

來吧,我們讚美

Come Let Us Praise Him

2009

年生日那天,感懷母親為我經歷生產之苦,滿心感謝上帝,先藉母親孕育了我,後來更藉聖靈重生了我;我所有的一切,或才智、能力,或心跳、氣息,沒有一樣是出於自己,全是祂的賜予... 思想著,心中的感恩便隨著音符向神湧出,成了《活祭》這首歌。

「獻祭」在大多數人的心目中是一個令人卻步的概念。然而,親身經歷到神的愛和恩典的人,自然會甘心樂意地獻上自己,為神而活。奇妙的是,獻上自己,生命卻反而脫離了情慾的拘禁,得到真正的自由;為神而活,生命卻反而找到了深刻的意義,得到長久的滿足!獻上自己為神而活,看似失去了,卻是得著了。當我們順著神的法則行事為人時,祂的恩典和保護就不再受到攔阻。獻上自己為神而活,不需要等到自己變好。神已在基督耶穌裏悅納了我們—全然的悅納了。當我們放手把自己交給主,祂便開始調度萬事,將我們做成聖潔神子的模樣。哈利路亞!

代上 15:28; 代下 5:13, 30:21;
詩 22:5, 47:1, 98:4, 150:4

來吧,我們讚美,向至高神讚美,
盡心盡力,毫無保留!
祂是配得讚美,永遠配得讚美,
天地萬物齊來歌頌!

要鼓瑟彈琴,吹號敲鈸,
用響亮的樂器讚美祂!
要擊鼓跳舞,拍掌歡呼,
用誇勝的聲音向神呼喊!

高唱哈利路亞,歡呼哈利路亞,
我們的神已經作王!
祂在高天掌權,祂要永遠掌權,
倚靠祂必不致羞愧!

1 Chron. 15:28; 2 Chron. 5:13, 30:21;
Ps. 22:5, 47:1, 98:4, 150:4

Come and let us praise Him,
Praise Him in the highest,
With ev'ry ounce of heart and strength!
He deserves our praises,
Our eternal praises,
Let all creation join in praise!

With trumpet, cymbal, lyre, and harp,
With loudest instruments praise the Lord!
Let's play the timbrel,
dance, clap, and shout;
With voices of joy let us shout to God!

We sing hallelujah,
Loudest hallelujah,
With shouts of joy, for our God reigns;
Yes, He holds all power,
Holds eternal power,
And He will not put us to shame!

組曲:

我的幫助從何而來 /
願神興起

我的幫助從何而來

詩篇 121

祂必不叫你的腳搖動，
保護你的必不打盹，
保護你的是耶和華，
祂在你右邊蔭蔽你。
白日太陽必不傷你，
夜間月亮必不害你，
耶和華要保護你，從今時直到永遠。

我的幫助從何而來？
我的幫助從何而來？
我的幫助從造天地的耶和華而來！
(2X)

願神興起

詩篇 68:1-6,32-35

當向神唱詩，歌頌祂的名，
祂名是耶和華，要在祂面前歡樂！
祂作孤兒的父，寡婦的伸冤者，
叫孤獨的有家，被囚的出來享福！

願神興起，使仇敵四散，
叫那恨祂的人如煙吹散！
惟有義人，必然歡喜，
在神面前高興快樂！

世上的列國，要向神歌唱，
歌頌那自古駕行諸天以上的主！
祂的威榮可畏，能力顯於穹蒼，
祂將力量和權能賜給祂的百姓！

Medley:

Where Does My Help Come From /
God Arise

Where Does My Help Come From

Ps. 121

He Who guards you never sleeps,
Nor allows your steps to fail.
He a constant vigil keeps
And provides a welcome shade:
While the sun beats down by day,
And the moon beguiles by night,
Shall the Lord, your guard and aid,
Evermore watch o'er your life.

Where does my help come from?
Where does my help come from?
My help comes from the Lord
Who made the heav'n and earth!
(2X)

God Arise

Ps. 68:1-6,32-35

Sing unto the Lord,
Praise His holy name,
He is the Lord, now let us
All rejoice before Him!
Father to orphans,
A friend to widows,
Gives lonely people homes
And prisoners their freedom!

God, arise and Your foes will scatter;
They shall melt away like wax in fire!
But the righteous shall rejoice;
In Him they rejoice with gladness!

Sing unto the Lord,
All you nations,
Praise Him Who rides upon
The ancient highest heavens!
The skies proclaim His power,
The kingdoms tremble,
For He provides His strength
And power to His people!

