



四十天禱告之旅  
40 days journey of prayer

2 March - 15 April  
3月2日 - 4月15日  
蘇豪佈道中心 (SOC)

Monday - Friday  
每週一到週五  
7:30-8:00am  
8:00-8:30am

蘇豪佈道中心 (SOC)

8:00-8:30am  
7:30-8:00am

## 2 March Thursday 三月二日 星期四

歡迎參加40天禱告之旅，讓我們今早用30分鐘一起向神禱告。

Welcome to the 40 Days Journey of Prayer, let's spend 30 mins to pray together.

首先，請先用大約10分鐘安靜自己的心，並歡迎使用以下的禱文禱告。

Firstly, please spend 10 mins to quiet your heart and you're welcome to pray with the following prayer.

憐憫的神，祢按照自己的樣式造了我們，讓我們有認識祢的意念，  
有愛祢的心，有服侍祢的意願。可是我們的知識不完美、  
愛不持久、順服不完全。日復日我們無法變得與祢相似。  
求祢在祢溫柔的愛裡，藉著耶穌基督我們的主，赦免我們。阿們。

Merciful God, you made us in your image,  
with a mind to know you, a heart to love you, and a will to serve you.  
But our knowledge is imperfect, our love inconstant, our obedience incomplete. Day  
by day, we fail to grow into your likeness.

In your tender love, forgive us through Jesus Christ, our Lord.

Amen.

接下來，請用大約10分鐘默想以下的經文：

Then, please spend 10 mins to meditate on the following scriptures.

### 申命記 Deuteronomy 30:15-20

「看哪，我今日將生與福，死與禍，陳明在你面前。吩咐你愛耶和華—你的上帝，遵行他的道，謹守他的誡命、律例、典章，使你可以存活，人數增多，耶和華—你上帝就必在你所要進去得為業的地上賜福與你。倘若你心裏偏離，不肯聽從，卻被勾引去敬拜事奉別神，我今日明明告訴你們，你們必要滅亡；在你過約旦河、進去得為業的地上，你的日子必不長久。我今日呼天喚地向你作見證；我將生死禍福陳明在你面前，所以你要揀選生命，使你和你後裔都得存活；且愛耶和華—你的上帝，聽從他的話，專靠他；因為他是你的生命，你的日子長久也在乎他。這樣，你就可以在耶和華向你列祖亞伯拉罕、以撒、雅各起誓應許所賜的地上居住。」

See, I set before you today life and prosperity, death and destruction. For I command you today to love the Lord your God, to walk in obedience to him, and to keep his commands, decrees and laws; then you will live and increase, and the Lord your God will bless you in the land you are entering to possess. But if your heart turns away and you are not obedient, and if you are drawn away to bow down to other gods and worship them, I declare to you this day that you will certainly be destroyed. You will not live long in the land you are crossing the Jordan to enter and possess. This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may

live and that you may love the Lord your God, listen to his voice, and hold fast to him. For the Lord is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.

### 路加福音 Luke 9:22-25

又說：「人子必須受許多的苦，被長老、祭司長，和文士棄絕，並且被殺，第三日復活。」耶穌又對眾人說：「若有人要跟從我，就當捨己，天天背起他的十字架來跟從我。因為，凡要救自己生命的，必喪掉生命；凡為我喪掉生命的，必救了生命。

人若賺得全世界，卻喪了自己，賠上自己，有甚麼益處呢？

And he said, "The Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and he must be killed and on the third day be raised to life." Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it. What good is it for someone to gain the whole world, and yet lose or forfeit their very self?"

最後，請用大約 10 分鐘為以下的事項禱告

Finally, please spend 10 mins to pray for the following items:

1. 感謝神讓我能成為神的兒女、朋友和僕人。

Praise the Lord that I can be His child, friend and servant.

2. 為已離開神家的浪子代求。但願他們能早日回歸神。

Pray for those who have left church like the prodigal son. Pray for them to return home.

