you. <sup>8</sup> For You have delivered my soul from death, My eyes from tears, *And* my feet from falling. <sup>9</sup> I will walk before the LORD In the land of the living. Alleluia.

### Psalm 116: 10-19

<sup>10</sup> I believed, therefore I spoke, "I am greatly afflicted." <sup>11</sup> I said in my haste, "All men *are* liars." <sup>12</sup> What shall I render to the LORD *For* all His benefits toward me? <sup>13</sup> I will take up the cup of salvation, And call upon the name of the LORD. <sup>14</sup> I will pay my vows to the LORD Now in the presence of all His people. <sup>15</sup> Precious in the sight of the LORD *Is* the death of His saints. <sup>16</sup> O LORD, truly I *am* Your servant; I *am* Your servant, the son of Your maidservant; You have loosed my bonds. <sup>17</sup> I will offer to You the sacrifice of thanksgiving, And will call upon the name of the LORD. <sup>18</sup> I will pay my vows to the LORD Now in the presence of all His people, <sup>19</sup> In the courts of the LORD'S house, In the midst of you, O Jerusalem. Praise the LORD! Alleluia.



## 第九时辰的祷告



圣哉，圣哉，圣哉，一段出自圣路加福音书的章节，愿他的祝福与我们同在，阿们。

### 路加福音（9:10-17）

<sup>10</sup>使徒们回来，把他们所做的事都告诉了耶稣。耶稣就带着他们，悄悄地退往一个叫做伯赛达的城去。<sup>11</sup>可是众人知道了，就跟着他去。耶稣欢迎他们，向他们讲说有关神国的事，并且使那些需要医治的人得痊愈。<sup>12</sup>太阳开始平西的时候，十二使徒前来对耶稣说：“请遣散人群，好让他们到周围的村庄和田舍去借宿、找食物，因为我们这里是个荒僻的地方。”<sup>13</sup>但耶稣对他们说：“你们给他们吃的吧。”他们说：“我们只有五个饼和两条鱼，除非我们去为全体民众买食物。”<sup>14</sup>当时，男人就约有五千。耶稣对他的门徒们说：“叫他们分组坐下，每组的五十人。”<sup>15</sup>门徒们就如此行，叫大家都坐下。<sup>16</sup>耶稣拿起这五个饼和两条鱼，抬头望天，祝福了，然后掰开，不断递





## The Prayer of the Ninth Hour



*Holy, Holy, Holy, a chapter of the Holy Gospel according to St. Luke, may his blessings be with us all. Amen.*

### **Luke (9:10-17)**

<sup>10</sup> And the apostles, when they had returned, told Him all that they had done. Then He took them and went aside privately into a deserted place belonging to the city called Bethsaida. <sup>11</sup> But when the multitudes knew *it*, they followed Him; and He received them and spoke to them about the kingdom of God, and healed those who had need of healing. <sup>12</sup> When the day began to wear away, the twelve came and said to Him, "Send the multitude away, that they may go into the surrounding towns and country, and lodge and get provisions; for we are in a deserted place here." <sup>13</sup> But He said to them, "You give them something to eat." And they said, "We have no more than five loaves and two fish, unless we go and buy food for all these people." <sup>14</sup> For there were about five thousand men. Then He said to His disciples, "Make them sit down in groups of fifty." <sup>15</sup> And they did so, and made them all sit down. <sup>16</sup> Then He took the five loaves and the two fish, and looking up to heaven, He blessed and broke



## 第九时辰的祷告



给门徒们，让他们分给众人。<sup>17</sup>大家吃了，并且都吃饱了。他们把剩下的碎块收拾起来，装满了十二个篮子。愿荣耀归于神，直到永永远远，阿们。

愿神的话语平平安安地得以圆满：

基督啊，我们敬拜你，与你美善的圣父和圣灵，因为你的到来拯救了我们。

## 连 祷

✙ 我们身为罪人，而你却在第九时辰为了我们的缘故饱尝了肉体死亡的滋味；基督啊，我们的神，求你处死我们各样顺着肉体而生的欲望，并拯救我们。主啊，愿我的请求靠近你面前，照着你的话语赐予我智慧。愿我的祈求到达你面前，照着你的话语将我救活。[愿荣耀归于圣父、圣子和圣灵。]

✙ 主啊，正如你在第九时辰被挂在十字架之上，把灵魂交入父的手中，并带领与你一同在十字架



### The Prayer of the Ninth Hour



them, and gave *them* to the disciples to set before the multitude. <sup>17</sup> So they all ate and were filled, and twelve baskets of the leftover fragments were taken up by them. *Glory be to God forever. Amen.*

*May the saying of God be peacefully fulfilled:*

*We worship You O Christ with Your Good Father and the Holy Spirit, for You have come and saved us.*

### The Litanies

✙ O You, Who tasted death in the flesh in the ninth hour for our sake, we the sinners, put to death our carnal lusts, O Christ, our God, and deliver us. Let my supplication draw close before You, O Lord; according to Your word give me understanding. Let my petition come before Your presence; according to Your word revive me. (Δοξα Πατρι...). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ O You, who commended the spirit into the hands of the Father as You hanged on the cross, in the ninth hour, and guided the Thief who was crucified with You into entering the Paradise, do not



## 第九时辰的祷告



上被钉死的强盗进入乐园，美善的主啊，求你不要忽视我，也不要拒绝我这个迷失的人，但求你圣化我的灵魂并光照我的悟性，准许我有份于你那些神秘又赐生命的圣礼的恩典，那样当我体验到你的恩慈时，我就不知疲倦地将赞颂献给你，我渴慕你的荣耀超越一切，基督我们的主啊，求你拯救我们。[从今时直到永永远远，阿们。]

✝ 美善的主啊，你为了我们从童贞女而生，又为了我们忍受了十字架的苦难，然而你却藉着你的死亡废除了死亡，藉着你的复活显明了死人的复活，神啊，请不要向由你亲手所造的掩面，美善的主啊，请将你的爱向世人显现。求你接受你童真女母亲为我们的代求。救主啊，拯救你卑微的百姓。求你不要离弃我们直到末世，也不要永远的丢弃我们。为了亚伯拉罕、你的仆人以撒，和你的圣者以色列的缘故，请不要废除你的盟约，也不要从我们身上收回你的怜悯。[从今时直到永永远远，阿们。]



## The Prayer of the Ninth Hour



neglect me, O Good One, nor reject me, I, the lost one; but sanctify my soul and enlighten my understanding, and allow me to be a partaker of the grace of Your sacraments the life-giving mysteries; that when I taste of Your benevolences, I offer You praise without lukewarmness, longing for Your splendor above all things, O Christ our Lord, and deliver us. **(ΚΕΝΥΝ...)**. *[Now and forever and unto the ages of all ages, Amen].*

✙ O, You who was born of the Virgin for our sake, and endured crucifixion, O Good One, and abolished death by Your death, and manifested resurrection by Your resurrection, O God, do not turn away from those whom You have created with Your own hands, but manifest, O Good One, Your love for mankind. Accept the intercession of Your virgin mother on our behalf. Deliver, O Savior, a humble people. Do not leave us to the end, and do not forsake us forever. Do not break Your covenant, and do not take away from us your mercy, for the sake of Abraham, Your beloved, Isaac, Your servant, and Israel, Your saint. **(ΚΕΝΥΝ...)**. *[Now and forever and unto the ages of all ages, Amen].*



## 第九时辰的祷告



✝ 当那强盗看见生命的创始者被挂在十字架上时，就说：“与我们同钉十字架的这位，岂不是道成肉身的神么！太阳无法隐藏它的光线，大地也不会因震动而恐惧。”全能者啊，然而你却忍受了这一切，“耶稣啊，你进了你国度的时候，求你记念我。”**[愿荣耀归于圣父、圣子和圣灵。]**

✝ 美善的主啊，你既然接受了那钉在十字架上的强盗的告白，也求你接受我们这些因罪而被判死刑的人们。我们与他一同认罪，并承认你的神性，还要与他一同大声呼喊，说：“耶稣啊，你进了你国度的时候，求你记念我。”**[从今时直到永永远远，阿们。]**

✝ 当那位母亲看到羔羊和好牧人——全世界的救主，被钉在了十字架之上的时候，她就一边哭泣一边说道：“这世界因得救赎而欢喜，但我看到你在十字架之上为世人受难时，我的心就被焚烧了。”**[从今时直到永永远远，阿们。]**



## The Prayer of the Ninth Hour



✙ When the Thief saw the Prince of Life hung on the cross, he said: “Had not the One Crucified with us been God Incarnate, the sun would not hide its rays, nor would the earth have quaked trembling. But O, the Almighty One who endures all things, “remember me, O Lord, when You come into Your kingdom.” (ΔΟΞΑΠΑΤΡΙ...). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ O, You who accepted unto Him the confession of the Thief on the cross, accept us unto You, O Good One; we who deserve the sentence of death because of our sins. We all confess our sins with him, and acknowledging Your divinity, and cry out with him saying, “Remember us, O Lord, when You come into Your Kingdom.” (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].

✙ When the mother saw the Lamb and Shepherd, the Savior of the world, hung on the Cross, she said while weeping, “The world rejoices in receiving salvation, while my heart burns as I look at Your crucifixion which You are enduring for the sake of all, my Son and my God.” (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].



## 第九时辰的祷告



然后祈祷者说：

主啊，求你聆听我们，求你怜悯我们并宽恕我们的罪。阿们。“求主怜悯 (Kir-ye ley-son)” 41 次。接着说：圣哉，圣哉，圣哉……第 69 页。

让我们配得满怀感激地祈祷，说：我们在天上的父……

### 赦罪祷告

神啊，圣父啊，我们救主神耶稣基督的父啊，你藉着他的显现拯救了我们，并叫我们摆脱了仇敌的奴役，我们奉他那既当称颂又当荣耀的名来祈求你，把我们的思想从注重物质世界和属肉体的欲望之中解脱出来，让我们牢记你属天的律例，美善的主啊，请向我们显露你对人类的爱。

愿我们的祷告，特别是在这第九时辰的祷告，总是能够蒙得你的悦纳。愿我们行事为人能够配得我们所蒙的召唤，那样当我们离开这世界的时候，我们或许就会被算在敬拜你独生子，我们的





## The Prayer of the Ninth Hour



*Then the worshipper prays:*

*Lord hear us, have mercy and forgive our sins.  
Amen. ΚΥΡΙΕ ΕΛΕΗΣΟΝ (Lord have mercy) 41 times.  
Then he says: Holy, Holy, Holy...Page 70*

*Make us worthy to pray thankfully: Our Father  
Who art in heaven...*

### **ABSOLUTION**

O God, Father, the Father of our Lord, God and Savior, Jesus Christ, who, through His manifestation saved us and delivered us from the bondage of the enemy, we ask You, in His blessed and glorious name, turn our minds away from worldly cares and carnal lusts, to the remembrance of Your heavenly statutes; and reveal to us Your love for mankind, O Good One.

May our prayers at all times, and specially the prayer of this ninth hour, be favorably accepted by You. And grant us to walk worthy of the calling with which we were called, so that when we depart from this world, we may be counted with the worshippers worthy of the passions of Your Only-



## 第九时辰的祷告



主耶稣基督的受难和死亡的人当中。因此，我们便能够与那些从起初就真心讨你喜悦的众圣者们一起得获得怜悯、赦罪和救恩，直到永远。

主啊，因为你的独生子已经藉着他赐生命的十字架的权柄践踏在了仇敌之上，求你为我们废除仇敌的权势和他的一切邪恶势力。我们的主耶稣基督啊，当你被钉在十字架上时，你既接受了在你右边的强盗，也求你接受我们。正如你把光照在了那些在死荫之地的人身上，也求你把光照在我们的身上，使我们重新回到乐园。我们的上主啊，你是当受赞颂的神，愿一切得当的荣耀、尊贵、威严、主权和敬拜都归于你与你美善的圣父和圣灵，直到永远。阿们。

然后说：“**每个时辰结尾的祷告**”，第 75 页。



### **The Prayer of the Ninth Hour**



Begotten Son Jesus Christ, our Lord. Thus, we gain mercy, and forgiveness of our sins, and salvation with the choir of saints who truly pleased You since the beginning and forever.

Lord, abolish for us the power of the adversary and all his evil armies, as Your Only-Begotten Son has trampled on them by the power of His life-giving cross. Accept us unto You, O our Lord, Jesus Christ, as You accepted the Thief at Your right, while You were hung on the cross. And shine upon us as You have shone upon those who were in the darkness of Hades, and restore us all to the paradise of joy. For You, our Master, are blessed God, and unto You is due all the glory, honor, majesty, dominion, and worship, with Your good Father and the Holy Spirit, forever. Amen.

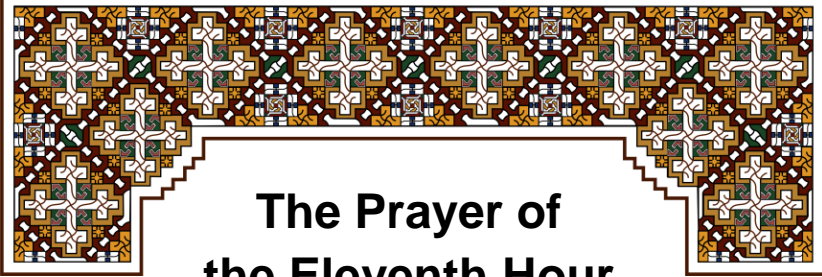
*Then say the conclusion of every hour, p.76.*



## 第十一时辰的祷告

在这个时辰，我们主耶稣基督的身体被从十字架上取下，亚利马太的约瑟和尼克迪莫带着没药和沉香的混合香料来到主身边，以犹太人的葬礼规矩，用香料膏抹，又用细麻布把遗体缠裹起来（约翰福音 19:40）。我们也同样在这个时辰里感谢神保守我们这一天的平安直到傍晚。

按照我们现在的时间，这个时辰为傍晚 5:00 点。



## **The Prayer of the Eleventh Hour**

In this Hour the body of the Lord Jesus was taken down from the cross. Joseph of Arimathea and Nicodemus came and bound it in linen clothes and anointed it with myrrh and aloes as the manner of the Jews is to bury (Joh.19:40). In this hour we also thank God for keeping us all day till we come peacefully to evening.

This Hour meets 5:00 pm, according to our present timing.



## 第十一时辰的祷告



祈祷者祈祷“每个时辰的序言”中的祷告文：

- ❖ 主祷文 第 1 页
- ❖ 感恩祷告 第 3 页
- ❖ 诗篇 51 第 7 页

然后祈祷者接着说：

以圣父、圣子和圣灵独一神的名，阿们！

求主怜悯，求主怜悯，求主赐福于我们！阿们！

愿荣耀归于圣父、圣子及圣灵，从今时直到永永远远，阿们！

这蒙福一天当中的第十一时辰的祷告是献给我的王，和我的神——基督的，恳求他宽恕我们诸多的罪孽。

通过我们的导师，先知大卫王之诗，愿他的祝福与我们同在。阿们。



## The Prayer of the Eleventh Hour



The worshipper prays the introduction of every hour:

- ❖ Our father who are in heaven... Page 2
- ❖ The thanksgiving prayer page 4
- ❖ psalm 51 page 8

Then the worshipper prays:

*In the name of the Father, and the Son, and the Holy Spirit, one God. Amen.*

*Lord have mercy (Kyrie eleyson), Lord have mercy, Lord bless; Amen.*

*Glory be to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.*

*The Prayer of the eleventh hour of this blessed day is offered to Christ my King and my God, beseeching Him to forgive us our sins.*

*From the Psalms of our teacher David the prophet and the king, may his blessings be with us all. Amen.*



## 第十一时辰的祷告



### 诗篇 117

<sup>1</sup> 万国啊！你们要赞美耶和华；万民哪！你们要颂赞他。<sup>2</sup> 他向我们所施的慈爱极大；耶和华的信实永远长存。你们要赞美耶和华。哈利路亚。

### 诗篇 118

<sup>1</sup> 你们要称谢耶和华，因他本是良善的；他的慈爱永远长存。<sup>2</sup> 愿以色列说：“他的慈爱永远长存。”<sup>3</sup> 愿亚伦家说：“他的慈爱永远长存。”<sup>4</sup> 愿敬畏耶和华的说：“他的慈爱永远长存。”<sup>5</sup> 我在急难中求告耶和华，他就应允我，使我站在宽阔之地。<sup>6</sup> 耶和华是我的帮助，我决不害怕，人能把我怎么样呢？<sup>7</sup> 耶和华是我的帮助，我必看见恨我的人遭报。<sup>8</sup> 投靠耶和华，胜过倚靠人。<sup>9</sup> 投靠耶和华，胜过倚靠王子。<sup>10</sup> 列国围困着我，我靠着耶和华的名必除灭他们。<sup>11</sup> 他们围绕着我，把我围困，我靠着耶和华的名必除灭他们。<sup>12</sup> 他





## The Prayer of the Eleventh Hour



### Psalm 117

<sup>1</sup> Praise the LORD, all you Gentiles! Laud Him, all you peoples! <sup>2</sup> For His merciful kindness is great toward us, And the truth of the LORD *endures* forever. Praise the LORD! Alleluia.

### Psalm 118

<sup>1</sup> Oh, give thanks to the LORD, for *He is* good! For His mercy *endures* forever. <sup>2</sup> Let Israel now say, "His mercy *endures* forever." <sup>3</sup> Let the house of Aaron now say, "His mercy *endures* forever." <sup>4</sup> Let those who fear the LORD now say, "His mercy *endures* forever." <sup>5</sup> I called on the LORD in distress; The LORD answered me *and set me* in a broad place. <sup>6</sup> The LORD *is* on my side; I will not fear. What can man do to me? <sup>7</sup> The LORD is for me among those who help me; Therefore I shall see *my desire* on those who hate me. <sup>8</sup> *It is* better to trust in the LORD Than to put confidence in man. <sup>9</sup> *It is* better to trust in the LORD Than to put confidence in princes. <sup>10</sup> All nations surrounded me, But in the name of the LORD I will destroy them. <sup>11</sup> They surrounded me, Yes, they surrounded me; But in the name of the



## 第十一时辰的祷告



们如同蜜蜂围绕着我，但他们要像烧荆棘的火熄灭；我靠着耶和华的名必除灭他们。<sup>13</sup> 他们极力推我，要我跌倒，耶和华却帮助了我。<sup>14</sup> 耶和华是我的力量，我的诗歌；他也成了我的拯救。<sup>15</sup> 在义人的帐棚里，有欢呼和得胜的声音，说：“耶和华的右手行了大能的事。<sup>16</sup> 耶和华的右手高高举起；耶和华的右手行了大能的事。”<sup>17</sup> 我必不至于死，我要活下去，并且要述说耶和华的作为。<sup>18</sup> 耶和华虽严厉地管教我，却没有把我置于死地。<sup>19</sup> 请你们为我打开正义的门，我要进去，称谢耶和华。<sup>20</sup> 这是耶和华的门，义人才可以进去。<sup>21</sup> 我要称谢你，因为你应允了我，又成了我的拯救。<sup>22</sup> 建筑工人所弃的石头，成了房角的主要石头；<sup>23</sup> 这是耶和华作的，在我们眼中看为希奇。<sup>24</sup> 这是耶和华所定的日子，我们要在这一日欢喜快乐。<sup>25</sup> 耶和华啊！求你施行拯救；耶和华啊！求你使我们亨通。<sup>26</sup> 奉耶和华的名来的是应



### The Prayer of the Eleventh Hour



LORD I will destroy them. <sup>12</sup> They surrounded me like bees; They were quenched like a fire of thorns; For in the name of the LORD I will destroy them. <sup>13</sup> You pushed me violently, that I might fall, But the LORD helped me. <sup>14</sup> The LORD *is* my strength and song, And He has become my salvation. <sup>15</sup> The voice of rejoicing and salvation *is* in the tents of the righteous; The right hand of the LORD does valiantly. <sup>16</sup> The right hand of the LORD is exalted; The right hand of the LORD does valiantly. <sup>17</sup> I shall not die, but live, And declare the works of the LORD. <sup>18</sup> The LORD has chastened me severely, But He has not given me over to death. <sup>19</sup> Open to me the gates of righteousness; I will go through them, *And* I will praise the LORD. <sup>20</sup> This is the gate of the LORD, Through which the righteous shall enter. <sup>21</sup> I will praise You, For You have answered me, And have become my salvation. <sup>22</sup> The stone *which* the builders rejected Has become the chief cornerstone. <sup>23</sup> This was the LORD'S doing; *It is* marvelous in our eyes. <sup>24</sup> This *is* the day the LORD has made; We will rejoice and be glad in it. <sup>25</sup> Save now, I pray, O LORD;



## 第十一时辰的祷告



当称颂的，我们从耶和华的殿中给你们祝福。

<sup>27</sup> 耶和華是 神，他光照了我们。你们要用绳索把祭牲拴住，带到祭坛的角那里。<sup>28</sup> 你是我的神，我要称谢你；你是我的 神，我要尊崇你。

<sup>29</sup> 你们要称谢耶和華，因他本是良善的；他的慈爱永远长存。哈利路亚。

## 诗篇 120

朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup> 我在急难中呼求耶和華，他就应允我。<sup>2</sup> 耶和華啊！求你救我脱离说谎的嘴唇，救我脱离诡诈的舌头。<sup>3</sup> 诡诈的舌头啊！他要给你甚么呢？他要加给你甚么呢？<sup>4</sup> 就是勇士的利箭，和罗腾木烧的炭火。<sup>5</sup> 我寄居在米设，住在基达的帐棚中，有祸了。<sup>6</sup> 我和恨恶和平的人，同住得太久。<sup>7</sup> 我希望有和平，但我一说话，他们就要争战。哈利路亚。



### The Prayer of the Eleventh Hour



O LORD, I pray, send now prosperity. <sup>26</sup> Blessed *is* he who comes in the name of the LORD! We have blessed you from the house of the LORD. <sup>27</sup> God *is* the LORD, And He has given us light; Bind the sacrifice with cords to the horns of the altar. <sup>28</sup> You *are* my God, and I will praise You; *You are* my God, I will exalt You. <sup>29</sup> Oh, give thanks to the LORD, for He is good! For His mercy endures forever. Alleluia.

### Psalm 120

<A Song of Ascents.>

<sup>1</sup> In my distress I cried to the LORD, And He heard me. <sup>2</sup> Deliver my soul, O LORD, from lying lips *And* from a deceitful tongue. <sup>3</sup> What shall be given to you, Or what shall be done to you, You false tongue? <sup>4</sup> Sharp arrows of the warrior, With coals of the broom tree! <sup>5</sup> Woe is me, that I dwell in Meshech, *That* I dwell among the tents of Kedar! <sup>6</sup> My soul has dwelt too long With one who hates peace. <sup>7</sup> I *am for* peace; But when I speak, they *are* for war. Alleluia.



## 第十一时辰的祷告 诗篇 121

朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup> 我要向群山举目，我的帮助从哪里来呢？<sup>2</sup> 我的帮助是从造天地的耶和华而来。<sup>3</sup> 他必不使你的脚滑倒；保护你的必不打盹。<sup>4</sup> 看哪！保护以色列的，必不打盹，也不睡觉。<sup>5</sup> 保护你的是耶和华，耶和华在你的右边荫庇你。<sup>6</sup> 白天太阳必不伤你，夜里月亮必不害你。<sup>7</sup> 耶和华要保护你脱离一切灾祸，他要保护你的性命。<sup>8</sup> 你出你入，耶和华要保护你，从现在直到永远。哈利路亚。

## 诗篇 122

大卫朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup> 人对我说：“我们到耶和华的殿那里去”，我就欢喜。<sup>2</sup> 耶路撒冷啊！我们的脚正站在你的门内。<sup>3</sup> 耶路撒冷被建造，好象一座结构完整的城市。<sup>4</sup> 众支派，就是耶和华的支派，都上那里去；照着以色列的定例，称颂耶和华的名。<sup>5</sup> 因为在那



## The Prayer of the Eleventh Hour



### Psalm 121

<A Song of Ascents.>

<sup>1</sup> I will lift up my eyes to the hills-- From whence comes my help? <sup>2</sup> My help *comes* from the LORD, Who made heaven and earth. <sup>3</sup> He will not allow your foot to be moved; He who keeps you will not slumber. <sup>4</sup> Behold, He who keeps Israel Shall neither slumber nor sleep. <sup>5</sup> The LORD *is* your keeper; The LORD *is* your shade at your right hand. <sup>6</sup> The sun shall not strike you by day, Nor the moon by night. <sup>7</sup> The LORD shall preserve you from all evil; He shall preserve your soul. <sup>8</sup> The LORD shall preserve your going out and your coming in From this time forth, and even forevermore. Alleluia.