誰能使我與神的愛隔絕
Who Can Separate Us

榮耀都歸祂
Glory Be To Christ

羅 8:31-39; 弗 3:18

哦，神偉大的愛，
何其長闊高深！
竟不吝惜祂獨生愛子，
為我們眾人捨了。

神稱為義的人誰能控告？
誰能定他們的罪？
神若幫助我們，誰能敵擋我們？
誰能使我與神的愛隔絕？

難道是患難嗎？是困苦嗎？
是逼迫嗎？是飢餓嗎？
是赤身露體，危險，刀劍嗎？
不論是高處的，是低處的，
現在的事，將來的事，
都不能叫我與神的愛隔絕！

Rom. 8:31-39; Eph. 3:18

Great is the love of God,
How wide and high, and how deep!
Sparing not even His only Son,
So that we all might be free.

Those He has justified who can accuse?
Who else but God can condemn?
If God is for us,
then who can be against us?
Who can separate us from His love?

Shall persecution, calamity,
Or suffering or famine,
Or nakedness or danger or the sword?
No, neither height nor depth,
Or life or death,
Or things here now or things not yet,
Can part us from God's love
in Christ our Lord!

詩 103:19; 林後 5:21; 來 1:2-3,12

榮耀都歸祂，萬王之王，
榮耀都歸祂，萬主之主，
榮耀歸聖潔被殺羔羊，
權柄、尊貴、榮耀都歸祂！

尚未有時間祂已存在，
以權能創造了諸世界；
亙古到永遠祂不改變，
祂寶座安定在天！

天父所鍾愛，天使擁戴，
萬有本於祂，都屬於祂；
為愛祂寧捨權柄榮華，
為罪人死在十架！

Ps. 103:19; 2 Cor. 5:21; Heb. 1:2-3,12

Glory be to Christ, the King of Kings,
Glory be to Christ, the Lord of Lords,
Jesus the Holy Lamb of God,
Glory be to Jesus Christ our God.

God who preceded all time and space,
Mighty Creator of all that's made.
From age to age, He remains the same:
King on His heavenly throne!

Worshiped of angels, beloved of God,
Author of all, to Whom all belongs!
Gladly I render me to His bonds:
Humbled in Him, I am strong!

祢是配得

以弗所書 5:19

我要用心中的旋律來讚美祢，
因與祢連結的生命充滿意義；
信心不斷的增添，只因與祢的經歷，
我思想祢何等奇妙改變我生命！
祢拋開一切的榮華，為我降生，
為救贖世上全人類，犧牲自己；
流出寶血，背負人罪，
用祢聖潔的身體，
溫柔勸慰，耐心等待人心轉向祢！

祢是配得，配得一切敬拜讚美；
祢是配得，配得一切榮耀光輝！
祢是配得，配得一切權柄尊貴；
祢是配得，配得萬物敬畏！

2007年6月的一個清早，在送孩子上學的路上，想到主如何奇妙地改變了我的生命，使膽怯的我能面對人生中各種不同的環境，祂慈愛的手，在我生命遇見難處時，從未離開過...

「我要用心中的旋律來讚美祢，因與祢連結的生命充滿意義…」

一段旋律伴隨著我口中的讚美就湧現了出來。

每當想到，神常將旋律和感動賜給我這個平凡且不懂音樂的人，讓我能寫歌來頌讚祂的偉大及救恩，心中就不禁充滿了感恩。祂是那使無變有，並賜下豐盛恩典的神，祂配得所有的讚美、榮耀、尊貴與敬畏。感謝耶穌！

嚴爾實

You Are Worthy

Eph. 5:19

With my heart's melody
I shall give praise to You,
For since I first came to know You,
my life's been full!
As You lead me each day,
You're deepening my faith:
How amazing is the way
You're transforming my life!

You cast aside all Your glory
to come for me;
You sacrificed Your own self
for a world in need.
For our sins, Lord, You bled
and suffered in the flesh,
Gently waiting for our hearts
to turn back to You!

You are worthy
of all our worship and our praise,
And Your glory
is blinding as a mighty blaze!
You are worthy
of all our honor and our fear;
You are worthy of all authority!

一首簡單的歌

A Simple Song

我只想唱一首歌，
唱一首簡單的歌
我只想為祢唱一首歌，
唱一首那愛的歌：

哦，天父！天父！
我愛祢，好愛祢！
哦，天父！慈愛天父！
我愛祢，好愛祢！

哦，耶穌！耶穌！
我愛祢，好愛祢！
哦，耶穌！我的耶穌！
我愛祢，好愛祢！

哦，聖靈！聖靈！
我愛祢，好愛祢！
哦，聖靈！親愛聖靈！
我愛祢，我愛祢！

I want to sing You a song,
Just to sing a simple song;
I want to sing You a song,
Just a simple song of love:

Oh Father, Father!
I love You, I give You my love!
Oh Father, Father God!
I love You, I give You my love!

