

詩歌選集第 209 首

209 【我所有苦况必須告訴主】

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(一)我所有苦况，必須告訴主，我不能獨自擔此憂鬱；我在患難中，惟主能安撫，擦去我眼淚，將我體恤。我必須告訴，必須告訴主；將我的心事向主傾吐；我必須告訴，必須告訴主，惟主能安撫，惟祂是主。

(二)我所有困難，必須告訴主，我不能獨自對付遭遇；我一切事務，惟主能擔負，使我得安息，慰我情緒。我必須告訴，必須告訴主；將我的心事向主傾吐；我必須告訴，必須告訴主，惟主能安撫，惟祂是主。

(三)我所有軟弱，必須告訴主，我不能獨自勝過私欲；我所有捆綁，惟主能幫助，使我釋放，脫離罪律。我必須告訴，必須告訴主；將我的心事向主傾吐；我必須告訴，必須告訴主，惟主能安撫，惟祂是主。

(四)我所有試探，必須告訴主，我不能獨自抵擋鬼魔；主所受試探，與我毫無殊，惟主能救我脫離凶惡。我必須告訴，必須告訴主；將我的心事向主傾吐；我必須告訴，必須告訴主，惟主能安撫，惟祂是主。

(1) I must tell Jesus all of my trials; I cannot bear these burdens alone; in my distress He kindly will help me; He ever loves and cares for His own. I must tell Jesus! I must tell Jesus! I cannot bear my burden alone; I must tell Jesus! I must tell Jesus! Jesus can help me, Jesus alone.

(2) I must tell Jesus all of my troubles; He is a kind, compassionate Friend; if I but ask Him, He will deliver: And in my

griefs with me He will blend. I must tell Jesus! I must tell Jesus! I cannot bear my burden alone; I must tell Jesus! I must tell Jesus! Jesus can help me, Jesus alone.

(3) Tempted and tried I need a great Savior, one who can help my burdens to bear; I must tell Jesus, I must tell Jesus; He all my cares and sorrows will share. I must tell Jesus! I must tell Jesus! I cannot bear my burden alone; I must tell Jesus! I must tell Jesus! Jesus can help me, Jesus alone.

(4) O how the world to evil allures me! O how my heart is tempted to sin! I must tell Jesus; He will enable over the world the vict'ry to win. I must tell Jesus! I must tell Jesus! I cannot bear my burden alone; I must tell Jesus! I must tell Jesus! Jesus can help me, Jesus alone.

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