

Hymn

Count Your Blessings

Piano Sheet Music / Guitar Sheet Music

聖歌

數主恩典

鋼琴樂譜 / 簡譜 / 吉他樂譜



風火網頁 Webpage: <https://www.feng-huo.ch/>

Date: May 10, 2022



數主恩典 Count Your Blessings

Johnson O. Auman, Jr.

All things are delivered to Me of My Father.

— Luke 10:22

Edwin O. Excell

1 當你遇見苦難如波浪沖撞，當你憂愁
2 有時心中掛慮如同挑重擔，有時背負的
3 不必貪戀他人物質的豐富，若想主的
4 每逢遭遇心靈各樣的戰爭，不要為此

1. When up-on life's bil-lows you are tem-pest-tossed, When you are dis-
2. Are you ev-er bur-dened with a load of care? Does the cross seem
3. When you look at oth-ers with their lands and gold, Think that Christ has
4. So a-mid the con-flict, wheth-er great or small, Do not be dis-

1 喪胆似乎得要絕望，若把主的恩典從頭
2 十架覺得苦難堪，若數主的恩典疑感
3 應許心中主就滿足；你所得的恩典非金
4 喪胆因主已得勝；若數主的恩典必蒙

1. cour-aged, think-ing 'all is lost, Count your man-y bless-ings—name them
2. heav-y you are called to bear! Count your man-y bless-ings—ev-'ry
3. prom-ised you His wealth un-told! Count your man-y bless-ings—mon-ey
4. cour-aged—God is o-ver all; Count your man-y bless-ings—an-gels

1 數一數，必能叫你希奇感謝而歡呼。
2 便消除，必能叫你快樂立時讚美主。
3 錢能買，活在父親家裡得蒙祂眷愛。
4 主幫助，安慰引導我們直到見天父。

1. one by one, And it will sur-prise you what the Lord hath done.
2. doubt will fly, And you will be sing-ing as the days go by.
3. can-not buy, Your re-ward in heav-en nor your home on high.
4. will at-tend, Help and com-fort give you to your jour-ney's end.

词:Johnson OATMAN

曲:Edwin O.EXCELL

有时遇见苦难如同大波浪,
有时忧愁丧胆几乎要绝望,
若把主的恩典从头数一数,
必能叫你惊讶立时乐欢呼。

有时挂念世事如同挑重担,
有时背着十架觉得苦难堪,
若数主的恩典疑惑即消除,
必能叫你快乐立时赞美主。

每逢遭遇战争不论大或小,
不要丧胆因主早已得胜了,
深知主有恩典必甘愿辅助,
安慰引导我们一直见天父。

副歌：

主的恩典样样都要数,
主的恩典都要记清楚,
主的恩典样样都要数,
必能叫你惊讶立时乐欢呼。

3 3 3 4 | 5 5 5 3 | 4- 3- | 4--- | 2 3 4 5 | 7 6 5 4 | 3- 4- | 5--- |
 1. 當你遇見 苦難如同 大波 浪， 當你憂愁 喪膽幾乎 要絕 望，
 2. 當你掛念 世事如同 挑重 擔， 當你背負 十架覺得 苦難 堪，
 3. 每逢遭遇 爭戰不論 大或 小， 主手統治 一切你不要 懼怕；

3 3 3 4 | 5 5 5 3 | 4- 3- | 4--- | 2 3 4 5 | 7 6 5 4 | 3- 2- | 1--- |
 1. 若把主的 恩惠從頭 數一 數， 必能叫你 驚訝主奇 妙看 顧。
 2. 若數主的 恩惠疑惑 就消 除， 必能叫你 快樂立時 讚美 主。
 3. 深知主有 恩惠必甘 願扶 助， 安慰引導 我們直到 見天 父。

