



Lent 大齋節期

fast · give · pray

禁食、禱告、施予



四月三日 3 April 2017 星期一 Monday

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.

主我們的神啊，祢的大能是無法想像的、榮耀是不可思議的、慈愛是不可估量的；

祢對人類的愛超出所有言語；在祢的憐憫中，主啊，請俯視我們和這個聖所，

將祢豐富的憐憫和恩慈賜予我們和那些一起祈禱的人。

因為榮耀、尊榮和敬拜，全是父，子，靈的，從今直到永遠。阿們。

O Lord our God, whose power is unimaginable and whose glory is inconceivable, whose mercy is immeasurable and whose love for mankind is beyond all words, in Your compassion, O Lord, look down on us and on this holy house, and grant us and those who are praying with us the riches of Your mercy and compassion. For to You are due all glory, honour and worship, to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. 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.

約書亞記 Joshua 2:1-14

當下，嫩的兒子約書亞從什亭暗暗打發兩個人作探子，吩咐說：你們去窺探那地和耶利哥。於是二人去了，來到一個妓女名叫喇合的家裡，就在那裡躺臥。有人告訴耶利哥王說：今夜有以色列人來到這裡窺探此地。耶利哥王打發人去見喇合說：那來到你這裡、進了你家的人要交出來，因為他們來窺探全地。女人將二人隱藏，就回答說：那人果然到我這裡來；他們是那裡來的我卻不知道。天黑、要關城門的時候，他們出去了，往那裡去我卻不知道。你們快快的去追趕，就必追上。（先是女人領二人上了房頂，將他們藏在那裡所擺的麻中。）那些人就往約但河的渡口追趕他們去了。追趕他們的人一出去，城門就關了。二人還沒有躺臥，女人就上房頂，到他們那裡，對他們說：我知道耶和華已經把這地賜給你們，並且因你們的緣故我們都驚慌了。這地的一切居民在你們面前心都消化了；因為我們聽見你們出埃及的時候，耶和華怎樣在你們前面使紅海的水乾了，並且你們怎樣待約但河東的兩個亞摩利王西宏和噩，將他們盡行毀滅。我們一聽見這些事，心就消化了。因你們的緣故，並無一人有膽氣。耶和華——你們的神本是上天下地的神。現在我既是恩待你們，求你們指著耶和華向我起誓，也要恩待我父家，並給我一個實在的證據，要救活我的父母、弟兄、姊妹，和一切屬他們的，拯救我們性命不死。二人對他說：你若不洩漏我們這件事，我們情願替你們死。耶和華將這地賜給我們的時候，我們必以慈愛誠實待你。

Then Joshua son of Nun secretly sent two spies from Shittim. "Go, look over the land," he said, "especially Jericho." So they went and entered the house of a prostitute named Rahab and stayed there. The king of Jericho was told, "Look, some of the Israelites have come here tonight to spy out the land."

So the king of Jericho sent this message to Rahab: "Bring out the men who came to you and entered your house, because they have come to spy out the whole land." But the woman had taken the two men and hidden them. She said, "Yes, the men came to me, but I did not know where they had come from. At dusk, when it was time to close the city gate, they left. I don't know which way they went. Go after them quickly. You may catch up with them." (But she had taken them up to the roof and hidden them

under the stalks of flax she had laid out on the roof.) So the men set out in pursuit of the spies on the road that leads to the fords of the Jordan, and as soon as the pursuers had gone out, the gate was shut.

Before the spies lay down for the night, she went up on the roof and said to them, "I know that the Lord has given you this land and that a great fear of you has fallen on us, so that all who live in this country are melting in fear because of you. We have heard how the Lord dried up the water of the Red

Sea for you when you came out of Egypt, and what you did to Sihon and Og, the two kings of the Amorites east of the Jordan, whom you completely destroyed. When we heard of it, our hearts melted in fear and everyone's courage failed because of you, for the Lord your God is God in heaven above and on the earth below. "Now then, please swear to me by the Lord that you will show kindness to my family, because I have shown kindness to you. Give me a sure sign that you will spare the lives of my father and mother, my brothers and sisters, and all who belong to them—and that you will save us from death." "Our lives for your lives!" the men assured her. "If you don't tell what we are doing, we will treat you kindly and faithfully when the Lord gives us the land."

