**———————— 🙞 ————————**

**祷告手册**

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*用圣经*

*向神祷告*

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**Scripture translation and adaptation**

**by Kenneth Boa**

**Handbook to Prayer**

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**目录**

引言 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .

第一部分： 清晨的确信 . . . . . . . . . . . . . . . . . . . . . . . .

第二部分：每日祷告指南 . . . . . . . . . . . . . . . . . . . . . . . . . .

第一个月 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .

第二个月 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .

第三个月 . . . . . . . . . . . . . . . . . . . . . . . . . . . . . .

第三部分：每周祷告指南 . . . . . . . . . . . . . . . . . . . . . .

第四部分：个人祷告日记 . . . . . . . . . . . . . . . . . . . . . . . .

**Dedication**

*To my bride Karen*

My beloved companion, colaborer,

and fellow sojourner

in our spiritual journey

to the celestial city of God.

**Introduction简介**

**The Purpose of this Handbook本手册的目的**

Spiritual growth is impossible apart from the practice of prayer. Just as the key to quality relationships with other people is time spent in communication, so the key to a growing relationship with the personal God of heaven and earth is time invested in speaking to Him in prayer and listening to His voice in Scripture.

离了祷告的操练，是不可能有属灵的成长。正如与他人有良好关系的关键是花时间沟通，同样，加深与天地主宰之间关系的关键，就是要花时间在祷告中向他诉说，在圣经中聆听他的声音。

As central as these twin disciplines of prayer and Scripture are to our spiritual life, most believers in Christ are frustrated by hit-or-miss approaches to both. As a result, their time in prayer and the word can become unsatisfying, routine, and even boring. It is no surprise, then, that most people spend a minimal amount of time in either of these disciplines and fail to develop intimacy with the One for whom they were created.

The problem with prayer is heightened by the fact that people often succumb either to the extreme of all form and no freedom, or the opposite extreme of all freedom and no form. The first extreme leads to a rote or impersonal approach to prayer, while the second produces an unbalanced and undisciplined prayer life that can degenerate into a litany of one “gimme” after another. *Handbook to Prayer* was designed to make prayer a more enriching and satisfying experience by providing both form and freedom in the practice of prayer.

**The Structure of this Handbook**

Think of this handbook as a tool that combines the word of the Lord with prayer and guides you through the process of praying Scripture back to God. It will enable you to think God’s thoughts after Him and to personalize them in your own thinking and practice. It will also provide you with a balanced diet of prayer by guiding your mind each day through eight kinds of prayer. Because it is based on Scripture, you can be assured that these prayers will be pleasing to God. This book will encourage you in your walk with God by enriching and enhancing the quality of your experience of prayer.

Years ago, Max Anders and I were profoundly influenced by the *Private Devotions* of Lancelot Andrewes, a seventeenth-century Anglican bishop and prominent translator of the King James Bible. Andrewes adapted Scripture into various forms of prayer, and this idea prompted us to create a guide to prayer called *Drawing Near*. In the years since that book appeared, I have become increasingly impressed with the need to create a more powerful tool for personal and group prayer. *Handbook to Prayer* contains approximately three times as many biblical passages and utilizes a three-month Daily Prayer Guide rather than a one-month cycle. In addition, it contains a One Week Prayer Guide which you can use occasionally when you want a more in-depth time of prayer.

To create this collection of biblical prayers, I consulted several translations as well as the original language of every passage. The result is essentially my own translation, though it shares much in common with existing translations. My intention in doing this was to remain as close to the biblical text as possible while still retaining clarity and readability. I then adapted the passages into a personalized format so that they could be used readily in the context of individual and group prayer.

As in *Drawing Near*, this handbook is structured around eight forms of prayer which are based on the model of The Lord’s Prayer. Our Lord told His disciples to pray in this way:

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 Yours is the kingdom and the power and the glory forever. 所以你們要這樣祈禱：‘我們在天上的父，願你的名被尊為聖，  願你的國降臨，願你的旨意成就在地上，如同在天上一樣。  我們每天所需的食物，求你今天賜給我們；  赦免我們的罪，好像我們饒恕了得罪我們的人；  不要讓我們陷入試探，救我們脫離那惡者。’（有些後期抄本在此有“因為國度、權柄、榮耀，全是你的，直到永遠。阿們”一句） (Matthew 6:9-13)

我们在天上的父：愿人都尊你的名为圣。

愿你的国降临；愿你的旨意行在地上，如同行在天上。

我们日用的饮食，今日赐给我们。

免我们的债，如同我们免了人的债。

不叫我们遇见试探；救我们脱离凶恶。

因为国度、权柄、荣耀，全是你的，直到永远。阿们！所以你們要這樣祈禱：‘我們在天上的父，願你的名被尊為聖，  願你的國降臨，願你的旨意成就在地上，如同在天上一樣。  我們每天所需的食物，求你今天賜給我們；  赦免我們的罪，好像我們饒恕了得罪我們的人；  不要讓我們陷入試探，救我們脫離那惡者。’（有些後期抄本在此有“因為國度、權柄、榮耀，全是你的，直到永遠。阿們”一句） (Matthew 6:9-13)

The eight forms of 敬拜尊崇, 认罪悔改, 恢复更新, 个人祈求, 彼此代求, 信靠顺服, 感恩, and 结束祷告 are all illustrated in this model prayer:

八个层面的祷告：敬拜尊崇、认罪悔改、恢复更新、个人祈求、彼此代求、信靠顺服、献上感恩、结束祷告

“Father in heaven, hallowed be Your name”—The prayer principles of *敬拜尊崇* (praise for who God is) and *感恩* (praise for what He has done).

“我们在天上的父：愿人都尊你的名为圣”*—敬拜尊崇*（颂赞神的名和属性）和*献上感恩*（赞美神一切的作为）的祷告原则。

“Your kingdom come; Your will be done on earth as it is in heaven”—The principle of *信靠顺服*, that is, agreeing with God’s will and submitting to it.

“愿你的国降临；愿你的旨意行在地上，如同行在天上”—*信靠顺服*的祷告原则，就是赞同神的旨意，并顺服遵行。

“Give us our daily bread”—The principle of supplication, in which we make requests both for ourselves (*个人祈求*) and for others (*彼此代求*).

“我们日用的饮食，今日赐给我们”—祈求仰望的祷告原则，在此我们向神求告，包括为自己的*个人祈求*和为他人*彼此代求。*

“And forgive us our debts as we also have forgiven our debtors”—The principle of *认罪悔改* in view of our need for forgiveness of sins.

“免我们的债，如同我们免了人的债。”—*认罪悔改*的祷告原则，意识到我们的罪需要被神赦免。

“And lead us not into temptation, but deliver us from the evil one”—The necessity of *恢复更新* as we face the temptations of the world, the flesh, and the devil.

“不叫我们遇见试探；救我们脱离凶恶。”当我们面临来自世界、肉体和恶者的试探时，每日*恢复更新*的必需祷告。

“For Yours is the kingdom and the power and the glory forever”—A *结束祷告* that honors the Lord and completes our thoughts.

“因为国度、权柄、荣耀，全是你的，直到永远。阿们”—*结束祷告*表达我们尊贵我们的主和完成我们的祷告思绪。

The prayers of 个人祈求 are formatted around a seven-day cycle:

祈求的祷告是按七日为周期来安排的，从主日到周六。

在基督里成长Growth in Christ

在智慧上成长Growth in Wisdom

属灵的洞察Spiritual Insight

与他人的关系Relationships with Others

成为忠信的管家Faithfulness as a Steward

家庭与服事Family and Ministry

个人关注点Personal Concerns.

The prayers of 彼此代求 are also based on a weekly cycle:

代求的祷告同样也是基于每周的循环，从主日到周六。

教会与服事Churches and Ministries

家庭Family

信徒Believers

传福音Evangelism

政府Government

宣道Missions

国际事务World Affairs.

**How to Use this Handbook**

*Handbook to Prayer* consists of five parts: Morning 信靠顺服s, a Daily Prayer Guide, a One Week Prayer Guide, a Topical Prayer Guide, and Personal Prayer Pages.

**Part One: Morning 信靠顺服s**

This set of 信靠顺服s is a tool designed to help you renew your mind at the beginning of each day. It guides you through a biblical perspective on the fundamental issues of life: *Who am I? Where did I come from? Why am I here? Where am I going?* In this way, you review God’s perspective on your faith, your identity, your purpose, and your hope.

Don’t feel compelled to go through all the passages in Morning 信靠顺服s every time. As the content becomes more familiar, avoid the trap of reducing these 信靠顺服s to a set of words you repeat by rote. Use them as a preliminary to prayer and Bible reading, not as a substitute.

**Part Two: Daily Prayer Guide**

This is the heart of this handbook. Because these prayers are on a three-month cycle, you will encounter each passage only four times a year. Thus, this guide can be used indefinitely without excessive re个人祈求.

Be sure to use the prayer prompts so that you do not merely read the prayers. It is essential that you personalize them so that they can be incorporated in your own thoughts and experience.

You can adapt the prayers in each day to differing time formats. They can be used with profit in a short period of time, or you can move through them more slowly, as you see fit.

Although you can tie these daily prayers to the day of the month, there is no need to do so, particularly if you find yourself falling behind. You may decide to mark your place with the ribbon and continue wherever you left off.

**Part Three: One Week Prayer Guide**

This seven-day prayer guide is particularly appropriate for longer times of meditation and devotional prayer. You may wish to move through this cycle on an occasional basis.

**Part Four: Personal Prayer Pages**

I encourage you to use these pages to add your own thoughts and prayers as they come to mind when using this handbook. You can also use this section to record your 个人祈求ary and intercessory prayer lists as well as specific answers to prayer.

**The Philosophy Underlying this Handbook**

The God of the Bible is infinite, personal, and triune. As a communion of three Persons, one of God’s purposes in creating us is to display the glory of His being and attributes to intelligent moral creatures who are capable of responding to His relational initiatives. In spite of human rebellion and sin against the Person and character of the Lord, Christ bore the awesome price of our guilt and inaugurated “a new and living way” 這進入的路，是他給我們開闢的，是一條通過幔子、又新又活的路，這幔子就是他的身體。 (Hebrews 10:20) by which the barrier to personal relationship with God has been overcome. “By this the love of God was manifested in us, that God has sent His only begotten Son into the world so that we might live through Him. In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins” 　神差遣他的獨生子到世上來，要使我們藉著他而活；　神的愛就在我們中間顯明了。  不是我們愛　神，而是　神愛我們，差遣他的兒子為我們的罪作了贖罪祭，這就是愛了。 (1 John 4:9-10).

Since God is the initiator of a loving relationship with us, our high and holy calling is to respond to His offer. Our Lord, in encapsulating the Law and the Prophets, gave us the essence of this response: “‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the great and foremost commandment. The second is like it, ‘You shall love your neighbor as yourself’“ 他回答：“你要全心、全性、全意愛主你的　神。  這是最重要的第一條誡命。  第二條也和它相似，就是要愛人如己。 (Matthew 22:37-39). The quality of our vertical relationship with God has a direct bearing on the quality of our horizontal relationships with others. As we grow in His grace, we will have an enhanced capacity, through the power of the indwelling Holy Spirit, to respond to others with the Christlike qualities of humility, gentleness, patience, and forbearance 凡事謙虛、溫柔、忍耐，用愛心彼此寬容； (Ephesians 4:2). This *agape*, which we receive from the Lord and which flows through us toward others, is rooted in volition (our willingness to receive and display it) and is expressed through thinking and feeling in the deeds of other-centered love.

Another way of summarizing our calling and purpose as followers of Christ is to love God completely, to love self correctly, and to love others compassionately.

*Loving God completely* is a growth process that involves the personal elements of communication and response. By listening to the Holy Spirit in the words of Scripture and speaking to the Lord in our thoughts and prayers, we move in the direction of knowing Him better. The better we know Him, the more we will love Him, and the more we love Him, the greater our willingness to respond to Him in trust and obedience.

To *love ourselves correctly* is to see ourselves as God sees us and to allow the Word, not the world, to define us by telling us who and whose we really are. The clearer we capture the vision of our new identity in Christ, the more we will realize that our deepest needs for security, significance, and satisfaction are met in Him and not in people, possessions, or positions.

A biblical view of our identity and resources in Christ moves us in the direction of *loving others compassionately*. Grasping our true and unlimited resources in Christ frees us from bondage to the opinions of others and gives us the liberty to love and serve others regardless of their response.

Since we cannot serve two masters, the focus of our heart will either be the temporal or the eternal. If it is the temporal, we cannot love God completely because of a divided heart. When Christ is a component instead of the center of life, things become complicated; the worries of the world, the deceitfulness of wealth, and the desires for other things choke the word of truth in our lives and we do not bear lasting fruit 然而今世的憂慮、財富的迷惑，以及種種的慾望，接連進來，把道擠住，就結不出果實來。 (Mark 4:19). If the focus of our heart is the eternal, we will love Christ above His created goods and pleasures and begin to fulfill the enduring purpose for which we were created.

**第一部分**

**清晨的确信**

**1. 信靠顺服神SUBMITTING TO GOD**

•Because of all You have done for me, I present my body to You as a living sacrifice for this day. I want to be transformed by the renewing of my mind, affirming that Your will for me is good and acceptable and perfect. 所以弟兄們，我憑著　神的仁慈勸你們，要把身體獻上，作聖潔而蒙　神悅納的活祭；這是你們理所當然的事奉。  不要模仿這個世代，倒要藉著心意的更新而改變過來，使你們可以察驗出甚麼是　神的旨意，就是察驗出甚麼是美好的、蒙他悅納的和完全的事。 (Romans 12:1-2)

**2. 敬拜尊崇和献上感恩敬拜尊崇 AND 感恩**

•Offer a brief word of praise to God for one or more of His *attributes* (e.g., love and compassion, grace, mercy, holiness, goodness, omnipotence, omnipresence, omniscience, truthfulness, unchanging character, eternality) and/or *works* (e.g., creation, care, redemption, loving purposes, second coming).

•Thank Him for the good things in your life.

**3. 鉴查内心EXAMINATION**

•祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。 　神啊！求你鑒察我，知道我的心思；試驗我，知道我的意念。  看看我裡面有甚麼惡行沒有，引導我走永恆的道路。 (Psalm 139:23-24)

**4. 我在基督里的身份MY IDENTITY IN CHRIST**

•”I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me.” 我已經與基督同釘十字架；現在活著的，不再是我，而是基督活在我裡面；如今在肉身中活著的我，是因信　神的兒子而活的；他愛我，為我捨己。 (Galatians 2:20)

\*I have *forgiveness* from the penalty of sin because Christ died for me. 唯有基督在我們還作罪人的時候為我們死，　神對我們的愛就在此顯明了。 我從前領受了又傳交給你們那最要緊的，就是基督照著聖經所記的，為我們的罪死了， (Romans 5:8; 1 Corinthians 15:3)

\*I have *freedom* from the power of sin because I died with Christ. 你們也在他裡面受了不是由人手所行的割禮，而是受了基督的割禮，就是除掉你們的罪身。 他在木頭上親身擔當了我們的罪，使我們既然不活在罪中，就可以為義而活。因他受的鞭傷，你們就得了醫治。 (Colossians 2:11; 1 Peter 2:24)

\*I have *fulfillment* for this day because Christ lives in me. 我所熱切期待和盼望的，就是在凡事上我都不會羞愧，只要滿有膽量，不論生死，總要讓基督在我身上照常被尊為大。  因為我活著就是基督，我死了就有益處。 (Philippians 1:20-21)

\*By *faith*, I will allow Christ to manifest His life through me. 感謝　神，他常常在基督裡，使我們這些作俘虜的，列在凱旋的隊伍當中，又藉著我們在各地散播香氣，就是使人認識基督。 (2 Corinthians 2:14)

**5. 被圣灵充满FILLING OF THE SPIRIT**

•Ask the Spirit to control and fill you for this day.

•I want to be filled with the Spirit. 不要醉酒，醉酒能使人放蕩亂性，卻要讓聖靈充滿。 (Ephesians 5:18) When I walk by the Spirit, I will not carry out the desire of the flesh. 我是說，你們應當順著聖靈行事，這樣就一定不會去滿足肉體的私慾了。 (Galatians 5:16) If I live by the Spirit, I will also walk by the Spirit. 如果我們靠聖靈活著，就應該順著聖靈行事。 (Galatians 5:25)

**6. 圣灵的果子FRUIT OF THE SPIRIT**

•Pray on the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. 但聖靈的果子是仁愛、喜樂、平安、忍耐、恩慈、良善、信實、  溫柔、節制；這樣的事，是沒有律法禁止的。 (Galatians 5:22-23)

•”Love is patient, love is kind, and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth; bears all things, believes all things, hopes all things, endures all things.” 愛是恆久忍耐，又有恩慈。愛是不嫉妒，不自誇，不張狂；  不作失禮的事，不求自己的益處，不輕易動怒，不計較人的過犯；  不喜歡不義，只喜歡真理。  愛是凡事包容，凡事相信，凡事盼望，凡事忍耐。 (1 Corinthians 13:4-7)

**7. 我人生的目的PURPOSE OF MY LIFE**

•I want to love the Lord my God with all my heart, and with all my soul, and with all my mind, and I want to love my neighbor as myself. 他回答：“你要全心、全性、全意愛主你的　神。  第二條也和它相似，就是要愛人如己。 (Matthew 22:37, 39) My purpose is to love God completely, love self correctly, and love others compassionately.

•I will seek first Your kingdom and Your righteousness. 你們要先求他的國和他的義，這一切都必加給你們。 (Matthew 6:33)

•I have been called to follow Christ and to be a fisher of men. 耶穌就對他們說：“來跟從我，我要使你們作得人的漁夫。” (Matthew 4:19)

•I will be a witness to those who do not know Him and participate in the Great Commission to go and make disciples. 所以，你們要去使萬民作我的門徒，奉父子聖靈的名，給他們施洗（“奉父子聖靈的名，給他們施洗”或譯：“給他們施洗，歸入父子聖靈的名”），  我吩咐你們的一切，都要教導他們遵守。這樣，我就常常與你們同在，直到這世代的終結。” 可是聖靈降臨在你們身上，你們就必領受能力，並且要在耶路撒冷、猶太全地、撒瑪利亞，直到地極，作我的見證人。” (Matthew 28:19-20; Acts 1:8)

•I want to glorify the Father by bearing much fruit, and so prove to be Christ’s disciple. 這樣，你們結出很多果子，我父就因此得榮耀，你們也就是我的門徒了。 (John 15:8)

**8. 今天面临的情形CIRCUMSTANCES OF THE DAY**

•I will trust in the Lord with all my heart, and not lean on my own understanding. In all my ways I will acknowledge Him, and He will make my paths straight. 你要一心仰賴耶和華，不可倚靠自己的聰明；  在你一切所行的路上，都要承認他，他必使你的路徑平坦正直。 (Proverbs 3:5-6)

•”God causes all things to work together for good to those who love God, to those who are called according to His purpose.” 我們知道，為了愛　神的人，就是按他旨意蒙召的人的益處，萬事都一同效力。 (Romans 8:28; also see 8:29)

I acknowledge that You are in control of all things in my life, and that You have my best interests at heart. Because of this I will trust and obey You today.

•Review and commit the events of this day into the hands of God.

**9. 属灵争战中的保护PROTECTION IN THE WARFARE**

Against the World: Renew

•I will set my mind on the things of the Spirit. 隨從肉體的人，以肉體的事為念；隨從聖靈的人，以聖靈的事為念。 (Romans 8:5)

•Since I have been raised up with Christ, I will keep seeking the things above, where Christ is, seated at the right hand of God. I will set my mind on the things above, not on the things that are on earth. 所以，你們既然與基督一同復活，就應當尋求天上的事，那裡有基督坐在　神的右邊。  你們要思念的，是天上的事，不是地上的事。  因為你們已經死了，你們的生命與基督一同隱藏在　神裡面。  基督就是你們的生命，他顯現的時候，你們也要和他一同在榮耀裡顯現。 所以，我們既然有這麼多的見證人，像雲彩圍繞著我們，就應該脫下各樣的拖累，和容易纏住我們的罪，以堅忍的心奔跑那擺在我們面前的賽程；  專一注視耶穌，就是我們信心的創始者和完成者。他因為那擺在面前的喜樂，就忍受了十字架，輕看了羞辱，現在就坐在　神寶座的右邊。 (Colossians 3:1-4;Hebrews 12:1-2)

•I will be anxious for nothing, but in everything by prayer and supplication with 感恩 I will let my requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard my heart and my mind in Christ Jesus. Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, I will let my mind dwell on these things. 應當毫無憂慮，只要凡事藉著禱告祈求，帶著感恩的心，把你們所要的告訴　神。  這樣，　神所賜超過人能了解的平安，必在基督耶穌裡，保守你們的心思意念。  最後，弟兄們，凡是真實的、莊重的、公正的、純潔的、可愛的、聲譽好的，無論是甚麼美德，甚麼稱讚，這些事你們都應當思念。 (Philippians 4:6-8; also see 4:9)

Against the Flesh: Reckon

•I know that my old self was crucified with Christ, so that I am no longer a slave to sin, for he who has died is freed from sin. I will reckon myself as dead to sin, but alive to God in Christ Jesus. I will not present the members of my body to sin as instruments of unrighteousness, but I will present myself to God as one alive from the dead, and my members as instruments of righteousness to God. 我們知道，我們的舊人已經與基督同釘十字架，使罪身喪失機能，使我們不再作罪的奴僕，  因為死了的人已經脫離罪了。  你們也應當這樣，向罪算自己是死的，在基督耶穌裡，向　神卻是活的。  也不要把你們的肢體獻給罪，作不義的用具；倒要像出死得生的人，把自己獻給　神，並且把你們的肢體獻給　神作義的用具。 (Romans 6:6-7, 11, 13)

Against the Devil: Resist

•As I submit myself to God and resist the devil, he will flee from me. 你們應當順服　神，抵擋魔鬼，魔鬼就逃避你們。 (James 4:7)

•I will be of sober spirit and on the alert. My adversary, the devil, prowls about like a roaring lion, seeking someone to devour. But I will resist him, firm in my faith. 你們要謹守、警醒。你們的仇敵魔鬼，好像吼叫的獅子走來走去，尋找可以吞吃的人；  你們要用堅強的信心抵擋他，因為知道你們在世上的弟兄，也經歷過同樣的苦難。 (1 Peter 5:8-9)

•I will take up the full armor of God, that I may be able to resist and stand firm. I put on the belt of *truth* and the breastplate of *righteousness*; I put on my feet the preparation of the gospel of *peace*; and I take up the shield of *faith* with which I will be able to extinguish all the flaming missiles of the evil one. I take the helmet of *salvation* and the sword of the Spirit, which is the *word* of God. With all *prayer* and 个人祈求 I will pray at all times in the Spirit and be on the alert with all perseverance and 个人祈求 for all the saints. 所以要穿起　神所賜的全副軍裝，使你們在這邪惡的時代裡可以抵擋得住，並且在作完了一切之後，還能站立得穩。  因此，你們要站穩，用真理當帶子束腰，披上公義的胸甲，  把和平的福音預備好了，當作鞋子，穿在腳上，  拿起信心的盾牌，用來撲滅那惡者所有的火箭；  並且要戴上救恩的頭盔，拿起聖靈的寶劍，就是　神的道，  藉著各樣的禱告和祈求，隨時在聖靈裡祈禱，並且要在這事上恆久警醒，為眾聖徒祈求。 (Ephesians 6:13-18)

**10. 基督要再来，我要与他同在THE COMING OF CHRIST AND MY FUTURE WITH HIM**

•Your kingdom come, Your will be done. 願你的國降臨，願你的旨意成就在地上，如同在天上一樣。 (Matthew 6:10)

•You have said, “I am coming quickly.” Amen. Come, Lord Jesus. 證明這些事的那一位說：“是的，我必快來！”阿們！主耶穌啊，請你來吧！ (Revelation 22:20)

•I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to me. 我看現在的苦難，與將要向我們顯出的榮耀，是無法相比的。 (Romans 8:18)

•I will not lose heart, but though my outer man is decaying, yet my inner man is being renewed day by day. For momentary, light affliction is producing for me an eternal weight of glory far beyond all comparison, while I look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal. 所以，我們並不沮喪，我們外面的人雖然漸漸朽壞，但裡面的人卻日日更新，  因為我們短暫輕微的患難，是要為我們成就極大無比、永遠的榮耀。  我們所顧念的，不是看得見的，而是看不見的；因為看得見的是暫時的，看不見的是永遠的。 (2 Corinthians 4:16-18)

•My citizenship is in heaven, from which also I eagerly wait for a Savior, the Lord Jesus Christ. 但我們是天上的公民，切望救主，就是主耶穌基督，從天上降臨； (Philippians 3:20)

• 信就是對所盼望的事的把握，是還沒有看見的事的明證。  沒有信，就不能得到　神的喜悅；因為來到　神面前的人，必須信　神存在，並且信他會賞賜那些尋求他的人。 這一切既然都要這樣融化，你們應當怎樣為人，過著聖潔和敬虔的生活，  等候並催促　神的日子降臨呢？因為在那日，天要被火焚燒就融化了，所有元素都因烈火而融解！ 孩子們，你們要住在主裡面。這樣，他若顯現，我們就可以坦然無懼；他來的時候，我們也不至慚愧地躲避他了。 (Also consider 2 Timothy 4:8; Hebrews 11:1, 6; 2 Peter 3:11-12; 1 John 2:28; 3:2-3.)

**第二部分**

**每日祷告指南**

**第一月**

**敬拜尊崇**

**认罪悔改**

**恢复更新**

**个人祈求**

**彼此代求**

**信靠顺服**

**献上感恩**

**结束祷告**

*停下来，向神表述你个人的赞美和敬拜之意*

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

*停下来，加上你自己个人更新的祷告。*

天父，我以你的话为指南，向你献上我的祷告做为我的奉献：

*停下来，加上你自己个人的祈求，特别是有关你在基督里的成长：*

更大的渴望认识主和讨他喜悦

更加爱主和委身于他

更多操练体验他的同在的恩典

更多在我的人生里荣耀他的恩典

我今天的各类事项

特别关心的人和事

主，我现在预备我的心来为全教会和各类服事来祷告：

以这些经文的经意，我为以下方面代求：

我自己的教会

其他教会

传福音和带门徒的事工

基督教教育事工

特别的关注人和事

主啊，当我从你有得救智慧的话中确信这些真理时，喂养我的心灵：

*停下来，反思这些圣经给我们的确据。*

*停下来，献上你自己的感恩。*

第一日

**敬拜尊崇**

耶和华我们的主啊，

你的名在全地何其美！

你将你的荣耀彰显於天。耶和華我們的主啊！你的名在全地是多麼威嚴，你把你的榮美彰顯在天上。 (Psalm 8:1)

主神全能者啊，

你的作为大哉！奇哉！

万世之王啊，

你的道途义哉！诚哉！

主啊，谁敢不敬畏你，不将荣耀归与你的名呢？

因为独有你是圣的。

万民都要来在你面前敬拜，

因你公义的作为已经显出来了。他們唱著　神僕人摩西的歌和羊羔的歌，說：“主啊！全能的　神，你的作為又偉大又奇妙！萬國的王啊，你的道路又公義又真實！  主啊！誰敢不敬畏你，不榮耀你的名呢？因為只有你是神聖的，萬國都要來，在你面前下拜，因為你公義的作為已經顯明出來了。” (Revelation 15:3-4)

*停下来，向神表述你个人的赞美和敬拜之意。*

**认罪悔改**

耶和华在他的圣殿里；

耶和华的宝座在天上；

他的慧眼察看世人。 耶和華在他的聖殿裡，耶和華的寶座在天上，他的眼睛觀看，他的目光察驗世人。 (Psalm 11:4)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

耶和华，我的神啊，我愿敬畏你。遵行他的道，爱他，尽心尽性事奉。“以色列啊，現在耶和華你的　神向你要的是甚麼呢？只要你敬畏耶和華你的　神，行在他的一切道路上，愛他，一心一意事奉耶和華你的　神， (Deuteronomy 10:12)

这不是说我已经得著了，已经完全了；我乃是竭力追求，或者可以得著基督耶稣所以得著我的。弟兄们，我不是以为自己已经得著了；我只有一件事，就是忘记背後，努力面前的，向著标竿直跑，要得神在基督耶稣里从上面召我来得的奖赏。這並不是說我已經得著了，已經完全了，而是竭力追求，好使我可以得著基督耶穌要我得著的。  弟兄們，我不以為自己已經得著了，我只有一件事，就是忘記背後，努力面前，  向著目標竭力追求，為要得著　神在基督耶穌裡召我往上去得的獎賞。 (Philippians 3:12-14)

*停下来，加上你自己个人更新的祷告。*

**祈求仰望**

我们的身体就是圣灵的殿，他住在我们里面，这圣灵是你们从　神那里领受的。我们不是属于自己的， 因为我们是用重价买来的。所以我们务要用自己的身体荣耀　神。你們不知道你們的身體就是那位住在你們裡面的聖靈的殿嗎？這聖靈是你們從　神那裡領受的。你們不是屬於自己的，  因為你們是用重價買來的。所以你們務要用自己的身體榮耀　神。 (1 Corinthians 6:19-20)

*停下来，加上你自己个人的祈求，特别是有关你在基督里的成长：*

更大的渴望认识主和讨他喜悦

更加爱主和委身于他

更多操练体验他的同在的恩典

更多在我的人生里荣耀他的恩典

我今天的各类事项

特别关心的人和事

**彼此代求**

圣灵立我们作全群的监督，我们就当为自己谨慎，也为全群谨慎，牧养神的教会，就是他用自己血所买来的。 聖靈既然立你們為全群的監督，牧養　神用自己的血所贖來的教會，你們就應當為自己謹慎，也為全群謹慎。 (Acts 20:28)

**为教会和服事代求：**

我自己的教会

其他教会

传福音和带门徒的事工

基督教教育事工

特别的关注人和事

**信靠顺服**

原来基督的爱激励我们；因我们想，一人既替众人死，众人就都死了；并且他替众人死，是叫那些活著的人不再为自己活，乃为替他们死而复活的主活。 原來基督的愛催逼著我們，因為我們斷定一個人替眾人死了，眾人就都死了。  他替眾人死了，為的是要使活著的人不再為自己活著，卻為那替他們死而復活的主而活。 (2 Corinthians 5:14-15)

基督既为我们受了咒诅，就赎出我们脱离律法的咒诅；因为经上记著：「凡挂在木头上都是被咒诅的。」 基督替我們受了咒詛，就救贖我們脫離了律法的咒詛，因為經上記著：“凡掛在木頭上的，都是受咒詛的。” (Galatians 3:13)

*停下来，反思这些圣经给我们的确据。*

**献上感恩**

你凭慈爱领了你所赎的百姓；你凭能力引他们到了你的圣所。你要将他们领进去，栽於你产业的山上，耶和华啊，就是你为自己所造的住处；主啊，就是你手所建立的圣所。你憑著慈愛，帶領了你買贖的人民；你憑著能力，引導了他們到你的聖所。  你要把他們領進去，栽種在你產業的山上，耶和華啊，就是在你為自己預備的住處；主啊，就是在你手建立的聖所上。 (Exodus 15:13, 17)

你是耶和华我们的神，曾将我们从埃及地领出来，使我们不作埃及人的奴仆；你也折断我们所负的轭，叫我们挺身而走。」我是耶和華你們的　神，曾經把你們從埃及地領出來，使你們不再作他們的奴僕；我折斷了你們所負的軛，使你們挺身昂首地行走。 (Leviticus 26:13)

*停下来，献上你自己的感恩。*

**结束祷告**

除你以外，在天上我还有谁呢？

除你以外，在地上我也无所爱慕。

我的肉体和我的心肠衰残；

但神是我心里的力量，又是我的福分，直到永远。

远离你的，必要死亡；

凡离弃你行邪淫的，你都灭绝了。

但我亲近神是与我有益；

我以主耶和华为我的避难所，

好叫我述说你一切的作为。 除你以外，在天上，我還有誰呢？除你以外，在地上，我也無所愛慕。  我的肉身和我的內心雖然漸漸衰弱，　神卻永遠是我心裡的磐石，是我的業分。  看哪！遠離你的，必定滅亡；凡是對你不貞的，你都要滅絕。  對我來說，親近　神是美好的，我以主耶和華為我的避難所；我要述說你的一切作為。 (Psalm 73:25-28)

第二日

**敬拜尊崇**

耶和华啊，你的工作何其大！

你的心思极其深！

畜类人不晓得；

愚顽人也不明白。

恶人茂盛如草，

一切作孽之人发旺的时候，

正是他们要灭亡，直到永远。

惟你耶和华是至高，直到永远。耶和華啊！你的工作多麼偉大，你的心思極為深奧。  無理性的人不曉得，愚昧的人不明白這事：  惡人雖好像草一樣繁茂，所有作孽的人雖然興旺，他們都要永遠滅亡。  但你耶和華永遠是至高的。 (Psalm 92:5-8)

你是耶和华，这是你的名；

你必不将你的荣耀归给假神，

也不将你的称赞归给雕刻的偶像。 我是耶和華，這是我的名；我必不把我的榮耀歸給別人，也不把我當受的稱讚歸給雕刻的偶像。 (Isaiah 42:8)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

我们所忍受的，是神管教我们，待我们如同待儿子。焉有儿子不被父亲管教的呢？管教原是众子所共受的，我们若不受管教，就是私子，不是儿子了。

再者，我们曾有生身的父管教我们，我们尚且敬重他，何况万灵的父，我们岂不更当顺服他得生吗？ 為了接受管教，你們要忍受，因為　神待你們好像待兒子一樣；哪有兒子不受父親管教的呢？  作兒子的都受過管教。如果你們沒有受管教，就是私生子，不是兒子了。  還有，肉身的父親管教我們，我們尚且敬重他們；何況那萬靈的父，我們不是更要順服他而得生嗎？ (Hebrews 12:7-9)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他的赦免。*

**恢复更新**

他必兴旺，我必衰微。 他必興旺，我必衰微。 (John 3:30)

「你是真葡萄树，你父是栽培的人。凡属你不结果子的枝子，他就剪去；凡结果子的，他就修理乾净，使枝子结果子更多。我要常在你里面，你也常在我里面。枝子若不常在葡萄树上，自己就不能结果子；我若不常在你里面，也是这样。“我是真葡萄樹，我父是培植的人。  所有屬我而不結果子的枝子，他就剪去；所有結果子的，他就修剪乾淨，讓它結更多的果子。  你們要住在我裡面，我也就住在你們裡面。枝子若不連在葡萄樹上，自己就不能結果子；你們若不住在我裡面，也是這樣。 (John 15:1-2, 4)

*停下来，加上你自己个人更新的祷告。*

**祈求仰望**

帮助我学习亚伯拉罕愿意奉献的榜样，将我的最爱都完全地奉献给你，信靠你的完美的性情和恩约的应许。 　神說：“帶著你的兒子，就是你所愛的獨生子以撒，到摩利亞地去，在我所要指示你的一座山上，把他獻為燔祭。”  亞伯拉罕清早起來，預備好了驢，帶著兩個童僕和自己的兒子以撒，也劈好了獻燔祭用的柴，就起程到　神指示他的地方去。  第三日，亞伯拉罕舉目觀望，遠遠地看見了那地方。  亞伯拉罕對他的童僕說：“你們和驢留在這裡，我與孩子要到那邊去敬拜，然後回到你們這裡來。”  亞伯拉罕把獻燔祭的柴，放在他兒子以撒的身上，自己手裡拿著火與刀。他們二人一起向前走的時候，  以撒問他父親亞伯拉罕說：“爸爸！”亞伯拉罕回答：“我兒！有甚麼事？”以撒說：“你看，火與柴都有了，可是獻燔祭用的羊羔在哪裡呢？”  亞伯拉罕回答：“我兒，　神自己必親自預備獻燔祭用的羊羔。”於是二人繼續一起前行。  他們到了　神指示的地方，亞伯拉罕就在那裡築了一座祭壇，擺好了柴，捆綁了自己的兒子以撒，就把他放在祭壇的柴上。  亞伯拉罕伸手拿刀，要宰殺自己的兒子的時候，  耶和華的使者從天上呼叫亞伯拉罕，說：“亞伯拉罕，亞伯拉罕！”亞伯拉罕回答：“我在這裡。”  天使說：“不可在這孩子身上下手，一點也不可害他；現在我知道你是敬畏　神的了，因為你沒有留下你的獨生子不給我。”  說：“耶和華說：‘我指著自己起誓，你既然作了這事，沒有留下你的獨生子， (Genesis 22:2-12, 16)

**在智慧中长进**

陶冶一个永恒的视野

用真道更新我心意

加添给我人生每个层面所需的技能

我本日的主要工作和活动

特别的关注点

**彼此代求**

愿弟兄姐妹们都喜乐。要作完全人；要受安慰；要同心合意；要彼此和睦。如此，仁爱和平的神必常与我们同在。最後，弟兄們，你們要喜樂，要完全，要受安慰，要同心，要和睦。這樣，施慈愛賜平安的　神必與你們同在。 (2 Corinthians 13:11)

**家庭**

我的家人

我的亲戚

属灵的需要和关心

情感和身体的需要

其他的需要

**信靠顺服**

我要给人，就必有给我的，并且用十足的升斗，连摇带按，上尖下流的倒在我怀里；因为我用什麽量器量给人，也必用什麽量器量给我。要給人，就必有給你們的；並且要用十足的升斗，連按帶搖，上尖下流地倒在你們懷裡；因為你們用甚麼升斗量給人，就必用甚麼升斗量給你們。” (Luke 6:38)

「少种的少收，多种的多收」，这话是真的。各人要随本心所酌定的，不要作难，不要勉强，因为捐得乐意的人是神所喜爱的。神能将各样的恩惠多多的加给我们，使我们凡事常常充足，能多行各样善事。如经上所记：他施舍钱财，济贫穷；他的仁义存到永远。那赐种给撒种的，赐粮给人吃的，必多多加给我们种地的种子，又增添我们仁义的果子； 還有，少種的少收，多種的多收。  各人要照著心裡所決定的捐輸，不要為難，不必勉強，因為捐得樂意的人，是　神所喜愛的。  　神能把各樣的恩惠多多地加給你們，使你們凡事常常充足，多作各樣的善事。  如經上所說：“他廣施錢財，賙濟窮人；他的仁義，存到永遠。”  但那賜種子給撒種的，又賜食物給人吃的　神，必定把種子加倍地供給你們，也必增添你們的義果。 (2 Corinthians 9:6-10)

