A Biblical Walk Through the Mass

從聖經瞭解彌撒聖祭

Session Two - The Introductory Rites

第二課 - 進台式

**The Sign of the Cross**

十字聖號

1 The early Christians saw that the Sign of the Cross was foreshadowed by a mysterious

Old Testament sign. For the background to this, read Ezekiel 8:9-18, in which the Lord gives the prophet Ezekiel a vision of the sins being committed by God's people in Jerusalem. What sins have the people committed?

早期的基督徒視十字聖號為一個舊約的神秘預表.

有關這方面的背景,請參閱厄則克爾先知書 8:9-18天主給先知厄則克爾一個神示,天主的子民在耶路撒冷所行的惡。

究竟百姓行了什麼惡事呢？

2 Ezekiel tells us that as a result of these and other sins, God's presence will leave the Temple. Babylon will destroy Jerusalem and the sanctuary, taking many of the people into exile. But not all will suffer this fate. Read Ezekiel 9:3-6.

先知厄則克爾告知我們，由於眾人行了這些惡事和犯了其他的罪,上主的神將不再臨在離開了聖殿。巴比倫將摧毀耶路撒冷和聖所, 許多人將被放遂流徙。但並非所有人都會遭受這厄運。參閱厄則克爾先知書 9:3-6。

a. In these verses, a certain group of people in Jerusalem receive a mysterious mark on their foreheads that protects them from the judgment that will come. In the Hebrew text of the book of Ezekiel, this mark is represented by the last letter of the Hebrew alphabet (tahv), which had the shape of an X or a cross. What kind of people receive this mark?

在這些經文中,耶路撒冷内的一些人額上將獲一個神秘的印記，保護他們免受即將到來的審判。厄則克爾先知書的希伯來文本中，這個標記由希伯來字母的最後一個字母 (tahv) 表示，其形狀為“X”或“十”字。

什麼人會獲得這個標記呢？

b. With this biblical background in mind, what might the mark in Ezekiel tell us about the

Christian Sign of the Cross? How are they similar? For some ideas, review Chapter 2,

"The Sign of the Cross," in the Biblical Walk Through the Mass book.

參閱這些聖經背景,厄則克爾先知書中的“標記”告訴我們一些有關於基督徒十字聖號的聯系？它們之間可有相似之處？

參考《從聖經瞭解彌撒聖祭》一書第 2 章*“****十字聖號****”*。

3 In the Sign of the Cross, we call on God's name: "In the name of the Father, and of the Son, and of the Holy Spirit." Calling on God's name is a powerful biblical practice.

“十字聖號”中，我們以 “因父、及子、及聖神之名” 呼求上主的名。呼求上主的名正正是一種強而有力的聖經實踐。

a. Read the following verses. What do they tell us about the power of God's name?

參閱以下聖經章節, 它告訴我們什麼有關呼求上主之名的威能？

Psalm 聖詠54:1

Matthew 瑪竇福音18:20

John 若望福音14:13

Philippians 斐理伯書2:9-11

b. What might this background tell us about the meaning of calling on God's name in the

Sign of the Cross?

這些背景告訴我們以*“****十字聖號****”*呼求上主之名有什麼意義？

**"The Lord Be with You"**

**“主與你同在”**

4. This greeting, which announces God's presence, is used four times in the Mass and several times throughout the Bible. In fact, it is often used by God or his angels to address someone who is being called to an important mission.

這個宣認“上主與你們 同在”的致候詞，在彌撒中用了四次，聖經中出現了多次。事實上，聖經中天主或祂的使者經常用這稱號來召喚執行重要使命的人。

a. Read the following verses about the call of three Old Testament heroes, Moses, Gideon, and Joshua. In the appropriate boxes, record the missions they are given, the obstacles or fears they face, and what God says to them in response.

