



...as we

**FORGIVE**

those who trespass against us

## 6 March Monday 三月六日 星期一

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.

拯救我們的神啊，求你因你名的榮耀幫助我們！

為你名的緣故搭救我們，赦免我們的罪。

“Help us, O God of our salvation, for the glory of your name;

deliver us, and forgive our sins, for your name's sake.

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 19:7-14

耶和華的律法全備，能甦醒人心；耶和華的法度確定，能使愚人有智慧。耶和華的訓詞正直，能快活人的心；耶和華的命令清潔，能明亮人的眼目。耶和華的道理潔淨，存到永遠；耶和華的典章真實，全然公義—都比金子可羨慕，且比極多的精金可羨慕；比蜜甘甜，且比蜂房下滴的蜜甘甜。況且你的僕人因此受警戒，守着這些便有大賞。誰能知道自已的錯失呢？願你赦免我隱而未現的過錯。求你攔阻僕人不犯任意妄為的罪，不容這罪轄制我我便完全，免犯大罪。耶和華—我的磐石，我的救贖主啊，願我口中的言語、心裏的意念在你面前蒙悅納。

The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple. The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes. The fear of the Lord is pure, enduring forever. The decrees of the Lord are firm, and all of them are righteous. They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb. By them your servant is warned; in keeping them there is great reward. But who can discern their own errors? Forgive my hidden faults. Keep your servant also from willful sins; may they not rule over me. Then I will be blameless, innocent of great transgression. May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

### 馬太福音 Matthew 25:31-46

「當人子在他榮耀裏、同着眾天使降臨的時候，要坐在他榮耀的寶座上。萬民都要聚集在他面前。他要把他們分別出來，好像牧羊的分別綿羊山羊一般，把綿羊安置在右邊，山羊在左邊。於是王要向那右邊的說：『你們這蒙我父賜福的，可來承受那創世以來為你們所預備的國；因為我餓了，你們給我吃，渴了，你們給我喝；我作客旅，你們留我住；我赤身露體，你們給我穿；我病了，你們看顧我；我在監裏，你們來看我。』義人就回答說：『主啊，我們甚麼時候見你餓了，給你吃，渴了，給你喝？甚麼時候見你作客旅，留你住，或是赤身露體，給你穿？又甚麼時候見你病了，或是在監裏，來看你呢？』王要回答說：『我實在告訴你們，這些事你們既做在我這弟兄中一個最小的身上，就是做在我身上了。』王又要向那左邊的說：『你們這被咒詛的人，離開我！進入那為魔鬼和他的使者所預備的永火裏去！因為我

餓了，你們不給我吃，渴了，你們不給我喝；我作客旅，你們不留我住；我赤身露體，你們不給我穿；我病了，我在監裏，你們不來看顧我。』他們也要回答說：『主啊，我們甚麼時候見你餓了，或渴了，或作客旅，或赤身露體，或病了，或在監裏，不伺候你呢？』王要回答說：『我實在告訴你們，這些事你們既不做在我這弟兄中一個最小的身上，就是不做在我身上了。』這些人要往永刑裏去；那些義人要往永生裏去。』

“When the Son of Man comes in his glory, and all the angels with him, he will sit on his glorious throne. All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. He will put the sheep on his right and the goats on his left. “Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’ “Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’ “The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’ “Then he will say to those on his left, ‘Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.’ “They also will answer, ‘Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?’ “He will reply, ‘Truly I tell you, whatever you did not do for one of the least of these, you did not do for me.’ “Then they will go away to eternal punishment, but the righteous to eternal life.”

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. 感謝神讓我能得自由。Praise the Lord, we can have freedom in Christ.

2. 為佈道事工代求。願多人能認識神,得自由。

Pray for evangelism, that hundreds and thousands would come to know Jesus and set free.

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.

7 March Tuesday 三月七日 星期二

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.

耶和華啊，我從深處向你求告！主啊，求你聽我的聲音！

願你側耳聽我懇求的聲音！主—耶和華啊，你若究察罪孽，誰能站得住呢？但在你有赦免之恩，要叫人敬畏你。我等候耶和華，我的心等候；我也仰望他的話。我的心等候主，勝於守夜的，等候天亮，勝於守夜的，等候天亮。

以色列啊，你當仰望耶和華！

因他有慈愛，有豐盛的救恩。他必救贖以色列脫離一切的罪孽。

Out of the depths I cry to you, Lord; Lord, hear my voice.

Let your ears be attentive to my cry for mercy. If you, Lord, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you.

I wait for the Lord, my whole being waits, and in his word I put my hope. I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning.

Israel, put your hope in the Lord, for with the Lord is unfailing love and with him is full redemption. He himself will redeem Israel from all their sins.