約翰福音 John 8:1-11

於是各人都回家去了；耶穌卻往橄欖山去，清早又回到殿裡。眾百姓都到他那裡去，他就坐下，教訓他們。文士和法利賽人帶著一個行淫時被拿的婦人來，叫他站在當中，就對耶穌說：夫子，這婦人是正行淫之時被拿的。摩西在律法上吩咐我們把這樣的婦人用石頭打死。你說該把他怎麼樣呢？他們說這話，乃試探耶穌，要得著告他的把柄。耶穌卻彎著腰，用指頭在地上畫字。他們還是不住的問他，耶穌就直起腰來，對他們說：你們中間誰是沒有罪的，誰就可以先拿石頭打他。於是又彎著腰，用指頭在地上畫字。他們聽見這話，就從老到少，一個一個的都出去了，只剩下耶穌一人，還有那婦人仍然站在當中。耶穌就直起腰來，對他說：婦人，那些人在那裡呢？沒有人定你的罪麼？

他說：主阿，沒有。耶穌說：我也不定你的罪。去罷，從此不要再犯罪了！

...but Jesus went to the Mount of Olives. At dawn he appeared again in the temple courts, where all the people gathered around him, and he sat down to teach them. The teachers of the law and the Pharisees brought in a woman caught in adultery. They made her stand before the group and said to Jesus, "Teacher, this woman was caught in the act of adultery. In the Law Moses commanded us to stone such women. Now what do you say?" They were using this question as a trap, in order to have a basis for accusing him. But Jesus bent down and started to write on the ground with his finger. When they kept on questioning him, he straightened up and said to them, "Let any one of you who is without sin be the first to throw a stone at her." Again he stooped down and wrote on the ground. At this, those who heard began to go away one at a time, the older ones first, until only Jesus was left, with the woman still standing there. Jesus straightened up and asked her, "Woman, where are they? Has no one condemned you?" "No one, sir," she said. "Then neither do I condemn you," Jesus declared. "Go now and leave your life of sin."

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. 感恩教會理事會與教牧同工能為 {銳意門徒訓練} 達成共識。

Praise the Lord that Church Council & Pastoral Team can reach a consensus on IDMC.

2. 為領袖能有從神而來的智慧及動力去推動銳意門徒訓練 IDMC 禱告。為各堂會的會眾有願意投入參與的心而代求。求神帶領我們在選用不同的資料時有一個合一的心。Pray for the leaders

can have the wisdom and power from God to promote the IDMC. Pray for all congregations are willing to participate. Pray that we can be united when we come to agree on the materials.

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).

4. 今天當我們進入世界，讓我們以“數算自己三樣長處”來向神感恩，見證基督。

Today when we go back into the world, let's remind ourselves 3 things we are good at to give thanks to God and witness Jesus.

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.

四月四日 4 April 2017 星期二 Tuesday

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.

主我們的神啊，願祢拯救祢的百姓，祝福祢的財產。保守祢教會的豐盛，
使那些愛慕祢美善居所的人成聖，用祢的神聖的能力使他們得榮耀，
並且不要離棄我們這些在祢裡面找到盼望的人。

因為國度、能力和榮耀全是父，子和靈的，從今直到永永遠遠。阿門。

O Lord our God, save Your people and bless your inheritance. Guard the fullness of Your Church, sanctify those who love the beauty of Your House, glorify them by Your divine power and do not forsake us who hope in You. For Yours is the Kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. 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.