(副) 5-- 5 | 1̇ 5 5 3 | 4- 4- | 4--- | 4-- 4 | 7 6 5 4 | 3- 4- | 5--- |
 主的 恩惠樣樣 都要 數， 主的 作為都要 記清 楚，
 1̇-- 1̇ | 7 6 0 0 | 7 7 6 6 | 5--- | 1̇ 1̇ 7 1̇ | 7 6 5 4 | 3- 2- | 1--- ||
 主的 恩惠， 樣樣都要 數， 必能叫你 驚訝主奇 妙看 顧。

诗歌创作背景：

作者欧德曼（Johnson Oatman, Jr. 1856-1922）生于新泽西州，他的父亲常在教会献诗，因此他从小就熟谙圣诗。十九岁时受卫理公会按立牧师，但牧会经验不多。

早年他随父经营家业，父亲去世后，他从事保险业而不断晋升，事业有成。1892年，他开始写福音诗歌，《数算主恩》写于1897年，他发觉许多人疏忽了神的恩典，因此提醒信徒们，要将主恩细数并记清楚，这样在奔走天路时，就能如鹰展翼飞翔高空。

他一共写了五千多首圣诗，在十九世纪末二十世纪初的福音诗写作上，占重要一席。他的作品，我们常唱的有《哪有朋友像耶稣》（No, Not One），《向高处行》（Higher Ground），《无朋友待我像耶稣》（There's No Friend Like Jesus）等。

本曲的作者艾克赛（Edwin O. Excell 1851-1921）出生于贫穷的家庭，年轻时是一个泥水工，时常一边唱，一边做工，使自己觉得工作轻省些，闲时常带领朋友歌唱；稍后他从名师专攻音乐，并奉献自己为主所用。起初他作了许多儿童圣诗，后来加入了慕迪布道团，担任歌唱。有人说他唱起歌来，好像是一位天使，在向人类述说神无比的慈爱与恩典，使听者都深受感动。他一共作曲二千多首圣诗，出版了五十多本圣诗集。

一八七四年某天，散基驱车经过英格兰埃坪森林，途中碰见一班吉卜赛青年。散基按手在一个青年头上说：“小伙子，愿主带领你成为传道人。”十五年后，布道家吉卜赛人史密斯访问美国，他会晤散基时，描述了那次森林中的会晤。他又提到一首诗歌《数算主恩》，说：“这首诗歌在伦敦南区家喻户晓，男人唱在嘴边，孩童哼在唇边，母亲柔声唱着哄小宝贝睡觉。”《数算主恩》是当年复兴聚会必唱诗歌，也可以说是欧德曼写得最好、又最为人熟悉的诗歌。

数算恩典

1=C $\frac{2}{4}$

3 3 3 4 | 5 5 5 3 | 4 3 | 4 - | 2 3 4 5 | 7 6 5 4 |

有时遇见 苦难如同 大波浪， 有时忧愁 丧胆似乎
有时挂念 世事如同 挑重担， 有时背着 十架觉得
不必贪恋 世界金银 田地多， 只要想念 主的应许
每逢遭遇 争战不论 大和小， 不要丧胆 因主早已

3 4 | 5 - | 3 3 3 4 | 5 5 5 3 | 4 3 | 4 - | 2 3 4 5 |

要绝望， 若把主的恩典从头 数一数， 必能叫你
苦难堪， 若数主的恩典疑惑 就飞去， 必能叫你
心满足， 你所得的恩典金银 不能买， 最大赏赐
得胜了， 深知主有恩典必甘 愿扶助， 安慰引导

7 6 5 4 | 3 2 | 1 - | 5. 5 | 1̇ 5 5 3 | 4 4 | 4 - |

惊讶立时 乐欢呼。
快乐立时 赞美主。 主的恩典样样都要数，
永远享受 在彼岸。
我们一直 见天父。

4. 4 7 6 5 4 | 3 4 | 5 - | 1̇. 1̇ | 7 6 0 |

主的恩典都要 记清楚 主的恩典

7 7 6 6 | 5 - | 1̇ 1̇ 5 5 | 6 6 5 4 | 3 2 | 1 - ||

样样都要 数， 必能叫你 惊讶立时 乐欢呼

数算主恩

JOHNSON OATMEN, Jr.
1856-1922

Count Your Blessings

EDWIN O. EXCELL
1897

3 3 3 4 | 5 5 5 3 | 4 3 | 4 — | 2 3 4 5 | 7 6 5 4 |



1. 有时遇见 苦难如同 大风浪, 有时忧愁, 丧胆几乎
2. 有时挂念 世事如同 挑重担, 有时背着 十字架觉得
3. 每逢遭遇 争战不论 大或小, 不要丧胆 因主早已



