



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.

我們相信受在難星期五被埋葬的耶穌就是那在星期天復活的基督，而因為深信這一點，我們確定耶穌是基督、永生神的兒子、救主、解放者、期待已久的彌賽亞、萬王之王、萬主之主！我們歡欣地宣告基督復活的日子為世世代代的復活節。願榮耀歸於真神——我們的救主活著！

We believe Jesus who has buried on Friday is the Christ who arose on Sunday, and because we believe this, we affirm Jesus to be the Christ, Son of the living God, Saviour, liberator, long-awaited Messiah, King of kings and Lord of lords. We gladly proclaim the day of Christ's resurrection to be the Easter of all generations. Glory to God—our Saviour lives!

詩篇 Psalm 42:1-2; 43:1-4

神啊，我的心切慕你，如鹿切慕溪水。我的心渴想神，就是永生神；我幾時得朝見神呢？

神啊，求你伸我的冤，向不虔誠的國為我辨屈；求你救我脫離詭詐不義的人。因為你是賜我力量的神，為何丟棄我呢？我為何因仇敵的欺壓時常哀痛呢？求你發出你的亮光和真實，好引導我，帶我到你的聖山，到你的居所！我就走到神的祭壇，到我最喜樂的神那裏。

神啊，我的神，我要彈琴稱讚你！

As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?

Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked. You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God.

約翰福音 John 10:11-18

我是好牧人；好牧人為羊捨命。若是雇工，不是牧人，羊也不是他自己的，他看見狼來，就撇下

羊逃走；狼抓住羊，趕散了羊羣。雇工逃走，因他是雇工，並不顧念羊。我是好牧人；我認識我的羊，我的羊也認識我，正如父認識我，我也認識父一樣；並且我為羊捨命。我另外有羊，不是這圈裏的；我必須領他們來，他們也要聽我的聲音，並且要合成一羣，歸一個牧人了。

我父愛我；因我將命捨去，好再取回來。沒有人奪我的命去，是我自己捨的。

我有權柄捨了，也有權柄取回來。這是我從我父所受的命令。」

“I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. The man runs away because he is a hired hand and cares nothing for the sheep.

“I am the good shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep. I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd. The reason my Father loves me is that I lay down my life—only to take it up again. No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again.

This command I received from my Father.”

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. 感謝神讓我們在祂裡得到自由並給我們智慧去明白理解自由的意義。

Thank the Lord for the freedom we have in Him and for the wisdom to understand that freedom.

2. 為即將在倫敦和全球舉行的選舉禱告。祈求每個候選人都將重點關注他們所面對的問題，而不是對其他候選人的的人身攻擊。祈求我們的國家越來越看到上帝是我們在這個世界上所有問題中唯一的避難所。讓我們為我們的國家來悔改，因為我們已經遠離以聖經的教導作法律的基礎，而轉為只是尋求自己的真理。

Pray for the forthcoming election in London & worldwide. Pray that each candidate will focus on the issues they face as a nation—and not on personal attacks on other candidates. Pray that our nation will increasingly see that God is our only refuge in the midst of the troubles of this world. Repent on behalf of our nation, because we have turned from making Scripture the basis of law, leaving behind wisdom and instead, looking to ourselves for truth.

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.