民數記 Numbers 21:4-9

他們從何珥山起行，往紅海那條路走，要繞過以東地。百姓因這路難行，心中甚是煩躁，就怨讟神和摩西說：你們為甚麼把我們從埃及領出來、使我們死在曠野呢？這裡沒有糧，沒有水，我們的心厭惡這淡薄的食物。於是耶和華使火蛇進入百姓中間，蛇就咬他們。以色列人中死了許多。百姓到摩西那裡，說：我們怨讟耶和華和你，有罪了。求你禱告耶和華，叫這些蛇離開我們。於是摩西為百姓禱告。耶和華對摩西說：你製造一條火蛇，掛在杆子上；凡被咬的，一望這蛇，就必得活。摩西便製造一條銅蛇，掛在杆子上；凡被蛇咬的，一望這銅蛇就活了。

They traveled from Mount Hor along the route to the Red Sea,[a] to go around Edom. But the people grew impatient on the way; they spoke against God and against Moses, and said, "Why have you brought us up out of Egypt to die in the wilderness? There is no bread! There is no water! And we detest this miserable food!" Then the Lord sent venomous snakes among them; they bit the people and many Israelites died. The people came to Moses and said, "We sinned when we spoke against the Lord and against you. Pray that the Lord will take the snakes away from us." So Moses prayed for the people. The Lord said to Moses, "Make a snake and put it up on a pole; anyone who is bitten can look at it and live." 9 So Moses made a bronze snake and put it up on a pole. Then when anyone was bitten by a snake and looked at the bronze snake, they lived.

約翰福音 John 8:21-30

耶穌又對他們說：我要去了，你們要找我，並且你們要死在罪中。我所去的地方，你們不能到。猶太人說：他說：我所去的地方，你們不能到，難道他要自盡麼？耶穌對他們說：你們是從下頭來的，我是從上頭來的；你們是屬這世界的，我不是屬這世界的。所以我對你們說，你們要死在罪中。你

們若不信我是基督，必要死在罪中。他們就問他說：你是誰？耶穌對他們說：就是我從起初所告訴你們的。我有許多事講論你們，判斷你們；但那差我來的是真的，我在他那裡所聽見的，我就傳給世人。他們不明白耶穌是指著父說的。所以耶穌說：你們舉起人子以後，必知道我是基督，並且知道我沒有一件事是憑著自己作的。我說這些話乃是照著父所教訓我的。那差我來的是與我同在；他沒有撇下我獨自在這裡，因為我常做他所喜悅的事。耶穌說這話的時候，就有許多人信他。

Once more Jesus said to them, "I am going away, and you will look for me, and you will die in your sin. Where I go, you cannot come." This made the Jews ask, "Will he kill himself? Is that why he says, 'Where I go, you cannot come'?" But he continued, "You are from below; I am from above. You are of this world; I am not of this world. I told you that you would die in your sins; if you do not believe that I am he, you will indeed die in your sins." "Who are you?" they asked. "Just what I have been telling you from the beginning," Jesus replied. "I have much to say in judgment of you. But he who sent me is trustworthy, and what I have heard from him I tell the world." They did not understand that he was telling them about his Father. So Jesus said, "When you have lifted up the Son of Man, then you will know that I am he and that I do nothing on my own but speak just what the Father has taught me. The one who sent me is with me; he has not left me alone, for I always do what pleases him." Even as he spoke, many believed in him.

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. 為英國政府和各部門負責人而感恩。願他們都能有智慧來帶領國家。Thank God for the British government and department heads. May they have the wisdom to lead the country.
2. 為那些負責地區性和國民經濟的管理人員禱告。為真正的繁榮和足夠的供應禱告。為就業、運輸、電力、水、安全和基本的需要代求。Pray for those who are in charge of our local and national economy. Pray for real flourishing as well as just provision. Pray for employment. Pray for transportation, power, water, safety and basic necessities.
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).
4. 今天當我們進入世界，讓我們以施捨這簡單的行動來祝福他人，見證基督！Today when we go back to the world, let's witness Jesus and bless others with almsgiving.

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.

