

ACCORDING TO
THE COPTIC ORTHODOX CHURCH -
EGYPT

依據科普特東正教會

(埃及)



時辰禱告書

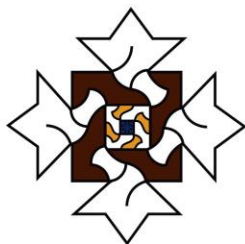
AGPEYA

聖希歐多爾科普特東正基督教女子隱修院——埃及

ST. THEODORE COPTIC ORTHODOX CONVENT-EGYPT

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AGPEYA

中英雙語對照
Chinese-English

聖希歐多爾科普特東正基督教女子隱修院——埃及
ST. THEODORE COPTIC ORTHODOX CONVENT-EGYPT

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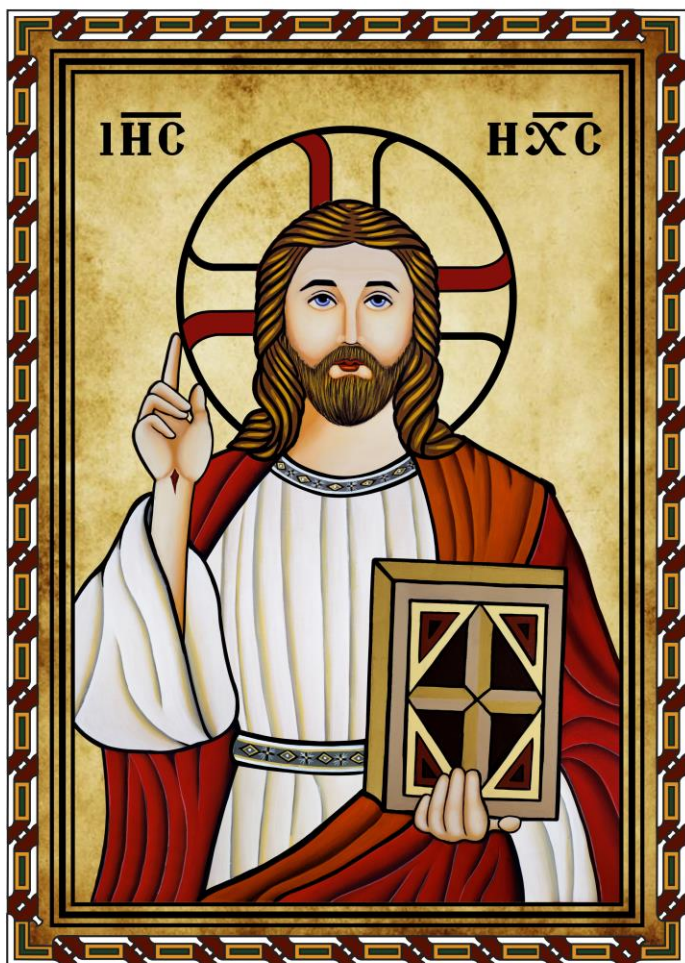
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“我就是道路、真理、生命”（約翰福音 14：6）

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



“向英勇奮戰的殉道士

——希歐多爾將軍致敬”

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



他的聖德.教宗塔瓦卓爾斯二世繼聖.馬可牧首寶

座的第 118 位教宗

H.H. Pope Tawadros II

118th Patriarch of the See of St. Mark

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每個時辰的序言



以聖父、聖子和聖靈，
獨一神的名，阿們！
求主憐憫，求主憐憫，求主憐憫，
求主賜福於我們！阿們！
願榮耀歸於聖父、聖子及聖靈，
從今時直到永永遠遠，阿們！

主禱文

主啊，讓我們配得滿懷感激地祈禱，說：
我們在天上的父，
願人都尊你的名為聖。
願你的國降臨，
願你的旨意行在地上，
如同行在天上。
我們日用的飲食，今日賜給我們。
免我們的債，如同我們免了人的債。
不叫我們遇見試探，救我們脫離兇惡。
藉著我們的主耶穌基督，
因為國度、權柄和榮耀全是你的，
直到永遠。阿們！

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.

每個時辰的序言



感恩禱告

讓我們向施恩憐憫的神，我們救主神耶穌基督的父獻上感謝。因為他保護、幫助、保守、接納、同情、並扶持了我們，又帶領了我們直到這個時辰。

讓我們來祈求無所不能的神，保守我們在這蒙福的一天裡，和一生一世之中都有平安相伴。主啊，上主，全能神，我們救主耶穌基督的父啊，因為你保護、幫助、保守、接納、同情、並扶持了我們，又帶領了我們直到這個時辰，因此無論是在每種場合，還是在每種環境之下，我們都要為了一切事而感謝你。

因此，憐愛世人的啊，我們請求並懇求你按著你的美意來善待我們，讓我們存著敬畏你的心，平安地結束這蒙福的一天以及這一生所

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

每個時辰的序言

有的日子。請將所有妒忌，試探，撒旦的做工，惡人的詭計，敵人的反叛，無論是可見的還是不可見的，都從我們和你所有的百姓身邊，以及這個聖所之中除去。求你把良善的和有益的賜給我們，因為你賦予了我們權柄，使我們得以踐踏在蛇蠍和仇敵的各樣權勢之上。

藉著你唯一的獨生子，我們的主，救主神耶穌基督的恩典與憐憫，和對人類的愛，不叫我們遇見試探，救我們脫離兇惡。願榮耀、尊貴、權能和敬拜都歸於你和他，以及與你同質又賜生命的聖靈，從今時直到永永遠遠。阿們。

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.

每個時辰的序言



詩篇 51

大衛的詩，交給詩班長，是大衛和拔示巴同房以後，

及先知拿單來見他以後作的。

¹ 神啊！求你按著你的慈愛恩待我，照著你豐盛的憐憫塗抹我的過犯。² 求你徹底洗淨我的罪孽，潔除我的罪。³ 因為我知道我的過犯；我的罪常在我面前。⁴ 我得罪了你，唯獨得罪你；我行了你眼中看為惡的事，因此，你宣判的時候，顯為公義；你審判的時候，顯為清正。⁵ 看哪，我是在罪孽裡生的；我母親在罪中懷了我。⁶ 看哪！你喜愛的是內心的誠實；在我內心的隱密處，你使我得智慧。⁷ 求你用牛膝草潔淨我，我就乾淨；求你洗淨我，我就比雪更白。⁸ 求你使我聽見歡喜和快樂的聲音，使你所壓傷的骨頭可以歡呼。⁹ 求你掩面不看我



Psalm 51

<To the Chief Musician.

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

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

每個時辰的序言

的罪惡，求你塗抹我的一切罪孽。¹⁰ 神啊！求你為我造一顆清潔的心，求你使我裡面重新有堅定的靈。¹¹ 不要把我從你面前丟棄，不要從我身上收回你的聖靈。¹² 求你使我重得你救恩的喜樂，重新有樂意的靈支持我。¹³ 我就必把你的道指教有過犯的人，罪人必回轉歸向你。¹⁴ 神啊！你是拯救我的神，求你救我脫離流人血的罪；我的舌頭就必頌揚你的公義。¹⁵ 主啊！求你開我的嘴，使我的口宣揚讚美你的話。¹⁶ 因為你不喜愛祭物；我就是獻上燔祭，你也不喜悅。¹⁷ 神所要的祭，就是破碎的靈；神啊！破碎痛悔的心，你必不輕看。¹⁸ 求你按著你的美意善待錫安；求你修築耶路撒冷的城牆。¹⁹ 那時，你必悅納公義的祭、燔祭和全牲的燔祭；那時，人必把公牛獻在你的祭壇上。哈利路亞。

Introduction of Every Hour

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



晨禱 (第一時辰的禱告)

在這個時辰裡我們紀念我們滿有榮耀的主耶穌基督的復活（馬可福音 16:2；約翰福音 20:1），我們感謝神，因為他讓我們平安地度過了夜晚，我們還祈求他以美善的品行光照我們的一天。

按照我們現在的時間，這個時辰為早上 6:00 點鐘。



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.



晨禱（第一時辰的禱告）

讓我們來屈膝敬拜

讓我們來屈膝敬拜，讓我們祈求基督我們的
神；

讓我們來屈膝敬拜，讓我們懇求基督我們的
王；

讓我們來屈膝敬拜，讓我們乞求基督我們的
救主；

主耶穌基督啊，神的道，我們的神，藉著聖瑪利亞和你所有眾聖徒的代求，求你保守我們，為我們帶來一個美好的開始，並按著你的旨意憐憫我們直到永遠。主啊，夜晚已經過去，我們感謝你，還求你保守我們在這一天當中遠離罪惡，並解救我們。

來自聖保羅致以弗所人的使徒書信（以弗所書 4:1-5），願他的祝福與我們同在，阿們。

¹所以，我這個在主裡的囚犯勸你們：行事為人要配得上你們所蒙的召喚，²要以完全的謙卑和溫柔，以耐心，在愛中彼此容忍；³以和平的聯結，努力保持屬聖靈的合一：⁴一個身體、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.

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



晨禱（第一時辰的禱告）



聖靈，就像你們蒙召時也被召入一個盼望，⁵ 一位主、一個信仰、一個洗禮。

教會的信仰

一位是神，他是萬有之父。一位是他的聖子，耶穌基督神的道，他取了肉身，受難而被埋葬，並在第三日從死裡復活，又叫我們與他一同復活。

一位是聖靈，又稱慰助者，他位格中的一位，從聖父而出，淨化所有被造之物，並教導我們按著一個神性，一個本質來敬拜聖三一。我們讚美他並讚頌他直到永永遠遠。阿們。

然後祈禱者接著說：

這蒙福一天當中的第一時辰的禱告是獻給我的王，和我的神——基督的，懇求他寬恕我們諸多的罪孽。

通過我們的導師，先知大衛王之詩，願他的祝福與我們同在。阿們。



Prime (The Prayer of the First Hour)



⁵one 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.



晨禱（第一時辰的禱告）



詩篇 1

¹ 有福的人：不從惡人的計謀，不站罪人的道路，不坐好譏笑的人的座位。² 他喜愛的是耶和華的律法，他晝夜默誦的也是耶和華的律法。³ 他像一棵樹，栽在溪水旁，按時結果子，葉子總不枯乾；他所作的一切，盡都順利。⁴ 惡人卻不是這樣，他們好象糠秕，被風吹散。⁵ 因此，在審判的時候，惡人必站立不住；在義人的團體中，罪人也必這樣。⁶ 因為耶和華看顧義人的道路，惡人的道路卻必滅亡。哈利路亞。

詩篇 2

¹ 列國為甚麼騷動？萬民為甚麼空謀妄想？² 世上的君王起來，首領聚在一起，敵對耶和華和他所膏立的，說：³“我們來掙斷他們給我們的束縛，擺脫他們的繩索！”⁴ 那坐在天上的必發笑，主必譏笑他們。⁵ 那時，他必在烈怒中對他們講話，在震怒中使他們驚慌，說：⁶“我已經在錫安我的



Prime (The Prayer of the First Hour)



Psalm 1

¹ 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; ² But his delight *is* in the law of the LORD, And in His law he meditates day and night. ³ 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. ⁴ The ungodly *are* not so, But *are* like the chaff which the wind drives away. ⁵ Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. ⁶ For the LORD knows the way of the righteous, But the way of the ungodly shall perish. Alleluia.

Psalm 2

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



晨禱（第一時辰的禱告）



聖山上，立了我的君王。”⁷ 受膏者說：“我要宣告耶和華的諭旨：耶和華對我說：‘你是我的兒子，我今日生了你。⁸ 你求我，我就把列國賜給你作產業，把全地都歸屬於你。⁹ 你必用鐵杖擊打他們，好象打碎陶器一樣粉碎他們。’”¹⁰ 現在，君王啊！你們要謹慎。地上的審判官啊！你們應當聽勸告。¹¹ 你們要以敬畏的態度事奉耶和華，又應當存戰兢的心而歡呼。¹² 你們要用嘴親吻子，否則他一發怒，你們就在路上滅亡，因為他的怒氣快要發作。凡是投靠他的，都是有福的。哈利路亞。

詩篇 3

《大衛的詩，是在逃避他兒子押沙龍時作的。》

¹ 耶和華啊！我的仇敵竟然這麼多。起來攻擊我的竟然那麼多。² 有很多人議論我說：“他從神那裡得不到救助。”（細拉）³ 耶和華啊！你卻是我周圍的盾牌，是我的榮耀，是使我抬起頭來



Prime (The Prayer of the First Hour)

He shall speak to them in His wrath, And distress them in His deep displeasure: ⁶ "Yet I have set My King On My holy hill of Zion." ⁷ "I will declare the decree: The LORD has said to Me, 'You *are* My Son, Today I have begotten You. ⁸ Ask of Me, and I will give *You* The nations *for* Your inheritance, And the ends of the earth *for* Your possession. ⁹ You shall break them with a rod of iron; You shall dash them to pieces like a potter's vessel.'" ¹⁰ Now therefore, be wise, O kings; Be instructed, you judges of the earth. ¹¹ Serve the LORD with fear, And rejoice with trembling. ¹² 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.>

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



晨禱（第一時辰的禱告）



的。⁴我發聲向耶和華呼求的時候，他就從他的聖山上回答我。（細拉）⁵我躺下，我睡覺，我醒來，都因耶和華在扶持著我。⁶雖有千萬人包圍攻擊我，我也不怕。⁷耶和華啊！求你起來；我的神啊！求你拯救我，你擊打了我所有仇敵的臉頰，打碎了惡人的牙齒。⁸救恩屬於耶和華，願你賜福給你的子民。（細拉）哈利路亞。

詩篇 4

《大衛的詩，交給詩班長，用絲弦的樂器伴奏。》

¹ 我公義的神啊！我呼求的時候，求你答應我。我在困苦中，你曾使我舒暢。求你恩待我，聽我的禱告。² 尊貴的人啊！你們把我的榮耀變為羞辱，要到幾時呢？你們喜愛虛妄，追求虛謊，要到幾時呢？（細拉）³ 你們要知道耶和華已經把虔誠人分別出來，歸他自己；我向耶和華呼求的時候，他就垂聽。⁴ 你們生氣，卻不可犯罪；在床上的時候，你們要在心裡思想，並且要安靜。



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to the LORD with my voice, And He heard me from His holy hill. Selah ⁵ I lay down and slept; I awoke, for the LORD sustained me. ⁶ I will not be afraid of ten thousands of people Who have set *themselves* against me all around. ⁷ 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. ⁸ 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.>

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



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（細拉）⁵ 你們應當獻公義的祭，也要投靠耶和華。⁶ 有許多人說：“誰能指示我們得甚麼好處呢？”耶和華啊！求你仰起你的臉，光照我們。⁷ 你使我心裡喜樂，勝過人在豐收五穀新酒時的喜樂。⁸ 我必平平安安躺下睡覺，因為只有你耶和華能使我安然居住。哈利路亞。

詩篇 5

大衛的詩，交給詩班長，用管樂伴奏。

¹ 耶和華啊！求你留心聽我的話，顧念我的歎息。
² 我的王，我的 神啊！求你傾聽我呼求的聲音，因為我向你禱告。³ 耶和華啊！求你在清晨聽我的聲音；我要一早向你陳明，並且迫切等候。
⁴ 因為你是不喜愛邪惡的 神，惡人不能與你同住。⁵ 狂傲的人不能在你眼前站立，你恨惡所有作惡的人。⁶ 你必滅絕說謊話的；好流人血和弄詭詐的，都是耶和華所憎惡的。⁷ 至於我，我必憑著你豐盛的慈愛，進入你的殿；我要存著敬畏



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will show us *any* good?" LORD, lift up the light of Your countenance upon us. ⁷ You have put gladness in my heart, More than in the season that their grain and wine increased. ⁸ 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.>

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



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你的心，向你的聖所敬拜。⁸ 耶和華啊！求你因我仇敵的緣故，按著你的公義引導我，在我面前鋪平你的道路。⁹ 因為他們的口裡沒有真話，他們的內心充滿毀滅人的意圖，他們的喉嚨是敞開的墳墓，他們用舌頭弄詭詐。¹⁰ 神啊！求你定他們的罪；願他們因自己的詭計跌倒，願你因他們許多的過犯，把他們趕出去，因為他們背叛了你。¹¹ 願所有投靠你的人都喜樂，常常歡呼；願你保護他們，又願愛你名的人，因你歡樂。¹² 耶和華啊！因為你必賜福給義人，你要以恩惠像盾牌四面護衛他。哈利路亞。

詩篇 6

大衛的詩，交給詩班長，用絲弦的樂器伴奏，調用“舍明尼”。

¹ 耶和華啊！求你不要在烈怒中責備我，也不要氣忿中管教我。² 耶和華啊！求你恩待我，因為我軟弱；耶和華啊！求你醫治我，因為我的骨頭髮抖。³ 我的心也大大戰慄，耶和華啊！要等到幾時呢？⁴ 耶和華啊！求你回轉搭救我，因你



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my enemies; Make Your way straight before my face.

⁹ For *there is* no faithfulness in their mouth; Their inward part *is* destruction; Their throat *is* an open tomb; They flatter with their tongue. ¹⁰ 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.

¹¹ 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. ¹² 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.>

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



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慈愛的緣故拯救我。⁵ 因為在死亡之地無人紀念你，在陰間有誰稱謝你呢？⁶ 我因悲歎而疲憊，我夜夜流淚，把床漂起，把床榻浸透。⁷ 我因愁煩眼目昏花，因眾多的仇敵視力衰退。⁸ 你們所有作惡的人，離開我去吧，因為耶和華聽了我哀哭的聲音。⁹ 耶和華聽了我的懇求，耶和華必接納我的禱告。¹⁰ 我所有的仇敵都必蒙羞，大大驚惶；眨眼之間，他們必蒙羞後退。哈利路亞。

詩篇 8

大衛的詩，交給詩班長，用“迦特”的樂器。

¹ 耶和華我們的主啊！你的名在全地是多麼威嚴，你把你的榮美彰顯在天上。² 因你仇敵的緣故，你從小孩和嬰兒的口中，得著了讚美，使仇敵和報仇的無話可說。³ 我觀看你手所造的天，和你所安置的月亮和星星。⁴ 啊！人算甚麼，你竟紀念他？世人算甚麼，你竟眷顧他？⁵ 你使他比天



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

¹ O LORD, our Lord, How excellent *is* Your name in all the earth, Who have set Your glory above the heavens! ² 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. ³ When I consider Your heavens, the work of Your fingers, The moon and the stars, which You have ordained, ⁴ What is man that You are mindful of him, And the son of man that You visit him? ⁵ For You have made him a little lower than the angels, And You have crowned him with glory and honor. ⁶



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使低微一點，卻賜給他榮耀尊貴作冠冕。⁶ 你叫他管理你手所造的，把萬物都放在他的腳下，⁷ 就是所有的牛羊、田間的走獸、⁸ 空中的飛鳥、海裡的魚，和海裡遊行的水族。⁹ 耶和華我們的主啊！你的名在全地是多麼威嚴。哈利路亞。

詩篇 12

大衛的詩，交給詩班長，調用“舍明尼”。

¹ 耶和華啊！求你施行拯救，因為虔誠人沒有了，在世人中的信實人也不見了。² 他們彼此說謊，用諂媚的嘴唇說話，口是心非。³ 願耶和華剪除一切說諂媚話的嘴唇，和說誇大話的舌頭。⁴ 他們曾說：“我們必能以舌頭取勝；我們的嘴唇是自己的，誰能作我們的主呢？”⁵ 耶和華說：“因為困苦人的冤屈和貧窮人的歎息，我現在要起來，把他們安置在他們渴望的穩妥之中。”⁶ 耶和華的言語是純淨的言語，好象銀子在泥爐中煉過，精煉過七次一樣。⁷ 耶和華啊！求你保守我們，



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You have made him to have dominion over the works of Your hands; You have put all *things* under his feet, ⁷ All sheep and oxen-- Even the beasts of the field, ⁸ The birds of the air, And the fish of the sea That pass through the paths of the seas. ⁹ 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.>

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



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保護我們永遠脫離這世代的人。⁸ 惡人到處橫行，
邪惡在世人被高舉。哈利路亞。

詩篇 13

大衛的詩，交給詩班長。

¹ 耶和華啊！你忘記我要到幾時呢？要到永遠嗎？
你掩面不顧我，要到幾時呢？² 我心裡籌算不安，
內心終日愁苦，要到幾時呢？我的仇敵勝過我，
要到幾時呢？³ 耶和華我的 神啊！求你看顧我，
應允我；求你使我的眼睛明亮，免得我沉睡至死；
⁴ 免得我的仇敵說：“我勝過了他”；免得我跌倒
的時候我的敵人就歡呼。⁵ 至於我，我倚靠你的
慈愛，我的心必因你的救恩歡呼。⁶ 我要歌頌耶
和華，因他以厚恩待我。哈利路亞。



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

Psalm 13

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

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



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詩篇 15

大衛的詩

¹ 耶和華啊！誰能在你的帳幕裡寄居？誰能在你的聖山上居住呢？² 就是行為完全，作事公義，心裡說誠實話的人。³ 他不以舌頭詆毀人，不惡待朋友，也不譏謗他的鄰居。⁴ 他眼中藐視卑鄙的人，卻尊重敬畏耶和華的人。他起了誓，縱然自己吃虧，也不更改。⁵ 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，必永不動搖。哈利路亞。

詩篇 16

大衛的金詩

¹ 神啊！求你保守我，因為我投靠你。² 我曾對耶和華說：“你是我的主，我的好處不在你以外。”³ 至於世上的聖民，他們都是尊貴榮美的人，全是我所喜愛的。⁴ 追求別神的，他們的愁苦必定加多。他們所奠的血祭，我不祭奠；我的



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Psalm 15

<A Psalm of David.>

¹ LORD, who may abide in Your tabernacle? Who may dwell in Your holy hill? ² He who walks uprightly, And works righteousness, And speaks the truth in his heart; ³ He *who* does not backbite with his tongue, Nor does evil to his neighbor, Nor does he take up a reproach against his friend; ⁴ 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; ⁵ 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.>

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



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嘴唇也不提別神的名。⁵ 耶和華是我的產業，是我杯中的分；我所得的業分，你親自為我持守。⁶ 準繩量給我的是佳美之地，我的產業實在令我喜悅。⁷ 我要稱頌那指導我的耶和華，我的心在夜間也勸戒我。⁸ 我常常把耶和華擺在我面前，因他在我右邊，我必不會動搖。⁹ 為此我的心快樂，我的靈歡欣，我的肉身也必安然居住。¹⁰ 因為你必不把我的靈魂撇在陰間，也必不容你的聖者見朽壞。¹¹ 你必把生命的路指示我，在你面前有滿足的喜樂，在你的右手中有永遠的福樂。哈利路亞。

詩篇 19

大衛的詩，交給詩班長。

¹ 諸天述說 神的榮耀，穹蒼傳揚他的作為。² 天天發出言語，夜夜傳出知識。³ 沒有話語，沒有言詞，人也聽不到它們的聲音。⁴ 它們的聲音傳遍全地，它們的言語傳到地極， 神在它們中間



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

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



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為太陽安設帳幕。⁵ 太陽如同新郎出洞房，又像勇士歡歡喜喜地跑路。⁶ 它從天的這邊出來，繞行到天的那邊；沒有甚麼可以隱藏，得不到它的溫暖。⁷ 耶和華的律法是完全的，能使人心蘇醒；耶和華的法度是堅定的，能使愚人有智慧。⁸ 耶和華的訓詞是正直的，能使人心快樂；耶和華的命令是清潔的，能使人的眼睛明亮。⁹ 耶和華的話語是潔淨的，能堅立到永遠；耶和華的典章是真實的，完全公義；¹⁰ 都比金子寶貴，比大量的精金更寶貴；比蜜甘甜，比蜂房滴下來的蜜更甘甜；¹¹ 並且你的僕人也借著這些得到警戒，謹守這些就得著大賞賜。¹² 誰能知道自己的錯誤呢？求你赦免我隱而未現的過失。¹³ 求你攔阻你僕人，不犯任意妄為的罪，不許它們轄制我；我才可以完全，不犯大過。¹⁴ 耶和華我的磐石、我的救贖主啊！願我口中的言語、心裡的意念，都在你面前蒙悅納。哈利路亞。



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end of the world. In them He has set a tabernacle for the sun, ⁵ Which *is* like a bridegroom coming out of his chamber, *And* rejoices like a strong man to run its race. ⁶ Its rising *is* from one end of heaven, And its circuit to the other end; And there is nothing hidden from its heat. ⁷ The law of the LORD *is* perfect, converting the soul; The testimony of the LORD *is* sure, making wise the simple; ⁸ The statutes of the LORD *are* right, rejoicing the heart; The commandment of the LORD *is* pure, enlightening the eyes; ⁹ The fear of the LORD *is* clean, enduring forever; The judgments of the LORD *are* true *and* righteous altogether. ¹⁰ More to be desired *are they* than gold, Yea, than much fine gold; Sweeter also than honey and the honeycomb. ¹¹ Moreover by them Your servant is warned, *And* in keeping them *there is* great reward. ¹² Who can understand *his* errors? Cleanse me from secret *faults*. ¹³ 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. ¹⁴ 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.



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詩篇 25

大衛的詩

¹ 耶和華啊！我的心仰望你。² 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。³ 等候你的必不羞愧，但那些無故以詭詐待人的必要羞愧。⁴ 耶和華啊！求你把你的道路指示我，求你把你的路徑教導我，⁵ 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。⁶ 耶和華啊！求你紀念你的憐憫和慈愛，因為它們自古以來就存在。⁷ 求你不要紀念我幼年的罪惡和我的過犯；耶和華啊！求你因你的恩惠，按著你的慈愛紀念我。⁸ 耶和華是良善和正直的，因此他必指示罪人走正路。⁹ 他必引導謙卑的人行正義，把他的道路教導謙卑的人。¹⁰ 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。¹¹ 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。¹² 誰是那敬畏耶和華的人？耶和華必指示他應選



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Psalm 25

<A *Psalm* of David.>

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



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擇的道路。¹³ 他必安享福樂，他的後裔要承受地土。¹⁴ 耶和華把心意向敬畏他的人顯示，又使他們認識他的約。¹⁵ 我的眼睛時常仰望耶和華，因為他必使我的腳脫離網羅。¹⁶ 求你轉向我，恩待我，因為我孤獨困苦。¹⁷ 我心中的愁苦增多，求你使我從痛苦中得釋放。¹⁸ 求你看看我的困苦和艱難，赦免我的一切罪惡。¹⁹ 求你看看我的仇敵，因為他們人數眾多，他們深深痛恨我。²⁰ 求你護衛我的性命，搭救我；不要叫我羞愧，因為我投靠你。²¹ 願純全和正直保護我，因為我等候你。
²² 神啊！求你救贖以色列，救他脫離一切困苦。哈利路亞。

詩篇 27

大衛的詩

¹ 耶和華是我的亮光，是我的救恩，我還怕誰呢？耶和華是我性命的避難所，我還懼誰呢？² 那些作惡的，就是我的敵人、我的仇敵，他們逼近我，要吃我肉的時候，就絆跌僕倒。³ 雖有軍兵紮營



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

Psalm 27

<A Psalm of David.>

¹ 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? ² When the wicked came against me To eat up my flesh, My enemies and foes, They stumbled and fell. ³ Though an army may encamp against me, My heart shall not fear; Though war should rise against me, In this I *will be* confident.