### Psalm 122

<A Song of Ascents. Of David.>

<sup>1</sup> I was glad when they said to me, "Let us go into the house of the LORD." <sup>2</sup> Our feet have been standing Within your gates, O Jerusalem! <sup>3</sup> Jerusalem is built As a city that is compact together, <sup>4</sup> Where the tribes go up, The tribes of the LORD, To the Testimony of Israel, To give thanks to the name of the LORD. <sup>5</sup> For thrones are set there for



## 第十一时辰的祷告



里设有审判的宝座，就是大卫家的宝座。<sup>6</sup> 你们要为耶路撒冷求平安，说：“耶路撒冷啊！愿爱你的人都亨通。<sup>7</sup> 愿你的城墙内有平安，愿你的宫殿中有安稳。”<sup>8</sup> 为了我的兄弟和朋友的缘故，我要说：“愿你中间有平安。”<sup>9</sup> 为了耶和华我们神的殿的缘故，我要为你求福乐。哈利路亚。

## 诗篇 123

朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup> 坐在天上的主啊！我向你举目。<sup>2</sup> 仆人的眼睛怎样望着主人的手，婢女的眼睛怎样望着主母的手，我们的眼睛也照样望着耶和华我们的神，直到他向我们施恩。<sup>3</sup> 耶和华啊！求你向我们施恩，求你向我们施恩；因为我们饱受藐视，到了极点。<sup>4</sup> 我们饱受那些安逸的人的嘲笑，和骄傲的人的藐视，到了极点。哈利路亚。





### The Prayer of the Eleventh Hour



judgment, The thrones of the house of David. <sup>6</sup> Pray for the peace of Jerusalem: "May they prosper who love you. <sup>7</sup> Peace be within your walls, Prosperity within your palaces." <sup>8</sup> For the sake of my brethren and companions, I will now say, "Peace *be* within you." <sup>9</sup> Because of the house of the LORD our God I will seek your good. Alleluia.

### Psalm 123

<A Song of Ascents.>

<sup>1</sup> Unto You I lift up my eyes, O You who dwell in the heavens. <sup>2</sup> Behold, as the eyes of servants *look* to the hand of their masters, As the eyes of a maid to the hand of her mistress, So our eyes *look* to the LORD our God, Until He has mercy on us. <sup>3</sup> Have mercy on us, O LORD, have mercy on us! For we are exceedingly filled with contempt. <sup>4</sup> Our soul is exceedingly filled With the scorn of those who are at ease, With the contempt of the proud. Alleluia.



## 第十一时辰的祷告

### 诗篇 124

大卫朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup> 愿以色列人说：如果不是耶和华帮助我们，<sup>2</sup> 如果不是耶和华帮助我们；那么，人起来攻击我们，<sup>3</sup> 向我们发怒的时候，就把我们活活吞下去了。<sup>4</sup> 那时，洪水漫过我们，急流淹没我们；<sup>5</sup> 汹涌的洪水把我们淹没。<sup>6</sup> 耶和华是应当称颂的，他没有容让敌人把我们当作猎物撕裂。<sup>7</sup> 我们像雀鸟从捕鸟的人的网罗里逃脱；网罗破裂，我们就逃脱了。<sup>8</sup> 我们的帮助在于耶和华的名，他是造天地的主。哈利路亚。

### 诗篇 125

朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup> 倚靠耶和华的人好象锡安山，总不动摇，永远屹立。<sup>2</sup> 群山怎样围绕着耶路撒冷，耶和华也照样围绕着他的子民，从现在直到永远。<sup>3</sup> 恶人的



## The Prayer of the Eleventh Hour Psalm 124



<A Song of Ascents. Of David.>

<sup>1</sup> "If it had not been the LORD who was on our side," Let Israel now say-- <sup>2</sup> "If it had not been the LORD who was on our side, When men rose up against us, <sup>3</sup> Then they would have swallowed us alive, When their wrath was kindled against us; <sup>4</sup> Then the waters would have overwhelmed us, The stream would have gone over our soul; <sup>5</sup> Then the swollen waters Would have gone over our soul." <sup>6</sup> Blessed *be* the LORD, Who has not given us *as* prey to their teeth. <sup>7</sup> Our soul has escaped as a bird from the snare of the fowlers; The snare is broken, and we have escaped. <sup>8</sup> Our help *is* in the name of the LORD, Who made heaven and earth. Alleluia.

## Psalm 125

<A Song of Ascents.>

<sup>1</sup> Those who trust in the LORD *Are* like Mount Zion, *Which* cannot be moved, *but* abides forever. <sup>2</sup> As the mountains surround Jerusalem, So the LORD surrounds His people From this time forth and forever. <sup>3</sup> For the scepter of wickedness shall not



## 第十一时辰的祷告



杖不会常留在义人的地业上，免得义人伸手作恶。

<sup>4</sup> 耶和華啊！求你善待那些良善，和心里正直的人。<sup>5</sup> 至于那些偏行弯曲道路的人，耶和華必把他们和作恶的人一同除去。愿平安归于以色列。哈利路亚。

## 诗篇 126

朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup> 耶和華使被擄的人归回锡安的时候，我们好象在作梦的人。<sup>2</sup> 那时，我们满口喜笑，满舌欢呼；那时列国中有人说：“耶和華為他们行了大事。”<sup>3</sup> 耶和華為我们行了大事，我们就欢喜。<sup>4</sup> 耶和華啊，求你使我们被擄的人归回，像南地的河水复流一样。<sup>5</sup> 那些流泪撒种的，必欢呼收割。<sup>6</sup> 那带着种子流着泪出去撒种的，必带着禾捆欢呼快乐地回来。哈利路亚。



## The Prayer of the Eleventh Hour



rest On the land allotted to the righteous, Lest the righteous reach out their hands to iniquity. <sup>4</sup> Do good, O LORD, to *those who are good*, And to *those who are upright* in their hearts. <sup>5</sup> As for such as turn aside to their crooked ways, The LORD shall lead them away With the workers of iniquity. Peace *be* upon Israel! Alleluia.

## Psalm 126

<A Song of Ascents.>

<sup>1</sup> When the LORD brought back the captivity of Zion, We were like those who dream. <sup>2</sup> Then our mouth was filled with laughter, And our tongue with singing. Then they said among the nations, "The LORD has done great things for them." <sup>3</sup> The LORD has done great things for us, *And we are glad.* <sup>4</sup> Bring back our captivity, O LORD, As the streams in the South. <sup>5</sup> Those who sow in tears Shall reap in joy. <sup>6</sup> He who continually goes forth weeping, Bearing seed for sowing, Shall doubtless come again with rejoicing, Bringing his sheaves *with him.* Alleluia.



## 第十一时辰的祷告

### 诗篇 127

所罗门朝圣之歌（原文作“往上去之歌”）。

- <sup>1</sup> 如果不是耶和华建造房屋，建造的人就徒然劳苦；如果不是耶和华看守城池，看守的人就徒然警醒。<sup>2</sup> 你们清早起来，很晚才歇息，吃劳碌得来的饭，都是徒然；因为主必使他所爱的安睡。
- <sup>3</sup> 儿女是耶和华所赐的产业，腹中的胎儿是他的赏赐。<sup>4</sup> 年轻时所生的儿女，好象勇士手中的箭。
- <sup>5</sup> 箭袋装满了箭的人是有福的，他们在城门口和仇敌说话的时候，必不至于羞愧。哈利路亚。

### 诗篇 128

朝圣之歌（原文作“往上去之歌”）。

- <sup>1</sup> 敬畏耶和华，遵行他的道的人，是有福的。<sup>2</sup> 你必吃你亲手劳碌得来的，你必享福，事事顺利。
- <sup>3</sup> 你的妻子在你的内室，好象多结果子的葡萄树；你的儿女环绕着你的桌子，好象橄榄树的枝条。



## The Prayer of the Eleventh Hour



### Psalm 127

<A Song of Ascents. Of Solomon.>

<sup>1</sup> Unless the LORD builds the house, They labor in vain who build it; Unless the LORD guards the city, The watchman stays awake in vain. <sup>2</sup> *It is* vain for you to rise up early, To sit up late, To eat the bread of sorrows; *For* so He gives His beloved sleep. <sup>3</sup> Behold, children *are* a heritage from the LORD, The fruit of the womb *is* a reward. <sup>4</sup> Like arrows in the hand of a warrior, So *are* the children of one's youth. <sup>5</sup> Happy *is* the man who has his quiver full of them; They shall not be ashamed, But shall speak with their enemies in the gate. Alleluia.

### Psalm 128

<A Song of Ascents.>

<sup>1</sup> Blessed *is* every one who fears the LORD, Who walks in His ways. <sup>2</sup> When you eat the labor of your hands, You *shall be* happy, and *it shall be* well with you. <sup>3</sup> Your wife *shall be* like a fruitful vine In the very heart of your house, Your children like olive plants All around your table. <sup>4</sup> Behold, thus shall the man be blessed Who fears the LORD. <sup>5</sup> The LORD



## 第十一时辰的祷告



<sup>4</sup>看哪！敬畏耶和華的人必这样蒙福。<sup>5</sup>愿耶和華从锡安赐福给你；愿你一生一世得见耶路撒冷的繁荣。<sup>6</sup>愿你得见你儿女的儿女。愿平安归于以色列。哈利路亚。

## 诗篇 129

朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup>愿以色列说：“从我幼年以来，敌人就多次苦害我。<sup>2</sup>从我幼年以来，敌人虽然多次苦害我，却没有胜过我。<sup>3</sup>他们好象犁田的人犁在我的背上，所犁的沟甚长。<sup>4</sup>但耶和華是公义的，他砍断了恶人的绳索。”<sup>5</sup>愿所有恨恶锡安的，都蒙羞退后。<sup>6</sup>愿他们像屋顶上的草，尚未长大，就枯干了；<sup>7</sup>收割的不够一把，捆禾的不够满怀。<sup>8</sup>过路的人也不说：“愿耶和華所赐的福临到你们；我们奉耶和華的名祝福你们。” 哈利路亚。





## The Prayer of the Eleventh Hour



bles you out of Zion, And may you see the good of Jerusalem All the days of your life. <sup>6</sup> Yes, may you see your children's children. Peace *be* upon Israel! Alleluia.

## Psalm 129

<A Song of Ascents.>

<sup>1</sup> "Many a time they have afflicted me from my youth," Let Israel now say-- <sup>2</sup> "Many a time they have afflicted me from my youth; Yet they have not prevailed against me. <sup>3</sup> The plowers plowed on my back; They made their furrows long." <sup>4</sup> The LORD *is* righteous; He has cut in pieces the cords of the wicked. <sup>5</sup> Let all those who hate Zion Be put to shame and turned back. <sup>6</sup> Let them be as the grass *on* the housetops, Which withers before it grows up, <sup>7</sup> With which the reaper does not fill his hand, Nor he who binds sheaves, his arms. <sup>8</sup> Neither let those who pass by them say, "The blessing of the LORD *be* upon you; We bless you in the name of the LORD!" Alleluia.



## 第十一时辰的祷告



圣哉，圣哉，圣哉，一段出自圣路加福音书的章节，愿他的祝福与我们同在，阿们。

### 路加福音（4:38-41）

<sup>38</sup> 耶稣起身离开会堂，进了西门的家。西门的岳母正发高烧，他们就为她求耶稣。<sup>39</sup> 耶稣就站在她旁边，斥责那高烧，烧就退了。她立刻起来，服事他们。<sup>40</sup> 日落的时候，众人把患有各种疾病的人都带到耶稣那里。他按手在他们每一个人身上，使他们痊愈。<sup>41</sup> 也有鬼魔从许多人身上出来，喊叫说：“你是神的儿子！”耶稣斥责它们，不让它们说话，因为它们知道他是基督。愿荣耀归于神，直到永永远远，阿们。

愿神的话语平平安安地得以圆满：

基督啊，我们敬拜你，与你美善的圣父和圣灵，因为你的到来拯救了我们。



## The Prayer of the Eleventh Hour



*Holy, Holy, Holy, a chapter of the Holy Gospel according to St. Luke, may his blessings be with us all. Amen.*

### **Luke (4:38-41)**

<sup>38</sup> Now He arose from the synagogue and entered Simon's house. But Simon's wife's mother was sick with a high fever, and they made request of Him concerning her. <sup>39</sup> So He stood over her and rebuked the fever, and it left her. And immediately she arose and served them. <sup>40</sup> When the sun was setting, all those who had any that were sick with various diseases brought them to Him; and He laid His hands on every one of them and healed them. <sup>41</sup> And demons also came out of many, crying out and saying, "You are the Christ, the Son of God!" And He, rebuking *them*, did not allow them to speak, for they knew that He was the Christ. *Glory be to God forever. Amen.*

*May the saying of God be peacefully fulfilled:*

*We worship You O Christ with Your Good Father and the Holy Spirit, for You have come and saved us.*



## 第十一时辰的祷告

### 连 祷

✝ 如果连义人都好不容易才得救，那么我这个罪人又将会是怎样呢？由于我人性之中的软弱，我无法承受一天的劳累和炎热。然而，满有怜悯的神啊，求你我把算作是第十一时辰的同工。看啊，我母亲在罪中怀了我，我是在罪孽里生的。因此，我不敢举目望天，但我却仰仗你对人类丰盛的怜悯和慈爱，呼求说：“神啊，请宽恕我这个罪人，求你怜悯我。” [愿荣耀归于圣父、圣子和圣灵。]

✝ 救主啊，赶快向我张开你慈父般的怀抱吧，因为我把生命浪费在了享乐和欲望之中，时间已从我身边流逝了。所以我现在要仰仗你丰盛无尽的怜悯。因此，求你不要离弃一颗唯命是从又需要你怜悯的心。主啊，我卑微地向你哭喊，说：“父亲，我对天犯了罪，也在你面前犯了罪。我再也不配称为你的儿子。请把我当做你的一个雇工吧。” [从今时直到永永远远，阿们。]



## The Prayer of the Eleventh Hour The Litanies



✙ If the righteous one is scarcely saved, where shall I, the sinner, appear? The burden and heat of the day I did not endure because of the weakness of my humanity. But, O merciful God, count me with the fellows of the eleventh hour. For, behold, in iniquities I was conceived, and in sins my mother bore me. Therefore, I do not dare to lift up my eyes to Heaven; but rather, I rely on the abundance of Your mercy and love for mankind, crying out and saying, “God, forgive me, a sinner, and have mercy on me.” (Δοξα Πατρι...). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ Hasten, O Savior, to open to me the fatherly bosoms, for I wasted my life in pleasures and lusts, and the day has passed by me and vanished. Therefore, now I rely on the richness of Your never-ending compassion. So, then, do not forsake a submissive heart which is in need of Your mercy. For unto You I cry, O Lord, humbly, “Father, I have sinned against Heaven and before You, and I am no longer worthy to be called Your son, so make me as one of Your hired servants.” (Κεντην...). [*Now and forever and unto the ages of all ages, Amen*].



## 第十一时辰的祷告



✙ 我曾费尽心机又积极主动地犯罪，并且所有的罪孽都是出于我的热切渴望与锲而不舍，因此我该被定罪受苦。我们的夫人童贞女啊，求你为我预备一条悔改的路，我向你恳求，并藉着你求情，呼求你的帮助，那样我就不至于蒙羞。真新郎的纯洁无暇的新娘啊，当我的灵魂离开肉体时，求你留心听我的呼求，击败仇敌的诡计，并关闭地狱的大门，以免我的灵魂被他们吞没。[从今时直到永永远远，阿们。]

然后祈祷者说：

主啊，求你聆听我们，求你怜悯我们并宽恕我们的罪。阿们。“求主怜悯 (Kir-ye ley-son)” 41 次。接着说：圣哉，圣哉，圣哉……第 69 页。

让我们配得满怀感激地祈祷，说：我们在天上的父……



### The Prayer of the Eleventh Hour



✙ Every iniquity I did with prudence and activity, and every sin I committed with eagerness and diligence, and of all torment and judgement I am worthy. Therefore, prepare for me the ways of repentance, Our Lady the Virgin; for to you I appeal, and through you I seek intercession, and upon you I call to help me, lest I might be put to shame. And when my soul departs my body attend to me, and defeat the conspiracy of the enemies, and shut the gates of Hades, lest they might swallow my soul, O you, blameless bride of the true Bridegroom. (ΚΕΝΤΗ...). [*Now and forever and unto the ages of all ages, Amen*].

*Then the worshipper prays:*

*Lord hear us, have mercy and forgive our sins. Amen. Κυριε ελεησον (Lord have mercy) 41 times. Then he says: Holy, Holy, Holy...Page 70*

*Make us worthy to pray thankfully: Our Father Who art in heaven...*



## 第十一时辰的祷告

### 赦罪祷告

我们满有怜悯的王啊，我们感谢你让我们平安地度过了这一天，又带领我们来到了晚上，让我们配见曙光直到日落。主啊，求你接受我们现在献上的赞颂，拯救我们脱离仇敌的诡计，并打破敌人对我们设下一切的网罗。求你赐平安给这即将到来的夜晚，让我们没有痛苦、焦虑、烦躁或幻觉，那样我们就可以在安宁与贞洁中度过这一夜，并起来向你献上赞美和祈祷。因此，我们时时处处都荣耀赞美你的圣名，与你至高无上又永恒的圣父和与你同质又赐生命的圣灵，从今时直到永永远远，阿们。

然后说：“**每个时辰结尾的祷告**”，第 75 页。






## The Prayer of the Eleventh Hour **ABSOLUTION**



We thank You, our compassionate king, for You have granted us to pass this day in peace, and brought us to the evening thankfully, and made us worthy to behold daylight until evening. Lord, accept our glorification which is offered now, and save us from the trickeries of the adversary, and abolish all the snares which are set against us. Grant us, in this coming night, peace without pain, or anxiety, or unrest, or illusion; so that we may pass it in peace and chastity, and rise up for praises and prayers. And thus, at all times and everywhere, we glorify Your holy name, together with the Father, who is incomprehensible and without beginning, and the Holy Spirit, the Life-Giver, Who is in one essence with You, now and at all times, and unto the ages of all ages. Amen.

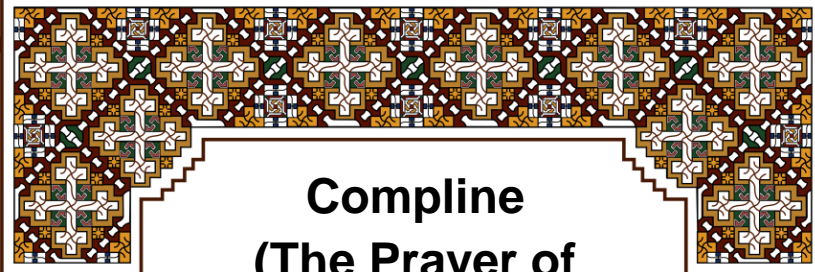
*Then say the conclusion of every hour, p.76.*



## 入睡前的祷告 (第十二时辰的祷告)

在这个时辰，我们的主，救主耶稣基督的身体被放入了墓穴（约翰福音 19:41）。我们也同样祈求主宽恕我们一切的罪孽，无论是在言行举止或思想上，还是通过一切感官所犯下的罪孽；正如第十二时辰象征着生命的埋葬那样，睡眠也被视为是暂时的死亡。

按照我们现在的时间，这个时辰为晚上 6:00 点。



## **Compline (The Prayer of the Twelfth Hour)**

In this Hour our Lord and Savior Jesus Christ was laid in the tomb (Joh.19:41). We also ask the Lord to forgive us our sins whether they were committed in deeds or in words or thoughts or through all the senses; as the twelfth hour symbolized the burial hour of our life as sleep is considered as the “minor death”.

This Hour meets 6:00 pm, according to our present timing.



## 晚祷（第十二时辰的祷告）



祈祷者祈祷“每个时辰的序言”中的祷告文：

- ❖ 主祷文 第 1 页
- ❖ 感恩祷告 第 3 页
- ❖ 诗篇 51 第 7 页

然后祈祷者接着说：

以圣父、圣子和圣灵独一神的名，阿们！

求主怜悯，求主怜悯，求主赐福于我们！阿们！

愿荣耀归于圣父、圣子及圣灵，从今时直到永永远远，阿们！

这蒙福一天当中的第十二时辰的祷告是献给我的王，和我的神——基督的，恳求他宽恕我们诸多的罪孽。

通过我们的导师，先知大卫王之诗，愿他的祝福与我们同在。阿们。



## Compline (The Prayer of the Twelfth Hour)



The worshipper prays the introduction of every hour:

- ❖ Our father who are in heaven... Page 2
- ❖ The thanksgiving prayer page 4
- ❖ psalm 51 page 8

Then the worshipper prays:

*In the name of the Father, and the Son, and the Holy Spirit, one God. Amen.*

*Lord have mercy (Kyrie eleyson), Lord have mercy, Lord bless; Amen.*

*Glory be to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.*

*The prayer of the twelfth hour of this blessed day, we offer to Christ my King and my God, beseeching Him to forgive us our sins.*

*From the Psalms of our teacher David the prophet and the king, may his blessings be with us all. Amen.*



入睡前的祷告（第十二时辰的祷告）



## 诗篇 130

朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup> 耶和華啊！我從深處向你呼求。<sup>2</sup> 主啊！求你聽我的聲音，求你留心聽我懇求的聲音。<sup>3</sup> 耶和華啊！如果你究察罪孽，主啊！誰能站立得住呢？<sup>4</sup> 但你有赦免之恩，為要使人敬畏你。<sup>5</sup> 我等候耶和華，我的心等候他，我仰望他的話。<sup>6</sup> 我的心等候主，比守夜的等候天亮還迫切，比守夜的等候天亮還迫切。<sup>7</sup> 以色列啊！你要仰望耶和華，因為耶和華有慈愛，也有豐盛的救恩。<sup>8</sup> 他必救贖以色列，脫離一切罪孽。哈利路亞。

## 诗篇 131

大衛朝聖之歌（原文作“往上行之歌”）。

<sup>1</sup> 耶和華啊！我的心不驕傲，我的眼不自高；重大和超過我能力的事，我都不敢作。<sup>2</sup> 我的心平靜安穩，像斷過奶的孩子躺在他母親的懷中，我的心在我裡面真像斷過奶的孩子。<sup>3</sup> 以色列啊！你要仰望耶和華，從現在直到永遠。哈利路亞。



## Compline (The Prayer of the Twelfth Hour)



### Psalm 130

<A Song of Ascents.>

<sup>1</sup> Out of the depths I have cried to You, O LORD; <sup>2</sup> Lord, hear my voice! Let Your ears be attentive To the voice of my supplications. <sup>3</sup> If You, LORD, should mark iniquities, O Lord, who could stand? <sup>4</sup> But *there is* forgiveness with You, That You may be feared. <sup>5</sup> I wait for the LORD, my soul waits, And in His word I do hope. <sup>6</sup> My soul *waits* for the Lord More than those who watch for the morning-- Yes, *more than* those who watch for the morning. <sup>7</sup> O Israel, hope in the LORD; For with the LORD *there is* mercy, And with Him *is* abundant redemption. <sup>8</sup> And He shall redeem Israel From all his iniquities. Alleluia.