四月五日 5 April 2017 星期三 Wednesday

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.

主啊，祢賜給我們恩惠，使我們可以在平安與和諧中一起禱告，
並且應許凡兩三個人祢名下同心的禱告；此刻願祢按最美好的旨意應允祢僕人的請願，
賜予我們在這個時代對祢真理的知識，和未來歲月裡的永生。

因為祢本為善，並且深愛著我們。阿門。

O Lord, who have given us the grace to pray together in peace and in harmony, and who promise to grant the requests of two or three who agree in Your Name, fulfill even now the petition of Your servants as is best for us, giving us in the age the knowledge of Your truth, and in the age to come, eternal life. For You are good and You love us dearly. 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.

但以理書 Daniel 3:14-20

尼布甲尼撒問他們說：沙得拉、米煞、亞伯尼歌，你們不事奉我的神，也不敬拜我所立的金像，是故意的麼？你們再聽見角、笛、琵琶、琴、瑟、笙，和各樣樂器的聲音，若俯伏敬拜我所造的像，卻還可以；若不敬拜，必立時扔在烈火的窯中，有何神能救你們脫離我手呢？沙得拉、米煞、亞伯尼歌對王說：尼布甲尼撒啊，這件事我們不必回答你；即便如此，我們所事奉的神能將我們從烈火的窯中救出來。王啊，他也必救我們脫離你的手；即或不然，王啊，你當知道我們決不事奉你的神，也不敬拜你所立的金像。當時，尼布甲尼撒怒氣填胸，向沙得拉、米煞、亞伯尼歌變了臉色，

吩咐人把窯燒熱，比尋常更加七倍；又吩咐他軍中的幾個壯士，

將沙得拉、米煞、亞伯尼歌捆起來，扔在烈火的窯中。

And Nebuchadnezzar said to them, "Is it true, Shadrach, Meshach and Abednego, that you do not serve my gods or worship the image of gold I have set up? Now when you hear the sound of the horn, flute, zither, lyre, harp, pipe and all kinds of music, if you are ready to fall down and worship the image I made, very good. But if you do not worship it, you will be thrown immediately into a blazing furnace. Then what god will be able to rescue you from my hand?" Shadrach, Meshach and Abednego replied to him, "King Nebuchadnezzar, we do not need to defend ourselves before you in this matter. If we are thrown into the blazing furnace, the God we serve is able to deliver us from it, and he will deliver us from Your Majesty's hand. But even if he does not, we want you to know, Your Majesty, that we will not serve your gods or worship the image of gold you have set up." Then Nebuchadnezzar was furious with Shadrach, Meshach and Abednego, and his attitude toward them changed. He ordered the furnace heated seven times hotter than usual and commanded some of the strongest soldiers in his army to tie up Shadrach, Meshach and Abednego and throw them into the blazing furnace.

約翰福音 John 8:31-42

耶穌對信他的猶太人說：你們若常常遵守我的道，就真是我的門徒；你們必曉得真理，真理必叫你們得以自由。他們回答說：我們是亞伯拉罕的後裔，從來沒有作過誰的奴僕。你怎麼說你們必得自

由呢？耶穌回答說：我實實在在的告訴你們，所有犯罪的就是罪的奴僕。奴僕不能永遠住在家裡；兒子是永遠住在家裡。所以天父的兒子若叫你們自由，你們就真自由了。我知道你們是亞伯拉罕的子孫，你們卻想要殺我，因為你們心裡容不下我的道。我所說的是在我父那裡看見的；你們所行的是在你們的父那裡聽見的。他們說：我們的父就是亞伯拉罕。耶穌說：你們若是亞伯拉罕的兒子，就必行亞伯拉罕所行的事。我將在神那裡所聽見的真理告訴了你們，現在你們卻想要殺我，這不是亞伯拉罕所行的事。你們是行你們父所行的事。他們說：我們不是從淫亂生的；我們只有一位父，就是神。耶穌說：倘若神是你們的父，你們就必愛我；因為我本是出於神，也是從神而來，並不是由著自己來，乃是差我來。