3. 聖靈今早感動我為 \_\_\_\_\_ (人名) \_\_\_\_\_ (事情) 禱告。

This morning the Holy Spirit prompts me to pray for \_\_\_\_\_ (Name) \_\_\_\_\_ (issue).

感謝你的參與，願神帶領、保守您今天的生活。

Thank you for joining us, may God bless you and guide you today.

### 3 March Friday 三月三日 星期五

歡迎參加40天禱告之旅，讓我們今早用30分鐘一起向神禱告。

Welcome to the 40 Days Journey of Prayer, let's spend 30 mins to pray together.

首先，請先用大約10分鐘安靜自己的心，並歡迎使用以下的禱文禱告。

Firstly, please spend 10 mins to quiet your heart and you're welcome to pray with the following prayer.

詩人以下面的話來展現他坦誠的信心：

神啊，求你鑒察我，知道我的心思，試煉我，  
知道我的意念，看在我裏面有甚麼惡行沒有，引導我走永生的道路。  
藉著我們坦誠的悔罪，我們渴慕與神的引領。

The psalmist models a transparent faith with these words:

Search me, O God, and know my heart; test me and know my thoughts.  
See if there is any wicked way in me, and lead me in the way everlasting.

We express our longing for God's leading by our own transparent confession.

接下來，請用大約10分鐘默想以下的經文：

Then, please spend 10 mins to meditate on the following scriptures.

#### **以賽亞書 Isaiah 58:1-9a**

你要大聲喊叫，不可止息；揚起聲來，好像吹角。向我百姓說明他們的過犯；向雅各家說明他們的罪惡。他們天天尋求我，樂意明白我的道，好像行義的國民，不離棄他們神的典章，向我求問公義的判語，喜悅親近神。他們說：我們禁食，你為何不看見呢？我們刻苦己心，你為何不理會呢？看哪，你們禁食的日子仍求利益，勒逼人為你們做苦工。你們禁食，卻互相爭競，以凶惡的拳頭打人。你們今日禁食，不得使你們的聲音聽聞於上。這樣禁食豈是我所揀選使人刻苦己心的日子嗎？豈是叫人垂頭像葦子，用麻布和爐灰鋪在他以下嗎？你這可稱為禁食、為耶和華所悅納的日子嗎？我所揀選的禁食不是要鬆開凶惡的繩，解下軛上的索，使被欺壓的得自由，折斷一切的軛嗎？不是要把你的餅分給飢餓的人，將飄流的窮人接到你家中，見赤身的給他衣服遮體，顧恤自己的骨肉而不掩藏嗎？這樣，你的光就必發現如早晨的光；你所得的醫治要速速發明。你的公義必在你前面行；耶和華的榮光必作你的後盾。那時你求告，耶和華必應允；你呼求，他必說：我在這裏。

“Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins. For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them. ‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’

“Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists.

You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.

### 馬太福音 Matthew 9:14-15

那時，約翰的門徒來見耶穌，說：「我們和法利賽人常常禁食，你的門徒倒不禁食，這是為甚麼呢？」耶穌對他們說：「新郎和陪伴之人同在的時候，陪伴之人豈能哀慟呢？但日子將到，新郎要離開他們，那時候他們就要禁食。」

Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?" Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

最後，請用大約 10 分鐘為以下的事項禱告

Finally, please spend 10 mins to pray for the following items:

1. 感謝神祂與我們同在。Praise the Lord, He is with us.
2. 記念在大齋期預備參與 40 日早禱活動的會眾。無論在教會、在家都齊心合意在靈裡合一的禱告。

Pray for those who will join the 40 Days Journey of Prayer during the Lent. Whether they are at home or at church, pray that we all pray in one spirit.

3. 聖靈今早感動我為 \_\_\_\_\_ (人名) \_\_\_\_\_ (事情) 禱告。

This morning the Holy Spirit prompts me to pray for \_\_\_\_\_ (Name) \_\_\_\_\_ (issue).