### Psalm 131

<A Song of Ascents. Of David.>

<sup>1</sup> LORD, my heart is not haughty, Nor my eyes lofty. Neither do I concern myself with great matters, Nor with things too profound for me. <sup>2</sup> Surely I have calmed and quieted my soul, Like a weaned child with his mother; Like a weaned child *is* my soul within me. <sup>3</sup> O Israel, hope in the LORD From this time forth and forever. Alleluia.



## 入睡前的祷告（第十二时辰的祷告）



### 诗篇 132

朝圣之歌（原文作“往上去之歌”）。

<sup>1</sup> 耶和華啊！求你記念大衛，記念他的一切苦難。  
<sup>2</sup> 他怎樣向耶和華起誓，向雅各的大能者許願，  
說：<sup>3</sup>“我必不進我的家的帳棚，也必不上我的床榻。  
<sup>4</sup>我必不容我的眼睛睡覺，也不容我的眼臉打盹；  
<sup>5</sup>直到我為耶和華找着一個地方，為雅各的大能者找到居所。”<sup>6</sup>我們聽說約櫃在以法他；  
我們在雅珥的田間找到它。<sup>7</sup>“我們要進入他的居所，  
在他的腳凳前下拜。<sup>8</sup>耶和華啊，求你起來，  
求你和你有能力的約櫃同入安息的居所。<sup>9</sup>願你的祭司都披上公義，願你的聖民都歡呼。<sup>10</sup>求你因你仆人大衛的緣故，不要轉臉不理你的受膏者。”<sup>11</sup>耶和華實實在在向大衛起了誓，他必不會收回，他說：“我要從你的後裔中，立一位坐在你的王位上。<sup>12</sup>如果你的子孫謹守我的約，和我教訓他們的法度，他們的子孫也必永遠坐在你的王位上。”<sup>13</sup>因為耶和華揀選了錫安，定意把





## Compline (The Prayer of the Twelfth Hour)



### Psalm 132

<A Song of Ascents.>

<sup>1</sup> LORD, remember David *And* all his afflictions; <sup>2</sup> How he swore to the LORD, *And* vowed to the Mighty One of Jacob: <sup>3</sup> "Surely I will not go into the chamber of my house, Or go up to the comfort of my bed; <sup>4</sup> I will not give sleep to my eyes *Or* slumber to my eyelids, <sup>5</sup> Until I find a place for the LORD, A dwelling place for the Mighty One of Jacob." <sup>6</sup> Behold, we heard of it in Ephrathah; We found it in the fields of the woods. <sup>7</sup> Let us go into His tabernacle; Let us worship at His footstool. <sup>8</sup> Arise, O LORD, to Your resting place, You and the ark of Your strength. <sup>9</sup> Let Your priests be clothed with righteousness, And let Your saints shout for joy. <sup>10</sup> For Your servant David's sake, Do not turn away the face of Your Anointed. <sup>11</sup> The LORD has sworn *in* truth to David; He will not turn from it: "I will set upon your throne the fruit of your body. <sup>12</sup> If your sons will keep My covenant And My testimony which I shall teach them, Their sons also shall sit upon your throne forevermore." <sup>13</sup> For the LORD



## 入睡前的祷告（第十二时辰的祷告）



它当作自己的居所。他说：<sup>14</sup>“这是我永远安息的居所；我要住在这里，因为我定意这样作。<sup>15</sup>我要赐给锡安丰盛的粮食，我要使城中的穷人饱足。<sup>16</sup>我要使祭司都披上救恩，使圣民都大大欢呼。<sup>17</sup>我要在那里使大卫的角长起来，我要为我的受膏者安排明灯。<sup>18</sup>我要使他的仇敌都披上羞辱，但他的冠冕必在他头上发光。”哈利路亚。

## 诗篇 133

大卫朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup> 看哪！弟兄和睦共处，是多么的善，多么的美。  
<sup>2</sup> 这好比那珍贵的油浇在亚伦的头上，流到胡须，又从亚伦的胡须，流到他的衣领上。<sup>3</sup> 又好比黑门的甘露落在锡安的众山上，在那里有耶和华命定的福，就是永远的生命。哈利路亚。



## Compline (The Prayer of the Twelfth Hour)



has chosen Zion; He has desired *it* for His dwelling place: <sup>14</sup> "This *is* My resting place forever; Here I will dwell, for I have desired it. <sup>15</sup> I will abundantly bless her provision; I will satisfy her poor with bread. <sup>16</sup> I will also clothe her priests with salvation, And her saints shall shout aloud for joy. <sup>17</sup> There I will make the horn of David grow; I will prepare a lamp for My Anointed. <sup>18</sup> His enemies I will clothe with shame, But upon Himself His crown shall flourish." Alleluia.

### Psalm 133

<A Song of Ascents. Of David.>

<sup>1</sup> Behold, how good and how pleasant *it is* For brethren to dwell together in unity! <sup>2</sup> *It is* like the precious oil upon the head, Running down on the beard, The beard of Aaron, Running down on the edge of his garments. <sup>3</sup> *It is* like the dew of Hermon, Descending upon the mountains of Zion; For there the LORD commanded the blessing-- Life forevermore. Alleluia.



## 入睡前的祷告（第十二时辰的祷告）



### 诗篇 134

朝圣之歌（原文作“往上行之歌”）。

<sup>1</sup> 耶和华的众仆人哪！你们要称颂耶和华；夜间在耶和华殿中侍候的，你们要称颂耶和华。<sup>2</sup> 你们要向圣所举手祷告，称颂耶和华。<sup>3</sup> 愿造天地的耶和华，从锡安赐福给你们。哈利路亚。

### 诗篇 137

<sup>1</sup> 我们曾坐在巴比伦的河畔，在那里我们一想起锡安就哭了。<sup>2</sup> 我们把我们的琴挂在那里的柳树上。<sup>3</sup> 因为在那里，掳掠我们的人要我们唱歌，苦待我们的人要我们娱乐他们；他们说：“为我们唱一首锡安歌吧！”<sup>4</sup> 我们怎能在异族之地唱耶和华的歌呢？<sup>5</sup> 耶路撒冷啊！如果我忘记你，情愿我的右手忘记技巧。<sup>6</sup> 如果我不纪念你，如果我不高举耶路撒冷超过我最大的喜乐，情愿我的舌头紧贴上膛。<sup>7</sup> 耶和华啊！求你纪念以东人在耶路撒冷遭难的日子所行的，他们说：“拆毁它，



## Compline (The Prayer of the Twelfth Hour)



### Psalm 134

<A Song of Ascents.>

<sup>1</sup> Behold, bless the LORD, All *you* servants of the LORD, Who by night stand in the house of the LORD!

<sup>2</sup> Lift up your hands *in* the sanctuary, And bless the LORD. <sup>3</sup> The LORD who made heaven and earth Bless you from Zion! Alleluia.

### Psalm 137

<sup>1</sup> By the rivers of Babylon, There we sat down, yea, we wept When we remembered Zion. <sup>2</sup> We hung our harps Upon the willows in the midst of it. <sup>3</sup> For there those who carried us away captive asked of us a song, And those who plundered us *requested* mirth, *Saying*, "Sing us *one* of the songs of Zion!" <sup>4</sup> How shall we sing the LORD'S song In a foreign land?

<sup>5</sup> If I forget you, O Jerusalem, Let my right hand forget *its skill!* <sup>6</sup> If I do not remember you, Let my tongue cling to the roof of my mouth-- If I do not exalt Jerusalem Above my chief joy. <sup>7</sup> Remember, O LORD, against the sons of Edom The day of Jerusalem, Who said, "Raze *it*, raze *it*, To its very



## 入睡前的祷告（第十二时辰的祷告）



拆毁它，直拆到根基。”<sup>8</sup>将要被毁灭的巴比伦女子啊！照着你待我们的行为报复你的，那人有福了。<sup>9</sup>抓住你的婴孩摔在盘石上的，那人有福了。哈利路亚。

### 诗篇 138

大卫的诗

<sup>1</sup> 我要一心称谢你，我要在众神面前歌颂你。<sup>2</sup> 我要向你的圣殿下拜，我要因你的慈爱和信实称谢你的名；因为你使你的名和应许显为大，超过一切。<sup>3</sup> 我呼求的日子，你就应允我；你使我刚强，心里有力。<sup>4</sup> 耶和華啊！世上的君王都要称谢你，因为他们听见了你口中的言语。<sup>5</sup> 他们要歌颂耶和華的作为，因为耶和華大有榮耀。<sup>6</sup> 耶和華虽然高高在上，仍然看顾卑微的人；他却从远处认出骄傲的人。<sup>7</sup> 我虽然处身在患难之中，你仍使我存活；我仇敌的怒气，你必伸手抵挡；你的右手必拯救我。<sup>8</sup> 耶和華必成全关乎我的事；耶和



## Compline (The Prayer of the Twelfth Hour)



foundation!" <sup>8</sup> O daughter of Babylon, who are to be destroyed, Happy the one who repays you as you have served us! <sup>9</sup> Happy the one who takes and dashes Your little ones against the rock! Alleluia.

### Psalm 138

<A Psalm of David.>

<sup>1</sup> I will praise You with my whole heart; Before the gods I will sing praises to You. <sup>2</sup> I will worship toward Your holy temple, And praise Your name For Your lovingkindness and Your truth; For You have magnified Your word above all Your name. <sup>3</sup> In the day when I cried out, You answered me, *And* made me bold *with* strength in my soul. <sup>4</sup> All the kings of the earth shall praise You, O LORD, When they hear the words of Your mouth. <sup>5</sup> Yes, they shall sing of the ways of the LORD, For great *is* the glory of the LORD. <sup>6</sup> Though the LORD *is* on high, Yet He regards the lowly; But the proud He knows from afar. <sup>7</sup> Though I walk in the midst of trouble, You will revive me; You will stretch out Your hand Against the wrath of my enemies, And Your right hand will



## 入睡前的祷告（第十二时辰的祷告）



华啊！你的慈爱永远长存，求你不要离弃你手所造的。哈利路亚。

### 诗篇 141

大卫的诗

<sup>1</sup> 耶和華啊！我呼求你，求你快來幫助我；我呼求你的時候，求你留心聽我的聲音。<sup>2</sup> 愿我的祷告好象香安放在你面前；愿我的手高举好象献晚祭。<sup>3</sup> 耶和華啊！求你看守我的口，把守我的嘴。<sup>4</sup> 求你不要容我的心偏向恶事，免得我和作孽的人一同行恶，也不要使我吃他们的美食。<sup>5</sup> 愿义人击打我，这是出于慈爱；愿他责备我，这是膏我头的膏油，我的头不会拒绝。我仍要为恶人的恶行祷告。<sup>6</sup> 他们的官长被摔在山崖下的时候，他们就要听我的话，因为我的话甘美。<sup>7</sup> 他们说：“我们的骨头被抛散在墓旁，好象人犁田锄地时掘起的土块。”<sup>8</sup> 主耶和華啊！我的眼睛仰望你；我投靠你，求你不要使我丧命。<sup>9</sup> 求你保护我脱





## Compline (The Prayer of the Twelfth Hour)



save me. <sup>8</sup> The LORD will perfect *that which* concerns me; Your mercy, O LORD, *endures* forever; Do not forsake the works of Your hands. Alleluia.

### Psalm 141

<A Psalm of David.>

<sup>1</sup> LORD, I cry out to You; Make haste to me! Give ear to my voice when I cry out to You. <sup>2</sup> Let my prayer be set before You *as* incense, The lifting up of my hands *as* the evening sacrifice. <sup>3</sup> Set a guard, O LORD, over my mouth; Keep watch over the door of my lips. <sup>4</sup> Do not incline my heart to any evil thing, To practice wicked works With men who work iniquity; And do not let me eat of their delicacies. <sup>5</sup> Let the righteous strike me; *It shall be* a kindness. And let him rebuke me; *It shall be* as excellent oil; Let my head not refuse it. For still my prayer *is* against the deeds of the wicked. <sup>6</sup> Their judges are overthrown by the sides of the cliff, And they hear my words, for they are sweet. <sup>7</sup> Our bones are scattered at the mouth of the grave, As when one plows and breaks up the earth. <sup>8</sup> But my eyes *are*



## 入睡前的祷告（第十二时辰的祷告）



离恶人为我所设的网罗，和作孽的人的圈套。

<sup>10</sup>愿恶人都落在自己的网罗里，我却得以安然逃脱。哈利路亚。

### 诗篇 142

大卫的训诲诗，是在山洞时作的，是一篇祷告。

<sup>1</sup>我大声向耶和华呼求，高声向耶和华恳求。<sup>2</sup>我在他面前倾吐我的苦情，在他面前陈述我的患难。<sup>3</sup>我的灵在我里面软弱的时候，你知道我的道路。在我所行的路上，敌人暗设网罗陷害我。<sup>4</sup>求你向我右边观看，没有人关心我；我没有逃难的地方，也没有人照顾我。<sup>5</sup>耶和华啊！我向你呼求；我说：“你是我的避难所，是我在活人之地的业分。<sup>6</sup>求你留心听我的呼求，因为我落到极卑微的地步；求你救我脱离逼迫我的人，因为他们比我强大。<sup>7</sup>求你把我从牢狱中领出来，好让我称赞你的名；义人必环绕着我，因为你以厚恩待我。” 哈利路亚。



## Compline (The Prayer of the Twelfth Hour)



upon You, O GOD the Lord; In You I take refuge; Do not leave my soul destitute. <sup>9</sup> Keep me from the snares they have laid for me, And from the traps of the workers of iniquity. <sup>10</sup> Let the wicked fall into their own nets, While I escape safely. Alleluia.

### Psalm 142

<A Contemplation of David.

**A Prayer when he was in the cave.>**

<sup>1</sup> I cry out to the LORD with my voice; With my voice to the LORD I make my supplication. <sup>2</sup> I pour out my complaint before Him; I declare before Him my trouble. <sup>3</sup> When my spirit was overwhelmed within me, Then You knew my path. In the way in which I walk They have secretly set a snare for me. <sup>4</sup> Look on *my* right hand and see, For *there is* no one who acknowledges me; Refuge has failed me; No one cares for my soul. <sup>5</sup> I cried out to You, O LORD: I said, "You *are* my refuge, My portion in the land of the living. <sup>6</sup> Attend to my cry, For I am brought very low; Deliver me from my persecutors, For they are stronger than I. <sup>7</sup> Bring my soul out of prison, That I may praise Your name; The righteous shall surround me, For You shall deal bountifully with me." Alleluia.



## 入睡前的祷告（第十二时辰的祷告）



### 诗篇 146

<sup>1</sup> 你们要赞美耶和华。我的心哪！要赞美耶和华。  
<sup>2</sup> 我还活着的时候，我要赞美耶和华；我还在世上的时候，我要歌颂我的 神。<sup>3</sup> 你们不要倚靠权贵，不要倚靠世人，他们一点都不能救助你们。  
<sup>4</sup> 他们的气一断，就归回尘土；他们所计划的，当天就幻灭了。<sup>5</sup> 以雅各的 神为自己的帮助，仰望耶和华他的 神的，这人就是有福的。<sup>6</sup> 耶和华造天、地、海，和其中的万物；他持守信实，直到永远。<sup>7</sup> 他为受欺压的人伸冤，赐食物给饥饿的人，耶和华使被囚的得自由。<sup>8</sup> 耶和华开了瞎子的眼睛，耶和华扶起被压迫的人，耶和华喜爱义人。<sup>9</sup> 耶和华保护寄居的，扶持孤儿寡妇，却使恶人的行动挫败。<sup>10</sup> 愿耶和华作王，直到永远！锡安哪！愿你的 神作王，直到万代。你们要赞美耶和华。哈利路亚。



## Compline (The Prayer of the Twelfth Hour)



### Psalm 146

<sup>1</sup> Praise the LORD! Praise the LORD, O my soul! <sup>2</sup> While I live I will praise the LORD; I will sing praises to my God while I have my being. <sup>3</sup> Do not put your trust in princes, *Nor* in a son of man, in whom *there is* no help. <sup>4</sup> His spirit departs, he returns to his earth; In that very day his plans perish. <sup>5</sup> Happy *is he* who *has* the God of Jacob for his help, Whose hope *is* in the LORD his God, <sup>6</sup> Who made heaven and earth, The sea, and all that *is* in them; Who keeps truth forever, <sup>7</sup> Who executes justice for the oppressed, Who gives food to the hungry. The LORD gives freedom to the prisoners. <sup>8</sup> The LORD opens *the eyes of* the blind; The LORD raises those who are bowed down; The LORD loves the righteous. <sup>9</sup> The LORD watches over the strangers; He relieves the fatherless and widow; But the way of the wicked He turns upside down. <sup>10</sup> The LORD shall reign forever-- Your God, O Zion, to all generations. Praise the LORD! Alleluia.



## 入睡前的祷告（第十二时辰的祷告）



### 诗篇 147:1-11

<sup>1</sup> 你们要赞美耶和华。歌颂我们的 神，这是多么美善，赞美他，这是美好的，是合宜的。<sup>2</sup> 耶和华重建耶路撒冷，召聚被赶散的以色列人。<sup>3</sup> 他医好伤心的人，裹好他们的伤处。<sup>4</sup> 他数点星辰的数目，一一给它们起名。<sup>5</sup> 我们的主伟大，大有能力；他的智慧无法测度。<sup>6</sup> 耶和华扶持谦卑的人，却把恶人丢弃在地。<sup>7</sup> 你们要以感谢的心向耶和华歌唱，用琴向我们的 神歌颂。<sup>8</sup> 他以密云遮盖天空，为大地预备雨水，使群山长满青草。<sup>9</sup> 他把食物赐给走兽，也赐给啼叫的小乌鸦。<sup>10</sup> 他喜欢的不是马的力大，他喜悦的不是人的腿快。<sup>11</sup> 耶和华喜悦敬畏他的人，喜悦仰望他慈爱的人。哈利路亚。



## Compline (The Prayer of the Twelfth Hour)



### Psalm 147:1-11

<sup>1</sup> Praise the LORD! For *it is* good to sing praises to our God; For *it is* pleasant, *and* praise is beautiful. <sup>2</sup> The LORD builds up Jerusalem; He gathers together the outcasts of Israel. <sup>3</sup> He heals the brokenhearted And binds up their wounds. <sup>4</sup> He counts the number of the stars; He calls them all by name. <sup>5</sup> Great *is* our Lord, and mighty in power; His understanding *is* infinite. <sup>6</sup> The LORD lifts up the humble; He casts the wicked down to the ground. <sup>7</sup> Sing to the LORD with thanksgiving; Sing praises on the harp to our God, <sup>8</sup> Who covers the heavens with clouds, Who prepares rain for the earth, Who makes grass to grow on the mountains. <sup>9</sup> He gives to the beast its food, *And* to the young ravens that cry. <sup>10</sup> He does not delight in the strength of the horse; He takes no pleasure in the legs of a man. <sup>11</sup> The LORD takes pleasure in those who fear Him, In those who hope in His mercy. Alleluia.



## 入睡前的祷告（第十二时辰的祷告）



### 诗篇 147:12-20

**12** 耶路撒冷啊！你要颂赞耶和华；锡安哪！你要赞美你的 神。**13** 因为他坚固了你城门的门闩，赐福在你中间的儿女。**14** 他使你的边界平靖；用上好的麦子使你饱足。**15** 他向地发出命令，他的话迅速颁行。**16** 他降下像羊毛一样的雪，撒下像炉灰一样的霜。**17** 他抛下像碎屑一样的冰雹；面对他发出的寒冷，谁能承受得起呢？**18** 他发出命令，这一切就都融化；他使风刮起，水就流动。**19** 他把自己的话向雅各颁布，把自己的律例和典章向以色列颁布。**20** 他从没有这样对待其他国家；他们都不知道他的典章。你们要赞美耶和华。哈利路亚。





## Compline (The Prayer of the Twelfth Hour)



### Psalm 147:12-20

<sup>12</sup> Praise the LORD, O Jerusalem! Praise your God, O Zion! <sup>13</sup> For He has strengthened the bars of your gates; He has blessed your children within you. <sup>14</sup> He makes peace *in* your borders, *And* fills you with the finest wheat. <sup>15</sup> He sends out His command *to the* earth; His word runs very swiftly. <sup>16</sup> He gives snow like wool; He scatters the frost like ashes; <sup>17</sup> He casts out His hail like morsels; Who can stand before His cold? <sup>18</sup> He sends out His word and melts them; He causes His wind to blow, *and* the waters flow. <sup>19</sup> He declares His word to Jacob, His statutes and His judgments to Israel. <sup>20</sup> He has not dealt thus with any nation; *And as for His* judgments, they have not known them. Praise the LORD! Alleluia.



入睡前的祷告（第十二时辰的祷告）



圣哉，圣哉，圣哉，一段出自圣路加福音书的章节，愿他的祝福与我们同在，阿们。

### 路加福音（2:25-32）

<sup>25</sup>看哪，在耶路撒冷有一个名叫西面的人。这个人又公义又虔诚，一直期待着以色列得蒙安慰；圣灵也在他身上。<sup>26</sup>他得了圣灵的启示：自己在经历死亡以前会看见主的基督。<sup>27</sup>他受了圣灵的感动，来到圣殿。这时候，耶稣的父母抱着孩子进来，要按照律法的规矩为他办事。<sup>28</sup>西面把孩子抱在怀里，颂赞神说：<sup>29</sup>“主啊，现在可以照你的话，让你的奴仆平平安安地离去，<sup>30</sup>因为我的眼睛已经看见你的救恩，<sup>31</sup>就是你为万民所预备的：<sup>32</sup>他是启示外邦人的光，是你子民以色列的荣耀。”愿荣耀归于神，直到永永远远，阿们。

愿神的话语平平安安地得以圆满：

基督啊，我们敬拜你，与你美善的圣父和圣灵，因为你的到来拯救了我们。



## Compline (The Prayer of the Twelfth Hour)



*Holy, Holy, Holy, a chapter of the Holy Gospel according to St. Luke, may his blessings be with us all. Amen.*

### **Luke (2:25-32)**

<sup>25</sup> And behold, there was a man in Jerusalem whose name *was* Simeon, and this man *was* just and devout, waiting for the Consolation of Israel, and the Holy Spirit was upon him. <sup>26</sup> And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Christ. <sup>27</sup> So he came by the Spirit into the temple. And when the parents brought in the Child Jesus, to do for Him according to the custom of the law, <sup>28</sup> he took Him up in his arms and blessed God and said: <sup>29</sup> "Lord, now You are letting Your servant depart in peace, According to Your word; <sup>30</sup> For my eyes have seen Your salvation <sup>31</sup> Which You have prepared before the face of all peoples, <sup>32</sup> A light to *bring* revelation to the Gentiles, And the glory of Your people Israel." *Glory be to God forever. Amen.*

*May the saying of God be peacefully fulfilled:*

*We worship You O Christ with Your Good Father and the Holy Spirit, for You have come and saved us.*



## 入睡前的祷告（第十二时辰的祷告）



### 连 祷

✙ 看啊，因为我无数的罪孽，我将要战战兢兢，浑身发抖地站在公义的审判官面前。我把一生花费在享乐之中，该被定罪。既然尘土在坟墓里不会歌颂，在死人之中无人会记念，下到阴间的也不会再献上感谢。因此，我的灵魂啊，只要你还活在这世上就要悔改，从慵懶的昏睡中起来吧，并以忏悔之心恳求救主，说：“神啊，怜悯我吧，求你拯救我。” **[愿荣耀归于圣父、圣子和圣灵。]**

✙ 我的灵魂啊，你若能永远活着，这世界又将永存的话，你就有借口。但如果你的恶行和令人厌恶的罪行被暴露在公义的审判官面前，你却还躺卧在罪的床上，忽视对肉体的克制，你将如何答复呢？基督我们的神啊，我害怕站在你可敬可畏的审判座前，我屈服在你的审判席前，你神圣的光辉使我胆战心惊，我一生虽疏忽大意，躺卧



## Compline (The Prayer of the Twelfth Hour)



### The Litanies

✙ Behold, I am about to stand before the Just Judge terrified and trembling because of my many sins. For a life spent in pleasures deserves condemnation. But repent, O my soul, so long as you dwell on this earth, for inside the grave, dust does not praise. And among the dead, no one remembers, neither in hades, does anyone give thanks. Therefore arise from the slumber of laziness, and entreat the Savior, repenting and saying, “God, have mercy on me and save me.” (Αὐτὰ Πατρι...). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ If life were everlasting, and this world everlasting, you would have an excuse, O my soul. But if your wicked deeds and ugly evils were exposed before the Just Judge, what answer would you give while you are lying on the bed of sins, negligent in disciplining the flesh!? O Christ our God, before Your awesome seat of judgment I am terrified, and before Your council of judgment I submit, and from the Light of Your divine radiance I tremble, I, the wretched and defiled, who lies on my bed, negligent in my life. But I take example of the



## 入睡前的祷告（第十二时辰的祷告）



在床上，可怜又污秽，但我效法税吏捶胸说：“神啊，开恩怜悯我这个罪人。” [从今时直到永永远远，阿们。]

✝ 纯洁的童贞女啊，求你以即时的帮助来荫庇你的仆人，让波澜起伏的恶念远离我，我的灵魂已陷入沉睡，请扶起我生病的灵魂，好让她能够守夜祈祷。你是满有能力、富有同情心，又乐于助人的母亲，你是我的盼望，我的王、我的神，耶稣基督的母亲，生命之活泉水的承载者。 [从今时直到永永远远，阿们。]

### 施恩吧，主啊

施恩吧，主啊，请保守我们今夜没有过犯。耶和華啊，我们祖先的神，你是当受称颂的，还应当受到极大的称颂，愿荣耀归于你的圣名直到永远。阿们。

主啊，请照着我们对你的盼望，施怜悯给我们吧，世人的眼睛都仰望着你，因为你给他们按



### Compline (The Prayer of the Twelfth Hour)



Publican, beating my chest and saying, “O God, forgive me and have mercy on me, a sinner.” (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].