To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free." They answered him, "We are Abraham's descendants and have never been slaves of anyone. How can you say that we shall be set free?" Jesus replied, "Very truly I tell you, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed. I know that you are Abraham's descendants. Yet you are looking for a way to kill me, because you have no room for my word. I am telling you what I have seen in the Father's presence, and you are doing what you have heard from your father." "Abraham is our father," they answered. "If you were Abraham's children," said Jesus, "then you would do what Abraham did. As it is, you are looking for a way to kill me, a man who has told you the truth that I heard from God. Abraham did not do such things. You are doing the works of your own father." "We are not illegitimate children," they protested. "The only Father we have is God himself." Jesus said to them, "If God were your Father, you would love me, for I have come here from God. I have not come on my own; God sent me.

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. 為我們的隣居而獻上感謝。Praise the Lord for our neighbours.
2. 為你們所居住附近的三個家庭來提名禱告，願他們會認識耶穌是神的兒子。祈求就在現在和將來會有機會分享上帝為你所做的一切。祈禱他們的眼睛被打開能知道耶穌是誰。Pray by name for three households on your street, that they would come to know Jesus as God's son. Pray that opportunities will arise, now and in the future to share what God has done for you. Pray that their eyes would be opened to who Jesus is.
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).
4. 今天當我們進入世界，讓我們藉著原諒得罪我們的某一個人並且不再舊事重提來見證基督。Today when we are sent into the world, let's witness Jesus by forgiving someone and never bringing up that issue again.

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.

四月六日 6 April 2017 星期四 Thursday

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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.

為了從上面而來的和平與我們的靈魂的救恩，讓我們向神禱告。

為了世界和平、神聖潔教會的穩定和所有人的合一，讓我們向神禱告。

為了神的聖潔居所和所有帶著對神的信心、敬虔、敬畏前來的人，
讓我們向神禱告。阿門。

For the peace from above and for the salvation of our souls,

Let us pray to the Lord.

For the peace of the whole world, for the stability of the holy church of God,

and for the union of all, let us pray to the Lord.

For the holy house and for all who enter with faith, reverence, and the fear of God,

let us pray to the 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.

創世記 Genesis 17:3-9

亞伯蘭俯伏在地；神又對他說：我與你立約：你要作多國的父。從此以後，你的名不再叫亞伯蘭，要叫亞伯拉罕，因為我已立你作多國的父。我必使你的後裔極其繁多；國度從你而立，君王從你而出。我要與你並你世世代代的後裔堅立我的約，作永遠的約，是要作你和你後裔的神。我要將你現在寄居的地，就是迦南全地，賜給你和你的後裔永遠為業，我也必作他們的神。神又對亞伯拉罕說：

你和你的後裔必世世代代遵守我的約。

Abram fell facedown, and God said to him, "As for me, this is my covenant with you: You will be the father of many nations. No longer will you be called Abram; your name will be Abraham, for I have made you a father of many nations. I will make you very fruitful; I will make nations of you, and kings will come from you. I will establish my covenant as an everlasting covenant between me and you and your descendants after you for the generations to come, to be your God and the God of your descendants after you. The whole land of Canaan, where you now reside as a foreigner, I will give as an everlasting possession to you and your descendants after you; and I will be their God." Then God said to Abraham, "As for you, you must keep my covenant, you and your descendants after you for the generations to come.