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 55:10-11**

雨雪從天而降，並不返回，卻滋潤地土，使地上發芽結實，使撒種的有種，使要吃的有糧。我口所出的話也必如此，決不徒然返回，卻要成就我所喜悅的，在我發他去成就的事上必然亨通。

As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.

**馬太福音 Matthew 6:7-15**

你們禱告，不可像外邦人，用許多重複話，他們以為話多了必蒙垂聽。你們不可效法他們；因為你們沒有祈求以先，你們所需用的，你們的父早已知道了。所以，你們禱告要這樣說：我們在天上的父：願人都尊你的名為聖。願你的國降臨；願你的旨意行在地上，如同行在天上。我們日用的飲食，今日賜給我們。免我們的債，如同我們免了人的債。不叫我們遇見試探；救我

們脫離凶惡。因為國度、權柄、榮耀，全是你的，直到永遠。阿們！你們饒恕人的過犯，你們的天父也必饒恕你們的過犯；你們不饒恕人的過犯，你們的天父也必不饒恕你們的過犯。

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. "This, then, is how you should pray: "'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.' For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your 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. 感謝神讓我能靠主得勝。Praise the Lord, that we can victory in Christ.

2. 為教會的講員代求。祈求神的道能帶有能力地被教導。

願會眾都有一個愛神的話語和委身於讀經的心。

Pray for preaches that the word of God would be powerfully taught. Pray for a love of the word and a commitment to bible reading in our church.

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.

## 8 March Wednesday 三月八日 星期三

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.

你們得救在乎歸回安息；你們得力在乎平靜安穩；

你們竟自不肯。耶和華必然等候，要施恩給你們；必然興起，

好憐憫你們。因為耶和華是公平的神；凡等候他的都是有福的！

“In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it. Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion.

For the Lord is a God of justice. Blessed are all who wait for him!

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.

### 約拿書 Jonah 3

耶和華的話二次臨到約拿說：「你起來！往尼尼微大城去，向其中的居民宣告我所吩咐你的話。」約拿便照耶和華的話起來，往尼尼微去。這尼尼微是極大的城，有三日的路程。約拿進城走了一日，宣告說：「再等四十日，尼尼微必傾覆了！」尼尼微人信服神，便宣告禁食，從最大的到至小的都穿麻衣。這信息傳到尼尼微王的耳中，他就下了寶座，脫下朝服，披上麻布，坐在灰中。他又使人遍告尼尼微通城，說：「王和大臣有令，人不可嘗甚麼，牲畜、牛羊不可吃草，也不可喝水。人與牲畜都當披上麻布；人要切切求告神。各人回頭離開所行的惡道，丟棄手中的強暴。或者神轉意後悔，不發烈怒，使我們不致滅亡，也未可知。」於是神察看他們的行為，見他們離開惡道，他就後悔，不把所說的災禍降與他們了。

Then the word of the Lord came to Jonah a second time: “Go to the great city of Nineveh and proclaim to it the message I give you.” Jonah obeyed the word of the Lord and went to Nineveh.

Now Nineveh was a very large city; it took three days to go through it. Jonah began by going a day's journey into the city, proclaiming, “Forty more days and Nineveh will be overthrown.” The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth. When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. This is the proclamation he issued in Nineveh: “By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish.” When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

## 路加福音 Luke 11:29-32

當眾人聚集的時候，耶穌開講說：「這世代是一個邪惡的世代。他們求看神蹟，除了約拿的神蹟以外，再沒有神蹟給他們看。約拿怎樣為尼尼微人成了神蹟，人子也要照樣為這世代的人成了神蹟。當審判的時候，南方的女王要起來定這世代的罪；因為她從地極而來，要聽所羅門的智慧和話。看哪，在這裏有一人比所羅門更大。當審判的時候，尼尼微人要起來定這世代的罪，因為尼尼微人聽了約拿所傳的就悔改了。看哪，在這裏有一人比約拿更大。」

As the crowds increased, Jesus said, "This is a wicked generation. It asks for a sign, but none will be given it except the sign of Jonah. For as Jonah was a sign to the Ninevites, so also will the Son of Man be to this generation. The Queen of the South will rise at the judgment with the people of this generation and condemn them, for she came from the ends of the earth to listen to Solomon's wisdom; and now something greater than Solomon is here. The men of Nineveh will stand up at the judgment with this generation and condemn it, for they repented at the preaching of Jonah; and now something greater than Jonah is here.

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. 感謝神有不同年紀的弟兄姊妹在教會事奉。

Praise the Lord, there are brothers and sisters of various ages who serve in our church.

3. 為教會中每個人禱告，從最小的到年長都能如一個團隊似的來事奉。

願每個人都在建立教會中找到他們的崗位。

Pray for everyone in church from the youngest to the eldest to be prepared to serve as a team. Pray that everyone would find their post in building the church.

