



四月十日 10 April 17 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.

慈愛的神，我們在祢與彼此面前承認，除了藉著基督救恩而得到的潔淨之外，我們的生活不純潔、不聖潔。我們承認往往因為我們那些以傷害代替醫治，拆毀代替建立的行動，住在我們裡面的基督被隱藏了。赦免我們，憐憫的神。

Loving God, we confess before you and each other that our lives are not pure and holy apart from the cleansing we have from the work of Christ. And we confess that too often Christ in us is hidden by our actions that wound rather than heal, that tear down rather than build up. Forgive us, merciful God.

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.

詩篇 Psalm 36:5-11

耶和華啊，你的慈愛上及諸天；你的信實達到穹蒼。你的公義好像高山；你的判斷如同深淵。耶和華啊，人民、牲畜，你都救護。神啊，你的慈愛何其寶貴！世人投靠在你翅膀的蔭下。他們必因你殿裡的肥甘得以飽足；你也必叫他們喝你樂河的水。因為，在你那裡有生命的源頭；在你的光中，我們必得見光。願你常施慈愛給認識你的人，常以公義待心裡正直的人。不容驕傲人的腳踐踏我；不容凶惡人的手趕逐我。

Your love, Lord, reaches to the heavens, your faithfulness to the skies. Your righteousness is like the highest mountains, your justice like the great deep. You, Lord, preserve both people and animals. How priceless is your unfailing love, O God! People take refuge in the shadow of your wings. They feast on the abundance of your house; you give them drink from your river of delights. For with you is the fountain of life; in your light we see light. Continue your love to those who know you, your righteousness to the upright in heart.

May the foot of the proud not come against me, nor the hand of the wicked drive me away.

希伯來書 Hebrews 9:11-15

但現在基督已經來到，作了將來美事的大祭司，經過那更大更全備的帳幕，不是人手所造、也不是屬乎這世界的；並且不用山羊和牛犢的血，乃用自己的血，只一次進入聖所，成了永遠贖罪的事。若山羊和公牛的血，並母牛犢的灰，灑在不潔的人身上，尚且叫人成聖，身體潔淨，何況基督藉著永遠的靈，將自己無瑕無疵獻給神，他的血豈不更能洗淨你們的心（原文是良心），除去你們的死行，使你們事奉那永生神麼？為此，他作了新約的中保，既然受死贖了人在前約之時所犯的罪過，便叫蒙召之人得著所應許永遠的產業。

But when Christ came as high priest of the good things that are now already here, he went through the greater and more perfect tabernacle that is not made with human hands, that is to say, is not a part of this creation. He did not enter by means of the blood of goats and calves; but he entered the Most Holy Place once for all by his own blood, thus obtaining eternal redemption. The blood of goats and bulls and the ashes of a heifer sprinkled on those who are ceremonially unclean sanctify them so that they are outwardly clean. How much

more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God! For this reason Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance—now that he has died as a ransom to set them free from the sins committed under the first covenant.

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. 為到今天是受難週的開始而代求。Pray for the starts of Holy Week.

2. 祈求我們和我們所認識的人不會成為不冷不熱的基督徒。

為曾經參與教會生活但是現時失去了信心的親友禱告，希望他們能重新的回到耶穌那裡。

Pray that we and others that we know will not become lukewarm Christians, pray that those who are lukewarm will realise their condition before God. Pray for your friends and relatives who once attended church, but who somehow have lost their faith, to return to Jesus.

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. 今天讓我們以送給某人一份簡單的禮物來表示關心與恩慈。

Let's give a simple gift to someone to show your kindness and care.

感謝你的參與，願神帶領、保守您今天的生活！明天見！

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

四月十一日 11 April 17 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.

慈愛的神，打開我們的眼睛，使我們可以在我們說自己所愛的人中看到祢。

打開我們的耳朵，使我們可以快快地聽，慢慢地說。打開我們的口，使我們向鄰舍說恩慈而非惡毒的話。

以慷慨打開我們的雙手，幫助我們放開握拳。

打開我們的心，使我們渴望跟隨耶穌，完全順服祢的旨意和道路。阿門。

Loving God, open our eyes that we may see you in the ones we say we love.

Open our ears that we may be quicker to listen than to speak. Open our mouths to speak good rather than evil of our neighbours. Open our hands in generosity and help us let go of clenched fists.