約翰福音 John 8:51-59

我實實在在的告訴你們，人若遵守我的道，就永遠不見死。猶太人對他說：現在我們知道你是鬼附著的。亞伯拉罕死了，眾先知也死了，你還說：人若遵守我的道，就永遠不嘗死味。難道你比我們的祖宗亞伯拉罕還大麼？他死了，眾先知也死了，你將自己當作甚麼人呢？耶穌回答說：我若榮耀

自己，我的榮耀就算不得甚麼；榮耀我的乃是我的父，就是你們所說是你們的神。你們未曾認識他；我卻認識他。我若說不認識他，我就是說謊的，像你們一樣；但我認識他，也遵守他的道。你們的祖宗亞伯拉罕歡歡喜喜的仰望我的日子，既看見了就快樂。猶太人說：你還沒有五十歲，豈見過亞伯拉罕呢？耶穌說：我實實在在的告訴你們，還沒有亞伯拉罕就有了我。

於是他們拿石頭要打他；耶穌卻躲藏，從殿裡出去了。

Very truly I tell you, whoever obeys my word will never see death.” At this they exclaimed, “Now we know that you are demon-possessed! Abraham died and so did the prophets, yet you say that whoever obeys your word will never taste death. Are you greater than our father Abraham? He died, and so did the prophets. Who do you think you are?” Jesus replied, “If I glorify myself, my glory means nothing. My Father, whom you claim as your God, is the one who glorifies me. Though you do not know him, I know him. If I said I did not, I would be a liar like you, but I do know him and obey his word. Your father Abraham rejoiced at the thought of seeing my day; he saw it and was glad.” “You are not yet fifty years old,” they said to him, “and you have seen Abraham!” “Very truly I tell you,” Jesus answered, “before Abraham was born, I am!” At this, they picked up stones to stone him, but Jesus hid himself, slipping away from the temple grounds.

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. 為由於家人、朋友或工作同事的壓力而難以實踐他們的信仰的弟兄姊妹禱告。Pray for Christians who find it difficult to practise their faith because of pressure from family, friends or work colleagues who do not understand.
2. 為居住在不同地區的基督徒能夠定期禱告及習慣每天多次的禱告而代求。祈求上帝教導所有的基督徒和還未成為基督徒的人，禱告是有果效的。Pray for all Christians in the local streets to pray more regularly and get into a habit of praying several times a day. Pray for God to teach all Christians and all who are not yet Christian that prayer works.
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).
4. 今天當我們受差遣進入世界，讓我們操練為我們不喜歡的某一個人代禱。Today when we are sent to the world, let's witness Jesus by praying for someone you don't like.

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.

四月七日 7 April 2017 星期五 Friday

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.

為了季節性的天氣、大地豐富的出產、和平的時代，讓我們向主禱告。

為了那些在陸地、天空和海上穿梭旅行的人，為了生病和痛苦的人，

和那些正在受逼迫的人，和為了他們得拯救，讓我們向神禱告。

為了我們可以從一切痛苦、憤怒、危險和需要中得到釋放，

讓我們向神禱告。阿門。

For seasonable weather, for an abundance of fruits of the earth,

and for peaceful times, let's pray to the Lord.

For those who travel by land, air and sea, the sick and suffering,
those under persecution and for their deliverance, let's pray to the Lord.

For our deliverance from all affliction, anger, danger, and need,

Let us pray to the 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.

耶利米書 Jeremiah 20:10-13

我聽見了許多人的讒謗，四圍都是驚嚇；就是我知己的朋友也都窺探我，願我跌倒，說：告他罷，我們也要告他！或者他被引誘，我們就能勝他，在他身上報仇。然而，耶和華與我同在，好像甚可怕的勇士。因此，逼迫我的必都絆跌，不能得勝；他們必大大蒙羞，就是受永不忘記的羞辱，因為他們行事沒有智慧。試驗義人、察看人肺腑心腸的萬軍之耶和華啊，求你容我見你在他們身上報仇，因我將我的案件向你稟明了。你們要向耶和華唱歌；讚美耶和華！因他救了窮人的性命脫離惡人的手。

I hear many whispering, "Terror on every side! Denounce him! Let's denounce him!" All my friends are waiting for me to slip, saying, "Perhaps he will be deceived; then we will prevail over him and take our revenge on him." But the Lord is with me like a mighty warrior; so my persecutors will stumble and not prevail. They will fail and be thoroughly disgraced; their dishonor will never be forgotten. Lord Almighty, you who examine the righteous and probe the heart and mind, let me see your vengeance on them, for to you I have committed my cause. Sing to the Lord! Give praise to the Lord!