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.

## 9 March Thursday 三月九日 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.

永恆之愛的神，我們承認我們對與祢和其他人之間的約不忠誠。

我們敬拜別神：金錢、權力、貪婪和便利。我們事奉自己的慾望，而不服侍祢和祢的百姓。我們沒有按祢的命令愛鄰舍，也沒有正確地愛自己。赦免我們，恩慈的神，並藉著基督把我們帶回到與祢和別人那完全的約中。阿們。

God of everlasting love, we confess that we have been unfaithful to our covenant with you and with one another. We have worshiped other gods: money, power, greed and convenience. We have served our own self-interest instead of serving only you and your people. We have not loved our neighbor as you have commanded, nor have we rightly loved ourselves. Forgive us, gracious God, and bring us back into the fullness of our covenant with you and one another, through 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.

### 以賽亞書 Isaiah 55: 6-9

當趁耶和華可尋找的時候尋找他，相近的時候求告他。惡人當離棄自己的道路；不義的人當除掉自己的意念。歸向耶和華，耶和華就必憐恤他；當歸向我們的神，因為神必廣行赦免。耶和華說：我的意念非同你們的意念；我的道路非同你們的道路。天怎樣高過地，照樣，我的道路高過你們的道路；我的意念高過你們的意念。

Seek the Lord while he may be found; call on him while he is near. Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the Lord, and he will have mercy on them, and to our God, for he will freely pardon. "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

### 馬太福音 Matthew 7:7-12

你們祈求，就給你們；尋找，就尋見；叩門，就給你們開門。因為凡祈求的，就得着；尋找的，就尋見；叩門的，就給他開門。你們中間誰有兒子求餅，反給他石頭呢？求魚，反給他蛇呢？你們雖然不好，尚且知道拿好東西給兒女，何況你們在天上的父，豈不更把好東西給求他的人嗎？所以，無論何事，你們願意人怎樣待你們，你們也要怎樣待人，因為這就是律法和先知的道理。

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.



For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. "Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

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. 為教會所差派的宣教士感謝神。

Praise the Lord for the missionaries sent by our church.

2. 記念在巴西、泰國、中國、非洲、克羅地亞、香港等地的宣教士。

願他們都能在服侍的群體中見證神。

Pray for the missionaries in Brazil, Thailand, China, Africa, Croatia, Hong Kong and other places.

May they all be able to witness God in the community they serve.

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.

## 10 March Friday 三月十日 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.

神啊，祢已經藉著耶穌基督向我們展示生命之道。我們帶著羞愧承認我們在學像基督上動作緩慢，在跟隨祂上常常失敗，也不願意背起十字架。**主啊，憐憫並赦免我們。**

我們承認我們敬拜的貧乏、對團契和恩典之意義的忽視、對見證基督的遲疑、對服侍責任常常逃避、在恩賜的運用上不完全。**主啊，憐憫並赦免我們。阿們。**

O God, you have shown us the way of life through your Son Jesus Christ.

We confess with shame our slowness to learn of him, our failure to follow him, and our reluctance to bear the cross.

**Have mercy on us, Lord, and forgive us.**

We confess the poverty of our worship, our neglect of fellowship and of the means of grace, our hesitating witness for Christ, our evasion of responsibilities in our service, or imperfect stewardship of your gifts.

**Have mercy on us, Lord, and forgive us. 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.

### **以西結書 Ezekiel 18: 21-28**

惡人若回頭離開所做的一切罪惡，謹守我一切的律例，行正直與合理的事，他必定存活，不致死亡。他所犯的一切罪過都不被記念，因所行的義，他必存活。主耶和華說：惡人死亡，豈是我喜悅的嗎？不是喜悅他回頭離開所行的道存活嗎？義人若轉離義行而作罪孽，照着惡人所行一切可憎的事而行，他豈能存活嗎？他所行的一切義都不被記念；他必因所犯的罪、所行的惡死亡。你們還說：『主的道不公平！』以色列家啊，你們當聽，我的道豈不公平嗎？你們的道豈不是不公平嗎？義人若轉離義行而作罪孽死亡，他是因所作的罪孽死亡。再者，惡人若回頭離開所行的惡，行正直與合理的事，他必將性命救活了。因為他思量，回頭離開所犯的一切罪過，必定存活，不致死亡。

But if a wicked person turns away from all the sins they have committed and keeps all my decrees and does what is just and right, that person will surely live; they will not die. None of the offenses they have committed will be remembered against them. Because of the righteous things they have done, they will live. Do I take any pleasure in the death of the wicked? declares the Sovereign Lord. Rather, am I not pleased when they turn from their ways and live? "But if a righteous person turns from their righteousness and commits sin and does the same detestable things the wicked person does, will they live? None of the righteous things that person has done will be remembered. Because of the unfaithfulness they are guilty of and because of the sins

they have committed, they will die. "Yet you say, 'The way of the Lord is not just.' Hear, you Israelites: Is my way unjust? Is it not your ways that are unjust? If a righteous person turns from their righteousness and commits sin, they will die for it; because of the sin they have committed they will die. But if a wicked person turns away from the wickedness they have committed and does what is just and right, they will save their life. Because they consider all the offenses they have committed and turn away from them, that person will surely live; they will not die.