Oh Jesus, Jesus!
I love You, I give You my love!
Oh Jesus, Son of God!
I love You, I give You my love!

Oh Spirit, Spirit!
I love You, I give You my love!
Oh Spirit, Spirit of God!
I love You, I give You my love!

我盼望生活中所做的每一件事情都能榮耀上帝，尤其是在音樂敬拜上，希望能為上帝寫歌、唱歌。在我大三時，參加了學校所舉辦的校園原創歌曲大賽，原以為通過比賽可以給自己信心，沒想到讓我失望了。我的作品沒有進入前三名，只獲得了優秀獎。得知消息後感到很失落，坐在鋼琴面前只有一個意念：「主啊，我只想為祢唱歌，唱一首簡單的歌，哪怕是再簡單的旋律，我也要將每一個音符獻給祢。」於是，就唱出了《一首簡單的歌》。

李呈呈

聖潔活祭

Take All Of Me

詩 24:3-4; 賽 6:5-8; 羅 6:13

拋開一切掛慮，全心讚美祢，
全然忘記自己，專一敬拜祢。
願祢榮光如火降臨，
收納這樂意的祭！

當祢賜下言語，我得了更新；
當祢榮耀一現，祢奪了我心！
我的生命降服於祢，
渴望全心歸向祢！

獻上眼睛，願能得見祢；
獻上耳朵，聆聽祢聲音；
潔淨我口，宣告祢心意；
手潔心清事奉祢（如聖潔活祭）

理當獻上肢體作義的器具，
為祢的榮耀，祢的計劃，祢的旨意！

Ps. 24:3-4; Isa. 6:5-8; Rom. 6:13

I deny my own self, my cares cast aside,
To worship and praise with all of my life.
May Your glory come down like fire
And receive this sacrifice!

When I hark to Your word,
and witness Your light,
My heart leaps with joy,
and I have new life!
I submit this life unto Your hands –
All of me on fire for You!

Lord, take my eyes, for I want to see;
Lord, take my ears, for I want to hear;
Make my lips clean to speak of Your will;
Make my heart pure, my hands clean:
Lord, take all of me!

Lord I give my body as tool for Your will:
For all Your glory, all Your plans, and
All Your decrees!

活祭

羅 12:1; 林前 6:19-20

主，我是一個活祭，
我不再屬於自己。
甘心樂意獻給祢，
一生一世永屬祢！

我的生命，每個氣息，
全是祢所賜予。
財富能力，血汗熱情，
理當獻上歸祢！

膏我，用我，從天降下火！
願祢悅納獻上的所有。

來充滿我

神聖的靈，來充滿我，
充滿我生命每個角落。
真理的靈，來更新我，
如今活著的不再是我，
乃是基督在我裡面活！

讓光進來，驅散黑暗；
喜樂進來，代替悲哀；
赦免進來，趕走怨恨；
讓愛充滿，全然得勝！

Living Sacrifice

Rom. 12:1; 1 Cor. 6:19-20

As a living sacrifice,
I belong no more to me,
Gladly offering up my life,
To be Yours eternally.

All of my life,
Every breath,
All are bestowed by You;
All of my wealth,
Passion and strength,
All are deserved to You!

Bless me, use me,
Lord send down Your fire!
Take my offering: Lord, be satisfied.

Come Fill Me Now

Spirit of God, come fill me now,
Come fill ev'ry place within my life.
Spirit of truth, come make me new,
So that I am no longer who lives,
But the One Who lives is Jesus Christ!

Lord, with Your light, break up my night;
Lord, with Your joy, wipe out my pain!
Let me forgive, melt down my spite;
Fill me with love, love that will reign!

恩膏

約 7:38-39, 16:3; 徒 1:8; 約一 2:27

恩膏, 是祢的聖靈住在我裏面,
因為耶穌的寶血使我得稱義。
恩膏, 是祢的聖靈降在我身上,
因為耶穌的寶血使我得潔淨!

感謝天父, 差遣聖靈訓誨提攜,
引我進入真理, 為我披上能力!

父我感謝祢, 感謝祢賜下聖靈,
使我按這恩膏的教訓住在主裏!
不是倚靠才能, 不是倚靠勢力,
凡事倚靠神的靈, 宣告天國已降臨!

讓聖靈恩膏如江河從我腹中湧流,
直到認識耶和華榮耀的知識
遍滿全地!

神的靈降在平凡人的身上, 令人難以置信; 然而,
神的靈竟願意住在人的裏面, 更是不可思議! 神的
兒子耶穌為我們流血, 親自成就了這個偉大且
奇妙的恩典。深願當你唱這首詩歌的時候, 父神
親自回應你的祈禱與宣告, 讓聖靈臨到你, 帶你
進入新的真理, 為你披上新的能力!