✙ O pure Virgin, overshadow your servant with your instant help, and keep the waves of evil thoughts away from me, and raise up my ailing soul for prayer and vigil, for it has gone into a deep sleep. For you are a capable, compassionate and helpful mother, the bearer of the Fountain of Life, my King and my God, Jesus Christ, my hope. (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].

### GRACIOUSLY ACCORD, O LORD

Graciously accord, O Lord, to keep us this night without sin. Blessed are You, O Lord, God of our fathers, and exceedingly blessed, and glorified be Your name forever. Amen.

Let Your mercy, O Lord, be upon us, according to our hope in You; for the eyes of everyone wait upon You, for You give them their food in due season. Hear us, O God, our Savior, the hope of all the regions of the earth. And You, O Lord, keep us



## 入睡前的祷告（第十二时辰的祷告）



时分发粮食。神啊，我们的救主，你是全世界的盼望，求你聆听我们。主啊，请保守我们永远地脱离这个世代，阿们。

主啊，你是当受赞颂的，请教导我们你的律例。主啊，你是当受赞颂的，请让我们懂得你的诫命。主啊，你是当受赞颂的，请以你的公义照亮我们。主啊，你的慈爱永远长存。主啊，你作了我世世代代的避难所，求你不要离弃你所造的。

我向主呼求说：“求你怜悯我，医治我的灵魂，因为我得罪了你。”主啊，我逃向你那里去，求你拯救我，教导我遵行你的旨意，因为你是我的神，生命的源泉在你那里。在你的光中，我们才能看见光。求你常施怜悯给认识你的人，常施公义给心里正直的人。从起初到今时直到永永远远都存在的圣父、圣子和圣灵啊，称颂是属于你的，赞美是属于你的，荣耀也是属于你的。阿们。

称谢耶和華，歌颂你至高者的名，才是好的。早晨要传扬你的慈爱，夜里也要传讲你的信实。





## **Compline (The Prayer of the Twelfth Hour)**



safe from this generation and forever. Amen.

Blessed are You, O Lord; teach me Your statutes. Blessed are You, O Lord; make me to understand Your commandments. Blessed are You, O Lord; enlighten me with Your righteousness. Your mercy, O Lord, endures forever. Despise not, O Lord, the works of Your hands, You have been my refuge from generation to generation.

I asked the Lord and said: “have mercy on me; heal my soul; for I have sinned against You.” Lord, I have fled unto You, save me, and teach me to do Your will, for You are my God, and with You is the fountain of life. In Your light shall we see light. Let Your mercy come unto those who know You, and Your righteousness unto the upright in heart. To You belongs blessing. To You belongs praise. To You belongs glory, O Father, Son and Holy Spirit, existing from the beginning, now, and forever and ever. Amen.

It is good to confess unto the Lord, and to sing praises unto Your name, O Most High; to show forth Your mercy every morning, and Your righteousness every night.



## 入睡前的祷告（第十二时辰的祷告）



然后祈祷者说：

主啊，求你聆听我们，求你怜悯我们并宽恕我们的罪。阿们。“求主怜悯（Kir-ye ley-son）”41 次。接着说：圣哉，圣哉，圣哉……第 69 页。

让我们配得满怀感激地祈祷，说：我们在天上的父……

### 赦罪祷告

因为你是美善又怜爱世人的主，为了你圣名的缘故，求你赦免和宽恕我们今天所有在言行举止和思想上，还有通过各种感官而犯下的过错。神啊，藉着你独生子，我们的主，救主神耶稣基督的恩典与怜悯，以及他对世人的爱，请赐予我们一个平安的夜晚和一个无焦无虑的睡眠，求你派守护平安的天使来保护我们脱离一切凶恶、苦难和仇敌的试探。愿一切的荣耀，尊荣和主权都归于你和你的圣子，以及赐生命又与你同质的圣灵，从今时直到永永远远。阿们。

然后说：“每个时辰结尾的祷告”，第 75 页。



## Compline (The Prayer of the Twelfth Hour)



*Then the worshipper prays:*

*Lord hear us, have mercy and forgive our sins.  
Amen. Κύριε ἐλέησον (Lord have mercy) 41 times.  
Then he says: Holy, Holy, Holy...Page 70*

*Make us worthy to pray thankfully: Our Father  
Who art in heaven...*

### ABSOLUTION

Lord, all our sins which we committed against You in this day, whether in deeds or in words or in thoughts or through all senses, please remit and forgive us, for the sake of Your holy name, as You are Good and Lover of mankind. God, grant us a peaceful night and a sleep free from all anxiety. And send us an angel of peace to protect us from every evil, and every affliction, and every temptation of the enemy; through the grace, compassion and love of mankind of Your Only-Begotten Son, our Lord, God and Savior Jesus Christ, to Whom is due, with You and with the Holy Spirit, the Life-Giver Who is of one essence with You, all glory, honor and dominion, now and forever and unto the ages of all ages. Amen.

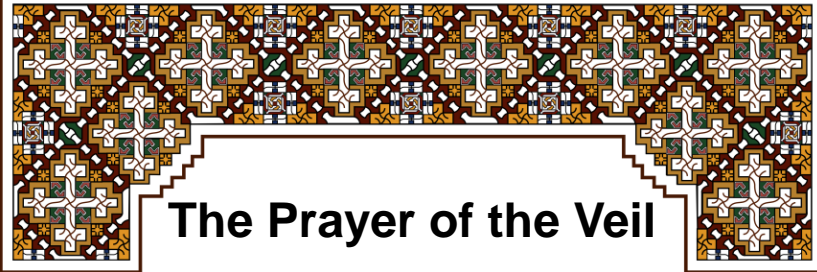
*Then say the conclusion of every hour, p.76.*



## 幔子的祷告

这部分祷告是特别为隐修士们而设定的，也同样适用于个人的默想。

在隐修院里，每天晚祷结束后，直接祈祷以下内容。



## **The Prayer of the Veil**

This prayer concerns all monastics, yet it is suitable for individual meditation.

It is prayed daily in monasteries after the Compline prayer.



## 幔子的祷告

祈祷者祈祷“每个时辰的序言”中的祷告文：

- ❖ 主祷文 第 1 页
- ❖ 感恩祷告 第 3 页
- ❖ 诗篇 51 第 7 页

然后祈祷者接着说：

以圣父、圣子和圣灵独一神的名，阿们！

求主怜悯，求主怜悯，求主赐福于我们！阿们！

愿荣耀归于圣父、圣子及圣灵，从今时直到永永远远，阿们！

这蒙福一天当中的幔子的祷告是献给我的王，和我的神——基督的，恳求他宽恕我们诸多的罪孽。

通过我们的导师，先知大卫王之诗，愿他的祝福与我们同在。阿们。



## The Prayer of the Veil



The worshipper prays the introduction of every hour:

- ❖ Our father who are in heaven... Page 2
- ❖ The thanksgiving prayer page 4
- ❖ psalm 51 page 8

Then the worshipper prays:

*In the name of the Father, and the Son, and the Holy Spirit, one God. Amen.*

*Lord have mercy (Kyrie eleyson), Lord have mercy, Lord bless; Amen.*

*Glory be to the Father, and to the Son, and to the Holy Spirit, both now and ever and unto the ages of ages. Amen.*

*The prayer of the veil of this blessed day, we offer to Christ my King and my God, beseeching Him to forgive us our sins.*

*From the Psalms of our teacher David the prophet and the king, may his blessings be with us all. Amen.*



## 幔子的祷告



诗篇序号	诗篇的开头	页码
4	我公义的神啊	21
6	耶和华啊！求你不要在烈怒中	25
13	耶和华啊！你忘记我要到几时呢	31
16	神啊！求你保守我	33
25	耶和华啊！我的心仰望你	39
27	耶和华是我的亮光	41
67	愿神恩待我们	47
70	神啊！求你搭救我	47
23	耶和华是我的牧人	81
43	神啊！求你为我伸冤	97
57	神啊，求你恩待我	121
86	耶和华啊！求你留心听我	135
91	住在至高者的隐密处的	139
93	耶和华作王	143
110	耶和华对我主说	171
116:1-9	我爱耶和华	177





## The Prayer of the Veil



<b>Psalm No.</b>	<b>Psalm's Name</b>	<b>Page</b>
4	Hear me when I call	22
6	O LORD, do not rebuke me	26
13	How long, O Lord	32
16	Preserve me, O God	34
25	To You, O Lord,	40
27	The Lord is my light	42
67	God be merciful to us	48
70	Make haste, O God	48
23	The LORD <i>is</i> my shepherd	82
43	Vindicate me, o God	98
57	Be merciful to me, O God	122
86	Bow down Your ear	136
91	He who dwells	140
93	The Lord reigns	144
110	The Lord said to my Lord	172
116: 1-9	I love the LORD	178



## 幔子的祷告

116:10-19	我虽然说：“我受了极大的痛苦”	179
121	我要向群山举目	203
129	愿以色列说	213
130	耶和華啊！我从深处向你呼求	227
131	耶和華啊！我的心不骄傲	227
132	耶和華啊！求你记念大卫	229
133	看哪！弟兄和睦共处	231
134	耶和華的众仆人哪	233
137	我们曾坐在巴比伦的河畔	233
141	耶和華啊！我呼求你	237
146	你们要赞美耶和華	241
Part 20	求你察看我的苦难	307
Part 21	领袖们无缘无故迫害我	307
Part 22	耶和華啊！愿我的呼求达到你面前	309

圣哉，圣哉，圣哉，一段出自圣约翰福音书的章节，愿他的祝福与我们同在，阿们。



## The Prayer of the Veil



116: 10-19	I believed	180
121	I will lift up my eye	204
129	Many a time	214
130	Out of the depths	228
131	O Lord, my heart	228
132	Lord, remember David	230
133	See now	232
134	Behold, how good	234
137	By the rivers of Babylon	234
141	LORD, I cry out to You	238
146	Praise the Lord	242
Part 20	Consider my affliction	308
Part 21	Princes persecute me	308
Part 22	Let my cry come before You	310

*Holy, Holy, Holy, a chapter of the Holy Gospel according to St. John, may his blessings be with us all. Amen.*



## 幔子的祷告

### 约翰福音（6:15-23）

<sup>15</sup> 耶稣看出他们要来强迫他做王，就又独自退到山上去了。<sup>16</sup> 到了晚上，他的门徒们下到湖边。

<sup>17</sup> 他们上了船，开始渡过湖往迦百农去。原来天色已经黑了，而耶稣还没有来到他们那里。

<sup>18</sup> 当时，大风吹起，湖水翻腾。<sup>19</sup> 他们已经划了约有四、五公里，看到耶稣在湖面上行走，逐渐向船靠近，他们就感到惧怕。<sup>20</sup> 耶稣对他们说：

“是我，不要怕！”<sup>21</sup> 门徒们这才愿意接他上船。船立刻就到了他们所要去的地方。<sup>22</sup> 第二天，留在湖对岸的众人，知道在那里除了一条小船之外，没有别的船；而且知道耶稣没有和他的门徒们一起上船，是门徒们自己去的。<sup>23</sup> 有几条别的小船从太巴列城来，靠近主祝谢后众人吃饼的地方。**愿荣耀归于神，直到永永远远，阿们。**



## The Prayer of the Veil John (6:15-23)

<sup>15</sup> Therefore when Jesus perceived that they were about to come and take Him by force to make Him king, He departed again to the mountain by Himself alone. <sup>16</sup> Now when evening came, His disciples went down to the sea, <sup>17</sup> got into the boat, and went over the sea toward Capernaum. And it was already dark, and Jesus had not come to them. <sup>18</sup> Then the sea arose because a great wind was blowing. <sup>19</sup> So when they had rowed about three or four miles, they saw Jesus walking on the sea and drawing near the boat; and they were afraid. <sup>20</sup> But He said to them, "It is I; do not be afraid." <sup>21</sup> Then they willingly received Him into the boat, and immediately the boat was at the land where they were going. <sup>22</sup> On the following day, when the people who were standing on the other side of the sea saw that there was no other boat there, except that one which His disciples had entered, and that Jesus had not entered the boat with His disciples, but His disciples had gone away alone-- <sup>23</sup> however, other boats came from Tiberias, near the place where they ate bread after the Lord had given thanks. *Glory be to God forever. Amen.*



## 幔子的祷告

愿神的话语平平安安地得以圆满：

基督啊，我们敬拜你，与你美善的圣父和圣灵，因为你的到来拯救了我们。

## 连 祷

✝ 主啊，你知道我的仇敌有多么的机警，我的造物主啊，你也知道我的软弱。为此，我把我的灵魂交入你手中。请以你美善的翅膀来遮蔽我，以免我沉睡至死。求你用你的伟大话语使我的眼睛明亮，请让我随时起来赞颂你，因为只有你是美善又怜爱世人的。[愿荣耀归于圣父、圣子和圣灵。]

✝ 主啊，你的审判实在令人惧怕，人们将被召集起来，天使也将站在那里，生命册将被展开，一切的行为都将被公布于众，所有的思想也都将被盘问。我的审判将是如何，我这个被罪孽缠身的人！主啊，除了你以外，有谁会扑灭我身上的火焰？有谁能照亮我的黑暗？求你怜悯我，因为



### The Prayer of the Veil



*May the saying of God be peacefully fulfilled:*

*We worship You O Christ with Your Good Father and the Holy Spirit, for You have come and saved us.*

### The Litanies

✙ Lord, You know the alertness of my enemies, and as for my weakness, You are aware of it, my Creator. Therefore, I, hereby, place my soul into Your Hands. So cover me with the wings of Your goodness, lest I might sleep till death. Enlighten my eyes by the greatness of Your sayings, and raise me up at all times for Your glorification, for You alone are good and lover of mankind. (Δοξα Πατρι...)  
[*Glory to the Father, and the Son, and the Holy Spirit*].

✙ Lord, Your judgment is dreadful; when men shall be gathered, angels shall stand, books shall be opened, deeds shall be unveiled and thoughts shall be examined. What a Judgment mine will be, I who am entangled by sin?! Who would quench the flames of fire about me?! Who would enlighten my darkness, unless You, Lord?! Have mercy on me, for You are compassionate to



## 幔子的祷告



你对世人是满有怜悯的。[从今时直到永永远远，阿们。]

✝ 上帝之母啊，因为我们对你的信靠，请让我们不至蒙羞，反要得救。纯洁无暇的啊，因为我们获得了你的帮助和代求，我们就不再害怕，反而要赶走我们的仇敌并将他们驱散。总而言之，我们把你强大的帮助当作盾牌一样来守护我们。我们祈求并恳求你，还要大声向你呼求：“上帝之母啊，藉着你的代求，救救我们吧，把我们从昏暗的沉睡中唤起，好让我们能大大地荣耀神，他是从你腹中道成肉身的。” [从今时直到永永远远，阿们。]

然后祈祷者说：

主啊，求你聆听我们，求你怜悯我们并宽恕我们的罪。阿们。“求主怜悯 (Kir-ye ley-son)” 41 次。接着说：圣哉，圣哉，圣哉……第 69 页。

让我们配得满怀感激地祈祷，说：我们在天上的父……





### The Prayer of the Veil



mankind. (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].

✙ O Theotokos, because we have put our trust in you, we shall not be put to shame, but shall be saved. And because we have attained your help and intercession, O pure and perfect one, we shall not fear, but shall drive out our enemies and shall disperse them. And, in all, we take your great help to protect us as if with a shield. We ask and entreat you, crying, O Theotokos, to save us by your intercessions, and raise us up from the dark sleep, in order to powerfully glorify God Who took flesh from you. (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].

*Then the worshipper prays:*

*Lord hear us, have mercy and forgive our sins. Amen. Κυριε ελεησον (Lord have mercy) 41 times. Then he says: Holy, Holy, Holy...Page 70*

*Make us worthy to pray thankfully: Our Father Who art in heaven...*



## 幔子的祷告 赦罪祷告

主啊，上主啊，耶稣基督我们的神啊，请让我们在睡眠中得到休息，身体得到安歇，灵魂得到净化，并保护我们远离毁灭性的罪孽。愿我们的疼痛得到缓解，肉体上的高温得到镇定，身体上的焦虑得到平息。请赐予我们一个敏锐的头脑，一个谦卑的思想，一个满有美德的生命，和一张纯洁无污的床铺。无论早晚都唤醒我们来赞美你，坚守你的诫命，无时无刻不想着你的审判。让我们整夜都来赞美你，称颂你满有荣耀与光辉的圣名，与你美善的圣父，和赐生命的圣灵，从今时直到永永远远。阿们。

然后说：“**每个时辰结尾的祷告**”，第 75 页。



## The Prayer of the Veil **ABSOLUTION**

O Lord and Master, Jesus Christ our God, grant us rest in our sleep, repose of our bodies, and purity of our souls, and protect us from the darkness of devastating sin. May the pangs of pain subside, and the heat of the flesh calm down, and the turmoil of the body come to an end. Grant us an alert mind, a humble thought, a life full of virtue, and a pure and undefiled bed. Raise us up for the night and morning praises, steadfast in Your commandments, keeping in ourselves, at all times, the thought of Your judgments. Grant us to praise You the whole night; blessing Your holy name full of glory and splendor, with Your good Father, and the Holy Spirit, the Life-Giver, now and at all times and unto the ages of all ages. Amen.

*Then say the conclusion of every hour, p.76.*



## 午夜祷告

“我因你公义的典章，半夜必起来称谢你。”（诗篇 119:62）这部分祷告是为了记念我们的救主耶稣基督在圣周期间所遭受的苦难而设定的，那时他在客西马尼园祈祷了三次。



## The Midnight Prayer

“At midnight I will rise to give thanks unto thee because of thy righteous judgments” (Ps.119:62). Instituted to commemorate the three times our Savior Jesus Christ prayed in Gethsemane during His affliction on the Holy Week.



## 午夜的祷告



祈祷者祈祷“每个时辰的序言”中的祷告文：

- ❖ 主祷文 第 1 页
- ❖ 感恩祷告 第 3 页
- ❖ 诗篇 51 第 7 页

然后祈祷者接着说：

❖ 起来吧，光的儿女们啊，让我们来赞颂万军之主。愿他赐予我们灵魂的救赎。每当我们以肉身的样式站在你面前。把困倦的沉睡从我们的头脑中赶走。耶和华啊，求你使我们谨慎自制，好让我们能够懂得，如何在祷告的时候，站在你面前。我们要将得当的赞颂献给你，并为我们诸多的罪孽求得宽恕。**怜爱世人的主啊，愿荣耀归于你。**

❖ 看啊，耶和华的众仆人哪，你们当赞颂耶和华。夜间在耶和华殿中侍候的，也就是在神的圣所院中侍候的仆人。在夜间，圣徒们举起双手赞颂耶和华。创造天地的耶和华，从锡安赐福给你们。**怜爱世人的主啊，愿荣耀归于你。**



## The Midnight Prayer



The worshipper prays the introduction of every hour:

- ❖ Our father who are in heaven... Page 2
- ❖ The thanksgiving prayer page 4
- ❖ psalm 51 page 8

Then the worshipper prays:

❖ Arise, you, O children of the light, to praise the Lord of Hosts, that He may grant us the salvation of our souls. When we stand in the flesh before You, take away from our minds the sleep of forgetfulness, and grant us alertness, in order that we understand how to stand up before You at the time of prayer, and send up to You the appropriate doxology, and win the forgiveness of our many sins. *Glory to You, the Lover of mankind.*

❖ Behold, bless the Lord, O you the servants of the Lord, who stand in the house of the Lord, in the courts of the house of our God. In the nights lift up your hands unto the Holies, and bless the Lord. The Lord shall bless you out of Zion, He who made heaven and earth. *Glory to You, the Lover of mankind.*



## 午夜的祷告



❖ 愿我的呼求达到你面前，耶和华啊，求你照着你的话语赐给我智慧。愿我的恳求到达你面前，求你照着你的应许拯救我。愿我轻轻地说出赞美你的话，因为你的法规教导了我。愿我的舌头歌唱你的话，因为你所有的诫命都是公义的。愿你伸出手来帮助我，因为我选择了你的诫命。耶和华啊，我渴慕你的拯救，你的律法也是我所喜爱的。愿你的审判使我得救，让我的灵魂得以存活，我必将赞颂你。我曾像一只迷失的羔羊走入歧途，寻求你的仆人，但我没有忘记你的诫命。

愿荣耀归于圣父，圣子和圣灵。从今时直到永永远远。阿们。

愿荣耀归于圣父，圣子和圣灵。从今时直到永永远远。阿们。

愿荣耀归于你，美善又怜爱世人的主啊。向你的母亲童贞女，和你所有的圣徒们致敬。

愿荣耀归于你，圣三一啊，求你怜悯我们。





## The Midnight Prayer



❖ Let my supplication come near before You; give me understanding according to Your word. Let my petition come before You; revive me according to Your word. Let my lips flow with praise, when You have taught me Your ordinances. Let my tongue speak of Your words; for all Your commandments are righteous. Let Your hand be for saving me; for I have desired Your commandments. I have longed for Your salvation, O Lord; and Your law is my meditation. My soul shall live, and praise You; and Your judgments shall help me. I have gone astray like a lost sheep; seek Your servant; for I have not forgotten Your commandments.

Glory to the Father, and to the Son, and to the Holy Spirit, now and forever and unto the ages of all ages. Amen.

Glory to the Father, and to the Son, and to the Holy Spirit, now and forever and unto the ages of all ages, Amen.

Glory to You O the good and lover of mankind. Hail to Your mother the Virgin and to all Your Saints.



## 午夜的祷告



愿神兴起，使他的仇敌四散，叫那些恨他圣名的，从他面前逃跑。恳请照着你的旨意，成千上万倍的，又千千万万倍的，使你的百姓蒙福。耶和華啊，求你张开我的嘴唇，我的口便从此传扬出，赞美你的话。阿们。哈利路亚。



### **The Midnight Prayer**



Glory to You, O Holy Trinity; have mercy upon us.  
Let God arise, and let His enemies be dispersed; and  
let all who hate His holy name flee before His face.  
But let Your people be in blessing, thousands of  
thousands, and ten thousand times ten thousands,  
doing Your will. O Lord, You shall open my lips; and  
my mouth shall declare Your praise. Amen. Alleluia.



