

詩歌選集第 176 首

176 【主，求禰向我吹聖靈】

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(一) 主，求禰向我吹聖靈，教我如何吸入禰；助我向禰胸懷一傾我的犯罪與自己。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，禰所有豐富。

(二) 我是呼出我的生命，我才可能被充滿；放棄軟弱或是力勁，吸入憐憫和恩湛。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，禰所有豐富。

(三) 呼出我的罪律桎梏，禰已爲我全除摒；吸入禰的聖潔、豐富，發現惟禰是生命。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，禰所有豐富。

(四) 我正呼出我的憂愁，在禰慈愛的胸臆；吸入禰的喜樂、守，吸入禰的甜安息。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，禰所有豐富。

(五) 我正呼出我的病勢，禰早已爲我負擔；我正吸入禰的醫治，因禰早已賜平安。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，禰所有豐富。

(六) 我今呼出我的羨慕，入禰慈愛的耳中；我今吸入禰的答覆，平靜疑惑和驚恐。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，禰所有豐富。

(七) 我今每刻都在呼吸禰的生命作生命；一呼一吸都在乎禰，求禰由我來顯明。我是呼

出我的愁苦，呼出我罪污，我是吸入，一直吸入，禰所有豐富。

(1) O Lord, breathe Thy Spirit on me, teach me how to breathe Thee in; help me pour into Thy bosom all my life of self and sin. I am breathing out my sorrow, breathing out my sin; I am breathing, breathing, breathing, all Thy fullness in.

(2) I am breathing out my own life, that I may be filled with Thine; letting go my strength and weakness, breathing in Thy life divine. I am breathing out my sorrow, breathing out my sin; I am breathing, breathing, breathing, all Thy fullness in.

(3) Breathing out my sinful nature, Thou hast borne it all for me; breathing in Thy cleansing fullness, finding all my life in Thee. I am breathing out my sorrow, breathing out my sin; I am breathing, breathing, breathing, all Thy fullness in.

(4) I am breathing out my sorrow, on Thy kind and gentle breast; breathing in Thy joy and comfort, breathing in Thy peace and rest. I am breathing out my sorrow, breathing out my sin, I am breathing, breathing, breathing, all Thy fullness in.

(5) I am breathing out my sickness, Thou hast borne its burden too; I am breathing in Thy healing, ever promised, ever new. I am breathing out my sorrow, breathing out my sin; I am breathing, breathing, breathing, all Thy fullness in.

(6) I am breathing out my longings in Thy listening, loving ear, I am breathing in Thy answers, stilling every doubt and fear. I am breathing out my sorrow, breathing out my sin; I am breathing, breathing, breathing, all Thy fullness in.

(7) I am breathing every moment, drawing all my life from Thee; breath by breath I live upon Thee, Lord, Thy Spirit breathe in me. I am breathing out my sorrow, breathing out my sin; I am breathing, breathing, breathing, all Thy fullness in.

A.B.Simpson