

## 诗歌选集第 209 首

209 【我所有苦况必须告诉主】

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(一)我所有苦况，必须告诉主，我不能独自担此忧鬱；我在患难中，惟主能安抚，擦去我眼泪，将我体恤。我必须告诉，必须告诉主；将我的心事向主倾吐；我必须告诉，必须告诉主，惟主能安抚，惟祂是主。

(二)我所有困难，必须告诉主，我不能独自对付遭遇；我一切事务，惟主能担负，使我得安息，慰我情绪。我必须告诉，必须告诉主；将我的心事向主倾吐；我必须告诉，必须告诉主，惟主能安抚，惟祂是主。

(三)我所有软弱，必须告诉主，我不能独自胜过私欲；我所有捆绑，惟主能帮助，使我释放，脱离罪律。我必须告诉，必须告诉主；将我的心事向主倾吐；我必须告诉，必须告诉主，惟主能安抚，惟祂是主。

(四)我所有试探，必须告诉主，我不能独自抵挡鬼魔；主所受试探，与我毫无殊，惟主能救我脱离凶恶。我必须告诉，必须告诉主；将我的心事向主倾吐；我必须告诉，必须告诉主，惟主能安抚，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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