閱讀以下有關三位舊約聖經中的偉人, 梅瑟、基德紅和若蘇厄呼召的經文。在適當的方格中，記錄他們被賦予的使命、面臨的障礙或恐懼，以及上主的回應是什麼。

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| --- | --- | --- | --- |
| Old Testament Hero舊約中聖經偉人 | Mission使命 | Obstacle or Fear障礙或恐懼 | God's Response上主的回應 |
| Moses梅瑟Exodus出谷紀3:10-12 |  |  |  |
| Gideon基德紅Judges民長紀6:14-18 |  |  |  |
| Joshua若蘇厄Number戶籍紀13:32-33Joshua若蘇厄書1:4-6, 9 |  |  |  |

b. Do you ever feel like Moses-overwhelmed by life and its demands? What challenges, fears, and obstacles are you facing in your life right now? In light of the biblical background, how might the greeting at Mass, "The Lord be with you," offer encouragement?

你有沒有像梅瑟一樣被生活及其壓力所困擾？

在你現在生活中面臨哪些挑戰、恐懼和障礙？

透過聖經的啟發，彌撒中的致候詞 “主與你們同在” 給予甚麽的鼓勵？

The next prayer in the Introductory Rites is known as the Confiteor, Latin for "I confess," the first words of the prayer. In this prayer we express sorrow over our sins-something the Bible calls us to do.

懺悔詞 (我罪,我罪)

接著在進台禮儀中的祈禱被稱為“the Confiteor”，拉丁語意謂“我悔罪”。一開始“我罪，我罪”,表達我們對罪的懊悔悲傷——這亦是聖經給我們的教導。

5. Read the following verses. What does the Bible teach about why and how we should confess our sins?

參閱以下經文。聖經教導我們為何及怎樣認罪？

1John 若望一書1:9

James 雅各伯書5:16

Matthew 瑪竇福音3:2, 6

Proverbs 箴言28:13

Sirach 德訓篇4:26

6. Tue Confiteor also challenges us to consider the four main ways we each sin: " ... in my thoughts I and in my words, in what I have done and in what I have failed to do." Let us examine each of these I areas. According to the following verses, what are some of the ways we can sin?

The Confiteor

懺悔詞 提醒我們通常犯罪的四種境况：承認我在思、言、行爲上的過失“. .....。根據以下經文，我們經常在哪過情况下犯罪呢？

a. In our thoughts **思****想上：**:

Matthew 瑪竇福音5:22

Matthew 瑪竇福音5:27 -28

Matthew 瑪竇福音6:25-34

Matthew 瑪竇福音7:1-3

b. In our words言語上:

2 Corinthians 格林多後書12:20

Romans 羅馬書1:30

Matthew 瑪竇福音5:22

Colossians 哥羅森書3:8-9

1 Corinthians 格林多前書5:6-7

Ephesians 厄弗所書4:29

c. In what we have done行為上:

Romans 羅馬書13: 12-13

Galatians 迦拉達書5:19-21

2 Timothy 弟茂德後書3:2-5

d. In what we have failed to do: Sin is not simply an evil action. James 4: 17 teaches that we can also sin by failing to do the good we know we should do. These sins are known as "sins of omission." Read Colossians 3: 12-15. In this passage, what virtues of Christ are highlighted for us to imitate? We also confess whatever we lack in these and other virtues.

不作為上-- 罪不僅僅是一種邪惡的行為,也在我們沒有做的事情中。雅各伯書4 :17 教導說，如果我們不做我們知道應該做的好事，我們也會犯罪。這些罪被稱為“疏忽罪”。 閱讀歌羅森書 3:12-15，在這段經文中，強調了哪些基督的美德供我們仿效？我們也承認我們在這些和其他美德中所缺乏的。

e. For Personal Reflection: Which of these four areas of sin do you find most challenging? Why?

個人反思：你覺得這四個犯罪境况中的哪一個最具挑戰性？為什麼？

**"Lord, Have Mercy"“垂憐頌/經”**

7 After confessing our sins in the Confiteor, we confidently ask for God's mercy in the Kyrie.

在悔罪禱詞後,我們痛悔,認罪,我們大胆地懇求上主的憐憫。

a. The Hebrew word often translated in our Bible as "mercy" is hesed, which describes steadfast, covenant love-a love that is unconditional and totally committed. Read Romans 5:8. In what sense do you think this verse expresses God's unwavering and steadfast love for us?

