



**God Is Our
Dwelling Place
神是我们的居所**

Psalm 诗篇 90

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

¹ Lord, you have been our dwelling place throughout all generations. ²
Before the mountains were born or you brought forth the whole world,
from everlasting to everlasting you are God.

¹ 主阿, 你世世代代作我们的居所. ² 诸山未曾生出, 地与世界你未曾
造成, 从亘古到永远, 你是神.

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יְהוָה (Yahweh/LORD)

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God Is Our Dwelling Place

他是我们的居所 (Psalm 诗篇 90)

אֲדֹנָי (adonai)

¹ Lord, you have been our dwelling place throughout all generations. ²
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master-slave dwelling Place
(Psalm 诗篇 90)

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主人--仆人

אֲדֹנָי (adonai)

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造成, 从亘古到永远, 你是神.

master-slave dwelling Place

אֲדֹנָי (adonai) “I depend on you to provide”

¹(Lord) you have been our dwelling place throughout all generations. ²

Before the mountains were born or you brought forth the whole world, from everlasting to everlasting you are God.

主人--仆人

אֲדֹנָי (adonai) “我依靠你的供应”

¹(主)阿,你世世代代作我们的居所. ² 诸山未曾生出, 地与世界你未曾造成, 从亘古到永远, 你是神.

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master-slave dwelling Place

אֲדֹנָי (adonai) “I depend on you to provide”

¹(Lord) you have been our dwelling place throughout all generations. ²

Before the mountains home/refuge of animals brought forth the whole world, from everlasting to everlasting you are God.

主人--仆人

אֲדֹנָי (adonai) “我依靠你的供应”

¹(主)阿, 你世世代代作我们的居所. ² 诸山未曾生出, 地与世界你未曾

造成, 从亘古到永远, 野兽躲藏的地方

master-slave dwelling Place

אֲדֹנָי (adonai) "I depend on you to provide"

¹(Lord) you have been our dwelling place through

Before the mountains home/refuge of animals from everlasting to everlasting you are God.

主人--仆人

אֲדֹנָי (adonai) "我依靠你的供应"

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造成,从亘古到永远, 野兽躲藏的地方



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God Is Our Dwelling Place
神是我们的居所 (Psalm 诗篇 **cannot be defeated**)

¹ Lord, you have been our dwelling place throughout **all generations**. ²
Before the mountains were born or you brought forth the whole world,
from everlasting to everlasting you are God.

不能被打败

¹ 主阿, 你 **世世代代** 作我们的居所. ² 诸山未曾生出, 地与世界你未曾
造成, 从亘古到永远, 你是神.

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¹ Lord, you have been our dwelling place throughout all generations. ²
Before the mountains were born or you brought forth the whole world,
from everlasting to everlasting you are **God** god = takes care of a nation

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造成, 从亘古到永远, 你是**神** 神明 = 照顾国家的需要

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

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God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

1 more ancient than mountains dwelling place throughout all generations. 2

Before the mountains were born or you brought forth the whole world,
from everlasting to everlasting you are God. god = takes care of a nation

比山更古老

1 主阿, 你世世代代作我们的居所. 2 诸山未曾生出, 地与世界你未曾
造成, 从亘古到永远, 你是神. 神明 = 照顾国家的需要

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

¹ more reliable than mountains dwelling place throughout all generations. ²

Before the mountains were born or you brought forth the whole world,
from everlasting to everlasting you are God. god = takes care of a nation

比山更可靠

¹ 主阿, 你世世代代作我们的居所. ² 诸山未曾生出, 地与世界你未曾
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God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

1 more reliable than mountains dwelling place throughout all generations. 2

Before the mountains were born or you brought forth the whole world,
from everlasting to everlasting you are God. god = takes care of a nation

our God is forever reliable

比山更可靠

1 主阿, 你世世代代作我们的居所. 2 诸山未曾生出, 地与世界你未曾
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我们的神永远可靠

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

1 more reliable than mountains dwelling place throughout all generations. 2

Before the mountains were born or you brought forth the whole world,
from everlasting to everlasting you are God. god = takes care of a nation

our God is forever reliable
no matter how chaotic

比山更可靠

1 主阿, 你世世代代作我们的居所. 2 诸山未曾生出, 地与世界你未曾
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我们的神永远可靠
无论人生多乱

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

1 more reliable than mountains dwelling place throughout all generations. 2

Before the mountains were born or you brought forth the whole world,
from eternity to eternity.