*停下来，反思这些圣经给我们的确据，带领我们更加信靠。*

**献上感恩**

世上的国成了我主和主基督的国；你要作王，直到永永远远。昔在、今在的主神、全能者啊，我们感谢你！因你执掌大权作王了。 說：“主啊！全能的　神，昔在今在的，我們感謝你！因為你執掌了大權，作王了！ (Revelation 11:17)

以後再没有咒诅；在城里有神和羔羊的宝座；你的仆人都要事奉你，也要见你的面。你的名字必写在我们的额上。不再有黑夜；我们也不用灯光、日光，因为主神要光照我们。我们要与你一同作王，直到永永远远。 所有咒詛都不再有了。城裡有　神和羊羔的寶座，他的僕人都要事奉他，  也要見他的面。他的名字必寫在他們的額上。  不再有黑夜了，他們也不需要燈光或日光了，因為主　神要光照他們。他們要作王，直到永永遠遠。 (Revelation 22:3-5)

*停下来，献上你自己的感恩。*

**结束祷告**

神的名是应当称颂的！从亘古直到永远，

因为智慧能力都属乎你。

你改变时候、日期，

废王，立王，

将智慧赐与智慧人，

将知识赐与聪明人。

你显明深奥隐秘的事，

知道暗中所有的，

光明也与你同居。 (Daniel 2:20-22)

第三日

**敬拜尊崇**

因为耶和华至高者是可畏的；

他是治理全地的大君王。

因为神是全地的王；

你们要用悟性歌颂。

神作王治理万国；

神坐在他的圣宝座上。因為耶和華至高者是可敬畏的，他是統治全地的大君王。  因為　神是全地的王，你們要用詩歌歌頌他。  　神作王統治列國，　神坐在他的聖寶座上。 (Psalm 47:2, 7-8)

你在亲近你的人中要显为圣；在众民面前，你要得荣耀。於是摩西對亞倫說：“這就是耶和華曾經告訴我們的，他說：‘在親近我的人中，我要顯為聖，在眾人面前，我要得榮耀。’”亞倫就默然無語。 (Leviticus 10:3)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

耶和华啊，我听见你的名声就惧怕。

耶和华啊，求你在这些年间复兴你的作为，

在这些年间显明出来；在发怒的时候以怜悯为念。 耶和華啊！我聽見你的聲音，懼怕你的作為；求你在這些年間復興，在這些年間彰顯，發怒的時候以憐憫為懷。 (Habakkuk 3:2)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

不要偏离耶和华，只要尽心事奉他。若偏离耶和华去顺从那不能救人的虚神是无益的。撒母耳對人民說：“不要懼怕！雖然你們行了這一切惡事，只是不可偏離不跟隨耶和華，總要一心事奉他。  不可偏離耶和華，去追隨那些空虛的偶像，因為它們本是空虛的，對人沒有甚麼益處，也不能救人。 (1 Samuel 12:20-21)

情欲的事都是显而易见的，就如奸淫、污秽、邪荡、拜偶像、邪术、仇恨、争竞、忌恨、恼怒、结党、分争、异端、嫉妒、醉酒、荒宴等类。行这样事的人必不能承受神的国。圣灵所结的果子，就是仁爱、喜乐、和平、忍耐、恩慈、良善、信实、温柔、节制。这样的事没有律法禁止。肉體所行的都是顯而易見的，就如淫亂、污穢、邪蕩、  拜偶像、行邪術、仇恨、爭競、忌恨、忿怒、自私、分黨、結派、  嫉妒、醉酒、荒宴，和類似的事。我從前早就告訴過你們，現在又事先告訴你們：行這些事的人，必定不能承受　神的國。  但聖靈的果子是仁愛、喜樂、平安、忍耐、恩慈、良善、信實、  溫柔、節制；這樣的事，是沒有律法禁止的。 (Galatians 5:19-23)

*停下来，加上你自己个人更新的祷告。*

**祈求仰望**

我们祈求，就给我们；寻找，就寻见；我们叩门，就给我们开门。

因为凡祈求的，就得著；寻找的，就寻见；叩门的，就给他开门。

“你們祈求，就給你們；尋找，就尋見；叩門，就給你們開門。  因為凡祈求的就得著，尋找的就尋見，叩門的就給他開門。 我又告訴你們，你們祈求，就給你們；尋找，就尋見；叩門，就給你們開門。  因為所有祈求的就得著，尋找的就尋見，叩門的就給他開門。 (Matthew 7:7-8; Luke 11:9-10)

**属灵的悟性**

在神的话语上进深

认识到我在主的身份

我是谁

我是从哪里来

我要往哪里去

了解神在生命中的目的

我今天的各类活动

特别关注的人和事

**彼此代求**

我在他儿子福音上，用心灵所事奉的神，可以见证我怎样不住的提到你们；

我在傳揚他兒子福音的事上，用心靈事奉的　神，可以作證我是怎樣不斷地記念你們， (Romans 1:9)

**信徒**

主内好友

服事同工

受迫害和有需要的肢体

特别的关注点

**信靠顺服**

不可跪拜那些像，也不可事奉他，因为我耶和华你的神是忌邪的神。恨我的，我必追讨他的罪，自父及子，直到三、四代； 爱我、守我诫命的，我必向他们发慈爱，直到千代。 不可跪拜它們，也不可事奉它們，因為我耶和華你們的　神是忌邪的　神；恨惡我的，我必追討他們的罪，從父親到兒子，直到三四代。  愛我和遵守我誡命的，我必向他們施慈愛，直到千代。 不可跪拜它們，也不可事奉它們，因為我耶和華你們的　神是忌邪的　神；恨惡我的，我必追討他們的罪，從父親到兒子，直到三四代。  愛我和遵守我誡命的，我必向他們施慈愛，直到千代。 (Exodus 20:5-6; Deuteronomy 5:9-10)

神非人，必不至说谎，也非人子，必不至後悔。他说话岂不照著行呢？他发言岂不要成就呢？　神不是人，必不致說謊，也不是人子，必不致後悔。他說話，怎能不作？他發言，怎能不作成？ (Numbers 23:19)

*停下来，反思这些圣经给我们的确据。*

**献上感恩**

我要提说耶和华所行的；我要记念你古时的奇事。

我也要思想你的经营，默念你的作为。

神啊，你的作为是洁净的；有何神大如神呢？

你是行奇事的神；你曾在列邦中彰显你的能力。

你曾用你的膀臂赎了你的民，就是雅各和约瑟的子孙。（细拉）

我要述說耶和華的作為，我要記念你古時所行的奇事。  我要默想你一切所行的，思想你的作為。  　神啊！你的道路是聖潔的，有哪一位神好像我們的　神這樣偉大呢？  你是行奇事的　神，你在萬民中顯明你的能力。  你曾用你的膀臂救贖你的子民，就是雅各和約瑟的子孫。（細拉） (Psalm 77:11-15)

*停下来，献上你自己的感恩。*

**结束祷告**

来啊，我们要向耶和华歌唱，向拯救我们的磐石欢呼！

我们要来感谢他，用诗歌向他欢呼！ 來吧，我們來向耶和華歌唱，向拯救我們的磐石歡呼。  我們要來到他面前稱謝他，用詩歌向他歡呼。 (Psalm 95:1-2)

你们要向耶和华唱新歌！全地都要向耶和华歌唱！

要向耶和华歌唱，称颂他的名！天天传扬他的救恩！

在列邦中述说他的荣耀！在万民中述说他的奇事！ 你們要向耶和華唱新歌，全地都要向耶和華歌唱。  要向耶和華歌唱，稱頌他的名，天天傳揚他的救恩。  要在列國中述說他的榮耀。在萬民中述說他奇妙的作為。 (Psalm 96:1-3)

第四日

**敬拜尊崇**

因耶和华为大，当受极大的赞美；

他在万神之上，当受敬畏。

外邦的神都属虚无，

惟独耶和华创造诸天。

有尊荣和威严在他面前，

有能力和喜乐在他圣所。

民中的万族啊，你们要将荣耀能力归给耶和华，都归给耶和华！

要将耶和华的名所当得的荣耀归给他，拿供物来奉到他面前；

当以圣洁的（的：或作为）妆饰敬拜耶和华。

全地要在他面前战抖，世界也坚定不得动摇。 因為耶和華是偉大的，當受極大的讚美；他當受敬畏，遠在萬神之上。  萬民的偶像算不得甚麼，唯獨耶和華創造諸天。  尊榮和威嚴在他面前，能力和歡樂在他的聖所。  萬族萬民啊，你們要歸給耶和華，要把榮耀和能力歸給耶和華。  要把耶和華的名應得的榮耀歸給他，拿著禮物到他面前來，要以聖潔的裝飾敬拜耶和華。  全地要在他面前戰慄；他使世界堅定，不致搖動。 (1 Chronicles 16:25-30)

你是我父亲以撒所敬畏的神，就是亚伯拉罕的神 如果不是我父親的　神，就是亞伯拉罕的　神，以撒所敬畏的　神，與我同在，你現在必定打發我空手回去。但　神看見了我的苦情和我手中的辛勞，所以他昨天晚上責備了你。” (Genesis 31:42)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

神啊，你是拯救我的神；

求你救我脱离流人血的罪！

我的舌头就高声歌唱你的公义。

主啊，求你使我嘴唇张开，

我的口便传扬赞美你的话！

你本不喜爱祭物，若喜爱，我就献上；

燔祭，你也不喜悦。

神所要的祭就是忧伤的灵；

神啊，忧伤痛悔的心，你必不轻看。 　神啊！你是拯救我的　神，求你救我脫離流人血的罪；我的舌頭就必頌揚你的公義。  主啊！求你開我的嘴，使我的口宣揚讚美你的話。  因為你不喜愛祭物；我就是獻上燔祭，你也不喜悅。  　神所要的祭，就是破碎的靈；　神啊！破碎痛悔的心，你必不輕看。 (Psalm 51:14-17)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

愿我从我的生命中除去偶像，像亚撒那样，让我的心一生对神诚实委身。只是邱壇還沒有從以色列中除掉，但亞撒的心一生都完全忠於耶和華。 (2 Chronicles 15:17)

我当倚靠耶和华而行善，住在地上，以他的信实为粮；又要以耶和华为乐，他就将我心里所求的赐给我。当将我的事交托耶和华，并倚靠他，他就必成全。他要使我的公义如光发出，使我的公平明如正午。我当默然倚靠耶和华，耐性等候他；不要因那道路通达的和那恶谋成就的心怀不平。（Psalm 37:3-7)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not pervert justice, show partiality, or accept a bribe, for a bribe blinds the eyes of the wise and perverts the words of the righteous. 不可屈枉正直，不可徇人的情面，不可收受賄賂，因為賄賂能使智慧人的眼變瞎，也能使義人的話顛倒過來。 (Deuteronomy 16:19)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

We are the fragrance of Christ to God among those who are being saved and among those who are perishing; to the one an aroma from death to death; to the other, an aroma from life to life. And who is sufficient for these things? 因為無論在得救的人或滅亡的人中間，我們都是基督的馨香，是獻給　神的。  對於滅亡的人，這是死亡的氣味叫人死；對於得救的人，這卻是生命的香氣使人活。這些事誰夠資格作呢？ (2 Corinthians 2:15-16)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

There is no one who has left house or brothers or sisters or mother or father or children or fields for Your sake and the gospel’s, who will not receive a hundred times as much in this present age—houses, brothers, sisters, mothers, children and fields, along with persecutions—and in the age to come, eternal life. 凡為我的名撇下房屋、兄弟、姊妹、父母、兒女或田地的，他必得著百倍，並且承受永生。 耶穌說：“我實在告訴你們，人為著我和福音捨棄了房屋、弟兄、姊妹、母親、父親、兒女、田地，  沒有不在今生得百倍──就是房屋、弟兄、姊妹、母親、兒女、田地，同時要受迫害──在來世還要得永生。 (Matthew 19:29; Mark 10:29-30)

If anyone comes to You and does not hate his father and mother, his wife and children, his brothers and sisters—yes, even his own life—he cannot be Your disciple. And whoever does not carry his cross and follow You cannot be Your disciple. “如果有人到我這裡來，愛我不超過愛（“愛我不超過愛”原文作“不恨”）自己的父母、妻子、兒女、兄弟、姊妹，甚至自己的性命，就不能作我的門徒。  凡不背著自己的十字架跟隨我的，也不能作我的門徒。 (Luke 14:26-27)

*停下来，反思这些圣经给我们的确据。*

**献上感恩**

You have loved me with an everlasting love;

You have drawn me with lovingkindness. 耶和華在古時（“在古時”或譯：“從遠處”）曾向以色列（“以色列”按照《馬索拉抄本》應作“我”，現參照《七十士譯本》翻譯）顯現，說：“我以永遠的愛愛你，因此，我對你的慈愛延續不息（“我對你的慈愛延續不息”或譯：“我要以慈愛吸引你”）。 (Jeremiah 31:3)

You led Your people with cords of human kindness,

With bands of love;

You lifted the yoke from their neck

And bent down to feed them. 我用慈繩愛索牽引他們，我待他們像人拉高牛的軛在兩顎之上，又向他們俯身，餵養他們。 (Hosea 11:4)

*停下来，献上你自己的感恩之意*

**结束祷告**

You are the Lord, the God of our fathers—the God of Abraham, the God of Isaac and the God of Jacob. This is Your name forever, the name by which You are to be remembered from generation to generation. 　神又對摩西說：“你要對以色列人這樣說：‘耶和華你們祖宗的　神，就是亞伯拉罕的　神、以撒的　神、雅各的　神，差遣我到你們這裡來；這就是我永久的名字，也是世世代代中我被記念的名字。’ (Exodus 3:15)

I will sing to the Lord, for He is highly exalted.

The Lord is my strength and my song;

He has become my salvation.

He is my God, and I will praise Him,

My father’s God, and I will exalt Him. 那時，摩西和以色列人向耶和華唱了以下這首歌，說：“我要向耶和華歌唱，因為他高高地被高舉起來；他把馬匹和騎馬的投在海中。  耶和華是我的力量，我的詩歌，也成了我的拯救；這是我的　神，我要讚美他；他是我父的　神，我要尊崇他。 (Exodus 15:1-2)

Day 5

**敬拜尊崇**

The Lord my God is God of gods and Lord of lords, the great God, mighty and awesome, who shows no partiality and accepts no bribes. He executes justice for the fatherless and the widow and loves the alien, giving him food and clothing. 因為耶和華你們的　神，他是萬神之神、萬主之主、偉大有力和可畏的　神；他不徇情面，也不受賄賂。  他為孤兒寡婦伸張正義，又把衣食給寄居的人。 (Deuteronomy 10:17-18)

My soul magnifies the Lord

And my spirit rejoices in God my Savior,

For the Mighty One has done great things for me,

And holy is His name.

His mercy is on those who fear Him,

From generation to generation. 馬利亞說：“我心尊主為大，  我靈以　神我的救主為樂，  全能者為我行了大事，他的名為聖；  他的憐憫世世代代歸與敬畏他的人。 (Luke 1:46-47, 49-50)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

God’s eyes are on the ways of a man,

And He sees all his steps.

There is no darkness or deep shadow

Where the workers of iniquity can hide.

He does not need to examine a man further,

That he should go before God in judgment. 　神的眼看顧人的道路，察看他每一步，  沒有黑暗，又沒有死蔭的地方，可以給作孽的在那裡藏身。  　神不必進一步鑒察人，使人到他面前去受審判。 (Job 34:21-23)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I flee from sexual immorality. All other sins a man commits are outside his body, but the immoral person sins against his own body. 你們要逃避淫亂的事。人所犯的，無論是甚麼罪，都是在身體以外，唯有行淫亂的，是觸犯自己的身體。 (1 Corinthians 6:18)

May I not set my heart on evil things, or be an idolater, or commit sexual immorality. 這些事都是我們的鑒戒，叫我們不要貪戀惡事，像他們那樣。  你們也不可拜偶像，像他們有些人那樣；正如經上所記：“人民坐下吃喝，起來玩樂。”  我們也不可淫亂，像他們有些人那樣，一天就死了二萬三千人。 (1 Corinthians 10:6-8)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Let me hear Your unfailing love in the morning,

For I have put my trust in You.

Show me the way I should walk,

For to You I lift up my soul. 求你使我清晨得聞你的慈愛，因為我倚靠你。求你指示我當走的路，因為我的心仰望你。 (Psalm 143:8)

忠心的管家

时间

才能

金钱

真理

关系

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I honor all people, love the brotherhood of believers, fear God, and honor the king. 要尊重眾人，愛護弟兄，敬畏　神，尊敬君王。 (1 Peter 2:17)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

All Scripture is God-breathed and is useful for teaching, for reproof, for correction, for training in righteousness, that the man of God may be thoroughly equipped for every good work. 全部聖經都是　神所默示的，在教訓、責備、矯正和公義的訓練各方面，都是有益的，  為要使屬　神的人裝備好，可以完成各樣的善工。 (2 Timothy 3:16-17)

We have the prophetic word made more certain, to which I will do well to pay attention, as to a light shining in a dark place, until the day dawns and the morning star rises in my heart. 我們還有先知的話，是更確實的。你們要特別注意它，好像注意照在暗處的明燈，直到天將破曉，晨星在你們心裡出現的時候。 (2 Peter 1:19)

*停下来，反思这些圣经给我们的确据。*

**感恩**

The Lord my God is the faithful God, who keeps His covenant and His lovingkindness to a thousand generations of those who love Him and keep His commands. 所以你要知道耶和華你的　神，他是　神，是信實可靠的　神；他向愛他和守他誡命的人，守約並且施慈愛，直到千代。 (Deuteronomy 7:9)

I will tell of the lovingkindnesses of the Lord,

The praises of the Lord,

According to all the Lord has done for us,

And the great goodness toward the house of Israel,

Which He has bestowed on them according to His mercies,

And according to the multitude of His lovingkindnesses. 我照著耶和華為我們所作的一切，提說耶和華的慈愛，耶和華可稱頌的事，和他賜給以色列家的大福，就是照著他的憐憫和豐盛的慈愛為他們作成的。 (Isaiah 63:7)

*停下来，献上你自己的感恩之意*

**结束祷告**

I know that my Redeemer lives

And that in the end He will stand upon the earth.

And after my skin has been destroyed,

Yet in my flesh I will see God;

Whom I myself will see

And behold with my own eyes and not another.

How my heart yearns within me! 我知道我的救贖主活著，最後他必在地上興起。  我的皮肉遭受毀壞以後，這事就要發生，我必在肉體以外得見　神。  我必見他在我身邊，我要親眼見他，並非外人，我的心腸在我裡面渴想極了。 (Job 19:25-27)

God is exalted beyond our understanding;

The number of His years is unsearchable. 　神為至大，我們不能了解，他的年數，無法測度。 (Job 36:26)

Day 6

**敬拜尊崇**

Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are Your judgments, and Your ways past finding out!

For who has known the mind of the Lord?

Or who has been Your counselor?

Or who has first given to You,

That You should repay him?

For from You and through You and to You are all things. To You be the glory forever! Amen. 　神的豐富、智慧和知識，是多麼高深啊！他的判斷是多麼難測，他的道路是多麼難尋！  “誰知道主的心意，誰作過他的參謀？”  “誰先給了他，以致他要償還呢？”  因為萬有都是本於他，倚靠他，歸於他。願榮耀歸給他，直到永遠。阿們。 (Romans 11:33-36)

Hallelujah! Salvation and glory and power belong to our God, because His judgments are true and righteous. 這些事以後，我聽見天上好像有一大群人大聲說：“哈利路亞！救恩、榮耀、權能都屬於我們的　神，  因為他的審判是真實公義的。他審判了那大淫婦，那以淫亂敗壞了世界的；並且為他的僕人向淫婦伸了流血的冤。” (Revelation 19:1-2)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

The Lord your God is gracious and compassionate, and He will not turn His face from you if you return to Him. 如果你們是歸向耶和華，你們的親族和兒女就必在俘擄他們的人面前蒙憐憫，可以返回這地；因為耶和華你們的　神是有恩惠有憐憫；如果你們歸向他，他必不轉臉不顧你們。” (2 Chronicles 30:9)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Like Josiah, may I do what is right in the sight of the Lord, walking in the ways of David and not turning aside to the right or to the left. 約西亞登基的時候是八歲；他在耶路撒冷作王共三十一年。  他行耶和華看為正的事，效法他先祖大衛所行的，不偏左，也不偏右。 (2 Chronicles 34:1-2)

Like Josiah, give me a tender and responsive heart, so that I will humble myself before You when I hear Your word. 因為你聽了我指著這地方和這裡的居民所說的話，就心裡感動，在　神面前謙卑；你既然在我的面前謙卑，又撕裂衣服，在我的面前哭泣，所以我就垂聽你的禱告；這是耶和華的宣告。 (2 Chronicles 34:27)

May I walk in the steps of Jesus, who often withdrew to lonely places and prayed. 次日凌晨，天還沒有亮，耶穌起身出去，來到荒野的地方，在那裡禱告。 耶穌卻退到曠野去禱告。 (Mark 1:35; Luke 5:16)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May my conscience testify that I have conducted myself in the world in the holiness and sincerity that are from God, not in fleshly wisdom but in the grace of God, especially in my relations with others. 我們引以為榮的，就是我們處世為人，是本著　神的聖潔和真誠，不是靠著人的聰明，而是靠著　神的恩典，對你們更是這樣，這是我們的良心可以作證的。 (2 Corinthians 1:12)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Remember us, O my God, and do not blot out what we have done in Your name. Remember us, O my God, for good. “我的　神啊，求你因這事記念我，不要塗抹我為我　神的殿和一切敬拜的禮儀所行的忠誠的事。”  我又指派人按時供應木柴和奉獻初熟之物。“我的　神啊，求你記念我，施恩給我。” (Nehemiah 13:14, 31)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

The hour is coming and now is, when true worshipers will worship the Father in spirit and truth, for the Father is seeking such to worship Him. God is spirit, and those who worship Him must worship in spirit and truth. 然而時候將到，現在就是了，那用心靈按真理敬拜父的，才是真正敬拜的人；因為父在尋找這樣敬拜他的人。  　神是靈，敬拜他的必須用心靈按真理敬拜他。” (John 4:23-24)

Those who obey Christ’s commandments abide in Him, and He in them. And this is how I know that He abides in me: by the Spirit whom He has given me. 凡是遵守　神命令的，就住在　神裡面，　神也住在他裡面。憑著　神所賜給我們的聖靈，我們就可以知道　神住在我們裡面。 (1 John 3:24)

*停下来，反思这些圣经给我们的确据。*

**感恩**

We know the grace of our Lord Jesus Christ, that though He was rich, yet for our sakes He became poor, that we through His poverty might become rich. 你們是知道我們的主耶穌基督的恩典的：他本來富足，卻為你們成了貧窮，要使你們因他的貧窮成為富足。 (2 Corinthians 8:9)

Thanks be to God for His indescribable gift! 感謝　神，他的恩賜難以形容。 (2 Corinthians 9:15)

*停下来，献上你自己的感恩之意*

**结束祷告**

I will not fear, for You are with me;

I will not be dismayed, for You are my God.

You will strengthen me and help me;

You will uphold me with Your righteous right hand.

For You are the Lord my God, who takes hold of my right hand

And says to me, “Do not fear; I will help you.” 不要懼怕，因為我與你同在；不要四處張望，因為我是你的　神，我必堅固你，我必幫助你；我必用公義的右手扶持你。  因為我，耶和華你們的　神，緊握著你的右手，對你說：“不要懼怕，我必幫助你。” (Isaiah 41:10, 13)

I call this to mind,

And therefore I have hope:

The Lord’s mercies never cease,

For His compassions never fail.

They are new every morning;

Great is Your faithfulness. 但我的心一想起下面這件事，我就有指望。  耶和華的慈愛永不斷絕，他的憐憫永不止息。  每天早晨都是新的；你的信實多麼廣大！ (Lamentations 3:21-23)

Day 7

**敬拜尊崇**

The Lord my God is God in the heavens above and in the earth below. 我們聽見了，就都心裡驚怕；沒有一人再有勇氣在你們面前站立；因為耶和華你們的　神是天上、也是地上的　神。 (Joshua 2:11)

The Lord stretches out the north over empty space;

He suspends the earth on nothing. 他把北極鋪在空間，把地球掛在太空。 (Job 26:7)

He who made the Pleiades and Orion

And turns deep darkness into morning

And darkens day into night,

Who calls for the waters of the sea

And pours them out over the face of the earth—

The Lord is His name. 那創造昴星和參星，把幽暗變為黎明，把白日轉為黑夜；又吩咐海水，把海水倒在地上的；耶和華就是他的名。 (Amos 5:8)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Let the power of my Lord be great, just as You have spoken, saying, “The Lord is slow to anger and abounding in mercy, forgiving iniquity and transgression.” 現在求主大發能力，照著你說過的話：  ‘耶和華不輕易發怒，且有豐盛的慈愛；他赦免罪孽和過犯；絕不以有罪的為無罪，必追討罪孽，自父到子，直到三四代。’ (Numbers 14:17-18)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May the name of the Lord Jesus be magnified in my life. 所有住在以弗所的猶太人和希臘人，都知道這件事；大家都懼怕，尊主耶穌的名為大。 (Acts 19:17)

In view of God’s mercy, may I present my body as a living sacrifice, holy and pleasing to God, which is my reasonable service. 所以弟兄們，我憑著　神的仁慈勸你們，要把身體獻上，作聖潔而蒙　神悅納的活祭；這是你們理所當然的事奉。 (Romans 12:1)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I do no injustice in judgment, nor show partiality to the poor or favoritism to the great, but judge my neighbor fairly. “你們審判的時候，不可行不義；不可偏袒窮人，也不可偏幫有權勢的人；只要按著公義審判你的鄰舍。 (Leviticus 19:15)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

O Lord, be gracious to us; we have hoped in You.

Be our strength every morning,

Our salvation in time of distress. 耶和華啊！求你施恩給我們；我們等候你。每天早晨，願你作我們的膀臂，在遭難的時候，作我們的拯救。 (Isaiah 33:2)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

Blessed is the man who finds wisdom,

And the man who gains understanding,

For its profit is greater than that of silver,

And its gain than fine gold.

She is more precious than jewels,

And nothing I desire can compare with her.

Long life is in her right hand;

In her left hand are riches and honor.

Her ways are pleasant ways,

And all her paths are peace.

She is a tree of life to those who embrace her,

And happy are those who hold her fast. 得著智慧，獲致聰明的人，是有福的。  因為智慧的利潤勝過銀子的利潤，智慧的收益勝過黃金的收益。  智慧比紅寶石更寶貴；你一切所喜愛的，都不足與智慧比較。  智慧的右手有長壽，左手有財富和尊榮。  智慧的道路盡是歡悅，智慧的路徑全是平安。  對緊握智慧的人來說，智慧是生命樹，凡是緊抓智慧的，都是有福的。 (Proverbs 3:13-18)

Wisdom is foremost; therefore I will get wisdom,

And though it costs all I have, I will get understanding.

I will esteem her, and she will exalt me;

I will embrace her, and she will honor me. 智慧的開端（“智慧的開端”或譯：“智慧是首要的”）是求取智慧，要用你所得的一切換取哲理。  你要高舉智慧，智慧就必使你高升；你要懷抱智慧，智慧就必使你得尊榮。 (Proverbs 4:7-8)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Has any other people heard the voice of God speaking out of the midst of the fire, as the children of Israel have, and lived? Has any god ever tried to take for himself one nation from the midst of another nation, by trials, by miraculous signs and wonders, by war, by a mighty hand and an outstretched arm, and by great and awesome deeds, like all the things the Lord God did for Israel in Egypt before their very eyes? The Israelites were shown these things so that they might know that the Lord, He is God; there is no other besides Him. Out of heaven You made the children of Israel hear Your voice to discipline them. On earth You showed them Your great fire, and they heard Your words out of the midst of the fire. Because You loved their fathers, You chose their descendants after them, and You brought them out of Egypt by Your presence and Your great power; You drove out from before the Israelites nations greater and mightier than they, to bring them in and to give them their land as an inheritance. 有沒有一個民族聽見　神在火中說話的聲音，像你聽見的一樣，還能活著呢？  有沒有一位神嘗試藉著試驗、神蹟、奇事、戰爭、大能的手和伸出來的膀臂，以及大而可畏的事，把一國的人民從別的國中領出來，像耶和華你們的　神在埃及，在你們面前為你們所作的一切事呢？  這是要顯明給你看，使你知道，只有耶和華是　神；除了他以外，再沒有別的神。  他從天上使你聽見他的聲音，為要教導你；又在地上使你看見他的大火，並且叫你聽到他從火中所說的話。  因為他愛你的列祖，所以才揀選了他們的後裔，用大能親自把你從埃及領出來，  為要把比你大比你強的民族，從你面前趕走，然後領你進去，把他們的地賜給你作產業，像今日一樣。 (Deuteronomy 4:33-38)

*停下来，献上你自己的感恩之意*

**结束祷告**

Lord Jesus, I have nowhere else to go; You have the words of eternal life. I believe and know that You are the Holy One of God. 西門．彼得回答：“主啊，你有永生之道，我們還跟從誰呢？  我們已經相信，並且知道你是　神的聖者。” (John 6:68-69)

You are the resurrection and the life. He who believes in You will live, even though he dies, and whoever lives and believes in You will never die. 耶穌說：“我就是復活和生命；信我的人，雖然死了，也要活著。  所有活著又信我的人，必定永遠不死，你信這話嗎？” (John 11:25-26)

Day 8

**敬拜尊崇**

You, the Lord, alone have declared

What is to come from the distant past.

There is no God apart from You,

A righteous God and a Savior;

There is none besides You.

You are God, and there is no other. 你們述說吧！提出理由吧！讓他們彼此商議吧！誰從古時使人聽見這事呢？誰從上古把這事述說出來呢？不是我耶和華嗎？除了我以外，再沒有　神，我是公義的　神，又是拯救者；除了我以外，並沒有別的　神。  全地的人哪！你們都要歸向我，都要得救。因為我是　神，再沒有別的　神。 (Isaiah 45:21-22)

You are my hope, O Lord God;

You are my trust from my youth.

As for me, I will always have hope;

I will praise You more and more. 因為你是我的盼望；主耶和華啊！你是我自幼以來所倚靠的。  至於我，我要常常仰望你，要多多讚美你。 (Psalm 71:5, 14)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

You are not a God who takes pleasure in wickedness;

Evil cannot dwell with You. 因為你是不喜愛邪惡的　神，惡人不能與你同住。 (Psalm 5:4)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Like Enoch, may I walk with God. 以諾和　神同行，所以　神把他取去，他就不在了。 (Genesis 5:24)

Like Noah, may I find favor in the eyes of the Lord. 只有挪亞在耶和華眼前蒙恩。 (Genesis 6:8)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I consider the members of my earthly body as dead to immorality, impurity, passion, evil desires, and greed, which is idolatry. Because of these, the wrath of God is coming, and in them I once walked when I lived in them. 所以要治死你們在地上的肢體，就如淫亂、污穢、邪情、惡慾和貪心，貪心就是拜偶像。  因著這些事，　神的忿怒必要臨到悖逆的人（有些抄本無“悖逆的人”）。  你們從前在其中生活的時候，也曾經這樣行過。 (Colossians 3:5-7)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Just as we have many members in one body, but all the members do not have the same function, so we who are many are one body in Christ and individually members of one another. And we have different gifts, according to the grace given to us. 就像一個身體有許多肢體，各肢體都有不同的功用；  照樣，我們大家在基督裡成為一個身體，也是互相作肢體。  照著所賜給我們的恩典，我們各有不同的恩賜：說預言的，就應當照著信心的程度去說； (Romans 12:4-6)

教会和事工

我的地方教会

其他教会

传福音和门徒训练的事工

教育事工

特别的关心

**信靠顺服**

I believe that it is through the grace of our Lord Jesus that I am saved. 我們相信，我們得救是藉著主耶穌的恩，和他們也是一樣。” (Acts 15:11)

I trusted in Christ when I heard the word of truth, the gospel of my salvation. Having believed, I was sealed in Him with the Holy Spirit of promise, who is a deposit guaranteeing my inheritance until the redemption of those who are God’s possession, to the praise of His glory. 你們既然聽了真理的道，就是使你們得救的福音，也信了基督，就在他裡面受了所應許的聖靈作為印記。  這聖靈是我們得基業的憑據，直到　神的產業得贖，使他的榮耀得著頌讚。 (Ephesians 1:13-14)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will sing of the mercies of the Lord forever;

With my mouth I will make Your faithfulness known through all generations.

I will declare that Your lovingkindness will be built up forever,

That You will establish Your faithfulness in the heavens.

And the heavens will praise Your wonders, O Lord,

Your faithfulness also in the assembly of the holy ones.

For who in the heavens can be compared with the Lord?

Who is like the Lord among the sons of the mighty?

God is greatly feared in the council of the holy ones

And more awesome than all who surround Him.

O Lord God of hosts, who is like You, O mighty Lord?

Your faithfulness also surrounds You. 我要永遠歌唱耶和華的慈愛，世世代代用口傳揚你的信實。  我要說：“你的慈愛必永遠建立；你的信實，你必堅立在天上。  耶和華啊！諸天要稱頌你的奇事；在聖者的會中，你的信實也要被稱頌。  在天上，誰能和耶和華相比呢？在全能者的眾子中，誰能像耶和華呢？  在聖者的議會中，　神是令人驚懼的，比一切在他周圍的都更為可畏。  耶和華萬軍之　神啊！有誰像你？耶和華啊！你是大能的，你的信實在你的周圍。 (Psalm 89:1-2, 5-8)

*停下来，献上你自己的感恩之意*

**结束祷告**

You are the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is Your flesh, which You have given for the life of the world. 我就是從天上降下來生命的食物，人若吃了這食物，就必活到永遠。我要賜的食物就是我的肉，是為了世人的生命而賜的。” (John 6:51)

You are the light of the world. He who follows You will not walk in the darkness but will have the light of life. 耶穌又對眾人說：“我是世界的光，跟從我的，必定不在黑暗裡走，卻要得著生命的光。” (John 8:12)

Day 9

**敬拜尊崇**

Lord, You have been our dwelling place throughout all generations.

Before the mountains were born

Or You brought forth the earth and the world,

From everlasting to everlasting, You are God.

You turn men back into dust,

And say, “Return, O children of men.”

For a thousand years in Your sight

Are like yesterday when it passes by

Or like a watch in the night. 主啊！你世世代代作我們的居所。（本節在《馬索拉抄本》包括細字標題）  群山尚未生出，大地和世界你未曾造成，從永遠到永遠，你是　神。  你使人歸回塵土，說：“世人哪！你們要歸回塵土。”  在你看來，千年好像剛過去了的昨天，又像夜裡的一更。 (Psalm 90:1-4)

Jesus Christ is the same yesterday, today, and forever. 耶穌基督昨天、今天、一直到永遠都是一樣的。 (Hebrews 13:8)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

God fashions the hearts of all

And understands all their works. 他是那創造眾人的心，了解他們一切作為的。 (Psalm 33:15)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Has a nation changed its gods

Which were not gods?

But my people have exchanged their Glory

For that which is worthless.

By Your grace may I not forsake You,

The fountain of living waters,

To dig my own cisterns,

Broken cisterns that can hold no water. 有哪一國把自己的神換掉呢？其實那些並不是神。我的子民竟把他們的榮耀，換了無益的偶像。  “因為我的子民作了兩件惡事，就是離棄了我這活水的泉源，為自己鑿了池子，是破裂不能存水的池子。 (Jeremiah 2:11, 13)

As one who shares in the heavenly calling, may I fix my thoughts on Jesus, the Apostle and High Priest of my 认罪悔改. 因此，同蒙天召的聖潔的弟兄啊！你們應該想想耶穌，就是作使徒、作我們所宣認的大祭司的那一位。 (Hebrews 3:1)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be strong and courageous, being careful to obey Your word; may I not turn from it to the right or to the left, that I may act wisely wherever I go. 你只要堅強，十分勇敢，謹守遵行我僕人摩西吩咐你的一切律法，不可偏離左右，好使你無論到哪裡去，都可以亨通。 (Joshua 1:7)

增长智慧

发展一个永恒的视野

用真理更新我的胸懷

生活各方面更有技巧

我今天的各类活动, 特别关注的人和事

**彼此代求**

We should bear with one another in love and make every effort to keep the unity of the Spirit in the bond of peace. 凡事謙虛、溫柔、忍耐，用愛心彼此寬容；  以和睦聯繫，竭力持守聖靈所賜的合一。 (Ephesians 4:2-3)

家庭

我的家庭

我的亲人

灵魂的关怀

情感和身体的关心

别的关心

**信靠顺服**

Naked I came from my mother’s womb,

And naked I will depart.

The Lord gives, and the Lord takes away;

Blessed be the name of the Lord. 說：“我赤身出於母胎，也必赤身歸去。賞賜的是耶和華，收回的也是耶和華；耶和華的名是應當稱頌的。” (Job 1:21)

Godliness with contentment is great gain. For I brought nothing into the world, and I can take nothing out of it. But if I have food and clothing, with these I will be content. 其實敬虔而又知足，就是得大利的途徑，  因為我們沒有帶甚麼到世上來，也不能帶甚麼去。  只要有衣有食，就應當知足。 (1 Timothy 6:6-8)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I called to the Lord in my distress,

And He answered me.

From the depths of the grave, I called for help,

And You heard my voice. 說：“我從患難中求告耶和華，他就應允我；我從陰間的深府呼求，你就垂聽我的聲音。 (Jonah 2:2)

I will exult in the Lord;

I will rejoice in the God of my salvation.