3 4 | 5 — | 3 3 3 4 | 5 5 5 3 | 4 3 | 4 — | 2 3 4 5 |



要绝望, 若把主的 恩典从头 数一数, 必能叫你
苦难堪, 若数主的 恩典疑惑 即消除, 必能叫你
得胜了, 深知主有 恩典必甘 愿辅助, 安慰引导



7 6 5 4 | 3 2 | 1 — | 5 . 5 | 1 5 5 3 | 4 4 |



惊讶立时 乐欢呼. (副歌)
快乐立时 赞美主. 主的 恩典样样 都要
我们直到 见父面. 主的 一切 恩典 样样都要



4 — | 4 . 4 | 7 6 5 4 | 3 4 | 5 — | 1 . 1 |



数, 主的 恩典都要 记清楚, 主的
数 主的 一切 恩典 都要记清 楚 主的 一切



7 6 0 | 7 7 6 6 | 5 — | 1 1 7 1 | 7 6 5 4 | 3 2 | 1 — ||



恩典 样样都要 数, 必能叫你 惊讶立时 乐欢呼.



数 算 恩 典

降E大调 2/4拍

(帖前 5: 16,18)

♩=100

3 3 3 4	5 5 5 3	4 3	4 -	2 3 4 5	7 6 5 4	3 4
1 1 1 2	3 3 3 1	2 1	2 -	7 1 2 3	5 4 3 2	1 2
有时遇见	苦难如同	大波	浪,	有时忧愁、	丧胆,似乎	要绝
有时挂念	世事如同	挑重	担,	有时背着	十架,觉着	苦难
有时遇到	失败生活	陷贫	穷,	但要深信	主的应许	不落
有时遭遇	危险无论	是大	小,	不要惊怕,	只靠救主	大能
5 5 5 5	1 5 .	5 5 5 5	5 -	5 5 5 5	5 5 .	5 5 1 1
1 1 1 1	1 1 .	5 5 5 5	5 -	5 5 5 5	5 5 .	1 1 1 1
						似乎要绝

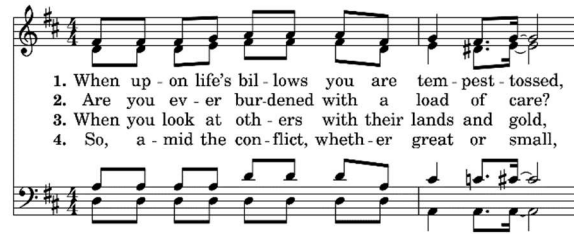
5 -	3 3 3 4	5 5 5 3	4 3	4 -	2 3 4 5	7 6 5 4	3
3 -	1 1 1 2	3 3 3 1	2 1	2 -	7 1 2 3	5 4 3 2	1
望:	若把主的	恩典从头	数一	数,	必能叫你	立得安慰	而
堪:	若数主的	恩典,疑惑	就飞	去,	必能叫你	立时快乐	心
空:	主所赐的	恩典必够	你需	用,	先求神国	神义,缺乏	变
手:	在他恩翅	之下,他必	能保	护,	一路引导	我们平安	见
1 -	5 5 5 5	1 5 .	5 5 5 5	5 -	5 5 5 5	5 5 .	5 5
1 -	1 1 1 1	1 1 .	5 5 5 5	5 -	5 5 5 5	5 5 .	5 5
望	从头数一						数
						安慰	