The new year 2025 will be good.

Reason: Our God is our refuge—refuge that will not fail

2025年将是好年。

原因：我们的神是我们的避难所--不会失败的避难所

我们的神永远可靠

无论人生多乱

1 主阿，
造成，

未曾

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

1 more reliable than mountains dwelling place throughout all generations. 2

Before the mountains were born or you brought forth the whole world,
from eternity to eternity.

But if you want God to be your refuge to protect you,
you must fear Him, put Him first in your life.

但你若要神成为你的避难所来保护你，
你必须敬畏他，将他居首位。

我们的神永远可靠
无论人生多乱

未曾

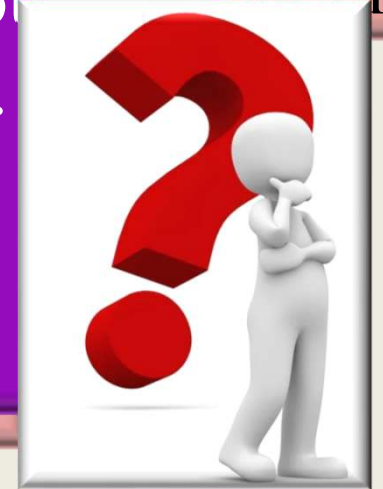
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我们的神永远可靠
无论人生多乱

1 主阿，
造成，

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

³ You turn people back to dust, saying, “Return to dust, you mortals.” ⁴ A thousand years in your sight are like a day that has just gone by, or like a watch in the night. ⁵ Yet you sweep people away in the sleep of death—they are like the new grass of the morning: ⁶ In the morning it springs up new, but by evening it is dry and withered.

³ 你使人归于尘土说,“你们世人要归回。” ⁴ 在你看来,千年如已过的昨日,又如夜间的一更。 ⁵ 你叫他们如水冲去。他们如睡一觉。早晨他们如生长的草。 ⁶ 早晨发芽生长,晚上割下枯干。

1. God Controls Life
神掌管生命

God Is Our Dwelling Place 神是我们的居所 (诗篇 90)

³ You turn people back to dust, and say, "Where are you, you mortals?" ⁴ A thousand years in your sight are like a watch in the night. ⁵ Yet you call them like the sleep of death—when morning it springs up new, but by evening it is dry and withered.

³ 你使人归于尘土说，“你们世人，在哪里呢？” 千年如已过的昨日，又如夜间的一更。⁵ 你叫他们如睡一觉。早晨他们如生长的草。⁶ 早晨发芽生长，晚上割去，早晨又如干草。



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1. God Controls Life
神掌管生命

God Is Our Dwelling Place 神是我们的居所 (Psalm 134)

God just needs to speak

³ You turn people back to dust, saying, “Return to dust, you mortals.” ⁴ A thousand years in your sight are like a day that has just gone by, or like a watch in the night. ⁵ Yet you sweep people away in the sleep of death—they are like the new grass of the morning: ⁶ In the morning it springs up new, but by evening it is dry and withered.

神只需要说

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1. God Controls Life
神掌管生命

God Is Our Dwelling Place 神是我们的居所 (Psalms 134)

strong life

God just needs to speak

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神只需要说

强盛的生命力

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1. God Controls Life
神掌管生命

God Is Our Dwelling Place

resist God/death? 我们的居所 (Psa 138:12 诗篇 138)

God just needs to speak

strong life

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抗拒神/死亡?

神只需要说

强盛的生命力

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神掌管生命

God Is Our Dwelling Place

resist God/death? 我们的居所 (Psa 138:12 诗篇 138)

God just needs to speak

strong life

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抗拒神/死亡?