## 午夜的祷告——第一次事奉

这蒙福一天当中的午夜的祷告是献给我的王，和我的神——基督的，恳求他宽恕我们诸多的罪孽。

通过我们的导师，先知大卫王之诗，愿他的祝福与我们同在。阿们。



### 第一次事奉



然后敬拜者接着祈祷以下的诗篇：

诗篇序号	诗篇的开头	页码
3	耶和華啊！我的仇敵竟然這麼多	19
6	耶和華啊！求你不要在烈怒中	25
13	耶和華啊！你忘記我要到幾時呢	31
70	神啊！求你搭救我	47
86	耶和華啊！求你留心聽我	135
91	住在至高者的隱密處的	139
117	萬國啊！你們要讚美耶和華	197
118	你們要稱謝耶和華	197



## The Midnight Prayer --- The First Service



*The prayer of the midnight hour of this blessed day is offered to Christ my King and my God, beseeching Him to forgive us our sins.*

*From the Psalms of our teacher David the prophet and the king, may his blessings be with us all. Amen.*



## The First Service



The worshipper prays the following psalms:

<b>Psalm No.</b>	<b>Psalm's Name</b>	<b>Page</b>
3	LORD, how they have increased	20
6	O Lord, do not rebuke me	26
13	How long, O Lord	32
70	Make haste, O God	48
86	Bow down Your ear, O Lord	136
91	He who dwells	140
117	Praise the Lord	198
118	Oh, give thanks to the Lord	198



诗篇 119

[1] <sup>1</sup> 行为完全，遵行耶和華律法的，都是有福的。  
<sup>2</sup> 謹守他的法度，全心尋求他的，都是有福的。  
<sup>3</sup> 他們不作不義的事；他們遵行他的道。<sup>4</sup> 你曾把  
你的訓詞吩咐我們，要我們殷勤遵守。<sup>5</sup> 但愿我的  
道路堅定，為要遵守你的律例。<sup>6</sup> 我重視你  
的一切誡命，就不至於羞愧。<sup>7</sup> 我學會了你公義的  
法則，就以正直的心稱謝你。<sup>8</sup> 我必遵守你的律  
例，求你不要把我棄絕。 **憐愛世人的主啊，願榮  
耀歸于你。**

[2] <sup>9</sup> 少年人用甚么潔淨自己的行為呢？就是要  
遵守你的話。<sup>10</sup> 我一心尋求你，求你不要容我偏  
離你的誡命。<sup>11</sup> 我把你的話藏在心里，免得我得  
罪你。<sup>12</sup> 耶和華啊！你是該受稱頌的；求你把你的  
律例教導我。<sup>13</sup> 我用嘴唇傳揚從你口中所出  
的一切典章。<sup>14</sup> 我喜歡你法度定下的道路，如同喜  
歡一切財富。<sup>15</sup> 我要默想你的訓詞，重視你的道



## The Midnight Prayer --- The First Service



### Psalm 119

[1] <sup>1</sup>Blessed *are* the undefiled in the way, Who walk in the law of the LORD! <sup>2</sup> Blessed *are* those who keep His testimonies, Who seek Him with the whole heart! <sup>3</sup> They also do no iniquity; They walk in His ways. <sup>4</sup> You have commanded *us* To keep Your precepts diligently. <sup>5</sup> Oh, that my ways were directed To keep Your statutes! <sup>6</sup> Then I would not be ashamed, When I look into all Your commandments. <sup>7</sup> I will praise You with uprightness of heart, When I learn Your righteous judgments. <sup>8</sup> I will keep Your statutes; Oh, do not forsake me utterly! *Glory to You, the Lover of mankind.*

[2] <sup>9</sup>How can a young man cleanse his way? By taking heed according to Your word. <sup>10</sup> With my whole heart I have sought You; Oh, let me not wander from Your commandments! <sup>11</sup> Your word I have hidden in my heart, That I might not sin against You! <sup>12</sup> Blessed *are* You, O LORD! Teach me Your statutes! <sup>13</sup> With my lips I have declared All the judgments of Your mouth. <sup>14</sup> I have rejoiced in the way of Your testimonies, *As much as* in all riches. <sup>15</sup> I will meditate on Your precepts, And contemplate



## 午夜的祷告——第一次事奉



路。<sup>16</sup> 我喜爱你的律例，我不会忘记你的话。怜爱世人的主啊，愿荣耀归于你。

[3] <sup>17</sup> 求你恩待你的仆人，使我可以活着，也可以谨守你的话。<sup>18</sup> 求你开我的眼睛，使我能看出你律法的奇妙。<sup>19</sup> 我是在世上作寄居的，求你不要向我隐瞒你的命令。<sup>20</sup> 我常常切慕你的典章，以致我心力交瘁。<sup>21</sup> 那些受咒诅的傲慢人，和那些偏离了你诫命的人，你必斥责他们。<sup>22</sup> 求你除去我所受的羞辱和藐视，因为我遵守你的法度。<sup>23</sup> 虽有作领袖的坐着毁谤我，你的仆人却默想你的律例。<sup>24</sup> 你的法度是我的喜乐，是我的谋士。怜爱世人的主啊，愿荣耀归于你。

[4] <sup>25</sup> 我快要归回尘土，求你按着你的话把我救活过来。<sup>26</sup> 我陈明我所行的，你就应允了我；求你把你的律例教导我。<sup>27</sup> 求你使我明白你的训词，我就默想你的奇妙。<sup>28</sup> 我因愁苦而流泪，求你照着你的话使我坚强。<sup>29</sup> 求你使我离开虚谎的路，





### The Midnight Prayer --- The First Service



Your ways. <sup>16</sup> I will delight myself in Your statutes; I will not forget Your word. *Glory to You, the Lover of mankind.*

[3] <sup>17</sup> Deal bountifully with Your servant, *That* I may live and keep Your word. <sup>18</sup> Open my eyes, that I may see Wondrous things from Your law. <sup>19</sup> *I am* a stranger in the earth; Do not hide Your commandments from me. <sup>20</sup> My soul breaks with longing For Your judgments at all times. <sup>21</sup> You rebuke the proud-- the cursed, Who stray from Your commandments. <sup>22</sup> Remove from me reproach and contempt, For I have kept Your testimonies. <sup>23</sup> Princes also sit *and* speak against me, *But* Your servant meditates on Your statutes. <sup>24</sup> Your testimonies also *are* my delight *And* my counselors. *Glory to You, the Lover of mankind.*

[4] <sup>25</sup> My soul clings to the dust; Revive me according to Your word. <sup>26</sup> I have declared my ways, and You answered me; Teach me Your statutes. <sup>27</sup> Make me understand the way of Your precepts; So shall I meditate on Your wondrous works. <sup>28</sup> My soul melts from heaviness; Strengthen me according to Your word. <sup>29</sup> Remove from me the way of lying,



### 午夜的祷告——第一次事奉

施恩把你的律法赐给我。<sup>30</sup> 我拣选了信实的道路，我把你的典章摆在我面前。<sup>31</sup> 我紧守你的法度，耶和華啊！求你不要使我蒙羞。<sup>32</sup> 因为你使我的心舒畅，我就跑在你诫命的路上。怜爱世人的主啊，愿荣耀归于你。

[5] <sup>33</sup> 耶和華啊！求你把你的律例指教我，我必遵守到底。<sup>34</sup> 求你赐我悟性，我好遵守你的律法，我必一心谨守。<sup>35</sup> 求你领我走在你诫命的路上，因为这是我喜悦的。<sup>36</sup> 求你使我的心倾向你的法度，不倾向不义之财。<sup>37</sup> 求你使我转眼不看虚空的事；又使我在你的道中存活。<sup>38</sup> 求你向你的仆人实践你的诺言，就是你向敬畏你的人所应许的。<sup>39</sup> 求你使我所怕的羞辱离开我，因为你的典章都是美好的。<sup>40</sup> 我切慕你的训词，求你使我活在你的公义中。怜爱世人的主啊，愿荣耀归于你。



## The Midnight Prayer --- The First Service



And grant me Your law graciously. <sup>30</sup> I have chosen the way of truth; Your judgments I have laid *before me*. <sup>31</sup> I cling to Your testimonies; O LORD, do not put me to shame! <sup>32</sup> I will run the course of Your commandments, For You shall enlarge my heart.

*Glory to You, the Lover of mankind.*

[5] <sup>33</sup> Teach me, O LORD, the way of Your statutes, And I shall keep it *to the end*. <sup>34</sup> Give me understanding, and I shall keep Your law; Indeed, I shall observe it with *my whole heart*. <sup>35</sup> Make me walk in the path of Your commandments, For I delight in it. <sup>36</sup> Incline my heart to Your testimonies, And not to covetousness. <sup>37</sup> Turn away my eyes from looking at worthless things, *And* revive me in Your way. <sup>38</sup> Establish Your word to Your servant, Who *is devoted* to fearing You. <sup>39</sup> Turn away my reproach which I dread, For Your judgments *are good*. <sup>40</sup> Behold, I long for Your precepts; Revive me in Your righteousness. *Glory to You, the Lover of mankind.*



## 午夜的祷告——第一次事奉



[6] <sup>41</sup> 耶和華啊！愿你照着你的應許，使你的慈愛、你的救恩臨到我。<sup>42</sup> 我就有話回答那羞辱我的，因為我倚靠你的話。<sup>43</sup> 求你使真理的話總不離開我的口，因為我仰望你的典章。<sup>44</sup> 我要常常謹守你的律法，直到永遠。<sup>45</sup> 我必行在寬闊之處，因為我一向尋求你的訓詞。<sup>46</sup> 我在君王面前講論你的法度，也不以為耻。<sup>47</sup> 我要以你的誡命為樂，這些誡命是我所愛的。<sup>48</sup> 我又要向你的誡命舉手，這些誡命是我所愛的；我也要默想你的律例。憐愛世人的主啊，願榮耀歸于你。

[7] <sup>49</sup> 求你記念你向你僕人應許的話，因為你使我有盼望。<sup>50</sup> 你的應許使我存活；這就是我在困苦中的安慰。<sup>51</sup> 驕傲的人苛刻地訛謗我，我却没有偏离你的律法。<sup>52</sup> 耶和華啊！我思念你在古時賜下的典章，我就得了安慰。<sup>53</sup> 因為惡人離棄你的律法，我就非常忿怒。<sup>54</sup> 在我寄居的住所里，你的律例成了我的詩歌。<sup>55</sup> 耶和華啊！我在夜間



## The Midnight Prayer --- The First Service



[6] <sup>41</sup> Let Your mercies come also to me, O LORD--  
Your salvation according to Your word. <sup>42</sup> So shall I  
have an answer for him who reproaches me, For I  
trust in Your word. <sup>43</sup> And take not the word of truth  
utterly out of my mouth, For I have hoped in Your  
ordinances. <sup>44</sup> So shall I keep Your law continually,  
Forever and ever. <sup>45</sup> And I will walk at liberty, For I  
seek Your precepts. <sup>46</sup> I will speak of Your  
testimonies also before kings, And will not be  
ashamed. <sup>47</sup> And I will delight myself in Your  
commandments, Which I love. <sup>48</sup> My hands also I  
will lift up to Your commandments, Which I love,  
And I will meditate on Your statutes. *Glory to You,  
the Lover of mankind.*

[7] <sup>49</sup> Remember the word to Your servant, Upon  
which You have caused me to hope. <sup>50</sup> This *is* my  
comfort in my affliction, For Your word has given me  
life. <sup>51</sup> The proud have me in great derision, Yet I do  
not turn aside from Your law. <sup>52</sup> I remembered Your  
judgments of old, O LORD, And have comforted  
myself. <sup>53</sup> Indignation has taken hold of me Because  
of the wicked, who forsake Your law. <sup>54</sup> Your statutes  
have been my songs In the house of my pilgrimage.  
<sup>55</sup> I remember Your name in the night, O LORD, And



## 午夜的祷告——第一次事奉



记念你的名，我要谨守你的律法。<sup>56</sup>我这样作，是因为我遵守你的训词。怜爱世人的主啊，愿荣耀归于你。

[8] <sup>57</sup> 耶和華啊！你是我的業分，我曾說我要謹守你的話。<sup>58</sup> 我曾一心向你乞恩，愿你照着你的應許恩待我。<sup>59</sup> 我思想我所行的道路，就轉回腳步歸向你的法度。<sup>60</sup> 我趕快謹守你的命令，不敢耽延。<sup>61</sup> 惡人的繩索雖然捆绑我，我却不忘记你的律法。<sup>62</sup> 因你公義的典章，我半夜起來稱謝你。<sup>63</sup> 凡是敬畏你，謹守你訓詞的，我都與他們為友。<sup>64</sup> 耶和華啊！你的慈愛遍滿大地；求你把你的律例教導我。怜爱世人的主啊，愿荣耀归于你。

[9] <sup>65</sup> 耶和華啊！你向來照着你的話，善待你的僕人。<sup>66</sup> 求你把聰明和知識指教我，因為我信靠你的命令。<sup>67</sup> 我受苦以先，犯了錯誤；現在我謹守你的話。<sup>68</sup> 你本是良善的，你所行的也是良善的；求你把你的律例教導我。<sup>69</sup> 傲慢人用謊言中



## The Midnight Prayer --- The First Service



I keep Your law. <sup>56</sup> This has become mine, Because I kept Your precepts. *Glory to You, the Lover of mankind.*

[8] <sup>57</sup> *You are* my portion, O LORD; I have said that I would keep Your words. <sup>58</sup> I entreated Your favor with *my* whole heart; Be merciful to me according to Your word. <sup>59</sup> I thought about my ways, And turned my feet to Your testimonies. <sup>60</sup> I made haste, and did not delay To keep Your commandments. <sup>61</sup>

The cords of the wicked have bound me, *But* I have not forgotten Your law. <sup>62</sup> At midnight I will rise to give thanks to You, Because of Your righteous judgments. <sup>63</sup> *I am* a companion of all who fear You, And of those who keep Your precepts. <sup>64</sup> The earth, O LORD, is full of Your mercy; Teach me Your statutes. *Glory to You, the Lover of mankind.*

[9] <sup>65</sup> You have dealt well with Your servant, O LORD, according to Your word. <sup>66</sup> Teach me good judgment and knowledge, For I believe Your commandments.

<sup>67</sup> Before I was afflicted I went astray, *But* now I keep Your word. <sup>68</sup> *You are* good, and do good; Teach me Your statutes. <sup>69</sup> The proud have forged a lie against me, *But* I will keep Your precepts with *my*



## 午夜的祷告——第一次事奉



伤我，我却一心遵守你的训词。<sup>70</sup> 他们的心麻木如同脂油，我却喜欢你的律法。<sup>71</sup> 我受苦是对我有益的，为要使我学习你的律例。<sup>72</sup> 你口中的律法对我有益，胜过千千万万的金银。怜爱世人的主啊，愿荣耀归于你。

[10] <sup>73</sup> 你的手造了我，建立了我；求你使我有悟性，可以学习你的命令。<sup>74</sup> 愿敬畏你的人看见我就欢喜，因为我仰望你的话。<sup>75</sup> 耶和華啊！我知道你的判语是公义的，为了你的信实，你使我受苦。<sup>76</sup> 求你按着你给你仆人的应许，以你的慈爱安慰我。<sup>77</sup> 愿你的怜悯临到我，使我活着，因为我喜欢你的律法。<sup>78</sup> 愿傲慢人蒙羞，因为他们以诡诈诬蔑我；至于我，我却要默想你的训词。<sup>79</sup> 愿敬畏你、知道你法度的人，都归向我；<sup>80</sup> 愿我的心在你的律例上无可指摘，使我不至蒙羞。怜爱世人的主啊，愿荣耀归于你。





## The Midnight Prayer --- The First Service



whole heart. <sup>70</sup> Their heart is as fat as grease, *But* I delight in Your law. <sup>71</sup> *It is* good for me that I have been afflicted, That I may learn Your statutes. <sup>72</sup> The law of Your mouth *is* better to me Than thousands of *coins of gold* and silver. *Glory to You, the Lover of mankind.*

[10] <sup>73</sup> Your hands have made me and fashioned me; Give me understanding, that I may learn Your commandments. <sup>74</sup> Those who fear You will be glad when they see me, Because I have hoped in Your word. <sup>75</sup> I know, O LORD, that Your judgments *are* right, And *that* in faithfulness You have afflicted me. <sup>76</sup> Let, I pray, Your merciful kindness be for my comfort, According to Your word to Your servant. <sup>77</sup> Let Your tender mercies come to me, that I may live; For Your law *is* my delight. <sup>78</sup> Let the proud be ashamed, For they treated me wrongfully with falsehood; *But* I will meditate on Your precepts. <sup>79</sup> Let those who fear You turn to me, Those who know Your testimonies. <sup>80</sup> Let my heart be blameless regarding Your statutes, That I may not be ashamed. *Glory to You, the Lover of mankind.*



## 午夜的祷告——第一次事奉



[11] <sup>81</sup> 我渴望你的救恩以致心力衰竭，但我仍仰望你的话。<sup>82</sup> 我仰望你的应许以致眼睛昏花，我说：“你甚么时候才安慰我呢？”<sup>83</sup> 我虽然好象烟熏的皮袋，我却没有忘记你的律例。<sup>84</sup> 你仆人的日子还有多少？你甚么时候才向那些逼迫我的人施行审判呢？<sup>85</sup> 傲慢人为我掘了坑，他们就是那些不按着你律法而行的人。<sup>86</sup> 你的一切命令都是可可靠的；他们以诡诈逼迫我，求你帮助我。<sup>87</sup> 他们几乎把我从世上除灭了；至于我，我却没有离弃你的训词。<sup>88</sup> 求你照着你的慈爱使我存活，我就必谨守你口中的法度。怜爱世人的主啊，愿荣耀归于你。

[12] <sup>89</sup> 耶和華啊！你的话存到永远，坚立在天上。<sup>90</sup> 你的信实存到万代；你竖立了地，地就长存。<sup>91</sup> 天地照着你的安排存到今日，因为万有都是你的仆役。<sup>92</sup> 如果我不是喜欢你的律法，就早已在苦难中灭亡了。<sup>93</sup> 我永远不会忘记你的训词，因



## The Midnight Prayer --- The First Service



[11] <sup>81</sup> My soul faints for Your salvation, But I hope in Your word. <sup>82</sup> My eyes fail *from searching* Your word, Saying, "When will You comfort me?" <sup>83</sup> For I have become like a wineskin in smoke, *Yet* I do not forget Your statutes. <sup>84</sup> How many *are* the days of Your servant? When will You execute judgment on those who persecute me? <sup>85</sup> The proud have dug pits for me, Which *is* not according to Your law. <sup>86</sup> All Your commandments *are* faithful; They persecute me wrongfully; Help me! <sup>87</sup> They almost made an end of me on earth, But I did not forsake Your precepts. <sup>88</sup> Revive me according to Your lovingkindness, So that I may keep the testimony of Your mouth. *Glory to You, the Lover of mankind.*

[12] <sup>89</sup> Forever, O LORD, Your word is settled in heaven. <sup>90</sup> Your faithfulness *endures* to all generations; You established the earth, and it abides. <sup>91</sup> They continue this day according to Your ordinances, For all *are* Your servants. <sup>92</sup> Unless Your law *had been* my delight, I would then have perished in my affliction. <sup>93</sup> I will never forget Your precepts, For by them You have given me life. <sup>94</sup> I



## 午夜的祷告——第一次事奉



为你用这些训词使我存活。<sup>94</sup>我是属于你的，求你拯救我，因为我寻求你的训词。<sup>95</sup>恶人等待着要把我毁灭，我却思考你的法度。<sup>96</sup>我看一切圆满的事都有尽头，只有你的命令是广阔无边的。

**怜爱世人的主啊，愿荣耀归于你。**

[13] <sup>97</sup>我多么爱慕你的律法，终日不住地默想。

<sup>98</sup>你的命令使我比我的仇敌更有智慧，因为你的命令常存在我里面。<sup>99</sup>我比我所有的老师明智，因为我默想你的法度。<sup>100</sup>我比老年人更明理，因为我遵守你的训词。<sup>101</sup>我制止我的脚不走任何邪恶的路，为要谨守你的话。<sup>102</sup>我没有偏离你的典章，因为你亲自教导了我。<sup>103</sup>你的话语在我的上膛多么甜美，在我的口中比蜂蜜更甜。

<sup>104</sup>我借着你的训词，得以明白事理；因此，我恨恶一切虚谎的道。**怜爱世人的主啊，愿荣耀归于你。**



## The Midnight Prayer --- The First Service



*am* Yours, save me; For I have sought Your precepts.

<sup>95</sup> The wicked wait for me to destroy me, *But* I will consider Your testimonies. <sup>96</sup> I have seen the consummation of all perfection, *But* Your commandment *is* exceedingly broad. *Glory to You, the Lover of mankind.*

[13] <sup>97</sup> Oh, how I love Your law! It *is* my meditation all the day. <sup>98</sup> You, through Your commandments, make me wiser than my enemies; For they *are* ever with me. <sup>99</sup> I have more understanding than all my teachers, For Your testimonies *are* my meditation. <sup>100</sup> I understand more than the ancients, Because I keep Your precepts. <sup>101</sup> I have restrained my feet from every evil way, That I may keep Your word. <sup>102</sup> I have not departed from Your judgments, For You Yourself have taught me. <sup>103</sup> How sweet are Your words to my taste, *Sweeter* than honey to my mouth! <sup>104</sup> Through Your precepts I get understanding; Therefore I hate every false way. *Glory to You, the Lover of mankind.*



## 午夜的祷告——第一次事奉



[14] <sup>105</sup> 你的话是我脚前的灯，是我路上的光。  
<sup>106</sup> 我曾起誓，并且坚守誓言，我必遵守你公义的典章。<sup>107</sup> 我受苦极重；耶和華啊！求你照着你的应许使我存活。<sup>108</sup> 耶和華啊！求你悦纳我口中的甘心祭，又把你的典章教导我。<sup>109</sup> 我的性命常在危险中，我却没有忘记你的律法。  
<sup>110</sup> 恶人虽然设下陷阱要害我，我却没有偏离你的训词。<sup>111</sup> 我以你的法度为我永远的产业；因为它们是我心中的喜乐。<sup>112</sup> 我专心遵行你的律例，永不改变，遵行到底。**怜爱世人的主啊，愿荣耀归于你。**

[15] <sup>113</sup> 我恨恶心怀二意的人，我却喜爱你的律法。<sup>114</sup> 你是我的避难所，我的盾牌；我仰望你的话。<sup>115</sup> 作恶的人哪！你们离开我吧，好让我遵守我 神的命令。<sup>116</sup> 求你照着你的应许扶持我，使我存活；不要使我因仰望你而蒙羞。



## The Midnight Prayer --- The First Service



[14] <sup>105</sup> Your word *is* a lamp to my feet And a light to my path. <sup>106</sup> I have sworn and confirmed That I will keep Your righteous judgments. <sup>107</sup> I am afflicted very much; Revive me, O LORD, according to Your word. <sup>108</sup> Accept, I pray, the freewill offerings of my mouth, O LORD, And teach me Your judgments. <sup>109</sup> My life *is* continually in my hand, Yet I do not forget Your law. <sup>110</sup> The wicked have laid a snare for me, Yet I have not strayed from Your precepts. <sup>111</sup> Your testimonies I have taken as a heritage forever, For they *are* the rejoicing of my heart. <sup>112</sup> I have inclined my heart to perform Your statutes Forever, to the very end. *Glory to You, the Lover of mankind.*

[15] <sup>113</sup> I hate the double-minded, But I love Your law. <sup>114</sup> You *are* my hiding place and my shield; I hope in Your word. <sup>115</sup> Depart from me, you evildoers, For I will keep the commandments of my God! <sup>116</sup> Uphold me according to Your word, that I may live; And do not let me be ashamed of my hope. <sup>117</sup> Hold me up, and I shall be safe, And I shall observe Your statutes continually. <sup>118</sup> You reject all



## 午夜的祷告——第一次事奉



<sup>117</sup> 求你扶持我，我就必得救；我必常常重视你的律例。<sup>118</sup> 偏离你的律例的，你都把他们弃绝；他们的诡诈是徒然的。<sup>119</sup> 世上所有的恶人，你都把他们除灭，如同除去渣滓，因此我喜爱你的法度。<sup>120</sup> 我因惧怕你而战栗；我畏惧你的审判。怜爱世人的主啊，愿荣耀归于你。

[16] <sup>121</sup> 我曾秉公行义；求你不要把我撇下，交给欺压我的人。<sup>122</sup> 求你作你仆人的保证人，确保我的好处；不要容傲慢人欺压我。<sup>123</sup> 因盼望你的救恩和你公义的应许，我的眼睛都昏花了。<sup>124</sup> 求你按着你的慈爱待你的仆人，把你的律例教导我。<sup>125</sup> 我是你的仆人，求你赐我悟性，使我可以明白你的法度。<sup>126</sup> 现在是耶和華行动的时候；因为人都违犯了你的律法。<sup>127</sup> 因此我爱你的命令，胜过金子，甚至胜过精金。<sup>128</sup> 在一切事上，你所有的训词我都视为正直；我恨恶一切虚谎的道。怜爱世人的主啊，愿荣耀归于你。





## The Midnight Prayer --- The First Service



those who stray from Your statutes, For their deceit is falsehood. <sup>119</sup> You put away all the wicked of the earth *like* dross; Therefore I love Your testimonies.