2	1 -	5 .	5	1 5 5 3	4 4	4 -	4 .	4	7 6 5 4
7	1 -	3 .	3	3 3 3 1	2 1 7 6	5 -	2 .	2	5 4 3 2
欢	呼。	主的恩典样样都要数, 主的恩典都要							
平	安。								
裕	丰。								
天	父。								
4 4	3 -	1 1 1 1	5 5 .	5 5 5 5	5 -	5 5 5 5	5 5 .		
5 5	1 -	1 1 1 1	1 1 .	5 5 5 5	5 -	5 5 5 5	5 5 .		
而欢	呼	主的恩典	恩典	样样都要	数	主的恩典	恩典		


3 4	5 -	1 .	1	7 6 0	7 7 6 6	5 -	1 1 7 1
1 2	3 -	3 .	3	5 4 0	4 4 4 4	4 -	3 3 3 3
记清	楚:	主的	恩典	样样都要	数,	必能叫你	
5 5 5 5	1 -	5 5 5 1	1 1 0	2 2 1 1	7 -	1 1 1 1	
1 1 1 1	1 -	1 1 1 1	4 4 0	5 5 5 5	5 -	1 1 1 1	
都要记清	楚	主的恩典	恩典				

7 6 5 4	3 2	1 -
5 4 2 2	1 7	1 -
1 1 7 6	5 4	3 -
4 4 4 4	5 5	1 -
立得安慰	而欢	呼。

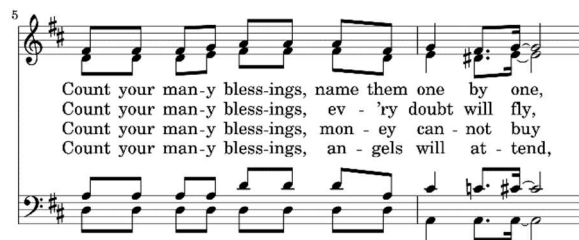
Count Your Blessings



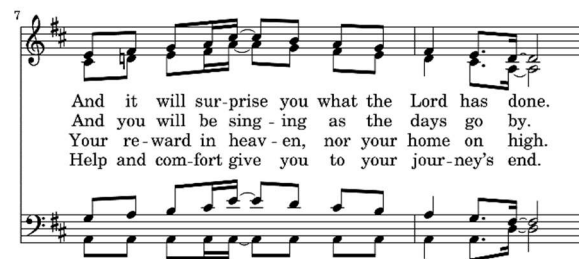
1. When up - on life's bil - lows you are tem - pest - tossed,
 2. Are you ev - er bur - dened with a load of care?
 3. When you look at oth - ers with their lands and gold,
 4. So, a - mid the con - flict, wheth - er great or small,



When you are dis - cour - aged thinking all is lost,
 Does the cross seem heav - y you are called to bear?
 Think that Christ has prom - ised you His wealth un - told;
 Do not be dis - cour - aged, God is o - ver all;



Count your man - y bless - ings, name them one by one,
 Count your man - y bless - ings, ev - 'ry doubt will fly,
 Count your man - y bless - ings, mon - ey can - not buy
 Count your man - y bless - ings, an - gels will at - tend,



And it will sur - prise you what the Lord has done.
 And you will be sing - ing as the days go by.
 Your re - ward in heav - en, nor your home on high.
 Help and com - fort give you to your jour - ney's end.



Count your bless - ings, Name them one by one;



Count your bless - ings, See what God has done.



Count your bless - ings, Name them one by one;



Count your man - y bless - ings, See what God has done.

Count Your Blessings.

Rev. J. OATMAN, Jr.

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WORDS AND MUSIC.

E. O. EXCELL.

1. When up-on life's bil-lows you are tempest toss'd, When you are dis-
2. Are you ev - er burden'd with a load of care? Does the cross seem
3. When you look at others with their lands and gold, Think that Christ has
4. So a - mid the conflict, whether great or small, Do not be dis-

couraged, thinking all is lost, Count your many blessings, name them
heav - y you are called to bear? Count your many blessings, ev - 'ry
promised you His wealth un-told, Count your many blessings, mon-ey
couraged, God is o - ver all; Count your many blessings, an-gels

one by one, And it will surprise you, what the Lord hath done.
doubt will fly, And you will be sing-ing as the days go by.
can - not buy Your re-ward in heav-en, nor your home on high.
will at - tend, Help and comfort give you to your jour-ney's end.