The Lord God is my strength;

He makes my feet like the feet of a deer

And enables me to go on the heights. 我卻要因耶和華歡喜，以救我的　神為樂。  主耶和華是我的力量，他使我的腳快如母鹿的蹄，在高地上行走。交詩班長，用絲弦的樂器伴奏。 (Habakkuk 3:18-19)

*停下来，献上你自己的感恩之意*

**结束祷告**

You are the door; whoever enters through You will be saved and will come in and go out and find pasture. The thief comes only to steal and kill and destroy; You have come that we may have life and have it abundantly. 我就是門，如果有人藉著我進來，就必定得救，並且可以出、可以入，也可以找到草場。  賊來了，不過是要偷竊、殺害、毀壞；我來了，是要使羊得生命，並且得的更豐盛。 (John 10:9-10)

Your sheep hear Your voice, and You know them, and they follow You. You give them eternal life, and they shall never perish; no one can snatch them out of Your hand. The Father, who has given them to You, is greater than all; no one can snatch them out of the Father’s hand. You and the Father are one. 我的羊聽我的聲音，我也認識他們，他們也跟隨我。  我賜給他們永生，他們永不滅亡，誰也不能把他們從我手裡奪去。  那位把羊群賜給我的父比一切都大，也沒有人能把他們從我父的手裡奪去。  我與父原為一。” (John 10:27-30)

Day 10

**敬拜尊崇**

I will exalt You, my God and King;

I will bless Your name for ever and ever.

Every day I will bless You,

And I will praise Your name for ever and ever.

Great is the Lord and most worthy of praise;

His greatness is unsearchable. 我的　神，我的王啊！我要尊崇你，（本節在《馬索拉抄本》包括細字標題）我要永永遠遠稱頌你的名。  我要天天稱頌你，我要永永遠遠讚美你的名。  耶和華是至大的，配受極大的讚美，他的偉大無法測度。 (Psalm 145:1-3)

Out of the north He comes in golden splendor;

With God is awesome majesty.

The Almighty is beyond our reach;

He is exalted in power

And in His justice and great righteousness,

He does not oppress. 金光來自北方，在　神的周圍有可怕的威嚴。  論到全能者，我們無法把他查出；他大有能力與公平，又滿有公義，他必不苦待人。 (Job 37:22-23)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

God will not always strive with us,

Nor will He harbor His anger forever;

He does not treat us as our sins deserve

Or repay us according to our iniquities.

For as high as the heavens are above the earth,

So great is His love for those who fear Him;

As far as the east is from the west,

So far has He removed our transgressions from us.

As a father has compassion on his children,

So the Lord has compassion on those who fear Him. 他不長久責備，也不永遠懷怒。  他沒有按著我們的罪過待我們，也沒有照著我們的罪孽報應我們。  天離地有多高，他的慈愛向敬畏他的人也有多大。  東離西有多遠，他使我們的過犯離我們也有多遠。  父親怎樣憐恤兒子，耶和華也照樣憐恤敬畏他的人； (Psalm 103:9-13)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I let the fear of the Lord be upon me, and be careful in what I do, for with the Lord my God there is no injustice or partiality or bribery. 現在你們要敬畏耶和華；你們要謹慎行事，因為耶和華我們的　神沒有不義，不偏待人，也不受賄賂。” (2 Chronicles 19:7)

May I meditate on Your precepts

And consider Your ways.

May I delight in Your statutes,

And not forget Your word.

Deal bountifully with Your servant,

That I may live and keep Your word.

Open my eyes that I may see

Wonderful things from Your law. 我要默想你的訓詞，重視你的道路。  我喜愛你的律例，我不會忘記你的話。  求你恩待你的僕人，使我可以活著，也可以謹守你的話。  求你開我的眼睛，使我能看出你律法的奇妙。 (Psalm 119:15-18)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not enter the path of the wicked

Or walk in the way of evil men. 不可走進惡人的路徑，不可踏上壞人的道路。 (Proverbs 4:14)

灵命的洞察

对神的话的理解和洞察

理解我在基督里的身份

我是谁

我从哪里来

我要去哪里

理解我生命中神的目的

我今天的各类活动, 特别关注的人和事

**彼此代求**

The Spirit helps me in my weakness, for I do not know what I ought to pray for, but the Spirit Himself intercedes for me with groans that words cannot express. And He who searches the hearts knows the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. 照樣，聖靈也在我們的軟弱上幫助我們。原來我們不曉得應當怎樣禱告，但聖靈親自用不可言喻的歎息，替我們祈求。  那鑒察人心的，曉得聖靈的心意，因為聖靈照著　神的旨意替聖徒祈求。 (Romans 8:26-27)

信徒

个人朋友

事工中的信徒

那些受到压迫和有需要的

特别关心的

**信靠顺服**

Jesus rejoiced in the Holy Spirit, and said, “I praise You, Father, Lord of heaven and earth, because You have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was well-pleasing in Your sight. All things have been delivered to Me by My Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal Him.” 就在那時候，耶穌說：“父啊，天地的主，我讚美你，因為你把這些事向智慧和聰明的人隱藏起來，卻向嬰孩顯明。  父啊，是的，這就是你的美意。  我父已經把一切交給我；除了父沒有人認識子，除了子和子所願意啟示的人，沒有人認識父。 就在這時候，耶穌因聖靈而歡樂，說：“父啊，天地的主，我讚美你，因為你把這些事向智慧和聰明的人隱藏起來，卻向嬰孩顯明。父啊，是的，這就是你的美意。  我父已經把一切交給我；除了父沒有人知道子是誰，除了子和子所願意啟示的人，也沒有人知道父是誰。” (Matthew 11:25-27; Luke 10:21-22)

The foolishness of God is wiser than men, and the weakness of God is stronger than men. But God chose the foolish things of the world to shame the wise, and God chose the weak things of the world to shame the strong; and the lowly things of this world and the despised things God has chosen, and the things that are not, to nullify the things that are, so that no one may boast before Him. 因為　神的愚笨總比人智慧，　神的軟弱總比人剛強。  但是　神卻揀選了世上愚笨的，使那些有智慧的羞愧。他也揀選了世上軟弱的，使那些剛強的羞愧。  他也揀選了世上卑賤的和被人輕視的，以及算不得甚麼的，為了要廢棄那些自以為是的，  使所有的人在　神面前都不能自誇。 (1 Corinthians 1:25, 27-29)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Rejoice greatly, O daughter of Zion!

Shout, O daughter of Jerusalem!

Behold, Your King is coming to you;

He is just and having salvation,

Humble and riding on a donkey,

On a colt, the foal of a donkey.

He will proclaim peace to the nations;

His dominion will extend from sea to sea

And from the River to the ends of the earth. 錫安的居民哪！要大大喜樂。耶路撒冷的居民（“居民”原文作“女子”）哪！應當歡呼。看哪！你的王來到你這裡了，他是公義的，是得勝的。他又是溫柔的，他騎著驢，騎的是小驢。  我必從以法蓮除掉戰車，從耶路撒冷除掉戰馬。爭戰的弓必被除掉，他要向列國宣講和平。他的統治權必從這海延伸到那海，從幼發拉底河直到地極。 (Zechariah 9:9-10)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord bless you and keep you;

The Lord make His face shine upon you

And be gracious to you;

The Lord turn His face toward you

And give you peace. 願耶和華賜福你，保護你；  願耶和華使他的臉光照你，賜恩給你；  願耶和華敞臉垂顧你，賜你平安。’ (Numbers 6:24-26)

Day 11

**敬拜尊崇**

O Lord, God of Israel, there is no God like You in heaven above or on earth below; You keep Your covenant and mercy with Your servants who walk before You with all their heart. 禱告說：“耶和華以色列的　神啊，天上地下沒有別的神像你；你對一心在你面前行事為人的僕人守約施慈愛。 說：“耶和華以色列的　神啊，天上地下沒有神可以和你相比的，你向那些一心行在你面前的僕人，常是守約施慈愛的； (1 Kings 8:23; 2 Chronicles 6:14)

I know that You alone, whose name is the Lord,

Are the Most High over all the earth. 使他們知道只有你的名是耶和華，唯有你是掌管全地的至高者。 (Psalm 83:18)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

A person’s wickedness will punish him;

His backsliding will reprove him.

I know therefore and see that it is evil and bitter

To forsake the Lord my God

And have no fear of Him. 你自己的罪惡要懲罰你，你背道的事必責備你。你當知道，也要明白，離棄耶和華你的　神，沒有畏懼我的心，是邪惡的，是痛苦的。”這是主萬軍之耶和華的宣告。 (Jeremiah 2:19)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I be anxious for nothing, but in everything by prayer and 个人祈求 with 感恩, may I let my requests be known to God. And the peace of God, which transcends all understanding, will guard my heart and my mind in Christ Jesus. 應當毫無憂慮，只要凡事藉著禱告祈求，帶著感恩的心，把你們所要的告訴　神。  這樣，　神所賜超過人能了解的平安，必在基督耶穌裡，保守你們的心思意念。 (Philippians 4:6-7)

May I prepare my mind for action and be self-controlled, setting my hope fully on the grace to be brought to me at the revelation of Jesus Christ. 所以要準備好你們的心，警醒謹慎，專心盼望耶穌基督顯現的時候所要帶給你們的恩典。 (1 Peter 1:13)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not be ashamed to testify about our Lord, but join with others in suffering for the gospel according to the power of God. 所以，不要以給我們的主作見證當作羞恥，也不要以我這為主被囚的當作羞恥，卻要為了福音的緣故，靠著　神的大能，與我同受磨難。 (2 Timothy 1:8)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God. 這些不信的人被這世代的神弄瞎了他們的心眼，使他們看不見基督榮耀的福音的光；基督就是　神的形象。 (2 Corinthians 4:4)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

Christ has been raised from the dead, the firstfruits of those who have fallen asleep. For since death came through a man, the resurrection of the dead comes also through a Man. For as in Adam all die, so in Christ all will be made alive. But each in his own order: Christ, the firstfruits; afterward, those who are Christ’s at His coming. Then the end will come, when He delivers the kingdom to God the Father, when He has abolished all rule and all authority and power. For He must reign until He has put all His enemies under His feet. The last enemy that will be destroyed is death. 現在基督已經從死人中復活，成為睡了的人初熟的果子。  死既藉著一人而來，死人復活也藉著一人而來。  在亞當裡眾人都死了，照樣，在基督裡眾人也都要復活；  只是各人要按著自己的次序：初熟的果子是基督，以後，在他來的時候，是那些屬基督的人。  再後，末期到了的時候，基督把所有的統治者、掌權者和有能者都毀滅了，就把國度交給父　神。  因為基督必要作王，直到　神把所有的仇敵都放在他的腳下。  最後要毀滅的仇敵就是死， (1 Corinthians 15:20-26)

The first man is of the dust of the earth; the second Man is from heaven. As was the earthly man, so are those who are of the earth; and as is the Man from heaven, so also are those who are of heaven. And just as we have borne the image of the earthly man, so shall we bear the likeness of the heavenly Man. 第一個人是出於地，是屬土的；第二個人是出於天。  那屬土的怎樣，所有屬土的也都怎樣；屬天的怎樣，所有屬天的也都怎樣。  我們既然有了屬土的形象，將來也必有屬天的形象。 (1 Corinthians 15:47-49)

*停下来，反思这些圣经给我们的确据。*

**感恩**

The Son of Man did not come to be served, but to serve, and to give His life as a ransom for many. 正如人子來，不是要受人的服事，而是要服事人，並且要捨命，作許多人的贖價。” (Matthew 20:28)

Jesus took bread, gave thanks, and broke it, and gave it to His disciples, saying, “Take and eat; this is My body.” Then He took the cup, gave thanks, and offered it to them, saying, “Drink from it, all of you. This is My blood of the new covenant, which is poured out for many for the forgiveness of sins.” 他們吃的時候，耶穌拿起餅來，祝謝了就擘開，遞給門徒，說：“你們拿去吃吧，這是我的身體。”  耶穌又拿起杯來，祝謝了就遞給他們，說：“你們都喝吧，  這是我的血，是為立約的，為許多人流出來，使罪得赦。 (Matthew 26:26-28)

*停下来，献上你自己的感恩之意*

**结束祷告**

I will arise and bless the Lord, my God,

Who is from everlasting to everlasting.

Blessed be Your glorious name,

Which is exalted above all blessing and praise! 利未人耶書亞、甲篾、巴尼、哈沙尼、示利比、荷第雅、示巴尼和毗他希雅說：“你們要起立，稱頌耶和華你們的　神，直到永永遠遠。”“耶和華啊，你榮耀的名是應當稱頌的；願你的名被尊崇，超過一切稱頌和讚美。 (Nehemiah 9:5)

As for me, I will see Your face in righteousness;

When I awake, I will be satisfied with Your likeness. 至於我，我必在義中得見你的面；我醒來的時候，得見你的形象就心滿意足。 (Psalm 17:15)

Day 12

**敬拜尊崇**

God is jealous and the Lord avenges;

The Lord takes vengeance and is filled with wrath.

The Lord takes vengeance on His adversaries,

And He reserves wrath against His enemies.

The Lord is slow to anger and great in power

And will not leave the guilty unpunished.

His way is in the whirlwind and the storm,

And clouds are the dust of His feet. 耶和華是嫉惡和施行報復的　神；耶和華施行報復，並且滿懷烈怒；耶和華向他的對頭施行報復，向他的仇敵懷怒。  耶和華不輕易發怒，可是大有能力；他絕不以有罪的為無罪。耶和華乘著狂風暴雨而來，雲彩是他腳下的塵土。 (Nahum 1:2-3)

Are You a God nearby,

And not a God far away?

Can anyone hide in secret places

So that You cannot see him?

Do You not fill heaven and earth? 難道我只是近處的　神嗎？不也是遠處的　神嗎？”這是耶和華的宣告。  “人怎能躲藏在隱密處，以致我看不見他呢？（這是耶和華的宣告）。我豈不是充滿天地嗎？”這是耶和華的宣告。 (Jeremiah 23:23-24)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

The fear of the Lord is to hate evil;

Wisdom hates pride and arrogance

And the evil way and the perverse mouth. 敬畏耶和華就是恨惡邪惡；驕傲、狂妄、邪惡的行為、乖謬的口，我都恨惡。 (Proverbs 8:13)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not trust in myself or in my own righteousness, nor view others with contempt. 耶穌向那些自恃為義、輕視別人的人，講了這個比喻： (Luke 18:9)

May I not be like the man who did not make God his strength but trusted in the abundance of his wealth and strengthened himself in his evil desires. “看哪！這就是那不以　神為自己保障的人，他只倚靠自己豐盛的財富，以毀滅別人來加強自己的力量。” (Psalm 52:7)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Turn to me and be gracious to me,

For I am lonely and afflicted.

The troubles of my heart have multiplied;

Free me from my distresses.

Look on my affliction and my pain,

And forgive all my sins. 求你轉向我，恩待我，因為我孤獨困苦。  我心中的愁苦增多，求你使我從痛苦中得釋放。  求你看看我的困苦和艱難，赦免我的一切罪惡。 (Psalm 25:16-18)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I remind others to be subject to rulers and authorities, to be obedient, to be ready for every good work, to slander no one, to be peaceable and gentle, and to show true humility toward all men. 你要提醒他們服從執政的和掌權的，聽從他們，隨時準備作各種善工。  不可毀謗人，要與人無爭，謙恭有禮，向眾人表現充分溫柔的心。 (Titus 3:1-2)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

I am always of good courage and know that as long as I am at home in the body, I am away from the Lord. For I live by faith, not by sight. I am of good courage and would prefer to be absent from the body and to be at home with the Lord. 我們既然一向都是坦然無懼的，又知道住在身內就是與主分開  （因為我們行事是憑著信心，不是憑著眼見），  現在還是坦然無懼，寧願與身體分開，與主同住。 (2 Corinthians 5:6-8)

Now I am a child of God, and what I shall be has not yet been revealed. I know that when He is revealed, I shall be like Him, for I shall see Him as He is. And everyone who has this hope in Him purifies himself, just as He is pure. 親愛的，現在我們是　神的兒女，將來怎樣，還沒有顯明；然而我們知道：主若顯現，我們必要像他，因為我們必要看見他本來是怎樣的。  凡對他存著這盼望的，就潔淨自己，像他一樣的潔淨。 (1 John 3:2-3)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Blessed be the Lord, the God of Israel,

Because He has visited us and has redeemed His people.

He has raised up a horn of salvation for us

In the house of His servant David

(As He spoke by the mouth of His holy prophets of long ago),

Salvation from our enemies

And from the hand of all who hate us—

To show mercy to our fathers

And to remember His holy covenant,

The oath He swore to our father Abraham,

To rescue us from the hand of our enemies,

And to enable us to serve Him without fear

In holiness and righteousness before Him all our days. “主，以色列的　神，是應當稱頌的，因他眷顧自己的子民，施行救贖，  在他僕人大衛家中，為我們興起救恩的角，  正如主自古以來藉聖先知口中所說的，  救我們脫離仇敵，和恨我們的人的手；  向我們列祖施憐憫，記念他的聖約，  就是他對我們祖先亞伯拉罕所起的誓，  把我們從仇敵手中救拔出來，叫我們可以坦然無懼，用聖潔公義，在他面前一生一世敬拜他。 (Luke 1:68-75)

*停下来，献上你自己的感恩之意*

**结束祷告**

The law of the Lord is perfect, restoring the soul.

The testimony of the Lord is sure, making wise the simple.

The precepts of the Lord are right, rejoicing the heart.

The commandment of the Lord is pure, enlightening the eyes.

The fear of the Lord is clean, enduring forever.

The judgments of the Lord are true and altogether righteous.

They are more desirable than gold, than much pure gold;

They are sweeter than honey, than honey from the comb.

Moreover, by them is Your servant warned;

In keeping them there is great reward. 耶和華的律法是完全的，能使人心甦醒；耶和華的法度是堅定的，能使愚人有智慧。  耶和華的訓詞是正直的，能使人心快樂；耶和華的命令是清潔的，能使人的眼睛明亮。  耶和華的話語（“耶和華的話語”原文作“耶和華的敬畏”）是潔淨的，能堅立到永遠；耶和華的典章是真實的，完全公義；  都比金子寶貴，比大量的精金更寶貴；比蜜甘甜，比蜂房滴下來的蜜更甘甜；  並且你的僕人也藉著這些得到警戒，謹守這些就得著大賞賜。 (Psalm 19:7-11)

Day 13

**敬拜尊崇**

O Lord, You have searched me and You know me.

You know when I sit down and when I rise up;

You understand my thoughts from afar.

You scrutinize my path and my lying down

And are acquainted with all my ways.

Before a word is on my tongue,

O Lord, You know it completely.

You have enclosed me behind and before,

And laid Your hand upon me.

Such knowledge is too wonderful for me;

It is too lofty for me to attain. 耶和華啊！你鑒察了我，你認識我。（本節在《馬索拉抄本》包括細字標題）  我坐下，我起來，你都知道；你在遠處就明白我的意念。  我行路，我躺臥，你都細察；我的一切行為，你都熟悉。  耶和華啊！我的舌頭還沒有發言，你已經完全知道了。  你在我前後圍繞著我，你的手按在我身上。  這樣的知識奇妙，是我不能理解的；高超，是我不能達到的。 (Psalm 139:1-6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

O Lord, be gracious to me;

Heal my soul, for I have sinned against You. 至於我，我曾說：“耶和華啊！求你恩待我；求你醫治我，因為我得罪了你。” (Psalm 41:4)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not worry about my life, what I will eat or what I will drink; or about my body, what I will wear. Life is more than food, and the body more than clothes. The birds of the air do not sow or reap or gather into barns, and yet my heavenly Father feeds them. Am I not much more valuable than they? Who by worrying can add a single hour to his life? And why do I worry about clothes? I will consider how the lilies of the field grow; they neither labor nor spin, yet not even Solomon in all his splendor was dressed like one of these. But if God so clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe me? So may I not worry, saying, “What shall I eat?” or “What shall I drink?” or “What shall I wear?” For the pagans run after all these things, and my heavenly Father knows that I need them. But may I seek first Your kingdom and Your righteousness, and all these things will be added to me. 所以我告訴你們，不要為生命憂慮吃甚麼喝甚麼，也不要為身體憂慮穿甚麼。難道生命不比食物重要嗎？身體不比衣服重要嗎？  你們看天空的飛鳥：牠們不撒種，不收割，也不收進倉裡，你們的天父尚且養活牠們；難道你們不比牠們更寶貴嗎？  你們中間誰能用憂慮使自己的壽命延長一刻呢？  何必為衣服憂慮呢？試想田野的百合花怎樣生長，它們不勞苦，也不紡織。  但我告訴你們，就是所羅門最威榮的時候所穿的，也比不上這花中的一朵。  田野的草，今天還在，明天就投進爐裡，　神尚且這樣妝扮它們；小信的人哪，何況你們呢？  所以不要憂慮，說：‘我們該吃甚麼？喝甚麼？穿甚麼？’  這些都是教外人所尋求的，你們的天父原知道你們需要這一切。  你們要先求他的國和他的義，這一切都必加給你們。 耶穌又對門徒說：“所以我告訴你們，不要為生命憂慮吃甚麼，也不要為身體憂慮穿甚麼。  因為生命比飲食重要，身體比衣服重要。  你們想想烏鴉：牠們不種也不收，無倉又無庫，　神尚且養活牠們；你們比飛鳥貴重得多了。  你們中間誰能用憂慮使自己的壽命延長一刻呢？  既然連這極小的事都不能作，為甚麼還憂慮其他的事呢？  你們想想百合花，怎樣不勞苦，也不紡織。但我告訴你們，就是所羅門最榮華的時候所穿的，也比不上這花中的一朵呢。  小信的人哪，田野的草，今天還在，明天就投進爐裡，　神尚且這樣給它裝飾，何況你們呢？  你們不要求吃甚麼，喝甚麼，也不要憂慮，  因為這一切都是世上不信的人所尋求的。你們的父原知道你們需要這一切。  你們只管求他的國，這些東西都必加給你們。 (Matthew 6:25-33; Luke 12:22-31)

May I be more concerned about the things of God than the things of men. 耶穌轉過身來，望著門徒，斥責彼得說：“撒但，退到我後面去！因為你不思念　神的事，只思念人的事。” (Mark 8:33)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I follow Your commands and precepts and be careful to observe them, for this is my wisdom and understanding in the sight of others. 看哪，我照著耶和華我的　神吩咐我的，把律例和典章教訓你們，好讓你們在將要進去得為業的地上遵行。  所以你們要謹守遵行，因為在萬民的眼中看來，這就是你們的智慧和聰明；他們一聽見這一切律例，就必定說：‘這大國的人真是有智慧，有聰明啊。’ (Deuteronomy 4:5-6)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

But let all who take refuge in You be glad;

Let them ever sing for joy,

Because You defend them.

And let those who love Your name be joyful in You. 願所有投靠你的人都喜樂，常常歡呼；願你保護他們，又願愛你名的人，因你歡樂。 (Psalm 5:11)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

The fear of the Lord, that is wisdom,

And to depart from evil is understanding. 他對人說：‘敬畏主就是智慧，遠離邪惡就是聰明。’” (Job 28:28)

Who is the man that fears the Lord?

He will instruct him in the way he should choose. 誰是那敬畏耶和華的人？耶和華必指示他應選擇的道路。 (Psalm 25:12)

Blessed is everyone who fears the Lord,

Who walks in His ways. 敬畏耶和華，遵行他的道的人，是有福的。（本節在《馬索拉抄本》包括細字標題） (Psalm 128:1)

The Lord takes pleasure in those who fear Him,

Who put their hope in His unfailing love. 耶和華喜悅敬畏他的人，喜悅仰望他慈愛的人。 (Psalm 147:11)

*停下来，反思这些圣经给我们的确据。*

**感恩**

And now therefore you have sorrow; but I will see you again and your heart will rejoice, and no one will take your joy from you. And in that day you will not ask Me any question. I tell you the truth, whatever you ask the Father in My name He will give you. Until now you have asked for nothing in My name; ask, and you will receive, that your joy may be full. 現在你們也有憂愁；但我要再見你們，你們的心就會喜樂，你們的喜樂是沒有人能夠奪去的。  到了那天，你們甚麼也不會問我了。我實實在在告訴你們，你們奉我的名無論向父求甚麼，他必定賜給你們。  你們向來沒有奉我的名求甚麼；現在你們祈求，就必定得著，讓你們的喜樂滿溢。 (John 16:22-24)

The Father Himself loves me because I have loved Jesus and have believed that He came forth from God. 父自己愛你們，因為你們已經愛我，並且信我是從　神那裡來的。 (John 16:27)

*停下来，献上你自己的感恩之意*

**结束祷告**

You have shown me what is good;

And what does the Lord require of me

But to act justly and to love mercy

And to walk humbly with my God? 世人哪！耶和華已經指示你甚麼是善，他向你所要的又是甚麼；無非是要你行公義，好憐憫，謙虛謹慎與你的　神同行。 (Micah 6:8)

We will all stand before the judgment seat of God. For it is written,

“As I live, says the Lord, every knee will bow before Me,

And every tongue will confess to God.”

So then, each of us will give an account of himself to God. (Romans 14:10b-12)

Day 14

**敬拜尊崇**

Where can I go from Your Spirit?

Or where can I flee from Your presence?

If I ascend to heaven, You are there;

If I make my bed in Sheol, You are there.

If I take the wings of the dawn,

If I dwell in the furthest part of the sea,

Even there Your hand will lead me;

Your right hand will lay hold of me.

If I say, “Surely the darkness will cover me,”

Even the night will be light around me.

The darkness is not dark to You,

And the night shines as the day;

Darkness and light are alike to You. 我到哪裡去躲避你的靈？我往哪裡去逃避你的面呢？  如果我升到天上，你在那裡；如果我在陰間下榻，你也在那裡。  如果我展開清晨的翅膀，飛到海的極處居住，  就是在那裡，你的手仍必引導我，你的右手也必扶持我。  如果我說：“願黑暗遮蓋我，願我周圍的亮光變成黑夜。”  但對你來說，黑暗也不算是黑暗，黑夜必如同白晝一樣發亮，黑暗和光明，在你看來都是一樣的。 (Psalm 139:7-12)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Those whom You love You rebuke and discipline. Therefore may I be zealous and repent. 凡是我所愛的，我就責備管教；所以你要熱心，也要悔改。 (Revelation 3:19)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I act in the fear of the Lord, faithfully and with a loyal heart. 約沙法吩咐他們說：“你們要以敬畏耶和華的心，忠心和盡心辦事。 (2 Chronicles 19:9)

Teach me Your way, O Lord;

I will walk in Your truth;

Unite my heart to fear Your name. 耶和華啊！求你把你的道路指教我，使我行在你的真理中，專心敬畏你的名。 (Psalm 86:11)

The foremost commandment is this: “Hear, O Israel; the Lord our God, the Lord is one; and you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.” The second is this: “You shall love your neighbor as yourself.” There is no commandment greater than these. To love God with all the heart and with all the understanding and with all the strength, and to love one’s neighbor as himself are more important than all burnt offerings and sacrifices. 耶穌回答：“第一重要的是：‘以色列啊，你要聽！主我們的　神是獨一的主。  你要全心、全性、全意、全力，愛主你的　神。’  其次是：‘要愛人如己。’再沒有別的誡命比這兩條更重要的了。”  我們要用全心、全意、全力去愛他，並且要愛人如己，這就比一切燔祭和各樣祭物好得多了。” (Mark 12:29-31, 33)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be strong and courageous, and act. May I not be afraid or discouraged, for the Lord God is with me. He will not fail me or forsake me. 大衛又對他的兒子所羅門說：“你要堅強勇敢地去作，不要懼怕，也不要驚惶，因為耶和華　神，就是我的　神，與你同在；他必不撇下你，也不丟棄你，直到耶和華殿的一切工作都完成。 (1 Chronicles 28:20)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

I know that the Lord will maintain the cause of the afflicted

And justice for the poor. 我知道耶和華必為困苦人伸冤，必替窮乏人辨屈。 (Psalm 140:12)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

Those God foreknew, He also predestined to be conformed to the likeness of His Son, that He might be the firstborn among many brothers. And those He predestined, He also called; those He called, He also justified; those He justified, He also glorified. 因為　神預先知道的人，他就預先命定他們和他兒子的形象一模一樣，使他的兒子在許多弟兄中作長子，  他預先命定的人，又呼召他們；所召來的人，又稱他們為義；所稱為義的人，又使他們得榮耀。 (Romans 8:29-30)

If I confess with my mouth the Lord Jesus and believe in my heart that God raised Him from the dead, I will be saved. For it is with my heart that I believe unto righteousness, and it is with my mouth that I confess unto salvation. As the Scripture says, “Whoever trusts in Him will not be put to shame.” 你若口裡認耶穌為主，心裡信　神使他從死人中復活，就必得救；  因為心裡相信就必稱義，用口承認就必得救。  經上說：“所有信靠他的人，必不致失望。” (Romans 10:9-11)

*停下来，反思这些圣经给我们的确据。*

**感恩**

When we were helpless, at the right time, Christ died for the ungodly. For rarely will anyone die for a righteous man, though perhaps for a good man someone would even dare to die. But God demonstrates His own love for us in that while we were still sinners, Christ died for us. 當我們還軟弱的時候，基督就照所定的日期，為不敬虔的人死了。  為義人死，是少有的；為好人死，或有敢作的；  唯有基督在我們還作罪人的時候為我們死，　神對我們的愛就在此顯明了。 (Romans 5:6-8)

Since I have been justified by Christ’s blood, much more shall I be saved from God’s wrath through Him. For if, when I was God’s enemy, I was reconciled to Him through the death of His Son, much more, having been reconciled, shall I be saved through His life. And not only this, but I also rejoice in God through my Lord Jesus Christ, through whom I have now received the reconciliation. 所以，我們現在既然因他的血稱義，就更要藉著他免受　神的忿怒。  我們作仇敵的時候，尚且藉著　神兒子的死與他復和，既然復和了，就更要因他的生得救了！  不但這樣，我們現在已經藉著我們的主耶穌基督與　神復和，也藉著他以　神為榮。 (Romans 5:9-11)

*停下来，献上你自己的感恩之意*

**结束祷告**

You are the Alpha and the Omega, the Beginning and the End. To him who is thirsty, You will give to drink without cost from the spring of the water of life. He who overcomes will inherit all this, and You will be his God and he will be Your son. 他又對我說：“成了！我是阿拉法，是俄梅格；我是創始的，也是成終的。我要把生命的泉水，白白賜給口渴的人喝。  得勝的，必要承受這些福分。我要作他的　神，他要作我的兒子。 (Revelation 21:6-7)

Lord Jesus, You are coming quickly. Your reward is with You, and You will give to everyone according to what he has done. You are the Alpha and the Omega, the First and the Last, the Beginning and the End. Yes, You are coming quickly. Amen. Come, Lord Jesus! “看哪，我必快來！賞賜在我，我要照著各人所行的報應他。  我是阿拉法，是俄梅格；我是首先的，也是末後的；我是創始的，也是成終的。”  證明這些事的那一位說：“是的，我必快來！”阿們！主耶穌啊，請你來吧！ (Revelation 22:12-13, 20)

Day 15

**敬拜尊崇**

You formed my inward parts;

You wove me together in my mother’s womb.

I thank You because I am fearfully and wonderfully made;

Your works are wonderful,

And my soul knows it full well.

My frame was not hidden from You

When I was made in secret

And skillfully wrought in the depths of the earth.

Your eyes saw my embryo,

And all the days ordained for me

Were written in Your book

Before one of them came to be. 我的臟腑是你所造的，在我母腹中你塑造了我。  我要稱謝你，因為我的受造奇妙可畏；你的作為奇妙，這是我深深知道的。  我在隱密處被造，在地的深處被塑造，那時，我的形體不能向你隱藏。  我未成形的身體，你的眼睛早已看見；為我所定的日子，我還未度過一日，都完全記在你的冊上了。 (Psalm 139:13-16)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I return to the Lord my God,

For I have stumbled because of my iniquity.

I take words with me and return to the Lord,

Saying, “Take away all iniquity and receive me graciously,

That I may offer the fruit of my lips.” 以色列啊，回轉吧！回到耶和華你的　神那裡，因為你是因自己的罪孽跌倒的。（本節在《馬索拉抄本》為14:2）  你們預備好要說的話，歸向耶和華，對他說：“除去我們一切罪孽，悅納我們的禱告。這樣我們就把嘴唇的果子獻上。 (Hosea 14:1-2)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May God grant me, according to the riches of His glory, to be strengthened with power through His Spirit in my inner being, so that Christ may dwell in my heart through faith. And may I, being rooted and grounded in love, be able to comprehend with all the saints what is the width and length and height and depth of the love of Christ, and to know this love that surpasses knowledge, that I may be filled to all the fullness of God. 求他按著他榮耀的豐盛，藉著他的靈，用大能使你們內在的人剛強起來，  使基督藉著你們的信，住在你們心裡，使你們既然在愛中扎根建基，  就能和眾聖徒一同領悟基督的愛是多麼的長闊高深，  並且知道他的愛是超過人所能理解的，使你們被充滿，得著　神的一切豐盛。 (Ephesians 3:16-19)

May I be strong in the grace that is in Christ Jesus. 所以，我兒啊，你應當在基督耶穌的恩典裡剛強起來， (2 Timothy 2:1)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

I was once darkness, but now I am light in the Lord. May I walk as a child of light (for the fruit of the light consists in all goodness and righteousness and truth), learning what is pleasing to the Lord. 你們從前是黑暗的，現今在主裡卻是光明的，行事為人就應當像光明的兒女。  光明所結的果子，就是一切良善、公義、誠實。  你們要察驗甚麼是主所喜悅的。 (Ephesians 5:8-10)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

How good and pleasant it is

When brothers live together in unity! 看哪！弟兄和睦共處，是多麼的善，多麼的美。（本節在《馬索拉抄本》包括細字標題） (Psalm 133:1)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

If anyone is in Christ, he is a new creation; the old things passed away; behold, they have become new. 如果有人在基督裡，他就是新造的人，舊事已經過去，你看，都變成新的了！ (2 Corinthians 5:17)

We are the true circumcision, who worship by the Spirit of God and glory in Christ Jesus and put no confidence in the flesh. 其實我們這些靠　神的靈來敬拜，在基督耶穌裡誇口而不倚靠肉體的人，才是受割禮的， (Philippians 3:3)

The mystery that has been kept hidden for ages and generations is now disclosed to the saints. To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory. 　神願意使他們知道這奧祕在外族人中有多麼榮耀的豐盛，這奧祕就是基督在你們裡面成了榮耀的盼望。 (Colossians 1:26-27)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I am unworthy of all the lovingkindness and faithfulness You have shown Your servant. 你向你僕人所施的一切慈愛和信實，我實在不配得。從前我只拿著我的手杖過這約旦河；現在我卻擁有這兩隊人馬了。 (Genesis 32:10)

You are the God who answered me in the day of my distress and have been with me wherever I have gone. 我們要起程，上伯特利去；我要在那裡給　神築一座祭壇，他就是在我遭患難的時候應允我的呼求，在我所行的路上與我同行的那一位。” (Genesis 35:3)

The Almighty is my shepherd, the Rock of Israel, who helps me and blesses me with blessings of the heavens above. 但他的弓依然堅硬，他的手臂仍舊敏捷，這是出於雅各的大能者之手；出於以色列的牧者，以色列的磐石。  是你父親的　神幫助你，是那全能者賜給你；他把從天上來的福，地下深淵蘊藏著的福，哺乳和生育的福，都賜給你。 (Genesis 49:24-25)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord is the great God,

The great King above all gods.

In His hand are the depths of the earth,

And the summits of the mountains are His also.

The sea is His, for He made it,

And His hands formed the dry land.

He is our God and we are the people of His pasture

And the sheep under His care. 因為耶和華是偉大的　神，是超越眾神的大君王。  地的深處在他手中，山的高峰也都屬他。  海洋屬他，因為是他創造的，陸地也是他的手造成的。  因為他是我們的　神，我們是他草場上的子民，是他手下的羊群。如果你們今天聽從他的聲音， (Psalm 95:3-5, 7)

Shout joyfully to the Lord, all the earth.

Worship the Lord with gladness;

Come before Him with joyful singing.

The Lord, He is God.

It is He who made us, and not we ourselves;

We are His people and the sheep of His pasture. 全地應當向耶和華歡呼。（本節在《馬索拉抄本》包括細字標題）  應當歡歡喜喜事奉耶和華，歡唱著到他的面前。  要知道耶和華是　神；他創造了我們，我們是屬他的（“我們是屬他的”有古抄本作“不是我們自己”）；我們是他的子民，也是他草場上的羊。 (Psalm 100:1-3)

Day 16

**敬拜尊崇**

How precious are Your thoughts to me, O God!

How vast is the sum of them!

If I should count them, they would outnumber the grains of sand.

When I awake, I am still with You. 　神啊！你的意念對我多麼珍貴（“珍貴”或譯：“深奧”），數目何等眾多。  如果我數點，它們比海沙更多；我睡醒的時候，仍然與你同在。 (Psalm 139:17-18)

To whom can I liken You or count You equal?

To whom can I compare You that You may be alike? 你們要把誰與我相比，誰與我相似呢？你們把誰與我比較，好使我們同等呢？ (Isaiah 46:5)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

My trespasses are multiplied before You,

And my sins testify against me.