Open our hearts to a desire to follow Jesus in full obedience to your will and your way. 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.

以賽亞書 Isaiah 49:1-7

眾海島啊，當聽我言！遠方的眾民哪，留心而聽！自我出胎，耶和華就選召我；自出母腹，他就提我的名。他使我的口如快刀，將我藏在他手蔭之下；又使我成為磨亮的箭，將我藏在他箭袋之中；對我說：你是我的僕人以色列；我必因你得榮耀。我卻說：我勞碌是徒然；我盡力是虛無虛空。然而，我當得的理必在耶和華那裡；我的賞賜必在我神那裡。耶和華從我出胎，造就我作他的僕人，要使雅各歸向他，使以色列到他那裡聚集。原來耶和華看我為尊貴；我的神也成為我的力量。現在他說：你作我的僕人，使雅各眾支派復興，使以色列中得保全的歸回尚為小事，我還要使你作外邦人的光，叫你施行我的救恩，直到地極。救

贖主——以色列的聖者耶和華對那被人所藐視、本國所憎惡、官長所虐待的如此說：

君王要看見就站起，首領也要下拜；都因信實的耶和華，就是揀選你——以色列的聖者。

Listen to me, you islands; hear this, you distant nations: Before I was born the Lord called me; from my mother's womb he has spoken my name. He made my mouth like a sharpened sword, in the shadow of his hand he hid me; he made me into a polished arrow and concealed me in his quiver. He said to me, "You are my servant, Israel, in whom I will display my splendor." But I said, "I have labored in vain; I have spent my strength for nothing at all. Yet what is due me is in the Lord's hand, and my reward is with my God." And now the Lord says— he who formed me in the womb to be his servant to bring Jacob back to him and gather Israel to himself, for I am honored in the eyes of the Lord and my God has been my strength— he says: "It is too small a thing for you to be my servant to restore the tribes of Jacob and bring back those of Israel I have kept.

I will also make you a light for the Gentiles, that my salvation may reach to the ends of the earth." This is what the Lord says— the Redeemer and Holy One of Israel— to him who was despised and abhorred by the nation, to the servant of rulers: "Kings will see you and stand up, princes will see and bow down, because of the Lord, who is faithful, the Holy One of Israel, who has chosen you."

哥林多前書 1 Corinthians 1:18-31

因為十字架的道理，在那滅亡的人為愚拙；在我們得救的人，卻為神的大能。就如經上所記：我要滅絕智

慧人的智慧，廢棄聰明人的聰明。智慧人在那裡？文士在那裡？這世上的辯士在那裡？神豈不是叫這世上的智慧變成愚拙麼？世人憑自己的智慧，既不認識神，神就樂意用人所當作愚拙的道理，拯救那些信的人；這就是神的智慧了。猶太人是要神蹟，希利尼人是求智慧，我們卻是傳釘十字架的基督，在猶太人為絆腳石，在外邦人為愚拙；但在那蒙召的，無論是猶太人、希利尼人，基督總為神的能力，神的智慧。因神的愚拙總比人智慧，神的軟弱總比人強壯。弟兄們哪，可見你們蒙召的，按著肉體有智慧的不多，有能力的不多，有尊貴的也不多。神卻揀選了世上愚拙的，叫有智慧的羞愧；又揀選了世上軟弱的，叫那強壯的羞愧。神也揀選了世上卑賤的，被人厭惡的，以及那無有的，為要廢掉那有的。使一切有血氣的，在神面前一個也不能自誇。但你們得在基督耶穌裡，是本乎神，神又使他成為我們的智慧、公義、聖潔、救贖。

如經上所記：誇口的，當指著主誇口。

For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written: "I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate." Where is the wise person? Where is the teacher of the law? Where is the philosopher of this age? Has not God made foolish the wisdom of the world? For since in the wisdom of God the world through its wisdom did not know him, God was pleased through the foolishness of what was preached to save those who believe. Jews demand signs and Greeks look for wisdom, but we preach Christ crucified: a stumbling block to Jews and foolishness to Gentiles, but to those whom God has called, both Jews and Greeks, Christ the power of God and the wisdom of God. For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength. Brothers and sisters, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth. But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, so that no one may boast before him. It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption. Therefore, as it is written: "Let the one who boasts boast in the Lord."

