

你若不壓橄欖成渣

Olives that Have Known no Pressure

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Olives that have known no pressure

它就不能成油

No oil can bestow

你若不投葡萄入醇

If the grapes escape the winepress

它就不能變成酒

Cheering wine can never flow



你若不煉哪噠成膏

Spikenard only through the crushing

它就不流芬芳

Fragrance can diffuse

主我這人是否也要

Shall I then Lord shrink from suffering

受祢許可的創傷？

Which Thy love for me would choose?



每次的打擊

Each blow I suffer

都是真利益

Is true gain to me

如果你收去的東西

In the place of what Thou take

你以自己來代替

Thou dost give Thyself to me



主，我慚愧，因我感覺
I'm ashamed, my Lord, for seeking

總是保留自己

Self to guard always

雖我也曾受你雕削

Though Thy love has done its stripping

我卻感覺受強逼

Yet I've been compelled this way



主，祢能否照祢喜樂

Lord, according to Thy pleasure

沒有顧忌去行

Fully work on me

不願我的感覺如何

Heeding not my human feelings

只是要求祢歡欣？

Only do what pleases Thee



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我要讚美，再要讚美

Oh, I'll praise Thee, even if weeping

讚美何等甘甜

Mingle with my song

雖我邊讚美邊流淚

Thine increasing sweetness calls forth

甘甜比前更加添

Grateful praises all day long



能有什麼比祢更好？

Thou hast made Thyself more precious

比祢喜悅可貴？

Than all else to me

主，我只有一個禱告

Thou increase and I decrease, Lord

祢能加增，我減少

This is now my only plea



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