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攻擊我，我的心也不害怕；雖然發動戰爭攻擊我，我仍舊安穩。⁴有一件事我求過耶和華，我還要尋求；我要一生一世住在耶和華的殿裡，瞻仰他的榮美，在他的殿中求問。⁵因為在我遭難的日子，他必把我藏在他的帳棚裡，把我隱藏在他帳幕的隱密處，又把我高舉在磐石上。⁶現在，我可以抬起頭來，高過我四周的仇敵；我要在他的帳幕裡，獻上歡呼的祭；我要歌唱，頌贊耶和華。⁷耶和華啊！我發聲呼求的時候，求你垂聽；求你恩待我，應允我。⁸你說：“你們要尋求我的面！”那時我的心對你說：“耶和華啊！你的面我正要尋求。”⁹求你不要向我掩面，不要發怒趕逐你的僕人，你一向是幫助我的。拯救我的 神啊！求你不要撇下我，也不要離棄我。¹⁰雖然我的父母離棄我，耶和華卻收留我。¹¹耶和華啊！求你指示我你的道路；為我仇敵的緣故引導我走平坦的路。¹²求你不要照著我敵人的心願，把我交給他們，因為有作假見證的人起來攻擊我，並且口出兇暴的話。¹³我還是相信，在活人之地，



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⁴ 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. ⁵ 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. ⁶ 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. ⁷ Hear, O LORD, *when* I cry with my voice! Have mercy also upon me, and answer me. ⁸ *When You said*, "Seek My face," My heart said to You, "Your face, LORD, I will seek." ⁹ 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. ¹⁰ When my father and my mother forsake me, Then the LORD will take care of me. ¹¹ Teach me Your way, O LORD, And lead me in a smooth path, because of my enemies. ¹² Do not deliver me to the will of my adversaries; For false witnesses have risen against me, And such as breathe out violence. ¹³ *I would* have lost heart, unless I had believed That I would see the goodness of the LORD In the land of the



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我可以看見耶和華的恩惠。¹⁴ 你要等候耶和華，要剛強，要堅定你的心，要等候耶和華。哈利路亞。

詩篇 63

大衛的詩，是他在猶大曠野時作的。

¹ 神啊！你是我的 神，我要切切尋求你；在乾旱、疲乏、無水之地，我的心，我的身，都渴想你，切慕你。² 因此，我在聖所中瞻仰你，為要見你的能力和榮耀。³ 因你的慈愛比生命更好，我的嘴唇要頌贊你。⁴ 我要一生稱頌你，我要奉你的名舉手禱告。⁵ 我的心滿足，就像飽享了骨髓肥油；我要用歡樂的嘴唇讚美你。⁶ 我在床上紀念你，我整夜默想你。⁷ 因為你幫助了我，我要在你翅膀的蔭下歡呼。⁸ 我心緊緊追隨你；你的右手扶持我。⁹ 但那些尋索我、要殺我的人，必下到地的深處。¹⁰ 他們必交在刀劍之下，成了野狗的食物。¹¹ 但王必因 神歡喜；所有指著神起誓的，都必可以誇耀；說謊的人的口卻必被塞住。哈利路亞。



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living. ¹⁴ 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.>

¹ 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. ² So I have looked for You in the sanctuary, To see Your power and Your glory. ³ Because Your lovingkindness *is* better than life, My lips shall praise You. ⁴ Thus I will bless You while I live; I will lift up my hands in Your name. ⁵ My soul shall be satisfied as with marrow and fatness, And my mouth shall praise *You* with joyful lips. ⁶ When I remember You on my bed, I meditate on You in the *night* watches. ⁷ Because You have been my help, Therefore in the shadow of Your wings I will rejoice. ⁸ My soul follows close behind You; Your right hand upholds me. ⁹ But those *who* seek my life, to destroy *it*, Shall go into the lower parts of the earth. ¹⁰ They shall fall by the sword; They shall be a portion for jackals. ¹¹ 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.



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詩篇 67

詩歌一首，交給詩班長，用絲弦的樂器伴奏。

¹願 神恩待我們，賜福給我們，願他用臉光照我們，（細拉）²好使全地得知你的道路，萬國得知你的救恩。³ 神啊！願眾民都稱謝你，願萬民都稱謝你。⁴願萬族都快樂歡呼，因為你按正直統管眾民，並引導地上的萬族。（細拉）⁵ 神啊！願眾民都稱謝你，願萬民都稱謝你。⁶地生出土產； 神，就是我們的 神，要賜福給我們。⁷ 神要賜福給我們，全地都要敬畏他。哈利路亞。

詩篇 70

詩歌一首，交給詩班長，用絲弦的樂器伴奏。

¹ 神啊！求你搭救我；耶和華啊！求你快來幫助我。²願那些尋索我性命的，抱愧蒙羞；願那些喜悅我遭害的，退後受辱。³願那些對我說：“啊哈！啊哈！”的，都因羞愧退後。⁴願所有尋求你的，都因你歡喜快樂；願那些喜愛你救恩的，常



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Psalm 67

<To the Chief Musician.

On stringed instruments. A Psalm. A Song.>

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

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



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說：“要尊 神為大。”⁵至於我，我是困苦貧窮的； 神啊！求你快快到我這裡來；你是我的幫助，我的拯救；耶和華啊！求你不要耽延。哈利路亞。

詩篇 113

¹ 你們要讚美耶和華。耶和華的僕人哪！你們要讚美，要讚美耶和華的名。² 耶和華的名是應當稱頌的，從現在直到永遠。³ 從日出之地到日落之處，耶和華的名都該受讚美。⁴ 耶和華高過萬國，他的榮耀超越諸天。⁵ 誰像耶和華我們的神呢？他坐在至高之處，⁶ 他俯首垂顧天上和地下的事。⁷ 他從灰塵中抬舉貧寒人，從糞堆中提拔窮乏人，⁸ 使他們和權貴同坐，就是和他子民中的權貴同坐，⁹ 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。



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be glad in You; And let those who love Your salvation say continually, "Let God be magnified!" ⁵ 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

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



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詩篇 143

大衛的詩

¹ 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。² 求你不要審判你的僕人，因為凡活著的人，在你面前沒有一個是義的。³ 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。⁴ 因此我的靈在我裡面軟弱，我的心在我裡面戰慄。⁵ 我追念以往的日子，默想你的一切作為，沉思你手所作的。⁶ 我向你伸出雙手，我的心渴想你，好象乾旱的地盼望雨水一樣。（細拉）⁷ 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。⁸ 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。⁹ 耶和華啊！求你救我脫離我的仇敵，我往你那裡藏身。¹⁰ 求你教我遵行你的旨意，因為你是我的 神；願你至善



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Psalm 143

<A Psalm of David.>

¹ Hear my prayer, O LORD, Give ear to my supplications! In Your faithfulness answer me, *And* in Your righteousness. ² Do not enter into judgment with Your servant, For in Your sight no one living is righteous. ³ 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. ⁴ Therefore my spirit is overwhelmed within me; My heart within me is distressed. ⁵ I remember the days of old; I meditate on all Your works; I muse on the work of Your hands. ⁶ I spread out my hands to You; My soul *longs* for You like a thirsty land. Selah ⁷ 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. ⁸ 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. ⁹ Deliver me, O LORD, from my enemies; In You I take shelter. ¹⁰ Teach me to do Your will, For You *are* my God;



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的靈引導我到平坦的地。¹¹ 耶和華啊！求你為你名的緣故使我存活，按著你的公義把我從患難中領出來。¹² 求你因你的慈愛使我的仇敵滅絕，求你消滅所有苦害我的人，因為我是你的僕人。哈利路亞。

聖哉，聖哉，聖哉，一段出自聖約翰福音書的章節，願他的祝福與我們同在，阿們。

約翰福音（1:1-17）

¹ 太初有道，道與神同在，道就是神。² 這道太初與神同在。³ 萬有是藉著他而成的；凡所成的，沒有一樣不是藉著他而成的。⁴ 生命在他裡面，這生命就是人的光。⁵ 這光在黑暗中照耀，黑暗卻沒有勝過這光。⁶ 有一個人受神的差派而來，他名叫約翰。⁷ 他為見證而來，是要為這光做見證，好讓人都藉著他相信。⁸ 他不是這光，而是



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Your Spirit *is* good. Lead me in the land of uprightness. ¹¹ Revive me, O LORD, for Your name's sake! For Your righteousness' sake bring my soul out of trouble. ¹² 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)

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



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要為這光做見證。⁹ 這光是真光，來到這世界照亮每個人。¹⁰ 他在這世界，世界也是藉著他而成的，世界卻不認識他。¹¹ 他來到自己的地方，自己人卻不接受他。¹² 但是所有接受他的，就是信他名的人，他就賜給他們權柄成為神的兒女。¹³ 他們不是由血緣、或肉體的意願、或人的意志所生的，而是由神所生的。¹⁴ 道成了肉身，居住在我們中間。我們看到了他的榮耀，正是從父而來的獨生子的榮耀，充滿了恩典和真理。¹⁵ 約翰為他做見證，呼喊說：“這一位就是我曾說過的，‘那在我之後來的，已成為在我前面的，因為他在我之前就已經存在。’”¹⁶ 原來從他的豐盛完美中，我們都領受了恩典，而且恩上加恩。¹⁷ 因為律法是藉著摩西賜下的，恩典和真理是藉著耶穌基督而來的。願榮耀歸於神，直到永永遠遠，阿們。



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

⁹ That was the true Light which gives light to every man coming into the world. ¹⁰ He was in the world, and the world was made through Him, and the world did not know Him. ¹¹ He came to His own, and His own did not receive Him. ¹² But as many as received Him, to them He gave the right to become children of God, to those who believe in His name:

¹³ who were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. ¹⁴ 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. ¹⁵

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.'"

¹⁶ And of His fullness we have all received, and grace for grace. ¹⁷ For the law was given through Moses, *but* grace and truth came through Jesus Christ. **Glory be to God forever. Amen.**



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願神的話語平平安安地得以圓滿：

基督啊，我們敬拜你，與你美善的聖父和聖靈，因為你的到來拯救了我們。

連 禱

✙ 來到世上照亮每個人的真光啊，因為你對世人的愛，你來到了世上，一切被造之物都因你的到來而歡喜。你救了我們的祖父亞當脫離了詭計，救了我們的祖母夏娃脫離了死亡的劇痛，又賜給了我們兒子名分的靈。因此，讓我們讚美你並稱頌你說：“[願榮耀歸於聖父、聖子和聖靈。]”

✙ 我們的真光——基督，我們的神啊，就像陽光照耀在我們身上那樣，請讓發光的悟性與明亮的思想照耀在我們裡面，不要讓我們行在昏暗的邪情私欲之下，那樣我們便能與大衛一同讚頌你，說：“天還未亮，我就急忙睜開眼睛，為要默想你的話語。”主啊，我們的神，求你按著你極大的慈愛聆聽我們的聲音，藉著你的憐憫拯救我們。[從今時直到永永遠遠，阿們。]



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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 (Doxa Patri...) [**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. (Kenun...) [**Now and forever and unto the ages of all ages, Amen**].



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✙ 上帝之母啊，第二層天，你就像是永不凋謝的璀璨之花，你是永恆的童貞女母親，尊貴的光之母，從日出之地到日落之處，我們都要將讚頌獻給你；因為聖父揀選了你，聖靈庇護了你，聖子也屈尊降下並藉著你而道成了肉身。因此，請你向他祈求，願他賜救恩給這個由他親手所造的世界，並救它脫離一切苦難。讓我們以一首新歌來讚美他，和讚頌他。[從今時直到永永遠遠，阿們。]

榮耀頌

讓我們與天使一同讚頌，說：“在至高之處，榮耀歸於神！在地上，平安歸於他所喜悅的人。”我們讚美你，我們稱頌你，我們事奉你，我們屈膝敬拜你，我們承認你，我們榮耀你。

主啊，天上的王，全能的父神，主啊，唯一的獨生子耶穌基督，和聖靈，為了你極大的榮耀，因此我們向你獻上感謝。

主 神啊，神羔羊，聖父的聖子，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. (Kenun...)
[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



晨禱（第一時辰的禱告）

了世人的罪孽，求你憐憫我們，並接受我們的禱告。

你坐在聖父的右邊，求你憐憫我們。只有你是聖潔的，只有你是至高無上的，我的主耶穌基督與聖靈；願榮耀歸於父神，阿們。

我每天都要讚頌你，並讚美你的聖名直到永永遠遠。阿們！我的神啊，天還未亮我的靈魂就早已向你醒來，因為你的訓詞是普照大地的光。因為是你幫助我的，所以我不斷默想你的道路。求你在清晨聆聽我的聲音，我必將早早地站在你面前，並讓你看到我。

三聖頌

聖神，聖全能者，聖不朽者，由童貞女所生的啊，求你憐憫我們。

聖神，聖全能者，聖不朽者，為了我們而被釘十字架的啊，求你憐憫我們。

聖神，聖全能者，聖不朽者，從死裡復活並升到天上的啊，求你憐憫我們。



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.



晨禱（第一時辰的禱告）

願榮耀歸於聖父，聖子和聖靈，從今時直到永永遠遠，阿們。

聖三一啊，求你憐憫我們。

聖三一啊，求你憐憫我們。

聖三一啊，求你憐憫我們。

主啊，求你赦免我的罪孽。

主啊，求你寬恕我的過犯。

主啊，求你原諒我的過失。

主啊，願你眷顧你百姓之中的病患，為了你聖名的緣故，求你治癒他們。

主啊，我們那些已過世的父輩和弟兄們，求你讓他們的靈魂得到安息。

主啊，你是唯一沒有罪的，求你憐憫我們。

主啊，你是唯一沒有罪的，求你幫助並接受我們的祈求。因為榮耀、主權和聖三聖全是你的。求主憐憫，求主憐憫，求主憐憫，求主賜福于我們，阿們。

讓我們配得滿懷感激地祈禱，說：我們在天上的父……



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...



晨禱（第一時辰的禱告）



向你致敬，聖潔的啊，充滿了榮耀，永為童貞女的上帝之母，基督的母親，我們祈求你把我們的禱告提交給你的愛子，願他寬恕我們的罪孽。

向聖潔的童貞女致敬，你為我們生下了真光，基督我們的神。請為我們向主代求，願他賜憐憫給我們的靈魂，並寬恕我們的一切罪孽。

童貞女瑪利亞啊，聖潔的上帝之母，我們人類信實的辯護者啊，請為我們在由你所生的基督面前代求，願他賜予我們罪孽的赦免。

向你致敬，童貞女啊，你是我們真正的女王。向我們人類的誇耀致敬，你為我們生下了以馬內利。我們信實的辯護者啊，我們懇求你在我們的主耶穌基督面前牢記我們，願他寬恕我們的罪孽。

東正基督教會信經前言

真光之母啊，我們尊崇你；聖潔的童貞女上帝之母啊，我們榮耀你，因為你為我們生下了全



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



晨禱（第一時辰的禱告）



世界的救主，他來到了世間並拯救了我們的靈魂。基督，我們的上主，我們的君王，願榮耀歸於你，你是使徒的誇耀，殉道者的冠冕，義人的喜樂，教會的堅定，罪孽的赦免。我們宣告聖三一同歸於一個神性。我們屈膝敬拜他並榮耀他。求主憐憫，求主憐憫，求主賜福。阿們。

東正基督教會信經

我們信獨一的上帝，全能的聖父，創造天地一切有形無形之萬物的主。

我們信獨一的主耶穌基督，上帝的獨生子，在萬世以前為聖父所生，出於光而為光，出於真上帝而為真上帝，受生而非被造，與聖父同性同體，天上地上的萬物都是籍他而造成的；他為了我們人類，並為了我們得救恩，從天降臨，因著聖靈，並從童貞女瑪利亞道成肉身，而成為人。

在本丟比拉多手下，他為我們釘於十字架上，受難而被埋葬。依聖經所言，他在第三日復活，



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



晨禱（第一時辰的禱告）

並升天，坐在聖父的右邊；他必將在榮耀中再臨，審判活人死人，他的國度永無窮盡。

我們真信聖靈，賜生命的主，從聖父而出，與聖父與聖子同受敬拜，同享尊榮，他曾借眾先知說話。我信獨一聖而公之使徒教會。我們認信使罪得赦的獨一洗禮。我們盼望死人復活和來世的生命。阿們。

然後祈禱者說：

主啊，求你聆聽我們，求你憐憫我們並寬恕我們的罪。阿們。“求主憐憫（Kir-ye ley-son）” 41 次。接著說：

聖哉, 聖哉, 聖哉

聖哉，聖哉，聖哉，萬軍之耶和華。天上地上都充滿了你的榮耀和尊貴。全能的父神啊，求你憐憫我們。聖三一啊，求你憐憫我們。耶和華萬軍之神啊，求你與我們同在。因為只有你能夠



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.
Kurie `ele`ycon (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



晨禱（第一時辰的禱告）

在苦難和憂患之中幫助我們。神啊，求你赦免，寬恕並免除我們在有意或無意、知情或不知情、隱藏或公開之下所犯的罪孽。主啊，求你寬恕我們，因為我們是藉著你的聖名而得蒙召喚的。主啊，求你照著你的憐憫，而不照著我們的罪而行。

讓我們配得滿懷感激地祈禱，說：我們在天上的父……

第一篇赦罪禱告

在萬世以前就存在，並永遠長存的耶和華萬軍之神啊，是你造了太陽給白晝，又賜下黑夜讓世人安歇；世代的王啊，我們感謝你，因為你讓我們平平安安地度過了夜晚，又帶領我們來到了黎明。

我們的上主，萬世之王啊，因此我們祈求你，願你的容光照耀在我們身上，並在你神性的智慧之光照亮我們。我們的上主啊，藉著你憐愛世人



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



晨禱（第一時辰的禱告）



的獨生子耶穌基督的恩典與慈愛，還有你聖靈的恩惠，請讓我們做光明之子和白晝之子，那樣我們就能以貞潔與美善的品行，毫無指責地走完這一生餘下的日子，從今時直到永永遠遠。阿們。

第二篇赦罪禱告

神啊，是你讓光發出，造了日頭照義人也照惡人，又造了光照亮了全世界。我們的上主啊，求你光照我們的頭腦與心靈，還有我們對事物的理解能力。請讓我們在這一天當中能夠蒙得你的喜悅。藉著與你同受榮耀的我們的主耶穌基督，和與你同質又賜生命的聖靈，求你守護我們遠離種種邪惡、罪孽與仇敵的各樣權勢，從今時直到永永遠遠，阿們。



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.



晨禱（第一時辰的禱告） 每個時辰結尾的禱告

憐憫我們吧，神啊，求你憐憫我們，天上地上無時無刻不敬拜你和榮耀你。

基督我們的神啊，你是美善，長久忍耐，又有著豐盛的慈愛與極大憐憫的神，你喜愛義人，甚至對我這個罪人中的罪魁也有憐憫。誰不願罪人死去，但你卻願他們個個都因悔改而得生命，你召喚每一個人接受救恩，好讓我們獲得那即將到來的應許的賞賜。主啊，請接受我們在這個時辰以及每個時辰的禱告。求你安逸我們的生活，並指引我們遵照你的誠命而行。求你聖化我們的靈魂，潔淨我們的身體，歸正我們的思想，使我們動機完全純潔，治癒我們的疾病，並寬恕我們的罪孽。求你救我們遠離各樣邪惡的悲痛與憂傷的心。請讓你聖潔的天使們圍繞著我們，那樣我們便能得到保護與指引，並獲得信仰的統一，還有對你那難以察覺又至高無限的榮耀的認知。因為你是當受讚頌的，直到永遠。阿們。



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.

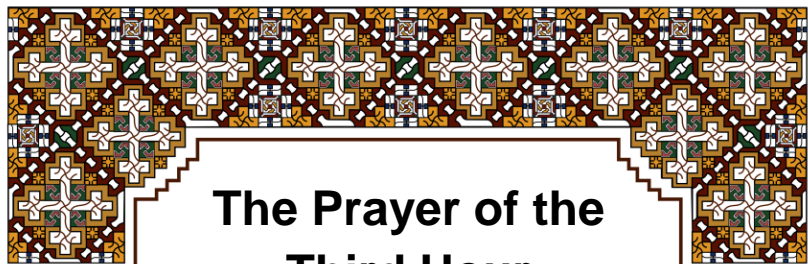
Christ our God, the good, the long suffering, the abundant in mercy, and the great in compassion, who loves the righteous and has mercy on the sinners of whom I am chief; who does not wish the death of the sinner but rather that he returns and lives, who calls all to salvation for the promise of the 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.



第三時辰的禱告

在這個時辰，本丟彼拉多將滿有榮耀的，主耶穌基督定罪，（馬可福音 15:25），同樣聖靈也是在這個時辰降臨在純潔的門徒們身上的（使徒行傳 2:15）。我們也祈求聖靈的恩賜在我們裡面點燃。

按照我們現在的時間，這個時辰為上午 9:00 點鐘。



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.



第三時辰的禱告



祈禱者祈禱“每個時辰的序言”中的禱告文：

- ❖ 主禱文 第 1 頁
- ❖ 感恩禱告 第 3 頁
- ❖ 詩篇 51 第 7 頁

然後祈禱者接著說：

以聖父、聖子和聖靈獨一神的名，阿們！

求主憐憫，求主憐憫，求主賜福於我們！阿們！

願榮耀歸於聖父、聖子及聖靈，從今時直到永永遠遠，阿們！

這蒙福一天當中的第三時辰的禱告是獻給我的王，和我的神——基督的，懇求他寬恕我們諸多的罪孽。

通過我們的導師，先知大衛王之詩，願他的祝福與我們同在。阿們。



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.



第三時辰的禱告

詩篇 20

大衛的詩，交給詩班長。

¹ 願耶和華在你遭難的日子應允你，願雅各的神的名保護你。² 願他從聖所幫助你，從錫安扶持你。³ 願他紀念你的一切素祭，悅納你的燔祭。（細拉）⁴ 願他照著你的心願賞賜你，實現你的一切計畫。⁵ 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。⁶ 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。⁷ 有人靠車，有人靠馬。我們卻靠耶和華我們神的名。⁸ 他們都屈身跌倒，我們卻起來，挺身而立。⁹ 耶和華啊！求你拯救君王！我們呼求的時候，願你應允我們。哈利路亞。

詩篇 23

大衛的詩

¹ 耶和華是我的牧人，我必不會缺乏。² 他使我



The Prayer of the Third Hour

Psalm 20

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

¹ May the LORD answer you in the day of trouble;
May the name of the God of Jacob defend you; ²
May He send you help from the sanctuary, And
strengthen you out of Zion; ³ May He remember all
your offerings, And accept your burnt sacrifice.
Selah ⁴ May He grant you according to your heart's
desire, And fulfill all your purpose. ⁵ 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. ⁶ 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. ⁷ Some
trust in chariots, and some in horses; But we will
remember the name of the LORD our God. ⁸ They
have bowed down and fallen; But we have risen and
stand upright. ⁹ Save, LORD! May the King answer us
when we call. Alleluia.

Psalm 23

<A Psalm of David.>

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



第三時辰的禱告

躺臥在青草地上，領我到安靜的水邊。³他使我的靈魂蘇醒；為了自己的名，他引導我走義路。
⁴我雖然行過死蔭的山谷，也不怕遭受傷害，因為你與我同在；你的杖你的竿都安慰我。⁵在我敵人面前，你為我擺設筵席；你用油膏了我的頭，使我的杯滿溢。⁶我一生的日子，必有恩惠慈愛緊隨著我；我也要住在耶和華的殿中，直到永遠。哈利路亞。

詩篇 24

大衛的詩

¹地和地上所充滿的，世界和住在世上的，都是屬於耶和華的。²因為他把地奠定在海上，使世界安定在眾水之上。³誰能登上耶和華的山？誰能站在他的聖所中呢？⁴就是手潔心清的人，他不傾向虛妄，起誓不懷詭詐。⁵他必領受從耶和華來的福分，也必蒙拯救他的 神稱他為義。



The Prayer of the Third Hour



me beside the still waters. ³ He restores my soul; He leads me in the paths of righteousness For His name's sake. ⁴ 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. ⁵ You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. ⁶ 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.

Psalms 24

<A Psalm of David.>

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



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⁶ 這就是求問耶和華的那一類人，就是尋求你面的雅各。(細拉) ⁷ 眾城門哪！抬起你們的頭來；古老的門戶啊！你們要被舉起，好讓榮耀的王進來。⁸ 那榮耀的王是誰呢？就是強而有力的耶和華，在戰場上大有能力的耶和華。⁹ 眾城門哪！抬起你們的頭來；古老的門戶啊！你們要被舉起，好讓榮耀的王進來。¹⁰ 那榮耀的王是誰呢？萬軍之耶和華，他就是那榮耀的王。(細拉) 哈利路亞。

詩篇 26

大衛的詩

¹ 耶和華啊！求你為我伸冤，因為我向來行事正直；我倚靠耶和華，並不動搖。² 耶和華啊！求你試驗我，鑒察我，熬煉我的肺腑心腸。³ 因為你的慈愛常在我的眼前，我行事為人都按著你的真理。⁴ 我決不與奸詐的人同坐，也不和虛偽的人來往。⁵ 我恨惡惡人的聚會，也不與作惡的同



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

Psalm 26

<A Psalm of David.>

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



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坐。⁶ 耶和華啊！我要洗手表明無辜，才來繞著你的祭壇行走；⁷ 好使我發出稱謝的聲音，述說你一切奇妙的作為。⁸ 耶和華啊！我喜愛你住宿的殿，你榮耀居住的地方。⁹ 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入血的人一起消滅。¹⁰ 他們的手中有惡計，他們的右手充滿賄賂。¹¹ 至於我，我要按正直行事為人，求你救贖我，恩待我。¹² 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

¹ 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。² 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。³ 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。⁴ 耶和華的聲音大有能力，耶和華的



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of thanksgiving, And tell of all Your wondrous works.

