

詩歌選集第 398 首

398 【從我活出禰的自己】

[Listen to Midi](#)

(一) 從我活出禰的自己，耶穌，禰是我生命；對於我的所有問題，求禰以禰為答應。從我活出禰的自己，一切事上能隨意，我不過是透明用器，為著彰顯禰祕密。

(二) 殿宇今已完全奉獻，已除所有的罪污，但願禰的榮耀火焰，今從裏面來顯露。全地現在都當肅穆，看我將身體獻上，作禰順服、安靜奴僕，只被禰加力、剛強。

(三) 所有肢體，每個時刻，約束、等候禰發言，準備為禰前來負軛，或是不用放一邊。約束，沒有不安追求，沒有緊張與受壓，沒有因受對付怨尤沒有因懊悔倒下。

(四) 乃是柔軟、安靜、安息，脫離傾向與成見，讓禰能夠自由定意，當禰對我有指點。從我活出禰的自己，耶穌，禰是我生命；對於我的所有問題，求禰以禰為答應。

(1) Live Thyself, Lord Jesus, through me, for my very life art Thou; Thee I take to all my problems as the full solution now. Live Thyself, Lord Jesus, through me, in all things Thy will be done: I but a transparent vessel to make visible the Son.

(2) Consecrated is Thy temple, purged from every stain and sin; may Thy flame of glory now be manifested from within. Let the earth in solemn wonder see my body willingly offered as Thy slave obedient, energized alone by Thee.

(3) Every moment, every member, girded, waiting Thy command; underneath the yoke to labor or be laid aside as planned. When restricted in pursuing, no disquiet will beset; underneath Thy faithful dealing not a murmur or regret.

**(4) Ever tender, quiet, restful, inclinations put away, that Thou may for me choose freely as Thy finger points the way.
Live Thyself, Lord Jesus, through me. For my very life art Thou; Thee I take to all my problems as the full solution
now.**

Adapted from F R Havergal