For my transgressions are with me,

And I know my iniquities:

Transgressing and lying against the Lord,

And departing from my God,

Speaking oppression and revolt,

Uttering lies my heart has conceived. 因為我們的過犯在你面前增多，我們的罪作證控告我們，我們的過犯與我們在一起；我們知道我們的罪孽，  就是悖逆、否認耶和華，轉去不跟從我們的　神，說欺壓和背道的話，心裡懷著謊言，隨即說出來； (Isaiah 59:12-13)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I fear the Lord and serve You in truth with all my heart, for I consider what great things You have done for me. 你們只要敬畏耶和華，誠實全心事奉他，因為你們已經看過他為你們所作的是何等大的事。 (1 Samuel 12:24)

May I not transgress the commandments of the Lord, for I cannot prosper in disobedience. May I not forsake the Lord. 那時，　神的靈臨到耶何耶大祭司的兒子撒迦利亞身上，他就站在眾民的面前，對他們說：“　神這樣說：‘你們為甚麼違背耶和華的誡命，使你們不得亨通呢？因為你們離棄了耶和華，所以耶和華也離棄你們。’” (2 Chronicles 24:20)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be worthy of respect, not double-tongued, not addicted to wine, not fond of dishonest gain, but holding the mystery of the faith with a clear conscience. 照樣，執事也必須莊重，不一口兩舌，不酗酒，不貪不義之財，  用清潔的良心持守信仰的奧祕。 (1 Timothy 3:8-9)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Beloved, I pray that you may prosper in all things and be in good health, even as your soul prospers. 親愛的，我祝你凡事亨通，身體健壯，正如你的靈魂安泰一樣。 (3 John 2)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

Christ has appeared once for all at the end of the ages to do away with sin by the sacrifice of Himself. And as it is appointed for man to die once and after that to face judgment, so Christ was offered once to bear the sins of many; and He will appear a second time, not to bear sin but to bring salvation to those who eagerly wait for Him. 如果這樣，他從創世以來，就必須受許多次的苦了。可是現在他在這世代的終結，只顯現一次，把自己作為祭品獻上，好除掉罪。  按著定命，人人都要死一次，死後還有審判。  照樣，基督為了擔當許多人的罪，也曾經一次把自己獻上；將來他還要再一次顯現，不是為擔當罪，而是要向那些熱切期待他的人成全救恩。 (Hebrews 9:26-28)

Christ was chosen before the creation of the world but was revealed in these last times for our sake. Through Him I believe in God, who raised Him from the dead and glorified Him, so that my faith and hope are in God. 基督是在創立世界以前，是　神所預知的，卻在這末後的世代才為你們顯現出來。  藉著他，你們信那使他從死人中復活、又給他榮耀的　神，叫你們的信心和盼望都在於　神。 (1 Peter 1:20-21)

*停下来，反思这些圣经给我们的确据。*

**感恩**

My heart rejoices in the Lord;

My horn is exalted in the Lord.

My mouth boasts over my enemies,

For I delight in Your salvation. 哈拿禱告說：“我的心因耶和華喜樂，我的角因耶和華高舉，我的口向仇敵大大誇耀，因為我以你的救恩為樂。 (1 Samuel 2:1)

You reached down from on high and took hold of me;

You drew me out of deep waters.

You delivered me from my strong enemy,

From those who hated me,

For they were stronger than me. 他從高處伸手抓住我，把我從大水中拉上來。  他救我脫離我的強敵，脫離那些恨我的人，因為他們比我強盛。 (2 Samuel 22:17-18)

*停下来，献上你自己的感恩之意*

**结束祷告**

Who is like You, O Lord?

Who is like You—majestic in holiness,

Awesome in praises, working wonders? 耶和華啊，萬神之中有誰像你呢？有誰像你榮耀聖潔，可頌可畏，施行奇事呢？ (Exodus 15:11)

There is no one holy like the Lord;

There is no one besides You;

Nor is there any Rock like our God. 沒有人像耶和華那麼聖潔，因為除你以外沒有別的神，也沒有磐石像我們的　神。 (1 Samuel 2:2)

Day 17

**敬拜尊崇**

You are the high and lofty One

Who inhabits eternity, whose name is holy.

You live in a high and holy place

But also with him who is contrite and lowly in spirit,

To revive the spirit of the lowly

And to revive the heart of the contrite. 因為那至高無上、永遠存在、他名為聖的這樣說：“雖然我住在至高至聖的地方，卻與心靈痛悔和謙卑的人同在，要使謙卑人的靈甦醒，也使痛悔人的心甦醒。 (Isaiah 57:15)

The multitudes who went before Jesus and those who followed shouted,

“Hosanna to the Son of David!

Blessed is he who comes in the name of the Lord!

Hosanna in the highest!” 前呼後擁的群眾喊叫著：“‘和散那’歸於大衛的子孫，奉主名來的是應當稱頌的，高天之上當唱‘和散那’。” (Matthew 21:9)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

We have sinned with our fathers;

We have committed iniquity and acted wickedly. 我們和我們的列祖都犯了罪，我們作了孽，也行了惡。 (Psalm 106:6)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

As an obedient child, may I not conform myself to the former lusts I had when I lived in ignorance, but as He who called me is holy, so may I be holy in all my conduct, because it is written: “You shall be holy, for I am holy.” 你們既是順服的兒女，就不要再效法從前無知的時候放縱私慾的生活。  那召你們的既是聖潔的，你們在一切所行的事上也要聖潔。  因為聖經上記著說：“你們要聖潔，因為我是聖潔的。” (1 Peter 1:14-16)

You are the Lord my God; may I consecrate myself and be holy, because You are holy. You are the Lord who brought Your people up out of Egypt to be their God; therefore may I be holy, because You are holy. 因為我是耶和華你們的　神，所以你們要使自己成為聖潔。你們要分別為聖，因為我是聖潔的。你們不可因在地上爬行的任何動物玷污自己，  因為我是耶和華，曾把你們從埃及地領上來，為要作你們的　神；你們要分別為聖，因為我是聖潔的。” (Leviticus 11:44-45; 19:2)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

O Lord, I pray, let Your ear be attentive to the prayer of Your servant and to the prayer of Your servants who delight in revering Your name. 主啊，求你留意聽你僕人的禱告，聽那些喜愛敬畏你名的僕人的禱告；求你使你的僕人今天順利，使他在這人面前蒙憐憫。”那時我是王的酒政。 (Nehemiah 1:11)

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

The Lord Jesus prayed these words for the unity of all who would believe in Him: “I ask that all of them may be one, Father, just as You are in Me and I am in You, that they also may be in Us, that the world may believe that You sent Me. And the glory which You gave Me I have given to them, that they may be one, just as We are one: I in them, and You in Me, that they may be perfected in one, that the world may know that You have sent Me and have loved them, even as You have loved Me.” 使他們都合而為一，像父你在我裡面，我在你裡面一樣；使他們也在我們裡面，讓世人相信你差了我來。  你賜給我的榮耀，我已經賜給了他們，使他們合而為一，像我們合而為一。  我在他們裡面，你在我裡面，使他們完完全全合而為一，讓世人知道你差了我來，並且知道你愛他們，好像愛我一樣。 (John 17:21-23)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

A Shoot will come forth from the stump of Jesse;

From his roots a Branch will bear fruit.

The Spirit of the Lord will rest on Him—

The Spirit of wisdom and of understanding,

The Spirit of counsel and of power,

The Spirit of knowledge and of the fear of the Lord—

And He will delight in the fear of the Lord.

He will not judge by what He sees with His eyes,

Or decide by what He hears with His ears,

But with righteousness He will judge the poor

And decide with fairness for the meek of the earth.

And He will strike the earth with the rod of His mouth;

With the breath of His lips He will slay the wicked.

Righteousness will be His belt,

And faithfulness the sash around His waist. 從耶西的樹幹必生出一根嫩芽，從他的根而出的枝條必結果子。  耶和華的靈必停留在他身上，就是智慧的靈和聰明的靈，謀略的靈和能力的靈，知識的靈和敬畏耶和華的靈。  他必以敬畏耶和華為樂。他不憑眼睛所見的施行審判，也不憑耳朵所聽的斷定是非；  卻要以公義審判貧窮人，以正直判斷地上的困苦人；以口中的杖擊打世界，以嘴裡的氣殺死惡人。  公義必作他腰間的帶子，信實必作他脅下的帶子。 (Isaiah 11:1-5)

Behold, a virgin shall be with child and will give birth to a son, and they will call His name Immanuel, which means, “God with us.” “必有童女懷孕生子，他的名要叫以馬內利。”以馬內利就是“　神與我們同在”的意思。 (Matthew 1:23)

*停下来，反思这些圣经给我们的确据。*

**感恩**

This poor man cried out, and the Lord heard him,

And saved him out of all his troubles.

The angel of the Lord encamps around those who fear Him,

And delivers them. 我這困苦人呼求，耶和華就垂聽，拯救我脫離一切患難。  耶和華的使者，在敬畏他的人周圍紮營，搭救他們。 (Psalm 34:6-7)

I waited patiently for the Lord,

And He turned to me and heard my cry.

God lifted me out of the slimy pit, out of the mud and mire;

He set my feet on a rock and gave me a firm place to stand.

He put a new song in my mouth, a hymn of praise to our God.

Many will see and fear

And put their trust in the Lord. 我曾切切等候耶和華；他轉向我，聽了我的呼求。  他把我從荒蕪的坑裡，從泥沼中拉上來；他使我的腳站在磐石上，又使我的腳步穩定。  他使我口唱新歌，讚美我們的　神；許多人看見了，就必懼怕，並且要倚靠耶和華。 (Psalm 40:1-3)

*停下来，献上你自己的感恩之意*

**结束祷告**

Let the words of my mouth and the meditation of my heart

Be pleasing in Your sight,

O Lord, my Rock and my Redeemer. 耶和華我的磐石、我的救贖主啊！願我口中的言語、心裡的意念，都在你面前蒙悅納。 (Psalm 19:14)

Day 18

**敬拜尊崇**

Blessed are You, O Lord, God of Israel, our father, forever and ever. Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for everything in heaven and earth is Yours. Yours, O Lord, is the kingdom, and You are exalted as head over all. Both riches and honor come from You, and You are the ruler of all things. In Your hand is power and might to exalt and to give strength to all. Therefore, my God, I give You thanks and praise Your glorious name. 所以大衛在全體會眾面前稱頌耶和華，說：“耶和華我們的祖先以色列的　神，是應當稱頌的，從亙古直到永遠。  耶和華啊，尊大、能力、榮耀、勝利和威嚴，都是你的；因為天上地下的萬有都是你的；耶和華啊，國度是你的，你超越萬有，你是至高的。  富足和尊榮都從你而來，你也統治萬有。在你的手裡有力量和權能；人的尊大、強盛都是出於你的手。  我們的　神啊，現在我們要稱頌你，讚美你榮耀的名。 (1 Chronicles 29:10-13)

I will proclaim the name of the Lord and praise the greatness of my God. 因為我要宣告耶和華的名；你們要尊崇我們的　神的偉大。 (Deuteronomy 32:3)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

O Lord, do not rebuke me in Your wrath,

And do not chasten me in Your anger.

For Your arrows have pierced me deeply,

And Your hand has pressed down upon me.

There is no health in my body because of Your wrath,

Nor peace in my bones because of my sin.

For my iniquities have gone over my head;

As a heavy burden, they weigh too much for me. 耶和華啊！求你不要在忿怒中責備我，也不要在烈怒中管教我。  因為你的箭射入我身，你的手壓住我。  因你的忿怒，我體無完膚；因我的罪惡，我的骨頭都不安妥。  我的罪孽高過我的頭，如同重擔，使我擔當不起。 (Psalm 38:1-4)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

As a servant of Christ and a steward of His possessions, it is required that I be found faithful. 這樣，人應該把我們看作基督的僕人，　神奧祕的事的管家。  對於管家的要求，就是要他忠心。 (1 Corinthians 4:1-2)

Those who want to get rich fall into temptation and a snare and into many foolish and harmful desires that plunge men into ruin and destruction. For the love of money is a root of all kinds of evil, and some by longing for it have wandered from the faith and pierced themselves with many sorrows. But let me flee from these things, and pursue righteousness, godliness, faith, love, patience, and gentleness. 但那些想要發財的人，就落在試探中和陷阱裡；又落在許多無知而有害的私慾裡，使人沉淪在敗壞和滅亡中；  因為貪財是萬惡之根。有人貪愛錢財，就被引誘離開真道，用許多痛苦把自己刺透了。  但你這屬　神的人啊，應該逃避這些事，要追求公義、敬虔、信心、愛心、忍耐和溫柔。 (1 Timothy 6:9-11)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I put away all of these things: anger, wrath, malice, slander, and abusive language from my mouth. 但現在你們要除去忿怒、惱怒、惡毒、毀謗，以及粗言穢語這一切事。 (Colossians 3:8)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Grant that I may be used to open the eyes of others and to turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins and an inheritance among those who have been sanctified by faith in Jesus. 開他們的眼睛，使他們從黑暗中歸向光明，從撒但的權下歸向　神，使他們的罪惡得到赦免，並且在那些因信我而成聖的人中同得基業。’ (Acts 26:18)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

Blessed is the man who perseveres under trial, because when he has been approved, he will receive the crown of life that God has promised to those who love Him. 能忍受試煉的人，是有福的；因為他經過考驗之後，必得著生命的冠冕，這冠冕是主應許給愛他的人的。 (James 1:12)

Those who suffer according to the will of God should commit themselves to their faithful Creator in doing good. 所以那順著　神的旨意而受苦的人，要繼續地行善，把自己的生命交託那信實的創造者。 (1 Peter 4:19)

I am from God and am an overcomer, because He who is in me is greater than he who is in the world. 孩子們，你們是屬於　神的，並且已經勝過他們，因為那在你們裡面的比那在世上的更大。 (1 John 4:4)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Bless the Lord, O my soul;

And all that is within me, bless His holy name.

Bless the Lord, O my soul,

And forget not all His benefits;

Who forgives all your iniquities

And heals all your diseases;

Who redeems your life from the pit

And crowns you with love and compassion;

Who satisfies your desires with good things,

So that your youth is renewed like the eagle’s. 我的心哪！你要稱頌耶和華；在我裡面的一切，都要稱頌他的聖名。（本節在《馬索拉抄本》包括細字標題）  我的心哪！你要稱頌耶和華；不可忘記他的一切恩惠。  他赦免你的一切罪孽，醫治你的一切疾病；  他救贖你的性命脫離死亡，以慈愛和憐憫作你的冠冕；  他以福樂使你的心願滿足，以致你好像鷹一般恢復青春的活力。 (Psalm 103:1-5)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord is my rock and my fortress and my deliverer;

My God is my rock; I will take refuge in Him,

My shield and the horn of my salvation,

My stronghold and my refuge—

My Savior, You save me from violence.

I call on the Lord, who is worthy of praise,

And I am saved from my enemies. 他說：“耶和華是我的巖石、我的山寨、我的救主、  我的　神、我的磐石、我所投靠的、我的盾牌、我救恩的角、我的高臺、我的避難所、我的救主；你是救我脫離強暴的。  我向那當受讚美的耶和華呼求，就得到拯救，脫離我的仇敵。 (2 Samuel 22:2-4)

Day 19

**敬拜尊崇**

How great You are, O Sovereign Lord! There is no one like You, and there is no God besides You, according to all that I have heard with my ears. 主耶和華啊，因此，你是偉大的！按照我們耳朵所聽見的，沒有像你的，除了你以外，再沒有別的　神。 耶和華啊，照著我們耳中所聽見的，沒有誰能與你相比；除你以外，再沒有別的神。 (2 Samuel 7:22; 1 Chronicles 17:20)

You alone are the Lord.

You made the heavens,

The heaven of heavens, and all their host,

The earth and all that is on it,

The seas and all that is in them.

You give life to all that is in them,

And the host of heaven worships You. 你，唯獨你是耶和華，你造了天，天上的天和天軍，地和地上的萬物，海和海中的萬物，你使這一切生存，天軍也都敬拜你。 (Nehemiah 9:6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Peter came to Jesus and asked, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?” Jesus said to him, “I tell you, not seven times, but up to seventy times seven.” 那時，彼得前來問耶穌：“主啊，如果我的弟兄得罪我，我要饒恕他多少次？七次嗎？”  耶穌對他說：“我告訴你，不是七次，而是七十個七次。 (Matthew 18:21-22)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not be like those who draw near to You with their mouths and honor You with their lips, but whose hearts are far from You, and whose reverence for You is made up only of rules taught by men. 主說：“因為這子民只用言語來親近我，用嘴唇尊崇我，他們的心卻遠離我。他們對我的敬畏，只是遵從傳統的吩咐。 (Isaiah 29:13)

I desire not only to call You Lord but to do what You say. By Your grace, I will come to You, hear Your words, and put them into practice. Then I will be like a man building a house, who dug down deep and laid the foundation on rock, and when a flood came, the torrent struck that house but could not shake it, because it was well built. “你們為甚麼稱呼我‘主啊！主啊！’卻不遵行我的吩咐呢？  每一個到我跟前，聽我的話並且去行的，我要指示你們他像甚麼人。  他像一個人建造房屋，挖深了地，把根基建在磐石上。大水氾濫的時候，急流沖擊那房屋，不能使它動搖，因為它建造得好。 (Luke 6:46-48)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Guard my soul and rescue me;

Let me not be ashamed, for I take refuge in You.

May integrity and uprightness protect me,

For I wait for You. 求你護衛我的性命，搭救我；不要叫我羞愧，因為我投靠你。  願純全和正直保護我，因為我等候你。 (Psalm 25:20-21)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I submit myself to the governing authorities. For there is no authority except from God, and the authorities that exist have been established by God. Consequently, he who resists authority has opposed the ordinance of God, and those who do so will bring judgment on themselves. 政府的權柄，人人都應當服從。因為沒有一樣權柄不是從　神來的；掌權的都是　神設立的。  所以抗拒掌權的，就是反對　神所設立的；反對的人必自招刑罰。 (Romans 13:1-2)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

Before I was afflicted I went astray,

But now I keep Your word.

It was good for me to be afflicted,

So that I might learn Your statutes.

I know, O Lord, that Your judgments are righteous,

And that in faithfulness You have afflicted me. 我受苦以先，犯了錯誤；現在我謹守你的話。  我受苦是對我有益的，為要使我學習你的律例。  耶和華啊！我知道你的判語是公義的，為了你的信實，你使我受苦。 (Psalm 119:67, 71, 75)

I know that if my earthly house, or tent, is destroyed, I have a building from God, a house not made with hands, eternal in the heavens. For in this house I groan, longing to be clothed with my heavenly dwelling, because when I am clothed, I will not be found naked. For while I am in this tent, I groan, being burdened, because I do not want to be unclothed but to be clothed, so that what is mortal may be swallowed up by life. Now it is God who has made me for this very purpose and has given me the Spirit as a guarantee. 我們知道，如果我們在地上的帳棚拆毀了，我們必得著從　神而來的居所。那不是人手所造的，而是天上永存的房屋。  我們現今在這帳棚裡面歎息，渴望遷到那天上的住處，好像換上新的衣服；  如果穿上了，就不會赤身出現了。  我們這些在帳棚裡面的人，勞苦歎息，是由於不願意脫去這個，卻願意穿上那個，使這必死的被生命吞滅。  那在我們身上完成了工作，使我們達成這目標的，就是　神。他已經把聖靈賜給我們作憑據。 (2 Corinthians 5:1-5)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Because the Lord God helps me,

I will not be disgraced.

Therefore I have set my face like flint,

And I know I will not be put to shame.

He who vindicates me is near;

Who will contend with me?

Surely the Lord God will help me;

Who is he that will condemn me? 但主耶和華必幫助我，所以我必不羞愧，因此我板著臉好像堅硬的燧石，我也知道我必不會蒙羞。  那稱我為義的，與我相近；誰與我爭訟呢？讓我們一同站起來吧！誰是指控我的？讓他就近我來。  看哪！主耶和華幫助我，誰能定我有罪呢？看哪！他們都要像衣服漸漸破舊，蛀蟲必把他們吃光。 (Isaiah 50:7-9)

I did not receive a spirit of slavery again to fear, but I received the Spirit of adoption by whom I cry, “Abba, Father.” The Spirit Himself testifies with my spirit that I am a child of God. 你們接受的，不是奴僕的靈，使你們仍舊懼怕；你們接受的，是使人成為嗣子的靈，使我們呼叫“阿爸、父”。  聖靈親自和我們的靈一同證明我們是　神的兒女。 (Romans 8:15-16)

*停下来，献上你自己的感恩之意*

**结束祷告**

Lord Jesus, all that the Father gives You will come to You, and whoever comes to You, You will never cast out. For You have come down from heaven not to do Your own will, but the will of Him who sent You. And this is the will of Him who sent You, that You will lose none of all that He has given You, but raise them up at the last day. For Your Father’s will is that everyone who looks to the Son and believes in Him may have eternal life, and You will raise him up at the last day. 凡是父賜給我的人，必到我這裡來；到我這裡來的，我決不丟棄他，  因為我從天上降下來，不是要行自己的意思，而是要行那差我來者的旨意。  那差我來者的旨意就是：他所賜給我的人，我連一個也不失落，並且在末日我要使他們復活。  因為我父的旨意，是要使所有看見了子而信的人有永生，並且在末日我要使他們復活。” (John 6:37-40)

Day 20

**敬拜尊崇**

Praise the Lord!

Praise God in His sanctuary;

Praise Him in His mighty heavens.

Praise Him for His mighty acts;

Praise Him according to His excellent greatness.

Praise Him with the sound of the trumpet;

Praise Him with the harp and lyre.

Praise Him with the timbrel and dancing;

Praise Him with stringed instruments and flutes.

Praise Him on the sounding cymbals;

Praise Him on the resounding cymbals.

Let everything that has breath praise the Lord.

Praise the Lord! 你們要讚美耶和華。要在　神的聖所讚美他，要在他顯能力的穹蒼下讚美他。  要因他大能的作為讚美他，要因他無限的偉大讚美他。  要吹角讚美他，要鼓瑟彈琴讚美他。  要擊鼓跳舞讚美他，要彈奏絲弦的樂器和吹簫讚美他。  要用聲音洪亮的鈸讚美他，要用聲音鏗鏘的鈸讚美他。  凡有氣息的，都要讚美耶和華。你們要讚美耶和華。 (Psalm 150:1-6)

The Lord shall reign for ever and ever. 耶和華必作王，直到永永遠遠。” (Exodus 15:18)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Heal me, O Lord, and I will be healed;

Save me, and I will be saved,

For You are my praise. 耶和華啊！求你醫治我，我就得醫治；求你拯救我，我就得拯救；因為你是我所讚美的。 (Jeremiah 17:14)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Since I call on the Father who judges each man’s work impartially, may I conduct myself in fear during the time of my sojourn on earth. 你們既稱那不偏待人、按各人行為審判的主為父，就當存敬畏的心，過你們寄居的日子； (1 Peter 1:17)

May I keep the commandments of the Lord my God, to walk in His ways and to fear Him. May I follow the Lord my God and fear Him; may I keep Your commandments, hear Your voice, serve You, and hold fast to You. 所以你要謹守耶和華你的　神的誡命，遵行他的道路，敬畏他。 (Deuteronomy 8:6; 13:4)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be careful and watch myself closely lest I forget the things my eyes have seen or let them depart from my heart as long as I live. May I teach them to my children and to their children after them. “你只要自己謹慎，又要謹守你的心思，免得你忘了你親眼看見的事，又免得這些事在你有生之日離開你的心；總要把這些事傳給你的子子孫孫， (Deuteronomy 4:9)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

With all prayer and 个人祈求, we should pray always in the Spirit, and to this end we should be watchful with all perseverance and 个人祈求 for all the saints. 藉著各樣的禱告和祈求，隨時在聖靈裡祈禱，並且要在這事上恆久警醒，為眾聖徒祈求。 (Ephesians 6:18)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

Many who are first will be last, and the last first. 然而許多在前的將要在後，在後的將要在前。” 然而許多在前的將要在後，在後的將要在前。” (Matthew 19:30; Mark 10:31)

Whoever wishes to become great among others must become their servant, and whoever wishes to be first among them must be their slave. 但你們中間卻不要這樣；誰想在你們中間成為大的，就要作你們的僕役；  誰想在你們中間為首的，就要作你們的奴僕。 但你們中間卻不要這樣；誰想在你們中間為大的，就要作你們的僕役，  誰想在你們中間為首的，就要作大家的奴僕。 (Matthew 20:26-27; Mark 10:43-44)

Whoever exalts himself will be humbled, and whoever humbles himself will be exalted. 凡高抬自己的，必被降卑；凡自己謙卑的，必被升高。 因為凡高抬自己的，必要降卑；自己謙卑的，必要升高。” (Matthew 23:12; Luke 14:11; 18:14)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Shout for joy, O heavens! Rejoice, O earth!

Break out into singing, O mountains!

For the Lord has comforted His people

And will have compassion on His afflicted. 諸天哪！你們要歡呼。大地啊！你當快樂。眾山啊！你們要發聲歡呼。因為耶和華已經安慰了他的子民，也必憐憫他受困苦的人。 (Isaiah 49:13)

I will greatly rejoice in the Lord;

My soul will be joyful in my God.

For He has clothed me with garments of salvation

And arrayed me in a robe of righteousness,

As a bridegroom decks himself with ornaments,

And as a bride adorns herself with her jewels. 我因耶和華大大歡喜，我的心靠著我的　神快樂，因為他給我穿上救恩的衣服，給我披上公義的外袍，好像新郎戴上華冠，又像新娘佩戴裝飾。 (Isaiah 61:10)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord will command His lovingkindness by day,

And His song will be in the night—

A prayer to the God of my life. 白天耶和華賜下他的慈愛；夜間我要向他歌頌，向賜我生命的　神禱告。 (Psalm 42:8)

Blessed be the Lord God, the God of Israel,

Who alone does wonderful things.

And blessed be His glorious name forever;

May the whole earth be filled with His glory.

Amen and Amen. 獨行奇事的以色列的　神，就是耶和華　神，是應當稱頌的。  他榮耀的名也是應當永遠稱頌的；願他的榮耀充滿全地。阿們，阿們。 (Psalm 72:18-19)

Day 21

**敬拜尊崇**

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and exalted, and the train of His robe filled the temple. Above it stood the seraphim; each one had six wings: with two they covered their faces, with two they covered their feet, and with two they flew. And one cried to the other and said,

“Holy, Holy, Holy is the Lord of hosts;

The whole earth is full of His glory!” 烏西雅王去世那年，我看見主坐在高高的寶座上，他的衣裳垂下，充滿聖殿。  在他上面有撒拉弗侍立，各有六個翅膀；用兩個翅膀遮臉，兩個翅膀遮腳，兩個翅膀飛翔。  他們彼此高呼著說：“聖哉！聖哉！聖哉！萬軍之耶和華！他的榮光充滿全地。” (Isaiah 6:1-3)

The Lord God is the Alpha and the Omega, who is, and who was, and who is to come, the Almighty. 主　神說：“我是阿拉法，我是俄梅格；我是今在、昔在、以後永在，全能的　神。” (Revelation 1:8)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I, even I, am He who blots out your transgressions for My own sake,

And I will not remember your sins. “唯有我為自己的緣故，塗抹你的過犯，我也不再記念你的罪。 (Isaiah 43:25)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

“You shall love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and great commandment. And the second is like it: “You shall love your neighbor as yourself.” All the Law and the Prophets hang on these two commandments. 他回答：“你要全心、全性、全意愛主你的　神。  這是最重要的第一條誡命。  第二條也和它相似，就是要愛人如己。  全部律法和先知書，都以這兩條誡命作為根據。” (Matthew 22:37-40)

May I not love with words or tongue, but in deed and in truth. By this I will know that I am of the truth and will assure my heart before Him; for if my heart condemns me, God is greater than my heart, and knows all things. If my heart does not condemn me, I have confidence before God and receive from Him whatever I ask, because I keep His commandments and do the things that are pleasing in His sight. 孩子們，我們愛人，不要只在言語和舌頭上，總要在行動和真誠上表現出來。  這樣，我們就知道我們是屬於真理的。即使我們的心責備我們，在　神面前我們也可以心安理得，因為他比我們的心大，他知道一切。  親愛的，我們的心若不責備我們，在　神面前我們就可以坦然無懼了。  凡我們所求的，就必從他得著，因為我們遵守他的命令，作他所喜悅的事。 (1 John 3:18-22)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not say, “Today or tomorrow I will go to this or that city, spend a year there, carry on business, and make a profit.” For I do not even know what my life will be tomorrow. I am a vapor that appears for a little while and then vanishes away. Instead, let me say, “If the Lord wills, I will live and do this or that.” Otherwise, I boast in my arrogance, and all such boasting is evil. 你們說：“今天或明天，我們要到某城去，在那裡住一年，作生意賺錢。”  其實明天怎樣，你們並不知道。你們的生命是甚麼呢？你們本來是過眼雲煙，轉瞬之間就消逝了。  你們倒不如說：“主若願意，我們就可以活著，作這事或作那事。”  但現在你們竟然張狂自誇；這一切自誇，都是邪惡的。 (James 4:13-16)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I remember those in prison as though bound with them, and those who are mistreated, since I myself am also in the body. 你們要記念那些被囚禁的人，好像跟他們一起被囚禁；也要記念那些受虐待的人，好像你們也親自受過。 (Hebrews 13:3)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

Apart from the law the righteousness of God has been made known, being witnessed by the law and the prophets, even the righteousness of God through faith in Jesus Christ to all who believe. For there is no difference, for all have sinned and fall short of the glory of God, being justified freely by His grace through the redemption that is in Christ Jesus. 現在，有律法和先知的話可以證明：　神的義在律法之外已經顯明出來，  就是　神的義，因著信耶穌基督，毫無區別地臨到所有信的人。  因為人人都犯了罪，虧缺了　神的榮耀，  但他們卻因著　神的恩典，藉著在基督耶穌裡的救贖，就白白地稱義。 (Romans 3:21-24)

What the law was powerless to do in that it was weakened through the flesh, God did by sending His own Son in the likeness of sinful flesh, on account of sin; He condemned sin in the flesh, in order that the requirement of the law might be fully met in us, who do not walk according to the flesh, but according to the Spirit. 律法因肉體的軟弱所作不到的，　神作到了：他差遣自己的兒子成為罪身的樣式，為了除掉罪，就在肉體中把罪判決了，  使律法所要求的義，可以在我們這些不隨從肉體而隨從聖靈去行的人身上實現出來。 (Romans 8:3-4)

*停下来，反思这些圣经给我们的确据。*

**感恩**

For those who revere Your name, the Sun of righteousness will rise with healing in His wings. And they will go out and leap like calves released from the stall. 可是，對你們敬畏我名的人，必有公義的太陽升起來；它的光線有醫治的功能；你們必出來跳躍，像欄裡的肥牛犢。” (Malachi 4:2)

Jesus fulfilled the words of the prophet Isaiah:

“The Spirit of the Lord is upon Me,

Because He has anointed Me to preach good news to the poor.

He has sent Me to proclaim freedom for the captives

And recovery of sight to the blind,

To set free those who are downtrodden,

To proclaim the acceptable year of the Lord.” “主的靈在我身上，因為他膏我去傳福音給貧窮的人，差遣我去宣告被擄的得釋放，瞎眼的得看見，受壓制的得自由，  又宣告主悅納人的禧年。” (Luke 4:18-19)

*停下来，献上你自己的感恩之意*

**结束祷告**

I will enter Your gates with 感恩

And Your courts with praise;

I will give thanks to You and bless Your name.

For the Lord is good

And Your lovingkindness endures forever;

Your faithfulness continues through all generations. 應當充滿感恩進入他的殿門，滿口讚美進入他的院子；要感謝他，稱頌他的名。  因為耶和華本是美善的，他的慈愛存到永遠，他的信實直到萬代。 (Psalm 100:4-5)

May the glory of the Lord endure forever;

May the Lord rejoice in His works. 願耶和華的榮耀存到永遠；願耶和華喜悅他自己所作的。 (Psalm 104:31)

Day 22

**敬拜尊崇**

A great multitude, which no one could number, from all nations and tribes and peoples and languages will stand before the throne and before the Lamb, clothed with white robes with palm branches in their hands, and will cry out with a loud voice, “Salvation belongs to our God, who sits on the throne, and to the Lamb!” 這些事以後，我觀看，見有一大群人，沒有人能數得過來，是從各邦國、各支派、各民族、各方言來的。他們都站在寶座和羊羔面前，身穿白袍，手裡拿著棕樹枝。  他們大聲呼喊，說：“願救恩歸給那坐在寶座上我們的　神，也歸給羊羔！” (Revelation 7:9-10)

Blessed is the King who comes in the name of the Lord!

Peace in heaven and glory in the highest! 說：“奉主名來的王，是應當稱頌的！在天上有和平，在至高之處有榮耀！” (Luke 19:38)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

The eyes of the Lord are everywhere,

Keeping watch on the evil and the good. 耶和華的眼目無所不在；壞人好人他都鑒察。 (Proverbs 15:3)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Like Abraham, may I call upon the name of the Lord, the Everlasting God. 也是他築頭一座祭壇的地方，亞伯蘭就在那裡求告耶和華的名。 (Genesis 13:4; 21:33)

May I listen carefully to the voice of the Lord my God and do what is right in Your sight; may I pay attention to Your commandments and keep all Your statutes. 耶和華又說：“如果你留意聽耶和華你　神的聲音，行他眼中看為正的事，側耳聽他的誡命，遵守他的一切律例；這樣，我決不把加在埃及人身上的一切疾病加在你們身上，因為我是醫治你的耶和華。” (Exodus 15:26)

May I rejoice in my tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. And hope does not disappoint, because the love of God has been poured out into my heart through the Holy Spirit who was given to me. 不但這樣，我們更以患難為榮；知道患難產生忍耐，  忍耐產生毅力，毅力產生盼望；  盼望是不會令人蒙羞的，因為　神藉著所賜給我們的聖靈，把他的愛澆灌在我們的心裡。 (Romans 5:3-5)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May Your merciful kindness be my comfort,

According to Your promise to Your servant. 求你按著你給你僕人的應許，以你的慈愛安慰我。 (Psalm 119:76)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Is this not the fast You have chosen:

To loose the bonds of wickedness,

To undo the cords of the yoke,

And to let the oppressed go free

And break every yoke?

Is it not to share our food with the hungry

And to provide the poor wanderer with shelter;

When we see the naked, to clothe him,

And not to turn away from our own flesh?

Then our light will break forth like the dawn,

And our healing will quickly appear,

And our righteousness will go before us;

The glory of the Lord will be our rear guard.

Then we will call, and the Lord will answer;

We will cry, and He will say, “Here I am.”

If we put away the yoke from our midst,

The pointing of the finger and malicious talk,

And if we extend our souls to the hungry

And satisfy the afflicted soul,

Then our light will rise in the darkness,

And our gloom will become like the noonday. 我所揀選的禁食不是這樣嗎？不是要鬆開兇惡的鎖鍊，解開軛上的繩索，使被壓迫的獲得自由，折斷所有的軛嗎？  不是要把你的食物分給飢餓的人，把流浪的窮困人接到你的家裡，見到赤身露體的，給他衣服蔽體，不可逃避自己的骨肉而不顧恤嗎？  這樣，你的光就必突然發出，像黎明的曙光，你的傷口就必快快復原；你的公義就必行在你的前面，耶和華的榮耀要作你的後盾。  那時，你求告，耶和華必應允；你呼求，他必說：“我在這裡！”你若從你中間除掉欺壓人的軛，除去指責人的指頭和惡毒的言語，  你的心若顧念飢餓的人，使困苦的人得到飽足，你的光就必在黑暗中升起來，你的幽暗必如日中天。 (Isaiah 58:6-10)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

By the will of God, I have been sanctified through the offering of the body of Jesus Christ once for all. And every priest stands daily ministering and offering again and again the same sacrifices, which can never take away sins. But when this Priest had offered for all time one sacrifice for sins, He sat down at the right hand of God, waiting from that time for His enemies to be made a footstool for His feet. For by one offering, He has made perfect forever those who are being sanctified. 我們憑著這旨意，藉著耶穌基督一次獻上他的身體，就已經成聖。  所有的祭司都是天天站著事奉，多次獻上同樣的祭品，那些祭品永遠不能把罪除去。  唯有基督獻上了一次永遠有效的贖罪祭，就在　神的右邊坐下來。  此後，只是等待　神把他的仇敵放在他的腳下，作他的腳凳。  因為他獻上了一次的祭，就使那些成聖的人永遠得到完全。 (Hebrews 10:10-14)

Christ suffered for me, leaving me an example that I should follow in His steps. “He committed no sin, and no deceit was found in his mouth.” When He was reviled, He did not retaliate; when He suffered, He made no threats, but entrusted Himself to Him who judges righteously; and He himself bore our sins in His body on the tree, so that I might die to sins and live for righteousness; by His wounds I have been healed. For I was like a sheep going astray, but now I have returned to the Shepherd and Overseer of my soul. 你們就是為此蒙召，因基督也為你們受過苦，給你們留下榜樣，叫你們跟隨他的腳蹤行。  “他從來沒有犯過罪，口裡也找不到詭詐。”  他被罵的時候不還嘴，受苦的時候也不說恐嚇的話；只把自己交託給那公義的審判者。  他在木頭上親身擔當了我們的罪，使我們既然不活在罪中，就可以為義而活。因他受的鞭傷，你們就得了醫治。  你們從前好像迷路的羊，但現在已經回到你們靈魂的牧人和監督那裡了。 (1 Peter 2:21-25)

*停下来，反思这些圣经给我们的确据。*

**感恩**

From Christ’s fullness we have all received, and grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ. 從他的豐盛裡我們都領受了，而且恩上加恩。  律法是藉著摩西頒布的，恩典和真理卻是藉著耶穌基督而來的。 (John 1:16-17)

Jesus is the Lamb of God, who takes away the sin of the world. 第二天，約翰見耶穌迎面而來，就說：“看哪，　神的羊羔，是除去世人的罪孽的！ (John 1:29)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord will keep me from all evil;

He will preserve my soul.

The Lord will watch over my coming and going

From this time forth and forever. 耶和華要保護你脫離一切災禍，他要保護你的性命。  你出你入，耶和華要保護你，從現在直到永遠。 (Psalm 121:7-8)

Day 23

**敬拜尊崇**

Great is the Lord and most worthy of praise;

He is to be feared above all gods.

For all the gods of the nations are idols,

But the Lord made the heavens.

Splendor and majesty are before Him;

Strength and beauty are in His sanctuary.

I will ascribe to the Lord glory and strength.

I will ascribe to the Lord the glory due His name

And worship the Lord in the beauty of holiness. 因為耶和華是偉大的，該受極大的讚美，他當受敬畏，過於眾神之上。  因為萬民的神都是虛空的偶像，但耶和華創造了諸天。  尊榮和威嚴在他面前，能力和華美在他聖所之中。  列國的萬族啊！你們要歸給耶和華，要把榮耀和能力歸給耶和華。  要把耶和華的名當得的榮耀歸給他，帶著禮物進入他的院子。 (Psalm 96:4-8)

Blessed is the man who fears the Lord,

Who finds great delight in His commands. 你們要讚美耶和華。敬畏耶和華、熱愛他的誡命的，這人是有福的。 (Psalm 112:1)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I confess my iniquity;

I am troubled by my sin.