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

Psalm 29

<A Psalm of David.>

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



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聲音充滿威嚴。⁵ 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。⁶ 他使黎巴嫩山跳躍像牛犢，使西連山跳躍像野牛犢。⁷ 耶和華的聲音帶著火焰劈下。⁸ 耶和華的聲音震撼曠野，耶和華震撼加低斯的曠野。⁹ 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！”¹⁰ 耶和華坐在洪水之上，耶和華坐著為王直到永遠。¹¹ 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。

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



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

Psalms 30

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

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



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的聖名。⁵ 因為他的怒氣只是短暫的，他的恩惠卻是一生一世的；夜間雖然不斷有哭泣，早晨卻必歡呼。⁶ 至於我，我在安穩的時候曾說：“我必永不動搖。”⁷ 耶和華啊！你的恩寵，使我堅立，如同大山；你一掩面，我就驚惶。⁸ 耶和華啊！我曾向你呼求；我曾向我主懇求，說：⁹“我被害流血，下到深坑，有甚麼益處呢？塵土還能稱讚你，還能傳揚你的信實嗎？”¹⁰ 耶和華啊！求你垂聽，恩待我；耶和華啊！求你幫助我。”¹¹ 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；¹² 好讓我的靈歌頌你，永不停止。耶和華我的 神啊！我要永遠稱讚你。哈利路亞。

詩篇 34

大衛的詩，是他在亞比米勒面前裝瘋，被驅逐離去時作的。

¹ 我要時常稱頌耶和華，讚美他的話必常在我口中。² 我的心要因耶和華誇耀，困苦的人聽見了就喜樂。³ 你們要跟我一起尊耶和華為大，我們



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life; Weeping may endure for a night, But joy *comes* in the morning. ⁶ Now in my prosperity I said, "I shall never be moved." ⁷ LORD, by Your favor You have made my mountain stand strong; You hid Your face, *and* I was troubled. ⁸ I cried out to You, O LORD; And to the LORD I made supplication: ⁹ "What profit *is there* in my blood, When I go down to the pit? Will the dust praise You? Will it declare Your truth? ¹⁰ Hear, O LORD, and have mercy on me; LORD, be my helper!" ¹¹ You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness, ¹² 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.>

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



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來一同高舉他的名。⁴我曾求問耶和華，他應允了我，救我脫離一切恐懼。⁵人仰望他，就有光彩，他們的臉必不蒙羞。⁶我這困苦人呼求，耶和華就垂聽，拯救我脫離一切患難。⁷耶和華的使者，在敬畏他的人周圍紮營，搭救他們。⁸你們要親自體驗，就知道耶和華是美善的；投靠他的人，都是有福的。⁹耶和華的聖民哪！你們要敬畏他，因為敬畏他的一無所缺。¹⁰少壯獅子有時還缺食挨餓，但尋求耶和華的，甚麼好處都不缺。¹¹孩子們！你們要來聽我；我要教導你們敬畏耶和華。¹²誰喜愛生命，愛慕長壽，享受美福，¹³就應謹守舌頭，不出惡言，嘴唇不說欺詐的話。¹⁴也要離惡行善，尋找並追求和睦。¹⁵耶和華的眼睛看顧義人，他的耳朵垂聽他們的呼求。¹⁶耶和華的臉敵對作惡的人，要把他們的名從世上除掉。¹⁷義人哀求，耶和華就垂聽，搭救他們脫離一切患難，¹⁸耶和華親近心中破碎的人，拯救靈



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



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裡痛悔的人，¹⁹ 義人雖有許多苦難，但耶和華搭救他脫離這一切。²⁰ 耶和華保全他一身的骨頭，連一根也不容折斷。²¹ 惡人必被惡害死；憎恨義人的，必被定罪。²² 耶和華救贖他僕人的性命；凡是投靠他的，必不被定罪。哈利路亞。

詩篇 41

大衛的詩，交給詩班長

¹ 關懷窮乏人的有福了；在遭難的日子，耶和華必救他。² 耶和華要保護他，使他生存；他在地上要稱為有福的；求你不要照著他敵人的心願把他交給他們。³ 他患病在床，耶和華必扶持他；在病榻中你使他恢復健康。⁴ 至於我，我曾說：“耶和華啊！求你恩待我；求你醫治我，因為我得罪了你。”⁵ 我的仇敵用惡毒的話中傷我，說：“他甚麼時候死呢？他的名字甚麼時候消滅呢？”⁶ 即使他來看我，說的也是假話；他把奸詐積存在心裡，走到外面才說出來。⁷ 所有憎恨我的人，



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saves such as have a contrite spirit. ¹⁹ Many *are* the afflictions of the righteous, But the LORD delivers him out of them all. ²⁰ He guards all his bones; Not one of them is broken. ²¹ Evil shall slay the wicked, And those who hate the righteous shall be condemned. ²² 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.>

¹ Blessed *is* he who considers the poor; The LORD will deliver him in time of trouble. ² 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. ³ The LORD will strengthen him on his bed of illness; You will sustain him on his sickbed. ⁴ I said, "LORD, be merciful to me; Heal my soul, for I have sinned against You." ⁵ My enemies speak evil of me: "When will he die, and his name perish?" ⁶ And if he comes to see *me*, he speaks lies; His heart gathers iniquity to itself; *When* he goes out, he tells *it*. ⁷ All who hate me whisper together



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都交頭接耳地議論我；他們設惡計要害我，說：
⁸“有惡疾臨到他身上；他既然躺下了，就必一病不起。”⁹連我信任的密友，就是那吃我飯的，也用腳踢我。¹⁰至於你，耶和華啊！求你恩待我，使我康復起來，好報復他們。¹¹因此我就知道你喜愛我，因為我的仇敵不能向我歡呼誇勝。¹²至於我，你因為我正直，就扶持我；你使我永遠站在你面前。¹³耶和華以色列的 神是應當稱頌的，從永遠直到永遠。阿們，阿們。哈利路亞。

詩篇 43

¹ 神啊！求你為我伸冤，為我的案件向不敬虔的國申辯；求你救我脫離詭詐和不義的人；² 因為你是賜我力量的 神。你為甚麼棄絕我呢？我為甚麼因仇敵的壓迫徘徊悲哀呢？³ 求你發出你的亮光和真理，好引導我，帶我到你的聖山，到你的居所。⁴ 我就走到 神的祭壇前，到 神、我極大的喜樂那裡。 神啊！我的 神啊！我要彈



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

Psalm 43

¹ Vindicate me, O God, And plead my cause against an ungodly nation; Oh, deliver me from the deceitful and unjust man! ² 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? ³ Oh, send out Your light and Your truth! Let them lead me; Let them bring me to Your holy hill And to Your tabernacle. ⁴ Then I will go to the altar of God, To God my exceeding joy; And on the harp I will



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琴稱讚你。⁵ 我的心哪！你為甚麼沮喪呢？為甚麼在我裡面不安呢？應當等候 神；因為我還要稱讚他，他是我面前的救助、我的 神。哈利路亞。

詩篇 45

可拉子孫的訓誨詩，又是愛歌，交給詩班長，調用“百合花”。

¹ 我心裡湧出優美的言辭；我要為王朗誦我的作品；我的舌頭像經驗豐富的作家的筆。² 你比世人都美好；你的嘴唇吐出恩言；因此， 神賜福給你，直到永遠。³ 大能者啊！願你腰間佩上刀，彰顯你的尊榮和威嚴。⁴ 在你的威嚴中，為了真理、謙卑和公義的緣故，你勝利地乘車前進；願你的右手施行可畏的事。⁵ 你的箭銳利，射中了王的仇敵的心；萬民都僕倒在你腳下。⁶ 神啊！你的寶座是永永遠遠的，你國的權杖是公平的權杖。⁷ 你喜愛公義，恨惡邪惡，所以， 神，就是你的 神，用喜樂的油膏抹你，勝過膏抹你的



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praise You, O God, my God. ⁵ 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.>

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



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同伴。⁸ 你的衣服都有沒藥、沉香和肉桂的香氣；從象牙宮裡有絲弦的樂聲，使你歡喜。⁹ 你的貴妃中有眾君王的女兒；王后佩戴著俄斐的金飾，站在你的右邊。¹⁰ 王所愛的女子啊！你要聽，要看，要留心地聽；你要忘記你的本族和你的父家；¹¹ 王就愛慕你的美麗；因為他是你的主，你要向他俯伏。¹² 推羅的女子必帶著禮物而來；民間富有的人要向你求恩。¹³ 王所愛的女子在宮裡，極其榮華；她的衣服全是用金線繡成的。¹⁴ 她身穿刺繡的衣服，被引到王的面前；她後面伴隨的童女，也都被帶到你的面前。¹⁵ 她們歡喜快樂被引到王那裡；她們要進入王宮。¹⁶ 你的子孫必接續你的列祖；你要立他們作全地的王。¹⁷ 我必使你的名被萬代紀念；因此萬民都必稱讚你，直到永永遠遠。哈利路亞。



The Prayer of the Third Hour

companions. ⁸ All Your garments *are scented* with myrrh and aloes *and* cassia, Out of the ivory palaces, by which they have made You glad. ⁹ Kings' daughters *are* among Your honorable women; At Your right hand stands the queen in gold from Ophir.

¹⁰ Listen, O daughter, Consider and incline your ear; Forget your own people also, and your father's house; ¹¹ So the King will greatly desire your beauty; Because He *is* your Lord, worship Him. ¹² And the daughter of Tyre *will come* with a gift; The rich among the people will seek your favor. ¹³ The royal daughter *is* all glorious within *the palace*; Her clothing *is* woven with gold. ¹⁴ She shall be brought to the King in robes of many colors; The virgins, her companions who follow her, shall be brought to You.

¹⁵ With gladness and rejoicing they shall be brought; They shall enter the King's palace. ¹⁶ Instead of Your fathers shall be Your sons, Whom You shall make princes in all the earth. ¹⁷ I will make Your name to be remembered in all generations; Therefore the people shall praise You forever and ever. Alleluia.



第三時辰的禱告 詩篇 46

可拉子孫的歌，交給詩班長，用女高調。

¹ 神是我們的避難所，是我們的力量，是我們在患難中隨時都可得到的幫助。² 因此，地雖然震動，群山雖然崩塌入海洋的深處，我們也不害怕。³ 雖然海浪翻騰澎湃，雖然山嶽因波濤洶湧搖動，我們也不害怕。（細拉）⁴ 有一條河，它眾多的支流使 神的城充滿快樂；這城就是至高者居住的聖所。⁵ 神在城中，城必不動搖；天一亮， 神必幫助它。⁶ 列邦喧嚷，萬國動搖；神一發聲，地就融化。⁷ 萬軍之耶和華與我們同在；雅各的 神是我們的保障。（細拉）⁸ 你們都來，看耶和華的作為，看他怎樣使地荒涼。⁹ 他使戰爭止息，直到地極；他把弓折毀，把矛砍斷，把戰車用火焚燒。¹⁰ 你們要住手，要知道我是神；我要在列國中被尊崇，我要在全地上被尊崇。¹¹ 萬軍之耶和華與我們同在；雅各的 神是我們的保障。（細拉）哈利路亞。



The Prayer of the Third Hour

Psalm 46

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

A Song for Alamoth.>

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



第三時辰的禱告 詩篇 47

可拉子孫的詩，交給詩班長。

¹ 萬民哪！你們都要鼓掌，要向 神歡聲呼喊；
² 因為耶和華至高者是可敬畏的，他是統治全地的大君王。³ 他要使萬民臣服在我們之下，使列國臣服在我們的腳下。⁴ 他為我們選擇了我們的產業，就是他所愛的雅各的榮耀。（細拉）⁵ 神在歡呼聲中上升，耶和華在號角聲中上升。⁶ 你們要歌頌，歌頌 神；你們要歌頌，歌頌我們的王。⁷ 因為 神是全地的王，你們要用詩歌歌頌他。⁸ 神作王統治列國， 神坐在他的聖寶座上。⁹ 萬民中的顯貴都聚集起來，要作亞伯拉罕的 神的子民；因為地上的盾牌都歸順 神；他被尊為至高。哈利路亞。

聖哉，聖哉，聖哉，一段出自聖約翰福音書的章節，願他的祝福與我們同在，阿們。



The Prayer of the Third Hour Psalm 47

<To the Chief Musician.

A Psalm of the sons of Korah.>

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



第三時辰的禱告

約翰福音（14:26-15:4）

²⁶ 但那位慰助者，就是父以我的名所要派遣的聖靈，將要把一切的事教導你們，並且讓你們想起我對你們說過的一切。²⁷ “我把平安留給你們，我把我的平安賜給你們。我給你們的，不像世界所給的。你們心裡不要愁煩，也不要膽怯。²⁸ 你們聽過我對你們說：‘我去了，還要回到你們這裡來。’如果你們愛我，就會為了我到父那裡去而感到歡喜。這是因為父比我更大。²⁹ 如今，在事情發生以前我已經告訴你們了，好讓你們在事情發生的時候能相信。³⁰ 我不再對你們多說了。要知道，世界的那掌權者就要來了，而他對我毫無作用。³¹ 不過我照著父的吩咐如此去做，是為要世界知道我愛父。“起來，我們走吧！”¹ “我就是真葡萄樹，我父是園丁。² 所有屬於我而不結果子的枝條，他就除掉；而所有結果子的，他就修剪乾淨，好讓它結出更多的果子。



The Prayer of the Third Hour



John (14:26-15:4)

²⁶ "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. ²⁷ "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. ²⁸ "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. ²⁹ "And now I have told you before it comes, that when it does come to pass, you may believe. ³⁰ "I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me. ³¹ "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. ¹ "I am the true vine, and My Father is the vinedresser. ² "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. ³



第三時辰的禱告

³ 藉著我給你們講的話語，你們已經乾淨了。

⁴ 你們當住在我裡面，我就住在你們裡面。枝條如果不留在葡萄樹上，就不能由自己結出果子；照樣，你們如果不住在我裡面，你們也是如此。願榮耀歸於神，直到永永遠遠，阿們。

願神的話語平平安安地得以圓滿：

基督啊，我們敬拜你，與你美善的聖父和聖靈，因為你的到來拯救了我們。

連 禱

✝ 主啊，在這第三時辰你把聖靈降在了你聖潔的門徒們和尊貴的使徒們身上，美善的主啊，請不要將聖靈從我們身上收回，反而要使他在我們裡面煥然一新。神啊，請在我裡面造一顆清潔的心，求你使我裡面重新有一個堅定的靈。求你不要把我從你面前趕走，也不要從我身上收回你的聖靈。[願榮耀歸於聖父、聖子和聖靈。]



The Prayer of the Third Hour



"You are already clean because of the word which I have spoken to you. ⁴ "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. (DoxaPatri...) . **[Glory to the Father, and the Son, and the Holy Spirit]**.



第三時辰的禱告



✙ 主啊，在這第三時辰你把聖靈降在了你聖潔的門徒們和尊貴的使徒們身上，美善的主啊，請不要將聖靈從我們身上收回，然而我們祈求你，主耶穌基督，神的獨生子，道啊，求你使我裡面重新有一個公義的靈和一個賜生命的靈，一個預言的靈和一個貞潔的靈，一個聖潔的靈、一個正義的靈和一個有權柄的靈，全能的主啊，你是我們的靈魂之光。你照亮了世間的每一個人，求你憐憫我們。[從今時直到永永遠遠，阿們。]

✙ 上帝之母啊，你是結下生命之果的真葡萄樹。充滿了恩典的啊，我們祈求你和眾使徒們一起為我們靈魂的救贖祈禱。耶和華我們的神是當受讚頌的，我們每天都要讚美主耶和華。他為我們預備道路，因為他是拯救我們的神。[從今時直到永永遠遠，阿們。]

✙ 天國的王，慰助者，真理的靈啊，你處處同在又充滿每一個角落，你是藏有一切美物的寶庫，又是生命的賜予者，求你仁慈地來到我們的身邊，並住在我們裡面，潔淨我們一切的污穢，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. (Kenun...). **[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. (Kenun...). **[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



第三時辰的禱告

主啊，求你拯救我們的靈魂。[願榮耀歸於聖父、聖子和聖靈。]

✙ 救主啊，正如你曾與你的門徒們同在，又賜給他們平安一樣，也求你仁慈地來到我們的身邊，與我們同在，賜予我們從你而來的平安，拯救我們，並救贖我們的靈魂。[從今時直到永永遠遠，阿們。]

✙ 每逢我們站在聖殿裡，我們就被看作是站在天堂之上的。上帝之母啊，你是天堂的大門，求你向我們打開憐憫之門。[從今時直到永永遠遠，阿們。]

然後祈禱者說：

主啊，求你聆聽我們，求你憐憫我們並寬恕我們的罪。阿們。“求主憐憫（Kir-ye ley-son）” 41 次。接著說：聖哉，聖哉，聖哉……第 69 頁。

讓我們配得滿懷感激地祈禱，說：我們在天上的父……



The Prayer of the Third Hour

all defilement, O Good One, and save our souls. (DoxaPatri...) . [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. (Kenun...) . [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. (Kenun...) . [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.
Kurie `ele`ycon (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...



第三時辰的禱告

赦罪禱告

憐憫眾生的神，安慰所有人的主啊，你總是藉著聖靈安慰我們，感謝你在這個聖潔的時辰喚醒我們來禱告，在這個時辰，你把聖靈的恩典以狀似舌頭的火焰那樣，豐豐富富地傾注在你聖潔的門徒們和尊貴又蒙福的使徒們身上。憐愛世人的主啊，我們祈求並懇求你接受我們的禱告，寬恕我們的罪孽，並把聖靈的恩典賜予我們，淨化我們在身體與靈魂上的污穢。請指引我們過屬靈的生活，那樣我們就可以順著聖靈行走，不再去滿足肉體的欲望了。請讓我們配以完全純潔和公義的心用盡一生事奉你。因為得當的榮耀、尊貴和主權都是屬於你和你美善的聖父與聖靈的，從今時直到永永遠遠，阿們。

然後說：“**每個時辰結尾的禱告**”，第 75 頁。



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.

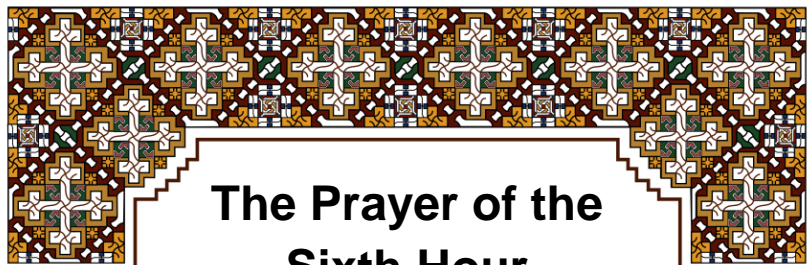
Then say the conclusion of every hour, p.76.



第六時辰的禱告

在這個時辰，我們美善的救主耶穌基督被釘在了十字架之上（約翰福音 19:14）。釘子捶入了他的手和腳（約翰福音 20:25）。他嘗了用苦膽調和的酒（馬太福音 27:34）。右邊的強盜衷心地祈求他，說：“你進了你國度的時候，求你紀念我。”（路加福音 23:42）。在他受難的時候黑暗籠罩了全地。

按照我們現在的時間，這個時辰為正午 12:00 點。



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.



第六時辰的禱告



祈禱者祈禱“每個時辰的序言”中的禱告文：

- ❖ 主禱文 第 1 頁
- ❖ 感恩禱告 第 3 頁
- ❖ 詩篇 51 第 7 頁

然後祈禱者接著說：

以聖父、聖子和聖靈獨一神的名，阿們！

求主憐憫，求主憐憫，求主賜福於我們！阿們！

願榮耀歸於聖父、聖子及聖靈，從今時直到永永遠遠，阿們！

這蒙福一天當中的第六時辰的禱告是獻給我的王，和我的神——基督的，懇求他寬恕我們諸多的罪孽。

通過我們的導師，先知大衛王之詩，願他的祝福與我們同在。阿們。



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.



正午的禱告（第六時辰的禱告）



詩篇 54

大衛的訓誨詩，交給詩班長，用絲弦的樂器伴奏，是在西弗人去對掃羅說：“大衛不是在我們中間躲藏嗎？”以後作的。

¹ 神啊！求你因你的名拯救我，求你以你的大能為我伸冤。² 神啊！求你垂聽我的禱告，留心聽我口中的言語。³ 因為傲慢的人起來攻擊我，強橫的人尋索我的性命；他們不把 神放在眼裡。（細拉）⁴ 看哪！ 神是我的幫助；主是扶持我性命的。⁵ 願災禍報應在我仇敵的身上；願你因你的信實消滅他們。⁶ 我要甘心情願獻祭給你；耶和華啊！我必稱讚你的名，因你的名是美好的。⁷ 他救我脫離了一切患難；我親眼看見了我的仇敵滅亡。哈利路亞。

詩篇 57

大衛的金詩，交給詩班長，調用“休要毀壞”，
是大衛躲在山洞裡逃避掃羅時作的。



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?">**

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

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



第六時辰的禱告



¹ 神啊，求你恩待我！求你恩待我！因為我投靠你；我要投靠在你翅膀的蔭下，直到災害過去。
² 我要向至高的 神呼求，就是向為我成就他旨意的 神呼求。³ 神從天上施恩拯救我，斥責那踐踏我的人；（細拉） 神必向我發出他的慈愛和信實。⁴ 我躺臥在獅子中間，就是在那些想吞滅人的世人中間；他們的牙齒是槍和箭，他們的舌頭是快刀。⁵ 神啊！願你被尊崇，過於諸天；願你的榮耀遍及全地。⁶ 他們為我的腳設下了網羅，使我低頭屈服；他們在我面前挖了坑，自己反掉進坑中。（細拉）⁷ 神啊！我的心堅定，我的心堅定；我要歌唱，我要頌贊。⁸ 我的靈啊！你要醒過來。琴和瑟啊！你們都要醒過來。我也要喚醒黎明。⁹ 主啊！我要在萬民中稱謝你，在萬族中歌頌你。¹⁰ 因為你的慈愛偉大，高及諸天，你的信實上達雲霄。¹¹ 神啊！願你被尊崇，過於諸天；願你的榮耀遍及全地。哈利路亞。



The Prayer of the Sixth Hour



wings I will make my refuge, Until *these* calamities have passed by. ² I will cry out to God Most High, To God who performs *all things* for me. ³ 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. ⁴ 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. ⁵ Be exalted, O God, above the heavens; *Let* Your glory *be* above all the earth. ⁶ 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 ⁷ My heart is steadfast, O God, my heart is steadfast; I will sing and give praise. ⁸ Awake, my glory! Awake, lute and harp! I will awaken the dawn. ⁹ I will praise You, O Lord, among the peoples; I will sing to You among the nations. ¹⁰ For Your mercy reaches unto the heavens, And Your truth unto the clouds. ¹¹ Be exalted, O God, above the heavens; *Let* Your glory *be* above all the earth. Alleluia.



第六時辰的禱告

詩篇 61

大衛的詩，交給詩班長，用絲弦的樂器伴奏。

- ¹ 神啊！求你聽我的呼求，留心聽我的禱告。
- ² 我內心沮喪的時候，我從地極向你呼求；求你領我到那比我更高的磐石上面去。³ 因為你作過我的避難所，作過我逃避仇敵的堅固堡壘。⁴ 我要永遠住在你的帳棚裡，投靠在你翅膀下的隱密處。（細拉）⁵ 神啊！你聽了我所許的願；你把產業賜給敬畏你名的人。⁶ 願你增添王的壽數；願他的年日世世無窮。⁷ 願他在 神面前永遠作王；願你指派慈愛和誠實保護他。⁸ 這樣，我要永遠歌頌你的名，並且天天還我向你所許的願。
- 哈利路亞。

詩篇 63

大衛的詩，是他在猶大曠野時作的。

- ¹ 神啊！你是我的 神，我要切切尋求你；在



The Prayer of the Sixth Hour

Psalm 61

<To the Chief Musician. On a stringed instrument.

A Psalm of David.>

¹ Hear my cry, O God; Attend to my prayer. ² 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. ³ For You have been a shelter for me, A strong tower from the enemy. ⁴ I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. Selah ⁵ For You, O God, have heard my vows; You have given *me* the heritage of those who fear Your name. ⁶ You will prolong the king's life, His years as many generations. ⁷ He shall abide before God forever. Oh, prepare mercy and truth, *which* may preserve him! ⁸ 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.>

¹ 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. ² So I have



第六時辰的禱告

乾旱、疲乏、無水之地，我的心，我的身，都渴想你，切慕你。² 因此，我在聖所中瞻仰你，為要見你的能力和榮耀。³ 因你的慈愛比生命更好，我的嘴唇要頌贊你。⁴ 我要一生稱頌你，我要奉你的名舉手禱告。⁵ 我的心滿足，就像飽享了骨髓肥油；我要用歡樂的嘴唇讚美你。⁶ 我在床上紀念你，我整夜默想你。⁷ 因為你幫助了我，我要在你翅膀的蔭下歡呼。⁸ 我心緊緊追隨你；你的右手扶持我。⁹ 但那些尋索我、要殺我的人，必下到地的深處。¹⁰ 他們必交在刀劍之下，成了野狗的食物。¹¹ 但王必因 神歡喜；所有指著神起誓的，都必可以誇耀；說謊的人的口卻必被塞住。哈利路亞。

詩篇 67

詩歌一首，交給詩班長，用絲弦的樂器伴奏。

¹ 願 神恩待我們，賜福給我們，願他用臉光照



The Prayer of the Sixth Hour

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

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



第六時辰的禱告

我們，（細拉）²好使全地得知你的道路，萬國得知你的救恩。³ 神啊！願眾民都稱謝你，願萬民都稱謝你。⁴願萬族都快樂歡呼，因為你按正直統管眾民，並引導地上的萬族。（細拉）⁵ 神啊！願眾民都稱謝你，願萬民都稱謝你。⁶地生出土產； 神，就是我們的 神，要賜福給我們。⁷ 神要賜福給我們，全地都要敬畏他。哈利路亞。

詩篇 70

大衛的紀念詩，交給詩班長。

¹ 神啊！求你搭救我；耶和華啊！求你快來幫助我。²願那些尋索我性命的，抱愧蒙羞；願那些喜悅我遭害的，退後受辱。³願那些對我說：“啊哈！啊哈！”的，都因羞愧退後。⁴願所有尋求你的，都因你歡喜快樂；願那些喜愛你救恩的，常說：“要尊 神為大。”⁵至於我，我是困苦貧



The Prayer of the Sixth Hour

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

Psalms 70

<To the Chief Musician. A Psalm of David.

To bring to remembrance.>

¹ *Make haste*, O God, to deliver me! Make haste to
help me, O LORD! ² Let them be ashamed and
confounded Who seek my life; Let them be turned
back and confused Who desire my hurt. ³ Let them
be turned back because of their shame, Who say,
"Aha, aha!" ⁴ 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!" ⁵
But I *am* poor and needy; Make haste to me, O God!



