

1.

When upon life's billows  
you are tempest tossed,  
When you are discouraged,  
thinking all is lost,

當你遇見苦難如波浪沖撞，  
當你憂愁喪胆似乎要絕望，

(1)

Count your many blessings--  
name them one by one,  
And it will surprise you  
what the Lord hath done.

若把主的恩典從頭數一數，  
必能叫你希奇感謝而歡呼。

Count Your Blessing  
Refrain 副歌

Count your blessings--  
name them one by one!  
Count your blessings--  
see what God hath done!

主的恩典樣樣都要數；  
主的恩典都要記清楚；

Count Your Blessing  
(Refrain 副歌)

Count your blessings--  
name them one by one,  
Count your many blessings--  
see what God hath done.

主的恩典樣樣都要數，  
必能叫你希奇感謝而歡呼。

Are you ever burdened  
with a load of care?  
Does the cross seem heavy  
you are called to bear?

有時心中掛慮如同挑重擔，  
有時背負十架覺得苦難堪，

Count Your Blessing

(2)

Count your many blessings,  
every doubt will fly,  
And you will keep singing  
as the days go by.

若數主的恩典疑惑便消除，  
必能叫你快樂立時讚美主。

Count Your Blessing  
Refrain 副歌

Count your blessings--  
name them one by one!  
Count your blessings--  
see what God hath done!

主的恩典樣樣都要數；  
主的恩典都要記清楚；

Count Your Blessing  
(Refrain 副歌)

Count your blessings--  
name them one by one,  
Count your many blessings--  
see what God hath done.

主的恩典樣樣都要數，  
必能叫你希奇感謝而歡呼。



When you look at others  
with their lands and gold,  
Think that Christ has promised  
you His wealth untold;

不必貪戀他人物質的豐富，  
若想主的應許心中就滿足；

Count Your Blessing

(3)

Count your many blessings--  
Money can not buy,  
Your reward in heaven,  
nor your home on high.

你所得的恩典非金錢能買，  
活在父親家裏得蒙祂眷顧。

Count Your Blessing  
Refrain 副歌

Count your blessings--  
name them one by one!  
Count your blessings--  
see what God hath done!

主的恩典樣樣都要數；  
主的恩典都要記清楚；

Count Your Blessing  
(Refrain 副歌)

Count your blessings--  
name them one by one,  
Count your many blessings--  
see what God hath done.

主的恩典樣樣都要數，  
必能叫你希奇感謝而歡呼。

God Is So Good 神真美好

1.

God is so good,  
God is so good,  
God is so good,  
He's so good to me.

神真美好,  
神真美好,  
神真美好,  
祂對我真好.

God Is So Good 神真美好

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神真美好，  
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神真美好，  
祂對我真好。

Bless the Lord, O My Soul

Bless the Lord, Oh my soul;  
Bless the Lord, Oh my soul;  
And all that is within me  
Bless His holy name.

我的心哪， 當稱頌主；  
我的心哪， 當稱頌主；  
凡在我裡面的  
也要稱頌祂聖名。

Bless the Lord, O My Soul

Bless the Lord, Oh my soul;  
Bless the Lord, Oh my soul;  
And all that is within me  
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我的心哪， 當稱頌主；  
我的心哪， 當稱頌主；  
凡在我裡面的  
也要稱頌祂聖名。



Thank you, Lord, for saving my soul,  
Thank you, Lord, for making me whole,  
Thank you, Lord, for giving to me,  
Thy great salvation so rich and free.

感謝主！拯救我靈魂，  
感謝主！使我得完全，  
感謝主！白白賜給我，  
豐豐富富的奇妙救恩。

Thank you, Lord, for saving my soul,  
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