### 馬太福音 Matthew 5:20-26

我告訴你們，你們的義若不勝於文士和法利賽人的義，斷不能進天國。你們聽見有吩咐古人的話，說：『不可殺人』；又說：『凡殺人的難免受審判。』只是我告訴你們，凡向弟兄動怒的，難免受審判；凡罵弟兄是拉加的，難免受公會的審判；凡罵弟兄是魔利的，難免地獄的火。所以，你在祭壇上獻禮物的時候，若想起弟兄向你懷怨，就把禮物留在壇前，先去同弟兄和好，然後來獻禮物。你同告你的對頭還在路上，就趕緊與他和息，恐怕他把你送給審判官，審判官交付衙役，你就下在監裏了。我實在告訴你，若有一文錢沒有還清，你斷不能從那裏出來。

For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven. "You have heard that it was said to the people long ago, 'You shall not murder, and anyone who murders will be subject to judgment.' But I tell you that anyone who is angry with a brother or sister will be subject to judgment. Again, anyone who says to a brother or sister, 'Raca,' is answerable to the court. And anyone who says, 'You fool!' will be in danger of the fire of hell. "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. "Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. Truly I tell you, you will not get out until you have paid the last penny.

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. 為教會所處的社區感謝神。

Praise the Lord for the community that our congregations are located.

2. 為唐人街、為哈默史密斯區和福臨區、甘霖區、凱頓區與豪士羅區而代求。

願福音可以傳播到這些地區的每一個角落。

Pray for China Town, Hammersmith and Fulham, Colindale, Croydon and Hounslow. May the gospel can spread in every single corner of these areas.

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.

## 11 March Saturday 三月十一日 星期六

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.

萬國萬邦的神啊，我們讚美祢，因為基督已經拆毀了分割人們的障礙。但是我們承認，我們仍然無法完全地向其他地方、語言和種族的人打開我們的心。求祢從恐懼和偏見的罪惡中拯救我們，讓我們在基督裡一起向合而為一的那天前進。阿們。

God of all nations, we praise you that in Christ the barriers that have separated humanity are torn down. Yet we confess our slowness to open our hearts and minds to people of other lands, tongues, and races. Deliver us from the sins of fear and prejudice, that we may move towards the day when all are truly one in Jesus Christ. 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 26: 16-19

耶和華—你的神今日吩咐你行這些律例典章，所以你要盡心盡性謹守遵行。你今日認耶和華為你的神，應許遵行他的道，謹守他的律例、誡命、典章，聽從他的話。耶和華今日照他所應許你的，也認你為他的子民，使你謹守他的一切誡命，又使你得稱讚、美名、尊榮，超乎他所造的萬民之上，並照他所應許的使你歸耶和華—你神為聖潔的民。

The Lord your God commands you this day to follow these decrees and laws; carefully observe them with all your heart and with all your soul. You have declared this day that the Lord is your God and that you will walk in obedience to him, that you will keep his decrees, commands and laws—that you will listen to him. And the Lord has declared this day that you are his people, his treasured possession as he promised, and that you are to keep all his commands. He has declared that he will set you in praise, fame and honor high above all the nations he has made and that you will be a people holy to the Lord your God, as he promised.

### 馬太福音 Matthew 5:43-48

你們聽見有話說：『當愛你的鄰舍，恨你的仇敵。』只是我告訴你們，要愛你們的仇敵，為那逼迫你們的禱告。這樣就可以作你們天父的兒子；因為他叫日頭照好人，也照歹人；降雨給義人，也給不義的人。你們若單愛那愛你們的人，有甚麼賞賜呢？就是稅吏不也是這樣行嗎？你們若單請你弟兄的安，比人有甚麼長處呢？就是外邦人不也是這樣行嗎？所以，你們要完全，像你們的天父完全一樣。

You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in

heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect.

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. 為著神所賜予我們的一切感恩，每一樣都是恩典。

Thanks God for everything He has given us, every single of them is His grace.

2. 為我們的貪婪和不滿足而向神認罪，求神來改變我們的心。

Confess to God on being greedy and unsatisfied, pray that God will change our hearts.

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.