感謝你的參與，願神帶領、保守您今天的生活。

Thank you for joining us, may God bless you and guide you today.

## 4 March Saturday 三月四日 星期六

歡迎參加40天禱告之旅，讓我們今早用30分鐘向神禱告。

Welcome to the 40 Days Journey of Prayer, let's spend 30 mins to pray to God.

首先，請先用大約10分鐘安靜自己的心，并歡迎使用以下的禱文禱告。

Firstly, please spend 10 mins to quiet your heart and you're welcome to pray with the following prayer.

耶和華說：你們來，我們彼此辯論。

你們的罪雖像硃紅，必變成雪白；雖紅如丹顏，必白如羊毛。

“Come now, let us settle the matter,” says the Lord.

“Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.”

接下來，請用大約10分鐘默想以下的經文：

Then, please spend 10 mins to meditate on the following scriptures.

### 以賽亞書 Isaiah 58:9b-14

你若從你中間除掉重軛和指摘人的指頭，並發惡言的事，你心若向飢餓的人發憐憫，使困苦的人得滿足，你的光就必在黑暗中發現；你的幽暗必變如正午。耶和華也必時常引導你，在乾旱之地使你心滿意足，骨頭強壯。你必像澆灌的園子，又像水流不絕的泉源。那些出於你的人必修造久已荒廢之處；你要建立拆毀累代的根基。你必稱為補破口的，和重修路徑與人居住的。你若在安息日掉轉你的腳步，在我聖日不以操作為喜樂，稱安息日為可喜樂的，稱耶和華的聖日為可尊重的；

而且尊敬這日，不辦自己的私事，不隨自己的私意，不說自己的私話，你就以耶和華為樂。耶和華要使你乘駕地的高處，又以你祖雅各的產業養育你。這是耶和華親口說的。

“If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings. “If you keep your feet from breaking the Sabbath and from doing as you please on my holy day, if you call the Sabbath a delight and the Lord’s holy day honorable, and if you honor it by not going your own way and not doing as you please or speaking idle words, then you will find your joy in the Lord, and I will cause you to ride in triumph on the heights of the land and to feast on the inheritance of your father Jacob.” The mouth of the Lord has spoken.

### 路加福音 Luke 5:27-32

這事以後，耶穌出去，看見一個稅吏，名叫利未，坐在稅關上，就對他說：「你跟從我來。」他就撇下所有的，起來，跟從了耶穌。利未在自己家裏為耶穌大擺筵席，有許多稅吏和別人與他們一同坐席。法利賽人和文士就向耶穌的門徒發怨言說：「你們為甚麼和稅吏並罪人一同吃喝呢？」耶穌對他們說：「無病的人用不着醫生；有病的人才用得着。我來本不是召義人悔改，乃是召罪人悔改。」

After this, Jesus went out and saw a tax collector by the name of Levi sitting at his tax booth. "Follow me," Jesus said to him, and Levi got up, left everything and followed him. Then Levi held a great banquet for Jesus at his house, and a large crowd of tax collectors and others were eating with them. But the Pharisees and the teachers of the law who belonged to their sect complained to his disciples, "Why do you eat and drink with tax collectors and sinners?" Jesus answered them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners to repentance."

最後，請用大約 10 分鐘為以下的事項禱告

Finally, please spend 10 mins to pray for the following items:

1. 感謝神讓我罪得赦免。Praise the Lord who forgive my sin.
2. 為明天在不同堂會舉行的主日崇拜代求。願會眾能與神相遇和讓神得!當得的榮耀。Pray for our Sunday service which held in various congregations. Pray that God would be glorified and that He would meet with us.

3. 聖靈今早感動我為 \_\_\_\_\_ (人名) \_\_\_\_\_ (事情) 禱告。

This morning the Holy Spirit prompts me to pray for \_\_\_\_\_ (Name) \_\_\_\_\_ (issue).

感謝你的參與，願神帶領、保守您今天的生活。

Thank you for joining us, may God bless you and guide you today.