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. 父啊！求你給我們有足夠的恩典在凡事上都能討你喜悅。

Father, please give us sufficient grace to please you in all that we do.

2. 幫助我們忠心用我們的時間來榮耀你，履行十一奉獻和定期奉獻。祈求神會讓我們心中順服祂正如羊服從牧羊人一樣。Help us to be faithful in honouring you with our time, giving our tithes and offering regularly throughout this Year. Let us pray that God will give us the heart to obey Him as sheep obeys the shepherd.

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. 今天讓我們學習安慰別人，為需要鼓勵的人送上一張小卡片。

Let's learn to comfort people by giving a card to someone who needs encouragement.

感謝你的參與，願神帶領、保守您今天的生活！明天見！

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

四月十二日 12 April 17 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，我們的心因為這世上的暴力、歷代的痛苦、戰爭和屠殺、種族滅絕和虐待而感到沉重。

祢如父母般憐愛和關心我們；祢像兄弟般與我們分享生命。

但是我們沒有活出祢兒女的樣子，並且使很多關係遭受破裂。

代表這充滿暴力世界，我們向祢呼求：**主啊，憐憫我們！**

O Lord, our hearts are heavy with the violence of the world,
so much suffering through the ages, wars and holocausts, genocide and abuse.

You love and care us as a parent; you came to share life with us as a brother.

But we confess we have failed to live as your children and instead we have broken many bonds.

We cry on behalf of our violent world: **Lord, have mercy on us.**

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 50:4-9

主耶和華賜我受教者的舌頭，使我知道怎樣用言語扶助疲乏的人。主每早晨提醒，提醒我的耳朵，使我能聽，像受教者一樣。主耶和華開通我的耳朵；我並沒有違背，也沒有退後。人打我的背，我任他打；人拔我腮頰的鬍鬚，我由他拔；人辱我，吐我，我並不掩面。主耶和華必幫助我，所以我不抱愧。我硬著臉面好像堅石；我也知道我必不致蒙羞。稱我為義的與我相近；誰與我爭論，

可以與我一同站立；誰與我作對，可以就近我來。主耶和華要幫助我；誰能定我有罪呢？

他們都像衣服漸漸舊了，為蛀蟲所咬。

The Sovereign Lord has given me a well-instructed tongue, to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being instructed. The Sovereign Lord has opened my ears; I have not been rebellious, I have not turned away. I offered my back to those who beat me, my cheeks to those who pulled out my beard; I did not hide my face from mocking and spitting. Because the Sovereign Lord helps me, I will not be disgraced. Therefore have I set my face like flint, and I know I will not be put to shame. He who vindicates me is near. Who then will bring charges against me? Let us face each other!

Who is my accuser? Let him confront me!

It is the Sovereign Lord who helps me. Who will condemn me?

They will all wear out like a garment; the moths will eat them up.

希伯來書 Hebrews 12:1-3

我們既有這許多的見證人，如同雲彩圍著我們，就當放下各樣的重擔，脫去容易纏累我們的罪，存心忍耐，奔那擺在我們前頭的路程，仰望為我們信心創始成終的耶穌（或作：仰望那將真道創始成終的耶穌）。他因那擺在前面的喜樂，就輕看羞辱，忍受了十字架的苦難，便坐在神寶座的右邊。那忍受罪人這樣頂撞的，

你們要思想，免得疲倦灰心。

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

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. 為每天仍然持續都有參與 40 日禱告之旅的會眾而感恩。

Praise the Lord for the participants who continues to join in the 40days journey of prayer every day.

2. 記念我們的公禱和我們的個人的禱告。願我們能夠喜樂地來到我們父面前與祂一起，讓我們可以充滿熱情和堅持不懈地向祂呼求，看見祂的旨意成就和天國的降臨。興起更多的代禱者。

Pray for our corporate prayer and our personal prayer. May we delight in spending time in the presence of our Father, may we be passionate and persistent in call out to Him to see His will be done and heaven come to earth. Raise up intercessors.

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. 今天讓我們在公共交通工具上主動讓座位給有需要的人。

Today let's offer our seats to others on public transportations.