O Lord, do not forsake me;

O my God, be not far from me!

Make haste to help me,

O Lord my salvation. 我要承認我的罪孽，我要因我的罪憂傷。  耶和華啊！求你不要離棄我；我的　神啊，求你不要遠離我。  拯救我的主啊！求你快來幫助我。 (Psalm 38:18, 21-22)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I be a faithful person who fears God. 我委任我的兄弟哈拿尼和營樓長哈拿尼雅，管理耶路撒冷，因為哈拿尼雅是個可信靠的人，敬畏　神勝過許多人。 (Nehemiah 7:2)

I have hope in God, that there will be a resurrection of both the righteous and the wicked. In view of this, may I strive always to keep my conscience blameless before God and men. 我靠著　神所存的盼望，也是他們自己所期待的，就是義人和不義的人都要復活；  因此，我常常勉勵自己，對　神對人要常存無虧的良心。 (Acts 24:15-16)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not take revenge, but leave room for the wrath of God, for it is written: “Vengeance is Mine; I will repay,” says the Lord. May I not be overcome by evil, but overcome evil with good. 親愛的啊，不要為自己伸冤，寧可等候主的忿怒，因為經上記著，主說：“伸冤在我，我必報應。”  不可被惡所勝，反要以善勝惡。 (Romans 12:19, 21)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May Your commandments be upon my heart, so that I may teach them diligently to my children and talk about them when I sit in my house and when I walk along the way and when I lie down and when I rise up. 我今日吩咐你的這些話，都要記在你的心上；  你要把這些話不斷地教訓你的兒女，無論你坐在家裡，或行在路上，或躺下，或起來的時候，都要談論。 (Deuteronomy 6:6-7)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

Jesus is the way and the truth and the life. No one comes to the Father except through Him. 耶穌對他說：“我就是道路、真理、生命，如果不是藉著我，沒有人能到父那裡去。 (John 14:6)

Through Jesus the forgiveness of sins is proclaimed, that through Him everyone who believes is justified from all things from which they could not be justified by the law of Moses. 所以弟兄們，你們當知道，赦罪之道是由這位耶穌傳給你們的。在你們靠摩西律法不能稱義的一切事上，  信靠他的人就得稱義了。 (Acts 13:38-39)

Through faith I am guarded by the power of God for salvation that is ready to be revealed in the last time. 就是你們這因信蒙　神能力保守的人，得著預備在末世要顯現的救恩。 (1 Peter 1:5)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Lord Jesus, You were oppressed and afflicted,

Yet You did not open Your mouth;

You were led like a lamb to the slaughter,

And as a sheep before her shearers is silent,

So You did not open Your mouth.

By oppression and judgment You were taken away.

And who can speak of Your descendants?

For You were cut off from the land of the living;

You were stricken for the transgression of God’s people.

You were assigned a grave with the wicked,

Yet with a rich man in Your death,

Though You had done no violence,

Nor was any deceit in Your mouth.

Yet it was the Lord’s will

To crush You and cause You to suffer.

When You make Your soul a guilt offering,

You will see Your offspring and prolong Your days,

And the pleasure of the Lord will prosper in Your hand.

You will see the fruit of the travail of Your soul and be satisfied;

By Your knowledge, God’s righteous Servant, You will justify many,

And You will bear their iniquities.

Therefore God will give You a portion among the great,

And You will divide the spoils with the strong,

Because You poured out Your life unto death,

And were numbered with the transgressors.

For You bore the sin of many,

And made 彼此代求 for the transgressors. 他被虐待，受痛苦的時候，他並不開口；他像羊羔被牽去屠宰，又像羊在剪羊毛的人面前寂然無聲，他也是這樣不開口。  他受拘禁和審判以後被帶走；至於他那個世代的人中，有誰想到從活人之地被剪除，被擊打，是因我子民的過犯呢？  雖然他從來沒有行過強暴，他的口裡也沒有詭詐，人還是使他與惡人同埋，但死的時候與財主同葬。  耶和華卻喜悅把他壓傷，使他受痛苦；耶和華若以他的性命作贖罪祭，他必看見後裔，並且得享長壽；耶和華所喜悅的，必在他手中亨通。  他受了生命之苦以後，必看見光明，並且心滿意足；我的義僕必使許多人因認識他而得稱為義，他也必背負他們的罪孽。  所以，我要使他與偉大的人同分，他必與強盛的均分擄物，因為他把自己的性命傾倒，以致於死。他被列在罪犯之中，卻擔當了多人的罪，又為罪犯代求。 (Isaiah 53:7-12)

*停下来，献上你自己的感恩之意*

**结束祷告**

Trust in the Lord with all your heart

And lean not on your own understanding;

In all your ways acknowledge Him,

And He will make your paths straight.

Do not be wise in your own eyes,

But fear the Lord and depart from evil. 你要一心仰賴耶和華，不可倚靠自己的聰明；  在你一切所行的路上，都要承認他，他必使你的路徑平坦正直。  不可自以為有智慧，要敬畏耶和華，遠離惡事。 (Proverbs 3:5-7)

Day 24

**敬拜尊崇**

The Son of Man will come with the clouds of heaven. In the presence of the Ancient of Days, He will be given dominion and glory and a kingdom, so that all peoples, nations, and men of every language will worship Him. His dominion is an everlasting dominion that will not pass away, and His kingdom is one that will never be destroyed. “我在夜間的異象中繼續觀看，看見有一位像人子的，駕著天雲而來，到萬古常存者那裡，被引領到他面前，  得了權柄、尊榮和國度；各國、各族和說各種語言的人都事奉他。他的權柄是永遠的權柄，是不能廢去的；他的國度是永不毀滅的。 (Daniel 7:13-14)

Jesus is my Lord and my God. 多馬對他說：“我的主！我的　神！” (John 20:28)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Who may ascend the hill of the Lord?

Who may stand in His holy place?

He who has clean hands and a pure heart,

Who has not lifted up his soul to an idol

Or sworn by what is false. 誰能登上耶和華的山？誰能站在他的聖所中呢？  就是手潔心清的人，他不傾向虛妄，起誓不懷詭詐。 (Psalm 24:3-4)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May the Lord my God be with me as You were with our fathers; may You never leave me nor forsake me. Incline my heart to You, to walk in all Your ways and to keep Your commands and Your statutes and Your judgments, which You commanded our fathers. May all the peoples of the earth know that the Lord is God; there is no other. Let my heart be fully committed to the Lord my God, to walk in Your statutes and keep Your commandments, as at this day. 願耶和華我們的　神與我們同在，像與我們的列祖同在一樣。願他不離棄我們，也不撇下我們。  願他使我們的心歸向他，遵行他的一切道，謹守他吩咐我們列祖的誡命、律例和典章。  使地上萬族萬民都知道耶和華是　神，除他以外沒有別的神。  所以你們的心要完全歸給耶和華我們的　神，遵行他的律例，謹守他的誡命，像今天一樣。” (1 Kings 8:57-58, 60-61)

As one who knows righteousness, who has Your law in my heart, may I not fear the reproach of men or be terrified by their revilings. 認識公義，把我的訓誨存在心裡的人民哪！你們要聽我的話。你們不要怕人的辱罵，也不要因人的毀謗而驚惶。 (Isaiah 51:7)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Joseph said to his brothers, “Do not be grieved or angry with yourselves for selling me here, for God sent me before you to save lives. He sent me ahead of you to preserve for you a remnant on earth and to save your lives by a great deliverance. So it was not you who sent me here, but God.” 現在你們不要因為把我賣到這裡來，而自憂自責。這原是　神差派我在你們以先來這裡，為要保全性命。  　神差派我在你們以先來這裡，為要給你們在地上留下餘種，大大施行拯救，保全你們的性命。  這樣看來，差派我到這裡來的，不是你們，而是　神。他立我作法老之父，作他全家之主，又作全埃及地的首相。 (Genesis 45:5, 7-8)

Like Joseph, may I seek your perspective on the circumstances of my life.

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May we be devoted to one another in brotherly love, honoring one another above ourselves. 要以手足之愛彼此相親，用恭敬的心互相禮讓。 (Romans 12:10)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. I cannot serve God and wealth. “一個人不能服事兩個主人；他若不是恨這個愛那個，就是忠於這個輕視那個。你們不能服事　神，又服事金錢。 “一個家僕不能服事兩個主人；他若不是恨這個愛那個，就是忠於這個輕視那個。你們不能服事　神，又服事金錢。” (Matthew 6:24; Luke 16:13)

Those who are rich in this present world should not be arrogant or set their hope on the uncertainty of riches but on God, who richly provides us with everything for our enjoyment. They should do good, be rich in good works, and be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the future, so that they may lay hold of true life. 你要囑咐那些今世富有的人，叫他們不要心高氣傲，也不要寄望在浮動的財富上，卻要仰望那厚賜百物給我們享用的　神。  又要囑咐他們行善，在善事上富足，慷慨好施。  這樣，就為自己在來世積聚財富，作美好的基礎，好叫他們能夠得著那真正的生命。 (1 Timothy 6:17-19)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will sing to the Lord and give praise to the Lord,

For He has rescued the life of the needy

From the hands of evildoers. 你們要歌頌耶和華，讚美耶和華；因為他救了窮乏人的性命，脫離惡人的手。 (Jeremiah 20:13)

The Lord is good,

A refuge in times of trouble;

He knows those who trust in Him. 耶和華是良善的；在患難的時候，他作人的避難所；信靠他的人，他都認識。 (Nahum 1:7)

*停下来，献上你自己的感恩之意*

**结束祷告**

Thus says the Lord: “Let not the wise man boast of his wisdom, and let not the strong man boast of his strength, and let not the rich man boast of his riches; but let him who boasts boast about this: that he understands and knows Me, that I am the Lord, who exercises lovingkindness, justice, and righteousness on earth; for in these I delight,” declares the Lord. 耶和華這樣說：“智慧人不可誇耀自己的智慧，勇士不可誇耀自己的勇力，財主不可誇耀自己的財富。  誇口的卻要因了解我，認識我而誇口；認識我是耶和華，我在地上施行慈愛、公正、公義；因為我喜悅這些事。”這是耶和華的宣告。 (Jeremiah 9:23-24)

“The Lord is my portion,” says my soul,

“Therefore I will wait for Him.”

The Lord is good to those who wait for Him,

To the soul who seeks Him.

It is good to hope silently

For the salvation of the Lord. 我心裡說：“耶和華是我的業分，所以，我必仰望他。”  耶和華善待等候他的和心裡尋求他的人。  安靜等候耶和華的救恩，是多麼的美好！ (Lamentations 3:24-26)

Day 25

**敬拜尊崇**

Where were you when I laid the foundations of the earth?

Tell Me, if you have understanding.

Who determined its measurements?

Surely you know!

Or who stretched the line across it?

On what were its bases sunk,

Or who laid its cornerstone,

When the morning stars sang together

And all the sons of God shouted for joy? 我奠定大地根基的時候，你在哪裡呢？你若有聰明，就只管說吧。  你一定曉得是誰定大地的尺度，是誰把準繩拉在大地之上？  地的基礎奠在哪裡，地的角石是誰安放的？  那時晨星一起歌唱，　神的眾子也都歡呼。 (Job 38:4-7)

You revealed Yourself to Moses as “I AM WHO I AM.” 　神回答摩西：“我是‘自有永有者’。”又說：“你要對以色列人這樣說：‘那自有者派我到你們這裡來。’” (Exodus 3:14)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

You have been just in all that has happened to me; You have acted faithfully, while I did wrong. 在一切臨到我們身上的事上，你都是公義的；因為你所行的是信實的，我們所行的是邪惡的。 (Nehemiah 9:33)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

If I abide in You, and Your words abide in me, I can ask whatever I wish, and it will be done for me. As I ask in Your name, I will receive, that my joy may be full. 你們若住在我裡面，我的話也留在你們裡面；無論你們想要甚麼，祈求，就給你們成就。 (John 15:7; 16:24)

As I walk in the Spirit, I will not fulfill the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh; for they oppose each other, so that I may not do the things that I wish. But if I am led by the Spirit, I am not under the law. 我是說，你們應當順著聖靈行事，這樣就一定不會去滿足肉體的私慾了。  因為肉體的私慾和聖靈敵對，聖靈也和肉體敵對；這兩樣互相敵對，使你們不能作自己願意作的。  但你們若被聖靈引導，就不在律法以下了。 (Galatians 5:16-18)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be above reproach, temperate, sensible, respectable, hospitable, able to teach, not given to drunkenness, not violent but gentle, not quarrelsome, not a lover of money, one who manages his own family well, and who keeps his children under control with proper respect. Grant me a good reputation with outsiders, so that I will not fall into disgrace and the snare of the devil. 所以作監督的，必須無可指摘，只作一個妻子的丈夫，有節制，自律，莊重，樂意接待客旅，善於教導，  不好酒，不打人，只要溫和，與人無爭，不貪財，  好好管理自己的家，使兒女凡事敬重順服。  作監督的也必須在教外有好聲譽，免得他被人毀謗，就落在魔鬼的陷阱裡。 (1 Timothy 3:2-4, 7)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Knowing the fear of the Lord, may I seek to persuade men. 我們既然知道主是可畏的，就勸勉眾人。我們在　神面前是顯明的，我盼望在你們的良心裡也是顯明的。 (2 Corinthians 5:11)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

The Lord is righteous; He loves righteousness;

The upright will see His face. 因為耶和華是公義的，他喜愛公義的行為，正直的人必得見他的面。 (Psalm 11:7)

Lord, who may dwell in Your tabernacle?

Who may live on Your holy mountain?

He who walks uprightly and works righteousness

And speaks the truth in his heart;

He does not slander with his tongue

Nor does evil to his neighbor

Nor takes up a reproach against his friend;

He despises the reprobate

But honors those who fear the Lord.

He keeps his oath even when it hurts,

Lends his money without interest,

And does not accept a bribe against the innocent.

He who does these things will never be shaken. 耶和華啊！誰能在你的帳幕裡寄居？誰能在你的聖山上居住呢？（本節在《馬索拉抄本》包括細字標題）  就是行為完全，作事公義，心裡說誠實話的人。  他不以舌頭詆毀人，不惡待朋友，也不毀謗他的鄰居。  他眼中藐視卑鄙的人，卻尊重敬畏耶和華的人。他起了誓，縱然自己吃虧，也不更改。  他不拿自己的銀子放債取利，也不收受賄賂陷害無辜；行這些事的人，必永不動搖。 (Psalm 15:1-5)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Lord, You completed the heavens and the earth in all their vast array. By the seventh day You finished the work which You had done, and rested on the seventh day from all Your creative work. 這樣，天地萬物都造齊了。  第七日，　神完成了他所作的工；在第七日　神歇了他所作的一切工。 (Genesis 2:1-2)

Lord God, You formed man from the dust of the ground and breathed into his nostrils the breath of life; and man became a living being. 耶和華　神用地上的塵土造成人形，把生氣吹進他的鼻孔裡，那人就成了有生命的活人，名叫亞當。 (Genesis 2:7)

*停下来，献上你自己的感恩之意*

**结束祷告**

Who shall separate me from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written:

“For Your sake we face death all day long;

We are considered as sheep to be slaughtered.”

Yet in all these things I am more than a conqueror through Him who loved me. 誰能使我們與基督的愛隔絕呢？是患難嗎？是困苦嗎？是迫害嗎？是飢餓嗎？是赤身露體嗎？是危險嗎？是刀劍嗎？  正如經上所記：“為你的緣故，我們終日面對死亡，人看我們像待宰的羊。”  但靠著愛我們的那一位，我們在這一切事上就得勝有餘了。 (Romans 8:35-37)

Day 26

**敬拜尊崇**

You are the living God,

And there is no god besides You.

You put to death and You bring to life,

You have wounded and You will heal,

And no one can deliver from Your hand. 現在你們要知道，只有我是那一位，除我以外，並沒有別的神；我使人死，也使人活；我打傷，我也醫治；沒有人可以從我的手裡搶救出去。 (Deuteronomy 32:39)

I will recall to mind the former things, those of long ago;

You are God, and there is no other;

You are God, and there is none like You. 你們當記念上古以前的事，因為我是　神，再沒有別的神；我是　神，沒有神像我。 (Isaiah 46:9)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

When I sin against the Lord, I may be sure that my sin will find me out. 如果你們不這樣行，就得罪了耶和華；你們要知道你們的罪必追上你們。 (Numbers 32:23)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not be conformed to the pattern of this world but be transformed by the renewing of my mind, that I may prove that the will of God is good and acceptable and perfect. 不要模仿這個世代，倒要藉著心意的更新而改變過來，使你們可以察驗出甚麼是　神的旨意，就是察驗出甚麼是美好的、蒙他悅納的和完全的事。 (Romans 12:2)

May the God of my Lord Jesus Christ, the Father of glory, give me a spirit of wisdom and of revelation in the full knowledge of Him, and may the eyes of my heart be enlightened, in order that I may know what is the hope of His calling, what are the riches of His glorious inheritance in the saints, and what is the incomparable greatness of His power toward us who believe. 求我們主耶穌基督的　神，榮耀的父，賜給你們智慧和啟示的靈，使你們充分地認識他，  並且使你們心靈的眼睛明亮，可以知道他的呼召有怎樣的盼望；他基業的榮耀，在聖徒中是多麼的豐盛；  　神照著他強大的力量，向我們信他的人顯出的能力，是何等的浩大。 (Ephesians 1:17-19)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Whatever I do, may I do all to the glory of God. 所以，你們或吃喝，或作甚麼，一切都要為　神的榮耀而行。 (1 Corinthians 10:31)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

We should offer 个人祈求s, prayers, 彼此代求s, and 感恩s on behalf of all men, for kings and all those who are in authority, that we may live peaceful and quiet lives in all godliness and reverence. This is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth. 因此，我勸你最重要的是要為萬人、君王和一切有權位的懇求、禱告、代求和感恩，好讓我們可以敬虔莊重地過平靜安穩的日子。  在我們的救主　神看來，這是美好的，可蒙悅納的。  他願意萬人得救，並且充分認識真理。 (1 Timothy 2:1-4)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

There is a time for everything, and a season for every activity under heaven. 萬事都有定期，天下萬務都有定時： (Ecclesiastes 3:1)

God has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. 他使萬事各按其時，成為美好；他又把永恆的意識放在人的心裡；雖然這樣，人還是不能察覺　神自始至終的作為。 (Ecclesiastes 3:11)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I do not lose heart; even though my outward man is perishing, yet my inner man is being renewed day by day. For this light affliction which is momentary is working for me a far more exceeding and eternal weight of glory, while I do not look at the things which are seen but at the things which are unseen. For the things which are seen are temporary, but the things which are unseen are eternal. 所以，我們並不沮喪，我們外面的人雖然漸漸朽壞，但裡面的人卻日日更新，  因為我們短暫輕微的患難，是要為我們成就極大無比、永遠的榮耀。  我們所顧念的，不是看得見的，而是看不見的；因為看得見的是暫時的，看不見的是永遠的。 (2 Corinthians 4:16-18)

*停下来，献上你自己的感恩之意*

**结束祷告**

Glory in the holy name of the Lord;

Let the hearts of those who seek the Lord rejoice.

Seek the Lord and His strength;

Seek His face always.

Remember the wonderful works He has done,

His miracles, and the judgments He pronounced. 要以他的聖名為榮，願尋求耶和華的人，心中喜樂。  要尋求耶和華和他的能力，常常尋求他的面。  他的僕人以色列的後裔啊，他所揀選的雅各的子孫啊，你們要記念他奇妙的作為、他的奇事和他口中的判語。 (1 Chronicles 16:10-12)

The Lord reigns forever;

He has established His throne for judgment.

He will judge the world in righteousness,

And He will govern the peoples with justice.

The Lord will also be a refuge for the oppressed,

A stronghold in times of trouble.

Those who know Your name will trust in You,

For You, Lord, have never forsaken those who seek You. 耶和華卻永遠坐著為王，為了施行審判，他已經設立寶座。  他必以公義審判世界，按正直判斷萬民。  耶和華要給受欺壓的人作保障，作患難時的避難所。  認識你名的人必倚靠你；耶和華啊！你從未撇棄尋求你的人。 (Psalm 9:7-10)

Day 27

**敬拜尊崇**

Praise the Lord!

Praise, O servants of the Lord,

Praise the name of the Lord.

Blessed be the name of the Lord

Both now and forever.

From the rising of the sun to its setting,

The name of the Lord is to be praised.

The Lord is high above all nations,

His glory above the heavens.

Who is like the Lord our God,

The One who is enthroned on high,

Who humbles Himself to behold

The things that are in the heavens and in the earth? 你們要讚美耶和華。耶和華的僕人哪！你們要讚美，要讚美耶和華的名。  耶和華的名是應當稱頌的，從現在直到永遠。  從日出之地到日落之處，耶和華的名都該受讚美。  耶和華高過萬國，他的榮耀超越諸天。  誰像耶和華我們的　神呢？他坐在至高之處，  他俯首垂顧天上和地下的事。 (Psalm 113:1-6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

“For a brief moment I forsook you,

But with great compassion I will gather you.

In a flood of anger I hid My face from you for a moment,

But I will have compassion on you with everlasting kindness,”

Says the Lord your Redeemer. 我只是暫時離棄你，卻以極大的憐憫把你招聚回來。  在怒氣漲溢的時候，我暫時向你掩面，卻要以永遠的慈愛憐憫你；這是耶和華你的救贖主說的。 (Isaiah 54:7-8)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Like Job, may I be blameless and upright, fearing God and shunning evil. 烏斯地有一個人，名叫約伯。這人完全、正直，敬畏　神，遠離罪惡。 (Job 1:1)

May I be careful to lead a blameless life.

May I walk in the integrity of my heart in the midst of my house.

May I set no wicked thing before my eyes.

I hate the work of those who fall away;

May it not cling to me. 我要小心謹慎行正直的路；你甚麼時候才到我這裡來呢？我要在我的家中，以正直的心行事。  邪惡的事，我都不擺在眼前；離開正路的人所作的事，我都恨惡，決不容這些沾染我。 (Psalm 101:2-3)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Even when I am old and gray, do not forsake me, O God,

Until I declare Your strength to the next generation,

Your power to all who are to come. 　神啊！到我年老髮白的時候，求你仍不要離棄我，等我把你的能力向下一代傳揚，把你的大能向後世所有的人傳揚。 (Psalm 71:18)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

God be gracious to us and bless us,

And make His face shine upon us;

That Your way may be known on earth,

Your salvation among all nations. 願　神恩待我們，賜福給我們，願他用臉光照我們，（細拉）  好使全地得知你的道路，萬國得知你的救恩。 (Psalm 67:1-2)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

The wolf will dwell with the lamb,

And the leopard will lie down with the goat,

And the calf and the lion and the yearling together,

And a little child will lead them.

The cow will feed with the bear;

Their young will lie down together,

And the lion will eat straw like the ox.

The infant will play near the hole of the cobra,

And the young child will put his hand into the viper’s hole.

They will neither harm nor destroy on all My holy mountain,

For the earth will be full of the knowledge of the Lord

As the waters cover the sea. 豺狼必與綿羊羔同住，豹子要與山羊羔同臥，牛犢、幼獅和肥畜必同群；小孩子要牽引牠們。  牛必與母熊一同吃食，牛犢必與小熊一起躺臥；獅子就像牛一般吃草。  吃奶的嬰兒必在虺蛇的洞口玩耍，斷奶的孩子必放他的手在毒蛇的穴上。  在我整個聖山上面，這一切都不行傷害或毀滅之事；因為認識耶和華的知識要充滿大地，好像海水覆蓋海洋一般。 (Isaiah 11:6-9)

As the earth brings forth its sprouts

And as a garden causes that which is sown to spring up,

So the Lord God will make righteousness

And praise spring up before all nations. 地怎樣發生苗芽，園子怎樣使所種的生長起來，主耶和華也必怎樣使公義和讚美，在萬國之前生長出來。 (Isaiah 61:11)

*停下来，反思这些圣经给我们的确据。*

**感恩**

By grace I have been saved through faith, and this not of myself; it is the gift of God, not of works, so that no one can boast. 你們得救是靠著恩典，藉著信心。這不是出於自己，而是　神所賜的；  這也不是出於行為，免得有人自誇。 (Ephesians 2:8-9)

I am confident of this, that He who began a good work in me will carry it on to completion until the day of Christ Jesus. 我深信那在你們中間開始了美好工作的，到了基督耶穌的日子，必成全這工作。 (Philippians 1:6)

*停下来，献上你自己的感恩之意*

**结束祷告**

Blessed are those who have learned to acclaim You,

Who walk in the light of Your presence, O Lord.

They rejoice in Your name all day long,

And they are exalted in Your righteousness. 曉得向你歡呼的人民是有福的，耶和華啊！他們在你的臉光中行走。  他們因你的名終日歡呼，因你的公義被高舉。 (Psalm 89:15-16)

Day 28

**敬拜尊崇**

Who has measured the waters in the hollow of His hand,

Or marked off the heavens with the breadth of his hand?

Who has calculated the dust of the earth in a measure,

Or weighed the mountains in the balance

And the hills in scales? 誰曾用掌心量過海水，用手掌測過蒼天呢？誰曾用升斗量過大地的塵土，用秤稱山嶺，用天平稱岡陵呢？ (Isaiah 40:12)

You are the Lord, and there is no other;

Apart from You there is no God.

From the rising to the setting of the sun,

We know there is none besides You.

You are the Lord, and there is no other. “我是耶和華，再沒有別的神了；除了我以外，並沒有真神；你雖然不認識我，我必堅固你，  為要叫從日出之地到日落之地的人都知道，除了我以外，沒有真神；我是耶和華，再沒有別的神了。 (Isaiah 45:5-6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

When my soul was fainting away,

I remembered the Lord,

And my prayer went up to You, to Your holy temple.

Those who cling to worthless idols

Forsake Your lovingkindness.

But I will sacrifice to You

With the voice of 感恩.

I will fulfill what I have vowed.

Salvation is from the Lord. 當我心靈疲弱時，我就思念耶和華；我的禱告直達你面前，進入你的聖殿。  那敬奉虛妄之偶像的人，實在是離棄了憐愛他們的　神（“憐愛他們的　神”原文作“他們的恩典”）。  至於我，我要帶著感謝的聲音向你獻祭；我所許的願，我必償還。救恩是屬於耶和華的。” (Jonah 2:7-9)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

I am the salt of the earth, but if the salt loses its flavor, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot by men. I am the light of the world. A city set on a hill cannot be hidden. Neither do people light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. In the same way, I must let my light shine before men, that they may see my good deeds and praise my Father in heaven. “你們是地上的鹽；如果鹽失了味，怎能使它再鹹呢？結果毫無用處，唯有丟在外面任人踐踏。  你們是世上的光。建在山上的城是無法隱藏的；  人點了燈，不會放在量器底下，而是放在燈臺上，就照亮一家人。  照樣，你們的光也應當照在人前，讓他們看見你們的好行為，又頌讚你們在天上的父。 (Matthew 5:13-16)

I want to walk in a way that is worthy of the calling with which I was called, with all humility and meekness and patience. 因此，我這為主被囚禁的勸你們：行事為人，要配得上你們所蒙的呼召，  凡事謙虛、溫柔、忍耐，用愛心彼此寬容； (Ephesians 4:1-2)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be strong and courageous; may I not be afraid or discouraged, for the Lord my God will be with me wherever I go. 我不是吩咐過你要堅強勇敢嗎？所以，你不要懼怕，也不要驚慌；因為你無論到哪裡去，耶和華你的　神必與你同在。” (Joshua 1:9)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

O Lord, the great and awesome God, who keeps His covenant and lovingkindness with those who love Him and with those who obey His commandments, we have sinned and committed iniquity; we have been wicked and have rebelled, even turning away from Your commandments and from Your judgments. To the Lord our God belong mercy and forgiveness, even though we have rebelled against Him. We have not obeyed the voice of the Lord our God to walk in His laws which He set before us through His servants the prophets. 我向耶和華我的　神禱告、認罪，說：“主啊！偉大可畏的　神，你向那些愛你，遵守你誡命的人守約施慈愛。  我們犯了罪，行了不義，作了惡，背叛了你，偏離了你的誡命典章；  雖然我們背叛了主我們的　神，他仍是滿有憐憫和饒恕。  我們沒有聽從耶和華我們　神的話，沒有遵行他藉著他的僕人眾先知向我們頒布的律法。 (Daniel 9:4-5, 9-10)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

Cursed is the one who trusts in man,

Who depends on flesh for his strength

And whose heart turns away from the Lord.

But blessed is the man who trusts in the Lord,

Whose confidence is in Him. 耶和華這樣說：“倚靠世人，恃憑肉體為自己的力量，心裡偏離耶和華的，這人該受咒詛。  但倚靠耶和華，以耶和華為他所信賴的，這人是有福的。 (Jeremiah 17:5, 7)

Jesus knew all men, and had no need for anyone’s testimony about man, for He knew what was in man. 耶穌卻不信任他們，因為他知道所有的人，  也不需要誰指證人是怎樣的，因為他知道人心裡存的是甚麼。 (John 2:24-25)

God will judge the secrets of men through Jesus Christ, according to the gospel. 這也要照著我所傳的福音，在　神藉著耶穌基督審判各人隱情的那一天，彰顯出來。 (Romans 2:16)

*停下来，反思这些圣经给我们的确据。*

**感恩**

May I rejoice in the Lord always. 你們要靠著主常常喜樂，我再說，你們要喜樂。 (Philippians 4:4)

I have been called by God my Savior, and Christ Jesus is my hope. 奉我們的救主　神，和我們的盼望基督耶穌的命令，作基督耶穌使徒的保羅， (1 Timothy 1:1)

*停下来，献上你自己的感恩之意*

**结束祷告**

Praise the Lord!

Praise the Lord from the heavens;

Praise Him in the heights.

Praise Him, all His angels;

Praise Him, all His hosts.

Praise Him, sun and moon;

Praise Him, all you shining stars.

Praise Him, you highest heavens

And you waters above the heavens.

Let them praise the name of the Lord,

For He commanded and they were created.

He established them for ever and ever;

He gave a decree that will not pass away. 你們要讚美耶和華。你們要從天上讚美耶和華，在高天讚美他。  他的眾使者啊！你們要讚美他；他的眾軍啊！你們也要讚美他。  太陽和月亮啊！你們要讚美他；光亮的星星啊！你們都要讚美他。  天上的天啊！你們要讚美他。天上的水啊！你們要讚美他。  願這一切都讚美耶和華的名，因為他一發令，它們就都造成。  他把它們立定，直到永永遠遠；他立了定律，永不廢去（“廢去”或譯：“越過”）。 (Psalm 148:1-6)

Day 29

**敬拜尊崇**

John looked and heard the voice of many angels encircling the throne and the living creatures and the elders; and their number was myriads of myriads, and thousands of thousands, saying with a loud voice,

“Worthy is the Lamb, who was slain,

To receive power and riches and wisdom

And strength and honor and glory and blessing!” 我又觀看，聽見了千千萬萬天使的聲音，他們都在寶座、活物和長老的四周，  大聲說：“被殺的羊羔是配得權能、豐富、智慧、力量、尊貴、榮耀、頌讚的！” (Revelation 5:11-12)

The Lord Jesus Christ received honor and glory from God the Father when the voice came to Him from the Majestic Glory who said, “This is My beloved Son, with whom I am well pleased.” 因為他從父　神得著尊貴榮耀的時候，在極顯赫的榮光中，有這樣的聲音對他說：“這是我的愛子，我所喜悅的。” (2 Peter 1:17)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I will not forget the exhortation that addresses me as a son:

“My son, do not despise the Lord’s discipline,

Nor lose heart when you are rebuked by Him,

For whom the Lord loves He disciplines,

And He chastises every son whom He receives.” 你們又忘記了那勸你們好像勸兒子的話，說：“我兒！你不可輕看主的管教，受責備的時候也不要灰心；  因為主所愛的，他必管教，他又鞭打所收納的每一個兒子。” (Hebrews 12:5-6)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I fear God and keep His commandments, for this applies to every person. 你們一切都聽見了，總而言之，應當敬畏　神，謹守他的誡命，因為這是每一個人的本分。 (Ecclesiastes 12:13)

Give me understanding, and I will keep Your law

And observe it with all my heart.

Make me walk in the path of Your commands,

For there I find delight.

Incline my heart to Your testimonies

And not to selfish gain.

Turn my eyes away from worthless things,

And revive me in Your way. 求你賜我悟性，我好遵守你的律法，我必一心謹守。  求你領我走在你誡命的路上，因為這是我喜悅的。  求你使我的心傾向你的法度，不傾向不義之財。  求你使我轉眼不看虛空的事；又使我在你的道中存活。 (Psalm 119:34-37)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Like Ezra, I want to set my heart to study the word of the Lord, and to do it, and to teach it to others. 因為以斯拉專心尋求研究耶和華的律法，並且遵行，在以色列中教導律例和典章。 (Ezra 7:10)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Since we were called into fellowship with the Lord Jesus Christ, all of us should agree with one another, so that there may be no divisions among us, and that we may be perfectly joined together in the same mind and in the same judgment. 　神是信實的，他呼召了你們，是要你們與他的兒子我們主耶穌基督連合在一起。  弟兄們，我憑著我們主耶穌基督的名，勸你們大家要同心，在你們中間不要分黨，只要在同一的心思、同一的意念上團結起來。 (1 Corinthians 1:9-10)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

I will not lay up for myself treasures on earth, where moth and rust destroy and where thieves break in and steal. But I will lay up for myself treasures in heaven, where moth and rust do not destroy and where thieves do not break in and steal. For where my treasure is, there my heart will be also. “不可為自己在地上積聚財寶，因為地上有蟲蛀，有鏽侵蝕，也有賊挖洞來偷。  要為自己積聚財寶在天上，那裡沒有蟲蛀鏽蝕，也沒有賊挖洞來偷。  你的財寶在哪裡，你的心也在哪裡。 因為你們的財寶在哪裡，你們的心也在哪裡。 (Matthew 6:19-21; Luke 12:34)

God’s divine power has given me all things that pertain to life and godliness, through the knowledge of Him who called me by His own glory and virtue. Through these He has given me His very great and precious promises, so that through them I may be a partaker of the divine nature, having escaped the corruption that is in the world by lust. 　神以他神聖的能力，因著我們確實認識那位用自己的榮耀和美善呼召我們的，把一切有關生命和敬虔的事，都賜給了我們。  藉著這些，他把又寶貴又極大的應許賜給了我們，好叫你們既然逃脫世上因私慾而來的敗壞，就可以分享　神的本性。 (2 Peter 1:3-4)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Surely the Lord’s hand is not too short to save,

Nor His ear too dull to hear.

But our iniquities have separated us from our God;

Our sins have hidden His face from us, so that He will not hear.

Yet the Lord saw that there was no one to intervene;

So His own arm worked salvation for Him,

And His righteousness sustained Him.

He put on righteousness as His breastplate,

And the helmet of salvation on His head;

He put on the garments of vengeance

And wrapped Himself in zeal as a cloak.

From the west, men will fear the name of the Lord,

And from the rising of the sun, they will revere His glory.

For He will come like a flood

That the breath of the Lord drives along. 看哪！耶和華的手不是縮短了，以致不能拯救；他的耳朵不是不靈，不能聽見；  而是你們的罪孽使你們與你們的　神隔絕；你們的罪惡使他掩面不顧你們，不聽你們的禱告。  他見無人行善，無人代求，就非常詫異，所以他用自己的膀臂為他施行拯救，以自己的公義扶持他。  他穿上公義的鎧甲，戴上救恩的頭盔，穿上復仇的衣服，披上熱心作外袍。  他要按照各人的行為施行報應，把烈怒降與他的敵人，把報應加給他的仇敵，向眾海島的人施行報應。  這樣，人從日落之處必敬畏耶和華的名，從日出之地也必敬畏他的榮耀，仇敵像河水沖來的時候，耶和華的氣必向他催逼。 (Isaiah 59:1-2, 16-19)

*停下来，献上你自己的感恩之意*

**结束祷告**

I am convinced that neither death nor life, nor angels nor principalities, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate me from the love of God that is in Christ Jesus my Lord. 因為我深信：無論是死、是生，是天使、是掌權的，是現在的事，是將來的事，是有能力的，  是高天的、是深淵的，或是任何別的被造之物，都不能叫我們與　神的愛隔絕，這愛是在我們的主耶穌基督裡的。 (Romans 8:38-39)

Day 30

**敬拜尊崇**

May I fear You, the Lord my God; may I serve You, hold fast to You, and take my oaths in Your name. For You are my praise, and You are my God, who performed for me these great and awesome wonders which I have seen with my own eyes. 你要敬畏耶和華你的　神，事奉他，依靠他，奉他的名起誓。  他是你當頌讚的；他是你的　神，他為你作了那些大而可畏的事，就是你親眼見過的。 (Deuteronomy 10:20-21)

You are the great, the mighty, and the awesome God, who keeps His covenant of lovingkindness. “我們的　神啊，你是至大、全能、至可畏、守約施慈愛的　神，現在求你不要把我們、我們的君王和領袖、我們的祭司和先知、我們的列祖和你的眾民，從亞述列王的日子直到今日所遭遇的一切苦難，看為小事。 (Nehemiah 9:32)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

From within, out of the hearts of men, proceed evil thoughts, sexual immorality, thefts, murders, adulteries, greed, wickedness, deceit, lewdness, envy, slander, arrogance, and folly. All these evil things come from within and defile a man. 因為從裡面，就是從人的心裡，發出惡念、淫亂、偷盜、兇殺、  姦淫、貪心、邪惡、詭詐、放蕩、嫉妒、毀謗、驕傲、愚妄；  這一切惡事，是從人裡面出來的，都能使人污穢。” (Mark 7:21-23)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

I will not let sin reign in my mortal body that I should obey its lusts. Nor will I present the members of my body to sin, as instruments of wickedness, but I will present myself to God as one who is alive from the dead and my members as instruments of righteousness to God. 所以，不要容罪在你們必死的肉身上掌權，使你們順從肉身的私慾，  也不要把你們的肢體獻給罪，作不義的用具；倒要像出死得生的人，把自己獻給　神，並且把你們的肢體獻給　神作義的用具。 (Romans 6:12-13)

May I put away all filthiness and the overflow of wickedness, and in meekness accept the word planted in me, which is able to save my soul. 所以你們應當擺脫一切污穢和所有的邪惡，以溫柔的心領受　神栽種的道；這道能救你們的靈魂。 (James 1:21)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

I have called on You, O God, for You will answer me;

Incline Your ear to me and hear my prayer.