神只需要说

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1. God Controls Life
神掌管生命

God Is Our Dwelling Place

resist God/death? 我们的居所 (Psalm 138:12)

God just needs to speak

strong life

3 You turn people back to dust, saying, “Return to dust, you mortals.” 4 A thousand years in your sight are like a day that has just gone by, or like a watch—
fraction of God’s strength people away in the sleep of death—they are like the new grass of the morning: 6 In the morning it springs up new, but by evening it is dry and withered.

抗拒神/死亡?

神只需要说

强盛的生命力

3 你使人归于尘土说, “你们世人要归回。” 4 在你看来, 千年如已过的 昨日, 又如夜间的 一更. 5 你叫他们如水冲去. 他们如睡一觉. 早晨他们 神力量的一小点 晨发芽生长, 晚上割下枯干.

1. God Controls Life
神掌管生命

God Is Our Dwelling Place

resist God/death? you can't!

God just needs to speak

strong life

3 Return people back to dust, saying, “Return to dust, you mortals.” 4 A thousand years in your sight are like a day that has just gone by, or like a watch fraction of God's strength people away in the sleep of death—they are like the new grass of the morning: 6 In the morning it springs up new, but by evening it is dry and withered.

你不能!

抗拒神/死亡?

神只需要说

强盛的生命力

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1. God Controls Life
神掌管生命

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

⁷ We are consumed by your anger and terrified by your indignation. ⁸ You have set our iniquities before you, our secret sins in the light of your presence. ⁹ All our days pass away under your wrath; we finish our years with a moan.

⁷ 我们因你的怒气而消灭, 因你的忿怒而惊惶. ⁸ 你将我们的罪孽摆在你面前, 将我们的隐恶摆在你面光之中. ⁹ 我们经过的日子, 都在你震怒之下. 我们度尽的年岁好像一声叹息.

2. God Punishes Sin
神惩罚罪

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

⁷ We are consumed by your anger and terrified by your indignation. ⁸ You have set our iniquities before you, our **secret sins** in the light of your presence. ⁹ All our days pass away under your wrath; we finish our years with a moan.

⁷ 我们因你的怒气而消灭, 因你的忿怒而惊惶. ⁸ 你将我们的罪孽摆在你面前, 将我们的**隐恶**摆在你面光之中. ⁹ 我们经过的日子, 都在你震怒之下. 我们度尽的年岁好像一声叹息.

2. God Punishes Sin
神惩罚罪

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⁷ We are consumed by your anger and terrified by your indignation. ⁸ You have set our iniquities before you, our secret sins in the light of your presence. ⁹ All our days are vanity and we finish our years with a moan.

our experience tells:
sin => punishment => misery/“moan”

我们的经历说明：
犯罪 => 惩罚 => 痛苦/“叹息”

⁷ 我们因你的怒气而消火，因你的忿怒而惊惶。⁸ 你将我们的罪孽摆在你面前，将我们的隐恶摆在你面光之中。⁹ 我们经过的日子，都在你震怒之下。我们度尽的年岁好像一声叹息。

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2. God Punishes Sin
神惩罚罪

God Is Our Dwelling Place 神是我们的居所 (Psalms 90)

even if strong/capable

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即使大能/能干

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最好是怕神

2. God Punishes Sin
神惩罚罪

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run away from sin!

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最好是怕神

离罪远远的！

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run away from sin!

don't love world!

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最好是怕神

不可爱世界!

离罪远远的!

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sorrow: how many days?

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愁烦：有几天？

2. God Punishes Sin
神惩罚罪

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sorrow: how many days?

count!

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数算！愁烦：有几天？

2. God Punishes Sin
神惩罚罪

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sorrow: how many days?

God will punish sin

count!

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数算！愁烦：有几天？神必惩罚罪

2. God Punishes Sin
神惩罚罪

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

¹² Teach us to number our days, that
we may gain a heart of wisdom.

¹² 求你指教我们怎样数算
自己的日子, 好叫我们得着智慧的心.

2. God Punishes Sin
神惩罚罪



Ask God for mercy
祷告神怜悯我们

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

13 Relent, LORD! How long will it be? Have compassion on your servants. ¹⁴ Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days. ¹⁵ Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.