感謝你的參與，願神帶領、保守您今天的生活！明天見！

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

四月十三日 13 April 17 星期四 Thursday

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，祢呼召我們作為群體生活在一起，不論種族、貧富與聲望，我們要視彼此為兄弟姐妹。

然而我們預先判斷彼此，拒絕彼此相愛，甚至互相傷害。

代表這充滿暴力世界，我們向祢呼求：**主啊，憐憫我們！**

O Lord, you have called us to live together in community,
to consider one another as brother and sister, regardless of ethnicity, economic status, or popularity.

Yet we prejudge one another, refuse to love one another, and victimize one another.

We cry on behalf of our violent world: **Lord, have mercy on us.**

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.

出埃及記 Exodus 12:1-4

耶和華在埃及地曉諭摩西、亞倫說：你們要以本月為正月，為一年之首。你們吩咐以色列全會眾說：

本月初十日，各人要按著父家取羊羔，一家一隻。若是一家的人太少，吃不了一隻羊羔，

本人就要和他隔壁的鄰舍共取一隻。你們預備羊羔，要按著人數和飯量計算。

The Lord said to Moses and Aaron in Egypt, "This month is to be for you the first month, the first month of your year. Tell the whole community of Israel that on the tenth day of this month each man is to take a lamb for his family, one for each household. If any household is too small for a whole lamb, they must share one with their nearest neighbor, having taken into account the number of people there are. You are to determine the amount of lamb needed in accordance with what each person will eat.

哥林多前書 1 Corinthians 11:23-26

我當日傳給你們的，原是從主領受的，就是主耶穌被賣的那一夜，拿起餅來，祝謝了，就擘開，說：這是我的身體，為你們捨（有古卷：擘開）的，你們應當如此行，為的是記念我。

飯後，也照樣拿起杯來，說：這杯是用我的血所立的新約，你們每逢喝的時候，要如此行，

為的是記念我。你們每逢吃這餅，喝這杯，是表明主的死，直等到他來。

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

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. 感恩耶穌設立聖餐讓我們能紀念祂。

Praise the Lord that He set up the Lord's Supper so we can commemorate Him.

2. 願我們在守聖餐禮時被提醒：藉著拿起---將我們由罪中揀選出來；祝謝---神定意祝福我們的生命；
擘開---我們被破碎更新；分出去---進入社群成為別人的祝福。

Let us be reminded when we are part taking the Lord's Supper: by took up the bread --- we are chosen from sin; give thanks --- God will bless our life; broke bread-- we are broken and renewed; give out---go out into the community to become someone else's blessing.

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. 當主耶穌讓自己成為生命的糧，使我們得生命；

今天盼望藉著與為無家可歸的人分享食物，我們也可以效法主的恩慈。

Jesus gives Himself to us as bread of life, so that we can live.

Today let's follow His kindness by sharing food with homeless people.

感謝你的參與，願神帶領、保守您今天的生活！明天讓我們一起在受難節聚會紀念主的受難！

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

See you tomorrow at the Good Friday Reflective Service to remember the Passion of Christ!

四月十四日 14 April 17 星期五 Friday

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.

主啊，我們還要繼續忽視祢的旨意多久呢？

祢為我們供應憐憫的泉源，一再邀請我們更新我們的生命。

因此我們再一次轉向十字架，再次轉向那把全世界的罪惡背負在祂肩上的神羔羊。

主啊，更新我們的心並以祢的救恩來改變我們的生命。

How long, O Lord, will we continue to ignore your will? Yet you provide streams of living mercy; you invite us again and again to live renewed lives. So we turn once again to the cross, once again to the Lamb of God who has carried the sins of the whole world on his shoulders. O Lord, renew our hearts and transform our lives with your saving grace.