He rescues the life of the needy from the hands of the wicked.

約翰福音 John 10:31-42

猶太人又拿起石頭來要打他。耶穌對他們說：我從父顯出許多善事給你們看，你們是為那一件拿石頭打我呢？猶太人回答說：我們不是為善事拿石頭打你，是為你說僭妄的話；又為你是個人，反將自己當作神。耶穌說：你們的律法上豈不是寫著我曾說你們是神麼？經上的話是不能廢的；若那些承受神道的人尚且稱為神，父所分別為聖、又差到世間來的，他自稱是神的兒子，你們還向他說你

說僭妄的話麼？我若不行我父的事，你們就不必信我；我若行了，你們縱然不信我，也當信這些事，叫你們又知道又明白父在我裡面，我也在父裡面。他們又要拿他，他卻逃出他們的手走了。耶穌又往約但河外去，到了約翰起初施洗的地方，就住在那裡。有許多人來到他那裡。他們說：約翰一件神蹟沒有行過，但約翰指著這人所說的一切話都是真的。在那裡，信耶穌的人就多了。

Again his Jewish opponents picked up stones to stone him, but Jesus said to them, "I have shown you many good works from the Father. For which of these do you stone me?" "We are not stoning you for any good work," they replied, "but for blasphemy, because you, a mere man, claim to be God." Jesus answered them, "Is it not written in your Law, 'I have said you are "gods"?' If he called them 'gods,' to whom the word of God came—and Scripture cannot be set aside—what about the one whom the Father set apart as his very own and sent into the world? Why then do you accuse me of blasphemy because I said, 'I am God's Son'?' Do not believe me unless I do the works of my Father. But if I do them, even though you do not believe me, believe the works, that you may know and understand that the Father is in me, and I in the Father." Again they tried to seize him, but he escaped their grasp. Then Jesus went back across the Jordan to the place where John had been baptizing in the early days. There he stayed, and many people came to him. They said, "Though John never performed a sign, all that John said about this man was true." And in that place many believed in Jesus.

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. 為所有基督徒能記住上帝藉著耶穌在十字架上的死，為他們所成就的事而代求。 Pray for all Christians to remember what God has done for them through Jesus dying on a cross.
2. 為居住在你附近的人禱告，讓他們有更多機會從我們教會和或其他的教會中聽到福音。祈禱所有居住不同地區的基督徒，都會將聖經的教義運用於自己的生活中，以致能影響周圍的人。
Pray for people living on our streets to have many opportunities to hear the Gospel from our church and others. Pray that all Christians living locally would apply the teachings of the Bible to their own lives, impacting those around them.
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).
4. 今天當我們帶著恩典進入世界，讓我們主動地向家人表達欣賞和感謝。
Today when we enter the world with grace, let's show appreciation to our family members.

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.

四月八日 8 April 2017 星期六 Saturday

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，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.

基督耶穌，祢來以致我們可以得生命，並且得的更豐盛。

祢把生命的活水澆灌到了乾渴的生命中。

寶貴耶穌，我們向祢獻上讚美和感謝。

祢藉著沒有偏見或阻礙的觸摸帶來醫治；祢藉著十字架帶來救恩。

寶貴耶穌，我們向祢獻上讚美和感謝。

Christ Jesus, you came that we might have life, and have it abundantly.

You poured living water into lives that were parched and thirsty.

Precious Jesus, we offer you our praise and thanks.

You brought healing through a touch that knew no prejudice or barrier.

You brought Salvation through the cross.

Precious Jesus, we offer you our praise and thanks.

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.