第六時辰的禱告



窮的； 神啊！求你快快到我這裡來；你是我的幫助，我的拯救；耶和華啊！求你不要耽延。哈利路亞。

詩篇 84

可拉子孫的詩，交給詩班長，用“迦特”的樂器。

¹ 萬軍之耶和華啊！你的居所多麼可愛。² 我的靈渴想切慕耶和華的院子，我的心身向永活的神歡呼。³ 萬軍之耶和華，我的王我的神啊！在你的祭壇那裡，麻雀找到了住處，燕子也為自己找到了安置幼雛的巢。⁴ 住在你殿中的，都是有福的，他們還要不斷讚美你。（細拉）⁵ 靠你有力量的，心中嚮往通到聖殿大道的，這人是有福的。⁶ 他們經過乾旱的山谷，使這谷變為泉源之地，更有秋雨使這穀到處都是水池。⁷ 他們行走，力上加力，直到各人在錫安朝見神。⁸ 耶和華萬軍的神啊！求你聽我的禱告；雅各的神啊！求你留心聽。（細拉）⁹ 神啊！求你垂顧我們的



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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.>

¹ How lovely *is* Your tabernacle, O LORD of hosts! ² My soul longs, yes, even faints For the courts of the LORD; My heart and my flesh cry out for the living God. ³ 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. ⁴ Blessed *are* those who dwell in Your house; They will still be praising You. Selah ⁵ Blessed *is* the man whose strength *is* in You, Whose heart *is* set on pilgrimage. ⁶ As *they* pass through the Valley of Baca, They make it a spring; The rain also covers it with pools. ⁷ They go from strength to strength; *Each one* appears before God in Zion. ⁸ O LORD God of hosts, hear my prayer; Give ear, O God of Jacob! Selah ⁹ O God, behold our shield, And look upon the face of Your anointed. ¹⁰ 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



第六時辰的禱告

盾牌，求你看顧你的受膏者。¹⁰ 在你院子裡住一日，勝過在別處住千日；寧願站在我 神殿中的門檻上，也不願住在惡人的帳棚裡。¹¹ 因為耶和華 神是太陽，是盾牌，耶和華賜下恩惠和光榮；他沒有留下一樣好處，不給那些行為正直的人。¹² 萬軍之耶和華啊！倚靠你的人是有福的。哈利路亞。

詩篇 85

可拉子孫的詩，交給詩班長。

¹ 耶和華啊！你恩待了你的地，恢復了雅各的產業。² 你赦免了你子民的罪孽，遮蓋了他們的一切罪惡。（細拉）³ 你收回了你的一切忿怒，使你猛烈的怒氣轉消。⁴ 拯救我們的 神啊！求你復興我們，求你止住你向我們所發的忿怒。⁵ 你要永遠向我們發怒嗎？你要延長你的怒氣到萬代嗎？⁶ 你不使我們再活過來，以致你的子民可以因你歡喜嗎？⁷ 耶和華啊！求你使我們得見你的慈愛，又把你的救恩賜給我們。⁸ 我要聽 神耶和華所



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the tents of wickedness. ¹¹ 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. ¹² 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.>

¹ LORD, You have been favorable to Your land; You have brought back the captivity of Jacob. ² You have forgiven the iniquity of Your people; You have covered all their sin. *Selah* ³ You have taken away all Your wrath; You have turned from the fierceness of Your anger. ⁴ Restore us, O God of our salvation, And cause Your anger toward us to cease. ⁵ Will You be angry with us forever? Will You prolong Your anger to all generations? ⁶ Will You not revive us again, That Your people may rejoice in You? ⁷ Show us Your mercy, LORD, And grant us Your salvation. ⁸ 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. ⁹ Surely His salvation *is* near



第六時辰的禱告

要說的話；因為他應許賜平安給他的子民，給他的聖民；但願他們不要轉向愚妄。⁹ 他的救恩的確臨近敬畏他的人，使他的榮耀住在我們的地上。¹⁰ 慈愛和信實彼此相遇，公義和平安互相親吻。¹¹ 信實從地上生出，公義從天上俯視。¹² 耶和華也必賜下好處，我們的地要多出土產。¹³ 公義必行在他面前，為他的腳步預備道路。哈利路亞。

詩篇 86

大衛的禱告。

¹ 耶和華啊！求你留心聽我、應允我，因為我是困苦貧窮的。² 求你保護我的性命，因為我是虔誠的人；我的 神啊！求你拯救這倚靠你的僕人。³ 主啊！求你恩待我，因為我終日向你呼求。⁴ 主啊！求你使你的僕人心裡歡喜，因為我的心仰望你。⁵ 主啊！你是良善，又樂意饒恕人的，向你呼求的，你都以豐盛的慈愛待他們。⁶ 耶和華啊！求你側耳聽我的禱告，留心聽我的懇求。⁷ 在我遭難的日子，我要求告你，因為你必應允我。



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

Psalm 86

<A Prayer of David>>

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



第六時辰的禱告



8 主啊！在眾神之中，沒有能和你相比的，你的作為也是無可比擬的。9 主啊！你所造的萬國都要來，在你面前下拜，他們必榮耀你的名。10 因為你是偉大的，並且行奇妙的事，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，專心敬畏你的名。12 主我的 神啊！我要滿心稱讚你，我要永遠榮耀你的名。13 因為你向我大施慈愛，你救了我的命，免入陰間的深處。14 神啊！驕傲的人起來攻擊我，一群強暴的人尋索我的性命，他們不把你放在眼內。15 但是，主啊！你是有憐憫有恩典的 神，你不輕易發怒，並且有極大的慈愛和信實。16 求你轉向我，恩待我；把你的能力賜給你的僕人，拯救你婢女的兒子。17 求你向我顯出恩待我的記號，好使恨我的人看見了，就覺得羞愧；因為你耶和華幫助了我，安慰了我。哈利路亞。



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any works like Your works. ⁹ All nations whom You have made Shall come and worship before You, O Lord, And shall glorify Your name. ¹⁰ For You *are* great, and do wondrous things; You alone *are* God. ¹¹ Teach me Your way, O LORD; I will walk in Your truth; Unite my heart to fear Your name. ¹² I will praise You, O Lord my God, with all my heart, And I will glorify Your name forevermore. ¹³ For great *is* Your mercy toward me, And You have delivered my soul from the depths of Sheol. ¹⁴ 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. ¹⁵ But You, O Lord, *are* a God full of compassion, and gracious, Longsuffering and abundant in mercy and truth. ¹⁶ Oh, turn to me, and have mercy on me! Give Your strength to Your servant, And save the son of Your maidservant. ¹⁷ 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.



第六時辰的禱告 詩篇 87

歌一首，可拉子孫的詩。

¹ 耶和華所立的根基在聖山上。² 耶和華愛錫安的城門，勝過雅各的一切居所。³ 神的城啊！有很多榮耀的事，都是指著你說的。（細拉）⁴ “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：‘這一個是生在那裡的。’”⁵ 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。⁶ 耶和華登記萬民的時候，必記著：“這一個是生在那裡的。”（細拉）⁷ 他們跳舞歌唱的時候，要說：“我的泉源都在你裡面。” 哈利路亞。

詩篇 91

¹ 住在至高者的隱密處的，必在全能者的蔭底下安居。² 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。”³ 他必救你脫離捕鳥的人的網羅，脫離致命的瘟疫。⁴ 他



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Psalm 87

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

¹ His foundation *is* in the holy mountains. ² The LORD loves the gates of Zion More than all the dwellings of Jacob. ³ Glorious things are spoken of you, O city of God! Selah ⁴ "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.'" ⁵ And of Zion it will be said, "This *one* and that *one* were born in her; And the Most High Himself shall establish her." ⁶ The LORD will record, When He registers the peoples: "This *one* was born there." Selah ⁷ Both the singers and the players on instruments *say*, "All my springs *are* in you." Alleluia.

Psalm 91

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



第六時辰的禱告



必用自己的羽毛遮蓋你，你要投靠在他的翅膀底下；他的信實象盾牌，像堅壘。⁵ 你不必害怕黑夜的驚恐，或是白日的飛箭；⁶ 也不必害怕黑暗中流行的瘟疫，或是在正午把人毀滅的毒病。⁷ 雖有千人僕倒在你的左邊，萬人僕倒在你的右邊，但災害必不臨近你。⁸ 不過你要親眼觀看，看見惡人遭報。⁹ 你既然把耶和華當作自己的避難所，把至高者當作自己的居所，¹⁰ 禍患必不臨到你，災害必不臨近你的帳棚。¹¹ 因為他為了你，會吩咐自己的使者，在你所行的一切路上保護你。¹² 他們必用手托住你，免得你的腳碰到石頭。¹³ 你必踐踏獅子和虺蛇。你必踏碎少壯獅子和大蛇。¹⁴ 耶和華說：“因為他戀慕我，我必搭救他；因為他認識我的名，我必保護他。¹⁵ 他求告我，我必應允他；他在患難中，我必與他同在；我必拯救他，使他得尊榮。¹⁶ 我必使他得享長壽，又向他顯明我的救恩。” 哈利路亞。



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



第六時辰的禱告

詩篇 93

¹ 耶和華作王，他以威嚴為衣；耶和華以威嚴為衣，以能力束腰，世界就得以堅立，永不動搖。
² 你的寶座自古就立定，你從亙古就存在。³ 耶和華啊！大水揚起了，大水揚起了聲音，大水揚起了澎湃的波浪。⁴ 耶和華在高處大有能力，勝過大水的響聲，勝過海中的巨浪。⁵ 耶和華啊！你的法度極為確定；你的殿永遠被稱為聖是合宜的。哈利路亞。

聖哉， 聖哉， 聖哉， 一段出自聖馬太福音書的章節，願他的祝福與我們同在，阿們。

馬太福音（5:1-16）

¹ 耶穌看見人群，就上了山，坐下來。他的門徒們來到他面前，² 他就開口教導他們，說：³ “靈裡貧乏的人是蒙福的，因為天國是他們的。⁴ 悲傷的人是蒙福的，因為他們將受到安慰。⁵ 謙和



The Prayer of the Sixth Hour

Psalm 93

¹ 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. ² Your throne *is* established from of old; You *are* from everlasting. ³ The floods have lifted up, O LORD, The floods have lifted up their voice; The floods lift up their waves. ⁴ The LORD on high *is* mightier Than the noise of many waters, *Than* the mighty waves of the sea. ⁵ 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)

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



第六時辰的禱告

的人是蒙福的，因為他們將繼承那地。⁶ 饑渴慕義的人是蒙福的，因為他們將得飽足。⁷ 憐憫人的人是蒙福的，因為他們將蒙憐憫。⁸ 心裡潔淨的人是蒙福的，因為他們將看見神。⁹ 使人和睦的人是蒙福的，因為他們將被稱為‘神的兒女’。¹⁰ 為義受逼迫的人是蒙福的，因為天國是他們的。¹¹ “當人們因我的緣故責罵你們、逼迫你們、用各種捏造出來的惡事譏謗你們的時候，你們就是蒙福的。¹² 你們當歡喜，當快樂，因為你們在天上的報償是大的。要知道，那些人也這樣逼迫了在你們以前的先知們。¹³ “你們是地上的鹽。鹽如果失去了味道，還能用什麼來把它醃成鹹的呢？它再也沒有用處，只好被丟在外面，任人踐踏。¹⁴ “你們是世界的光。建在山上的城是不能隱藏的；¹⁵ 人點亮了油燈，也不會放在鬥底下，而會放在燈檯上，它就照亮屋子裡所有的人。¹⁶ 同樣，你們的光也應當照耀在人前，使他們看見你們的



The Prayer of the Sixth Hour

For theirs is the kingdom of heaven. ⁴ Blessed *are* those who mourn, For they shall be comforted. ⁵ Blessed *are* the meek, For they shall inherit the earth. ⁶ Blessed *are* those who hunger and thirst for righteousness, For they shall be filled. ⁷ Blessed *are* the merciful, For they shall obtain mercy. ⁸ Blessed *are* the pure in heart, For they shall see God. ⁹ Blessed *are* the peacemakers, For they shall be called sons of God. ¹⁰ Blessed are those who are persecuted for righteousness' sake, For theirs is the kingdom of heaven. ¹¹ "Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake. ¹² "Rejoice and be exceedingly glad, for great *is* your reward in heaven, for so they persecuted the prophets who were before you. ¹³ "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. ¹⁴ "You are the light of the world. A city that is set on a hill cannot be hidden. ¹⁵ "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. ¹⁶ "Let your light so



第六時辰的禱告

美好工作，就榮耀你們在天上的父。**願榮耀歸於神，直到永永遠遠，阿們。**

願神的話語平平安安地得以圓滿：

基督啊，我們敬拜你，與你美善的聖父和聖靈，因為你的到來拯救了我們。

連 禱

✙ 在第六天的第六個時辰被釘於十字架之上的啊，這都是因為我們的先祖亞當曾大膽在樂園犯罪的緣故。基督啊我們的神，求你打破我們罪的枷鎖，求你拯救我們。我向主呼求，他就聽了我的聲音。主啊，求你在黃昏，早晨和正午留心聽我的聲音，接受我的禱告，應許我的懇求。求你聆聽我的話語，並拯救我的靈魂使我得平安。

[願榮耀歸於聖父、聖子和聖靈。]

✙ 耶穌基督，我們的神啊，你在第六個時辰被釘在了十字架之上，因此藉著木頭除去了罪孽，



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. (DoxaPatri...). **[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



第六時辰的禱告



並藉著你的死亡使那些由你親手所造，卻因罪而死的人們復活了。主啊，藉著你治癒人又賜予人生命的受難，求你結束我們的一切痛苦。請按著你的憐憫，讓我們牢記你屬天的誠命，把我們的思想從輕率魯莽的屬地行為和屬世的欲望之中解脫出來。**[從今時直到永永遠遠，阿們。]**

✙ 因為我們犯下了許多的罪孽，因此我們無法蒙恩，也沒有藉口，更無法稱義。童真女，上帝之母啊，因此我們藉著你向我們的救主祈求，他會格外地接受你的代求，因為他是由你所生的。純潔的母親啊，求你不要拒絕罪人藉著你來向他祈求，因為他滿有憐憫又能拯救我們，他所遭受的苦受難也是為了我們能夠獲救。我們的處境是極其卑微的，讓你的憐憫趕快來到我們身邊吧。神啊，我們的救主，求你因你榮耀聖名的緣故幫助我們。主啊，求你因自己的聖名，拯救我們，並寬恕我們一切的罪孽。**[從今時直到永永遠遠，阿們。]**



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



第六時辰的禱告

✙ 基督我們的神啊，當你在十字架上張開了你聖潔的雙手的時候，你把救贖帶給了全世界。因此，天下萬國都大聲呼喊說：“主啊，願榮耀歸與你。” **〔願榮耀歸於聖父、聖子和聖靈。〕**

✙ 美善的主啊，我們敬拜你不朽的位格，基督我們的神啊，請求你寬恕我們的罪孽。因為照著你的旨意，你心甘情願地被高舉在十字架之上，對由你親手所造的一切施行拯救，叫他們擺脫仇敵的奴役。救主啊，我們大聲地向你獻上感謝，因為當你來到這個世界幫助世人時，你讓喜樂充滿了全世界，救主啊，願榮耀歸於你。 **〔從今時直到永永遠遠，阿們。〕**

✙ 童貞女，上帝之母啊，你充滿了恩典，我們讚美你，藉著你兒子的十字架，陰間倒塌了，死亡也被廢除了。我們從前是死的，現在卻復活了，並配得永生，重新獲得了樂園最初的喜樂。因此，我們滿懷感激地榮耀不朽的基督我們的神。 **〔從今時直到永永遠遠，阿們。〕**



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". (DoxaPatri...). **[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. (Kenun...). **[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. (Kenun...). **[Now and forever and unto the ages of all ages, Amen]**.



第六時辰的禱告



然後祈禱者說：

主啊，求你聆聽我們，求你憐憫我們並寬恕我們的罪。阿們。“求主憐憫（Kir-ye ley-son）”41次。接著說：聖哉，聖哉，聖哉……第69頁。

讓我們配得滿懷感激地祈禱，說：我們在天上的父……

赦罪禱告

我們的王，全能者，我們救主神耶穌基督的父啊，我們感謝你，並榮耀你，因為你讓你獨生子受難的時刻，成為了充滿慰藉和禱告的時刻。藉著你的獨生子，耶穌基督，我們的主和我們靈魂的救主的十字架，你摧毀了仇敵的一切權勢，正如你在那神聖的時刻，撕毀了我們罪的封印那樣，我們祈求你接受我們的懇求並廢除那敵對我們的罪的封印。

神啊，請賜予我們一段光輝的歲月，一個毫



The Prayer of the Sixth Hour



Then the worshipper prays:

Lord hear us, have mercy and forgive our sins. Amen.
Kurie `ele`ycon (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



第六時辰的禱告



無指責的品行和一個平安的生命，那樣我們便能討你喜悅並榮耀你的名，那樣我們便能站在你獨生子，我們的主耶穌基督那可敬可畏又公義的審判座前，而不被定罪，那樣我們便能與你的眾聖徒一起榮耀你。我們永恆的聖父啊，我們榮耀你和與你同質的聖子，以及賜生命的聖靈，從今時直到永永遠遠。阿們。

然後說：“**每個時辰結尾的禱告**”，第 75 頁。



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.



第九時辰的禱告

在這一天的這個時辰，我們的主耶穌基督大聲呼叫，說：“父啊，我把我的靈魂交托在你手中。”說完這話，就斷了氣。（路加福音 23:46）接著，從第六個時辰開始，太陽的光芒也成了黑暗模糊的。（馬可福音 15:33）

按照我們現在的時間，這個時辰為下午 3：00 點。



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.



第九時辰的禱告



祈禱者祈禱“每個時辰的序言”中的禱告文：

- ❖ 主禱文 第 1 頁
- ❖ 感恩禱告 第 3 頁
- ❖ 詩篇 51 第 7 頁

然後祈禱者接著說：

以聖父、聖子和聖靈獨一神的名，阿們！

求主憐憫，求主憐憫，求主賜福於我們！阿們！

願榮耀歸於聖父、聖子及聖靈，從今時直到永永遠遠，阿們！

這蒙福一天當中的第九時辰的禱告是獻給我的王，和我的神——基督的，懇求他寬恕我們諸多的罪孽。

通過我們的導師，先知大衛王之詩，願他的祝福與我們同在。阿們。



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.



第九時辰的禱告



詩篇 96

¹ 你們要向耶和華唱新歌，全地都要向耶和華歌唱。² 要向耶和華歌唱，稱頌他的名，天天傳揚他的救恩。³ 要在列國中述說他的榮耀。在萬民中述說他奇妙的作為。⁴ 因為耶和華是偉大的，該受極大的讚美，他當受敬畏，過於眾神之上。⁵ 因為萬民的神都是虛空的偶像，但耶和華創造了諸天。⁶ 尊榮和威嚴在他面前，能力和華美在他聖所之中。⁷ 列國的萬族啊！你們要歸給耶和華，要把榮耀和能力歸給耶和華。⁸ 要把耶和華的名當得的榮耀歸給他，帶著禮物進入他的院子。⁹ 要以聖潔的裝束敬拜耶和華，全地都要在他面前戰慄。¹⁰ 你們要在萬國中宣告：“耶和華作王！”世界就堅定，必不動搖；他必按著公正審判萬民。¹¹ 願天歡喜，願地快樂；願海和海中充滿的，都翻騰響鬧；¹² 願田野和其中的一切都歡樂，那時林中的一切樹木都必歡呼。¹³ 它們都要



The Prayer of the Ninth Hour

Psalm 96

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



第九時辰的禱告



在耶和華面前歡呼，因為他來了；他來要審判全地。他要按著公義審判世界，憑著他的信實審判萬民。哈利路亞。

詩篇 97

¹ 耶和華作王，願地快樂，願眾海島都歡喜。² 密雲和幽暗在他的四圍，公義和公正是他寶座的根基。³ 有火走在他的前面，燒盡他四圍的敵人。⁴ 他的閃電照亮世界，大地看見了就戰慄。⁵ 在耶和華面前，就是在全地的主面前，群山都像蠟一般融化。⁶ 諸天傳揚他的公義，萬民得見他的榮耀。⁷ 願所有事奉雕刻的偶像的，以虛無的偶像為誇口的，都蒙羞；眾神哪！你們都要拜他。⁸ 耶和華啊！錫安聽見你的判斷就歡喜，猶大的各女子也都快樂。⁹ 耶和華啊！因為你是全地的至高者；你被尊崇，遠超過眾神之上。¹⁰ 你們愛耶和華的，都要恨惡罪惡；耶和華保護聖民的性



The Prayer of the Ninth Hour



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

Psalm 97

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



第九時辰的禱告



命，救他們脫離惡人的手。¹¹有亮光照耀義人，心裡正直的人得享喜樂。¹²義人哪！你們要靠耶和華歡喜，要稱讚他的聖名。哈利路亞。

詩篇 98

詩一首

¹ 你們要向耶和華唱新歌，因為他行了奇妙的事；他的右手和他的聖臂，為他施行拯救。² 耶和華顯明了他的救恩，在列國眼前顯示了他的公義。³ 他紀念他向以色列家所應許的慈愛和信實，地的四極都看見我們 神的救恩。⁴ 全地都要向耶和華歡呼，要發聲歡唱，要歌頌。⁵ 要彈琴歌頌耶和華，要用琴和歌聲歌頌他；⁶ 要用號筒和號角的聲音，在大君王耶和華面前歡呼。⁷ 願海和海中充滿的，都翻騰響鬧，願世界和住在世上的也都發聲；⁸ 願江河拍手，願群山一起歡呼；⁹ 它們都要在耶和華面前歡呼，因為他來是要審判全



The Prayer of the Ninth Hour



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

Psalm 98

<A Psalm.>

¹ 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. ² The LORD has made known His salvation; His righteousness He has revealed in the sight of the nations. ³ 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. ⁴ Shout joyfully to the LORD, all the earth; Break forth in song, rejoice, and sing praises. ⁵ Sing to the LORD with the harp, With the harp and the sound of a psalm, ⁶ With trumpets and the sound of a horn; Shout joyfully before the LORD, the King. ⁷ Let the sea roar, and all its fullness, The world and those who dwell in it; ⁸ Let the rivers clap *their* hands; Let the hills be joyful together ⁹ before the LORD, For He is coming to judge the earth. With righteousness He shall judge the world,



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地，他要按著公義審判世界，憑著公正審判萬民。
哈利路亞。

詩篇 99

¹ 耶和華作王，萬民都要戰慄；他坐在兩個基路伯之上，大地也要震動。² 耶和華在錫安是至大的，他崇高，超過萬民。³ 願他們稱讚你偉大可畏的名。他是聖潔的。⁴ 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。⁵ 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。⁶ 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。⁷ 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。⁸ 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。⁹ 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

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



第九時辰的禱告 詩篇 100

感恩詩

¹ 全地應當向耶和華歡呼。² 應當歡歡喜喜事奉耶和華，歡唱著到他的面前。³ 要知道耶和華是神；他創造了我們，不是我們自己；我們是他的子民，也是他草場上的羊。⁴ 應當充滿感恩進入他的殿門，滿口讚美進入他的院子；要感謝他，稱頌他的名。⁵ 因為耶和華本是美善的，他的慈愛存到永遠，他的信實直到萬代。哈利路亞。

詩篇 101

大衛的詩。

¹ 我要歌唱慈愛和公正；耶和華啊！我要向你歌頌。² 我要小心謹慎行正直的路；你甚麼時候才到我這裡來呢？我要在我的家中，以正直的心行事。³ 邪惡的事，我都不擺在眼前；離開正路的人所作的事，我都恨惡，決不容這些沾染我。



The Prayer of the Ninth Hour

Psalm 100

<A Psalm of Thanksgiving.>

¹ Make a joyful shout to the LORD, all you lands! ² Serve the LORD with gladness; Come before His presence with singing. ³ 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. ⁴ Enter into His gates with thanksgiving, *And* into His courts with praise. Be thankful to Him, *and* bless His name. ⁵ For the LORD *is* good; His mercy *is* everlasting, *And* His truth *endures* to all generations. Alleluia.

Psalm 101

<A Psalm of David.>

¹ I will sing of mercy and justice; To You, O LORD, I will sing praises. ² 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. ³ I will set nothing wicked before my eyes; I hate the work of those who fall away; It shall not cling to me. ⁴ A perverse heart shall depart from me; I will not know wickedness. ⁵ Whoever secretly slanders his neighbor, Him I will destroy; The one who has a



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⁴ 狡詐的心思，我要遠離；邪惡的事，我不參與。
⁵ 暗中誹謗鄰舍的，我必把他滅絕；眼目高傲，
心裡驕橫的，我必不容忍他。⁶ 我的眼目必看顧
國中的誠實人，使他們與我同住；行為正直的，
必要侍候我。⁷ 行詭詐的，必不得住在我的家裡；
說謊話的，必不能在我眼前堅立。⁸ 我每日早晨
必滅絕國中所有的惡人，好把所有作孽的人都從
耶和華的城裡剪除。哈利路亞。

詩篇 110

大衛的詩。

¹ 耶和華對我主說：“你坐在我的右邊，等我使你的
仇敵作你的腳凳。”² 耶和華必使你從錫安伸出
能力的權杖，你要在你的仇敵中掌權。³ 在你征
戰的日子，你的人民都樂意投身；你的少年人以
聖潔為裝飾，好象清晨的甘露，到你那裡。⁴ 耶
和華起了誓，就決不反悔；他說：“你永遠作祭
司，是照著麥基洗德的體系。”⁵ 主在你右邊，在
他發怒的日子，必剿滅列王。⁶ 他必在列國中施



The Prayer of the Ninth Hour



haughty look and a proud heart, Him I will not endure. ⁶ 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. ⁷ He who works deceit shall not dwell within my house; He who tells lies shall not continue in my presence. ⁸ 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.>

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



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行審判，屍首就遍滿各處；他要剿滅地上各處的首領。⁷ 王要喝路旁的河水，因此他必挺胸昂首。哈利路亞。

詩篇 111

¹ 你們要讚美耶和華。在正直人的議會中和大會裡，我要全心稱謝耶和華。² 耶和華的作為偉大，喜愛他作為的人都努力查究。³ 他的作為滿有尊榮和威嚴，他的公義永遠長存。⁴ 他使人紀念他所行的奇事；耶和華有恩典，有憐憫。⁵ 他賜糧食給敬畏他的人；他永遠紀念自己的約。⁶ 他向自己的子民彰顯大能的作為，把列國賜給他們為業。⁷ 他手所作的都是誠實和公正；他的訓詞都是可信靠的。⁸ 他的訓詞是永遠確定的，是按著信實和正直制訂的。⁹ 他向自己的子民施行救贖；他命定自己的約，直到永遠；他的名神聖可畏。¹⁰ 敬畏耶和華是智慧的開端；凡是這樣行的都是明智的。耶和華該受讚美，直到永遠。哈利路亞。



The Prayer of the Ninth Hour



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

Psalm 111

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



第九時辰的禱告



詩篇 112

¹ 你們要讚美耶和華。敬畏耶和華、熱愛他的誠命的，這人是有福的。² 他的後裔在地上必強盛，正直人的後代必蒙福。³ 他家中有財富，有金錢，他的仁義存到永遠。⁴ 正直人在黑暗中有光照亮他，他滿有恩慈，好憐恤，行公義。⁵ 恩待人，借貸給別人，按公正處理自己事務的，這人必享福樂。⁶ 因為他永遠不會動搖，義人必永遠被紀念。⁷ 他必不因壞消息懼怕；他的心堅定，倚靠耶和華。⁸ 他的心堅決，毫不懼怕，直到他看見他的敵人遭報。⁹ 他廣施錢財，賙濟窮人；他的仁義存到永遠；他的角必被高舉，大有榮耀。¹⁰ 惡人看見就惱怒，他必咬牙切齒，身心耗損；惡人的心願必幻滅。哈利路亞。

詩篇 113

¹ 你們要讚美耶和華。耶和華的僕人哪！你們要讚美，要讚美耶和華的名。² 耶和華的名是應當



The Prayer of the Ninth Hour

Psalm 112

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

¹ Praise the LORD! Praise, O servants of the LORD,



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稱頌的，從現在直到永遠。³ 從日出之地到日落之處，耶和華的名都該受讚美。⁴ 耶和華高過萬國，他的榮耀超越諸天。⁵ 誰像耶和華我們的神呢？他坐在至高之處，⁶ 他俯首垂顧天上和地下的事。⁷ 他從灰塵中抬舉貧寒人，從糞堆中提拔窮乏人，⁸ 使他們和權貴同坐，就是和他子民中的權貴同坐，⁹ 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

¹ 我愛耶和華，因為他聽了我的聲音、我的懇求。
² 因為他留心聽我的懇求，我一生一世要求告他。
³ 死亡的繩索纏繞著我，陰間的痛苦抓住我；我遭遇患難和愁苦。⁴ 那時，我呼求耶和華的名，說：“耶和華啊！求你拯救我。”⁵ 耶和華有恩典，有公義，我們的神滿有憐憫。⁶ 耶和華保護愚蒙人，我落到卑微的地步，他拯救了我。⁷ 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! ² Blessed be the name of the LORD From this time forth and forevermore! ³ From the rising of the sun to its going down The LORD'S name *is* to be praised. ⁴ The LORD *is* high above all nations, His glory above the heavens. ⁵ Who *is* like the LORD our God, Who dwells on high, ⁶ Who humbles Himself to behold *The things that are* in the heavens and in the earth? ⁷ He raises the poor out of the dust, *And* lifts the needy out of the ash heap, ⁸ That He may seat *him* with princes-- With the princes of His people. ⁹ He grants the barren woman a home, Like a joyful mother of children. Praise the LORD! Alleluia.

