

## 詩歌選集第 511 首

511 【哦，何等安息在高磐石】

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(一) 哦，何等安息在高磐石影裏，我魂在爭戰和憂患中投依，雖犯罪、疲勞，我仍願來歸禰，禰這永久磐石，我藏身于禰。藏身于禰，藏身于禰，禰這永久磐石，我藏身于禰。

(二) 正當憂傷時刻或平靜安息，每當試探來臨，施展它暴力，或當人生狂風怒濤的攻擊，禰這永久磐石，我藏身于禰。藏身于禰，藏身于禰，禰這永久磐石，我藏身于禰。

(三) 每當仇敵攻逼，爭戰不停息，我逃往避難所，傾吐我心意，每當試煉如滾滾海濤衝擊，禰是我魂磐石，我藏身于禰。藏身于禰，藏身于禰，禰這永久磐石，我藏身于禰。

(1) Oh, safe to the Rock that is higher than I, my soul in its conflicts and sorrows would fly, so sinful, so weary, Thine, Thine would I be, Thou blest Rock of Ages, I'm hiding in Thee. Hiding in Thee, hiding in Thee, Thou blest Rock of Ages, I'm hiding in Thee.

(2) In the calm of the noontide, in sorrow's lone hour, in times when temptation casts o'er me its power; in the tempests of life, on its wide, heaving sea, Thou blest Rock of Ages, I'm hiding in Thee. Hiding in Thee, hiding in Thee, Thou blest Rock of Ages, I'm hiding in Thee.

(3) How oft in the conflict, when pressed by the foe, I have fled to my Refuge and breathed out my woe; how often, when trials like sea-billows roll, have I hidden in Thee, O Thou Rock of my soul. Hiding in Thee, hiding in Thee, Thou blest Rock of Ages, I'm hiding in Thee.

William O. Cushing