CHORUS.

Count your blessings, Name them one by one, Count your
Count your many bless-ings, Name them one by one, Count your man-y

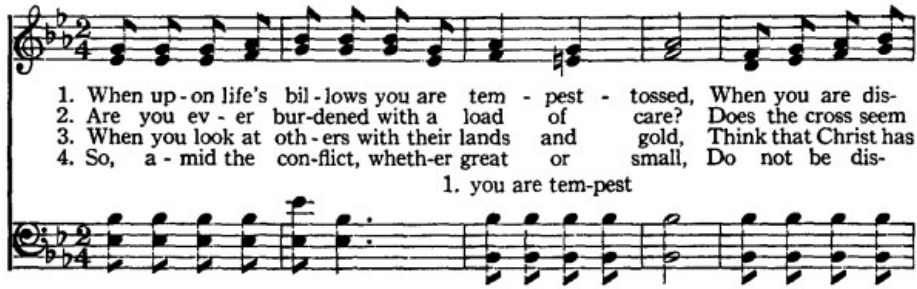
blessings, See what God hath done, Count your blessings,
bless-ings, See what God hath done, Count your many bless-ings,

Name them one by one, Count your many blessings, See what God hath done.

Count Your Blessings

Johnson Oatman, Jr., 1856-1926

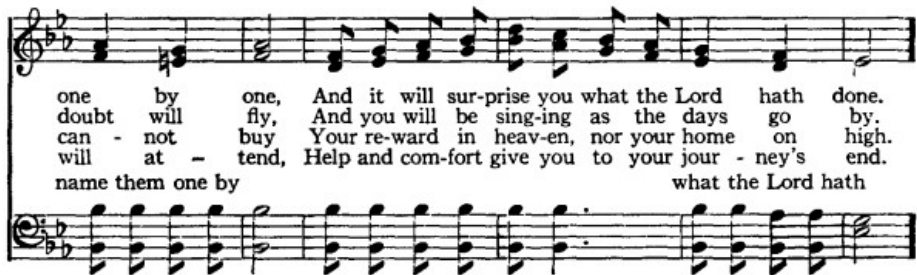
Edwin O. Excell, 1851-1921



1. When up-on life's bil-lows you are tem - pest - tossed, When you are dis-
 2. Are you ev - er bur-dened with a load of care? Does the cross seem
 3. When you look at oth-ers with their lands and gold, Think that Christ has
 4. So, a - mid the con-flict, wheth-er great or small, Do not be dis-
 1. you are tem-pest

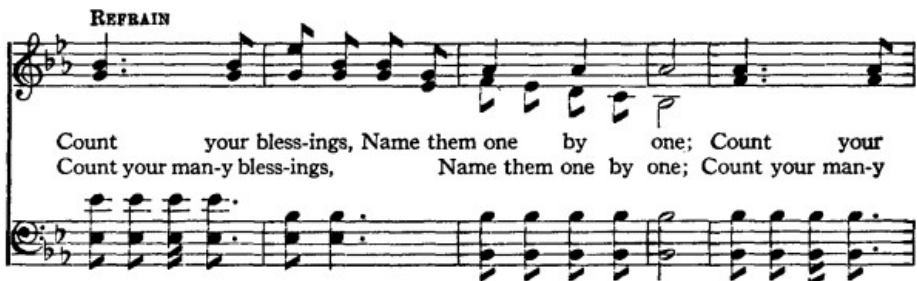


cour-aged, think-ing all is lost, Count your man-y bless-ings, name them
 heav - y you are called to bear? Count your man-y bless-ings, ev - ery
 prom-ised you His wealth un - told; Count your man-y bless-ings, mon - ey
 cour-aged, God is o - ver all; Count your man-y bless-ings, an - gels
 think-ing all is