Psalm 116:1-9

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



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⁸ 主啊！你救了我的性命脫離死亡，你使我的眼睛不致流淚，使我的雙腳不致跌倒。⁹ 我要在活人之地，行在耶和華面前。哈利路亞。

詩篇 116:10-19

¹⁰ 我雖然說：“我受了極大的痛苦”，但我仍然相信。¹¹ 我在驚惶之中曾說：“人都是說謊的。”
¹² 我拿甚麼報答耶和華向我所施的一切厚恩呢？
¹³ 我要舉起救恩的杯，稱揚耶和華的名。¹⁴ 我要在耶和華的眾民面前，向他還我所許的願。¹⁵ 在耶和華的眼中看來，聖民的死極為寶貴。¹⁶ 耶和華啊！我真是你的僕人；我是你僕人，你婢女的兒子；我的鎖煉你給我解開了。¹⁷ 我要把感恩祭獻給你，我要稱揚耶和華的名。¹⁸ 我要在耶和華的眾民面前，向他還我所許的願。¹⁹ 耶路撒冷啊！就是在你的中間，在耶和華殿的院子裡，我要還我所許的願。你們要讚美耶和華。哈利路亞。



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

Psalm 116: 10-19

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



第九時辰的禱告



聖哉， 聖哉， 聖哉， 一段出自聖路加福音書的章節，願他的祝福與我們同在，阿們。

路加福音（9:10-17）

¹⁰使徒們回來，把他們所做的事都告訴了耶穌。耶穌就帶著他們，悄悄地退往一個叫做伯賽達的城去。¹¹可是眾人知道了，就跟著他去。耶穌歡迎他們，向他們講說有關神國的事，並且使那些需要醫治的人得痊癒。¹²太陽開始平西的時候，十二使徒前來對耶穌說：“請遣散人群，好讓他們到周圍的村莊和田舍去借宿、找食物，因為我們這裡是個荒僻的地方。”¹³但耶穌對他們說：“你們給他們吃的吧。”他們說：“我們只有五個餅和兩條魚，除非我們去為全體民眾買食物。”¹⁴當時，男人就約有五千。耶穌對他的門徒們說：“叫他們分組坐下，每組約五十人。”¹⁵門徒們就如此行，叫大家都坐下。¹⁶耶穌拿起這五個餅和兩條魚，抬頭望天，祝福了，然後掰開，不斷遞



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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)

¹⁰ 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. ¹¹ 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. ¹² 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." ¹³ 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." ¹⁴ For there were about five thousand men. Then He said to His disciples, "Make them sit down in groups of fifty." ¹⁵ And they did so, and made them all sit down. ¹⁶ Then He took the five loaves and the two fish, and looking up to heaven, He blessed and broke



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給門徒們，讓他們分給眾人。¹⁷ 大家吃了，並且都吃飽了。他們把剩下的碎塊收拾起來，裝滿了十二個籃子。願榮耀歸於神，直到永永遠遠，阿們。

願神的話語平平安安地得以圓滿：

基督啊，我們敬拜你，與你美善的聖父和聖靈，因為你的到來拯救了我們。

連 禱

✙ 我們身為罪人，而你卻在第九時辰為了我們的緣故飽嘗了肉體死亡的滋味；基督啊，我們的神，求你處死我們各樣順著肉體而生的欲望，並拯救我們。主啊，願我的請求靠近你面前，照著你的話語賜予我智慧。願我的祈求到達你面前，照著你的話語將我救活。[願榮耀歸於聖父、聖子和聖靈。]

✙ 主啊，正如你在第九時辰被掛在十字架之上，把靈魂交入父的手中，並帶領與你一同在十字架



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them, and gave *them* to the disciples to set before the multitude. ¹⁷ 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. (DoxaPatri...) . **[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



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上被釘死的強盜進入樂園，美善的主啊，求你不要忽視我，也不要拒絕我這個迷失的人，但求你聖化我的靈魂並光照我的悟性，准許我有份於你那些神秘又賜生命的聖禮的恩典，那樣當我體驗到你的恩慈時，我就不知疲倦地將讚頌獻給你，我渴慕你的榮耀超越一切，基督我們的主啊，求你拯救我們。**[從今時直到永永遠遠，阿們。]**

✙ 美善的主啊，你為了我們從童貞女而生，又為了我們忍受了十字架的苦難，然而你卻藉著你的死亡廢除了死亡，藉著你的復活顯明了死人的復活，神啊，請不要向由你親手所造的掩面，美善的主啊，請將你的愛向世人顯現。求你接受你童真女母親為我們的代求。救主啊，拯救你卑微的百姓。求你不要離棄我們直到末世，也不要永遠的丟棄我們。為了亞伯拉罕、你的僕人以撒，和你的聖者以色列的緣故，請不要廢除你的盟約，也不要從我們身上收回你的憐憫。**[從今時直到永永遠遠，阿們。]**



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



第九時辰的禱告

✙ 當那強盜看見生命的創始者被掛在十字架上時，就說：“與我們同釘十字架的這位，豈不是道成肉身的神麼！太陽無法隱藏它的光線，大地也不會因震動而恐懼。”全能者啊，然而你卻忍受了這一切，“耶穌啊，你進了你國度的時候，求你紀念我。”**【願榮耀歸於聖父、聖子和聖靈。】**

✙ 美善的主啊，你既然接受了那釘在十字架上的強盜的告白，也求你接受我們這些因罪而被判死刑的人們。我們與他一同認罪，並承認你的神性，還要與他一同大聲呼喊，說：“耶穌啊，你進了你國度的時候，求你紀念我。”**【從今時直到永永遠遠，阿們。】**

✙ 當那位母親看到羔羊和好牧人——全世界的救主，被釘在了十字架之上的時候，她就一邊哭泣一邊說道：“這世界因得救贖而歡喜，但我看到你在十字架之上為世人受難時，我的心就被焚燒了。”**【從今時直到永永遠遠，阿們。】**



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.” (DoxaPatri...). [**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.” (Kenun...). [**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.” (Kenun...). [**Now and forever and unto the ages of all ages, Amen**].



第九時辰的禱告



然後祈禱者說：

主啊，求你聆聽我們，求你憐憫我們並寬恕我們的罪。阿們。“求主憐憫 (Kir-ye ley-son) ” 41 次。接著說：聖哉，聖哉，聖哉……第 69 頁。

讓我們配得滿懷感激地祈禱，說：我們在天上的父……

赦罪禱告

神啊，聖父啊，我們救主耶穌基督的父啊，你藉著他的顯現拯救了我們，並叫我們擺脫了仇敵的奴役，我們奉他那既當稱頌又當榮耀的名來祈求你，把我們的思想從注重物質世界和屬肉體的欲望之中解脫出來，讓我們牢記你屬天的律例，美善的主啊，請向我們顯露你對人類的愛。

願我們的禱告，特別是在這第九時辰的禱告，總是能夠蒙得你的悅納。願我們行事為人能夠配得我們所蒙的召喚，那樣當我們離開這世界的時候，我們或許就會被算在敬拜你獨生子，我們的



The Prayer of the Ninth Hour



Then the worshipper prays:

Lord hear us, have mercy and forgive our sins. Amen.
Kurie `ele`ycon (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-



第九時辰的禱告



主耶穌基督的受難和死亡的人當中。因此，我們便能夠與那些從起初就真心討你喜悅的眾聖者們一起得獲得憐憫、赦罪和救恩，直到永遠。

主啊，因為你的獨生子已經藉著他賜生命的十字架的權柄踐踏在了仇敵之上，求你為我們廢除仇敵的權勢和他的一切邪惡勢力。我們的主耶穌基督啊，當你被釘在十字架上時，你既接受了在你右邊的強盜，也求你接受我們。正如你把光照在了那些在死蔭之地的人身上，也求你把光照在我們的身上，使我們重新回到樂園。我們的上主啊，你是當受讚頌的神，願一切得當的榮耀、尊貴、威嚴、主權和敬拜都歸於你與你美善的聖父和聖靈，直到永遠。阿們。

然後說：“**每個時辰結尾的禱告**”，第 75 頁。



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.



第十一時辰的禱告

在這個時辰，我們主耶穌基督的身體被從十字架上取下，亞利馬太的約瑟和尼克迪莫帶著沒藥和沉香的混合香料來到主身邊，以猶太人的葬禮規矩，用香料膏抹，又用細麻布把遺體纏裹起來（約翰福音 19:40）。我們也同樣在這個時辰裡感謝神保守我們這一天的平安直到傍晚。

按照我們現在的時間，這個時辰為傍晚 5：00 點。



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.



第十一時辰的禱告

祈禱者祈禱“每個時辰的序言”中的禱告文：

- ❖ 主禱文 第 1 頁
- ❖ 感恩禱告 第 3 頁
- ❖ 詩篇 51 第 7 頁

然後祈禱者接著說：

以聖父、聖子和聖靈獨一神的名，阿們！

求主憐憫，求主憐憫，求主賜福於我們！阿們！

願榮耀歸於聖父、聖子及聖靈，從今時直到永永遠遠，阿們！

這蒙福一天當中的第十一時辰的禱告是獻給我的王，和我的神——基督的，懇求他寬恕我們諸多的罪孽。

通過我們的導師，先知大衛王之詩，願他的祝福與我們同在。阿們。



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.



第十一時辰的禱告



詩篇 117

¹ 萬國啊！你們要讚美耶和華；萬民哪！你們要頌贊他。² 他向我們所施的慈愛極大；耶和華的信實永遠長存。你們要讚美耶和華。哈利路亞。

詩篇 118

¹ 你們要稱謝耶和華，因他本是良善的；他的慈愛永遠長存。² 願以色列說：“他的慈愛永遠長存。”³ 願亞倫家說：“他的慈愛永遠長存。”⁴ 願敬畏耶和華的說：“他的慈愛永遠長存。”⁵ 我在急難中求告耶和華，他就應允我，使我站在寬闊之地。⁶ 耶和華是我的幫助，我決不害怕，人能把我怎麼樣呢？⁷ 耶和華是我的幫助，我必看見恨我的人遭報。⁸ 投靠耶和華，勝過倚靠人。⁹ 投靠耶和華，勝過倚靠王子。¹⁰ 列國圍困著我，我靠著耶和華的名必除滅他們。¹¹ 他們圍繞著我，把我圍困，我靠著耶和華的名必除滅他們。¹² 他



The Prayer of the Eleventh Hour



Psalm 117

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

Psalm 118

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



第十一時辰的禱告



們如同蜜蜂圍繞著我，但他們要像燒荊棘的火熄滅；我靠著耶和華的名必除滅他們。¹³ 他們極力推我，要我跌倒，耶和華卻幫助了我。¹⁴ 耶和華是我的力量，我的詩歌；他也成了我的拯救。¹⁵ 在義人的帳棚裡，有歡呼和得勝的聲音，說：“耶和華的右手行了大能的事。¹⁶ 耶和華的右手高高舉起；耶和華的右手行了大能的事。”¹⁷ 我必不至於死，我要活下去，並且要述說耶和華的作為。¹⁸ 耶和華雖嚴厲地管教我，卻沒有把我置於死地。¹⁹ 請你們為我打開正義的門，我要進去，稱謝耶和華。²⁰ 這是耶和華的門，義人才可以進去。²¹ 我要稱謝你，因為你應允了我，又成了我的拯救。²² 建築工人所棄的石頭，成了房角的主要石頭；²³ 這是耶和華作的，在我們眼中看為希奇。²⁴ 這是耶和華所定的日子，我們要在這一日歡喜快樂。²⁵ 耶和華啊！求你施行拯救；耶和華啊！求你使我們亨通。²⁶ 奉耶和華的名來的是應



The Prayer of the Eleventh Hour



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



第十一時辰的禱告

當稱頌的，我們從耶和華的殿中給你們祝福。

²⁷ 耶和華是 神，他光照了我們。你們要用繩索把祭牲拴住，帶到祭壇的角那裡。²⁸ 你是我的神，我要稱謝你；你是我的 神，我要尊崇你。²⁹ 你們要稱謝耶和華，因他本是良善的；他的慈愛永遠長存。哈利路亞。

詩篇 120

朝聖之歌（原文作“往上行之歌”）。

¹ 我在急難中呼求耶和華，他就應允我。² 耶和華啊！求你救我脫離說謊的嘴唇，救我脫離詭詐的舌頭。³ 詭詐的舌頭啊！他要給你甚麼呢？他要加給你甚麼呢？⁴ 就是勇士的利箭，和羅騰木燒的炭火。⁵ 我寄居在米設，住在基達的帳棚中，有禍了。⁶ 我和恨惡和平的人，同住得太久。⁷ 我希望有和平，但我一說話，他們就要爭戰。哈利路亞。



The Prayer of the Eleventh Hour



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

Psalm 120

<A Song of Ascents.>

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



第十一時辰的禱告 詩篇 121

朝聖之歌（原文作“往上行之歌”）。

¹ 我要向群山舉目，我的幫助從哪裡來呢？² 我的幫助是從造天地的耶和華而來。³ 他必不使你的腳滑倒；保護你的必不打盹。⁴ 看哪！保護以色列的，必不打盹，也不睡覺。⁵ 保護你的是耶和華，耶和華在你的右邊蔭庇你。⁶ 白天太陽必不傷你，夜裡月亮必不害你。⁷ 耶和華要保護你脫離一切災禍，他要保護你的性命。⁸ 你出你入，耶和華要保護你，從現在直到永遠。哈利路亞。

詩篇 122

大衛朝聖之歌（原文作“往上行之歌”）。

¹ 人對我說：“我們到耶和華的殿那裡去”，我就歡喜。² 耶路撒冷啊！我們的腳正站在你的門內。³ 耶路撒冷被建造，好象一座結構完整的城市。⁴ 眾支派，就是耶和華的支派，都上那裡去；照著以色列的定例，稱頌耶和華的名。⁵ 因為在那



The Prayer of the Eleventh Hour



Psalm 121

<A Song of Ascents.>

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

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



第十一時辰的禱告

裡設有審判的寶座，就是大衛家的寶座。⁶ 你們要為耶路撒冷求平安，說：“耶路撒冷啊！願愛你的人都亨通。⁷ 願你的城牆內有平安，願你的宮殿中有安穩。”⁸ 為了我的兄弟和朋友的緣故，我要說：“願你中間有平安。”⁹ 為了耶和華我們神的殿的緣故，我要為你求福樂。哈利路亞。

詩篇 123

朝聖之歌（原文作“往上行之歌”）。

¹ 坐在天上的主啊！我向你舉目。² 僕人的眼睛怎樣望著主人的手，婢女的眼睛怎樣望著主母的手，我們的眼睛也照樣望著耶和華我們的 神，直到他向我們施恩。³ 耶和華啊！求你向我們施恩，求你向我們施恩；因為我們飽受藐視，到了極點。⁴ 我們飽受那些安逸的人的嘲笑，和驕傲的人的藐視，到了極點。哈利路亞。



The Prayer of the Eleventh Hour



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

Psalm 123

<A Song of Ascents.>

¹ Unto You I lift up my eyes, O You who dwell in the heavens. ² 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. ³ Have mercy on us, O LORD, have mercy on us! For we are exceedingly filled with contempt. ⁴ Our soul is exceedingly filled With the scorn of those who are at ease, With the contempt of the proud. Alleluia.



第十一時辰的禱告

詩篇 124

大衛朝聖之歌（原文作“往上行之歌”）。

¹ 願以色列人說：如果不是耶和華幫助我們，² 如果不是耶和華幫助我們；那麼，人起來攻擊我們，³ 向我們發怒的時候，就把我們活活吞下去了。⁴ 那時，洪水漫過我們，急流淹沒我們；⁵ 洶湧的洪水把我們淹沒。⁶ 耶和華是應當稱頌的，他沒有容讓敵人把我們當作獵物撕裂。⁷ 我們像雀鳥從捕鳥的人的網羅裡逃脫；網羅破裂，我們就逃脫了。⁸ 我們的幫助在於耶和華的名，他是造天地的主。哈利路亞。

詩篇 125

朝聖之歌（原文作“往上行之歌”）。

¹ 倚靠耶和華的人好象錫安山，總不動搖，永遠屹立。² 群山怎樣圍繞著耶路撒冷，耶和華也照樣圍繞著他的子民，從現在直到永遠。³ 惡人的



The Prayer of the Eleventh Hour



Psalm 124

<A Song of Ascents. Of David.>

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

Psalm 125

<A Song of Ascents.>

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



第十一時辰的禱告



杖不會常留在義人的地業上，免得義人伸手作惡。

⁴ 耶和華啊！求你善待那些良善，和心裡正直的人。⁵ 至於那些偏行彎曲道路的人，耶和華必把他們和作惡的人一同除去。願平安歸於以色列。哈利路亞。

詩篇 126

朝聖之歌（原文作“往上行之歌”）。

¹ 耶和華使被擄的人歸回錫安的時候，我們好象在作夢的人。² 那時，我們滿口喜笑，滿舌歡呼；那時列國中有人說：“耶和華為他們行了大事。”³ 耶和華為我們行了大事，我們就歡喜。⁴ 耶和華啊，求你使我們被擄的人歸回，像南地的河水複流一樣。⁵ 那些流淚撒種的，必歡呼收割。⁶ 那帶著種子流著淚出去撒種的，必帶著禾捆歡呼快樂地回來。哈利路亞。



The Prayer of the Eleventh Hour



rest On the land allotted to the righteous, Lest the righteous reach out their hands to iniquity. ⁴ Do good, O LORD, to *those who are good*, And to *those who are* upright in their hearts. ⁵ 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.>

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



第十一時辰的禱告

詩篇 127

所羅門朝聖之歌（原文作“往上行之歌”）。

- ¹ 如果不是耶和華建造房屋，建造的人就徒然勞苦；如果不是耶和華看守城池，看守的人就徒然警醒。² 你們清早起來，很晚才歇息，吃勞碌得來的飯，都是徒然；因為主必使他所愛的安睡。³ 兒女是耶和華所賜的產業，腹中的胎兒是他的賞賜。⁴ 年輕時所生的兒女，好象勇士手中的箭。⁵ 箭袋裝滿了箭的人是有福的，他們在城門口和仇敵說話的時候，必不至於羞愧。哈利路亞。

詩篇 128

朝聖之歌（原文作“往上行之歌”）。

- ¹ 敬畏耶和華，遵行他的道的人，是有福的。² 你必吃你親手勞碌得來的，你必享福，事事順利。³ 你的妻子在你的內室，好象多結果子的葡萄樹；你的兒女環繞著你的桌子，好象橄欖樹的枝條。



The Prayer of the Eleventh Hour



Psalm 127

<A Song of Ascents. Of Solomon.>

¹ 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. ² *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. ³ Behold, children *are* a heritage from the LORD, The fruit of the womb *is* a reward. ⁴ Like arrows in the hand of a warrior, So *are* the children of one's youth. ⁵ 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.>

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



第十一時辰的禱告



⁴看哪！敬畏耶和華的人必這樣蒙福。⁵願耶和華從錫安賜福給你；願你一生一世得見耶路撒冷的繁榮。⁶願你得見你兒女的兒女。願平安歸於以色列。哈利路亞。

詩篇 129

朝聖之歌（原文作“往上行之歌”）。

¹願以色列說：“從我幼年以來，敵人就多次苦害我。²從我幼年以來，敵人雖然多次苦害我，卻沒有勝過我。³他們好象犁田的人犁在我的背上，所犁的溝甚長。⁴但耶和華是公義的，他砍斷了惡人的繩索。”⁵願所有恨惡錫安的，都蒙羞退後。⁶願他們像屋頂上的草，尚未長大，就枯乾了；⁷收割的不夠一把，捆禾的不夠滿懷。⁸過路的人也不說：“願耶和華所賜的福臨到你們；我們奉耶和華的名祝福你們。” 哈利路亞。



The Prayer of the Eleventh Hour



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

Psalm 129

<A Song of Ascents.>

¹ "Many a time they have afflicted me from my youth," Let Israel now say-- ² "Many a time they have afflicted me from my youth; Yet they have not prevailed against me. ³ The plowers plowed on my back; They made their furrows long." ⁴ The LORD *is* righteous; He has cut in pieces the cords of the wicked. ⁵ Let all those who hate Zion Be put to shame and turned back. ⁶ Let them be as the grass *on* the housetops, Which withers before it grows up, ⁷ With which the reaper does not fill his hand, Nor he who binds sheaves, his arms. ⁸ 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.



第十一時辰的禱告

聖哉， 聖哉， 聖哉， 一段出自聖路加福音書的章節，願他的祝福與我們同在，阿們。

路加福音（4:38-41）

³⁸ 耶穌起身離開會堂，進了西門的家。西門的岳母正發高燒，他們就為她求耶穌。³⁹ 耶穌就站在她旁邊，斥責那高燒，燒就退了。她立刻起來，服事他們。⁴⁰ 日落的時候，眾人把患有各種疾病的人都帶到耶穌那裡。他按手在他們每一個人身上，使他們痊癒。⁴¹ 也有鬼魔從許多人身上出來，喊叫說：“你是神的兒子！” 耶穌斥責它們，不讓它們說話，因為它們知道他是基督。願榮耀歸於神，直到永永遠遠，阿們。

願神的話語平平安安地得以圓滿：

基督啊，我們敬拜你，與你美善的聖父和聖靈，因為你的到來拯救了我們。



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)

³⁸ 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. ³⁹ So He stood over her and rebuked the fever, and it left her. And immediately she arose and served them. ⁴⁰ 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. ⁴¹ 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.



第十一時辰的禱告

連 禱

✝ 如果連義人都好不容易才得救，那麼我這個罪人又將會是怎樣呢？由於我人性之中的軟弱，我無法承受一天的勞累和炎熱。然而，滿有憐憫的神啊，求你我把算作是第十一時辰的同工。看啊，我母親在罪中懷了我，我是在罪孽裡生的。因此，我不敢舉目望天，但我卻仰仗你對人類豐盛的憐憫和慈愛，呼求說：“神啊，請寬恕我這個罪人，求你憐憫我。” **【願榮耀歸於聖父、聖子和聖靈。】**

✝ 救主啊，趕快向我張開你慈父般的懷抱吧，因為我把生命浪費在了享樂和欲望之中，時間已從我身邊流逝了。所以我現在要仰仗你豐盛無盡的憐憫。因此，求你不要離棄一顆唯命是從又需要你憐憫的心。主啊，我卑微地向你哭喊，說：“父親，我對天犯了罪，也在你面前犯了罪。我再也不配稱為你的兒子。請把我當做你的一個雇工吧。” **【從今時直到永永遠遠，阿們。】**



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.” (DoxaPatri...). [**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.” (Kenun...). [**Now and forever and unto the ages of all ages, Amen**].



第十一時辰的禱告



✙ 我曾費盡心機又積極主動地犯罪，並且所有的罪孽都是出於我的熱切渴望與鏗而不捨，因此我該被定罪受苦。我們的夫人童貞女啊，求你為我預備一條悔改的路，我向你懇求，並藉著你求情，呼求你的幫助，那樣我就不至於蒙羞。真新郎的純潔無暇的新娘啊，當我的靈魂離開肉體時，求你留心聽我的呼求，擊敗仇敵的詭計，並關閉地獄的大門，以免我的靈魂被他們吞沒。[從今時直到永永遠遠，阿們。]

然後祈禱者說：

主啊，求你聆聽我們，求你憐憫我們並寬恕我們的罪。阿們。“求主憐憫 (Kir-ye ley-son) ” 41 次。接著說：聖哉，聖哉，聖哉……第 69 頁。

讓我們配得滿懷感激地祈禱，說：我們在天上的父……



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. (Kenun...) . [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.
Kurie `ele`ycon (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...



第十一時辰的禱告

赦罪禱告

我們滿有憐憫的王啊，我們感謝你讓我們平安地度過了這一天，又帶領我們來到了晚上，讓我們配見曙光直到日落。主啊，求你接受我們現在獻上的讚頌，拯救我們脫離仇敵的詭計，並打破敵人為我們設下一切的網羅。求你賜平安給這即將到來的夜晚，讓我們沒有痛苦、焦慮、煩躁或幻覺，那樣我們就可以在安寧與貞潔中度過這一夜，並起來向你獻上讚美和祈禱。因此，我們時時處處都榮耀讚美你的聖名，與你至高無上又永恆的聖父和與你同質又賜生命的聖靈，從今時直到永永遠遠，阿們。

然後說：“**每個時辰結尾的禱告**”，第 75 頁。



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.

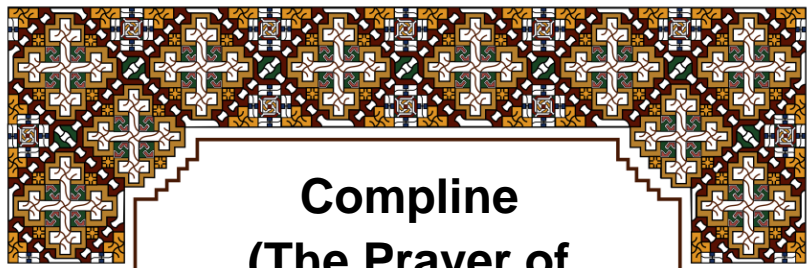
Then say the conclusion of every hour, p.76.



入睡前的禱告 (第十二時辰的禱告)

在這個時辰，我們的主，救主耶穌基督的身體被放入了墓穴（約翰福音 19:41）。我們也同樣祈求主寬恕我們一切的罪孽，無論是在言行舉止或思想上，還是通過一切感官所犯下的罪孽；正如第十二時辰象徵著生命的埋葬那樣，睡眠也被視為是暫時的死亡。

按照我們現在的時間，這個時辰為晚上 6：00 點。



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.



晚禱（第十二時辰的禱告）

祈禱者祈禱“每個時辰的序言”中的禱告文：

- ❖ 主禱文 第 1 頁
- ❖ 感恩禱告 第 3 頁
- ❖ 詩篇 51 第 7 頁

然後祈禱者接著說：

以聖父、聖子和聖靈獨一神的名，阿們！

求主憐憫，求主憐憫，求主賜福於我們！阿們！

願榮耀歸於聖父、聖子及聖靈，從今時直到永永遠遠，阿們！

這蒙福一天當中的第十二時辰的禱告是獻給我的王，和我的神——基督的，懇求他寬恕我們諸多的罪孽。

通過我們的導師，先知大衛王之詩，願他的祝福與我們同在。阿們。



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.



入睡前的禱告（第十二時辰的禱告）



詩篇 130

朝聖之歌（原文作“往上行之歌”）。

¹ 耶和華啊！我從深處向你呼求。² 主啊！求你聽我的聲音，求你留心聽我懇求的聲音。³ 耶和華啊！如果你究察罪孽，主啊！誰能站立得住呢？⁴ 但你有赦免之恩，為要使人敬畏你。⁵ 我等候耶和華，我的心等候他，我仰望他的話。⁶ 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。⁷ 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。⁸ 他必救贖以色列，脫離一切罪孽。哈利路亞。

詩篇 131

大衛朝聖之歌（原文作“往上行之歌”）。

¹ 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。² 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。³ 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.>

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

Psalm 131

<A Song of Ascents. Of David.>

¹ 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. ² Surely I have calmed and quieted my soul, Like a weaned child with his mother; Like a weaned child *is* my soul within me. ³ O Israel, hope in the LORD From this time forth and forever. Alleluia.



入睡前的禱告（第十二時辰的禱告）



詩篇 132

朝聖之歌（原文作“往上行之歌”）。

¹ 耶和華啊！求你紀念大衛，紀念他的一切苦難。
² 他怎樣向耶和華起誓，向雅各的大能者許願，說：³“我必不進我的家的帳棚，也必不上我的床榻。⁴我必不容我的眼睛睡覺，也不容我的眼瞼打盹；⁵直到我為耶和華找著一個地方，為雅各的大能者找到居所。”⁶我們聽說約櫃在以法他；我們在雅珥的田間找到它。⁷“我們要進入他的居所，在他的腳凳前下拜。”⁸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。⁹願你的祭司都披上公義，願你的聖民都歡呼。¹⁰求你因你僕人大衛的緣故，不要轉臉不理你的受膏者。”¹¹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。”¹²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。”¹³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.>

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



入睡前的禱告（第十二時辰的禱告）



它當作自己的居所。他說：¹⁴“這是我永遠安息
的居所；我要住在這裡，因為我定意這樣作。
¹⁵我要賜給錫安豐盛的糧食，我要使城中的窮人
飽足。¹⁶我要使祭司都披上救恩，使聖民都大大
歡呼。¹⁷我要在那裡使大衛的角長起來，我要為
我的受膏者安排明燈。¹⁸我要使他的仇敵都披上
羞辱，但他的冠冕必在他頭上發光。” 哈利路亞。

詩篇 133

大衛朝聖之歌（原文作“往上行之歌”）。

¹ 看哪！弟兄和睦共處，是多麼的善，多麼的美。
² 這好比那珍貴的油澆在亞倫的頭上，流到鬍鬚，
又從亞倫的鬍鬚，流到他的衣領上。³ 又好比黑
門的甘露落在錫安的眾山上，在那裡有耶和華命
定的福，就是永遠的生命。哈利路亞。



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

Psalm 133

<A Song of Ascents. Of David.>

¹ Behold, how good and how pleasant *it is* For brethren to dwell together in unity! ² *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. ³ *It is* like the dew of Hermon, Descending upon the mountains of Zion; For there the LORD commanded the blessing-- Life forevermore. Alleluia.