Show Your wonderful lovingkindness,

O Savior of those who take refuge at Your right hand

From those who rise up against them.

Keep me as the apple of Your eye;

Hide me in the shadow of Your wings. 　神啊！我向你呼求，因為你必應允我；求你側耳聽我，垂聽我的禱告。  求你把你的慈愛奇妙地彰顯，用右手拯救那些投靠你的，脫離那些起來攻擊他們的。  求你保護我，像保護眼中的瞳人，把我隱藏在你的翅膀蔭下； (Psalm 17:6-8)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

No one should seek his own good, but the good of others. 人不要求自己的好處，卻要求別人的好處。 (1 Corinthians 10:24)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

The day of the Lord will come like a thief, in which the heavens will pass away with a roar, and the elements will be destroyed by intense heat, and the earth and its works will be laid bare. The day of God will bring about the destruction of the heavens by fire, and the elements will melt with intense heat. 但主的日子必要像賊一樣來到。在那日，天必轟然一聲地消失，所有元素都因烈火而融化；地和地上所有的，都要被燒毀。  等候並催促　神的日子降臨呢？因為在那日，天要被火焚燒就融化了，所有元素都因烈火而融解！ (2 Peter 3:10, 12)

There will be a new heaven and a new earth, for the first heaven and the first earth will pass away, and there will no longer be any sea. 我又看見一個新天新地，因為先前的天地都過去了，海也再沒有了。 (Revelation 21:1)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Lord, You said, “Let there be lights in the expanse of the heavens to separate the day from the night, and let them serve as signs to mark seasons and days and years, and let them be lights in the expanse of the heavens to give light on the earth”; and it was so. You made two great lights—the greater light to govern the day and the lesser light to govern the night. You also made the stars; You set them in the expanse of the heavens to give light on the earth, and to govern the day and the night, and to separate the light from the darkness. And You saw that it was good. 　神說：“在天上穹蒼中，要有光體來分晝夜；這些光體要作為記號，定節令、日子和年歲；  它們要在天上穹蒼中發光，照耀地上！”事就這樣成了。  於是，　神造了兩個大光體，大的管晝，小的管夜；又造了星星。  　神把這些光體安放在天上穹蒼中，照耀地上，  管晝夜，分光暗。　神看這是好的。 (Genesis 1:14-18)

You made the earth and created man upon it.

Your own hands stretched out the heavens,

And You ordered their starry hosts. 我造了地，又造了人在地上；我親手展開了諸天，又命定了天上的萬象。 (Isaiah 45:12)

*停下来，献上你自己的感恩之意*

**结束祷告**

All Your works will praise you, O Lord,

And Your saints will bless You.

They will speak of the glory of Your kingdom

And talk of Your power,

So that all men may know of Your mighty acts

And the glorious majesty of Your kingdom.

Your kingdom is an everlasting kingdom,

And Your dominion endures through all generations. 耶和華啊！你一切所造的都要稱謝你，你的聖民也要稱頌你。  他們要講論你國的榮耀，也要述說你大能的作為。  好使世人知道你大能的作為，和你國威嚴的尊榮。  你的國是永遠的國，你的王權存到萬代。 (Psalm 145:10-13)

Be exalted, O God, above the heavens,

And Your glory above all the earth. 　神啊！願你被尊崇，過於諸天；願你的榮耀遍及全地。 (Psalm 108:5)

Day 31

**敬拜尊崇**

The word of the Lord is upright,

And all His work is done in faithfulness.

He loves righteousness and justice;

The earth is full of the lovingkindness of the Lord. 因為耶和華的話是正直的，他的一切作為都是誠實的。  耶和華喜愛公義和公正，全地充滿耶和華的慈愛。 (Psalm 33:4-5)

Once God has spoken;

Twice I have heard this:

That power belongs to God,

And that You, O Lord, are loving.

For You reward each person according to what he has done. 　神說了一次，我兩次聽過這事：能力都屬於　神。  主啊！慈愛也屬於你，你必照各人所作的報應各人。 (Psalm 62:11-12)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

When I have sinned against You, hear from heaven and forgive my sin and restore me. Teach me the good way in which I should walk. When I sin against You—for there is no one who does not sin—may I return to You with all my heart and with all my soul. “你的子民以色列若是得罪了你，以致在仇敵面前被打敗，又回轉歸向你，承認你的名，在這殿裡向你禱告懇求的時候，  求你在天上垂聽，赦免你的子民以色列的罪，領他們返回你賜給他們列祖之地。  求你在天上垂聽，赦免你僕人和你的子民以色列的罪，指示他們當行的善道，賜雨水在你的地上，就是你賜給你子民的產業之地。  “如果你的子民得罪了你（沒有不犯罪的世人），你向他們發怒，把他們交給仇敵，以致仇敵把他們擄到仇敵的地方，或是遠或是近，  如果他們在俘擄他們的仇敵的地方，一心一意回轉歸向你，又向著你賜給他們列祖的地方，向你所揀選的這城，和我為你的名建造的這殿禱告， (1 Kings 8:33-34, 36, 46, 48)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Like Noah, may I be a righteous person, blameless among the people of my time, and one who walks with God. 以下是挪亞的後代。挪亞是個義人，是當時一個完全人。挪亞和　神同行。 (Genesis 6:9)

Like Moses, may I do according to all that the Lord commands me. 這一切工作，耶和華怎樣吩咐摩西，以色列人就怎樣作。 (Exodus 39:42; 40:16)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

But You, O Lord, be not far off;

O my Strength, come quickly to help me. 至於你，耶和華啊！求你不要遠離我；我的力量啊！求你快來幫助我。 (Psalm 22:19)

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

We should bear one another’s burdens and so fulfill the law of Christ. 你們各人的重擔要互相擔當，這樣就成全了基督的律法。 (Galatians 6:2)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

You are my lamp, O Lord;

The Lord turns my darkness into light.

With Your help I can advance against a troop;

With my God I can leap over a wall. 耶和華啊！你是我的燈；耶和華照明了我的黑暗。  藉著你，我攻破敵軍；靠著我的　神，我跳過牆垣。 (2 Samuel 22:29-30)

You know the way that I take;

When You have tested me, I shall come forth as gold.

My feet have held fast to Your steps;

I have kept to Your way without turning aside. 可是他知道我所行的道路，他試煉我以後，我必像精金出現。  我的腳緊隨他的腳步，我謹守他的道，並不偏離。 (Job 23:10-11)

*停下来，反思这些圣经给我们的确据。*

**感恩**

In the beginning You created the heavens and the earth. When the earth was formless and empty, and darkness was over the surface of the deep, Your Spirit hovered over the face of the waters. And You said, “Let there be light,” and there was light. Then You said, “Let there be an expanse in the midst of the waters, and let it separate the waters from the waters.” So You made the expanse and separated the waters under the expanse from the waters above it, and it was so. Then You said, “Let the waters under the heavens be gathered into one place, and let dry ground appear”; and it was so. And You saw that it was good. 起初，　神創造天地。  地是空虛混沌；深淵上一片黑暗；　神的靈運行在水面上。  　神說：“要有光！”就有了光。  　神看光是好的，他就把光暗分開了。  　神稱光為晝，稱暗為夜。有晚上，有早晨；這是第一日。  　神說：“眾水之間要有穹蒼，把水和水分開！”事就這樣成了。  　神造了穹蒼，把穹蒼以下的水和穹蒼以上的水分開了。  　神稱穹蒼為天。有晚上，有早晨；這是第二日。  　神說：“天下的水要聚在一處，使旱地露出來！”事就這樣成了。  　神稱旱地為地，稱水的聚處為海。　神看這是好的。 (Genesis 1:1-10)

*停下来，献上你自己的感恩之意*

**结束祷告**

Come and listen, all you who fear God,

And I will tell you what He has done for my soul.

I cried out to Him with my mouth,

And He was extolled with my tongue.

If I had regarded iniquity in my heart,

The Lord would not have heard.

But God has surely heard;

He has attended to the voice of my prayer.

Blessed be God, who has not turned away my prayer

Nor His love from me! 所有敬畏　神的人哪！你們都要來聽，我要述說他為我所行的事。  我曾用口向他呼求，我曾用舌頭頌讚他。  如果我心裡偏向罪孽，主必不聽；  　神卻垂聽了，他留心聽了我禱告的聲音。  　神是應當稱頌的，他沒有拒絕我的禱告，也沒有使他的慈愛離開我。 (Psalm 66:16-20)

**the second month**

Day 1

**敬拜尊崇**

The Lord covers Himself in light as with a garment;

He stretches out the heavens like a tent curtain

And lays the beams of His upper chambers in the waters.

He makes the clouds His chariot

And walks on the wings of the wind.

He makes the winds His messengers,

Flames of fire His servants.

He set the earth on its foundations,

So that it can never be moved.

You covered it with the deep as with a garment;

The waters stood above the mountains.

At Your rebuke the waters fled;

At the sound of Your thunder they hurried away.

They flowed over the mountains

And went down into the valleys

To the place You assigned for them.

You set a boundary they cannot cross,

That they will not return to cover the earth.

O Lord, how manifold are Your works!

In wisdom You made them all;

The earth is full of Your possessions. 你披上亮光好像披上外袍；展開諸天好像鋪張帳幔。  你在水上立起你樓閣的棟梁；你以雲彩為戰車；乘駕風的翅膀而行。  你用風作你的使者，用火燄作你的僕役。  你把大地堅立在根基上，使地永永遠遠不動搖。  你用深水像衣服一般覆蓋大地，使眾水高過群山。  因你的斥責，水就退去；因你的雷聲，水就奔逃。  眾水流經群山，向下流往眾谷，流到你為它們指定的地方。  你定了界限，使眾水不能越過；它們不再轉回掩蓋大地。  耶和華啊！你所造的真是眾多。它們都是你用智慧造成的；全地充滿你所造的東西。 (Psalm 104:2-9, 24)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

God is wise in heart and mighty in strength.

Who has resisted Him without harm? 他心裡有智慧，而且有極大的能力，有誰對他剛硬而平安無事呢？ (Job 9:4)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Examine me, O Lord, and try me;

Purify my mind and my heart;

For Your lovingkindness is ever before me,

And I have walked in Your truth. 耶和華啊！求你試驗我，鑒察我，熬煉我的肺腑心腸。  因為你的慈愛常在我的眼前，我行事為人都按著你的真理。 (Psalm 26:2-3)

May I sow righteousness,

Reap the fruit of unfailing love,

And break up my fallow ground;

For it is time to seek the Lord,

Until He comes and rains righteousness on me. 你們要為自己撒種公義，就能收割慈愛的果子，你們要翻鬆荒地。現在是尋求耶和華的時候，直等到他來，降下公義的雨在你們身上。 (Hosea 10:12)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

O Lord, hear my prayer;

Listen to the voice of my supplications.

In the day of my trouble I will call upon You,

For You will answer me.

You are great and do wondrous deeds;

You alone are God. 耶和華啊！求你側耳聽我的禱告，留心聽我的懇求。  在我遭難的日子，我要求告你，因為你必應允我。  因為你是偉大的，並且行奇妙的事，只有你是　神。 (Psalm 86:6-7, 10)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I sanctify Christ as Lord in my heart, always being ready to make a defense to everyone who asks me to give the reason for the hope that is in me, but with gentleness and respect. 只要心裡尊基督為聖，以他為主；常常作好準備，去回答那些問你們為甚麼懷有盼望的人， (1 Peter 3:15)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

Sin shall not be my master, because I am not under law, but under grace. I have been set free from sin and have become a slave of righteousness. 罪必不能轄制你們，因為你們不是在律法之下，而是在恩典之下。  你們既然從罪裡得了釋放，就作了義的奴僕。 (Romans 6:14, 18)

He who has Your commandments and obeys them, he is the one who loves You; and he who loves You will be loved by Your Father, and You will love him and manifest Yourself to him. 那領受我的命令，並且遵守的，就是愛我的；愛我的，我父必定愛他，我也要愛他，並且要親自向他顯現。” (John 14:21)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Lord, You said, “Let Us make man in Our image, in Our likeness, and let them rule over the fish of the sea and the birds of the air and over the livestock and over all the earth and over all the creatures that creep on the earth.” So You created man in Your own image; male and female You created them. Then You blessed them and said to them, “Be fruitful and multiply; fill the earth and subdue it; and rule over the fish of the sea and the birds of the air and over every living creature that moves on the earth.” Then You said, “Behold, I have given you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it; they will be yours for food. And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground, in which there is life, I have given every green plant for food”; and it was so. You saw all that You had made, and it was very good. 　神說：“我們要照著我們的形象，按著我們的樣式造人；使他們管理海裡的魚、空中的鳥、地上的牲畜，以及全地，和地上所有爬行的生物！”  於是，　神照著自己的形象創造人；就是照著他的形象創造了人；他所創造的有男有女。  　神就賜福給他們，對他們說：“要繁殖增多，充滿這地，征服它；也要管理海裡的魚、空中的鳥和地上爬行的所有生物。”  　神說：“看哪！我把全地上結種子的各樣蔬菜，和一切果樹上有種子的果子，都賜給你們作食物。  至於地上的各種野獸，空中的各種飛鳥，和地上爬行有生命的各種活物，我把一切青草蔬菜賜給牠們作食物。”事就這樣成了。  　神看他所造的一切都很好。有晚上，有早晨；這是第六日。 (Genesis 1:26-31)

*停下来，献上你自己的感恩之意*

**结束祷告**

May the favor of the Lord our God rest upon us,

And establish the work of our hands for us—

Yes, confirm the work of our hands. 願主我們的　神的恩慈臨到我們身上；願你為我們的緣故，堅立我們手所作的工；我們手所作的工，願你堅立。 (Psalm 90:17)

Day 2

**敬拜尊崇**

As the deer pants for the water brooks,

So my soul pants for You, O God.

My soul thirsts for God, for the living God.

When shall I come and appear before God? 　神啊！我的心渴慕你，好像鹿渴慕溪水。  我的心渴想　神，就是永活的　神；我甚麼時候可以來朝見　神的面呢？ (Psalm 42:1-2)

My soul yearns for You in the night;

My spirit within me diligently seeks You.

When Your judgments come upon the earth,

The inhabitants of the world learn righteousness. 夜間我的心渴想你，我裡面的靈切切尋求你，因為你的審判臨到大地的時候，世上的居民就會學習到甚麼是公義了。 (Isaiah 26:9)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

You are the righteous God, who searches the hearts and secret thoughts. 願惡人的惡行止息，願你使義人堅立。公義的　神啊！你是察驗人心腸肺腑的。 (Psalm 7:9)

The spirit of a man is the lamp of the Lord,

Searching the inward depths of his being. 人的靈是耶和華的燈，探照人的臟腑。 (Proverbs 20:27)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

With regard to my former way of life, may I put off my old self, which is being corrupted by its deceitful desires, and be renewed in the spirit of my mind; and may I put on the new self, which was created according to God in righteousness and true holiness. 就要除去你們那照著從前生活方式而活的舊人。這舊人是隨著迷惑人的私慾漸漸敗壞的。  你們要把心靈更換一新，  並且穿上新人。這新人是照著　神的形象，在公義和真實的聖潔裡創造的。 (Ephesians 4:22-24)

May I be diligent to add to my faith, virtue; and to virtue, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if these qualities are mine in increasing measure, they will keep me from being barren and unfruitful in the full knowledge of our Lord Jesus Christ. 正因這緣故，你們要多多努力：有了信心，又要增添美德；有了美德，又要增添知識；  有了知識，又要增添節制；有了節制，又要增添忍耐；有了忍耐，又要增添敬虔；  有了敬虔，又要增添弟兄的愛；有了弟兄的愛，還要增添神聖的愛。  因為你們有了這幾樣，並且繼續增長，就必叫你們在確實認識我們的主耶穌基督上，不至於閒懶不結果子。 (2 Peter 1:5-8)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I discipline myself to godliness. For physical exercise profits a little, but godliness is profitable for all things, since it holds promise for both the present life and the life to come. 總要棄絕世俗以及老婦的無稽之談；要操練自己達到敬虔的地步。  因為操練身體，益處還少；唯獨操練敬虔，凡事有益，享有今生和來世的應許。 (1 Timothy 4:7-8)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I give to all what they are due: taxes to whom taxes are due, custom to whom custom, respect to whom respect, honor to whom honor. 你們要向各人清還所欠的；應當納稅的，就要給他納稅；應當進貢的，就給他進貢；應當敬畏的，就敬畏他；應當尊敬的，就尊敬他。 (Romans 13:7)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

He who pursues righteousness and love

Finds life, righteousness, and honor. 追求公義與慈愛的，必得著生命、公義和榮耀。 (Proverbs 21:21)

He who heeds the word prospers,

And blessed is he who trusts in the Lord. 留心聽訓言的必定得益；倚靠耶和華的是有福的人。 (Proverbs 16:20)

*停下来，反思这些圣经给我们的确据。*

**感恩**

You are the Lord our God, who brought Your people out of Egypt, out of the land of slavery. “我是耶和華你的　神，曾經把你從埃及地，從為奴之家領出來。 (Exodus 20:2)

Was it not You who dried up the sea,

The waters of the great deep;

Who made the depths of the sea a road

So that the redeemed might cross over? 使海，就是大淵的水乾涸，使海的深處變為蒙救贖的人經過之路的，不是你嗎？ (Isaiah 51:10)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord who created the heavens, He is God.

He fashioned and made the earth and established it;

He did not create it to be empty

But formed it to be inhabited.

He is the Lord, and there is no other. 因為創造諸天的耶和華，他是　神，塑造大地，把大地造成；他堅立大地；他創造大地，不是荒涼的；他塑造大地，是要給人居住；他這樣說：“我是耶和華，再沒有別的　神。 (Isaiah 45:18)

The Lord is in His holy temple;

Let all the earth be silent before Him. 然而耶和華在他的聖殿裡，全地當在他面前肅靜。 (Habakkuk 2:20)

Day 3

**敬拜尊崇**

Not to us, O Lord, not to us,

But to Your name give glory,

Because of Your lovingkindness and truth. 耶和華啊！不要把榮耀歸給我們，不要歸給我們；要因你的慈愛和信實把榮耀歸在你的名下。 (Psalm 115:1)

Praise the Lord!

For it is good to sing praises to our God,

Because praise is pleasant and beautiful. 你們要讚美耶和華。歌頌我們的　神，這是多麼美善，讚美他，這是美好的，是合宜的。 (Psalm 147:1)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

You have set our iniquities before You,

Our secret sins in the light of Your presence. 你把我們的罪孽擺在你面前，把我們的隱惡擺在你臉光之中。 (Psalm 90:8)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I fight the good fight of faith and lay hold of the eternal life to which I was called when I made the good 认罪悔改 in the presence of many witnesses. In the sight of God, who gives life to all things, and of Christ Jesus, who testified the good 认罪悔改 before Pontius Pilate, may I keep this command without blemish or reproach until the appearing of our Lord Jesus Christ, which God will bring about in His own time. (1 Timothy 6:12-15a)

May I be diligent to present myself approved to God, a workman who does not need to be ashamed and who correctly handles the word of truth. 你應當竭力在　神面前作一個蒙稱許、無愧的工人，正確地講解真理的道。 (2 Timothy 2:15)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

You, O Sovereign Lord, deal well with me for Your name’s sake;

Because of the goodness of Your mercy, deliver me. 至於你，主耶和華啊！求你為你名的緣故恩待我；按著你美好的慈愛拯救我。 (Psalm 109:21)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

This is pure and undefiled religion before our God and Father: to visit orphans and widows in their affliction and to keep oneself unspotted from the world. 在父　神看來，純潔無玷污的虔誠，就是照顧患難中的孤兒寡婦，並且保守自己不被世俗所污染。 (James 1:27)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

Unless one is born again, he cannot see the kingdom of God; unless one is born of water and the Spirit, he cannot enter into the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. The wind blows wherever it pleases, and we hear its sound, but we cannot tell where it comes from, or where it is going. So it is with everyone born of the Spirit. 耶穌回答：“我實實在在告訴你，人若不重生，就不能見　神的國。”  耶穌回答：“我實實在在告訴你，人若不是從水和聖靈生的，就不能進　神的國。  從肉身生的就是肉身，從靈生的就是靈。  風隨意而吹，你聽見它的響聲，卻不知道它從哪裡來，往哪裡去；凡從聖靈生的，也是這樣。” (John 3:3, 5-6, 8)

Through the Spirit, by faith, I eagerly await the righteousness for which I hope. 我們靠著聖靈，憑著信，熱切等候所盼望的義。 (Galatians 5:5)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will give thanks to the Lord, call upon His name,

And make known to others what He has done.

I will sing to Him, sing praises to Him,

And tell of all His wonderful acts. “你們要稱謝耶和華，呼求他的名，在萬民中宣揚他的作為。  要向他歌唱，向他頌揚，述說他一切奇妙的作為。 (1 Chronicles 16:8-9)

I know that the Lord has set apart the godly for Himself;

The Lord hears when I call to Him. 你們要知道耶和華已經把虔誠人分別出來，歸他自己；我向耶和華呼求的時候，他就垂聽。 (Psalm 4:3)

*停下来，献上你自己的感恩之意*

**结束祷告**

God highly exalted Christ Jesus and gave Him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. 因此　神把他升為至高，並且賜給他超過萬名之上的名。  使天上、地上和地底下的一切，因著耶穌的名，都要屈膝，  並且口裡承認耶穌基督為主，使榮耀歸給父　神。 (Philippians 2:9-11)

Christ is the head of the body, the church; He is the beginning and the firstborn from among the dead, so that in everything He might have the supremacy. 他是身體的頭，這身體就是教會。他是元始，是死人中首先復生的，好讓他在凡事上居首位； (Colossians 1:18)

Day 4

**敬拜尊崇**

Who has directed the Spirit of the Lord,

Or instructed Him as His counselor?

Whom did the Lord consult to enlighten Him,

And who taught Him the path of justice?

Who taught Him knowledge

Or showed Him the way of understanding?

Surely the nations are like a drop in a bucket

And are regarded as dust on the scales;

He weighs the islands as though they were fine dust.

Before Him all the nations are as nothing;

They are regarded by Him as less than nothing and worthless.

To whom, then, will I compare God?

Or what likeness will I compare with Him? 誰曾測度耶和華的靈，或作過他的謀士教導他呢？  他與誰商議，誰使他有聰明？誰把正確的路指教他，把知識指教他，又把明智的路教導他呢？  看哪！萬國都像水桶裡的一滴，又被看作天平上的微塵。看哪！他舉起眾海島，好像微細之物。  萬國在他跟前好像不存在，在他看來，只是烏有和虛空。  你們把誰來跟　神相比呢？你們用甚麼形象來與　神並列呢？ (Isaiah 40:13-15, 17-18)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Who among us fears the Lord

And obeys the word of His Servant?

Let him who walks in darkness and has no light

Trust in the name of the Lord and rely upon his God. 你們中間誰是敬畏耶和華，聽從他僕人的聲音的？誰是行在黑暗中，沒有亮光的呢？他該倚靠耶和華的名，依賴他的　神。 (Isaiah 50:10)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

By Your grace, I want to observe Your judgments and keep Your statutes, to walk in them; You are the Lord my God. May I keep Your statutes and Your judgments, by which a man may live if he does them; You are the Lord. 你們要遵行我的典章，謹守我的律例，要遵照奉行；我是耶和華你們的　神。  所以你們要謹守我的律例和典章；人應該遵行這些，按照它們生活，我是耶和華。 (Leviticus 18:4-5)

May I fear the Lord and serve and obey Him and not rebel against the command of the Lord. 如果你們敬畏耶和華，事奉他，聽從他的話，不違背他的命令，你們和統治你們的王就必跟從耶和華你們的　神。 (1 Samuel 12:14)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not imitate what is evil but what is good. The one who does good is of God; the one who does evil has not seen God. 親愛的，不要效法惡，應該效法善。行善的屬於　神，作惡的沒有見過　神。 (3 John 11)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Lord, there is no one besides You to help the powerless against the mighty. Help us, O Lord our God, for we rest in You. O Lord, You are our God; do not let man prevail against You. 亞撒呼求耶和華他的　神說：“耶和華啊，強弱懸殊，除你以外沒有別的幫助。耶和華我們的　神啊，求你幫助我們。因為我們倚靠你，奉你的名去對抗這大軍。耶和華啊，你是我們的　神，不要讓人勝過你。” (2 Chronicles 14:11)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

You will keep in perfect peace him whose mind is stayed on You,

Because he trusts in You. 專心倚靠你的，你必保護他一切平安，因為他倚靠你。 (Isaiah 26:3)

I will seek the Lord while He may be found

And call upon Him while He is near. 你們要趁著耶和華可以尋找的時候，尋找他，趁著他靠近的時候，呼求他。 (Isaiah 55:6)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will give thanks to the Lord according to His righteousness

And will sing praise to the name of the Lord Most High. 我要照著耶和華的公義稱謝他，歌頌至高者耶和華的名。 (Psalm 7:17)

The Lord is my light and my salvation;

Whom shall I fear?

The Lord is the strength of my life;

Of whom shall I be afraid? 耶和華是我的亮光，是我的救恩，我還怕誰呢？耶和華是我性命的避難所，我還懼誰呢？（本節在《馬索拉抄本》包括細字標題） (Psalm 27:1)

*停下来，献上你自己的感恩之意*

**结束祷告**

I will sing to the Lord as long as I live;

I will sing praise to my God while I have my being.

May my meditation be pleasing to Him;

I will be glad in the Lord. 我一生要向耶和華歌唱；我還在世的時候，我要向我的　神歌頌。  願我的默想蒙他喜悅；我要因耶和華歡喜。 (Psalm 104:33-34)

God gives strength to the weary

And increases the power of the weak.

Even youths grow tired and weary,

And young men stumble and fall;

But those who wait for the Lord

Will renew their strength;

They will mount up with wings like eagles;

They will run and not grow weary;

They will walk and not be faint. 疲乏的，他賜氣力，無力的，他加力量。  就是年輕人也會疲乏困倦，強壯的人也會全然跌倒。  但那些仰望耶和華的人，必重新得力；他們必像鷹一樣展翅上騰；他們奔跑，也不困倦，他們行走，也不疲乏。 (Isaiah 40:29-31)

Day 5

**敬拜尊崇**

The Lord is the true God;

He is the living God and the everlasting King.

At His wrath, the earth trembles,

And the nations cannot endure His indignation. 只有耶和華是真神；他是永活的　神，是永遠的君王。他一發怒，大地就震動，萬國都不能抵受他的忿怒。 (Jeremiah 10:10)

How great are God’s signs,

And how mighty are His wonders!

His kingdom is an eternal kingdom;

His dominion endures from generation to generation. 他的神蹟多麼偉大，他的奇事多麼有力；他的國是永遠的國，他的統治直到萬代！（本章第1~3節在《馬索拉抄本》為3:31~33） (Daniel 4:3)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

May I produce fruit worthy of repentance. 應當結出果子來，與悔改的心相稱。 (Matthew 3:8)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Teach me to number my days,

That I may gain a heart of wisdom. 求你教導我們怎樣數算自己的日子，好使我們得著智慧的心。 (Psalm 90:12)

May I let my eyes look straight ahead,

And fix my gaze straight before me.

May I ponder the path of my feet

So that all my ways will be established.

May I not turn to the right or to the left

But keep my foot from evil. 你雙眼要向前正視，你的眼睛要向前直望。  你要謹慎你腳下的路徑，你一切所行的就必穩妥。  不可偏左偏右，要使你的腳遠離惡事。 (Proverbs 4:25-27)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Hear my prayer, O Lord,

Give ear to my supplications!

Answer me in Your faithfulness and righteousness. 耶和華啊！求你聽我的禱告，留心聽我的懇求，憑你的信實和公義應允我。（本節在《馬索拉抄本》包括細字標題） (Psalm 143:1)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

There are different kinds of gifts, but the same Spirit. And there are different kinds of service, but the same Lord. And there are different kinds of working, but the same God works all of them in all people. But to each one the manifestation of the Spirit is given for the common good. 恩賜有許多種，卻是同一位聖靈所賜的；  服事的職分有許多種，但是同一位主；  工作的方式也有許多種，但仍是一位　神，是他在眾人裡面作成一切。  聖靈顯現在各人的身上，為的是要使人得著益處。 (1 Corinthians 12:4-7)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

No one can lay a foundation other than the one already laid, which is Jesus Christ. 因為除了那已經立好的根基以外，沒有人能立別的根基。那根基就是耶穌基督。 (1 Corinthians 3:11)

It is by faith that I stand firm. 我們並不是要轄制你們的信仰，而是要作你們的同工，使你們喜樂，因為你們在信仰上已經站穩了。 (2 Corinthians 1:24)

Knowing that a man is not justified by the works of the law, but through faith in Christ Jesus, I have believed in Christ Jesus, that I may be justified through faith in Christ and not by the works of the law; for by the works of the law, no flesh will be justified. 既然知道人稱義不是靠行律法，而是因信耶穌基督，我們也就信了基督耶穌，使我們因信基督稱義，不是靠行律法；因為沒有人能靠行律法稱義。 (Galatians 2:16)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Many, O Lord my God, are the wonders You have done,

And Your thoughts toward us no one can recount to You;

Were I to speak and tell of them,

They would be too many to declare. 耶和華我的　神啊！你所行的奇事，並你向我們所懷的意念很多，沒有人可以和你相比；如果我要述說陳明，也多到不能勝數。 (Psalm 40:5)

I will praise You forever for what You have done;

I will hope in Your name, for it is good.

I will praise You in the presence of Your saints. 我要永遠稱謝你，因為你行了這事；我必在你聖民的面前，宣揚（“宣揚”原文作“仰望”）你的名，因你的名是美好的。 (Psalm 52:9)

*停下来，献上你自己的感恩之意*

**结束祷告**

I know that all things work together for good to those who love God, to those who have been called according to His purpose. 我們知道，為了愛　神的人，就是按他旨意蒙召的人的益處，萬事都一同效力。 (Romans 8:28)

If God is for me, who can be against me? He who did not spare His own Son, but delivered Him up for us all, how will He not, also with Him, freely give us all things? 既是這樣，我們對這一切還有甚麼話說呢？　神若這樣為我們，誰能敵對我們呢？  他連自己的兒子都捨得，為我們眾人把他交出來，難道不也把萬有和他一同白白地賜給我們嗎？ (Romans 8:31-32)

Day 6

**敬拜尊崇**

“To whom will you compare Me?

Or who is My equal?” says the Holy One.

Lift your eyes to the heavens

And see who has created them,

He who brings out the starry host by number

And calls them each by name.

Because of His great might and the strength of His power,

Not one of them is missing.

Do you not know? Have you not heard?

The everlasting God, the Lord, the Creator of the ends of the earth,

Does not grow tired or weary.

No one can fathom His understanding. 那聖者說：“你們把誰來跟我相比，使他與我相等呢？”  你們向天舉目吧！看是誰創造了這些萬象？是誰按著數目把萬象領出來，一一指名呼喚？因他的大能大力，連一個也不缺少。  你不知道嗎？你沒有聽過嗎？永在的　神、耶和華、地極的創造主既不疲乏，也不困倦；他的知識無法測度。 (Isaiah 40:25-26, 28)

You, O Lord, remain forever;

Your throne endures from generation to generation. 但耶和華啊，你永遠坐著為王；你的寶座代代長存。 (Lamentations 5:19)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Why should any living man complain

When punished for his sins?

Let us search out and examine our ways,

And let us return to the Lord. 人活在世上，因自己的罪受懲罰，為甚麼發怨言呢？  我們要檢討和省察自己的行為，然後歸向耶和華。 (Lamentations 3:39-40)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I apply my heart to instruction

And my ears to words of knowledge. 你要專心領受教訓，留心聽知識的言語。 (Proverbs 23:12)

May I watch and pray so that I will not fall into temptation; the spirit is willing, but the flesh is weak. 應當警醒、禱告，免得陷入試探；你們心靈雖然願意，肉體卻是軟弱的。” (Matthew 26:41)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I keep Your statutes and Your commandments and be careful to do as the Lord my God has commanded me; may I not turn aside to the right or to the left. 你要遵守我今日吩咐你的律例和誡命，使你和你的子孫得享福樂，也使你在耶和華你的　神賜給你的那地上得享長壽。” (Deuteronomy 4:40; 5:32)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal. And if I have the gift of prophecy and understand all mysteries and all knowledge, and if I have all faith so as to remove mountains, but have not love, I am nothing. And if I give all my possessions to the poor, and if I deliver my body to be burned, but have not love, it profits me nothing. 我若能說世人和天使的方言，卻沒有愛，我就成了鳴的鑼、響的鈸一樣。  我若有先知講道的恩賜，也明白各樣的奧祕，各樣的知識；並且有全備的信，叫我能夠移山，卻沒有愛，我就算不得甚麼。  我若把一切所有的分給人，又捨己身被人焚燒，卻沒有愛，對我仍然毫無益處。 (1 Corinthians 13:1-3)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

I am no longer a stranger and alien, but a fellow citizen with God’s people and a member of God’s household, built on the foundation of the apostles and prophets, with Christ Jesus Himself as the chief cornerstone. 這樣看來，你們不再是外人和客旅，而是與聖徒一同作國民，是　神家裡的人了，  並且建造在使徒和先知的根基上，基督耶穌自己就是奠基石， (Ephesians 2:19-20)

I have been called, having been loved by God the Father and kept by Jesus Christ. 耶穌基督的僕人，雅各的兄弟猶大，寫信給那些被召的人，就是在父　神裡蒙愛，並且為了耶穌基督而蒙保守的人。 (Jude 1)

*停下来，反思这些圣经给我们的确据。*

**感恩**

You answer us with awesome deeds of righteousness,

O God of our salvation,

You who are the hope of all the ends of the earth

And of the farthest seas;

You formed the mountains by Your strength,

Having armed Yourself with power;

And You stilled the roaring of the seas,

The roaring of their waves,

And the tumult of the peoples. 拯救我們的　神啊！你必充滿威嚴，按公義應允我們；你本是一切地極和海洋遠處的人所倚靠的。  你以大能束腰，用自己的力量堅立眾山。  你平息了海洋的洪濤和澎湃的巨浪，以及萬民的喧嘩。 (Psalm 65:5-7)

*停下来，献上你自己的感恩之意*

**结束祷告**

Better is one day in Your courts than a thousand elsewhere;

I would rather be a doorkeeper in the house of my God

Than dwell in the tents of the wicked.

For the Lord God is a sun and shield;

The Lord will give grace and glory;

No good thing does He withhold

From those who walk in integrity.

O Lord of hosts,

Blessed is the man who trusts in You! 在你院子裡住一日，勝過在別處住千日；寧願站在我　神殿中的門檻上，也不願住在惡人的帳棚裡。  因為耶和華　神是太陽，是盾牌，耶和華賜下恩惠和光榮；他沒有留下一樣好處，不給那些行為正直的人。  萬軍之耶和華啊！倚靠你的人是有福的。 (Psalm 84:10-12)

Day 7

**敬拜尊崇**

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. 太初有道，道與　神同在，道就是　神。  這道太初與　神同在。 (John 1:1-2)

There is but one God, the Father, from whom all things came and for whom I live; and there is but one Lord, Jesus Christ, through whom all things came and through whom I live. 然而我們只有一位　神，就是父；萬物都是從他而來，我們也為了他而活。我們也只有一位主，就是耶穌基督；萬物都是藉著他而有的，我們也是藉著他而有的。 (1 Corinthians 8:6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I know that You are a gracious and compassionate God, slow to anger and abounding in lovingkindness, a God who relents from sending calamity. 就向耶和華禱告，說：“耶和華啊！我還在本國的時候，不是這樣說過嗎？我知道你是有恩典有憐憫的　神，不輕易發怒，並且有豐盛的慈愛，轉意不降災禍，所以我才急忙逃往他施去。 (Jonah 4:2)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not be like those rocky places on whom seed was thrown, who hear the word and at once receive it with joy, but since they have no root, last only a short time; when affliction or persecution comes because of the word, they quickly fall away. And may I not be like those among the thorns on whom seed was sown, who hear the word, but the worries of this world, the deceitfulness of riches and pleasures, and the desires for other things come in and choke the word, making it immature and unfruitful. Instead, may I be like the good soil on whom seed was sown, who with a noble and good heart hear the word, understand and accept it, and with perseverance bear fruit, yielding thirty, sixty, or a hundred times what was sown. 那撒在石地上的，就是人聽了道，立刻歡歡喜喜地接受，  可是他裡面沒有根，只是暫時的；一旦為道遭遇患難，受到迫害，就立刻跌倒了。  那撒在荊棘裡的，就是人聽了道，有今世的憂慮和財富的迷惑把道擠住，結不出果實來。  那撒在好土裡的，就是人聽了道，又明白了，結出果實來，有一百倍的，有六十倍的，有三十倍的。” 照樣，那撒在石地上的，就是人聽了道，立刻歡歡喜喜地接受了；  可是他們裡面沒有根，只是暫時的；一旦為道遭遇患難，受到迫害，就立刻跌倒了。  那撒在荊棘裡的，是指另一些人；他們聽了道，  然而今世的憂慮、財富的迷惑，以及種種的慾望，接連進來，把道擠住，就結不出果實來。  那撒在好土裡的，就是人聽了道，接受了，並且結出果實，有三十倍的、有六十倍的、有一百倍的。” 那落在石頭地上的，就是人聽了，歡歡喜喜地接受，但是沒有根，不過是暫時相信，一旦遭遇試煉，就倒退了。  那落在荊棘裡的，就是人聽了，走開以後，被今世的憂慮、財富和宴樂擠住了，結不出成熟的子粒來。  但那落在好土裡的，就是人用誠實良善的心來聽，把道持守住，忍耐著結出果實。 (Matthew 13:20-23; Mark 4:16-20; Luke 8:13-15)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

If a man dies, will he live again?