13 耶和华阿, 我们要等到几时呢? 求你转回, 为你的仆人后悔. ¹⁴ 求你使我们早早饱得你的慈爱, 好叫我们一生一世欢呼喜乐. ¹⁵ 求你照着你使我们受苦的日子, 和我们遭难的年岁, 叫我们喜乐.

3. Pray for God's Mercy
求神怜悯你

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

¹³ Relent, LORD! How long will it be? Have compassion on your servants. **plead for mercy** e morning with your unfailing love, that we may sing for joy and be glad all our days. ¹⁵ Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.

¹³ 耶和华阿, 我们要等到几时呢? 求你转回, 为你的仆人后悔. **求怜悯** 使我们早早饱得你的慈爱, 好叫我们一生一世欢呼喜乐. ¹⁵ 求你照着你使我们受苦的日子, 和我们遭难的年岁, 叫我们喜乐.

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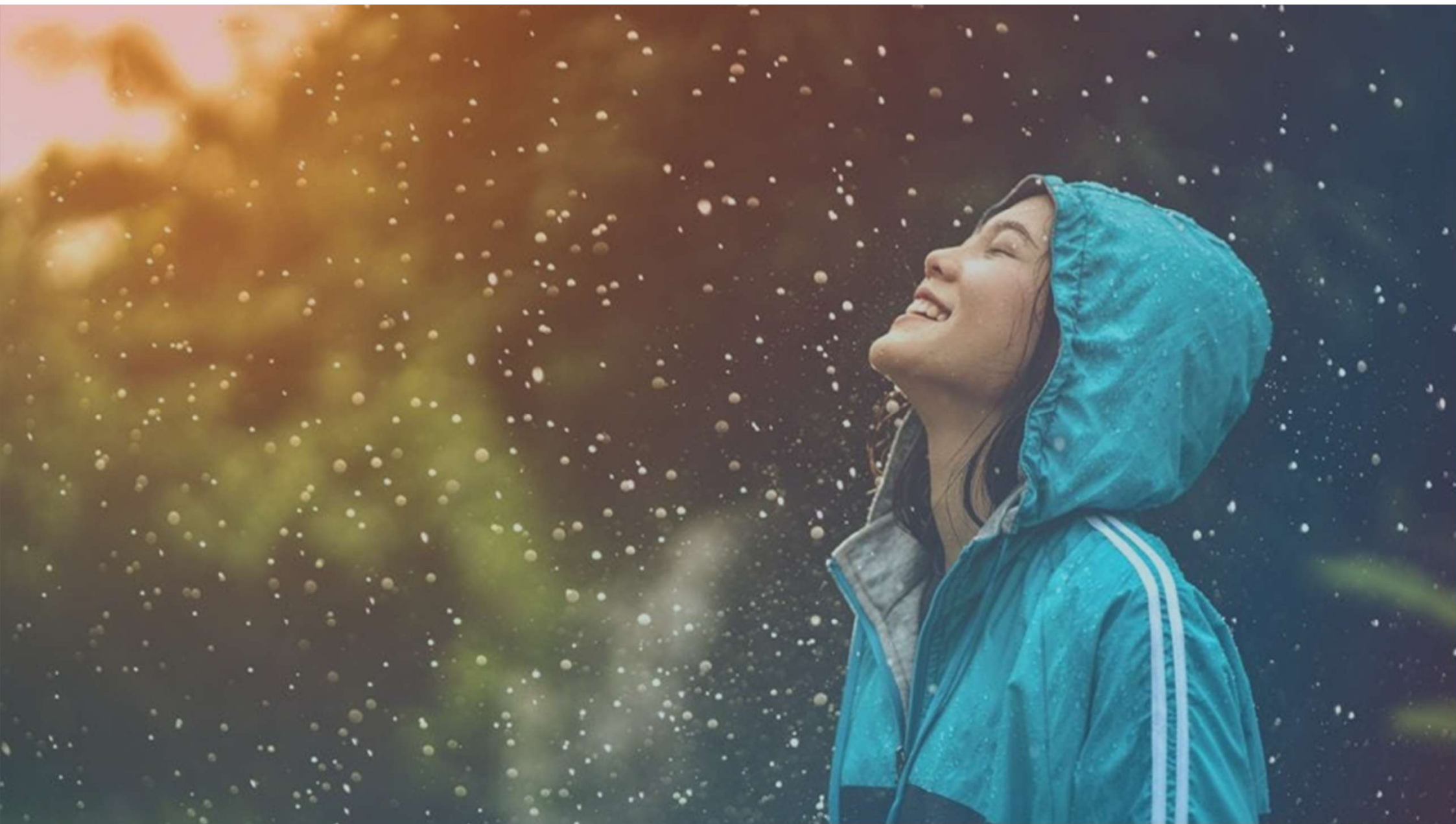
3. Pray for God's Mercy
求神怜悯你