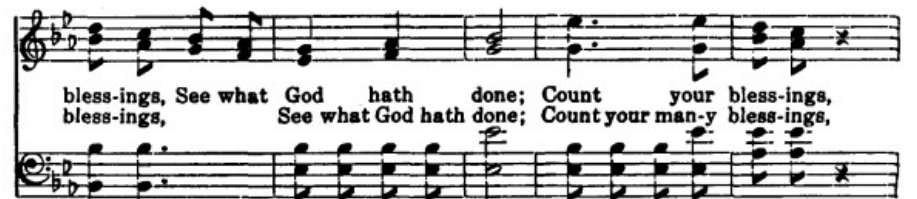


one by one, And it will sur-prise you what the Lord hath done.
 doubt will fly, And you will be sing-ing as the days go by.
 can - not buy Your re-ward in heav-en, nor your home on high.
 will at - tend, Help and com-fort give you to your jour - ney's end.
 name them one by what the Lord hath

REFRAIN



Count your bless-ings, Name them one by one; Count your
 Count your man-y bless-ings, Name them one by one; Count your man-y



bless-ings, See what God hath done; Count your bless-ings,
 bless-ings, See what God hath done; Count your man-y bless-ings,

rit. *a tempo*



Name them one by one; Count your man-y bless-ings, See what God hath done.

Count Your Blessings-crd

Words: Johnson Oatman, JR.

from www.traditionalmusic.co.uk

Tune: Edwin Excell

VERSE 1

A G7 F#7 G7
When upon lifes billows you are tempest tossed,
E E7 A D A
When you are discouraged, thinking all is lost,
A G7 F#7 G7
Count your many blessings, name them one by one,
E E7 A E A
And it will surprise you what the Lord hath done.

CHORUS

A E E7 E
Count your blessings, name them one by one,
E7 A D A
Count your blessings, see what God hath done!
A E D E7
Count your blessings, name them one by one,
A D A E7 A
And it will surprise you what the Lord hath done.

VERSE 2

A G7 F#7 G7
Are you ever burdened with a load of care?
E E7 A D A
Does the cross seem heavy you are called to bear?
A G7 F#7 G7
Count your many blessings, every doubt will fly,
E E7 A E A
And you will keep singing as the days go by.

VERSE 3

A G7 F#7 G7
When you look at others with their lands and gold,
E E7 A D A
Think that Christ has promised you His wealth untold;
A G7 F#7 G7
Count your many blessings. Wealth can nev -er buy
E E7 A E A
Your reward in heaven, nor your home on high.

VERSE 4

A G7 F#7 G7
So, amid the conflict whether great or small,
E E7 A D A
Do not be disheartened, God is over all;
A G7 F#7 G7
Count your many blessings, angels will att-end,
E E7 A D A
Help and comfort give you to your journeys end.

Count Your Blessings—John Oatman, Jr
(1856–1926) and Edwin O. Excell (1851–1921) *from www.traditionalmusic.co.uk*

[C]When upon life's billows you are [G]tempest tossed;
When you are discouraged, thinking [C]all [G]is [C]lost,
Count your many blessings, name the [G]m one by one,
And it will surprise you what the [C]Lord [G]has [C]done.

Chorus:

[C]Count your blessings; name them one [G]by one.
Count your blessings; see what [C]God [G]hath [C]done.
[C]Count your [F]blessings; [G]name t[F]hem one by [C]one.
[F]Count your many [C]blessings; see what [G]God hath [C]done.

Are you ever burdened with load of care?
Does the cross seem heavy you are called to bear?
Count your many blessings; ev'ry doubt will fly
And you will be singing as the days go by.

When you look at others with their lands and gold,
Think that Christ has promised you His wealth untold.
Count your many blessings; money cannot buy
Your reward in heaven, nor your home on high.

So amid the conflict, whether great or small,
Do not be conflict, God is over all.
Count your many blessings, angels will attend,
Help and comfort give you to your journey's end.