耶利米書 Jeremiah 31:10-13

列國啊，要聽耶和華的話，傳揚在遠處的海島說：趕散以色列的必招聚他，又看守他，好像牧人看守羊群。因耶和華救贖了雅各，救贖他脫離比他更強之人的手。他們要來到錫安的高處歌唱，又流歸耶和華施恩之地，就是有五穀、新酒，和油，並羊羔、牛犢之地。他們的心必像澆灌的園子；他們也不再有一點愁煩。那時，處女必歡樂跳舞；年少的、年老的，也必一同歡樂；因為我要使他們的悲哀變為歡喜，並要安慰他們，使他們的愁煩轉為快樂。

“Hear the word of the Lord, you nations; proclaim it in distant coastlands: ‘He who scattered Israel will gather them and will watch over his flock like a shepherd.’ For the Lord will deliver Jacob and redeem them from the hand of those stronger than they. They will come and shout for joy on the heights of Zion; they will rejoice in the bounty of the Lord—the grain, the new wine and the olive oil, the young of the flocks and herds. They will be like a well-watered garden, and they will sorrow no more. Then young women will dance and be glad, young men and old as well.

I will turn their mourning into gladness; I will give them comfort and joy instead of sorrow.

約翰福音 John 11:45-57

那些來看馬利亞的猶太人見了耶穌所做的事，就多有信他的；但其中也有去見法利賽人的，將耶穌所做的事告訴他們。祭司長和法利賽人聚集公會，說：這人行好些神蹟，我們怎麼辦呢？若這樣由著他，人人都要信他，羅馬人也要來奪我們的地土和我們的百姓。內中有一個人，名叫該亞法，本年作大祭司，對他們說：你們不知道甚麼。獨不想一個人替百姓死，免得通國滅亡，就是你們的益

處。他這話不是出於自己，是因他本年作大祭司，所以預言耶穌將要替這一國死；也不但替這一國死，並要將神四散的子民都聚集歸一。從那日起，他們就商議要殺耶穌。所以，耶穌不再顯然行在猶太人中間，就離開那裡往靠近曠野的地方去，到了一座城，名叫以法蓮，就在那裡和門徒同住。猶太人的逾越節近了，有許多人從鄉下上耶路撒冷去，要在節前潔淨自己。他們就尋找耶穌，站在殿裡彼此說：你們的意思如何，他不來過節麼？那時，祭司長和法利賽人早已吩咐說，若有人知道耶穌在那裡，就要報明，好去拿他。

Therefore many of the Jews who had come to visit Mary, and had seen what Jesus did, believed in him. But some of them went to the Pharisees and told them what Jesus had done. Then the chief priests and the Pharisees called a meeting of the Sanhedrin. "What are we accomplishing?" they asked. "Here is this man performing many signs. If we let him go on like this, everyone will believe in him, and then the Romans will come and take away both our temple and our nation." Then one of them, named Caiaphas, who was high priest that year, spoke up, "You know nothing at all! You do not realize that it is better for you that one man die for the people than that the whole nation perish." He did not say this on his own, but as high priest that year he prophesied that Jesus would die for the Jewish nation, and not only for that nation but also for the scattered children of God, to bring them together and make them one.

So from that day on they plotted to take his life. Therefore Jesus no longer moved about publicly among the people of Judea. Instead he withdrew to a region near the wilderness, to a village called Ephraim, where he stayed with his disciples. When it was almost time for the Jewish Passover, many went up from the country to Jerusalem for their ceremonial cleansing before the Passover. They kept looking for Jesus, and as they stood in the temple courts they asked one another, "What do you think? Isn't he coming to the festival at all?" But the chief priests and the Pharisees had given orders that anyone who found out where Jesus was should report it so that they might arrest him.

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. 為明天棕櫚主日感恩。Praise the Lord for the Palm Sunday.
2. 棕櫚主日是為記念基督在世上的最後一個禮拜。為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到當得的榮耀。Palm Sunday is to remember of Christ's last week on earth. Pray for our Sunday service held in various congregations. Pray that God would be glorified and that we can meet with Him.
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.