



叫我抬起頭的神

The Lifter of My Head

詞、曲：余盈盈 Sarah Yu
English Translation: Brian Chen and SOP

耶和華是我的主

Lord, You are my solid Rock

必不致動搖

I shall not be moved

有耶和華的幫助

With You as my Provider

還要懼誰呢

Who is there to fear

耶和華是我牧者

Lord, You are my Shepherd

必不致缺乏

I shall not want

有耶和華作我旌旗

With You as my Banner

必全然得勝

There will be victory

叫我抬起頭的神 1/2

叫我抬起頭的神

The Lifter of My Head

〔副歌 Chorus〕

耶和華是我四圍的盾牌

For You are my shield and my defender

是我的榮耀

Glory of my life

又是叫我抬起頭的神

And You are the lifter of my head

一宿雖然有哭泣

Weeping may remain at night

早晨我們必歡呼

But at dawn we will rejoice

祢是我的磐石我的幫助

You're my solid Rock, Lord, You are my Help