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

¹³ Relent, LORD! How long will it be? Have compassion on your servants. ¹⁴ Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days. bring joy back into life many days as you have afflicted us, for as many years as we have seen trouble.

¹³ 耶和華阿，我們要等到幾時呢？求你轉回，使我们再次喜樂 ¹⁴ 求你使我们早早飽得你的慈愛，好叫我們一生一世歡呼喜樂。 ¹⁵ 求你照着你使我们受苦的日子，和我們遭難的年歲，叫我們喜樂。

3. Pray for God's Mercy
求神憐憫你



God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

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3. Pray for God's Mercy
求神怜悯你

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

¹³ Relent, LORD! How long will it be? Have compassion on your servants. ¹⁴ Satisfy us in the morning with your unfailing love, that we may sing for joy. **return to us what we lost** ¹⁵ **Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.**

¹³ 耶和華阿，我們要等到幾時呢？求你轉回 为你的仆人后悔。 ¹⁴ 求你使我们早早饱得你的慈爱，好叫我们 **我们失去的还给我们** ¹⁵ **求你照着** 你使我们受苦的日子，和我们遭难的年岁，叫我们喜乐。

3. Pray for God's Mercy
求神怜悯你



God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

¹⁶ May your deeds be shown to your servants, your splendour to their children. ¹⁷ May the favor of the Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.

¹⁶ 愿你的作为向你仆人显现. 愿你的荣耀向他们子孙显明. ¹⁷ 愿主我们神的荣美, 归于我们身上. 愿你坚立我们手所作的工. 我们手所作的工, 愿你坚立.

3. Pray for God's Mercy
求神怜悯你

God Is Our Dwelling Place 神是我们的居所 (Psalm 诗篇 90)

¹⁶ May your deeds be shown to your servants, your splendour to their children. **ble**ss our descendants Lord our God rest on us; establish the work of our hands for us—yes, establish the work of our hands.

赐福给我们的后裔

¹⁶ 愿你的作为向你仆人显现. 愿你的荣耀向他们子孙显明. ¹⁷ 愿主我们神的荣美, 归于我们身上. 愿你坚立我们手所作的工. 我们手所作的工, 愿你坚立.

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what we do: make it fruitful

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3. Pray for God's Mercy
求神怜悯你





John 约翰福音 16:33

“I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

“我将这些事告诉你们，是要叫你们在我里面有平安。在世上你们有苦难。但你们可以放心，我已经胜了世界。”



Teach Us to Number Our Days 教我们数算日子 (Psalm 诗篇 90)

God is our only reliable refuge in life. Christians are assured of a blessed new year in 2025. But what is the most important thing we must do?

神是我们唯一可靠的避难所。基督徒在新年2025必蒙福。但我们必须作的最重要的事是什么？

1. God controls our life. How long we live on earth is decided by God. Therefore, honour Him. Put him first in your life. Let no one and nothing take this first place.

神掌握我们的生命。我们在世的日子有多少是神定的。因此，敬重他。将他居首位。不可让任何人或东西占居这首位。

Teach Us to Number Our Days 教我们数算日子 (Psalm 诗篇 90)

2. God punishes sin. Keep away from the love of the world and the pleasures of sin.
神惩罚罪恶. 不可爱世界和罪的快乐.
3. Pray for God to show you mercy. Then, God will give you real joy. What you lost, God will return them to you. Your children will be blessed. Your work will be fruitful.
求神怜悯你. 这样, 神就给你真喜乐. 你失去的, 神归还给你. 你的后裔就蒙福. 你的工作就会结果子.