在聖經​​中經常被翻譯為“憐憫”的希伯來詞是 *hesed*，它描述了堅定的、聖約的愛, 一種無條件的、完全承諾的愛。閱讀羅馬書 5:8。你認為這節經文在什麼意義上表達了上主對我們堅定不移的愛？

b. One of the greatest examples in the Bible of how to ask for God's mercy is found in Psalm 51. In it, King David humbly pours his heart out to God, asking for his mercy after committing a serious sin. Read Psalm 51. What aspects of King David's prayer do you think make it a model for repentance? Explain.

聖經中關於如何祈求上主憐憫最典形/偉大的例子之一是聖詠51 篇。在其中，達味王謙卑地向上主傾心吐意，在犯下嚴重罪行後祈求上主的憐憫。 參閱聖詠51篇。你認為達味的禱告哪些方面使它成為悔改的典範？試解釋之。

**The Gloria光榮頌**

8. The heart of the prayer called the Gloria tells the story of Jesus Christ, summarizing his saving mission, from his birth to his glorious ascension into heaven. Consider the biblical background to the following words from the Gloria and record in the chart the event in Jesus' life that each passage points to.

進台禮儀中的祈禱核心-光榮頌,講述了耶穌基督的生平/行實故事，總結了他的救贖使命，從他的出生到光榮升天。温習光榮頌中内以下頌詞的聖經背景，並在圖表中記錄每段經文所指向的耶穌生平事件。

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| --- | --- | --- |
| Line from the Gloria光榮頌 經文 | Biblical Background聖經背景 | Aspect or Event in Jesus' Life耶穌行實 |
| Glory to God in the Highest and on earth peace to people of good will天主在天受光榮。 主愛的人在世享平安。 | Luke路加福音2:14 |  |
| Only Begotten Son of the Father耶穌基督、獨生子.. | John若望福音1:14 and John若望福音3:16 |  |
| Lamb of God… you take away the sins of the world除免世罪者天主羔羊， 求你垂憐我們。 | John若望福音1:19 and Isaiah依撒意亞53:7-12 |  |
| You are seated at the right hand of the Father坐在聖父之右者 | Mark馬爾谷福音16:19 |  |

**Application**

This exercise will help you apply one of the key themes of the session to your life. After meditating on it, respond to God with a brief written prayer if you choose.

One main focus in this first part of the Mass is on purifying our souls before we encounter God in the Scripture readings and the Eucharist. We do this by confessing our sins and asking for God's mercy.

To help you prepare for this rite at your next Mass, take some time to examine your life. Adopt the humble and honest attitude of David in Psalm 51. As you do so, consider the following questions: What areas of your life need to change? Do you live more for success, praise, pleasure, or money than for God? Is there someone from whom you need to ask forgiveness (a spouse, child, relative, or friend)? Is there someone you need to forgive? Do you worry too much about what others think of you? Are you selfish? Do you struggle with greed, anger, impatience, or lust?

After examining your conscience, prayerfully reread Psalm 51 with those sins in mind, or write a prayer of your own, confessing your sins to God and asking for his mercy.

Dear Lord……

本練習將幫助您將課程的一個重點，應用到您的生活中。在默想後，如果你願意，可以用簡短的書面禱文回應上主。

彌撒第一部分的主要焦點是: 我們在聖道禮和聖體聖事中與上主相遇前，獲得靈魂的淨化。我們通過承認己罪，並祈求上主的憐憫來達致這目的。

為了幫助您在下一次彌撒中為這個禮儀做好準備，請花點時間審視你的生活。採取達味在聖詠51篇 中那份謙遜和誠實的態度。這樣做時，請考慮以下問題：您生活的那方面需要改變？您是為成功、讚美、快樂或金錢而活，而不是為上主而活嗎？您是否需要向某人請求寬恕（配偶、孩子、親戚或朋友）？您有需要原諒的人嗎？您是否太在意別人對您的看法？您自私嗎？您是否與貪婪、憤怒、急躁或慾望爭戰？

在良心省察後，因着這些過犯，虔誠地重讀聖詠51 篇，或者寫下您自己的禱文，向上主承認您的罪，並祈求祂的憐憫。

親愛的主……