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詩篇 134

朝聖之歌（原文作“往上行之歌”）。

¹ 耶和華的眾僕人哪！你們要稱頌耶和華；夜間在耶和華殿中侍候的，你們要稱頌耶和華。² 你們要向聖所舉手禱告，稱頌耶和華。³ 願造天地的耶和華，從錫安賜福給你們。哈利路亞。

詩篇 137

¹ 我們曾坐在巴比倫的河畔，在那裡我們一想起錫安就哭了。² 我們把我們的琴掛在那裡的柳樹上。³ 因為在那裡，擄掠我們的人要我們唱歌，苦待我們的人要我們娛樂他們；他們說：“為我們唱一首錫安歌吧！”⁴ 我們怎能在異族之地唱耶和華的歌呢？⁵ 耶路撒冷啊！如果我忘記你，情願我的右手忘記技巧。⁶ 如果我不紀念你，如果我不高舉耶路撒冷超過我最大的喜樂，情願我的舌頭緊貼上膛。⁷ 耶和華啊！求你紀念以東人在耶路撒冷遭難的日子所行的，他們說：“拆毀它，



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Psalm 134

<A Song of Ascents.>

¹ Behold, bless the LORD, All *you* servants of the LORD, Who by night stand in the house of the LORD!
² Lift up your hands *in* the sanctuary, And bless the LORD. ³ The LORD who made heaven and earth Bless you from Zion! Alleluia.

Psalm 137

¹ By the rivers of Babylon, There we sat down, yea, we wept When we remembered Zion. ² We hung our harps Upon the willows in the midst of it. ³ 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!" ⁴ How shall we sing the LORD'S song In a foreign land?
⁵ If I forget you, O Jerusalem, Let my right hand forget *its skill*! ⁶ 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. ⁷ Remember, O LORD, against the sons of Edom The day of Jerusalem, Who said, "Raze *it*, raze *it*, To its very



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拆毀它，直拆到根基。⁸ 將要被毀滅的巴比倫女子啊！照著你待我們的行為報復你的，那人有福了。⁹ 抓住你的嬰孩摔在磐石上的，那人有福了。哈利路亞。

詩篇 138

大衛的詩

¹ 我要一心稱謝你，我要在眾神面前歌頌你。² 我要向你的聖殿下拜，我要因你的慈愛和信實稱謝你的名；因為你使你的名和應許顯為大，超過一切。³ 我呼求的日子，你就應允我；你使我剛強，心裡有力。⁴ 耶和華啊！世上的君王都要稱謝你，因為他們聽見了你口中的言語。⁵ 他們要歌頌耶和華的作為，因為耶和華大有榮耀。⁶ 耶和華雖然高高在上，仍然看顧卑微的人；他卻從遠處認出驕傲的人。⁷ 我雖然處身在患難之中，你仍使我存活；我仇敵的怒氣，你必伸手抵擋；你的右手必拯救我。⁸ 耶和華必成全關乎我的事；耶和



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

Psalm 138

<A *Psalm* of David.>

¹ I will praise You with my whole heart; Before the gods I will sing praises to You. ² 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. ³ In the day when I cried out, You answered me, *And* made me bold *with* strength in my soul. ⁴ All the kings of the earth shall praise You, O LORD, When they hear the words of Your mouth. ⁵ Yes, they shall sing of the ways of the LORD, For great *is* the glory of the LORD. ⁶ Though the LORD *is* on high, Yet He regards the lowly; But the proud He knows from afar. ⁷ 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



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華啊！你的慈愛永遠長存，求你不要離棄你手所造的。哈利路亞。

詩篇 141

大衛的詩

¹ 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。² 願我的禱告好象香安放在你面前；願我的手高舉好象獻晚祭。³ 耶和華啊！求你看守我的口，把守我的嘴。⁴ 求你不要容我的心偏向惡事，免得我和作孽的人一同行惡，也不要使我吃他們的美食。⁵ 願義人擊打我，這是出於慈愛；願他責備我，這是膏我頭的膏油，我的頭不會拒絕。我仍要為惡人的惡行禱告。⁶ 他們的官長被摔在山崖下的時候，他們就要聽我的話，因為我的話甘美。⁷ 他們說：“我們的骨頭被拋散在墓旁，好象人犁田鋤地時掘起的土塊。”⁸ 主耶和華啊！我的眼睛仰望你；我投靠你，求你不要使我喪命。⁹ 求你保護我脫



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save me. ⁸ 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.>

¹ LORD, I cry out to You; Make haste to me! Give ear to my voice when I cry out to You. ² Let my prayer be set before You *as* incense, The lifting up of my hands *as* the evening sacrifice. ³ Set a guard, O LORD, over my mouth; Keep watch over the door of my lips. ⁴ 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. ⁵ 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. ⁶ Their judges are overthrown by the sides of the cliff, And they hear my words, for they are sweet. ⁷ Our bones are scattered at the mouth of the grave, As when one plows and breaks up the earth. ⁸ But my eyes *are*



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離惡人為我所設的網羅，和作孽的人的圈套。

¹⁰願惡人都落在自己的網羅裡，我卻得以安然逃脫。哈利路亞。

詩篇 142

大衛的訓誨詩，是在山洞時作的，是一篇禱告。

¹我大聲向耶和華呼求，高聲向耶和華懇求。²我在他面前傾吐我的苦情，在他面前陳述我的患難。
³我的靈在我裡面軟弱的時候，你知道我的道路。在我所行的路上，敵人暗設網羅陷害我。⁴求你向我右邊觀看，沒有人關心我；我沒有逃難的地方，也沒有人照顧我。⁵耶和華啊！我向你呼求；我說：“你是我的避難所，是我在活人之地的業分。⁶求你留心聽我的呼求，因為我落到極卑微的地步；求你救我脫離逼迫我的人，因為他們比我強大。⁷求你把我從牢獄中領出來，好讓我稱讚你的名；義人必環繞著我，因為你以厚恩待我。” 哈利路亞。



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upon You, O GOD the Lord; In You I take refuge; Do not leave my soul destitute. ⁹ Keep me from the snares they have laid for me, And from the traps of the workers of iniquity. ¹⁰ 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.>

¹ I cry out to the LORD with my voice; With my voice to the LORD I make my supplication. ² I pour out my complaint before Him; I declare before Him my trouble. ³ 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. ⁴ 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. ⁵ I cried out to You, O LORD: I said, "You *are* my refuge, My portion in the land of the living. ⁶ Attend to my cry, For I am brought very low; Deliver me from my persecutors, For they are stronger than I. ⁷ 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.



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詩篇 146

¹ 你們要讚美耶和華。我的心哪！要讚美耶和華。
² 我還活著的時候，我要讚美耶和華；我還在世上的時候，我要歌頌我的 神。³ 你們不要倚靠權貴，不要倚靠世人，他們一點都不能救助你們。
⁴ 他們的氣一斷，就歸回塵土；他們所計畫的，當天就幻滅了。⁵ 以雅各的 神為自己的幫助，仰望耶和華他的 神的，這人就是有福的。⁶ 耶和華造天、地、海，和其中的萬物；他持守信實，直到永遠。⁷ 他為受欺壓的人伸冤，賜食物給饑餓的人，耶和華使被囚的得自由。⁸ 耶和華開了瞎子的眼睛，耶和華扶起被壓迫的人，耶和華喜愛義人。⁹ 耶和華保護寄居的，扶持孤兒寡婦，卻使惡人的行動挫敗。¹⁰ 願耶和華作王，直到永遠！錫安哪！願你的 神作王，直到萬代。你們要讚美耶和華。哈利路亞。



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Psalm 146

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



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詩篇 147:1-11

¹ 你們要讚美耶和華。歌頌我們的 神，這是多麼美善，讚美他，這是美好的，是合宜的。² 耶和華重建耶路撒冷，召聚被趕散的以色列人。³ 他醫好傷心的人，裹好他們的傷處。⁴ 他數點星辰的數目，一一給它們起名。⁵ 我們的主偉大，大有能力；他的智慧無法測度。⁶ 耶和華扶持謙卑的人，卻把惡人丟棄在地。⁷ 你們要以感謝的心向耶和華歌唱，用琴向我們的 神歌頌。⁸ 他以密雲遮蓋天空，為大地預備雨水，使群山長滿青草。⁹ 他把食物賜給走獸，也賜給啼叫的小烏鴉。¹⁰ 他喜歡的不是馬的力大，他喜悅的不是人的腿快。¹¹ 耶和華喜悅敬畏他的人，喜悅仰望他慈愛的人。哈利路亞。



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Psalm 147:1-11

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



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詩篇 147:12-20

¹² 耶路撒冷啊！你要頌贊耶和華；錫安哪！你要讚美你的 神。¹³ 因為他堅固了你城門的門門，賜福在你中間的兒女。¹⁴ 他使你的邊界平靖；用上好的麥子使你飽足。¹⁵ 他向地發出命令，他的話迅速頒行。¹⁶ 他降下像羊毛一樣的雪，撒下像爐灰一樣的霜。¹⁷ 他拋下像碎屑一樣的冰雹；面對他發出的寒冷，誰能承受得起呢？¹⁸ 他發出命令，這一切就都融化；他使風刮起，水就流動。¹⁹ 他把自己的話向雅各頒佈，把自己的律例和典章向以色列頒佈。²⁰ 他從沒有這樣對待其他各國；他們都不知道他的典章。你們要讚美耶和華。哈利路亞。



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Psalm 147:12-20

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



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聖哉，聖哉，聖哉，一段出自聖路加福音書的章節，願他的祝福與我們同在，阿們。

路加福音（2:25-32）

²⁵ 看哪，在耶路撒冷有一個名叫西面的人。這個人又公義又虔誠，一直期待著以色列得蒙安慰；聖靈也在他身上。²⁶ 他得了聖靈的啟示：自己在經歷死亡以前會看見主的基督。²⁷ 他受了聖靈的感動，來到聖殿。這時候，耶穌的父母抱著孩子進來，要按照律法的規矩為他辦事。²⁸ 西面把孩子抱在懷裡，頌贊神說：²⁹ “主啊，現在可以照你的話，讓你的奴僕平平安安地離去，³⁰ 因為我的眼睛已經看見你的救恩，³¹ 就是你為萬民所預備的：³² 他是啟示外邦人的光，是你子民以色列的榮耀。” 願榮耀歸於神，直到永永遠遠，阿們。

願神的話語平平安安地得以圓滿：

基督啊，我們敬拜你，與你美善的聖父和聖靈，因為你的到來拯救了我們。



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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)

²⁵ 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. ²⁶ 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. ²⁷ 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, ²⁸ he took Him up in his arms and blessed God and said: ²⁹ "Lord, now You are letting Your servant depart in peace, According to Your word; ³⁰ For my eyes have seen Your salvation ³¹ Which You have prepared before the face of all peoples, ³² 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.



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連 禱

✙ 看啊，因為我無數的罪孽，我將要戰戰兢兢，渾身發抖地站在公義的審判官面前。我把一生花費在享樂之中，該被定罪。既然塵土在墳墓裡不會歌頌，在死人之中無人會紀念，下到陰間的也不會再獻上感謝。因此，我的靈魂啊，只要你還活在這世上就要悔改，從慵懶的昏睡中起來吧，並以懺悔之心懇求救主，說：“神啊，憐憫我吧，求你拯救我。” **[願榮耀歸於聖父、聖子和聖靈。]**

✙ 我的靈魂啊，你若能永遠活著，這世界又將永存的話，你就有藉口。但如果你的惡行和令人厭惡的罪行被暴露在公義的審判官面前，你卻還躺臥在罪的床上，忽視對肉體的克制，你將如何答覆呢？基督我們的神啊，我害怕站在你可敬可畏的審判座前，我屈服在你的審判席前，你神聖的光輝使我膽戰心驚，我一生雖疏忽大意，躺臥



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.” (DoxaPatri...). [Glory to the Father, and the Son, and the Holy Spirit].

✙ If life were everlasting, and this world ever-existing, 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



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在床上，可憐又污穢，但我效法稅吏捶胸說：

“神啊，開恩憐憫我這個罪人。” **〔從今時直到永永遠遠，阿們。〕**

✙ 純潔的童貞女啊，求你以即時的幫助來蔭庇你的僕人，讓波瀾起伏的惡念遠離我，我的靈魂已陷入沉睡，請扶起我生病的靈魂，好讓她能夠守夜祈禱。你是滿有能力、富有同情心，又樂於助人的母親，你是我的盼望，我的王、我的神，耶穌基督的母親，生命之活泉水的承載者。**〔從今時直到永永遠遠，阿們。〕**

施恩吧，主啊

施恩吧，主啊，請保守我們今夜沒有過犯。耶和華啊，我們祖先的神，你是當受稱頌的，還當受到極大的稱頌，願榮耀歸於你的聖名直到永遠。阿們。

主啊，請照著我們對你的盼望，施憐憫給我們吧，世人的眼睛都仰望著你，因為你給他們按



Compline (The Prayer of the Twelfth Hour)



Publican, beating my chest and saying, “O God, forgive me and have mercy on me, a sinner.” (Kenun...). [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. (Kenun...). [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



入睡前的禱告（第十二時辰的禱告）



時分發糧食。神啊，我們的救主，你是全世界的盼望，求你聆聽我們。主啊，請保守我們永遠地脫離這個世代，阿們。

主啊，你是當受讚頌的，請教導我們你的律例。主啊，你是當受讚頌的，請讓我們懂得你的誠命。主啊，你是當受讚頌的，請以你的公義照亮我們。主啊，你的慈愛永遠長存。主啊，你作了我世世代代的避難所，求你不要離棄你手所造的。

我向主呼求說：“求你憐憫我，醫治我的靈魂，因為我得罪了你。”主啊，我逃向你那裡去，求你拯救我，教導我遵行你的旨意，因為你是我的神，生命的源泉在你那裡。在你的光中，我們才能看見光。求你常施憐憫給認識你的人，常施公義給心裡正直的人。從起初到今時直到永永遠遠都存在的聖父、聖子和聖靈啊，稱頌是屬於你的，讚美是屬於你的，榮耀也是屬於你的。阿們。

稱謝耶和華，歌頌你至高者的名，才是好的。早晨要傳揚你的慈愛，夜裡也要傳講你的信實。



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.



入睡前的禱告（第十二時辰的禱告）



然後祈禱者說：

主啊，求你聆聽我們，求你憐憫我們並寬恕我們的罪。阿們。“求主憐憫（Kir-ye ley-son）” 41 次。接著說：聖哉，聖哉，聖哉……第 69 頁。

讓我們配得滿懷感激地祈禱，說：我們在天上的父……

赦罪禱告

因為你是美善又憐愛世人的主，為了你聖名的緣故，求你赦免和寬恕我們今天所有在言行舉止和思想上，還有通過各種感官而犯下的過錯。神啊，藉著你獨生子，我們的主，救主神耶穌基督的恩典與憐憫，以及他對世人的愛，請賜予我們一個平安的夜晚和一個無焦無慮的睡眠，求你派守護平安的天使來保護我們脫離一切兇惡、苦難和仇敵的試探。願一切的榮耀，尊榮和主權都歸於你和你的聖子，以及賜生命又與你同質的聖靈，從今時直到永永遠遠。阿們。

然後說：“每個時辰結尾的禱告”，第 75 頁。



Compline (The Prayer of the Twelfth Hour)



Then the worshipper prays:

Lord hear us, have mercy and forgive our sins. Amen.
Kurie `ele`ycon (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.

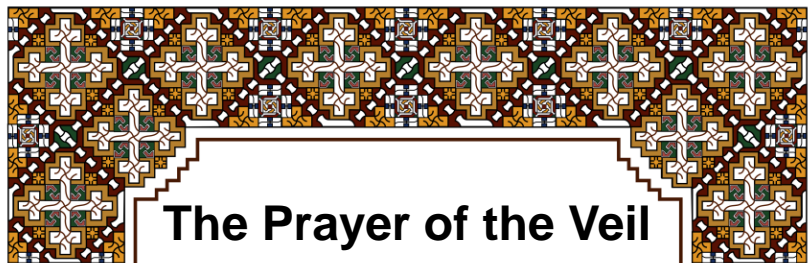
Then say the conclusion of every hour, p.76.



慢子的禱告

這部分禱告是特別為隱修士們而設定的，也同樣適用於個人的默想。

在隱修院裡，每天晚禱結束後，直接祈禱以下的內容。



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.



慢子的禱告

祈禱者祈禱“每個時辰的序言”中的禱告文：

- ❖ 主禱文 第 1 頁
- ❖ 感恩禱告 第 3 頁
- ❖ 詩篇 51 第 7 頁

然後祈禱者接著說：

以聖父、聖子和聖靈獨一神的名，阿們！

求主憐憫，求主憐憫，求主賜福於我們！阿們！

願榮耀歸於聖父、聖子及聖靈，從今時直到永永遠遠，阿們！

這蒙福一天當中的慢子的禱告是獻給我的王，和我的神——基督的，懇求他寬恕我們諸多的罪孽。

通過我們的導師，先知大衛王之詩，願他的祝福與我們同在。阿們。



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.



幔子的禱告

詩篇序號	詩篇的開頭	頁碼
4	我公義的神啊	21
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
16	神啊！求你保守我	33
25	耶和華啊！我的心仰望你	39
27	耶和華是我的亮光	41
67	願神恩待我們	47
70	神啊！求你搭救我	47
23	耶和華是我的牧人	81
43	神啊！求你為我伸冤	97
57	神啊，求你恩待我	121
86	耶和華啊！求你留心聽我	135
91	住在至高者的隱密處的	139
93	耶和華作王	143
110	耶和華對我主說	171
116:1-9	我愛耶和華	177



The Prayer of the Veil



Psalm No.	Psalm's Name	Page
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



慢子的禱告

116:10-19	我雖然說：“我受了極大的痛苦”	179
121	我要向群山舉目	203
129	願以色列說	213
130	耶和華啊！我從深處向你呼求	227
131	耶和華啊！我的心不驕傲	227
132	耶和華啊！求你紀念大衛	229
133	看哪！弟兄和睦共處	231
134	耶和華的眾僕人哪	233
137	我們曾坐在巴比倫的河畔	233
141	耶和華啊！我呼求你	237
146	你們要讚美耶和華	241
Part 20	求你察看我的苦難	307
Part 21	領袖們無緣無故迫害我	307
Part 22	耶和華啊！願我的呼求達到你面前	309

聖哉，聖哉，聖哉，一段出自聖約翰福音書的章節，願他的祝福與我們同在，阿們。



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.



幔子的禱告

約翰福音（6:15-23）

¹⁵ 耶穌看出他們要來強迫他做王，就又獨自退到山上去了。¹⁶ 到了晚上，他的門徒們下到湖邊。
¹⁷ 他們上了船，開始渡過湖往迦百農去。原來天色已經黑了，而耶穌還沒有來到他們那裡。
¹⁸ 當時，大風吹起，湖水翻騰。¹⁹ 他們已經劃了約有四、五公里，看到耶穌在湖面上行走，逐漸向船靠近，他們就感到懼怕。²⁰ 耶穌對他們說：“是我，不要怕！”²¹ 門徒們這才願意接他上船。船立刻就到了他們所要去的地方。²² 第二天，留在湖對岸的眾人，知道在那裡除了一條小船之外，沒有別的船；而且知道耶穌沒有和他的門徒們一起上船，是門徒們自己去的。²³ 有幾條別的小船從太巴列城來，靠近主祝謝後眾人吃餅的地方。**願榮耀歸於神，直到永永遠遠，阿們。**



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

¹⁵ 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. ¹⁶ Now when evening came, His disciples went down to the sea, ¹⁷ got into the boat, and went over the sea toward Capernaum. And it was already dark, and Jesus had not come to them. ¹⁸ Then the sea arose because a great wind was blowing. ¹⁹ 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. ²⁰ But He said to them, "It is I; do not be afraid." ²¹ Then they willingly received Him into the boat, and immediately the boat was at the land where they were going. ²² 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-- ²³ 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.**



慢子的禱告

願神的話語平平安安地得以圓滿：

基督啊，我們敬拜你，與你美善的聖父和聖靈，因為你的到來拯救了我們。

連 禱

✙ 主啊，你知道我的仇敵有多麼的機警，我的造物主啊，你也知道我的軟弱。為此，我把我的靈魂交入你手中。請以你美善的翅膀來遮蔽我，以免我沉睡至死。求你用你的偉大話語使我的眼睛明亮，請讓我隨時起來讚頌你，因為只有你是美善又憐愛世人的。**[願榮耀歸於聖父、聖子和聖靈。]**

✙ 主啊，你的審判實在令人懼怕，人們將被召集起來，天使也將站在那裡，生命冊將被展開，一切的行為都將被公佈於眾，所有的思想也都將被盤問。我的審判將是如何，我這個被罪孽纏身的人！主啊，除了你以外，有誰會撲滅我身上的火焰？有誰能照亮我的黑暗？求你憐憫我，因為



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. (DoxaPatri...).
[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



幔子的禱告

你對世人是滿有憐憫的。[從今時直到永永遠遠，阿們。]

✙ 上帝之母啊，因為我們對你的信靠，請讓我們不至蒙羞，反要得救。純潔無暇的啊，因為我們獲得了你的幫助和代求，我們就不再害怕，反而要趕走我們的仇敵並將他們驅散。總而言之，我們把你強大的幫助當作盾牌一樣來守護我們。我們祈求並懇求你，還要大聲向你呼求：“上帝之母啊，藉著你的代求，救救我們吧，把我們從昏暗的沉睡中喚起，好讓我們能大大地榮耀神，他是從你腹中道成肉身的。” [從今時直到永永遠遠，阿們。]

然後祈禱者說：

主啊，求你聆聽我們，求你憐憫我們並寬恕我們的罪。阿們。“求主憐憫 (Kir-ye ley-son) ” 41 次。接著說：聖哉，聖哉，聖哉……第 69 頁。

讓我們配得滿懷感激地祈禱，說：我們在天上的父……



The Prayer of the Veil

mankind. (Kenun...) . [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. (Kenun...) . [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.
Kurie `ele`ycon (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...



幔子的禱告 赦罪禱告

主啊，上主啊，耶穌基督我們的神啊，請讓我們在睡眠中得到休息，身體得到安歇，靈魂得到淨化，並保護我們遠離毀滅性的罪孽。願我們的疼痛得到緩解，肉體上的高溫得到鎮定，身體上的焦慮得到平息。請賜予我們一個敏銳的頭腦，一個謙卑的思想，一個滿有美德的生命，和一張純潔無汙的床鋪。無論早晚都喚醒我們來讚美你，堅守你的誡命，無時無刻不想著你的審判。讓我們整夜都來讚美你，稱頌你滿有榮耀與光輝的聖名，與你美善的聖父，和賜生命的聖靈，從今時直到永永遠遠。阿們。

然後說：“**每個時辰結尾的禱告**”，第 75 頁。



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.



午夜的禱告

“我因你公義的典章，半夜必起來稱謝你。”（詩篇 119:62）這部分禱告是為了紀念我們的救主耶穌基督在聖周期間所遭受的苦難而設定的，那時他在客西馬尼園祈禱了三次。



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.



午夜的禱告

祈禱者祈禱“每個時辰的序言”中的禱告文：

- ❖ 主禱文 第 1 頁
- ❖ 感恩禱告 第 3 頁
- ❖ 詩篇 51 第 7 頁

然後祈禱者接著說：

❖ 起來吧，光的兒女們啊，讓我們來讚頌萬軍之主。願他賜予我們靈魂的救贖。每當我們以肉身的樣式站在你面前。把困倦的沉睡從我們的頭腦中趕走。耶和華啊，求你使我們謹慎自製，好讓我們能夠懂得，如何在禱告的時候，站在你面前。我們要將得當的讚頌獻給你，並為我們諸多的罪孽求得寬恕。**憐愛世人的主啊，願榮耀歸於你。**

❖ 看啊，耶和華的眾僕人哪，你們當讚頌耶和華。夜間在耶和華殿中侍候的，也就是在神的聖所院中侍候的僕人。在夜間，聖徒們舉起雙手讚頌耶和華。創造天地的耶和華，從錫安賜福給你們。**憐愛世人的主啊，願榮耀歸於你。**



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.**

❖ 願我的呼求達到你面前，耶和華啊，求你照



午夜的禱告



著你的話語賜給我智慧。願我的懇求到達你面前，求你照著你的應許拯救我。願我輕輕地說出讚美你的話，因為你的法規教導了我。願我的舌頭歌唱你的話，因為你所有的誡命都是公義的。願你伸出手來幫助我，因為我選擇了你的誡命。耶和華啊，我渴慕你的拯救，你的律法也是我所喜愛的。願你的審判使我得救，讓我的靈魂得以存活，我必將讚頌你。我曾像一隻迷失的羔羊走入歧途，尋求你的僕人，但我沒有忘記你的誡命。

願榮耀歸於聖父，聖子和聖靈。從今時直到永永遠遠。阿們。

願榮耀歸於聖父，聖子和聖靈。從今時直到永永遠遠。阿們。

願榮耀歸於你，美善又憐愛世人的主啊。向你的母親童貞女，和你所有的聖徒們致敬。

願榮耀歸於你，聖三一啊，求你憐憫我們。



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.



午夜的禱告

願神興起，使他的仇敵四散，叫那些恨他聖名的，從他面前逃跑。懇請照著你的旨意，成千上萬倍的，又千千萬萬倍的，使你的百姓蒙福。耶和華啊，求你張開我的嘴唇，我的口便從此傳揚出，讚美你的話。阿們。哈利路亞。



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.



午夜的禱告——第一次事奉

這蒙福一天當中的午夜的禱告是獻給
我的王，和我的神——基督的，懇求他寬
恕我們諸多的罪孽。

通過我們的導師，先知大衛王之詩，
願他的祝福與我們同在。阿們。



第一次事奉



然後敬拜者接著祈禱以下的詩篇：

詩篇序號	詩篇的開頭	頁碼
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:

Psalm No.	Psalm's Name	Page
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



午夜的禱告——第一次事奉



詩篇 119

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

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



The Midnight Prayer --- The First Service



Psalm 119

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

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



午夜的禱告——第一次事奉



路。¹⁶ 我喜愛你的律例，我不會忘記你的話。**憐愛世人的主啊，願榮耀歸於你。**

[3] ¹⁷ 求你恩待你的僕人，使我可以活著，也可以謹守你的話。¹⁸ 求你開我的眼睛，使我能看出你律法的奇妙。¹⁹ 我是在世上作寄居的，求你不要向我隱瞞你的命令。²⁰ 我常常切慕你的典章，以致我心力交瘁。²¹ 那些受咒詛的傲慢人，和那些偏離了你誠命的人，你必斥責他們。²² 求你除去我所受的羞辱和藐視，因為我遵守你的法度。²³ 雖有作領袖的坐著譏謗我，你的僕人卻默想你的律例。²⁴ 你的法度是我的喜樂，是我的謀士。**憐愛世人的主啊，願榮耀歸於你。**

[4] ²⁵ 我快要歸回塵土，求你按著你的話把我救活過來。²⁶ 我陳明我所行的，你就應允了我；求你把你的律例教導我。²⁷ 求你使我明白你的訓詞，我就默想你的奇妙。²⁸ 我因愁苦而流淚，求你照著你的話使我堅強。²⁹ 求你使我離開虛謊的路，



The Midnight Prayer --- The First Service



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

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

Glory to You, the Lover of mankind.

