

## 我靈鎮靜

## Be Still My Soul

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Be still and know that I am God. — Psalm 46:10

FINLANDIA  
Jean Sibelius

1 我靈鎮靜！上主今在你旁；憂痛十字架你  
2 我靈鎮靜！一切主必擔當；未來引導仍  
3 我靈鎮靜！光陰如飛過去；那日與主永

1 Be still, my soul! the Lord is on thy side; Bear pa-tient-ly the  
2 Be still, my soul! thy God doth un-der-take To guide the fu-ture  
3 Be still, my soul! the hour is has-tening on When we shall be for-

1 要忍耐擔當；信靠天父為你安排主張，  
2 似過去一樣；莫讓何事動搖希望信仰，  
3 遠同在一處；失望驚慌那日都要消除，

1 cross of grief or pain; Leave to thy God to or-der and pro-vide;  
2 as He has the past. Thy hope, thy con-fi-dence let noth-ing shake;  
3 ev-er with the Lord, When dis-ap-point-ment, grief, and fear are gone,

1 萬變之中惟主信實永長。我靈鎮靜，天  
2 目前與祕日後必成光明。我靈鎮靜，風  
3 重享真愛忘記一切愁煩。我靈鎮靜，那

1 In ev-ery change He faith-ful will re-main. Be still, my soul! thy  
2 All now mys-te-rious shall be bright at last. Be still, my soul! the  
3 Sor-row for-got, love's pur-est joys re-stored. Be still, my soul! when

1 友最是善良，經過荆棘引到歡樂地方。  
2 浪依舊聽命，救主當年所發吩咐之聲。  
3 日眼淚抹乾，將來歡聚大家永享平安。

1 best, thy heaven-ly Friend Through thorny ways leads to a joy-ful end.  
2 waves and winds still know His voice who ruled them while He dwelt be-low.  
3 change and tears are past, All safe and bless-ed we shall meet at last.