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 52:13-53:12

我的僕人行事必有智慧（或譯：行事通達），必被高舉上升，且成為至高。許多人因他（原文是你）驚奇；他的面貌比別人憔悴；他的形容比世人枯槁。這樣，他必洗淨（或譯：鼓動）許多國民；君王要向他閉口。因所未曾傳與他們的，他們必看見；未曾聽見的，他們要明白。我們所傳的（或譯：所傳與我們的）有誰信呢？耶和華的膀臂向誰顯露呢？他在耶和華面前生長如嫩芽，像根出於乾地。他無佳形美容；我們看見他的時候，也無美貌使我們羨慕他。他被藐視，被人厭棄；多受痛苦，常經憂患。他被藐視，好像被人掩面不看的一樣；我們也不尊重他。他誠然擔當我們的憂患，背負我們的痛苦；我們卻以為他受責罰，被神擊打苦待了。哪知他為我們的過犯受害，為我們的罪孽壓傷。因他受的刑罰，我們得平安；因他受的鞭傷，我們得醫治。我們都如羊走迷；各人偏行己路；耶和華使我們眾人的罪孽都歸在他身上。他被欺壓，在受苦的時候卻不開口（或譯：他受欺壓，卻自卑不開口）；他像羊羔被牽到宰殺之地，又像羊在剪毛的人手下無聲，他也是這樣不開口。因受欺壓和審判，他被奪去，至於他同世的人，誰想他受鞭打、從活人之地被剪除，是因我百姓的罪過呢？他雖然未行強暴，口中也沒有詭詐，人還使他與惡人同埋；誰知死的時候與財主同葬。耶和華卻定意（或譯：喜悅）將他壓傷，使他受痛苦。耶和華以他為贖罪祭（或譯：他獻本身為贖罪祭）。他必看見後裔，並且延長年日。耶和華所喜悅的事必在他手中亨通。他必看見自己勞苦的功效，便心滿意足。有許多人因認識我的義僕得稱為義；並且他要擔當他們的罪孽。

所以，我要使他與位大的同分，與強盛的均分擄物。因為他將命傾倒，以致於死；

他也被列在罪犯之中。他卻擔當多人的罪，又為罪犯代求。

See, my servant will act wisely; he will be raised and lifted up and highly exalted. Just as there were many who were appalled at him— his appearance was so disfigured beyond that of any human being and his form marred beyond human likeness— so he will sprinkle many nations, and kings will shut their mouths because of him.

For what they were not told, they will see, and what they have not heard, they will understand. Who has believed our message and to whom has the arm of the Lord been revealed? He grew up before him like a tender shoot, and like a root out of dry ground. He had no beauty or majesty to attract us to him, nothing in his appearance that we should desire him. He was despised and rejected by mankind, a man of suffering, and

familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem.

Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. We all, like sheep, have gone astray, each of us has turned to our own way; and the Lord has laid on him the iniquity of us all. He was oppressed and afflicted, yet he did not open his mouth; he was led like a lamb to the slaughter, and as a sheep before its shearers is silent, so he did not open his mouth. By oppression and judgment he was taken away. Yet who of his generation protested? For he was cut off from the land of the living; for the transgression of my people he was punished. He was assigned a grave with the wicked, and with the rich in his death, though he had done no violence, nor was any deceit in his mouth. Yet it was the Lord's will to crush him and cause him to suffer, and though the Lord makes his life an offering for sin, he will see his offspring and prolong his days, and the will of the Lord will prosper in his hand. After he has suffered, he will see the light of life and be satisfied; by his knowledge my righteous servant will justify many, and he will bear their iniquities. Therefore I will give him a portion among the great, and he will divide the spoils with the strong, because he poured out his life unto death, and was numbered with the transgressors. For he bore the sin of many, and made intercession for the transgressors.

希伯來書 Hebrews 4:14-16; 5:7-9

我們既然有一位已經升入高天尊榮的大祭司，就是神的兒子耶穌，便當持定所承認的道。因我們的大祭司並非不能體恤我們的軟弱。他也曾凡事受過試探，與我們一樣，只是他沒有犯罪。所以，我們只管坦然無懼的來到施恩的寶座前，為要得憐恤，蒙恩惠，作隨時的幫助。

基督在肉體的時候，既大聲哀哭，流淚禱告，懇求那能救他免死的主，就因他的虔誠蒙了應允。他雖然為兒子，還是因所受的苦難學了順從。他既得以完全，就為凡順從他的人成了永遠得救的根源、

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission.

Son though he was, he learned obedience from what he suffered and, once made perfect, he became the source of eternal salvation for all who obey 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. 為耶穌基督為我們在十字架上所付上重價而感恩。

We can never thank Jesus Christ enough for the price He pay for us on the Cross.