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



午夜的禱告——第一次事奉

施恩把你的律法賜給我。³⁰ 我揀選了信實的道路，我把你的典章擺在我面前。³¹ 我緊守你的法度，耶和華啊！求你不要使我蒙羞。³² 因為你使我的心舒暢，我就跑在你誠命的路上。**憐愛世人的主啊，願榮耀歸於你。**

[5] ³³ 耶和華啊！求你把你的律例指教我，我必遵守到底。³⁴ 求你賜我悟性，我好遵守你的律法，我必一心謹守。³⁵ 求你領我走在你誠命的路上，因為這是我喜悅的。³⁶ 求你使我的心傾向你的法度，不傾向不義之財。³⁷ 求你使我轉眼不看虛空的事；又使我在你的道中存活。³⁸ 求你向你的僕人實踐你的諾言，就是你向敬畏你的人所應許的。³⁹ 求你使我所怕的羞辱離開我，因為你的典章都是美好的。⁴⁰ 我切慕你的訓詞，求你使我活在你的公義中。**憐愛世人的主啊，願榮耀歸於你。**



The Midnight Prayer --- The First Service



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

Glory to You, the Lover of mankind.

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



午夜的禱告——第一次事奉



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

[7] ⁴⁹ 求你紀念你向你僕人應許的話，因為你使我有盼望。⁵⁰ 你的應許使我存活；這就是我在困苦中的安慰。⁵¹ 驕傲的人苛刻地譏誚我，我卻沒有偏離你的律法。⁵² 耶和華啊！我思念你在古時賜下的典章，我就得了安慰。⁵³ 因為惡人離棄你的律法，我就非常忿怒。⁵⁴ 在我寄居的住所裡，你的律例成了我的詩歌。⁵⁵ 耶和華啊！我在夜間



The Midnight Prayer --- The First Service



[6] ⁴¹ Let Your mercies come also to me, O LORD-- Your salvation according to Your word. ⁴² So shall I have an answer for him who reproaches me, For I trust in Your word. ⁴³ And take not the word of truth utterly out of my mouth, For I have hoped in Your ordinances. ⁴⁴ So shall I keep Your law continually, Forever and ever. ⁴⁵ And I will walk at liberty, For I seek Your precepts. ⁴⁶ I will speak of Your testimonies also before kings, And will not be ashamed. ⁴⁷ And I will delight myself in Your commandments, Which I love. ⁴⁸ 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] ⁴⁹ Remember the word to Your servant, Upon which You have caused me to hope. ⁵⁰ This *is* my comfort in my affliction, For Your word has given me life. ⁵¹ The proud have me in great derision, Yet I do not turn aside from Your law. ⁵² I remembered Your judgments of old, O LORD, And have comforted myself. ⁵³ Indignation has taken hold of me Because of the wicked, who forsake Your law. ⁵⁴ Your statutes have been my songs In the house of my pilgrimage. ⁵⁵ I remember Your name in the night, O LORD, And



午夜的禱告——第一次事奉



紀念你的名，我要謹守你的律法。⁵⁶我這樣作，是因為我遵守你的訓詞。**憐愛世人的主啊，願榮耀歸於你。**

[8] ⁵⁷耶和華啊！你是我的業分，我曾說我要謹守你的話。⁵⁸我曾一心向你乞恩，願你照著你的應許恩待我。⁵⁹我思想我所行的道路，就轉回腳步歸向你的法度。⁶⁰我趕快謹守你的命令，不敢耽延。⁶¹惡人的繩索雖然捆綁我，我卻不忘記你的律法。⁶²因你公義的典章，我半夜起來稱謝你。⁶³凡是敬畏你，謹守你訓詞的，我都與他們為友。⁶⁴耶和華啊！你的慈愛遍滿大地；求你把你的律例教導我。**憐愛世人的主啊，願榮耀歸於你。**

[9] ⁶⁵耶和華啊！你向來照著你的話，善待你的僕人。⁶⁶求你把聰明和知識指教我，因為我信靠你的命令。⁶⁷我受苦以先，犯了錯誤；現在我謹守你的話。⁶⁸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。⁶⁹傲慢人用謊言中



The Midnight Prayer --- The First Service



I keep Your law. ⁵⁶ This has become mine, Because I kept Your precepts. **Glory to You, the Lover of mankind.** [8] ⁵⁷ *You are* my portion, O LORD; I have said that I would keep Your words. ⁵⁸ I entreated Your favor with *my* whole heart; Be merciful to me according to Your word. ⁵⁹ I thought about my ways, And turned my feet to Your testimonies. ⁶⁰ I made haste, and did not delay To keep Your commandments. ⁶¹ The cords of the wicked have bound me, *But* I have not forgotten Your law. ⁶² At midnight I will rise to give thanks to You, Because of Your righteous judgments. ⁶³ I *am* a companion of all who fear You, And of those who keep Your precepts. ⁶⁴ The earth, O LORD, is full of Your mercy; Teach me Your statutes. **Glory to You, the Lover of mankind.** [9] ⁶⁵ You have dealt well with Your servant, O LORD, according to Your word. ⁶⁶ Teach me good judgment and knowledge, For I believe Your commandments. ⁶⁷ Before I was afflicted I went astray, But now I keep Your word. ⁶⁸ You *are* good, and do good; Teach me Your statutes. ⁶⁹ The proud have forged a lie against me, *But* I will keep Your precepts with *my*



午夜的禱告——第一次事奉



傷我，我卻一心遵守你的訓詞。⁷⁰ 他們的心麻木如同脂油，我卻喜歡你的律法。⁷¹ 我受苦是對我有益的，為要使我學習你的律例。⁷² 你口中的律法對我有益，勝過千千萬萬的金銀。**憐愛世人的主啊，願榮耀歸於你。**

[10] ⁷³ 你的手造了我，建立了我；求你使我有悟性，可以學習你的命令。⁷⁴ 願敬畏你的人看見我就歡喜，因為我仰望你的話。⁷⁵ 耶和華啊！我知道你的判語是公義的，為了你的信實，你使我受苦。⁷⁶ 求你按著你給你僕人的應許，以你的慈愛安慰我。⁷⁷ 願你的憐憫臨到我，使我活著，因為我喜歡你的律法。⁷⁸ 願傲慢人蒙羞，因為他們以詭詐誣衊我；至於我，我卻要默想你的訓詞。⁷⁹ 願敬畏你、知道你法度的人，都歸向我；⁸⁰ 願我的心在你的律例上無可指摘，使我不至蒙羞。**憐愛世人的主啊，願榮耀歸於你。**



The Midnight Prayer --- The First Service



whole heart. ⁷⁰ Their heart is as fat as grease, *But* I delight in Your law. ⁷¹ *It is* good for me that I have been afflicted, That I may learn Your statutes. ⁷² 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] ⁷³ Your hands have made me and fashioned me; Give me understanding, that I may learn Your commandments. ⁷⁴ Those who fear You will be glad when they see me, Because I have hoped in Your word. ⁷⁵ I know, O LORD, that Your judgments *are* right, And *that* in faithfulness You have afflicted me. ⁷⁶ Let, I pray, Your merciful kindness be for my comfort, According to Your word to Your servant. ⁷⁷ Let Your tender mercies come to me, that I may live; For Your law *is* my delight. ⁷⁸ Let the proud be ashamed, For they treated me wrongfully with falsehood; *But* I will meditate on Your precepts. ⁷⁹ Let those who fear You turn to me, Those who know Your testimonies. ⁸⁰ Let my heart be blameless regarding Your statutes, That I may not be ashamed. **Glory to You, the Lover of mankind.**



午夜的禱告——第一次事奉



[11] ⁸¹ 我渴望你的救恩以致心力衰竭，但我仍仰望你的話。⁸² 我仰望你的應許以致眼睛昏花，我說：“你甚麼時候才安慰我呢？”⁸³ 我雖然好象煙熏的皮袋，我卻沒有忘記你的律例。⁸⁴ 你僕人的日子還有多少？你甚麼時候才向那些逼迫我的人施行審判呢？⁸⁵ 傲慢人為我掘了坑，他們就是那些不按著你律法而行的人。⁸⁶ 你的一切命令都是可信靠的；他們以詭詐逼迫我，求你幫助我。⁸⁷ 他們幾乎把我從世上除滅了；至於我，我卻沒有離棄你的訓詞。⁸⁸ 求你照著你的慈愛使我存活，我就必謹守你口中的法度。**憐愛世人的主啊，願榮耀歸於你。**

[12] ⁸⁹ 耶和華啊！你的話存到永遠，堅立在天上。⁹⁰ 你的信實存到萬代；你堅立了地，地就長存。⁹¹ 天地照著你的安排存到今日，因為萬有都是你的僕役。⁹² 如果我不是喜歡你的律法，就早已在苦難中滅亡了。⁹³ 我永遠不會忘記你的訓詞，因



The Midnight Prayer --- The First Service



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

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



午夜的禱告——第一次事奉



為你用這些訓詞使我存活。⁹⁴ 我是屬於你的，求你拯救我，因為我尋求你的訓詞。⁹⁵ 惡人等待著要把我毀滅，我卻思考你的法度。⁹⁶ 我看一切圓滿的事都有盡頭，只有你的命令是廣闊無邊的。
憐愛世人的主啊，願榮耀歸於你。

[13] ⁹⁷ 我多麼愛慕你的律法，終日不住地默想。
⁹⁸ 你的命令使我比我的仇敵更有智慧，因為你的命令常存在我裡面。⁹⁹ 我比我所有的老師明智，因為我默想你的法度。¹⁰⁰ 我比老年人更明理，因為我遵守你的訓詞。¹⁰¹ 我制止我的腳不走任何邪惡的路，為要謹守你的話。¹⁰² 我沒有偏離你的典章，因為你親自教導了我。¹⁰³ 你的話語在我的上膛多麼甜美，在我的口中比蜂蜜更甜。
¹⁰⁴ 我借著你的訓詞，得以明白事理；因此，我恨惡一切虛謊的道。**憐愛世人的主啊，願榮耀歸於你。**



The Midnight Prayer --- The First Service



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

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

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



午夜的禱告——第一次事奉



[14] ¹⁰⁵ 你的話是我腳前的燈，是我路上的光。
¹⁰⁶ 我曾起誓，並且堅守誓言，我必遵守你公義的典章。¹⁰⁷ 我受苦極重；耶和華啊！求你照著你的應許使我存活。¹⁰⁸ 耶和華啊！求你悅納我口中的甘心祭，又把你的典章教導我。¹⁰⁹ 我的性命常在危險中，我卻沒有忘記你的律法。
¹¹⁰ 惡人雖然設下陷阱要害我，我卻沒有偏離你的訓詞。¹¹¹ 我以你的法度為我永遠的產業；因為它們是我心中的喜樂。¹¹² 我專心遵行你的律例，永不改變，遵行到底。**憐愛世人的主啊，願榮耀歸於你。**

[15] ¹¹³ 我恨惡心懷二意的人，我卻喜愛你的律法。¹¹⁴ 你是我的避難所，我的盾牌；我仰望你的話。¹¹⁵ 作惡的人哪！你們離開我吧，好讓我遵守我 神的命令。¹¹⁶ 求你照著你的應許扶持我，使我存活；不要使我因仰望你而蒙羞。



The Midnight Prayer --- The First Service



[14] ¹⁰⁵ Your word *is* a lamp to my feet And a light to my path. ¹⁰⁶ I have sworn and confirmed That I will keep Your righteous judgments. ¹⁰⁷ I am afflicted very much; Revive me, O LORD, according to Your word. ¹⁰⁸ Accept, I pray, the freewill offerings of my mouth, O LORD, And teach me Your judgments. ¹⁰⁹

My life *is* continually in my hand, Yet I do not forget Your law. ¹¹⁰ The wicked have laid a snare for me, Yet I have not strayed from Your precepts. ¹¹¹ Your testimonies I have taken as a heritage forever, For they *are* the rejoicing of my heart. ¹¹² I have inclined my heart to perform Your statutes Forever, to the very end. **Glory to You, the Lover of mankind.**

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



午夜的禱告——第一次事奉



117 求你扶持我，我就必得救；我必常常重視你的律例。**118** 偏離你的律例的，你都把他們棄絕；他們的詭詐是徒然的。**119** 世上所有的惡人，你都把他們除滅，如同除去渣滓，因此我喜愛你的法度。**120** 我因懼怕你而戰慄；我畏懼你的審判。
憐愛世人的主啊，願榮耀歸於你。

[16] **121** 我曾秉公行義；求你不要把我撇下，交給欺壓我的人。**122** 求你作你僕人的保證人，確保我的好處；不要容傲慢人欺壓我。**123** 因盼望你的救恩和你公義的應許，我的眼睛都昏花了。
124 求你按著你的慈愛待你的僕人，把你的律例教導我。**125** 我是你的僕人，求你賜我悟性，使我可以明白你的法度。**126** 現在是耶和華行動的時候；因為人都違犯了你的律法。**127** 因此我愛你的命令，勝過金子，甚至勝過精金。**128** 在一切事上，你所有的訓詞我都視為正直；我恨惡一切虛謊的道。
憐愛世人的主啊，願榮耀歸於你。



The Midnight Prayer --- The First Service



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

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

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

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

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

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

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



午夜的禱告——第一次事奉



[17] ¹²⁹ 你的法度奇妙，所以我必遵守你的法度，
¹³⁰ 你的話一解開，就發出亮光，使愚人有悟性。
¹³¹ 我張口喘氣，因為我切慕你的命令。¹³² 求你
轉向我，恩待我；像你素常對待那些愛你名的人
那樣。¹³³ 求你用你的話引導我的腳步，不容甚
麼罪孽轄制我。¹³⁴ 求你救贖我脫離人的欺壓，
好讓我謹守你的訓詞。¹³⁵ 求你用你的臉光照你的
僕人，把你的律例教導我。¹³⁶ 我的眼淚像河
水湧流，因為人都不謹守你的律法。**憐愛世人的
主啊，願榮耀歸於你。**

[18] ¹³⁷ 耶和華啊！你是公義的，你的判詞也是
正直的。¹³⁸ 你以公義和至誠，命定了你的法度。
¹³⁹ 我心中迫切如同火燒，因為我的敵人忘記了
你的話。¹⁴⁰ 你的話語十分精煉，因此你的僕人
喜愛你的話語。¹⁴¹ 我雖然微小，被人藐視，我
卻沒有忘記你的訓詞。¹⁴² 你的公義是永遠的公



The Midnight Prayer --- The First Service



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

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



午夜的禱告——第一次事奉



義，你的律法是可信可靠的。¹⁴³我遭遇患難和困苦，但你的命令仍是我歡喜的。¹⁴⁴你的法度永遠是公義的，求你賜我悟性，好讓我存活。**憐愛世人的主啊，願榮耀歸於你。**

[19] ¹⁴⁵耶和華啊！我一心呼求你，求你應允我；我必遵守你的律例。¹⁴⁶我向你呼求，求你救我；我必謹守你的法度。¹⁴⁷天還未亮我就呼求救助，我所仰望的就是你的話。¹⁴⁸我整夜睜開眼睛，為要默想你的話語。¹⁴⁹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。¹⁵⁰追求奸惡的人臨近了，他們遠離你的律法。¹⁵¹耶和華啊！你和我十分接近，你的一切命令都是可信可靠的。¹⁵²我從你的法度早已知道，這些法度是你立定，存到永遠的。**憐愛世人的主啊，願榮耀歸於你。**



The Midnight Prayer --- The First Service



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

Glory to You, the Lover of mankind.

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

Glory to You, the Lover of mankind.



午夜的禱告——第一次事奉



[20] ¹⁵³ 求你察看我的苦難，搭救我；因為我沒有忘記你的律法。¹⁵⁴ 求你為我的案件申辯，救贖我；按著你的應許使我存活。¹⁵⁵ 救恩遠離惡人，因為他們不尋求你的律例。¹⁵⁶ 耶和華啊！你的憐憫浩大；求你照著你的公正使我存活。¹⁵⁷ 逼迫我的和敵擋我的很多，但我沒有偏離你的法度。¹⁵⁸ 我看見詭詐的人就討厭，因為他們不遵守你的話語。¹⁵⁹ 你看我多麼愛你的訓詞；耶和華啊！求你按著你的慈愛使我存活。¹⁶⁰ 你的話的總綱就是真理，你一切公義的典章要存到永遠。**憐愛世人的主啊，願榮耀歸於你。**

[21] ¹⁶¹ 領袖們無緣無故迫害我，我的心卻畏懼你的話。¹⁶² 我因你的話語歡喜，像得了許多戰利品的人一樣。¹⁶³ 虛偽是我憎恨厭惡的，你的律法卻是我所愛的。¹⁶⁴ 我因你公義的典章，一天七次讚美你。¹⁶⁵ 喜愛你律法的必有豐盛的平



The Midnight Prayer --- The First Service



[20] ¹⁵³ Consider my affliction and deliver me, For I do not forget Your law. ¹⁵⁴ Plead my cause and redeem me; Revive me according to Your word. ¹⁵⁵ Salvation *is* far from the wicked, For they do not seek Your statutes. ¹⁵⁶ Great *are* Your tender mercies, O LORD; Revive me according to Your judgments. ¹⁵⁷ Many *are* my persecutors and my enemies, *Yet* I do not turn from Your testimonies. ¹⁵⁸ I see the treacherous, and am disgusted, Because they do not keep Your word. ¹⁵⁹ Consider how I love Your precepts; Revive me, O LORD, according to Your lovingkindness. ¹⁶⁰ The entirety of Your word *is* truth, And every one of Your righteous judgments *endures* forever. **Glory to You, the Lover of mankind.**

[21] ¹⁶¹ Princes persecute me without a cause, But my heart stands in awe of Your word. ¹⁶² I rejoice at Your word As one who finds great treasure. ¹⁶³ I hate and abhor lying, *But* I love Your law. ¹⁶⁴ Seven times a day I praise You, Because of Your righteous judgments. ¹⁶⁵ Great peace have those who love



午夜的禱告——第一次事奉



安，甚麼都不能絆倒他們。¹⁶⁶ 耶和華啊！我要等候你的救恩，我要遵行你的命令。¹⁶⁷ 我的心謹守你的法度，這些法度是我熱愛的。¹⁶⁸ 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，願榮耀歸於你。

[22] ¹⁶⁹ 耶和華啊！願我的呼求達到你面前；求你照著你的話賜我悟性。¹⁷⁰ 願我的懇求達到你面前；求你照著你的應許拯救我。¹⁷¹ 願我的嘴唇湧出讚美的話，因為你把你的律例教導了我。
¹⁷² 願我的舌頭歌唱你的話語，因為你的一切命令都是公義的。¹⁷³ 願你的手幫助我，因為我選擇了你的訓詞。¹⁷⁴ 耶和華啊！我渴慕你的救恩，我喜歡你的律法。¹⁷⁵ 求你容我活著，可以讚美你；願你的典章幫助我。¹⁷⁶ 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. ¹⁶⁶

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

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



午夜的禱告——第一次事奉

聖哉，聖哉，聖哉，一段出自聖馬太福音書的章節，願他的祝福與我們同在，阿們。

馬太福音（25:1-13）

¹“那時，天國好比十個童女，拿著她們的燈出去迎接新郎。²她們當中有五個是愚拙的，五個是聰明的。³那些愚拙的童女帶著她們的燈，卻沒有帶油；⁴而那些聰明的帶著瓶子裡的油，以及自己的燈。⁵後來新郎遲延不到，她們都打盹，睡著了。⁶“半夜裡，有人喧嚷：‘看哪，是新郎！你們出來迎接他！’⁷“十個童女都醒過來，修整她們的燈。⁸愚拙的對聰明的說：‘請把你們的油分一點給我們，因為我們的燈要滅了。’⁹“但那些聰明的回答說：‘不行，絕不夠我們和你們用的。你們還是到賣油的那裡去，為自己買吧。’¹⁰“可是她們去買的時候，新郎就來了。那些預備好了的，與新郎一同進去赴婚宴，門就關上了。¹¹“後來其餘的童女也來了，說：‘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)

¹ "Then the kingdom of heaven shall be likened to ten virgins who took their lamps and went out to meet the bridegroom. ² "Now five of them were wise, and five *were* foolish. ³ "Those who *were* foolish took their lamps and took no oil with them, ⁴ "but the wise took oil in their vessels with their lamps. ⁵ "But while the bridegroom was delayed, they all slumbered and slept. ⁶ "And at midnight a cry was *heard*: 'Behold, the bridegroom is coming; go out to meet him!' ⁷ "Then all those virgins arose and trimmed their lamps. ⁸ "And the foolish said to the wise, 'Give us *some* of your oil, for our lamps are going out.' ⁹ "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.' ¹⁰ "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. ¹¹ "Afterward the other virgins came also, saying, 'Lord,



午夜的禱告——第一次事奉

請給我們開門！’¹²“但是新郎回答說：‘我確實地告訴你們：我不認識你們。’¹³“所以你們要警醒，因為你們不知道那日子和那時刻。**願榮耀歸於神，直到永永遠遠，阿們。**

願神的話語平平安安地得以圓滿：

基督啊，我們敬拜你，與你美善的聖父和聖靈，因為你的到來拯救了我們。

連 禱

✝ 看哪，新郎在半夜來了，他看見哪個僕人保持著警醒，那個僕人就有福了。但那些被他發現打盹的不配與他同去。因此，我的靈魂啊，你要當心，以免陷入沉睡，於是被逐出天國的門外。你要警醒並呼求說：“聖哉！聖哉！聖哉！神啊，為了上帝之母的緣故，請憐憫我們吧。”**〔願榮耀歸於聖父、聖子和聖靈。〕**



The Midnight Prayer --- The First Service



Lord, open to us!' ¹² "But he answered and said, 'Assuredly, I say to you, I do not know you.' ¹³ "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." (DoxaPatri...). **[Glory to the Father, and the Son, and the Holy Spirit].**



午夜的禱告——第一次事奉



✙ 我的靈魂啊，你要留意那個可敬可畏的日子，要振作起來，並以喜樂點亮你的油燈，因為你不知何時會有人呼喊你說：“看哪，新郎來了。”因此，我的靈魂啊，你要當心，不要陷入沉睡，以免像那五個愚拙的童女一樣站在外面叩門。但是你要警醒並懇求，好讓你能夠帶著滿滿的油去見主耶穌基督，願他賜予你他真正的，又帶著屬天榮耀的婚宴。**[從今時直到永永遠遠，阿們。]**

✙ 童貞女上帝之母啊，你是我們救贖的保障，高大而堅不可摧的堡壘。請廢除仇敵的詭計，把你僕人的悲傷化為喜樂。求你堅固我們的城，守護我們的政府官員，並為這世界的和平代求，上帝之母啊，你是我們的盼望。**[從今時直到永永遠遠，阿們。]**

✙ 天國的王，慰助者，真理的靈啊，你處處同在又充滿每一個角落，你是藏有一切美物的寶庫，又是生命的賜予者，求你仁慈地來到我們的身邊，



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. (Kenun...). **[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. (Kenun...). **[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



午夜的禱告——第一次事奉

並住在我們裡面，潔淨我們一切的污穢，美善的主啊，求你拯救我們的靈魂。[願榮耀歸於聖父、聖子和聖靈。]

✙ 救主啊，正如你曾與你的門徒們同在，又賜給他們平安一樣，也求你仁慈地來到我們的身邊，與我們同在，賜予我們從你而來的平安，拯救我們，並救贖我們的靈魂。[從今時直到永永遠遠，阿們。]

✙ 每逢我們站在聖殿裡，我們就被看作是站在天堂之上的。上帝之母啊，你是天堂的大門，求你向我們打開憐憫之門。[從今時直到永永遠遠，阿們。]

然後祈禱者說：

主啊，求你聆聽我們，求你憐憫我們並寬恕我們的罪。阿們。“求主憐憫 (Kir-ye ley-son) ” 41 次。 接著說：聖哉，聖哉，聖哉……第 69 頁。

讓我們配得滿懷感激地祈禱，說：我們在天上的父……



The Midnight Prayer --- The First Service

all defilement, O Good One, and save our souls. (DoxaPatri...). [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. (Kenun...). [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. (Kenun...). [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. Kurie `ele`ycon (Lord have mercy) 41 times. Then he says: **Holy, Holy, Holy...**Page70

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



午夜的禱告——第二次事奉



第二次事奉



敬拜者祈禱第十一時辰的禱告當中的詩篇（除詩篇 117&117 之外）第 201 頁

聖哉，聖哉，聖哉，一段出自聖路加福音書的章節，願他的祝福與我們同在，阿們。

路加福音（7:36-50）

³⁶ 有一個法利賽人請耶穌與他一起吃飯，耶穌就進到那法利賽人的家裡坐席。³⁷ 當時，城裡有一個女人，是個罪人，她知道耶穌在那法利賽人家裡坐席，就拿著一個盛了香液的玉瓶來。³⁸ 她站在耶穌後面，在他的腳邊哭泣，開始用淚水沾濕耶穌的腳，再用自己的頭髮擦乾，又親吻他的腳，用香液膏抹。³⁹ 那邀請耶穌的法利賽人看見了，心裡說：“這個人如果是先知，就會知道摸他的是誰，是個什麼樣的女人，因為她是個



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)

³⁶ Then one of the Pharisees asked Him to eat with him. And He went to the Pharisee's house, and sat down to eat. ³⁷ 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, ³⁸ 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. ³⁹ 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." ⁴⁰ And Jesus answered and said to him,



午夜的禱告——第二次事奉

罪人。”⁴⁰ 耶穌對他說：“西門，我有話要對你說。”西門說：“老師，請說。”⁴¹ “有一個債主有兩個欠債人。一個欠五百個銀幣，另一個欠五十個銀幣。⁴² 他們無力償還，債主就免了他們兩個人的債。那麼，你說他們哪一個會更愛那債主呢？”⁴³ 西門回答說：“我想是債主免債更多的那一個。”耶穌說：“你判斷得對。”⁴⁴ 於是，他轉向那女人，對西門說：“你看見這個女人嗎？我進了你的家，你沒有給我水洗腳，但她卻用淚水沾濕我的腳，又用她的頭髮擦乾。⁴⁵ 你沒有向我行親吻禮，而她從我進來的時候起，就不停地親我的腳。⁴⁶ 你沒有用油來膏抹我的頭，她卻用香液膏抹我的腳。⁴⁷ 故此，我告訴你：她的罪孽被赦免得多，所以她愛得多；而那被赦免少的，就愛得少。”⁴⁸ 接著，耶穌對那女人說：“你的罪孽已經被赦免了。”⁴⁹ 那些與他一同坐席的人就心裡想：“這個人是誰，竟然赦免罪？”⁵⁰ 但耶穌對那女人說：“你的信救了你，平平安安地去吧。”**願榮耀歸於神，直到永永遠遠，阿們。**



The Midnight Prayer --- The Second Service



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



午夜的禱告——第二次事奉

願神的話語平平安安地得以圓滿：

基督啊，我們敬拜你，與你美善的聖父和聖靈，因為你的到來拯救了我們。

連 禱

✙ 主啊，正如你讓從前那位有罪的女人淚如泉湧那樣，也求你賜給我泉水般的淚水，讓我配用淚水來洗你的腳，好讓我能夠迷途歸返，也請允許我向你獻上珍貴的香膏，好讓我能夠藉著悔改重新獲得一個純潔的生命，那樣我便能聽到那滿懷喜樂的聲音，說：“你的信救了你。” **[願榮耀歸於聖父、聖子和聖靈。]**

✙ 當我意識到自己的諸多惡行，又想到那令人畏懼的審判時，我就驚惶恐懼，但我要在你裡面避難，憐愛世人的神啊，請不要向我掩面，我祈求你，因為你是唯一沒有罪的。求你在末日到來之前賜謙卑給我可憐的靈魂，並拯救我。 **[從今時直到永永遠遠，阿們。]**



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." (DoxaPatri...). **[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. (Kenun...). **[Now and forever and unto the ages of all ages, Amen]**.