林婉容

Anointing

John 7:38-39, 16:3; Acts 1:8; 1 John 2:27

Spirit, be my anointing,
come and dwell in me,
For the blood of Christ
has made me clean;
Spirit, be my anointing,
and descend on me,
For the blood of Christ covers me!

Father, thank You,
For Your Spirit teaches and guides,
Brings me into truth,
And endows me with might!

I give thanks to You
For the Spirit You provide;
As Your Spirit has taught to me,
In Him I'll abide!

Leaning not on myself,
Nor on my own strength,
Trusting in Your Spirit,
Your Kingdom I'll proclaim!

Lord may Your Spirit's anointing
Like living rivers flow
Till the full knowledge of Your glory
Covers the globe!

我獻上自己 (主, 我願) Lord, Make Use Of Me

主, 我願更深認識祢。
主, 我願遵行祢旨意,
負祢的軛, 學祢的樣式,
背起十架跟隨祢!
主, 我願一生敬拜祢。
主, 我願尊榮祢聖名,
如同香膏為祢傾倒, 滿足祢心意!

讓世人得見祢榮美,
讓世人得聽祢聲音,
讓世人得嚐祢救恩,
我獻上自己!

主, 我願更加親近祢。
主, 我願貼近祢的心。
願祢榮耀在我身彰顯,
願祢國度降臨!

Lord, it's You that I want to know,
Going where You would have me go,
Learning Your ways
and bearing Your yoke,
Carrying my cross after You!

All my life I will worship You,
Giving all glory unto You,
Pouring myself like fragrant perfume,
Lord, Your will I shall do!

So that all may know Your story,
Here Your voice and taste Your grace,
So that all may see Your glory,
Lord, make use of me!

Draw me near, nearer unto You,
Let my heart join itself to You.
Lord, in my life
may Your light shine through;
May Your kingdom come soon!

工人的禱告

Here Am I, Send Me

可 16:20; 約 7:38, 10:30, 15:5, 17:21

獻上一生為祢而活，
我在此，請差遣我！
雖是軟弱，瞎眼，貧窮，
祢的恩典夠我用。

懇求聖靈光照引領，
賜下天上能力；
用神蹟奇事隨著我們，
證實所傳的道！

離了祢，我們不能做什麼。
祢是葡萄樹，我們是枝子。
使我們常在祢裡面，讓活水湧流！

使我們在祢的裡面合一，
如同祢與父原為一，
在這地，同心合意，奉主名興旺福音！

Mark 16:20; John 7:38, 10:30, 15:5, 17:21

Unto You I give my life;
Here am I, O Lord! Send me!
Though I'm weak and poor and blind,
Lord, Your grace is all I need.

Send your Spirit's light to guide me,
From heaven give me might;
Work signs and miracles beside me,
To show Your Word's alive!

We are weak,
but You are where our strength is:
You're the Vine,
and we are but the branches;
May we ever abide in You,
and spring forth with life!

Just as You and God the Father are one,
Let us who believe have union:
One in heart and one in mind,
Spreading the gospel of Christ!

《活祭》製作群

詞、曲 / Words & Music:

林婉容 (1-4, 7-12)、嚴爾實 (5)、李呈呈 (6)

歌詞英譯 / English Versions of Lyrics: 倪兆康 (Steven Ngai)

主唱 / Lead Vocals:

林婉容、徐潮敏 (2)、陳浩湧 (6,10)、王志達 (10)

伴唱 / Backup Vocals:

林婉容 (1,2,4,6-8,10-12)、洪文慶 (1,3,7,9)、
周杏宜 (3,8,12)、王志達 (6,8,10)、陳浩湧 (8)

詩班 / Choir (按姓名筆畫順序)

施詠嫻、孫紀春、徐郁晴、黃麗英
王志達、伍育智、李正仁、陳浩湧、劉俊成

合音編制 / Vocal Arrangement:

林婉容、洪文慶 (1,3,7,9)、倪兆康 (5,8)、王志達 (6,8,10)

歌手錄音 / Vocal Tracking: 林婉容、張凱量、周杏宜

編曲 / Arrangement: 林婉容、Blair Masters

電子合成樂器 / MIDI Programming: Blair Masters

樂團 / Band

Keyboard & Organ: Blair Masters
Guitars: Scott Dente
Bass: Matt Pierson
Drums & Percussion: Ken Lewis
Engineer: Jeff Pitzer

混音 / Mixing: Jeff Dykhouse

母帶處理 / Mastering: Dale Becker

美術設計 / Graphic Design: 鄭慧珩 (Gigi Tung)