All the days of my hard service

I will wait for my 恢复更新 to come. 人若死了，怎能再活呢？我要在我一切勞苦的日子等待，等到我得釋放的時候來到。 (Job 14:14)

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

All of us have become like one who is unclean,

And all our righteous acts are like filthy rags;

We all shrivel up like a leaf,

And our iniquities, like the wind, sweep us away.

But now, O Lord, You are our Father.

We are the clay; You are the potter;

We are all the work of Your hand. 我們眾人都像不潔淨的人，我們所有的義，都像污穢的衣服；我們眾人都像葉子枯乾，我們的罪孽好像風一般把我們吹去。  耶和華啊！現在你還是我們的父；我們不過是泥土，你才是陶匠；我們眾人都是你手所作的。 (Isaiah 64:6, 8)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

Like Abram, when I believe in Your promises, You will credit it to me as righteousness. 於是領他到外面去，說：“你向天觀看，數點眾星，看你能不能把它們數得清楚。”又對他說：“你的後裔將要這樣眾多。”  亞伯蘭信耶和華，耶和華就以此算為他的義了。 (Genesis 15:5-6)

Whatever things were written in the past were written for our learning, so that through endurance and the encouragement of the Scriptures we might have hope. 從前經上所寫的，都是為教訓我們而寫的，好使我們藉著忍耐和聖經中的安慰得著盼望。 (Romans 15:4)

Like Abraham, I am looking for a city which has foundations, whose architect and builder is God. 因為他等待那座有根基的城，就是　神所設計所建造的。 (Hebrews 11:10)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will praise You, O Lord my God, with all my heart,

And I will glorify Your name forever.

For great is Your love toward me,

And You have delivered my soul from the depths of the grave. 主我的　神啊！我要滿心稱讚你，我要永遠榮耀你的名。  因為你向我大施慈愛，你救了我的命，免入陰間的深處。 (Psalm 86:12-13)

Rejoice in the Lord, you who are righteous,

And give thanks at the remembrance of His holy name. 義人哪！你們要靠耶和華歡喜，要稱讚他的聖名。 (Psalm 97:12)

*停下来，献上你自己的感恩之意*

**结束祷告**

I love You, O Lord, my strength.

The Lord is my rock and my fortress and my deliverer;

My God is my rock, in whom I take refuge.

He is my shield and the horn of my salvation, my stronghold.

I call upon the Lord, who is worthy of praise,

And I am saved from my enemies. 耶和華我的力量啊！我愛你。  耶和華是我的巖石、我的山寨、我的救主、我的　神、我的磐石、我所投靠的、我的盾牌、我救恩的角、我的高臺。  我向那當受讚美的耶和華呼求，就得到拯救，脫離我的仇敵。 (Psalm 18:1-3)

Many are the sorrows of the wicked,

But he who trusts in the Lord, lovingkindness shall surround him. 惡人必受許多痛苦；但倚靠耶和華的，必有慈愛四面環繞他。 (Psalm 32:10)

Day 8

**敬拜尊崇**

Can you bind the cluster of the Pleiades?

Can you loose the cords of Orion?

Can you bring forth the constellations in their seasons

Or guide the Bear with its cubs?

Do you know the ordinances of the heavens?

Can you set their dominion over the earth? 你能繫住昴星的結嗎？你能解開參星的帶嗎？  你能按時領出瑪查魯夫星系嗎？你能引導北斗和隨從它的眾星嗎？  你曉得天的定例嗎？你能在地上建立天的權威嗎？ (Job 38:31-33)

I know that You can do all things

And that no purpose of Yours can be thwarted. “我知道你萬事都能作，你的旨意是不能攔阻的。 (Job 42:2)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I know, O Lord, that a man’s way is not his own;

It is not in a man who walks to direct his steps.

O Lord, correct me, but with justice—

Not in Your anger, lest You reduce me to nothing. 耶和華啊！我知道人的道路是不由自己的；人行走時，也不能確定自己的腳步。  耶和華啊！求你只按著公正懲治我，不要按著你的忿怒施行懲治，免得你使我衰微。 (Jeremiah 10:23-24)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I receive the words of wisdom

And treasure her commands within me,

Turning my ear to wisdom

And applying my heart to understanding.

If I cry for discernment

And lift up my voice for understanding,

If I seek her as silver

And search for her as for hidden treasures,

Then I will understand the fear of the Lord

And find the knowledge of God.

Then I will understand righteousness and justice and honesty—

Every good path.

For wisdom will enter my heart,

And knowledge will be pleasant to my soul.

Discretion will protect me,

and understanding will guard me. 我兒，如果你接受我的話，把我的誡命珍藏在心裡，  留心聽智慧，致力求聰明；  如果你為求哲理而呼喊，為求聰明而揚聲；  如果你尋找它如同尋找銀子，搜尋它好像搜尋寶藏；  你就明白怎樣敬畏耶和華，並且獲得對　神的認識。  這樣，你就明白公義、公正、正直，以及一切善道。  智慧必進入你的心，知識必使你歡悅。  明辨的能力必護衛你，聰明必看顧你； (Proverbs 2:1-5, 9-11)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Hear, O Lord, and be merciful to me;

O Lord, be my helper.

You turned my mourning into dancing;

You removed my sackcloth and clothed me with gladness,

That my heart may sing praise to You and not be silent.

O Lord my God, I will give thanks to You forever. 耶和華啊！求你垂聽，恩待我；耶和華啊！求你幫助我。”  你已經把我的悲哀變為舞蹈，把我的麻衣脫去，又給我穿上歡樂；  好讓我的靈（“靈”或譯：“榮耀”或“肝”；與16:9，57:8，108:1同）歌頌你，永不停止。耶和華我的　神啊！我要永遠稱讚你。 (Psalm 30:10-12)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

The harvest is plentiful, but the workers are few. Therefore, I will pray that the Lord of the harvest will send out workers into His harvest. 他就對門徒說：“莊稼多，工人少；  所以你們應當求莊稼的主派工人去收割。” 耶穌對他們說：“莊稼多，工人少，所以你們應當求莊稼的主，派工人出去收他的莊稼。 (Matthew 9:37-38; Luke 10:2)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

You are my hiding place and my shield;

I have put my hope in Your word. 你是我的避難所，我的盾牌；我仰望你的話。 (Psalm 119:114)

Every word of God is tested;

He is a shield to those who take refuge in Him. 　神所說的話句句都是煉淨的，投靠他的，他就作他們的盾牌。 (Proverbs 30:5)

The earnest expectation of the creation eagerly waits for the revealing of the sons of God. 被造的萬物都熱切渴望　神的眾子顯現出來。 (Romans 8:19)

*停下来，反思这些圣经给我们的确据。*

**感恩**

All the kings of the earth will give thanks to You, O Lord,

When they hear the words of Your mouth.

Yes, they sing of the ways of the Lord,

For the glory of the Lord is great.

Though the Lord is on high,

Yet He looks upon the lowly,

But the proud He knows from afar. 耶和華啊！世上的君王都要稱謝你，因為他們聽見了你口中的言語。  他們要歌頌耶和華的作為，因為耶和華大有榮耀。  耶和華雖然高高在上，仍然看顧卑微的人；他卻從遠處認出驕傲的人。 (Psalm 138:4-6)

*停下来，献上你自己的感恩之意*

**结束祷告**

My days are like a lengthened shadow,

And I wither away like grass.

But You, O Lord, will endure forever,

And the remembrance of Your name to all generations.

Of old, You laid the foundations of the earth,

And the heavens are the work of Your hands.

They will perish, but You will endure;

They will all wear out like a garment.

Like clothing, You will change them, and they will be discarded.

But You are the same,

And Your years will have no end. 我的年日好像日影偏斜，我也好像草一般枯乾。  耶和華啊！你卻永遠坐著為王，你可記念的名也必存到萬代。  你起初立了地的根基；天也是你手的工作。  天地都要毀滅，你卻長存；天地都要像衣服一樣漸漸殘舊；你要更換天地如同更換衣物一樣，天地就被更換。  只有你永不改變，你的年數也沒有窮盡。 (Psalm 102:11-12, 25-27)

Day 9

**敬拜尊崇**

The earth is the Lord’s, and everything in it,

The world and all who dwell in it.

For He founded it upon the seas

And established it upon the waters. 地和地上所充滿的，世界和住在世上的，都是屬於耶和華的。（本節在《馬索拉抄本》包括細字標題）  因為他把地奠定在海上，使世界安定在眾水之上。 (Psalm 24:1-2)

God sits enthroned above the circle of the earth,

And its inhabitants are like grasshoppers.

He stretches out the heavens like a curtain

And spreads them out like a tent to dwell in.

He reduces rulers to nothing

And makes the judges of this world meaningless. 　神坐在大地的圓穹之上，地上的居民好像蚱蜢，他鋪張諸天如鋪張幔子，展開眾天像展開可以居住的帳棚。  他使諸侯都歸於無有，使地上的審判官成為虛空。 (Isaiah 40:22-23)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

The refining pot is for silver and the furnace for gold,

But the Lord tests the hearts. 用鍋煉銀，用爐煉金；唯有耶和華鍛煉人心。 (Proverbs 17:3)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I know God and serve Him with a whole heart and with a willing mind; for the Lord searches all hearts and understands every motive behind the thoughts. “至於你，我兒所羅門哪，你要認識耶和華你父親的　神，一心樂意事奉他，因為耶和華鑒察萬人的心，知道人的一切心思意念。你若是尋求他，就必尋見；你若是離棄他，他必永遠丟棄你。 (1 Chronicles 28:9)

May I be an imitator of God as a beloved child, and walk in love, just as Christ loved me and gave Himself up for me as a fragrant offering and sacrifice to God. 因此，你們既然是蒙愛的兒女，就應當效法　神。  要憑著愛心行事，好像基督愛我們，為我們捨己，當作馨香的供品和祭物獻給　神。 (Ephesians 5:1-2)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but of the world. And the world and its lusts are passing away, but the one who does the will of God abides forever. 不要愛世界和世上的東西。人若愛世界，愛父的心就不在他裡面了。  原來世上的一切，就如肉體的私慾，眼目的私慾和今生的驕傲，都不是出於父，而是從世界來的。  這世界和世上的私慾都要漸漸過去，但那遵行　神旨意的卻存到永遠。 (1 John 2:15-17)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

The Lord has said, “If My people who are called by My name will humble themselves and pray and seek My face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.” 這稱為我名下的子民，若是謙卑、禱告、尋求我的面，轉離他們的惡行，我必從天上垂聽，赦免他們的罪，醫治他們的地。 (2 Chronicles 7:14)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

The righteous will live by his faith. 迦勒底人自高自大，心不正直；然而義人必因信得生（“必因信得生”或譯：“必因他的信實得生”）。 (Habakkuk 2:4)

I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first, and also to the Gentile. For in it the righteousness of God is revealed from faith to faith, just as it is written: “The righteous will live by faith.” 我不以福音為恥；這福音是　神的大能，要救所有相信的，先是猶太人，後是希臘人。  　神的義就是藉著這福音顯明出來，本於信而歸於信，正如經上所記：“義人必因信得生。” (Romans 1:16-17)

Clearly no one is justified before God by the law, for “The righteous will live by faith.” 很明顯，在　神面前，沒有一個人可以靠著律法稱義，因為“義人必因信得生”（“義人必因信得生”或譯：“因信稱義的人，必定得生”）。 (Galatians 3:11)

Before faith in Christ came, we were guarded by the law, confined for the faith which was later to be revealed. So the law has become our tutor to lead us to Christ, that we might be justified by faith. Now that faith has come, we are no longer under a tutor. 但信的道理還沒有來到以前，我們在律法下被囚禁、被圍困，直到那要來的信的道理顯明出來。  這樣，律法成了我們的啟蒙教師，領我們到基督那裡，使我們可以因信稱義。  但信的道理既然來到，我們就不再在啟蒙教師之下了。 (Galatians 3:23-25)

*停下来，反思这些圣经给我们的确据。*

**感恩**

The Lord upholds all who fall

And lifts up all who are bowed down.

The eyes of all look to You,

And You give them their food at the proper time.

You open Your hand

And satisfy the desire of every living thing. 跌倒的，耶和華都扶持他們；被壓迫的，他都扶他們起來。  萬人的眼睛都仰望你，你按時把糧食賜給他們。  你把手張開，使所有生物都隨願得到飽足。 (Psalm 145:14-16)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord Jesus is the first and the last, and the Living One; He was dead, and behold He is alive forevermore and holds the keys of death and of Hades. 我看見了他，就仆倒在他腳前，像死了一樣。他用右手按著我，說：“不要怕！我是首先的，我是末後的，  又是永活的；我曾經死過，看哪，現在又活著，直活到永永遠遠，並且拿著死亡和陰間的鑰匙。 (Revelation 1:17-18)

Worthy is the Lamb, who was slain,

To receive power and riches and wisdom

And strength and honor and glory and blessing! 大聲說：“被殺的羊羔是配得權能、豐富、智慧、力量、尊貴、榮耀、頌讚的！” (Revelation 5:12)

Day 10

**敬拜尊崇**

You are He; You are the first,

And You are also the last. “雅各，我所呼召的以色列啊！你要聽我的話。我就是‘那位’，我是首先的，也是末後的。 (Isaiah 48:12)

The God and Father of the Lord Jesus is blessed forever. 主耶穌的父　神是應當永遠受稱頌的，他知道我沒有說謊。 (2 Corinthians 11:31)

The Son is the radiance of God’s glory and the exact representation of His being, upholding all things by His powerful word. After He cleansed our sins, He sat down at the right hand of the Majesty on high, having become as much superior to angels as the name He has inherited is more excellent than theirs. 他是　神榮耀的光輝，是　神本質的真象，用自己帶有能力的話掌管萬有；他作成了潔淨罪惡的事，就坐在高天至尊者的右邊。  他所承受的名比天使的名更尊貴，所以他遠比天使崇高。 (Hebrews 1:3-4)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

The ways of a man are before the eyes of the Lord,

And He examines all his paths. 因為人的道路都在耶和華眼前，他也審察人的一切路徑。 (Proverbs 5:21)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Since I live in the Spirit, may I also walk in the Spirit. 如果我們靠聖靈活著，就應該順著聖靈行事。 (Galatians 5:25)

May God fill me with the knowledge of His will through all spiritual wisdom and understanding, so that I may walk worthy of the Lord and please Him in every way, bearing fruit in every good work, and growing in the knowledge of God; strengthened with all power according to His glorious might, so that I may have great endurance and patience with joy. 因此，我們從聽見的那天起，就不停地為你們禱告祈求，願你們藉著一切屬靈的智慧和悟性，可以充分明白　神的旨意，  使你們行事為人對得起主，凡事蒙他喜悅；在一切善事上多結果子，更加認識神；  依照他榮耀的大能得著一切能力，帶著喜樂的心，凡事忍耐寬容； (Colossians 1:9-11)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

I cry out to You, O Lord,

And say, “You are my refuge,

My portion in the land of the living.” 耶和華啊！我向你呼求；我說：“你是我的避難所，是我在活人之地的業分。 (Psalm 142:5)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

As the Father sent the Son into the world, He also has sent us into the world. And He has prayed for those who will believe in Him through our message. 你怎樣差我到世上來，我也怎樣差他們到世上去。  “我不但為他們求，也為那些因他們的話而信我的人求， (John 17:18, 20)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

Like Jesus, my food is to do the will of Him who sent me and to accomplish His work. 耶穌說：“我的食物就是遵行差我來者的旨意，並且完成他的工作。 (John 4:34)

This is love: that I walk in obedience to God’s commandments. And this is the commandment: that as I have heard from the beginning, I should walk in love. 我們要照著他的命令行事，這就是愛。你們從起初所聽見的那命令，就是要你們憑著愛心行事。 (2 John 6)

*停下来，反思这些圣经给我们的确据。*

**感恩**

The Lord God will swallow up death forever,

And He will wipe away the tears from all faces;

He will remove the reproach of His people from all the earth.

For the Lord has spoken.

And it will be said in that day,

“Behold, this is our God;

We have waited for Him, and He will save us.

This is the Lord;

We have trusted in Him.

Let us rejoice and be glad in His salvation.” 他要吞滅死亡，直到永遠；主耶和華必擦去各人臉上的眼淚，又從地上除掉他子民的羞辱；這是耶和華說的。  到那日，必有人說：“看哪！這是我們的　神；我們信靠他，他必拯救我們。這是耶和華，我們所倚靠的，我們要因他的拯救歡喜快樂。 (Isaiah 25:8-9)

The Holy City, new Jerusalem, will come down out of heaven from God, prepared as a bride adorned for her husband. A loud voice from the throne will say, “Behold, the tabernacle of God is with men, and He will dwell with them, and they will be His people, and God Himself will be with them and be their God, and He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the first things have passed away.” He who is seated on the throne will say, “Behold, I make all things new.” 我又看見聖城，新耶路撒冷，從天上由　神那裡降下來，預備好了，好像打扮整齊等候丈夫的新娘。  我聽見有大聲音從寶座那裡發出來，說：“看哪！　神的帳幕在人間，他要與人同住，他們要作他的子民。　神要親自與他們同在，要作他們的　神。  他要抹去他們的一切眼淚，不再有死亡，也不再有悲哀、哭號、痛苦，因為先前的事都過去了。”  坐在寶座上的那一位說：“看哪，我把一切都更新了！”又說：“你要寫下來，因為這些話是可信的、真實的。” (Revelation 21:2-5)

*停下来，献上你自己的感恩之意*

**结束祷告**

You have sworn by Yourself;

The word has gone out of Your mouth in righteousness

And will not return.

Every knee will bow before You,

And every tongue will acknowledge You. 我指著自己起誓，我的口憑著公義說出的話，決不改變：‘萬膝都必向我跪拜，萬口都要指著我起誓。’ (Isaiah 45:23)

You are worthy to take the scroll

And to open its seals,

Because You were slain,

And with Your blood You purchased men for God

From every tribe and language and people and nation.

You have made them to be a kingdom and priests to serve our God,

And they will reign on the earth. 他們唱著新歌，說：“你配取書卷，配拆開封印，因為你曾被殺，曾用你的血，從各支派、各方言、各民族、各邦國，把人買了來歸給　神，  使他們成為我們　神的國度和祭司，他們要在地上執掌王權。” (Revelation 5:9-10)

Day 11

**敬拜尊崇**

Your testimonies, which You have commanded,

Are righteous and trustworthy.

Your righteousness is everlasting,

And Your law is truth. 你以公義和至誠，命定了你的法度。  你的公義是永遠的公義，你的律法是可信可靠的。 (Psalm 119:138, 142)

My heart is steadfast, O God;

I will sing praises with all my soul.

Awake, harp and lyre!

I will awaken the dawn.

I will praise You, O Lord, among the peoples;

I will sing of You among the nations.

Your merciful love is higher than the heavens,

And Your truth reaches to the skies. 　神啊！我的心堅定；我要用我的靈（“靈”或譯：“榮耀”或“肝”；與16:9，30:12，57:8同）歌唱和頌讚。  琴和瑟啊！你們都要醒過來；我也要喚醒黎明。  耶和華啊！我要在萬民中稱謝你，在萬族中歌頌你。  因為你的慈愛偉大，高及諸天；你的信實上達雲霄。 (Psalm 108:1-4)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Blessed is the man You discipline, O Lord,

The man You teach from Your word. 耶和華啊！你所管教，用律法教導的人，是有福的。 (Psalm 94:12)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

You are God Almighty; may I walk before You and be blameless. 亞伯蘭九十九歲的時候，耶和華向他顯現，對他說：“我是全能的　神，你要在我面前行事為人；你要作完全人。 (Genesis 17:1)

May I love my enemies, do good to them, and lend to them, expecting nothing in return. Then my reward will be great, and I will be a child of the Most High; for He is kind to the ungrateful and evil. May I be merciful just as my Father is merciful. 你們要愛仇敵，善待他們；借出去，不要指望償還；這樣你們的賞賜就大了，你們也必作至高者的兒子，因為　神自己也寬待忘恩的和惡人。  你們要仁慈像你們的父仁慈一樣。 (Luke 6:35-36)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not be dishonest in judgment, in measurement of weight or quantity. May I be honest and just in my business affairs. “你們審判的時候，在度、量、衡上，都不可偏差。  要用公正的天平，公正的法碼，公正的升斗，公正的容器；我是耶和華你們的　神，就是曾把你們從埃及地領出來的那位。 (Leviticus 19:35-36)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Defend the weak and the fatherless;

Do justice to the afflicted and destitute.

Rescue the poor and needy;

Deliver them from the hand of the wicked. 你們要為貧寒的人和孤兒伸冤，為困苦和窮乏的人伸張正義。  要搭救貧寒和窮困的人，救他們脫離惡人的手。” (Psalm 82:3-4)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

I am not trying to win the approval of men, but of God. If I were still trying to please men, I would not be a servant of Christ. 我現在是要得人的歡心，還是要得　神的歡心呢？難道我想討人歡喜嗎？如果我仍然要討人歡喜，就不是基督的僕人了。 (Galatians 1:10)

The fear of man brings a snare,

But he who trusts in the Lord is set on high. 懼怕人的，必陷入網羅；倚靠耶和華的，必得安全。 (Proverbs 29:25)

My help is in the name of the Lord,

Who made heaven and earth. 我們的幫助在於耶和華的名，他是造天地的主。 (Psalm 124:8)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Since God’s children have partaken of flesh and blood, He too shared in their humanity so that by His death He might destroy him who holds the power of death, that is, the devil, and free those who all their lives were held in slavery by their fear of death. 孩子們既然同有血肉之體，他自己也照樣成為血肉之體，為要藉著死，消滅那掌握死權的魔鬼，  並且要釋放那些因為怕死而終身作奴僕的人。 (Hebrews 2:14-15)

Christ had to be made like His brothers in every way, in order that He might become a merciful and faithful high priest in things pertaining to God, to make propitiation for the sins of the people. Because He Himself suffered when He was tempted, He is able to help those who are being tempted. 所以，他必須在各方面和他的弟兄們相同，為了要在　神的事上，成為仁慈忠信的大祭司，好為人民贖罪。  因為他自己既然經過試探，受了苦，就能夠幫助那些被試探的人。 (Hebrews 2:17-18)

*停下来，献上你自己的感恩之意*

**结束祷告**

Blessed is the man who does not walk in the counsel of the wicked

Or stand in the way of sinners

Or sit in the seat of scorners.

But his delight is in the law of the Lord,

And in His law he meditates day and night.

And he shall be like a tree planted by streams of water,

Which yields its fruit in its season

And whose leaf does not wither;

And whatever he does will prosper. 有福的人：不從惡人的計謀，不站罪人的道路，不坐好譏笑的人的座位。  他喜愛的是耶和華的律法，他晝夜默誦的也是耶和華的律法。  他像一棵樹，栽在溪水旁，按時結果子，葉子總不枯乾；他所作的一切，盡都順利。 (Psalm 1:1-3)

Day 12

**敬拜尊崇**

Great is the Lord, and most worthy of praise

In the city of our God, His holy mountain.

We have meditated on Your unfailing love, O God,

In the midst of Your temple.

As is Your name, O God,

So is Your praise to the ends of the earth;

Your right hand is filled with righteousness. 在我們　神的城中，在他的聖山上，耶和華是至大的，應該大受讚美。  　神啊！我們在你的殿中，想念你的慈愛。  　神啊！你受的讚美，就像你的名一樣，達到地極；你的右手滿了公義。 (Psalm 48:1, 9-10)

O come, let us worship and bow down,

Let us kneel before the Lord our Maker. 來吧，我們來俯伏敬拜，在造我們的耶和華面前跪下。 (Psalm 95:6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Who can discern his errors?

Cleanse me from hidden faults.

Keep Your servant also from presumptuous sins;

Let them not rule over me.

Then will I be blameless,

And innocent of great transgression. 誰能知道自己的錯誤呢？求你赦免我隱而未現的過失。  求你攔阻你僕人，不犯任意妄為的罪，不許它們轄制我；我才可以完全，不犯大過。 (Psalm 19:12-13)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Love is patient, love is kind, it does not envy; love does not boast, it is not arrogant, it does not behave rudely; it does not seek its own, it is not provoked, it keeps no record of wrongs; it does not rejoice in unrighteousness but rejoices with the truth; it bears all things, believes all things, hopes all things, endures all things. Love never fails. 愛是恆久忍耐，又有恩慈。愛是不嫉妒，不自誇，不張狂；  不作失禮的事，不求自己的益處，不輕易動怒，不計較人的過犯；  不喜歡不義，只喜歡真理。  愛是凡事包容，凡事相信，凡事盼望，凡事忍耐。  愛是永存不息的。先知的講道終必過去，方言終必停止，知識終必消失。 (1 Corinthians 13:4-8)

May my love abound more and more in full knowledge and depth of insight, so that I may be able to approve the things that are excellent, in order to be sincere and blameless until the day of Christ—having been filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God. 我所禱告的，是要你們的愛心，在充足的知識和各樣的見識上，多而又多，  使你們可以辨別是非，成為真誠無可指摘的人，直到基督的日子，  靠著耶穌基督結滿了公義的果子，使　神得著榮耀和讚美。 (Philippians 1:9-11)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Since I died with Christ to the basic principles of this world, may I not submit to its regulations as though I still belonged to it. 你們若與基督一同死了，脫離了世俗的言論，為甚麼仍然好像活在世俗中一樣， (Colossians 2:20)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

There should be no division in the body, but its members should have the same concern for each other. If one member suffers, all the members suffer with it; if one member is honored, all the members rejoice with it. Now we are the body of Christ, and each one of us is a member of it. 好使肢體能夠互相照顧，免得身體上有了分裂。  如果一個肢體受苦，所有的肢體就一同受苦；如果一個肢體得榮耀，所有的肢體就一同快樂。  你們就是基督的身體，並且每一個人都是作肢體的。 (1 Corinthians 12:25-27)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

I am not competent in myself to claim anything for myself, but my competence comes from God. He has made me competent as a minister of a new covenant, not of the letter, but of the Spirit; for the letter kills, but the Spirit gives life. 我們不敢以為自己有資格作甚麼，我們所能夠作的是出於　神。  他使我們有資格作新約的僕役，這新約不是從儀文來的，而是從聖靈來的；因為儀文會使人死，而聖靈卻使人活。 (2 Corinthians 3:5-6)

It is because of God that I am in Christ Jesus, who has become for me wisdom from God and righteousness and sanctification and redemption. 你們因著　神得以在基督耶穌裡，他使基督成了我們的智慧；就是公義、聖潔和救贖， (1 Corinthians 1:30)

*停下来，反思这些圣经给我们的确据。*

**感恩**

It is in You, Lord Jesus, that I have peace. In this world I will have tribulation, but I will be of good cheer, because You have overcome the world. 我把這些事告訴你們，是要使你們在我裡面有平安。在世上你們有患難，但你們放心，我已經勝了這世界。” (John 16:33)

I have been set apart for the gospel of God—I am among those who are called to belong to Jesus Christ. 基督耶穌的僕人保羅，蒙召作使徒，奉派傳　神的福音。  其中也有你們這蒙耶穌基督所召的人。 (Romans 1:1, 6)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord is my shepherd;

I shall not be in want.

He makes me lie down in green pastures;

He leads me beside quiet waters;

He restores my soul.

He guides me in the paths of righteousness

For His name’s sake.

Even though I walk through the valley of the shadow of death,

I will fear no evil, for You are with me;

Your rod and Your staff, they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil;

My cup overflows.

Surely goodness and mercy will follow me all the days of my life,

And I will dwell in the house of the Lord forever. 耶和華是我的牧人，我必不會缺乏。（本節在《馬索拉抄本》包括細字標題）  他使我躺臥在青草地上，領我到安靜的水邊。  他使我的靈魂甦醒；為了自己的名，他引導我走義路。  我雖然行過死蔭的山谷，也不怕遭受傷害，因為你與我同在；你的杖你的竿都安慰我。  在我敵人面前，你為我擺設筵席；你用油膏了我的頭，使我的杯滿溢。  我一生的日子，必有恩惠慈愛緊隨著我；我也要住在耶和華的殿中，直到永遠。 (Psalm 23:1-6)

Day 13

**敬拜尊崇**

The Lord God of hosts—

He who touches the earth and it melts,

And all who live in it mourn;

He who builds His staircase in the heavens

And founded the expanse over the earth;

He who calls for the waters of the sea

And pours them out over the face of the earth—

The Lord is His name. 萬軍之主耶和華摸地，地就融化，住在地上的都要悲哀。這地必像尼羅河高漲，像埃及的大河退落。  他在天上建立樓閣，在大地之上奠立穹蒼；他召喚海水，把海水澆在地上；耶和華是他的名。 (Amos 9:5-6)

Be silent, all flesh, before the Lord, for He is aroused from His holy dwelling place. 全人類都當在耶和華面前肅靜，因為他從自己聖潔的居所被激動起來了。 (Zechariah 2:13)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Have mercy on me, O God,

According to Your loyal love;

According to the greatness of Your compassion

Blot out my transgressions.

Wash me completely from my iniquity

And cleanse me from my sin.

For I know my transgressions,

And my sin is ever before me.

Against You, You only, have I sinned

And done what is evil in Your sight,

So that You are justified when You speak

And blameless when You judge. 　神啊！求你按著你的慈愛恩待我，照著你豐盛的憐憫塗抹我的過犯。  求你徹底洗淨我的罪孽，潔除我的罪。  因為我知道我的過犯；我的罪常在我面前。  我得罪了你，唯獨得罪你；我行了你眼中看為惡的事，因此，你宣判的時候，顯為公義；你審判的時候，顯為清正。 (Psalm 51:1-4)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man gives me, for God the Father has set His seal on Him. 不要為那必朽壞的食物操勞，卻要為那存到永生的食物操勞，就是人子所要賜給你們的，因為人子是父　神所印證的。” (John 6:27)

Whatever was gain to me I now consider loss for the sake of Christ. What is more, I consider all things loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have suffered the loss of all things and consider them rubbish, that I may gain Christ and be found in Him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. 然而以前對我有益的，現在因著基督的緣故，我都當作是有損的。  不但這樣，我也把萬事當作是有損的，因為我以認識我主基督耶穌為至寶。為了他，我把萬事都拋棄了，看作廢物，為了要得著基督。  並且得以在他裡面，不是有自己因律法而得的義，而是有因信基督而得的義，就是基於信心，從　神而來的義， (Philippians 3:7-9)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Rise up, O Lord!

May Your enemies be scattered,

And may those who hate You flee before You. 約櫃起行的時候，摩西就說：“耶和華啊，求你起來，願你的仇敵四散；願恨你的人從你面前逃跑。” (Numbers 10:35)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May we keep the feast of Christ, our Passover, not with old leaven, or with the leaven of malice and wickedness, but with the unleavened bread of sincerity and truth. 你們既是無酵的麵，就應當把舊酵除淨，好讓你們成為新的麵團；因為我們逾越節的羊羔基督已經被殺獻祭了。  所以我們守這節，不可用舊酵，也不可用又邪又惡的酵，而是要用純潔真實的無酵餅。 (1 Corinthians 5:7-8)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

A natural man does not receive the things of the Spirit, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned. “For who has known the mind of the Lord that he may instruct Him?” But we have the mind of Christ. 然而屬血氣的人不接受　神的靈的事，因為他以為是愚笨的；而且他也不能夠明白，因為這些事，要有屬靈的眼光才能領悟。  如經上所記：“誰曾知道主的心意，能夠指教他呢？”但我們已經得著基督的心意了。 (1 Corinthians 2:14, 16)

Now I see dimly, as in a mirror, but then I shall see face to face. Now I know in part, but then I shall know fully, even as I am fully known. 我們現在是對著鏡子觀看，模糊不清，到那時就要面對面了。我現在所知道的只是一部分，到那時就完全知道了，好像主完全知道我一樣。 (1 Corinthians 13:12)

*停下来，反思这些圣经给我们的确据。*

**感恩**

God will keep me strong to the end, so that I will be blameless on the day of our Lord Jesus Christ. God is faithful, through whom I was called into fellowship with His Son, Jesus Christ our Lord. 他也必堅定你們到底，使你們在我們主耶穌基督的日子無可指摘。  　神是信實的，他呼召了你們，是要你們與他的兒子我們主耶穌基督連合在一起。 (1 Corinthians 1:8-9)

Eye has not seen, ear has not heard, nor have entered the heart of man the things that God has prepared for those who love Him. 正如經上所記：“　神為愛他的人所預備的，是眼睛未曾見過，耳朵未曾聽過，人心也未曾想到的。” (1 Corinthians 2:9)

*停下来，献上你自己的感恩之意*

**结束祷告**

Lord, make me to know my end

And what is the measure of my days;

Let me know how fleeting is my life. “耶和華啊！求你使我知道我的結局，我的壽數有多少，使我知道我的生命多麼短促。 (Psalm 39:4)

You know how I am formed;

You remember that I am dust.

As for man, his days are like grass;

He flourishes like a flower of the field.

The wind passes over it and it is gone,

And its place remembers it no more.

But the lovingkindness of the Lord is from everlasting to everlasting

On those who fear Him,

And His righteousness with their children’s children,

To those who keep His covenant

And remember to obey His precepts. 因為他知道我們的本體，記得我們不過是塵土。  至於世人，他的年日好像草一般；他又像野地繁茂的花。  經風一吹，就歸無有；他原來的地方再不認識他。  但從亙古到永遠，耶和華的慈愛臨到敬畏他的人；他的公義也歸於他們的子子孫孫，  就是那些謹守他的約，記住他的訓詞，並且遵行的人。 (Psalm 103:14-18)

Day 14

**敬拜尊崇**

The Lord reigns; He is clothed with majesty;

The Lord is robed in majesty and is armed with strength.

Indeed, the world is firmly established; it cannot be moved.

Your throne is established from of old;

You are from everlasting.

Your testimonies stand firm;

Holiness adorns Your house,

O Lord, forever. 耶和華作王，他以威嚴為衣；耶和華以威嚴為衣，以能力束腰，世界就得以堅立，永不動搖。  你的寶座自古就立定，你從亙古就存在。  耶和華啊！你的法度極為確定；你的殿永遠被稱為聖是合宜的。 (Psalm 93:1-2, 5)

Bless the Lord, O my soul.

O Lord, my God, You are very great;

You are clothed with splendor and majesty. 我的心哪！你要稱頌耶和華；耶和華我的　神啊！你真偉大；你以尊榮和威嚴為衣服。 (Psalm 104:1)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

If I claim to be without sin, I deceive myself, and the truth is not in me. If I confess my sins, He is faithful and just and will forgive me my sins and purify me from all unrighteousness. If I claim I have not sinned, I make Him a liar and His word is not in me. 我們若說自己沒有罪，就是自欺，真理就不在我們裡面了。  我們若承認自己的罪，　神是信實的、公義的，必定赦免我們的罪，潔淨我們脫離一切不義。  我們若說自己沒有犯過罪，就是把　神當作說謊的，他的道就不在我們心裡了。 (1 John 1:8-10)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Teach me to do Your will,

For You are my God;

May Your good Spirit lead me on level ground. 求你教我遵行你的旨意，因為你是我的　神；願你至善的靈引導我到平坦的地。 (Psalm 143:10)

May I listen to counsel and accept instruction,

That I may be wise in my latter days. 你要聽勸告，受管教，好使你將來作個有智慧的人。 (Proverbs 19:20)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be strong and courageous; may I not be afraid or discouraged because of my adversaries, for there is a greater power with me than with them, for the Lord my God is with me to help me. “你們要堅強勇敢，不要因亞述王和他統領的大軍懼怕驚慌；因為和我們同在的，比和他們同在的更多。  和他們同在的，不過是人血肉的手臂；和我們同在的，卻是耶和華我們的　神，他必幫助我們，為我們作戰。”眾民因猶大王希西家的話都得著鼓勵了。 (2 Chronicles 32:7-8)

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

I was called to freedom, but may I not use my freedom to indulge the flesh, but through love let me serve others. For the whole law is summed up in this word: “You shall love your neighbor as yourself.” 弟兄們，你們蒙召得了自由；只是不可把這自由當作放縱情慾的機會，總要憑著愛心互相服事。  因為全部的律法，都在“愛人如己”這一句話裡面成全了。 (Galatians 5:13-14)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

Who will bring a charge against those whom God has chosen? It is God who justifies. Who is he who condemns? It is Christ Jesus who died, who was furthermore raised to life, who is at the right hand of God and is also interceding for me. 誰能控告　神揀選的人呢？有　神稱我們為義了。  誰能定我們的罪呢？有基督耶穌死了，而且復活了，現今在　神的右邊，也替我們祈求。 (Romans 8:33-34)

An hour is coming, and now is, when the dead will hear the voice of the Son of God; and those who hear will live. For as the Father has life in Himself, so He has granted the Son to have life in Himself, and He has given Him authority to execute judgment, because He is the Son of Man. 我實實在在告訴你們，時候將到，現在就是了，死人要聽見　神兒子的聲音，聽見的人就要活了。  就如父是生命的源頭，照樣他也使子成為生命的源頭，  並且把執行審判的權柄賜給他，因為他是人子。 (John 5:25-27)

*停下来，反思这些圣经给我们的确据。*

**感恩**

The Lord is close to the brokenhearted

And saves those who are crushed in spirit.

Many are the afflictions of the righteous,

But the Lord delivers him out of them all. 耶和華親近心中破碎的人，拯救靈裡痛悔的人，  義人雖有許多苦難，但耶和華搭救他脫離這一切。 (Psalm 34:18-19)

God is my refuge and strength,

An ever-present help in trouble.

Therefore I will not fear, though the earth changes

And the mountains slip into the heart of the sea. 　神是我們的避難所，是我們的力量，是我們在患難中隨時都可得到的幫助。  因此，地雖然震動，群山雖然崩塌入海洋的深處，我們也不害怕。 (Psalm 46:1-2)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord is for me; I will not fear.

What can man do to me?

It is better to take refuge in the Lord

Than to trust in man.