午夜的禱告——第二次事奉

✙ 充滿了恩典，永為童貞女的新娘啊，諸天都稱頌你。我們也榮耀你不可思議的分娩。上帝之母啊，你是恩慈之母、救恩之母，求你為我們靈魂的救贖而代求。**[從今時直到永永遠遠，阿們。]**

✙ 天國的王，慰助者，真理的靈啊，你處處同在又充滿每一個角落，你是藏有一切美物的寶庫，又是生命的賜予者，求你仁慈地來到我們的身邊，並住在我們裡面，潔淨我們一切的污穢，美善的主啊，求你拯救我們的靈魂。**[願榮耀歸於聖父、聖子和聖靈。]**

✙ 救主啊，正如你曾與你的門徒們同在，又賜給他們平安一樣，也求你仁慈地來到我們的身邊，與我們同在，賜予我們從你而來的平安，拯救我們，並救贖我們的靈魂。**[從今時直到永永遠遠，阿們。]**

✙ 每逢我們站在聖殿裡，我們就被看作是站在天堂之上的。上帝之母啊，你是天堂的大門，求你向我們打開憐憫之門。**[從今時直到永永遠遠，阿們。]**



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



午夜的禱告——第二次事奉



然後祈禱者說：

主啊，求你聆聽我們，求你憐憫我們並寬恕我們的罪。阿們。“求主憐憫 (Kir-ye ley-son) ” 41 次。接著說：聖哉，聖哉，聖哉……第 69 頁。

讓我們配得滿懷感激地祈禱，說：我們在天上的父……



The Midnight Prayer --- The Second Service



Then the worshipper prays:

Lord hear us, have mercy and forgive our sins. Amen.
Kurie `ele`ycon (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...



午夜的禱告——第三次事奉



第三次事奉



敬拜者祈禱入睡前的禱告當中的詩篇 第 227 頁

聖哉，聖哉，聖哉，一段出自聖路加福音書的章節，願他的祝福與我們同在，阿們。

路加福音（12:32-46）

³² 你們這一小群哪，不要怕，因為你們的父樂意把國度賜給你們。³³ 你們當賣掉自己所擁有的，施捨給人，為自己預備不會破舊的錢包和沒有窮盡的財寶在天上；在那裡盜賊不能靠近，也沒有蟲咬蝕。³⁴ 要知道，你們的財寶在哪裡，你們的心也在哪裡。³⁵ “你們要束上腰帶，點亮油燈，³⁶ 要像期待著主人從婚宴上回來的人那樣；好在主人回來敲門的時候，能立刻為他開門。³⁷ 主人回來的時候，看見哪些奴僕警醒著，那些奴僕就蒙福了。我確實地告訴你們：主人會束上腰帶，請他們坐席，並來伺候他們。³⁸ 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)

³² "Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom. ³³ "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. ³⁴ "For where your treasure is, there your heart will be also. ³⁵ "Let your waist be girded and *your* lamps burning; ³⁶ "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. ³⁷ "Blessed *are* those servants whom the master, when he comes, will find watching. Assuredly, I say to you that he will gird himself and



午夜的禱告——第三次事奉



天或在三更天才回來，也看見他們仍然警醒著，那些人就蒙福了。³⁹不過你們應當知道這一點：一家的主人如果知道賊什麼時候來，就不會讓他的房子被人鑽進。⁴⁰你們也應當做好準備，因為在你們意想不到的時候，人子就來了。”⁴¹彼得說：“主啊，你這個比喻是對我們說的，還是也對大家說的呢？”⁴²主說：“究竟誰是那又忠心又聰明的管家——受主人委任統管他家人、按時分發糧食的人呢？”⁴³主人回來的時候，看見哪個奴僕如此行，那個奴僕就蒙福了。⁴⁴我確實地告訴你們：主人會委任他統管自己所擁有的一切。⁴⁵但如果這奴僕心裡說‘我的主人會遲延回來’，就動手毆打其他的男僕和女僕，並且吃喝、醉酒，⁴⁶那麼，這奴僕的主人就要在意想不到的日子、在他不知道的時刻回來，並且會嚴厲懲罰他，使他與那些不信的人有同樣的下場。**願榮耀歸於神，直到永永遠遠，阿們。**



The Midnight Prayer --- The Third Service



have them sit down *to eat*, and will come and serve them. ³⁸ "And if he should come in the second watch, or come in the third watch, and find *them* so, blessed are those servants. ³⁹ "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. ⁴⁰ "Therefore you also be ready, for the Son of Man is coming at an hour you do not expect." ⁴¹ Then Peter said to Him, "Lord, do You speak this parable *only* to us, or to all *people*?" ⁴² 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? ⁴³ "Blessed *is* that servant whom his master will find so doing when he comes. ⁴⁴ "Truly, I say to you that he will make him ruler over all that he has. ⁴⁵ "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, ⁴⁶ "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.**



午夜的禱告——第三次事奉

願神的話語平平安安地得以圓滿：

基督啊，我們敬拜你，與你美善的聖父和聖靈，因為你的到來拯救了我們。

連 禱

✙ 主啊，求你以一雙充滿憐憫的眼睛看待我的軟弱，我的生命即將結束，然而以我的所作所為將無法得到救恩。因此，我懇求你，主啊，請以一雙充滿慈愛的眼睛看待我的軟弱，我的卑微，我的貧乏，和我的旅居，並拯救我。[願榮耀歸於聖父、聖子和聖靈。]

✙ 正如審判官在場那樣，我的靈魂啊，你要當心，要警醒，想一想那令人畏懼的時刻；因為在審判的日子裡，那些不施憐憫的人，要受毫無憐憫的審判。因此，救主啊，求你憐憫我，因為只有你是憐愛世人的。[從今時直到永永遠遠，阿們。]

✙ 尊貴的上帝之母，理所當然的生命之門，求你救那些靠著信仰在你裡面避難的人脫離苦難，



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. (DoxaPatri...). [**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. (Kenun...). [**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



午夜的禱告——第三次事奉



為此我們要榮耀你完美無罪的分娩，為了我們靈魂的救恩，你為我們生下了基督。**[從今時直到永永遠遠，阿們。]**

✙ 天國的王，慰助者，真理的靈啊，你處處同在又充滿每一個角落，你是藏有一切美物的寶庫，又是生命的賜予者，求你仁慈地來到我們的身邊，並住在我們裡面，潔淨我們一切的污穢，美善的主啊，求你拯救我們的靈魂。**[願榮耀歸於聖父、聖子和聖靈。]**

✙ 救主啊，正如你曾與你的門徒們同在，又賜給他們平安一樣，也求你仁慈地來到我們的身邊，與我們同在，賜予我們從你而來的平安，拯救我們，並救贖我們的靈魂。**[從今時直到永永遠遠，阿們。]**

✙ 每逢我們站在聖殿裡，我們就被看作是站在天堂之上的。上帝之母啊，你是天堂的大門，求你向我們打開憐憫之門。**[從今時直到永永遠遠，阿們。]**



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



午夜的禱告——第三次事奉

依照聖路加的聖福音書，願他的祝福臨到我們身上，阿們。然後接著說：聖哉，聖哉，聖哉……第 69 頁

路加福音（2:29-32）

²⁹ “主啊，現在可以照你的話，讓你的奴僕平平安安地離去，³⁰ 因為我的眼睛已經看見你的救恩，³¹ 就是你為萬民所預備的：³² 他是啟示外邦人的光，是你子民以色列的榮耀。” **願榮耀歸於神，直到永永遠遠，阿們。**

然後祈禱者祈禱說：

主啊，求你聆聽我們，求你憐憫我們並寬恕我們的罪。阿們。“求主憐憫 (Kir-ye ley-son) ” 41 次。

赦罪禱告

主啊，上主耶穌基督啊，永生神的兒子，求你光照我們的心思來領悟你賜生命的話語。求你把我們從毀滅靈魂的死罪中救起。讓我們配在善



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)

²⁹ "Lord, now You are letting Your servant depart in peace, According to Your word; ³⁰ For my eyes have seen Your salvation ³¹ Which You have prepared before the face of all peoples, ³² 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.
Kurie `ele`ycon (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



午夜的禱告——第三次事奉



行中站得穩，並在你來審判世人時，讓我們配聽到你充滿喜樂的聲音，說：“來吧，蒙我父所祝福的人哪，來繼承創世以來已經為你們所預備好的國度吧！”是的，主啊，讓我們在那個時辰裡沒有懼怕、焦慮或被定罪；求你不要按著我們的罪孽來審判我們。因為只有你是滿有憐憫，又長久忍耐，並且有著豐盛慈愛的主。藉著我們的夫人上帝之母，聖瑪利亞，和你眾聖徒的代求。阿們。

然後說：“**每個時辰結尾的禱告**”，第 75 頁。



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.

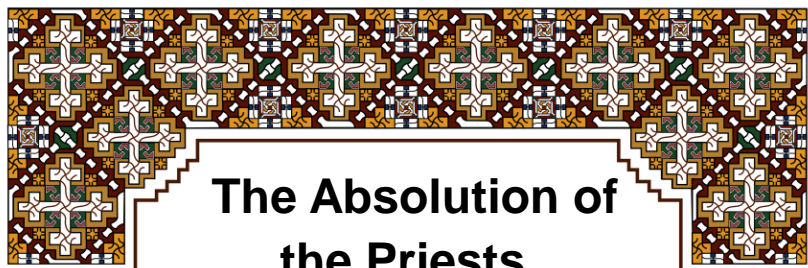
Then say the conclusion of every hour, p.76.



神父的赦免禱告

上主啊，主耶穌基督，永生神的兒子，在萬世以前就存在於光中，出自光而為光：主啊，我們感謝並祈求你，光照我們的思想和心靈，點亮我們的悟性，使我們可以理解你賜生命的話語。求你把我們從毀滅靈魂的死罪中救起，使我們配在行善和行義中站得穩。

當那令人可畏的時辰，也就是你二次降臨審判世界的時候，願我們配從你神聖的口中聽到滿有福樂與歡喜，充滿慰藉與喜樂的聲音，說“來吧，蒙我父所祝福的人哪，來繼承創世以來已經為你們所預備好的國度吧！”（馬太福音 25:34）是的，主啊，求你幫助我們在那一天的那個時辰裡沒有懼怕、瑕疵、驚恐、墮落和迷失。主啊，不要因我們諸多的罪孽來將我們定罪。主啊，求你寬恕我們一切的過犯，罪孽，過失和不足之處。



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." (Mat-thew 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.



神父的赦免禱告

拯救我們和天下世人脫離死亡、通貨膨脹、瘟疫、毀滅、疏散、仇敵的刀劍、惡魔的詭計、不幸的火災與水災、惡人的爭鬥、無恥之徒的欺騙、以及不公義的統治者。請為我們摧毀那些敵對我們的陰謀詭計。

神啊，你是我們的主，我們的神，求你憐憫我們，不要把我們丟進喪命的海裡，或懲罰我們的道路，但請拯救我們，保守我們，庇佑我們，並將從我們百無聊賴、遊手好閒和懶惰之中救起。不要讓我們的仇敵——魔鬼撒旦，以虛假的盼望來欺騙我們，但要使我們的頭腦保持機警，並將我們的心靈從昏睡中喚醒，不再虛度光陰。

神啊，求你革除我們的罪孽，寬恕我們的不義，不要牢記我們的過犯，不要向我們發怒，也不要讓你的怒氣永不止息。

求你憐憫我們，主啊，憐憫我們吧，因為我們是軟弱可憐的，又沉浸在罪的深海之中。我們向你呼求，我們敬拜你，我們宣揚你，我們祈求你。主啊，我們寄希望於你的憐憫之中，請不要



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



神父的赦免禱告



讓我們的希望破滅。請不要在我們面前關上你的憐憫之門。施恩拯救我們吧，把我們帶入你的憐憫之中。並讓我們聽見你喜樂的聲音。

神啊，求你潔淨我們，聖化我們的心靈，除去每一個邪惡，污穢與不良的念頭。主啊，請為我們和你的百姓除去所有的噩夢與幻覺。神啊，求你把我們從一切的墮落與苦難之中救起。神啊，求你堅定我們的耐心、盼望和愛，以及東正基督教的信仰，把我們算作你右手邊的羊。讓我們與那些坐在你天國裡筵席的同座。

請寬恕我們的每一個不義，過犯和罪孽。除了藉著你的恩典我們就無法得到救恩，請讓我們在你發光的天軍的要塞中得到保護，因為我們信靠你，相信你，又仰望於你。

主啊，求你接納我們在此刻以及每時每刻的懇求。還有那些求我們在祈禱、聖禮、紀念中不忘他們的人們，無論是在世之人還是已故之人，主啊，都請你按照在天上的耶路撒冷，天國的恩慈來紀念我們和他們。



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.



神父的赦免禱告



主啊，請塗抹我的一切罪孽。還有以及那些虧欠我們的人，求你寬恕他們和我們。主啊，請籍著你的憐憫，拯救我們所有人的靈魂。主啊，求你拯救你的百姓。賜福給你的產業，牧養他們並將他們救起直到永遠。

請拯救那些活在痛苦、患難和悲傷之中的人們。讓他們從魔鬼撒旦的捆綁中得釋放。

請用美物使饑餓的得飽足。安慰那些在心靈上與靈魂上憂傷的人們。扶起跌落的人，堅固正直的人。尋回迷途的，供養孤兒寡婦，幫助窮人。賜福給田裡的農作物，使氣候宜人，樹木生長，河水滿溢。求你賜下甘露和雨水。

求你使窮人得滿足。讓欠債的人有力償還。聚集分散的人們。接受罪人的悔改。接納信仰自白者的自白。賜悟性給初信的人。主啊，為受壓迫的人們討回公道。讓我們的心中充滿幸福、歡喜、慰藉和喜樂，那樣當我們在凡事上充足時，就會多行蒙你所悅納的善事。



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 debt-ors. Gather together the dispersed. Accept the re-pentance of the repentant. Receive the confession of the confessors. Give understanding to the cate-chumens. 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



神父的赦免禱告



good and acceptable deeds.

主啊，請以你屬天的福祉保佑地上的收成。以你的恩慈賜福給今年的莊稼。主啊，就像你每隔六年賜福給以色列人的耕種與收割一樣，也請你賜福給那些撒種、耕種和收割的人們。主啊，求你賜福給我們這次聚會的會眾和所有東正基督教會的會眾們。

為我們保守現任的教宗，我們的牧首爸爸教宗阿爸（塔瓦卓爾斯）的生命和任期。主啊，救他和他的民眾脫離一切患難，試探和困苦，以及與他一起在使徒的服事工作中有份的同工們，我們的教父大教區都主教們，我們的教父主教們，我們的教父高級神父們，我們的父神父們，我們的執事弟兄們，我們的教父修道士們，還有我們的平信徒弟兄們。還有那些出席並與我們一同分享這次禱告和所有東正基督教會禱告的人們，我們現在祈求你寬恕他們的罪，並施憐憫給他們的靈魂，賜福給我們和他們；無論是過去的還是將來的、私下的還是公開的、在白天的還是晚上的、



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



神父的赦免禱告



隱藏的還是顯明的一切罪孽，都請赦免並寬恕我們和他們。

主啊，請保守各會眾們，聖教會和修道院的平安，特別是住在裡面的長者們，和那些服侍他們的，還有那些為他們安排一切事物的，以及生活在裡面的所有人。請把安全、平安、愛和安穩賜給他們，把仇敵制服於我們和他們的腳下，不要讓仇敵在我們或他們中間有份，也不要讓他以左邊或右邊來攻擊我們，但要以你至高的手和強有力的臂膀來保守他們。我的上主啊，求你救我們脫離邪惡的試探和那些可見與不可見的陷阱。

主啊，請記住我們的父親，母親，兄弟，家人，親屬，老師，屬靈的兒女和親生的兒女，以及所有受洗了的兒女們。

主啊，求你記住那些以自己的努力和辛苦的勞動為我們提供飲食，和那些在家裡供我們住宿，還有那些親手給我們奉獻的人們。主啊，求你獎賞他們，以不朽的回報會朽壞的，以屬天的回報



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



神父的赦免禱告



屬地的。以各種美物填滿他們的家和儲存室。主啊，請以三十倍、六十倍甚至一百倍的獎賞報答他們，並在天國裡寬恕他們的罪。

主啊，求你記住那些因為愛你和尊崇你聖名的緣故，以各種慈善形式向我們和有需要的弟兄施捨的人們，願你賜福給他們。

主啊，求你記住那些關心獻祭、祭物、捐贈，葡萄酒，油，初熟之果，焚香、幔子、誓約、書籍和所有祭壇上所用器具的人們。主啊，願你獎賞他們的奉獻，從而寬恕他們的罪。賜福於他們的今生，以及來世的生命。

主啊，求你記住我們那些已過世的父輩和兄弟們，讓他們在正直的信仰中而得安息。主啊，請讓他們所有人的靈魂在我們先祖亞伯拉罕，以撒和雅各的懷中，在永活之地，天上的耶路撒冷裡得安息。至於我們這些仍然活著的人，求你幫助我們的靈魂得救恩。按著你的美意掌管我們的生活。



The Absolution of the Priest



heavenly instead of the earthly. Fill their houses and stores with all good things. Re-ward 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, obla-tions, donations, wine, oil, first-fruits, incense, coverings, vows, books and all altar vessels; re-ward 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 Jerusa-lem. As for us, the living, help us for the salvation of our souls. Manage our lives according to Your good will.



神父的赦免禱告



施恩的主啊，求你記住我的卑劣、我的貧乏，和我的軟弱。我，一個可憐的罪人，因我眾多的罪孽和不義，不配站在你的面前，但求你不要拒絕我。

主啊，求你藉著你賜生命的十字架的神跡，為你的百姓興起一隻救恩的角。主啊，求你在患難之中救濟我們，援助那些身在苦難與災難之中的人們。

主啊，求你拯救我們這些身在困苦之中的人。治癒你生病的百姓。主啊，從日出之地到日落之處，從北方到南方，無論是此時與我們同在還是不在我們當中的基督徒們，都讓他們蒙福，並從你的聖口中得到赦免。

當你被釘在十字架樹上時，你既接受了在你右邊的強盜，並准許他進入樂園，也求你接受我們。

主啊，求你記住孤兒、寡婦、不和的、殘疾的、還有那些無人牽掛的人們。主啊，求你在天上的耶路撒冷記住他們和我們。



The Absolution of the Priest



Graciously, O Lord, remember my ab-ject, 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.



神父的赦免禱告



主啊，求你記住那些站著或坐著的，沉睡的或躺臥在病床上的，還有那些正通過陸地、海洋、空中、平原、崎嶇山路、山谷、窄路或山頂、山丘或山洞旅行的人們。以及那些在地牢和監獄中，被流放和囚禁的人們，請解救所有被邪惡勢力和魔鬼撒旦束縛的人們。將他們救回，並把他們平安地帶入避難所，讓他們在靈魂上，身體上和精神上都獲得益處和健康。

我的主耶穌基督啊，願你接受我們這些沒有偽善、傲慢、狂妄、自大和欺騙的禱告。神啊，求你幫助我們取悅你。幫助我們遵守你的誡命。無論是在死前還是死後，幫助我們戰勝死亡的劇痛。因為你是美善又長久忍耐，還有著豐盛的慈愛與憐憫的神。

神啊，求你把你教會的大門向我們敞開，從今時直到永永遠遠。

神啊，藉著偉大的代求者：純潔的源頭、寬厚又蒙天恩的我們的夫人、人類的誇耀、蒙揀選



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; de-liver 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 command-ments. 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 compas-sion.

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,



神父的赦免禱告



的童貞女——純潔無暇的聖瑪利亞，還有把基督的信仰傳遍埃及全地的講道人、福音傳道者、耶穌基督的使徒，尊貴的殉道士——聖馬可，和眾天使們，族長們，先知們，使徒們，殉道士們，眾聖徒們，由聖靈運送的隱修士們，虔誠的敬拜者們，獨居隱修士們，鬥士們以及那些從亞當時代直到末世以他們好品行取悅你的人們的代求，求你按著你豐盛的慈愛憐憫我們。我們敬拜你，聖三一啊，聖父、聖子和聖靈，從今時直到永永遠遠。阿們。



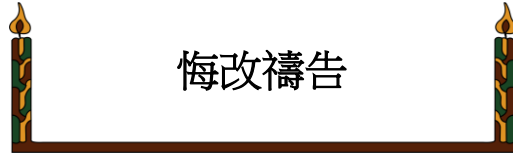
The Absolution of the Priest



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.



祈禱文選讀



悔改禱告

我的主，救主神耶穌基督啊，你是慈愛的寶藏和救恩的泉源，我來到你面前懺悔我的罪孽。我承認，我竟大膽又放肆無禮的以我諸多的罪孽玷污你的聖所。你有無限的慈愛，只要罪人回到你面前，你從不打發他們走，因此我立刻尋求你的憐憫與愛。我承認罪孽使我的思想背負了沉著的重擔，以至於無力脫身。求你不要離開我，不要在烈怒中責備我，也不要再在憤怒中管教我。主啊，我已筋疲力盡，憐憫我吧，請不要照著你的公義，而是照著你的憐憫來審判我。求你紀念你的創造物，不要審判我，因為你的僕人沒有一個可以本于自己的行為而稱義，請為我穿上一身新



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



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衣，好與你的榮耀相稱。求你寬恕我的罪孽，那樣我就可以歌唱：“罪孽被赦免，這人是有福的。”當我承認自己的罪孽，不隱瞞自己的罪行時，你就會潔淨我脫離它們。阿們。



向神父 懺悔之前的禱告



聖父啊，你期待罪人悔改，並承諾過會接受悔改的人；看啊，一個在悖逆之穀裡迷失了方向的靈魂，遠離救恩之泉，長期飽受著痛苦的滋味。現在我回到你的面前，求你使我得潔淨，請接受我，而不要拒絕我，因為只要你以充滿慈愛與憐憫的眼睛注視著我，我就必得潔淨並獲救。你若向我掩面，我就必被毀滅。主啊，求你賜福給我，堅定我憑藉信仰和盼望靠近你的決心，好讓我承認我的罪孽，並痛恨回到罪中。願你的聖靈時刻提醒我不要再走入歧途。願你光照我的心，那樣我便能認識到自己是多麼的罪孽深重，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



祈禱文選讀



的疏忽大意，好讓我能夠心甘情願地遵守你的誠命，並為你聖名的榮耀而活。阿們。



向神父 懺悔之後的禱告



聖父啊，我感謝你對人類的仁慈與愛。你不願我滅亡，卻把我從沉睡中喚醒並指引了我走你的道路。你救我脫離了死蔭的幽谷，來到你堅固的堡壘之下得庇佑。求你以盼望和信心填滿我，我來到你面前就像是生病的人渴望得醫治，饑餓的人尋求得飽足，乾渴的人尋求活水的泉源那樣，又像是窮人尋求財富之源，罪人尋求救贖主，垂死的人尋求生命之泉那樣。你是我的拯救，我的治癒者，我的生命和我的力量。有了你我就有了安慰和幸福，還有我的安息也在你裡面。請以你的美善來幫助我，保護我，圍繞著我。求你教我如何把自己的意願交入你的手中，並按著你的旨



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



祈禱文選讀



意而活。求你除去我的軟弱，好讓我變得堅強，並向你忠心直到永遠。阿們。



領受聖餐 之前的禱告



主啊，我是個罪人，我實在不配請你進我家，但只要你說一句話，“你的罪孽已經被赦免了，”我的靈魂就會得痊癒。我是貧瘠的，缺乏一切的美德，我雖一無所有，卻有你對人類的憐憫，恩慈與愛。你從你天上的榮耀中屈尊降到我們卑微的世間，並甘願接受出生在馬槽裡。神聖的救主啊，我卑微又可憐的靈魂正在等待你榮耀的來臨，求你不要拒絕我。你既不拒絕進入麻風病人的家醫治他，主啊，也請你進入我的靈魂來潔淨我。你既不阻止一個罪惡的女人不停地親吻你的腳，也求你不要阻止我靠近你領受你的聖體和你的寶血。願這聖餐除去我一切的腐朽並抑制我所有邪



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



祈禱文選讀



惡的欲望。求你幫助我遵守你的誠命，醫治我的靈魂和身體脫離各樣的罪孽。願你的聖靈住在我裡面，並使我與你聯合，好讓我可以為榮耀你的聖名而活。阿們。



領受聖餐 之後的禱告



我的舌頭讚美主，我的靈魂尊主為大。主啊，我的心因你來到我這裡而充滿喜樂，主啊，請為我披上一身純潔的禮服，並允許進入你的婚宴。願我今天與你的合一直到永遠，我也由此在信仰與盼望中不斷長進。讓這契合成為你救恩的一個象徵，又使我的身體與靈魂得潔淨，為承受永恆的愛與喜樂做好準備。主啊，我服從你，並向你交出我的意願，求你呼喚我的感官，賜福給它們，好讓我的思想遵行你的旨意。求你光照我心，喚醒我的良知，趕走一切邪惡的陰影，使狂風止息，



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.



祈禱文選讀



與我同行並指引我的路。求你賜予我安慰，止我饑渴，以慈愛的眼睛看待我所有的不足之處，今天就要結束，求你住在我裡面，並陪伴我到新的一天。你是我唯一的目標與快樂，從今時直到永遠。阿們。



用餐之前的禱告



主啊，你是當受讚頌的，從年少時代你就供養我們，求你賜福給我們，請為你所有的受造物預備食物，因為我們的眼睛都仰望於你。你按時賜予我們食物，又張開雙手餵養每一個有生命的受造物。你為我們預備了食物，因此我們把榮耀，讚美，稱頌與感謝都歸於你。擺在我們面前的食物是為了我們的身體提供營養所需的，求你伸出手來賜福給給這些食物，好讓我們獲得力量與健康。求你賜救恩，恩典，祝福和純潔給所有與我們分享這餐的人。提升我們的思想，好讓我們時



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



祈禱文選讀



常思想關於你的事，尋求屬靈的和永生的食糧，好讓我們為那留存到永生的食物做工。請讓我們有份承受你屬天的筵席。把有福的餅和救恩的杯賜給我們吧，好讓我們的內心充滿喜樂與歡喜。請賜予我們一份平靜安寧的生活，一個喜樂的靈魂和一個健康的身體。請教導我們如何在一切事上都能得蒙你的悅納，那麼無論是在吃、喝還是在行事上，我們都是為你聖名的榮耀的緣故。願榮耀歸於你，從今時直到永遠。阿們。



求神指引的禱告



主啊，你是清楚的，我現在正要開始（……），我不知道什麼是對自己有益的，除非你以恩典來指引我，否則我無法知道什麼是對的。主啊，我懇求你在這事上指引我，不要讓我跟隨自己的喜好，以免我陷入混亂而失足跌倒。求你保守我不至摔倒，幫助我，讓這事照你的旨



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



祈禱文選讀



意而行。你若看為合適，就請賜福完成它。否則，就請把這個欲望從我心中除去。你知曉一切事物，沒有任何事能瞞的過你。主啊，我是你的僕人，你看怎樣合適就怎樣待我吧，我知道除非我順服你旨意的恩典，否則，我既不會成功也不會有平安。請教我在每個處境都說：“主啊，願這事照著你的旨意，而不是照著我的心意去行。”因為國度、權柄和榮耀都是你的，直到永遠。阿們。



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



“我要時常稱頌耶和華，讚美他的話必常在我口中。”（詩篇 34：1）

*I will bless the LORD at all times;
His praise shall continually be in my mouth.
(Psa 34:1 NKJ)*