<sup>120</sup> My flesh trembles for fear of You, And I am afraid of Your judgments. *Glory to You, the Lover of mankind.*

[16] <sup>121</sup> I have done justice and righteousness; Do not leave me to my oppressors. <sup>122</sup> Be surety for Your servant for good; Do not let the proud oppress me.

<sup>123</sup> My eyes fail *from seeking* Your salvation And Your righteous word. <sup>124</sup> Deal with Your servant according to Your mercy, And teach me Your statutes.

<sup>125</sup> I *am* Your servant; Give me understanding, That I may know Your testimonies.

<sup>126</sup> *It is* time for *You* to act, O LORD, *For* they have regarded Your law as void. <sup>127</sup> Therefore I love Your commandments More than gold, yes, than fine gold!

<sup>128</sup> Therefore all *Your* precepts *concerning* all *things* I consider *to be* right; I hate every false way. *Glory to You, the Lover of mankind.*



## 午夜的祷告——第一次事奉



[17] <sup>129</sup> 你的法度奇妙，所以我必遵守你的法度，  
<sup>130</sup> 你的话一解开，就发出亮光，使愚人有悟性。  
<sup>131</sup> 我张口喘气，因为我切慕你的命令。<sup>132</sup> 求你  
转向我，恩待我；像你素常对待那些爱你名的人  
那样。<sup>133</sup> 求你用你的话引导我的脚步，不容甚  
么罪孽辖制我。<sup>134</sup> 求你救赎我脱离人的欺压，  
好让我谨守你的训词。<sup>135</sup> 求你用你的脸光照你的  
仆人，把你的律例教导我。<sup>136</sup> 我的眼泪像河  
水涌流，因为人都不谨守你的律法。怜爱世人的  
主啊，愿荣耀归于你。

[18] <sup>137</sup> 耶和華啊！你是公义的，你的判词也是  
正直的。<sup>138</sup> 你以公义和至诚，命定了你的法度。  
<sup>139</sup> 我心中迫切如同火烧，因为我的敌人忘记了  
你的话。<sup>140</sup> 你的话语十分精炼，因此你的仆人  
喜爱你的话语。<sup>141</sup> 我虽然微小，被人藐视，我  
却没有忘记你的训词。<sup>142</sup> 你的公义是永远的公



## The Midnight Prayer --- The First Service



[17] <sup>129</sup> Your testimonies are wonderful; Therefore my soul keeps them. <sup>130</sup> The entrance of Your words gives light; It gives understanding to the simple. <sup>131</sup> I opened my mouth and panted, For I longed for Your commandments. <sup>132</sup> Look upon me and be merciful to me, As Your custom *is* toward those who love Your name. <sup>133</sup> Direct my steps by Your word, And let no iniquity have dominion over me. <sup>134</sup> Redeem me from the oppression of man, That I may keep Your precepts. <sup>135</sup> Make Your face shine upon Your servant, And teach me Your statutes. <sup>136</sup> Rivers of water run down from my eyes, Because *men* do not keep Your law. *Glory to You, the Lover of mankind.*

[18] <sup>137</sup> Righteous *are* You, O LORD, And upright *are* Your judgments. <sup>138</sup> Your testimonies, *which* You have commanded, *Are* righteous and very faithful. <sup>139</sup> My zeal has consumed me, Because my enemies have forgotten Your words. <sup>140</sup> Your word *is* very pure; Therefore Your servant loves it. <sup>141</sup> I *am* small and despised, *Yet* I do not forget Your precepts. <sup>142</sup> Your righteousness *is* an everlasting righteousness,



## 午夜的祷告——第一次事奉



义，你的律法是可信可靠的。<sup>143</sup>我遭遇患难和困苦，但你的命令仍是我欢喜的。<sup>144</sup>你的法度永远是公义的，求你赐我悟性，好让我存活。**怜爱世人的主啊，愿荣耀归于你。**

[19] <sup>145</sup>耶和華啊！我一心呼求你，求你應允我；我必遵守你的律例。<sup>146</sup>我向你呼求，求你救我；我必謹守你的法度。<sup>147</sup>天還未亮我就呼求救助，我所仰望的就是你的話。<sup>148</sup>我整夜睜開眼睛，為要默想你的話語。<sup>149</sup>耶和華啊！求你照著你的慈愛垂聽我的聲音，求你按著你的公正使我存活。<sup>150</sup>追求奸惡的人臨近了，他們遠離你的律法。<sup>151</sup>耶和華啊！你和我十分接近，你的一切命令都是可信可靠的。<sup>152</sup>我从你的法度早已知道，这些法度是你立定，存到永远的。**怜爱世人的主啊，愿荣耀归于你。**



## The Midnight Prayer --- The First Service



And Your law *is* truth. <sup>143</sup> Trouble and anguish have overtaken me, *Yet* Your commandments *are* my delights. <sup>144</sup> The righteousness of Your testimonies *is* everlasting; Give me understanding, and I shall live.

*Glory to You, the Lover of mankind.*

[19] <sup>145</sup> I cry out with *my* whole heart; Hear me, O LORD! I will keep Your statutes. <sup>146</sup> I cry out to You; Save me, and I will keep Your testimonies. <sup>147</sup> I rise before the dawning of the morning, And cry for help; I hope in Your word. <sup>148</sup> My eyes are awake through the *night* watches, That I may meditate on Your word. <sup>149</sup> Hear my voice according to Your lovingkindness; O LORD, revive me according to Your justice. <sup>150</sup> They draw near who follow after wickedness; They are far from Your law. <sup>151</sup> You *are* near, O LORD, And all Your commandments *are* truth. <sup>152</sup> Concerning Your testimonies, I have known of old that You have founded them forever.

*Glory to You, the Lover of mankind.*



## 午夜的祷告——第一次事奉



[20] <sup>153</sup> 求你察看我的苦难，搭救我；因为我没有忘记你的律法。<sup>154</sup> 求你为我的案件申辩，救赎我；按着你的应许使我存活。<sup>155</sup> 救恩远离恶人，因为他们不寻求你的律例。<sup>156</sup> 耶和華啊！你的怜悯浩大；求你照着你的公正使我存活。<sup>157</sup> 逼迫我的和敌挡我的很多，但我没有偏离你的法度。<sup>158</sup> 我看见诡诈的人就讨厌，因为他们不遵守你的话语。<sup>159</sup> 你看我多么爱你的训词；耶和華啊！求你按着你的慈爱使我存活。<sup>160</sup> 你的话的总纲就是真理，你一切公义的典章要存到永远。怜爱世人的主啊，愿荣耀归于你。

[21] <sup>161</sup> 领袖们无缘无故迫害我，我的心却畏惧你的话。<sup>162</sup> 我因你的话语欢喜，像得了许多战利品的人一样。<sup>163</sup> 虚伪是我憎恨厌恶的，你的律法却是我所爱的。<sup>164</sup> 我因你公义的典章，一天七次赞美你。<sup>165</sup> 喜爱你律法的必有丰盛的平



## The Midnight Prayer --- The First Service



[20] <sup>153</sup> Consider my affliction and deliver me, For I do not forget Your law. <sup>154</sup> Plead my cause and redeem me; Revive me according to Your word. <sup>155</sup>

Salvation *is* far from the wicked, For they do not seek Your statutes. <sup>156</sup> Great *are* Your tender mercies, O LORD; Revive me according to Your judgments. <sup>157</sup> Many *are* my persecutors and my

enemies, *Yet* I do not turn from Your testimonies. <sup>158</sup>

I see the treacherous, and am disgusted, Because they do not keep Your word. <sup>159</sup> Consider how I love Your precepts; Revive me, O LORD, according to Your lovingkindness. <sup>160</sup> The entirety of Your word *is*

truth, And every one of Your righteous judgments *endures* forever. *Glory to You, the Lover of*

*mankind.*

[21] <sup>161</sup> Princes persecute me without a cause, But my heart stands in awe of Your word. <sup>162</sup> I rejoice at Your word As one who finds great treasure. <sup>163</sup> I

hate and abhor lying, *But* I love Your law. <sup>164</sup> Seven times a day I praise You, Because of Your righteous judgments. <sup>165</sup> Great peace have those who love



## 午夜的祷告——第一次事奉



安，甚么都不能绊倒他们。<sup>166</sup> 耶和華啊！我要等候你的救恩，我要遵行你的命令。<sup>167</sup> 我的心謹守你的法度，這些法度是我熱愛的。<sup>168</sup> 我謹守你的訓詞和法度，因我所行的一切都在你面前。  
**憐愛世人的主啊，願榮耀歸于你。**

[22] <sup>169</sup> 耶和華啊！願我的呼求達到你面前；求你照着你的話賜我悟性。<sup>170</sup> 願我的懇求達到你面前；求你照着你的應許拯救我。<sup>171</sup> 願我的嘴唇涌出讚美的話，因為你把你的律例教導了我。<sup>172</sup> 願我的舌頭歌唱你的話語，因為你的一切命令都是公義的。<sup>173</sup> 願你的手幫助我，因為我選擇了你的訓詞。<sup>174</sup> 耶和華啊！我渴慕你的救恩，我喜歡你的律法。<sup>175</sup> 求你容我活着，可以讚美你；願你的典章幫助我。<sup>176</sup> 我像亡羊走迷了路；求你尋找你的僕人，因為我沒有忘記你的命令。  
哈利路亞。





## The Midnight Prayer --- The First Service



Your law, And nothing causes them to stumble. <sup>166</sup>

LORD, I hope for Your salvation, And I do Your commandments. <sup>167</sup> My soul keeps Your testimonies, And I love them exceedingly. <sup>168</sup> I keep Your precepts and Your testimonies, For all my ways *are* before You. *Glory to You, the Lover of mankind.*

[22] <sup>169</sup> Let my cry come before You, O LORD; Give me understanding according to Your word. <sup>170</sup> Let my supplication come before You; Deliver me according to Your word. <sup>171</sup> My lips shall utter praise, For You teach me Your statutes. <sup>172</sup> My tongue shall speak of Your word, For all Your commandments *are* righteousness. <sup>173</sup> Let Your hand become my help, For I have chosen Your precepts. <sup>174</sup> I long for Your salvation, O LORD, And Your law *is* my delight. <sup>175</sup> Let my soul live, and it shall praise You; And let Your judgments help me. <sup>176</sup> I have gone astray like a lost sheep; Seek Your servant, For I do not forget Your commandments. Alleluia.



## 午夜的祷告——第一次事奉



圣哉，圣哉，圣哉，一段出自圣马太福音书的章节，愿他的祝福与我们同在，阿们。

### 马太福音（25:1-13）

<sup>1</sup>“那时，天国好比十个童女，拿着她们的灯出去迎接新郎。<sup>2</sup>她们当中有五个是愚拙的，五个是聪明的。<sup>3</sup>那些愚拙的童女带着她们的灯，却没有带油；<sup>4</sup>而那些聪明的带着瓶子里的油，以及自己的灯。<sup>5</sup>后来新郎迟延不到，她们都打盹，睡着了。<sup>6</sup>“半夜里，有人喧嚷：‘看哪，是新郎！你们出来迎接他！’<sup>7</sup>“十个童女都醒过来，修整她们的灯。<sup>8</sup>愚拙的对聪明的说：‘请把你们的油分一点给我们，因为我们的灯要灭了。’<sup>9</sup>“但那些聪明的回答说：‘不行，绝不够我们和你们用的。你们还是到卖油的那里去，为自己买吧。’<sup>10</sup>“可是她们去买的时候，新郎就来了。那些预备好了的，与新郎一同进去赴婚宴，门就关上了。<sup>11</sup>“后来其余的童女也来了，说：‘主啊，主啊，



## The Midnight Prayer --- The First Service



*Holy, Holy, Holy, a chapter of the Holy Gospel according to St. Matthew, may his blessings be with us all. Amen.*

### **Matthew (25:1-13)**

<sup>1</sup> "Then the kingdom of heaven shall be likened to ten virgins who took their lamps and went out to meet the bridegroom. <sup>2</sup> "Now five of them were wise, and five *were* foolish. <sup>3</sup> "Those who *were* foolish took their lamps and took no oil with them, <sup>4</sup> "but the wise took oil in their vessels with their lamps. <sup>5</sup> "But while the bridegroom was delayed, they all slumbered and slept. <sup>6</sup> "And at midnight a cry was *heard*: 'Behold, the bridegroom is coming; go out to meet him!' <sup>7</sup> "Then all those virgins arose and trimmed their lamps. <sup>8</sup> "And the foolish said to the wise, 'Give us *some* of your oil, for our lamps are going out.' <sup>9</sup> "But the wise answered, saying, 'No, lest there should not be enough for us and you; but go rather to those who sell, and buy for yourselves.' <sup>10</sup> "And while they went to buy, the bridegroom came, and those who were ready went in with him to the wedding; and the door was shut. <sup>11</sup> "Afterward the other virgins came also, saying, 'Lord,



## 午夜的祷告——第一次事奉



请给我们开门！’<sup>12</sup>“但是新郎回答说：‘我确实地告诉你们：我不认识你们。’<sup>13</sup>“所以你们要警醒，因为你们不知道那日子和那时刻。愿荣耀归于神，直到永永远远，阿们。

愿神的话语平平安安地得以圆满：

基督啊，我们敬拜你，与你美善的圣父和圣灵，因为你的到来拯救了我们。

### 连 祷

✝ 看哪，新郎在半夜来了，他看见哪个仆人保持着警醒，那个仆人就有福了。但那些被他发现打盹的不配与他同去。因此，我的灵魂啊，你要当心，以免陷入沉睡，于是被逐出天国的门外。你要警醒并呼求说：“圣哉！圣哉！圣哉！神啊，为了上帝之母的缘故，请怜悯我们吧。”[愿荣耀归于圣父、圣子和圣灵。]



## The Midnight Prayer --- The First Service



Lord, open to us!' <sup>12</sup> "But he answered and said, 'Assuredly, I say to you, I do not know you.' <sup>13</sup> "Watch therefore, for you know neither the day nor the hour in which the Son of Man is coming. *Glory be to God forever. Amen.*

*May the saying of God be peacefully fulfilled:*

*We worship You O Christ with Your Good Father and the Holy Spirit, for You have come and saved us.*

## The Litanies

✙ Behold, the Bridegroom is coming at midnight, blessed is the servant whom He finds watching. But he whom He finds sleeping is unworthy of going with Him. Therefore, take heed, O my soul, that you may not fall into deep sleep, and then be cast out of the Kingdom. But watch and cry out saying "Holy, Holy, Holy are You, O God; for the sake of the Theotokos, have mercy on us." (Λοζα Πατρι...). [*Glory to the Father, and the Son, and the Holy Spirit*].



## 午夜的祷告——第一次事奉



✝ 我的灵魂啊，你要留意那个可敬可畏的日子，要振作起来，并以喜乐点亮你的油灯，因为你不知何时会有人呼喊你说：“看哪，新郎来了。”因此，我的灵魂啊，你要当心，不要陷入沉睡，以免像那五个愚拙的童女一样站在外面叩门。但是你要警醒并恳求，好让你能够带着满满的油去见主耶稣基督，愿他赐予你他真正的，又带着属天荣耀的婚宴。[从今时直到永永远远，阿们。]

✝ 童贞女上帝之母啊，你是我们救赎的保障，高大而坚不可摧的堡垒。请废除仇敌的诡计，把你仆人的悲伤化为喜乐。求你坚固我们的城，守护我们的政府官员，并为这世界的和平代求，上帝之母啊，你是我们的盼望。[从今时直到永永远远，阿们。]

✝ 天国的王，慰助者，真理的灵啊，你处处同在又充满每一个角落，你是藏有一切美物的宝库，又是生命的赐予者，求你仁慈地来到我们的身边，



## The Midnight Prayer --- The First Service



✙ O my soul, be mindful of that awesome day, and wake up and light your lamp with the oil of joy, for you do not know when the voice will call upon you saying: "Behold, the Bridegroom is coming." So, take heed, my soul, not to fall asleep, lest you stand outside knocking like the five foolish virgins. But watch, entreating that you may meet Christ the Lord with rich oil, and He may grant you the wedding of His true and heavenly glory. **(ΚΕΝΥΝ...)**. *[Now and forever and unto the ages of all ages, Amen].*

✙ You are the rampart of our salvation, O Theotokos the Virgin, the mighty and impregnable fortress. Abolish the counsel of the adversaries, and transform the sorrow of your servants into joy. Fortify our city, defend our governors, and intercede for the peace of the world; for you are our hope, O Theotokos. **(ΚΕΝΥΝ...)**. *[Now and forever and unto the ages of all ages, Amen].*

✙ O Heavenly King, the Comforter, the Spirit of truth, who is present in all places and fills all, the treasury of good things and the Life-Giver, graciously come, and dwell in us and purify us from



## 午夜的祷告——第一次事奉



并住在我们里面，洁净我们一切的污秽，美善的主啊，求你拯救我们的灵魂。[愿荣耀归于圣父、圣子和圣灵。]

✝ 救主啊，正如你曾与你的门徒们同在，又赐给他们平安一样，也求你仁慈地来到我们的身边，与我们同在，赐予我们从你而来的平安，拯救我们，并救赎我们的灵魂。[从今时直到永永远远，阿们。]

✝ 每逢我们站在圣殿里，我们被看作是站在天堂之上的。上帝之母啊，你是天堂的大门，求你向我们打开怜悯之门。[从今时直到永永远远，阿们。]

然后祈祷者说：

主啊，求你聆听我们，求你怜悯我们并宽恕我们的罪。阿们。“求主怜悯 (Kir-ye ley-son)” 41 次。接着说：圣哉，圣哉，圣哉……第 69 页。

让我们配得满怀感激地祈祷，说：我们在天上的父……





## The Midnight Prayer --- The First Service



all defilement, O Good One, and save our souls. (Δοξα Πατρι...). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ Just as You were with Your disciples, O Savior, and gave them peace, graciously come also and be with us, and grant us Your peace, and save us, and deliver our souls. (Κεντην...). [*Now and forever and unto the ages of all ages, Amen*].

✙ Whenever we stand in Your holy sanctuary, we are considered standing in heaven. O Theotokos, you are the gate of heaven, open for us the gate of mercy. (Κεντην...). [*Now and forever and unto the ages of all ages, Amen*].

*Then the worshipper prays:*

*Lord hear us, have mercy and forgive our sins. Amen. Κυριε ελεησον (Lord have mercy) 41 times. Then he says: Holy, Holy, Holy...Page70*

*Make us worthy to pray thankfully: Our Father Who art in heaven...*



午夜的祷告——第二次事奉



## 第二次事奉

敬拜者祈祷第十一时辰的祷告当中的诗篇（除诗篇 117&117 之外）第 201 页

圣哉，圣哉，圣哉，一段出自圣路加福音书的章节，愿他的祝福与我们同在，阿们。

### 路加福音（7:36-50）

<sup>36</sup> 有一个法利赛人请耶稣与他一起吃饭，耶稣就进到那法利赛人的家里坐席。<sup>37</sup> 当时，城里有一个女人，是个罪人，她知道耶稣在那法利赛人家里坐席，就拿着一个盛了香液的玉瓶来。<sup>38</sup> 她站在耶稣后面，在他的脚边哭泣，开始用泪水沾湿耶稣的脚，再用自己的头发擦干，又亲吻他的脚，用香液膏抹。<sup>39</sup> 那邀请耶稣的法利赛人看见了，心里说：“这个人如果是先知，就会知道摸他的是谁，是个什么样的女人，因为她是个



## The Midnight Prayer --- The Second Service



# The Second Service



The worshipper prays the psalms of the Eleventh Hour Prayer(except psalms 117&118) Page 202

*Holy, Holy, Holy, a chapter of the Holy Gospel according to St. Luke, may his blessings be with us all. Amen.*

### Luke (7:36-50)

<sup>36</sup> Then one of the Pharisees asked Him to eat with him. And He went to the Pharisee's house, and sat down to eat. <sup>37</sup> And behold, a woman in the city who was a sinner, when she knew that *Jesus* sat at the table in the Pharisee's house, brought an alabaster flask of fragrant oil, <sup>38</sup> and stood at His feet behind *Him* weeping; and she began to wash His feet with her tears, and wiped *them* with the hair of her head; and she kissed His feet and anointed *them* with the fragrant oil. <sup>39</sup> Now when the Pharisee who had invited Him saw *this*, he spoke to himself, saying, "This Man, if He were a prophet, would know who and what manner of woman *this is* who is touching Him, for she is a sinner." <sup>40</sup> And Jesus answered and said to him,



## 午夜的祷告——第二次事奉



罪人。”<sup>40</sup> 耶稣对他说：“西门，我有话要对你说。”西门说：“老师，请说。”<sup>41</sup> “有一个债主有两个欠债人。一个欠五百个银币，另一个欠五十个银币。<sup>42</sup> 他们无力偿还，债主就免了他们两个人的债。那么，你说他们哪一个会更爱那债主呢？”<sup>43</sup> 西门回答说：“我想是债主免债更多的一个。”耶稣说：“你判断得对。”<sup>44</sup> 于是，他转向那女人，对西门说：“你看见这个女人吗？我进了你的家，你没有给我水洗脚，但她却用泪水沾湿我的脚，又用她的头发擦干。<sup>45</sup> 你没有向我行亲吻礼，而她从我进来的时候起，就不停地亲我的脚。<sup>46</sup> 你没有用油来膏抹我的头，她却用香液膏抹我的脚。<sup>47</sup> 故此，我告诉你：她的罪孽被赦免得多，所以她爱得多；而那被赦免少的，就爱得少。”<sup>48</sup> 接着，耶稣对那女人说：“你的罪孽已经被赦免了。”<sup>49</sup> 那些与他一同坐席的人就心里想：“这个人是谁，竟然赦免罪？”<sup>50</sup> 但耶稣对那女人说：“你的信救了你，平平安安地去吧。”愿荣耀归于神，直到永永远远，阿们。



## The Midnight Prayer --- The Second Service



"Simon, I have something to say to you." So he said, "Teacher, say it." <sup>41</sup> "There was a certain creditor who had two debtors. One owed five hundred denarii, and the other fifty. <sup>42</sup> "And when they had nothing with which to repay, he freely forgave them both. Tell Me, therefore, which of them will love him more?" <sup>43</sup> Simon answered and said, "I suppose the *one* whom he forgave more." And He said to him, "You have rightly judged." <sup>44</sup> Then He turned to the woman and said to Simon, "Do you see this woman? I entered your house; you gave Me no water for My feet, but she has washed My feet with her tears and wiped *them* with the hair of her head. <sup>45</sup> "You gave Me no kiss, but this woman has not ceased to kiss My feet since the time I came in. <sup>46</sup> "You did not anoint My head with oil, but this woman has anointed My feet with fragrant oil. <sup>47</sup> "Therefore I say to you, her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, *the same* loves little." <sup>48</sup> Then He said to her, "Your sins are forgiven." <sup>49</sup> And those who sat at the table with Him began to say to themselves, "Who is this who even forgives sins?" <sup>50</sup> Then He said to the woman, "Your faith has saved you. Go in peace." *Glory be to God forever. Amen.*



## 午夜的祷告——第二次事奉



愿神的话语平平安安地得以圆满：

基督啊，我们敬拜你，与你美善的圣父和圣灵，因为你的到来拯救了我们。

### 连 祷

✝ 主啊，正如你让从前那位有罪的女人泪如泉涌那样，也求你赐给我泉水般的泪水，让我配用泪水来洗你的脚，好让我能够迷途归返，也请允许我向你献上珍贵的香膏，好让我能够藉着悔改重新获得一个纯洁的生命，那样我便能听到那满怀喜乐的声音，说：“你的信救了你。”**【愿荣耀归于圣父、圣子和圣灵。】**

✝ 当我意识到自己的诸多恶行，又想到那令人畏惧的审判时，我就惊惶恐惧，但我要在你里面避难，怜爱世人的神啊，请不要向我掩面，我祈求你，因为你是唯一没有罪的。求你在末日到来之前赐谦卑给我可怜的灵魂，并拯救我。**【从今时直到永永远远，阿们。】**



## The Midnight Prayer --- The Second Service



*May the saying of God be peacefully fulfilled:*

*We worship You O Christ with Your Good Father and the Holy Spirit, for You have come and saved us.*

### The Litanies

✙ Give me, O Lord, many fountains of tears, as You gave, in the past, the sinful woman. Make me worthy to wash Your Feet which liberated me from the path of straying, and to offer you a precious fragrant oil, and gain, through repentance, a pure life, so that I may hear that voice full of joy: "Your faith has saved you." (ΔΟΞΑ ΠΑΤΡΙ...). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ When I realize my many wicked deeds, and the thought of that awesome judgment comes to my heart, a tremble takes hold of me, and I take refuge in You, O God, the Lover of mankind. So do not turn away Your face from me, I entreat You, Who alone are without sin. Grant humbleness to my poor soul before the end comes, and save me. (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].