2. 為我們就是基督在十字架上所付上代價的產物而感謝神。我們在基督裡是新造的人；“老我”不見了，“新我”就在這裡。天父，謝謝祢給我最好的，甚至使那些對我的惡意攻擊、傷害和破壞都能成為美好的。Thank God that we are primarily the product of the work of Christ on the cross. Remember that we are literally new creatures in Christ. The 'old me' is gone and the new me' is here. Father, thank You for

working all things for good in my life, even the effects of evil attacks meant for my harm and destruction.

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.

四月十五日 15 April 17 星期六 Saturday

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，我們帶著浪子的懺悔來到祢面前，承認我們得罪了天也得罪了祢。

祢白白地把生命的糧賜予所有尋求祢豐盛的人，祢向每一個返回的浪子給予父親的祝福。

主啊，我們已經流浪得夠久、夠遠了。

當我們回到祢面前的時候，願祢接受和擁抱我們。阿們。

O Lord, we would come to you with the penitence of the prodigal son,

confessing that we have sinned against heaven and in your sight.

You give freely of the bread of life to all who seek your fullness, and you bestow a father's blessing on every returning wanderer. O Lord, we have wandered long and far enough.

Receive and embrace us now when we come back to you. 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.

耶利米哀歌 Lamentations 3:1-9

我是因耶和華忿怒的杖，遭遇困苦的人。

他引導我，使我行在黑暗中，不行在光明裡。他真是終日再三反手攻擊我。

他使我的皮肉枯乾；他折斷（或譯：壓傷）我的骨頭。

他築壘攻擊我，用苦楚（原文是苦膽）和艱難圍困我。

他使我住在幽暗之處，像死了許久的人一樣。

他用籬笆圍住我，使我不能出去；他使我的銅鍊沉重。

我哀號求救；他使我的禱告不得上達。

他用鑿過的石頭擋住我的道；他使我的路彎曲。

I am the man who has seen affliction by the rod of the Lord's wrath.

He has driven me away and made me walk in darkness rather than light; indeed, he has turned his hand against me again and again, all day long. He has made my skin and my flesh grow old and has broken my bones. He has besieged me and surrounded me with bitterness and hardship. He has made me dwell in darkness

like those long dead. He has walled me in so I cannot escape; he has weighed me down with chains.

Even when I call out or cry for help, he shuts out my prayer.

He has barred my way with blocks of stone; he has made my paths crooked.

彼得前書 1 Peter 4:1-8

基督既在肉身受苦，你們也當將這樣的心志作為兵器，因為在肉身受過苦的，就已經與罪斷絕了。你們存這樣的心，從今以後就可以不從人的情慾，只從神的旨意在世度餘下的光陰。因為往日隨從外邦人的心意行邪淫、惡慾、醉酒、荒宴、群飲，並可惡拜偶像的事，時候已經夠了。他們在這些事上，見你們不與他們同奔那放蕩無度的路，就以為怪，毀謗你們。他們必在那將要審判活人死人的主面前交賬。為此，就是死人也曾有福音傳給他們，要叫他們的肉體按著人受審判，他們的靈性卻靠神活著。萬物的結局近了。

所以，你們要謹慎自守，儆醒禱告。最要緊的是彼此切實相愛，因為愛能遮掩許多的罪。

Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God. For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. They are surprised that you do not join them in their reckless, wild living, and they heap abuse on you. But they will have to give account to him who is ready to judge the living and the dead. For this is the reason the gospel was preached even to those who are now dead, so that they might be judged according to human standards in regard to the body, but live according to God in regard to the spirit. The end of all things is near.

Therefore be alert and of sober mind so that you may pray.

Above all, love each other deeply, because love covers over a multitude of sins.

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. 為我們現在和以後的日子中，能成為一個活生生的例子，活出遵循耶穌的教導，即使我們沒有張口說話，人們會認出我們是一個積極成為耶穌真正門徒而代求。
Pray that our lives now and for the rest of our life, is a living example of how to follow Jesus' teachings and that even if we never opened our mouth to say it, people would recognize we are a positive example of what it is like to be a true disciple of Jesus.
2. 祈禱在不同地區生活的基督徒都是這樣的人。但願神的大愛將轉化讓更多的人成為耶穌的追隨者，並且改變我們的社區。Pray that this is true of all the Christians who live locally。Pray that God will love in power to transform our neighbourhood as more people become followers of Jesus.
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).

感謝您在這 40 天裡的參與，願神帶領、保守您！

Thank you for joining us on this journey of 40 days, may God bless you.