



歡迎您加入40天與復活主同行的旅程，讓我們今早用30分鐘一起向神禱告。

Welcome to the 40 Days Journey with the Risen Lord, 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.

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.

我們相信實行醫治卻被捕的耶穌。我們相信被苦待卻沒有以惡報惡的耶穌。我們相信被稱為叛國者卻帶來和平的耶穌。我們相信被釘十字架卻寬恕釘死祂的人的耶穌。阿門。We believe in the Jesus who healed and the Jesus who was arrested. We believe in the Jesus who was abused and the Jesus who abused not in return. We believe in the Jesus who was called a traitor and the Jesus who was a peacemaker. We believe in the Jesus who was crucified and the Jesus who forgave his crucifiers. Amen.

以賽亞書 Isaiah 30:15-21

主耶和華—以色列的聖者曾如此說：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。你們卻說：不然，我們要騎馬奔走。所以你們必然奔走；又說：我們要騎飛快的牲口。所以追趕你們的，也必飛快。一人叱喝，必令千人逃跑；五人叱喝，你們都必逃跑；以致剩下的，好像山頂的旗杆，岡上的大旗。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！百姓必在錫安、在耶路撒冷居住；你不再哭泣。主必因你哀求的聲音施恩給你；他聽見的時候就必應允你。主雖然以艱難給你當餅，以困苦給你當水，你的教師卻不再隱藏；你眼必看見你的教師。你或向左或向右，你必聽見後邊有聲音說：

「這是正路，要行在其間。」

This is what the Sovereign Lord, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it. You said, 'No, we will flee on horses.' Therefore you will flee! You said, 'We will ride off on swift horses.' Therefore your pursuers will be swift! A thousand will flee at the threat of one; at the threat of five you will all flee away, till you are left like a flagstaff on a mountaintop, like a banner on a hill." 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! People of Zion, who live in Jerusalem, you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you. Although the Lord gives you the bread of adversity and the water of affliction, your teachers

will be hidden no more; with your own eyes you will see them. Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

以弗所書 Ephesians 1:3-10

願頌讚歸與我們主耶穌基督的父神！他在基督裏曾賜給我們天上各樣屬靈的福氣：就如神從創立世界以前，在基督裏揀選了我們，使我們在他面前成為聖潔，無有瑕疵；又因愛我們，就按着自己的意旨所喜悅的，預定我們藉着耶穌基督得兒子的名分，使他榮耀的恩典得着稱讚；這恩典是他在愛子裏所賜給我們的。我們藉這愛子的血得蒙救贖，過犯得以赦免，乃是照他豐富的恩典。

這恩典是神用諸般智慧聰明，充充足足賞給我們的；都是照他自己所預定的美意，

叫我們知道他旨意的奧秘，要照所安排的，在日期滿足的時候，

使天上、地上、一切所有的都在基督裏面同歸於一。

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. With all wisdom and understanding, he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

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. 記念生活在貧窮和無家可歸的人。

Remember those who live in poverty and homelessness.

2. 在今日的世界貧困仍然是一個巨大的問題。貧苦的人沒有足夠的供應來為生，他們也經常生病，而世界每年有三分之一的死亡是由貧困造成的。

讓我們向上帝禱告，求神能滿足窮人的需要，讓貧窮的人在主裡有著盼望。

Poverty is still a big problem in the world today. The poors don't have enough to survive and so they often get sick. One third of deaths in the world every year is caused by poverty. Let us pray to God for the needs of the poor to be met and for the poor to have hope in God.

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).

感謝您的參與，願復活的主帶保守、祝福您！

Thank you for joining us, may the risen Lord guide you and bless you.