

诗歌选集第 176 首

176 【主，求祢向我吹圣灵】

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(一) 主，求祢向我吹圣灵，教我如何吸入祢；助我向祢胸怀一倾我的犯罪与自己。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，祢所有丰富。

(二) 我是呼出我的生命，我才可能被充满；放弃软弱或是力劲，吸入怜悯和恩湛。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，祢所有丰富。

(三) 呼出我的罪律桎梏，祢已为我全除摒；吸入祢的圣洁、丰富，发现惟祢是生命。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，祢所有丰富。

(四) 我正呼出我的忧愁，在祢慈爱的胸臆；吸入祢的喜乐、守，吸入祢的甜安息。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，祢所有丰富。

(五) 我正呼出我的病势，祢早已为我负担；我正吸入祢的医治，因祢早已赐平安。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，祢所有丰富。

(六) 我今呼出我的羡慕，入祢慈爱的耳中；我今吸入祢的答覆，平静疑惑和惊恐。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，祢所有丰富。

(七) 我今每刻都在呼吸祢的生命作生命；一呼一吸都在乎祢，求祢由我来显明。我是呼出我的愁苦，呼出我罪污，我是吸入，一直吸入，祢所有丰富。

(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