

诗歌选集第 580 首

580 【当你经过试炼】

[Listen to Midi](#)

(一) 当你经过试炼，茫然无所从，你心绝望，以为什么都失踪；就当数主祝福，当一一的数，你就要希奇祂曾如何眷顾。数主祝福！要一一的数！记看祂曾如何眷顾你！数主祝福！要一一的数！你就要希奇祂曾如何爱你。

(二) 当你有所挂虑，如同挑重担，觉得你所负的十架苦难堪，你若数主祝福，疑惑要消散，并要不止住的欢乐和颂赞。数主祝福！要一一的数！记看祂曾如何眷顾你！数主祝福！要一一的数！你就要希奇祂曾如何爱你。

(三) 当你看见别人属世的亨通，你若念主应许，心就不会动；你所受的祝福，原来无处买，你有了父的家，又有主的爱。数主祝福！要一一的数！记看祂曾如何眷顾你！数主祝福！要一一的数！你就要希奇祂曾如何爱你。

(四) 所以，无论遇见大小的试探，不必灰心，万事总有主承担，你若数主祝福，天使要来临，伺候你，服侍你，直到你路尽。数主祝福！要一一的数！记看祂曾如何眷顾你！数主祝福！要一一的数！你就要希奇祂曾如何爱你。

(1) When upon life's billows you are tempest tossed, when you are discouraged, thinking all is lost, count your many blessings name them one by one, and it will surprise you what the Lord hath done. count your blessings, name them one by one; count your blessings, see what God hath done; count your blessings, name them one by one, and it will surprise you what the Lord hath done.

(2) Are you ever burdened with a load of care? does the cross seem heavy you are called to bear? count your many blessings, every doubt will fly, and you will be singing as the days go by. count your blessings, name them one by one; count your blessings, see what God hath done; count your blessings, name them one by one, and it will surprise you what the Lord hath done.

(3) When you look at others with their lands and gold, think that Christ has promised you His wealth untold. count your many blessings, money cannot buy your reward in heaven, nor your Lord on high. count your blessings, name them one by one; count your blessings, see what God hath done; count your blessings, name them one by one, and it will surprise you what the Lord hath done.

(4) So amid the conflict, whether great or small, do not be discouraged, God is over all; count your many blessings, angels will attend, help and comfort give you to your journey's end. count your blessings, name them one by one; count your blessings, see what God hath done; count your blessings, name them one by one, and it will surprise you what the Lord hath done.

這首詩是衛理公會的牧師奧提曼·詹森

(Rev. Johnson Oatman)所作，由於奧提曼牧師因多年牧養教會，但發現原來會友的靈命軟弱，愛主的心不冷不熱，就是因為他們不曉得計算主恩，忘記了神過去的恩典，忘記神的慈愛，也忘記祂的信實與帶領，於是奧提曼牧師便寫下這首詩，用來激勵會友，提醒他們要勞勞記住神的恩典，不可遺忘，反而樣樣都要數，並且都要記清楚，這樣我們奔走天路，才會如鷹展翅上騰，而力上加力，歡喜雀躍。 這詩的作曲者是厄克斯

(Edwin O. Excell),他生於 1857 年，家境非常清寒，由於出身勞工之家，從小就要從事於泥水工的工作，但是上帝卻賦予他與生俱來特殊的音樂才華，使他能夠一面做苦工，一面唱歌創作音樂，大大的減輕了工作的辛苦。由於他心靈歡暢，充滿樂歌，所以創作了許多美好的作品；並且，他也關心兒童福音工作，創作了不少兒童詩歌；甚至他唱起歌來，好像一位天使，在向全人類述說神無比的慈愛與恩典，許多人都被他的歌聲感動，而且願意悔改、決志跟隨主。而他創作的這首計算恩典，就是他所有的作品當中，最具有代表性的聖詩之一。 數算主恩這首詩歌，就是這兩位屬靈前輩心血結晶，也是他們從親身的經歷中所產生出的傑作。奧提曼牧師因關心會友的靈命，因為愛，而寫下了令人振奮的詩；厄克斯雖出生卑微，卻反而更加感恩，才能創作了如此動人的作品，因此我們更是應該要知福惜福、知恩感恩，用生命來經歷神，並且好好計算神的恩典，這便是我們的責任。 John Oatman, Jr.