## 午夜的祷告——第二次事奉



✙ 充满了恩典，永为童贞女的新娘啊，诸天都称颂你。我们也荣耀你不可思议的分娩。上帝之母啊，你是恩慈之母、救恩之母，求你为我们灵魂的救赎而代求。[从今时直到永永远远，阿们。]

✙ 天国的王，慰助者，真理的灵啊，你处处同在又充满每一个角落，你是藏有一切美物的宝库，又是生命的赐予者，求你仁慈地来到我们的身边，并住在我们里面，洁净我们一切的污秽，美善的主啊，求你拯救我们的灵魂。[愿荣耀归于圣父、圣子和圣灵。]

✙ 救主啊，正如你曾与你的门徒们同在，又赐给他们平安一样，也求你仁慈地来到我们的身边，与我们同在，赐予我们从你而来的平安，拯救我们，并救赎我们的灵魂。[从今时直到永永远远，阿们。]

✙ 每逢我们站在圣殿里，我们被看作是站在天堂之上的。上帝之母啊，你是天堂的大门，求你向我们打开怜悯之门。[从今时直到永永远远，阿们。]





## The Midnight Prayer --- The Second Service



✙ The Heavens bless you, O full of grace, the ever-Virgin Bride. And we, too, glorify your incomprehensible giving birth. O Theotokos, the mother of mercy and salvation, intercede for the salvation of our souls. (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].

✙ O Heavenly King, the Comforter, the Spirit of truth, who is present in all places and fills all, the treasury of good things and the Life-Giver, graciously come, and dwell in us and purify us from all defilement, O Good One, and save our souls. (ΔΟΞΑΠΑΤΡΙ...). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ Just as You were with Your disciples, O Savior, and gave them peace, graciously come also and be with us, and grant us Your peace, and save us, and deliver our souls. (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].

✙ Whenever we stand in Your holy sanctuary, we are considered standing in heaven. O Theotokos, you are the gate of heaven, open for us the gate of mercy. (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].



## 午夜的祷告——第二次事奉



然后祈祷者说：

主啊，求你聆听我们，求你怜悯我们并宽恕我们的罪。阿们。“求主怜悯 (Kir-ye ley-son)” 41 次。接着说：圣哉，圣哉，圣哉……第 69 页。

让我们配得满怀感激地祈祷，说：我们在天上的父……



## The Midnight Prayer --- The Second Service



*Then the worshipper prays:*

*Lord hear us, have mercy and forgive our sins.  
Amen. Κυριε ελεησον (Lord have mercy) 41 times.  
Then he says: Holy, Holy, Holy...Page 70*

*Make us worthy to pray thankfully: Our Father  
Who art in heaven...*



午夜的祷告——第三次事奉



## 第三次事奉



敬拜者祈祷入睡前的祷告当中的诗篇 第 227 页

圣哉，圣哉，圣哉，一段出自圣路加福音书的章节，愿他的祝福与我们同在，阿们。

### 路加福音（12:32-46）

<sup>32</sup> 你们这一小群哪，不要怕，因为你们的父乐意把国度赐给你们。<sup>33</sup> 你们当卖掉自己所拥有的，施舍给人，为自己预备不会破旧的钱包和没有穷尽的财宝在天上；在那里盗贼不能靠近，也没有虫咬蚀。<sup>34</sup> 要知道，你们的财宝在哪里，你们的心也在哪里。<sup>35</sup> “你们要束上腰带，点亮油灯，<sup>36</sup> 要像期待着主人从婚宴上回来的人那样；好在主人回来敲门的时候，能立刻为他开门。<sup>37</sup> 主人回来的时候，看见哪些奴仆警醒着，那些奴仆就蒙福了。我确实地告诉你们：主人会束上腰带，请他们坐席，并来伺候他们。<sup>38</sup> 即使主人在二更



The Midnight Prayer --- The Third Service



## The Third Service



The worshipper prays the psalms of the Prayer Before Sleeping Page 228

*Holy, Holy, Holy, a chapter of the Holy Gospel according to St. Luke, may his blessings be with us all. Amen.*

### **Luke (12:32-46)**

<sup>32</sup> "Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom. <sup>33</sup> "Sell what you have and give alms; provide yourselves money bags which do not grow old, a treasure in the heavens that does not fail, where no thief approaches nor moth destroys. <sup>34</sup> "For where your treasure is, there your heart will be also. <sup>35</sup> "Let your waist be girded and *your* lamps burning; <sup>36</sup> "and you yourselves be like men who wait for their master, when he will return from the wedding, that when he comes and knocks they may open to him immediately. <sup>37</sup> "Blessed *are* those servants whom the master, when he comes, will find watching. Assuredly, I say to you that he will gird himself and



### 午夜的祷告——第三次事奉



天或在三更天才回来，也看见他们仍然警醒着，那些人就蒙福了。<sup>39</sup> 不过你们应当知道这一点：一家的主人如果知道贼什么时候来，就不会让他的房子被人钻进。<sup>40</sup> 你们也应当做好准备，因为在你们意想不到的时候，人子就来了。”<sup>41</sup> 彼得说：“主啊，你这个比喻是对我们说的，还是也对大家说的呢？”<sup>42</sup> 主说：“究竟谁是那又忠心又聪明的管家——受主人委任统管他家人、按时分发粮食的人呢？”<sup>43</sup> 主人回来的时候，看见哪个奴仆如此行，那个奴仆就蒙福了。<sup>44</sup> 我确实地告诉你们：主人会委任他统管自己所拥有的一切。<sup>45</sup> 但如果这奴仆心里说‘我的主人会迟延回来’，就动手殴打其他的男仆和女仆，并且吃喝、醉酒，<sup>46</sup> 那么，这奴仆的主人就要在意想不到的日子、在他不知道的时刻回来，并且会严厉惩罚他，使他与那些不信的人有同样的下场。愿荣耀归于神，直到永永远远，阿们。



### The Midnight Prayer --- The Third Service



have them sit down *to eat*, and will come and serve them. <sup>38</sup> "And if he should come in the second watch, or come in the third watch, and find *them* so, blessed are those servants. <sup>39</sup> "But know this, that if the master of the house had known what hour the thief would come, he would have watched and not allowed his house to be broken into. <sup>40</sup> "Therefore you also be ready, for the Son of Man is coming at an hour you do not expect." <sup>41</sup> Then Peter said to Him, "Lord, do You speak this parable *only* to us, or to all *people*?" <sup>42</sup> And the Lord said, "Who then is that faithful and wise steward, whom *his* master will make ruler over his household, to give *them their* portion of food in due season? <sup>43</sup> "Blessed *is* that servant whom his master will find so doing when he comes. <sup>44</sup> "Truly, I say to you that he will make him ruler over all that he has. <sup>45</sup> "But if that servant says in his heart, 'My master is delaying his coming,' and begins to beat the male and female servants, and to eat and drink and be drunk, <sup>46</sup> "the master of that servant will come on a day when he is not looking for *him*, and at an hour when he is not aware, and will cut him in two and appoint *him* his portion with the unbelievers. *Glory be to God forever. Amen.*



## 午夜的祷告——第三次事奉



愿神的话语平平安安地得以圆满：

基督啊，我们敬拜你，与你美善的圣父和圣灵，因为你的到来拯救了我们。

### 连 祷

✙ 主啊，求你以一双充满怜悯的眼睛看待我的软弱，我的生命即将结束，然而以我的所作所为将无法得到救恩。因此，我恳求你，主啊，请以一双充满慈爱的眼睛看待我的软弱，我的卑微，我的贫乏，和我的旅居，并拯救我。[愿荣耀归于圣父、圣子和圣灵。]

✙ 正如审判官在场那样，我的灵魂啊，你要当心，要警醒，想一想那令人畏惧的时刻；因为在审判的日子里，那些不施怜悯的人，要受毫无怜悯的审判。因此，救主啊，求你怜悯我，因为只有你是怜爱世人的。[从今时直到永永远远，阿们。]

✙ 尊贵的上帝之母，理所当然的生命之门，求你救那些靠着信仰在你里面避难的人脱离苦难，





## The Midnight Prayer --- The Third Service



*May the saying of God be peacefully fulfilled:*

*We worship You O Christ with Your Good Father and the Holy Spirit, for You have come and saved us.*

### The Litanies

✙ With a compassionate eye, O Lord, look at my weakness, for shortly my life will end, and in my deeds I shall have no salvation. Therefore, I beseech You, O Lord, with a merciful eye look at my weakness, my humility, my poverty and my sojourn, and save me. (Δοξα Πατρι...). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ As the Judge is present, take heed, O my soul, awake and consider that awesome hour; for in the day of judgment, there will be no mercy on those who were not merciful. Therefore, have compassion on me, O Savior, for You alone are the Lover of mankind. (Κεντην...). [*Now and forever and unto the ages of all ages, Amen*].

✙ O the reasonable gate of life, the honored Theotokos, deliver from hardships those who, in



### 午夜的祷告——第三次事奉



为此我们要荣耀你完美无罪的分娩，为了我们灵魂的救恩，你为我们生下了基督。[从今时直到永永远远，阿们。]

✝ 天国的王，慰助者，真理的灵啊，你处处同在又充满每一个角落，你是藏有一切美物的宝库，又是生命的赐予者，求你仁慈地来到我们的身边，并住在我们里面，洁净我们一切的污秽，美善的主啊，求你拯救我们的灵魂。[愿荣耀归于圣父、圣子和圣灵。]

✝ 救主啊，正如你曾与你的门徒们同在，又赐给他们平安一样，也求你仁慈地来到我们的身边，与我们同在，赐予我们从你而来的平安，拯救我们，并救赎我们的灵魂。[从今时直到永永远远，阿们。]

✝ 每逢我们站在圣殿里，我们就被看作是站在天堂之上的。上帝之母啊，你是天堂的大门，求你向我们打开怜悯之门。[从今时直到永永远远，阿们。]



### The Midnight Prayer --- The Third Service



faith, take refuge in you, so that we might glorify your immaculate birth of Christ for the salvation of our souls. (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].

✙ O Heavenly King, the Comforter, the Spirit of truth, who is present in all places and fills all, the treasury of good things and the Life-Giver, graciously come, and dwell in us and purify us from all defilement, O Good One, and save our souls. (ΔΟΞΑΠΑΤΡΙ...). [*Glory to the Father, and the Son, and the Holy Spirit*].

✙ Just as You were with Your disciples, O Savior, and gave them peace, graciously come also and be with us, and grant us Your peace, and save us, and deliver our souls. (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].

✙ Whenever we stand in Your holy sanctuary, we are considered standing in heaven. O Theotokos, you are the gate of heaven, open for us the gate of mercy. (ΚΕΝΥΝ...). [*Now and forever and unto the ages of all ages, Amen*].



## 午夜的祷告——第三次事奉



依照圣路加的圣福音书，愿他的祝福临到我们身上，阿们。然后接着说：圣哉，圣哉，圣哉……第 69 页

### 路加福音（2:29-32）

<sup>29</sup> “主啊，现在可以照你的话，让你的奴仆平平安安地离去，<sup>30</sup> 因为我的眼睛已经看见你的救恩，<sup>31</sup> 就是你为万民所预备的：<sup>32</sup> 他是启示外邦人的光，是你子民以色列的荣耀。” 愿荣耀归于神，直到永永远远，阿们。

然后祈祷者祈祷说：

主啊，求你聆听我们，求你怜悯我们并宽恕我们的罪。阿们。“求主怜悯 (Kir-ye ley-son)” 41 次。

### 赦罪祷告

主啊，上主耶稣基督啊，永生神的儿子，求你光照我们的心思来领悟你赐生命的话语。求你把我们从毁灭灵魂的死罪中救起。让我们配在善



## The Midnight Prayer --- The Third Service



*The holy Gospel according to St. Luke, may his blessings be upon us all. Amen. Then he says: Holy, Holy, Holy...Page 70*

### **Luke (7:36-50)**

<sup>29</sup> "Lord, now You are letting Your servant depart in peace, According to Your word; <sup>30</sup> For my eyes have seen Your salvation <sup>31</sup> Which You have prepared before the face of all peoples, <sup>32</sup> A light to *bring* revelation to the Gentiles, And the glory of Your people Israel." *Glory be to God forever. Amen.*

*Then the worshipper prays:*

*Lord hear us, have mercy and forgive our sins. Amen. Κυριε ελεησον (Lord have mercy) 41 times.*

### **ABSOLUTION**

O Lord and Master, Jesus Christ, the Living and Eternal Son of God, enlighten our minds to understand Your life-giving words. Raise us up from the darkness of sin which ruins the soul. Make us worthy to be steadfast in good deeds. And at the time of Your coming to judge the world, make



### 午夜的祷告——第三次事奉



行中站得稳，并在你来审判世人时，让我们配听到你充满喜乐的声音，说：“来吧，蒙我父所祝福的人哪，来继承创世以来已经为你们所预备好的国度吧！”是的，主啊，让我们在那个时辰里没有惧怕、焦虑或被定罪；求你不要按着我们的罪孽来审判我们。因为只有你是满有怜悯，又长久忍耐，并且有着丰盛慈爱的主。藉着我们的夫人上帝之母，圣玛利亚，和你众圣徒的代求。阿们。

然后说：“**每个时辰结尾的祷告**”，第 75 页。



### **The Midnight Prayer --- The Third Service**



us worthy of hearing that voice full of joy saying, "Come to Me you blessed of My Father, inherit the Kingdom prepared for you before the foundation of the world." Yes, Lord, grant us in that Hour to be without fear, anxiety or condemnation; and do not judge us according to our many iniquities. For You alone are compassionate, longsuffering and exceedingly merciful. We ask this, through the intercession of our Lady the Theotokos, Saint Mary, and the intercession of all the choir of Your saints. Amen.

*Then say the conclusion of every hour, p.76.*

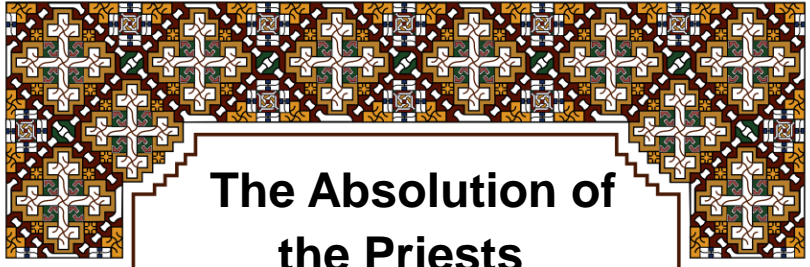


## 神父的赦免祷告

上主啊，主耶稣基督，永生神的儿子，在万世以前就存在于光中，出自光而为光：主啊，我们感谢并祈求你，光照我们的思想和心灵，点亮我们的悟性，使我们可以理解你赐生命的话语。求你把我们 from 毁灭灵魂的死罪中救起，使我们配在行善和行义中站得稳。

当那令人可畏的时辰，也就是你二次降临审判世界的时候，愿我们配从你神圣的口中听到满有福乐与欢喜，充满慰藉与喜乐的声音，说“来吧，蒙我父所祝福的人哪，来继承创世以来已经为你们所预备好的国度吧！”（马太福音 25:34）是的，主啊，求你帮助我们在那一天的那个时辰里没有惧怕、瑕疵、惊恐、堕落和迷失。主啊，不要因我们诸多的罪孽来将我们定罪。主啊，求你宽恕我们一切的过犯，罪孽，过失和不足之处。





## **The Absolution of the Priests**

We ask You and thank You, O Master Lord Jesus Christ, Son of the Living God, existing in Light before all ages, Light of Light: Enlighten O Lord, our minds and hearts and shine on our understanding, that we may understand your life-giving word. Raise us from darkness of sin that kills the soul. Make us worthy to be upright in doing good and righteousness.

At the time of Your awesome second coming to judge the world, make us worthy of hearing the voice full of happiness, gladness, comfort and joy from Your Divine mouth saying, "Come you, blessed of My Father, inherit the kingdom prepared for you from the foundation of the world." (Matthew 25:34). Yes, O Lord, help us to be on that day and in that hour without fear or blemish or terror or falling or straying. Do not condemn us, O Lord, for the multitude of our sins. Forgive us, O Lord, all our transgressions, iniquities, mistakes and shortcomings.



## 神父的赦免祷告

拯救我们和天下世人脱离死亡、通货膨胀、瘟疫、毁灭、疏散、仇敌的刀剑、恶魔的诡计、不幸的火灾与水灾、恶人的争斗、无耻之徒的欺骗、以及不公义的统治者。请为我们摧毁那些敌对我们的阴谋诡计。

神啊，你是我们的主，我们的神，求你怜悯我们，不要把我们丢进丧命的海里，或惩罚我们的道路，但请拯救我们，保守我们，庇佑我们，并将我们从百无聊赖、游手好闲和懒惰之中救起。不要让我们的仇敌——魔鬼撒旦，以虚假的盼望来欺骗我们，但要使我们的头脑保持机警，并将我们的心灵从昏睡中唤醒，不再虚度光阴。

神啊，求你革除我们的罪孽，宽恕我们的不义，不要牢记我们的过犯，不要向我们发怒，也不要让你的怒气永不止息。

求你怜悯我们，主啊，怜悯我们吧，因为我们是软弱可怜的，又沉浸在罪的深海之中。我们向你呼求，我们敬拜你，我们宣扬你，我们祈求你。主啊，我们寄希望于你的怜悯之中，请不要



## **The Absolution of the Priest**



Take away from us and from the whole world death, inflation, plagues, destruction, evacuation, the sword of enemies, the conspiracy of devils, the evil of fire and drowning, the fight of evil-doers, the deception of the wicked, and the injustice of the ruler. Abolish from us the conspiracy of those who are opposing us.

O God, You are our Lord and our God; have compassion on us and do not throw us in the seas of destruction or the paths of punishment, but deliver us and keep us and cover us and raise us from our boredom, slothfulness and laziness. Do not let our enemy, the devil, deceive us by false hopes, but alert our minds and wake up our hearts from the sleep of carelessness and wasting life in vain.

O God, forsake our sins. Forgive our iniquities. Do not remember our trespasses. Do not get angry with us, and do not let Your anger endure forever.

Have mercy on us, O Lord, and have mercy on us, for we are weak and poor and drowning in the sea of sins. We cry unto You; we worship You; we claim You; we entreat You: Do not dash, O Lord, our hope



## 神父的赦免祷告



让我们的希望破灭。请不要在我们面前关上你的怜悯之门。施恩拯救我们吧，把我们带入你的怜悯之中。并让我们听见你喜乐的声音。

神啊，求你洁净我们，圣化我们的心灵，除去每一个邪恶，污秽与不良的念头。主啊，请为我们和你的百姓除去所有的噩梦与幻觉。神啊，求你把我们一切的堕落与苦难之中救起。神啊，求你坚定我们的耐心、盼望和爱，以及东正基督教的信仰，把我们算作你右手边的羊。让我们与那些坐在你天国里筵席的同座。

请宽恕我们的每一个不义，过犯和罪孽。除了藉着你的恩典我们就无法得到救恩，请让我们在你发光的天军的要塞中得到保护，因为我们信靠你，相信你，又仰望于你。

主啊，求你接纳我们在此刻以及每时每刻的恳求。还有那些求我们在祈祷、圣礼、记念中不忘他们的人们，无论是在世之人还是已故之人，主啊，都请你按照在天上的耶路撒冷，天国的恩慈来记念我们和他们。



## **The Absolution of the Priest**



in Your mercy. Do not shut the door of Your mercy before our faces. Graciously save us all, lead us to Your mercy. Make us to hear Your joyful voice.

O God, purify us and sanctify our hearts from evil, defiled, and bad thoughts. Abolish from us, O Lord, and from all Your people, all devilish dreams and illusions. Raise us, O God, from every fall and affliction. Confirm in us, O God, patience and hope and love and the orthodox faith Count us with Your sheep at Your right hand. Set us down with those who sit at Your heavenly banquet.

Forgive us every iniquity, trespass and sin. Protect us in the fortress of Your luminous, angelic soldiers, for we have no salvation except through Your grace, our trust, belief and hope in You.

Accept from us, O Lord, our supplication at this present time and at all times. All those who have bidden and asked us to remember them in prayers, liturgies, and commemorations, the living and the dead, remember them, along with us, O Lord, with kindness in the heavenly Jerusalem, in the kingdom of heaven.



## 神父的赦免祷告



主啊，请涂抹我的一切罪孽。还有以及那些亏欠我们的人，求你宽恕他们和我们。主啊，请籍着你的怜悯，拯救我们所有人的灵魂。主啊，求你拯救你的百姓。赐福给你的产业，牧养他们并将他们救起直到永远。

请拯救那些活在痛苦、患难和悲伤之中的人们。让他们从魔鬼撒旦的捆绑中得释放。

请用美物使饥饿的得饱足。安慰那些在心灵上与灵魂上忧伤的人们。扶起跌落的人，坚固正直的人。寻回迷途的，供养孤儿寡妇，帮助穷人。赐福给田里的农作物，使气候宜人，树木生长，河水满溢。求你赐下甘露和雨水。

求你使穷人得满足。让欠债的人有力偿还。聚集分散的人们。接受罪人的悔改。接纳信仰自白者的自白。赐悟性给初信的人。主啊，为受压迫的人们讨回公道。让我们的心中充满幸福、欢喜、慰藉和喜乐，那样当我们在凡事上充足时，就会多行蒙你所悦纳的善事。



## The Absolution of the Priest



Blot out, O Lord, our trespasses. As for those who have trespassed against us, forgive them and us. Through Your mercy, O Lord, save the souls of us all. O Lord, save Your people. Bless Your inheritance. Shepherd them and raise them up forever.

Save all those who are in afflictions, tribulations or sorrows. Release those who are captive by the bonds of the devils.

Satisfy the hungry with good things. Comfort those who are sad in the heart and soul. Raise the fallen. Confirm the upright. Bring back those who have strayed. Support the widows and orphans. Help the needy. Give blessing to the fruits of the earth, good temper to the air, growth to the trees and full measure to the rivers. Bless dew and rain.

Give contentment to the poor. Pay for the debtors. Gather together the dispersed. Accept the repentance of the repentant. Receive the confession of the confessors. Give understanding to the catechumens. Judge, O Lord, in favor of the oppressed. Fill our hearts with happiness, gladness, comfort and joy that we, having sufficiency in everything, always may abound in good and acceptable deeds.



## 神父的赦免祷告



主啊，请以你属天的福祉保佑地上的收成。以你的恩慈赐福给今年的庄稼。主啊，就像你每隔六年赐福给以色列人的耕种与收割一样，也请你赐福给那些撒种、耕种和收割的人们。主啊，求你赐福给我们这次聚会的会众和所有东正基督教会的人们。

为我们保守现任的教宗，我们的牧首爸爸的教宗阿爸（塔瓦卓尔斯）的生命和任期。主啊，救他和他的民众脱离一切患难，试探和困苦，以及与他一起在使徒的服事工作中有份的同工们，我们的教父大教区都主教们，我们的教父主教们，我们的教父高级神父们，我们的父神父们，我们的执事弟兄们，我们的教父修士们，还有我们的平信徒弟兄们。还有那些出席并与我们一同分享这次祷告和所有东正基督教会祷告的人们，我们现在祈求你宽恕他们的罪，并施怜悯给他们的灵魂，赐福给我们和他们；无论是过去的还是将来的、私下的还是公开的、在白天的还是晚上的、





### **The Absolution of the Priest**



Bless, O Lord, the harvest with Your heavenly blessings. Bless the crown of this year with Your goodness. Bless, O Lord, those who sow and plant and reap, as You blessed for the children of Israel the harvest of the sixth year. Bless, O Lord, this, our congregation and all congregations of the orthodox people.

Preserve for us the life and standing of our father and Patriarch Pope Abba (...), the patriarch of this time; save him, O Lord, and save his people from all afflictions, trials, and hardships, along with his partners in the apostolic service, our fathers the metropolitans, our fathers the bishops( ), our fathers the hegomens, our fathers the priests, our brothers the deacons, our fathers the monks and our brethren the laymen. And those who came, attended and participated with us in this prayer and all orthodox prayers, asking forgiveness of their sins and mercy for their souls, bless us and bless them; absolve us and absolve them; forgive us our sins and their sins, in the past and in the future, the personal and impersonal, the sins of the day and



## 神父的赦免祷告



隐藏的还是显明的一切罪孽，都请赦免并宽恕我们和他们。

主啊，请保守各会众们，圣教会和修道院的平安，特别是住在里面的长者们，和那些服侍他们的，还有那些为他们安排一切事物的，以及生活在里面的所有人。请把安全、平安、爱和安稳赐给他们，把仇敌制服于我们和他们的脚下，不要让仇敌在我们或他们中间有份，也不要让他以左边或右边来攻击我们，但要以你至高的手和强有力的臂膀来保守他们。我的上主啊，求你救我们脱离邪恶的试探和那些可见与不可见的陷阱。

主啊，请记住我们的父亲，母亲，兄弟，家人，亲属，老师，属灵的儿女和亲生的儿女，以及所有受洗了的儿女们。

主啊，求你记住那些以自己的努力和辛苦的劳动为我们提供饮食，和那些在家里供我们住宿，还有那些亲手给我们奉献的人们。主啊，求你奖赏他们，以不朽的回报会朽坏的，以属天的回报



## **The Absolution of the Priest**



sins of the night, the hidden and manifest.

Keep O Lord, the welfare of the congregations, the holy churches and monasteries, and the elders who live in them, and those who are serving them, those who are managing them and those who are dwelling in them. Grant security, peace, love and stability among them. Subdue the evil enemy under their feet and our feet. Do not allow him to have any part in them or in us, neither by the left attack or the right attack. Keep them with Your most high hand and strong arm. Deliver us, O my Master, from bad temptations and traps that are set, seen or unseen.

Remember, O Lord, our fathers, our mothers, our brethren, our families, our relatives, our teachers, our spiritual, our children in the flesh, and all of the children of baptism.

Remember, O Lord, those from whom we ate and drank of their effort and labor, and who sheltered us in their houses and gave us from their hands. Reward them, O Lord, and give them the incorruptible instead of the corruptible, the



## 神父的赦免祷告



属地的。以各种美物填满他们的家和储存室。主啊，请以三十倍、六十倍甚至一百倍的奖赏报答他们，并在天国里宽恕他们的罪。

主啊，求你记住那些因为爱你和尊崇你圣名的缘故，以各种慈善形式向我们和有需要的弟兄施舍的人们，愿你赐福给他们。

主啊，求你记住那些关心献祭、祭物、捐赠，葡萄酒，油，初熟之果，焚香、幔子、誓约、书籍和所有祭坛上所用器具的人们。主啊，愿你奖赏他们的奉献，从而宽恕他们的罪。赐福于他们的今生，以及来世的生命。

主啊，求你记住我们那些已过世的父辈和兄弟们，让他们在正直的信仰中而得安息。主啊，请让他们所有人的灵魂在我们先祖亚伯拉罕，以撒和雅各的怀中，在永活之地，天上的耶路撒冷里得安息。至于我们这些仍然活着的人，求你帮助我们的灵魂得救恩。按着你的美意掌管我们的生活。



## **The Absolution of the Priest**



heavenly instead of the earthly. Fill their houses and stores with all good things. Reward them, O Lord, thirty-fold, sixty-fold and a hundred-fold, along with the forgiveness of their sins in the kingdom of heaven.

Remember O Lord, those who give alms to us or to our brethren the needy in all forms of charity, for loving You and honoring Your holy name; bless them.

Remember, O Lord, those who care for the sacrifices, oblations, donations, wine, oil, first-fruits, incense, coverings, vows, books and all altar vessels; reward them O Lord, for their gifts by the forgiveness of their sins. Grant them the happy life in this present age, and the eternal life in the age to come.

Remember, O Lord, our fathers and brethren who have already fallen asleep and reposed in the right faith, repose O, Lord, all their souls in the bosoms of our fathers, Abraham, Isaac and Jacob, in the region of the living, in the heavenly Jerusalem. As for us, the living, help us for the salvation of our souls. Manage our lives according to Your good will.



## 神父的赦免祷告



施恩的主啊，求你记住我的卑劣、我的贫乏，和我的软弱。我，一个可怜的罪人，因我众多的罪孽和不义，不配站在你的面前，但求你不要拒绝我。

主啊，求你藉着你赐生命的十字架的神迹，为你的百姓兴起一只救恩的角。主啊，求你在患难之中救济我们，援助那些身在苦难与灾难之中的人们。

主啊，求你拯救我们这些身在困苦之中的人。治愈你生病的百姓。主啊，从日出之地到日落之处，从北方到南方，无论是此时与我们同在还是不在我们当中的基督徒们，都让他们蒙福，并从你的圣口中得到赦免。

当你被钉在十字架树上时，你既接受了在你右边的强盗，并准许他进入乐园，也求你接受我们。

主啊，求你记住孤儿、寡妇、不和的、残疾的、还有那些无人牵挂的人们。主啊，求你在天上的耶路撒冷记住他们和我们。



## The Absolution of the Priest



Graciously, O Lord, remember my abject, my poverty, and my weakness. I, the sinner and miserable, who is not worthy to stand in Your presence for the multitude of my sins and iniquities, do not reject me.

Raise, O Lord, a horn of salvation for your people by the sign of Your life-giving cross. Grant O Lord, Your relief during tribulations, Your help during hardships and disasters.

Save us, O Lord, and save all those who are in distress. Heal the sick of Your people. Make, O Lord, Your Christian people, those who are present with us, and those who are absent, to be blessed and absolved from Your divine mouth, from the rising of the sun to its setting, and from the north to the south.

Accept us unto You, as You accepted the thief on the right hand while You were on the tree of the cross, and granted him the paradise of joy.

Remember, O Lord, the orphans and the widows, the estranged, the disabled, and those who have no one to mention them; remember them and us, O Lord, in the heavenly Jerusalem.



## 神父的赦免祷告



主啊，求你记住那些站着或坐着的，沉睡的或躺卧在病床上的，还有那些正通过陆地、海洋、空中、平原、崎岖山路、山谷、窄路或山顶、山丘或山洞旅行的人们。以及那些在地牢和监狱中，被流放和囚禁的人们，请解救所有被邪恶势力和魔鬼撒旦束缚的人们。将他们救回，并把他们平安地带入避难所，让他们在灵魂上，身体上和精神上都获得益处和健康。

我的主耶稣基督啊，愿你接受我们这些没有伪善、傲慢、狂妄、自大和欺骗的祷告。神啊，求你帮助我们取悦你。帮助我们遵守你的诫命。无论是在死前还是死后，帮助我们战胜死亡的剧痛。因为你是美善又长久忍耐，还有着丰盛的慈爱与怜悯的神。

神啊，求你把你教会的大门向我们敞开，从今时直到永永远远。

神啊，藉着伟大的代求者：纯洁的源头、宽厚又蒙天恩的我们的夫人、人类的夸耀、蒙拣选





### **The Absolution of the Priest**



Remember O Lord, those standing up sitting down, sleeping or lying in illness, those who are traveling by land, sea, air, or plains, by rough roads, through valleys, narrowways, or mountain peaks, and hills, in caves, those who are in dungeons or prisons, and those who are in exile or captivity, all those who are held in the bondage of authorities and devils; deliver them. Bring them back and get them all into their ports safely, profitably, and healthy in soul, body and spirit.

Grant, O My Lord Jesus Christ, that this, our prayer, be acceptable to You, without hypocrisy, pride, haughtiness, being puffed up or any fault. Help us, O God, to please You. Help us to follow Your commandments. Help us to overcome the pangs of death, before death and after death, for You are good God, long-suffering and abundant in mercy and compassion.

O God, make the door of Your church to be open for us through the ages and until all ages.

Have mercy on us, O God, according to Your great mercy, through the great intercessor, the source of purity, generosity and blessedness, the lady of us all,



## 神父的赦免祷告



的童贞女——纯洁无暇的圣玛利亚，还有把基督的信仰传遍埃及全地的讲道人、福音传道者、耶稣基督的使徒，尊贵的殉道士——圣马可，和众天使们，族长们，先知们，使徒们，殉道士们，众圣徒们，由圣灵运送的隐修士们，虔诚的敬拜者们，独居隐修士们，斗士们以及那些从亚当时代直到末世以他们好品行取悦你的人们的代求，求你按着你丰盛的慈爱怜悯我们。我们敬拜你，圣三一啊，圣父、圣子和圣灵，从今时直到永永远远。阿们。



### **The Absolution of the Priest**



the pride of our race, the chosen virgin, the blameless St. Mary, the honorable martyr St. Mark, the evangelist, the apostle and the preacher of the land of Egypt, and all angels, patriarchs, prophets, apostles, martyrs, saints, anchorites, worshippers, hermits, strivers and those who pleased You by their good deeds, from Adam to the end of ages. We worship You, O Holy Trinity, the Father, and the Son and the Holy Spirit, now and forever and unto the ages of all ages. Amen.



## 祈祷文选读



### 悔改祷告

我的主，救主神耶稣基督啊，你是慈爱的宝藏和救恩的泉源，我来到你面前忏悔我的罪孽。我承认，我竟大胆又放肆无礼的以我诸多的罪孽玷污你的圣所。你有无限的慈爱，只要罪人回到你面前，你从不打发他们走，因此我立刻寻求你的怜悯与爱。我承认罪孽使我的思想背负了沉着的重担，以至于无力脱身。求你不要离开我，不要在烈怒中责备我，也不要再在愤怒中管教我。主啊，我已筋疲力尽，怜悯我吧，请不要照着你的公义，而是照着你的怜悯来审判我。求你记念你的创造物，不要审判我，因为你的仆人没有一个可以本于自己的行为而称义，请为我穿上一身新



## Selected Prayers



### Prayer Of Repentance

My Lord God and Saviour Jesus Christ, treasure of mercy and spring of salvation, I come to You confessing my sins. I confess that, insolently, I dared to defile Your Holy Sanctuary with my sins. Now I seek Your mercy and love, for Your mercies are boundless; You never turn back a sinner who comes back to You. I confess that my mind is burdened with sin and that I have no strength left. Do not turn away from me, do not rebuke me in Your anger nor chasten me in Your displeasure. I am worn out, have compassion upon me, O Lord do not judge me according to Your justice, but according to Your mercy. Remember Your creation, do not put me on trial, because none of Your servants can justify their



## 祈祷文选读



衣，好与你的荣耀相称。求你宽恕我的罪孽，那样我就可以歌唱：“罪孽被赦免，这人是幸福的。”当我承认自己的罪孽，不隐瞒自己的罪行时，你就会洁净我脱离它们。阿们。



## 向神父 忏悔之前的祷告



圣父啊，你期待罪人悔改，并承诺过会接受悔改的人；看啊，一个在悖逆之谷里迷失了方向的灵魂，远离救恩之泉，长期饱受着痛苦的滋味。现在我回到你的面前，求你使我得洁净，请接受我，而不要拒绝我，因为只要你以充满慈爱与怜悯的眼睛注视着我，我就必得洁净并获救。你若向我掩面，我就必被毁灭。主啊，求你赐福给我，坚定我凭借信仰和盼望靠近你的决心，好让我承认我的罪孽，并痛恨回到罪中。愿你的圣灵时刻提醒我不要再走入歧途。愿你光照我的心，那样我便能认识到自己是多么的罪孽深重，又是何等



## Selected Prayers



deeds. Dress me in a new attire that befits Your glory. Forgive my sins and I shall sing; “Blessed is he whose sins are forgiven.” When I confess my sins, and reveal my iniquities, You cleanse them. Amen.



## Prayer Before Confession



O Holy Father who awaits the return of sinners, You gave Your promise that You are ready to accept those who repent. Look now to a soul that was lost in the valleys of disobedience. For a long time I have tasted the bitterness of misery, being away from the stream of salvation. Now I come back to You to be purified, accept and not reject me, for when you look at me with mercy and compassion, I will be cleansed and saved. If you turn away, I shall perish. Grant me O Lord, Your blessing to strengthen my will to come closer to You in faith and hope, to confess my sins and detest returning to them. May Your Holy Spirit remind me not to stray. May You enlighten my heart so I can see the



## 祈祷文选读



的疏忽大意，好让我能够心甘情愿地遵守你的诫命，并为你圣名的荣耀而活。阿们。



### 向神父 忏悔之后的祷告



圣父啊，我感谢你对人类的仁慈与爱。你不愿我灭亡，却把我从沉睡中唤醒并指引了我走你的道路。你救我脱离了死荫的幽谷，来到你坚固的堡垒之下得庇佑。求你以盼望和信心填满我，我来到你面前就像是生病的人渴望得医治，饥饿的人寻求得饱足，干渴的人寻求活水的泉源那样，又像是穷人寻求财富之源，罪人寻求救赎主，垂死的人寻求生命之泉那样。你是我的拯救，我的治愈者，我的生命和我的力量。有了你我就有了安慰和幸福，还有我的安息也在你里面。请以你的美善来帮助我，保护我，围绕着我。求你教我如何把自己的意愿交入你的手中，并按着你的旨





## Selected Prayers



graveness of my sins and negligence and have the will to obey Your commandments and live for the Glory of Your Holy Name. Amen.



## Prayer After Confession



O Holy Father, I am grateful for Your goodness, and love for mankind. You did not wish that I perish, but awakened me from my sleep and guided me to Your path. You saved me from the valley of death to the protection of Your strong fortress. Fill me with hope and faith, I come to You like the sick wishing to be healed, like the hungry seeking to be filled, like the thirsty to the springs of the living water, like the poor to the source of riches and the sinner to the redeemer, and like the dying to the Fountain of life. You are my salvation, my healer, my life and my strength. With You, I find comfort, happiness, and my rest is in You. Help me, protect me and surround me with Your goodness. Teach me to put my will in Your hands and live according to Your will. Remove



## 祈祷文选读



意而活。求你除去我的软弱，好让我变得坚强，并向你忠心直到永远。阿们。



## 领受圣餐 之前的祷告



主啊，我是个罪人，我实在不配请你进我家，但只要你说一句话，“你的罪孽已经被赦免了，”我的灵魂就会得痊愈。我是贫瘠的，缺乏一切的美德，我虽一无所有，却有你对人类的怜悯，仁慈与爱。你从你天上的荣耀中屈尊降到我们卑微的世间，并甘愿接受出生在马槽里。神圣的救主啊，我卑微又可伶的灵魂正在等待你荣耀的来临，求你不要拒绝我。你既不拒绝进入麻风病人的家医治他，主啊，也请你进入我的灵魂来洁净我。你既不阻止一个罪恶的女人不停地亲吻你的脚，也求你不要阻止我靠近你领受你的圣体和你的宝血。愿这圣餐除去我一切的腐朽并抑制我所有邪



## Selected Prayers



my weakness so I may be firm and honest to You to the end. Amen.



## Prayer Before Holy Communion



Lord, I am not worthy to have You come under my roof because I am a sinner, but only say the word; “Your sins are forgiven” and my soul will be healed. I am barren and empty of any goodness, I have nothing but Your compassion, mercy and love to mankind. You descended from your Heavenly Glory to our humility and consented to be born in a Manger. O Holy Saviour, do not reject my humble and miserable soul which is waiting for Your Glorified coming. As You did not refuse to enter the leper’s house to heal him, please Lord, come into my soul to cleanse it. As You did not stop the adulteress from kissing Your feet, please do not prevent me from coming near You to receive Your Holy Body and Your Sacred Blood. May this Holy Communion banish every corruption and mortify all



## 祈祷文选读



恶的欲望。求你帮助我遵守你的诫命，医治我的灵魂和身体脱离各样的罪孽。愿你的圣灵住在我里面，并使我和你联合，好让我可以为荣耀你的圣名而活。阿们。



## 领受圣餐 之后的祷告



我的舌头赞美主，我的灵魂尊主为大。主啊，我的心因你来到我这里而充满喜乐，主啊，请为我披上一身纯洁的礼服，并允许进入你的婚宴。愿我今天与你的合一直到永远，我也由此在信仰与盼望中不断长进。让这契合成为你救恩的一个象征，又使我的身体与灵魂得洁净，为承受永恒的爱与喜乐做好准备。主啊，我服从你，并向你交出我的意愿，求你呼唤我的感官，赐福给它们，好让我的思想遵行你的旨意。求你光照我心，唤醒我的良知，赶走一切邪恶的阴影，使狂风止息，



### Selected Prayers



my evil desires. Help me to obey Your commandments and heal my soul and my body from every sin. May Your spirit dwell with in me and make me united with You so I may live for the Glory of Your Name. Amen.



### Prayer After Holy Communion



My tongue praises and my soul glorifies the Lord. My heart rejoices for You have come to me, Lord, and dressed me in purity and allowed me to Your feast. May my union with You today be everlasting, through it I grow in strength of faith and hope. Let my communion be a symbol of Your salvation, let it be a purification to my body and my soul and preparation for the everlasting love and joy. To You Lord, I surrender myself and my will, call to You my senses and bless them and let my mind to be according to Your will. Enlighten my heart, awaken my conscience, cast away all shadows of evil, hush the storms, walk with me and guide me.



## 祈祷文选读



与我同行并指引我的路。求你赐予我安慰，止我饥渴，以慈爱的眼睛看待我所有的不足之处，今天就要结束，求你住在我里面，并陪伴我到新的一天。你是我唯一的目标与快乐，从今时直到永远。阿们。



## 用餐之前的祷告



主啊，你是当受赞颂的，从年少时代你就供养我们，求你赐福给我们，请为你所有的受造物预备食物，因为我们的眼睛都仰望于你。你按时赐予我们食物，又张开双手喂养每一个有生命的受造物。你为我们预备了食物，因此我们把荣耀，赞美，称颂与感谢都归于你。摆在我们面前的食物是为了我们的身体提供营养所需的，求你伸出手来赐福给给这些食物，好让我们获得力量与健康。求你赐救恩，恩典，祝福和纯洁给所有与我们分享这餐的人。提升我们的思想，好让我们时



### Selected Prayers



Give me comfort, quench my thirst, look with love at all my short comings, abide with me for the day is coming to an end and stay with me for a new day. You alone are my aim and happiness, now and forever. Amen.



### Prayer Before Meals



Blessed are you O Lord who supports us from our youth: grants us Your blessings, and provides food for all; for our eyes are focused upon you. You give us our food in due course. You open your hands and fill every living creature. To you is the glory, praise, blessing and thanksgiving for the food that you have prepared for us. Stretch your hand and bless the food set before us for the nourishment of our bodies. Let it be strength and health to our lives. Grant salvation, grace, blessing and purity to all those who partake of it. Lift our minds to you at all times to seek our spiritual and eternal food. Give us



## 祈祷文选读



常思想关于你的事，寻求属灵的和永生的食粮，好让我们为那留存到永生的食物做工。请让我们有份承受你属天的筵席。把有福的饼和救恩的杯赐给我们吧，好让我们的内心充满喜乐与欢喜。请赐予我们一份平静安宁的生活，一个喜乐的灵魂和一个健康的身体。请教导我们如何在一切事上都能得蒙你的悦纳，那么无论是在吃、喝还是在行事上，我们都是为你圣名的荣耀的缘故。愿荣耀归于你，从今时直到永远。阿们。



## 求神指引的祷告



主啊，你是清楚的，我现在正要开始（.....），我不知道什么是对自己有益的，除非你以恩典来指引我，否则我无法知道什么是对的。主啊，我恳求你在这事上指引我，不要让我跟随自己的喜好，以免我陷入混乱而失足跌倒。求你保守我不至摔倒，帮助我，让这事照你的旨





## Selected Prayers



to labour for the food which endures to everlasting life. Grant us to be partakers in your heavenly feast. Give us the bread of blessing, the cup of salvation and fill our hearts with joy and gladness. Grant us a quiet peaceful life, a joyful soul and a healthy body. Teach us to seek your acceptance in everything so that if we eat, drink or make anything, we do it for the glory of Your Holy Name. For thine is the glory forever. Amen.



## Prayer For God'S Guidance



Lord You are aware that I do not know what is good for me, and now that I am about to start ....., how can I know if it is right unless You guide me with Your grace. O Lord, I beseech Your guidance in this matter, do not let me follow my tendencies, lest I will be confused and fall, keep me from slipping, help me, let it be according to Your will. If You see it fit, grant me Your blessing to



## 祈祷文选读



意而行。你若看为合适，就请赐福完成它。否则，就请把这个欲望从我心中除去。你知晓一切事物，没有任何事能瞒的过你。主啊，我是你的仆人，你看怎样合适就怎样待我吧，我知道除非我顺服你旨意的恩典，否则，我既不会成功也不会有平安。请教我在每个处境都说：“主啊，愿这事照着你的旨意，而不是照着我的心意去行。”因为国度、权柄和荣耀都是你的，直到永远。阿们。



### Selected Prayers



complete it, if not, remove this desire from my heart. You know all things, nothing is concealed from You. Lord, I am Your servant, deal with me as You see fit as I realise that I will have neither success nor peace unless I submit my self to the grace of Your will, teach me to say in every occasion; “Let it be according to Your will, Lord, not according to mine.” For Yours is the Kingdom, the Power and Glory forever more. Amen.









ΔΑΥΙΔ  
ΠΙΕΡΟΨΑΛΤΗΣ



我要时常称颂耶和华，  
赞美他的话必常在我口中。

(诗篇34:1)

*I will bless the LORD at all times;  
His praise shall continually be in my mouth.*

*(Psa 34:1 NKJ)*