It is better to take refuge in the Lord

Than to trust in princes. 耶和華是我的幫助，我決不害怕，人能把我怎麼樣呢？  投靠耶和華，勝過倚靠人。  投靠耶和華，勝過倚靠王子。 (Psalm 118:6, 8-9)

I lift up my eyes to the hills—

Where does my help come from?

My help comes from the Lord,

Who made heaven and earth.

He will not allow my foot to slip;

He who watches over me will not slumber.

The Lord is my keeper;

The Lord is my shade at my right hand.

The sun will not harm me by day,

Nor the moon by night. 我要向群山舉目，我的幫助從哪裡來呢？（本節在《馬索拉抄本》包括細字標題）  我的幫助是從造天地的耶和華而來。  他必不使你的腳滑倒；保護你的必不打盹。  保護你的是耶和華，耶和華在你的右邊蔭庇你。  白天太陽必不傷你，夜裡月亮必不害你。 (Psalm 121:1-3, 5-6)

Day 15

**敬拜尊崇**

The works of the Lord’s hands are truth and justice;

All His precepts are trustworthy.

They stand firm for ever and ever,

Done in faithfulness and uprightness.

He sent redemption to His people;

He has ordained His covenant forever;

Holy and awesome is His name. 他手所作的都是誠實和公正；他的訓詞都是可信靠的。  他的訓詞是永遠確定的，是按著信實和正直制訂的。  他向自己的子民施行救贖；他命定自己的約，直到永遠；他的名神聖可畏。 (Psalm 111:7-9)

Your name, O Lord, endures forever,

Your renown, O Lord, through all generations. 耶和華啊！你的名存到永遠；耶和華啊！你可記念的名留存萬代。 (Psalm 135:13)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

No temptation has overtaken me except what is common to man. And God is faithful, who will not let me be tempted beyond what I am able, but with the temptation will also provide a way out, so that I may be able to endure it. 你們所受的試探，無非是人受得起的；　神是信實的，他必不容許你們受試探過於你們抵受得住的，而且在受試探的時候，必定給你們開一條出路，使你們能忍受得住。 (1 Corinthians 10:13)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I have no other gods before You. “除我以外，你不可有別的神。 “‘除我以外，你不可有別的神。 (Exodus 20:3; Deuteronomy 5:7)

May I not make for myself an idol in any form. “不可為自己做偶像，也不可做天上、地下和地底下水中各物的形象。 “‘你不可為自己做偶像，也不可做天上、地下和地底下水中各物的形象。 (Exodus 20:4; Deuteronomy 5:8)

May I not take the name of the Lord my God in vain, for the Lord will not hold anyone guiltless who misuses His name. “不可妄稱耶和華你　神的名，因為妄稱耶和華的名的，耶和華必不以他為無罪。 “‘不可妄稱耶和華你　神的名，因為妄稱耶和華的名的，耶和華必不以他為無罪。 (Exodus 20:7; Deuteronomy 5:11)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Hear, O Lord, my voice when I call;

Be merciful to me and answer me.

My heart said of You, “Seek His face!”

Your face, Lord, I will seek. 耶和華啊！我發聲呼求的時候，求你垂聽；求你恩待我，應允我。  你說：“你們要尋求我的面！”那時我的心對你說：“耶和華啊！你的面我正要尋求。” (Psalm 27:7-8)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

All things are for our sakes, so that the grace that is reaching more and more people may cause 感恩 to abound to the glory of God. 這一切都是為了你們，好使恩惠既然因著許多人而增多，感恩的心也更加增多了，使榮耀歸給　神。 (2 Corinthians 4:15)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

Is the law opposed to the promises of God? Certainly not! For if a law had been given that could impart life, then righteousness would indeed have been by the law. But the Scripture has confined all under sin, so that the promise by faith in Jesus Christ might be given to those who believe. 這樣，律法和　神的應許是對立的嗎？絕對不是。如果所賜下的律法能使人得生命，義就真的是出於律法了。  但聖經把所有的人都圈在罪中，好把那因信耶穌基督而來的應許，賜給相信的人。 (Galatians 3:21-22)

In Christ I was circumcised with a circumcision made without hands, in the removal of the body of the flesh by the circumcision of Christ, having been buried with Him in baptism and raised with Him through faith in the working of God, who raised Him from the dead. 你們也在他裡面受了不是由人手所行的割禮，而是受了基督的割禮，就是除掉你們的罪身。  你們在洗禮中已經與他一同埋葬，也在洗禮中，因信那使基督從死人中復活的　神所運行的動力，與他一同復活了。 (Colossians 2:11-12)

*停下来，反思这些圣经给我们的确据。*

**感恩**

We give thanks to You, O God, we give thanks,

For Your name is near;

Men tell of Your wonderful works. 　神啊！我們稱謝你，我們稱謝你，因為你（“你”原文作“你的名”）接近人，人都述說你奇妙的作為。 (Psalm 75:1)

Lovingkindness and truth have met together;

Righteousness and peace have kissed each other.

Truth shall spring forth from the earth,

And righteousness looks down from heaven. 慈愛和信實彼此相遇，公義和平安互相親嘴。  信實從地上生出，公義從天上俯視。 (Psalm 85:10-11)

*停下来，献上你自己的感恩之意*

**结束祷告**

O Lord, my heart is not proud, nor have my eyes been arrogant;

Neither I do concern myself with great matters

Or things too wonderful for me.

Surely I have stilled and quieted my soul;

Like a weaned child with its mother,

Like a weaned child is my soul within me. 耶和華啊！我的心不驕傲，我的眼不自高；重大和超過我能力的事，我都不敢作。（本節在《馬索拉抄本》包括細字標題）  我的心平靜安穩，像斷過奶的孩子躺在他母親的懷中，我的心在我裡面真像斷過奶的孩子。 (Psalm 131:1-2)

Day 16

**敬拜尊崇**

The Most High is sovereign over the kingdoms of men

And gives them to whomever He wishes

And sets over them the lowliest of men.

I will bless the Most High

And praise and honor Him who lives forever.

His dominion is an eternal dominion,

And His kingdom endures from generation to generation.

He regards all the inhabitants of the earth as nothing,

And does as He pleases with the host of heaven

And the inhabitants of the earth.

No one can hold back His hand

Or say to Him: “What have You done?”

I praise, exalt, and honor the King of heaven,

For all His works are true, and all His ways are just,

And He is able to humble those who walk in pride. 這是守望者宣告的裁決，是聖者頒布的決定，好使世人都知道：至高者在世人的國中掌權，他喜歡把國賜給誰，就賜給誰，甚至立最卑微的人執掌國權。  “七年的日子滿了，我尼布甲尼撒舉目望天，我的理智恢復過來，我就稱頌至高者，讚美尊崇活到永遠的　神。他的統治永無窮盡，他的國度直到萬代。  地上所有的居民，在他來說都是虛無；在天上的萬軍中，他憑自己的意旨行事；在地上的居民中，也是這樣；沒有人能攔住他的手，或問他說：‘你作甚麼？’  現在我尼布甲尼撒讚美、尊崇、榮耀天上的王，因為他所作的一切都正確，他所行的也都公平；行為驕傲的，他都能貶低。” (Daniel 4:17, 34-35, 37)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I will cleanse them from all their iniquity they have committed against Me, and I will pardon all their iniquities which they have committed against Me, and by which they have transgressed against Me. 我必潔淨他們得罪我的一切罪孽，並且赦免他們得罪我和悖逆我的一切罪孽。 (Jeremiah 33:8)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I honor my father and my mother. “要孝敬父母，使你在耶和華你的　神賜給你的地上得享長壽。 “‘要孝敬父母，照著耶和華你的　神吩咐你的，使你可以得享長壽，也使你在耶和華你的　神賜給你的地上，得享福樂。 (Exodus 20:12; Deuteronomy 5:16)

May I not murder. “不可殺人。 “‘不可殺人。 (Exodus 20:13; Deuteronomy 5:17)

May I not commit adultery. “不可姦淫。 “‘不可姦淫。 (Exodus 20:14; Deuteronomy 5:18)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

In You, O Lord, I have taken refuge;

Let me never be put to shame.

In Your righteousness deliver me and rescue me;

Turn Your ear to me and save me.

Be my rock of refuge, to which I can always go;

You have given the commandment to save me,

For You are my rock and my fortress. 耶和華啊！我投靠你，求你使我永不羞愧。  求你按著你的公義搭救我，救贖我；求你留心聽我，拯救我。  求你作我避難的磐石，使我可以常來投靠；你已經下令救我，因為你是我的巖石、我的堅壘。 (Psalm 71:1-3)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

O Lord God of Israel, You are righteous, for we are left this day as a remnant. Here we are before You in our guilt, though no one can stand in Your presence because of this. 耶和華以色列的　神啊，你是公義的！我們現今才可以留下，成為逃脫的人。看哪，我們在你面前是有罪過的，因此沒有人能在你面前站立得住。’” (Ezra 9:15)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

The grace of God has appeared, bringing salvation to all men, teaching us to deny ungodliness and worldly passions and to live sensibly, righteously, and godly in the present age. 　神拯救萬人的恩典已經顯明出來了。  這恩典訓練我們除去不敬虔的心，和屬世的私慾，在今生過著自律、公正、敬虔的生活， (Titus 2:11-12)

Whoever would love life and see good days must keep his tongue from evil and his lips from speaking guile. He must turn from evil and do good; he must seek peace and pursue it. For the eyes of the Lord are on the righteous, and His ears attend to their prayer, but the face of the Lord is against those who do evil. 因為“凡希望享受人生，要看見好日子的，就要禁止舌頭不出惡言，嘴唇不說詭詐的話；  也要離惡行善，尋找並追求和睦。  因為主的眼睛看顧義人，他的耳朵垂聽他們的呼求；但主的臉敵對作惡的人。” (1 Peter 3:10-12)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will give thanks to the Lord, for He is good;

His lovingkindness endures forever.

I will give thanks to the Lord for His unfailing love

And His wonderful acts to the children of men,

For He satisfies the thirsty soul

And fills the hungry soul with good things. 你們要稱謝耶和華，因他本是良善的；他的慈愛永遠長存。  願人因耶和華的慈愛，和他向世人所行的奇事稱謝他。  因為他使乾渴的人得到滿足，又使飢餓的人飽享美物。 (Psalm 107:1, 8-9)

*停下来，献上你自己的感恩之意*

**结束祷告**

Thus says the Lord, my Redeemer, the Holy One of Israel:

“I am the Lord your God, who teaches you to profit,

Who leads you in the way you should go.” 耶和華你的救贖主，以色列的聖者，這樣說：‘我是耶和華你的　神，是教導你，使你得益處的，是在你當行的道路上引導你的。 (Isaiah 48:17)

Lord, You have said, “Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.” 你們所有勞苦擔重擔的人哪，到我這裡來吧！我必使你們得安息。  我心裡柔和謙卑，你們應當負我的軛，向我學習，你們就必得著心靈的安息；  我的軛是容易負的，我的擔子是輕省的。” (Matthew 11:28-30)

Day 17

**敬拜尊崇**

Through Christ all things were made, and without Him nothing was made that has been made. In Him was life, and the life was the light of men. 萬有是藉著他造的；凡被造的，沒有一樣不是藉著他造的。  在他裡面有生命，（有些抄本第3、4節或譯：“萬有是藉著他造的，沒有一樣不是藉著他造的；凡被造的，都在他裡面有生命……”）這生命就是人的光。 (John 1:3-4)

The Lord Jesus, who is holy and true, holds the key of David. What He opens no one can shut, and what He shuts no one can open. “你要寫信給在非拉鐵非教會的使者，說：‘那聖潔的、真實的，拿著大衛的鑰匙，開了就沒有人能關，關了就沒有人能開的（“拿著大衛的鑰匙……沒有人能開的”引自賽22:22），這樣說： (Revelation 3:7)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Let the wicked forsake his way

And the unrighteous man his thoughts;

Let him return to the Lord,

And He will have mercy on him,

And to our God, for He will abundantly pardon. 惡人要離棄自己的道路，不義的人當除去自己的意念，回轉過來歸向耶和華，耶和華就必憐憫他。你們當回轉過來歸向我們的　神，因為他大大赦免人的罪。 (Isaiah 55:7)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not steal. “不可偷盜。 “‘不可偷盜。 (Exodus 20:15; Deuteronomy 5:19)

May I not bear false witness against my neighbor. “不可作假證供陷害你的鄰舍。 “‘不可作假證供陷害你的鄰舍。 (Exodus 20:16; Deuteronomy 5:20)

May I not covet my neighbor’s house, my neighbor’s wife, his manservant or maidservant, his ox or donkey, or anything that belongs to my neighbor. “不可貪愛你鄰舍的房屋；不可貪愛你鄰舍的妻子、僕婢、牛驢和他的任何東西。” “‘不可貪愛你鄰舍的妻子；不可貪圖你鄰舍的房屋、田地、僕婢、牛驢和你鄰舍的任何東西。’ (Exodus 20:17; Deuteronomy 5:21)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Out of the depths I have called to You, O Lord.

O Lord, hear my voice,

And let Your ears be attentive

To the voice of my supplications. 耶和華啊！我從深處向你呼求。（本節在《馬索拉抄本》包括細字標題）  主啊！求你聽我的聲音，求你留心聽我懇求的聲音。 (Psalm 130:1-2)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

The Holy Spirit convicts the world concerning sin and righteousness and judgment. 他來了，就要在罪、在義、在審判各方面指證世人的罪。 (John 16:8)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

Whoever is wise and understanding will show it by his good conduct and works done in the humility that comes from wisdom. If I harbor bitter envy and selfish ambition in my heart, I should not boast and lie against the truth. This wisdom does not come down from above, but is earthly, natural, demonic. For where there is envy and selfish ambition, there is disorder and every evil practice. 你們中間誰是有智慧、有見識的呢？他就應當有美好的生活，用明智的溫柔，把自己的行為表現出來。  如果你們心中存著刻薄的嫉妒和自私，就不可誇口，也不可說謊抵擋真理。  這種智慧不是從天上來的，而是屬地的、屬血氣的和屬鬼魔的。  因為凡有嫉妒和自私的地方，就必有擾亂和各樣的壞事。 (James 3:13-16)

The wisdom that comes from above is first pure, then peaceable, gentle, submissive, full of mercy and good fruits, without partiality and hypocrisy. And the fruit of righteousness is sown in peace by those who make peace. 至於從天上來的智慧，首先是純潔的，其次是和平的，溫柔的，謙遜的，滿有恩慈和善果，沒有偏袒，沒有虛偽。  這是締造和平的人，用和平所培植出來的義果。 (James 3:17-18)

*停下来，反思这些圣经给我们的确据。*

**感恩**

The angel said to the shepherds, “Do not be afraid. I bring you good news of great joy that will be for all the people. For today in the city of David a Savior has been born to you, who is Christ the Lord.” 天使說：“不要怕！看哪！我報給你們大喜的信息，是關於萬民的：  今天在大衛的城裡，為你們生了救主，就是主基督。 (Luke 2:10-11)

The Son of Man came to seek and to save that which was lost. 因為人子來，是要尋找拯救失喪的人。” (Luke 19:10)

As many as received Christ, to them He gave the right to become children of God, to those who believe in His name, who were born not of blood, nor of the will of the flesh, nor of the will of man, but of God. 凡接受他的，就是信他名的人，他就賜給他們權利，成為　神的兒女。  他們不是從血統生的，不是從肉身的意思生的，也不是從人意生的，而是從　神生的。 (John 1:12-13)

*停下来，献上你自己的感恩之意*

**结束祷告**

If anyone wishes to come after You, he must deny himself and take up his cross and follow You. For whoever wants to save his life will lose it, but whoever loses his life for Your sake and the gospel’s will find it. For what is a man profited if he gains the whole world, yet forfeits his soul? Or what will a man give in exchange for his soul? 於是耶穌對門徒說：“如果有人願意跟從我，就當捨己，背起他的十字架來跟從我。  凡是想救自己生命的，必喪掉生命；但為我犧牲生命的，必得著生命。  人若賺得全世界，卻賠上自己的生命，有甚麼好處呢？人還能用甚麼換回自己的生命呢？ 於是把眾人和門徒都叫過來，對他們說：“如果有人願意跟從我，就應當捨己，背起他的十字架來跟從我。  凡是想救自己生命的，必喪掉生命；但為我和福音犧牲生命的，必救了生命。  人就是賺得全世界，卻賠上自己的生命，有甚麼好處呢？  人還能用甚麼換回自己的生命呢？ 耶穌又對眾人說：“如果有人願意跟從我，就當捨己，天天背起他的十字架來跟從我。  凡是想救自己生命的，必喪掉生命；但為我犧牲自己生命的，必救了生命。  人若賺得全世界，卻喪失自己，或賠上自己，有甚麼好處呢？ (Matthew 16:24-26; Mark 8:34-37; Luke 9:23-25)

I shall know the truth, and the truth shall set me free. Everyone who commits sin is a slave of sin. And a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets me free, I shall be free indeed. 你們必定認識真理，真理必定使你們自由。”  耶穌說：“我實實在在告訴你們，凡犯罪的都是罪的奴隸。  奴隸不能永遠住在家裡，唯有兒子才可以永遠住在家裡。  所以，　神的兒子若使你們自由，你們就真的得自由了。 (John 8:32, 34-36)

Day 18

**敬拜尊崇**

Praise the Lord!

Give thanks to the Lord, for He is good;

For His loving mercy endures forever.

Who can express the mighty acts of the Lord

Or fully declare His praise? 你們要讚美耶和華。你們要稱謝耶和華，因為他是美善的；他的慈愛永遠長存。  誰能述說耶和華大能的作為，誰能說盡讚美他的話？ (Psalm 106:1-2)

You endowed the heart with wisdom

And gave understanding to the mind. 誰把智慧放在懷裡，或把聰明賜於人的心中？ (Job 38:36)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Search me, O God, and know my heart;

Try me and know my anxious thoughts,

And see if there is any wicked way in me,

And lead me in the way everlasting. 　神啊！求你鑒察我，知道我的心思；試驗我，知道我的意念。  看看我裡面有甚麼惡行沒有，引導我走永恆的道路。 (Psalm 139:23-24)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. “心靈貧乏的人有福了，因為天國是他們的。  哀痛的人有福了，因為他們必得安慰。  溫柔的人有福了，因為他們必承受地土。 (Matthew 5:3-5)

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. 愛慕公義如飢如渴的人有福了，因為他們必得飽足。 (Matthew 5:6)

Blessed are the merciful, for they shall obtain mercy. 憐憫人的人有福了，因為他們必蒙憐憫。 (Matthew 5:7)

May these beatitudes become a reality in my life.

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not wear myself out to get rich;

Give me the understanding to cease.

May I not set my desire on what flies away,

For wealth surely sprouts wings

And flies into the heavens like an eagle. 不要勞碌求富，你要明智地放下這企圖。  你的眼睛注視在錢財上，錢財卻不見了，因為錢財必長起翅膀，如鷹飛往天上。 (Proverbs 23:4-5)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I learn to do good,

Seek justice,

Remove the oppressor,

Defend the orphan,

And plead for the widow. 學習行善，尋求公平，指責殘暴的人，替孤兒伸冤，為寡婦辨屈。” (Isaiah 1:17)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

If anyone loves You, he will keep Your word; and Your Father will love him, and You and Your Father will come to him and make Your home with him. 耶穌回答：“人若愛我，就要遵守我的話，我父必定愛他，並且我們要到他那裡去，跟他住在一起。 (John 14:23)

If anyone serves You, he must follow You; and where You are, Your servant also will be. If anyone serves You, the Father will honor him. 如果有人服事我，就應當跟從我；我在哪裡，服事我的人也會在哪裡；如果有人服事我，我父必尊重他。 (John 12:26)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Blessed is the one You choose and bring near

To live in Your courts.

We will be satisfied with the goodness of Your house,

Of Your holy temple. 你所揀選，使他親近你，可以住在你院子中的人，是有福的！願我們因你的居所，就是你聖殿的美福心滿意足。 (Psalm 65:4)

He who dwells in the shelter of the Most High

Will rest in the shadow of the Almighty.

I will say of the Lord, “He is my refuge and my fortress,

My God, in whom I trust.” 住在至高者的隱密處的，必在全能者的蔭庇下安居。  我要對耶和華說：“你是我的避難所，我的保障，你是我的　神，我所倚靠的。” (Psalm 91:1-2)

*停下来，献上你自己的感恩之意*

**结束祷告**

May the God who gives endurance and encouragement grant us to be of the same mind toward one another according to Christ Jesus, so that with one accord and one mouth we may glorify the God and Father of our Lord Jesus Christ. 願賜忍耐和安慰的　神，使你們彼此同心，效法基督耶穌，  同心一致地榮耀我們主耶穌基督的父　神。 (Romans 15:5-6)

May the God of peace Himself sanctify us completely, and may our whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls us is faithful, who also will do it. 願賜平安的　神親自使你們完全成聖，又願你們整個人：靈、魂和身體都得蒙保守，在我們的主耶穌基督再來的時候，無可指摘。  那呼召你們的是信實的，他必成就這事。 (1 Thessalonians 5:23-24)

Day 19

**敬拜尊崇**

Your throne, O God, is forever and ever;

A scepter of righteousness is the scepter of Your kingdom.

You love righteousness and hate wickedness;

Therefore God, Your God, has anointed You

With the oil of gladness more than your companions. 　神啊！你的寶座是永永遠遠的，你國的權杖是公平的權杖。  你喜愛公義，恨惡邪惡，所以，　神，就是你的　神，用喜樂的油膏抹你，勝過膏抹你的同伴。 (Psalm 45:6-7)

One generation shall praise Your works to another,

And shall declare Your mighty acts.

I will meditate on the glorious splendor of Your majesty

And on Your wonderful works.

Men shall speak of the might of Your awesome works,

And I will proclaim Your great deeds. 世世代代的人都要頌讚你的作為，他們要傳揚你大能的作為。  他們要講述你威嚴的尊榮，我也要默想你奇妙的作為。  他們要述說你所行可畏的事的能力，我也要宣揚你的偉大。 (Psalm 145:4-6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Purge me with hyssop, and I will be clean;

Wash me, and I will be whiter than snow.

Cause me to hear joy and gladness,

That the bones You have crushed may rejoice.

Hide Your face from my sins

And blot out all my iniquities.

Create in me a clean heart, O God,

And renew a steadfast spirit within me.

Do not cast me from Your presence

Or take Your Holy Spirit from me.

Restore to me the joy of Your salvation

And uphold me with a willing spirit.

Then I will teach transgressors Your ways,

And sinners will be converted to You. 求你用牛膝草潔淨我，我就乾淨；求你洗淨我，我就比雪更白。  求你使我聽見歡喜和快樂的聲音，使你所壓傷的骨頭可以歡呼。  求你掩面不看我的罪惡，求你塗抹我的一切罪孽。  　神啊！求你為我造一顆清潔的心，求你使我裡面重新有堅定的靈。  不要把我從你面前丟棄，不要從我身上收回你的聖靈。  求你使我重得你救恩的喜樂，重新有樂意的靈支持我。  我就必把你的道指教有過犯的人，罪人必回轉歸向你。 (Psalm 51:7-13)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. 內心清潔的人有福了，因為他們必看見　神。  使人和平的人有福了，因為他們必稱為　神的兒子。 (Matthew 5:8-9)

Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. Blessed are you when people insult you, persecute you, and falsely say all kinds of evil against you because of Me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you. 為義遭受迫害的人有福了，因為天國是他們的。  人若因我的緣故辱罵你們，迫害你們，並且捏造各樣壞話毀謗你們，你們就有福了。  你們應該歡喜快樂，因為你們在天上的賞賜是大的；在你們以前的先知，他們也曾這樣迫害。 (Matthew 5:10-12)

May these beatitudes become a reality in my life.

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

I called on Your name, O Lord,

From the depths of the pit.

You have heard my voice:

“Do not hide Your ear from my cry for relief,

From my cry for help.”

You drew near when I called on You,

And You said, “Do not fear!”

O Lord, You pleaded the cause of my soul;

You redeemed my life. 耶和華啊，我從坑的最深處呼求你的名，  你曾經垂聽我的聲音，現在求你不要掩耳不聽我求救的呼聲。  我每逢呼求你的時候，你就靠近我，說：“不要懼怕！”  主啊！你為我的案件申辯，贖回了我的性命。 (Lamentations 3:55-58)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

We were all baptized by one Spirit into one body—whether Jews or Greeks, slave or free—and we were all given the one Spirit to drink. 我們無論是猶太人，是希臘人，是作奴隸的，是自由的，都在那一位聖靈裡受了洗，成為一個身體，都飲了那一位聖靈。 (1 Corinthians 12:13)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

Surely Your salvation is near to those who fear You. 他的救恩的確臨近敬畏他的人，使他的榮耀住在我們的地上。 (Psalm 85:9)

The fear of the Lord is the beginning of knowledge,

But fools despise wisdom and discipline. 敬畏耶和華是知識的開端，但愚妄人藐視智慧和教訓。 (Proverbs 1:7)

The fear of the Lord is a fountain of life,

To turn one away from the snares of death. 敬畏耶和華是生命的泉源，能使人避開死亡的網羅。 (Proverbs 14:27)

The secret of the Lord is with those who fear Him,

And He will make them know His covenant. 耶和華把心意向敬畏他的人顯示，又使他們認識他的約。 (Psalm 25:14)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Surely the righteous will give thanks to Your name;

The upright will dwell in Your presence. 義人必稱讚你的名，正直的人必住在你面前。 (Psalm 140:13)

The Lord is near to all who call upon Him,

To all who call upon Him in truth.

He fulfills the desire of those who fear Him;

He hears their cry and saves them.

The Lord preserves all who love Him,

But all the wicked He will destroy. 凡是求告耶和華的，耶和華都和他們接近，就是和所有真誠求告他的人接近。  敬畏他的，他必成就他們的心願，也必聽他們的呼求，拯救他們。  耶和華保護所有愛他的人，卻要消滅所有惡人。 (Psalm 145:18-20)

*停下来，献上你自己的感恩之意*

**结束祷告**

By common 认罪悔改, great is the mystery of godliness:

He who was revealed in the flesh,

Vindicated in the Spirit,

Seen by angels,

Preached among the nations,

Believed on in the world,

Taken up in glory. 敬虔的奧祕真偉大啊，這是眾人所公認的，就是：“他在肉身顯現，在聖靈裡稱義，被天使看見；被傳於列國，被世人信服，被接到榮耀裡。” (1 Timothy 3:16)

Day 20

**敬拜尊崇**

I will regard the Lord of hosts as holy;

He shall be my fear,

And He shall be my dread. 你們要尊萬軍之耶和華為聖，他是你們當怕的，也是你們當畏懼的。 (Isaiah 8:13)

You are the stability of our times,

A wealth of salvation, wisdom, and knowledge;

The fear of the Lord is the key to this treasure. 他是你一生一世的保障、豐盛的救恩、智慧和知識；敬畏耶和華就是你的至寶。 (Isaiah 33:6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I will sing praises to the Lord

And give thanks at the remembrance of His holy name.

For His anger lasts only a moment,

But His favor is for a lifetime;

Weeping may endure for a night,

But joy comes in the morning. 耶和華的聖民哪！你們要歌頌耶和華，讚美他的聖名。  因為他的怒氣只是短暫的，他的恩惠卻是一生一世的；夜間雖然不斷有哭泣，早晨卻必歡呼。 (Psalm 30:4-5)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I be righteous before God, walking blamelessly in all the commandments and ordinances of the Lord. 他們在　神面前都是義人，遵行主的一切誡命規條，無可指摘， (Luke 1:6)

May I love my enemies, do good to those who hate me, bless those who curse me, and pray for those who mistreat me. Just as I want others to do to me, may I do to them in the same way. “只是我告訴你們聽道的人：當愛你們的仇敵，善待恨你們的人。  咒詛你們的，要為他們祝福，凌辱你們的，要為他們禱告。  你們願意人怎樣待你們，你們就應當怎樣待人。 (Luke 6:27-28, 31)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

I look to You for my daily bread, to forgive me my debts as I also have forgiven my debtors, and to lead me not into temptation, but to deliver me from the evil one. For Yours is the kingdom and the power and the glory forever. 我們每天所需的食物，求你今天賜給我們；  赦免我們的罪，好像我們饒恕了得罪我們的人；  不要讓我們陷入試探，救我們脫離那惡者。’（有些後期抄本在此有“因為國度、權柄、榮耀，全是你的，直到永遠。阿們”一句） (Matthew 6:11-13)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Oh, that they would always have such a heart to fear Me and keep all My commandments, so that it might be well with them and with their children forever! 但願他們常常存著這樣的心，敬畏我，遵守我的一切誡命，使他們和他們的子孫永享福樂。 (Deuteronomy 5:29)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

I know that whatever God does will remain forever; nothing can be added to it and nothing taken from it. God does it so that men will revere Him. 我知道　神所作的一切，都必永存，無可增添，無可減少；　神這樣作，為要使人在他面前存敬畏的心。 (Ecclesiastes 3:14)

God will bring every work into judgment, including every hidden thing, whether it is good or evil. 人所作的每一件事，連一切隱藏的事，無論是善是惡，　神都必審問。 (Ecclesiastes 12:14)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Because I love You, You will deliver me;

You will protect me, for I acknowledge Your name.

I will call upon You, and You will answer me;

You will be with me in trouble,

You will deliver me and honor me.

With long life You will satisfy me

And show me Your salvation. 耶和華說：“因為他戀慕我，我必搭救他；因為他認識我的名，我必保護他。  他求告我，我必應允他；他在患難中，我必與他同在；我必拯救他，使他得尊榮。  我必使他得享長壽，又向他顯明我的救恩。” (Psalm 91:14-16)

*停下来，献上你自己的感恩之意*

**结束祷告**

The word of God is living and active and sharper than any double-edged sword, piercing even to the dividing of soul and spirit and of joints and marrow, and it judges the thoughts and attitudes of the heart. And there is no creature hidden from His sight, but everything is uncovered and laid bare before the eyes of Him to whom we must give account. 　神的道是活的，是有效的，比一切兩刃的劍更鋒利，甚至可以刺入剖開靈與魂，關節與骨髓，並且能夠辨明心中的思想和意念。  被造的在　神面前沒有一樣不是顯明的，萬有在他的眼前都是赤露敞開的；我們必須向他交帳。 (Hebrews 4:12-13)

Being built up in the most holy faith and praying in the Holy Spirit, may I keep myself in the love of God as I wait for the mercy of our Lord Jesus Christ to eternal life. 但你們呢，親愛的，你們要在至聖的信仰上建立自己，在聖靈裡禱告，  要保守自己在　神的愛中，仰望我們主耶穌基督的憐憫，直到永生。 (Jude 20-21)

Day 21

**敬拜尊崇**

The Lord made the earth by His power;

He established the world by His wisdom

And stretched out the heavens by His understanding. 耶和華用自己的能力創造了大地，用自己的智慧堅立了世界，又用自己的聰明展開了諸天。 (Jeremiah 10:12; 51:15)

The Lord gives the sun for light by day,

And decrees the moon and stars for light by night;

He stirs up the sea so that its waves roar;

The Lord of hosts is His name. 那使太陽白晝發光，派定月亮和星辰照耀黑夜，又攪動海洋，使海浪澎湃的，萬軍之耶和華是他的名，他這樣說： (Jeremiah 31:35)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

O Lord, God of heaven, You are the great and awesome God, keeping Your covenant of loyal love with those who love You and obey Your commands. Let Your ear be attentive and Your eyes open so that You may hear the prayer Your servant is praying before You day and night. I confess the sins I have committed against You. 說：“耶和華天上的　神，偉大可畏的　神啊，你向那些愛你，遵守你誡命的人，守約施慈愛。  求你側著耳，睜著眼的，垂聽你僕人的禱告，我今天在你面前晝夜為著你的僕人以色列人禱告，承認以色列人所犯的罪，就是我與我父的家向你所犯的罪。 (Nehemiah 1:5-6)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Just as I presented the members of my body as slaves to impurity and to ever-increasing lawlessness, so I now present my members as slaves to righteousness, leading to holiness. 因為你們肉體的弱點，我就按一般人的話來說，你們從前怎樣把你們的肢體獻給不潔和不法作奴僕，以致於不法，現在也要照樣把你們的肢體獻給義作奴僕，以致於成聖。 (Romans 6:19)

Those who live according to the flesh set their minds on the things of the flesh; but those who live according to the Spirit set their minds on the things of the Spirit. The mind of the flesh is death, but the mind of the Spirit is life and peace. 隨從肉體的人，以肉體的事為念；隨從聖靈的人，以聖靈的事為念。  以肉體為念就是死，以聖靈為念就是生命、平安； (Romans 8:5-6)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I watch carefully how I walk, not as the unwise but as wise, making the most of every opportunity, because the days are evil. May I not be foolish, but understand what the will of the Lord is. 所以，你們行事為人要謹慎，不要像愚昧人，卻要像聰明人。  要把握時機，因為這時代邪惡。  因此，不要作糊塗人，要明白甚麼是主的旨意。 (Ephesians 5:15-17)

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

We ought always to thank God for other believers and pray that their faith would grow more and more, and that the love each of them has toward one another would increase. 弟兄們，我們應該常常為你們感謝　神，這是合適的。因為你們的信心格外長進，你們眾人彼此相愛的心也在增加。 (2 Thessalonians 1:3)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

All men are like grass, and all their glory is like the flower of the field.

The grass withers and the flower fades,

Because the breath of the Lord blows on it.

Surely the people are grass.

The grass withers and the flower fades,

But the word of our God stands forever. 有聲音說：“你呼喊吧！”他問：“我呼喊甚麼呢？”“所有的人盡都如草；他們的榮美都像野地的花。  草必枯乾，花必凋謝；因為耶和華的氣吹在上面；真的，這民的確是草！  草必枯乾，花必凋謝，唯有我們　神的道永遠長存。” (Isaiah 40:6-8)

Heaven and earth will pass away, but the words of the Lord Jesus will never pass away. 天地都要過去，但我的話決不會廢去。 天地都過去，但我的話決不會廢去。 (Matthew 24:35; Luke 21:33)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Surely God is my salvation;

I will trust and not be afraid.

For the Lord God is my strength and my song,

And He has become my salvation. 看哪！　神是我的拯救；我要倚靠他，並不懼怕，因為耶和華　神是我的力量，我的詩歌，他也成了我的拯救。” (Isaiah 12:2)

I will trust in the Lord forever,

For in Yahweh, the Lord, I have an everlasting Rock. 你們要倚靠耶和華，直到永遠，因為耶和華是永存的磐石。 (Isaiah 26:4)

*停下来，献上你自己的感恩之意*

**结束祷告**

The eyes of the Lord move to and fro throughout the whole earth to strengthen those whose hearts are fully committed to Him. 耶和華的眼目遍察全地，一心歸向他的，他必以大能扶助他們；你作這事太愚昧了。從今以後，你必常有戰爭。” (2 Chronicles 16:9)

I have set the Lord always before me;

Because He is at my right hand, I will not be shaken.

Therefore my heart is glad, and my glory rejoices;

My body also will rest in hope.

You will make known to me the path of life;

In Your presence is fullness of joy;

In Your right hand are pleasures forever. 我常常把耶和華擺在我面前，因他在我右邊，我必不會動搖。  為此我的心快樂，我的靈（“靈”或譯：“榮耀”或“肝”；與30:12，57:8，108:1同）歡欣，我的肉身也必安然居住。  你必把生命的路指示我，在你面前有滿足的喜樂，在你的右手中有永遠的福樂。 (Psalm 16:8-9, 11)

Day 22

**敬拜尊崇**

O Lord, the God of our fathers, are You not the God who is in heaven? Are You not the ruler over all the kingdoms of the nations? Power and might are in Your hand, and no one is able to withstand You. 說：“耶和華我們列祖的　神啊，你不是天上的　神嗎？你不是統治萬國的嗎？你手中有大能大力，沒有人能抵擋你。 (2 Chronicles 20:6)

I will praise You, O Lord, with all my heart;

I will tell of all Your wonders.

I will be glad and rejoice in You;

I will sing praise to Your name, O Most High. 耶和華啊！我要全心稱謝你，我要述說你一切奇妙的作為。  我要因你快樂歡欣；至高者啊！我要歌頌你的名。 (Psalm 9:1-2)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Has the Lord as much delight in burnt offerings and sacrifices

As in obeying the voice of the Lord?

To obey is better than sacrifice,

And to heed is better than the fat of rams.

For rebellion is like the sin of divination,

And stubbornness is as iniquity and idolatry. 撒母耳說：“耶和華喜悅燔祭和平安祭，豈像喜悅人聽從耶和華的話呢？聽從勝過獻祭，聽命勝過公羊的脂油。  因為悖逆與行邪術的罪相同，頑梗與拜虛無偶像一樣，因為你棄絕了耶和華的話，耶和華也棄絕了你作王。” (1 Samuel 15:22-23)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I put away all bitterness and anger and wrath and shouting and slander, along with all malice. And may I be kind and compassionate to others, forgiving them just as God in Christ also forgave me. 一切苛刻、惱怒、暴戾、嚷鬧、毀謗，連同一切惡毒，都應當從你們中間除掉。  要互相友愛，存溫柔的心，彼此饒恕，就像　神在基督裡饒恕了你們一樣。 (Ephesians 4:31-32)

May I do all things without complaining or arguing, so that I may become blameless and pure, a child of God without fault in the midst of a crooked and perverse generation, among whom I shine as a light in the world, holding fast the word of life. 無論作甚麼，都不要發怨言、起爭論，  好使你們無可指摘、純真無邪，在這彎曲乖謬的世代中，作　神沒有瑕疵的兒女；你們要在這世代中發光，好像天上的光體一樣，  把生命的道顯揚出來，使我在基督的日子可以誇耀我沒有空跑，也沒有徒勞。 (Philippians 2:14-16)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

As one who has been chosen of God, holy and beloved, may I put on a heart of compassion, kindness, humility, gentleness, and patience, bearing with others and forgiving others even as the Lord forgave me; and above all these things, may I put on love, which is the bond of perfection. 所以，你們既然是　神所揀選的，是聖潔、蒙愛的人，就要存憐憫的心腸、恩慈、謙卑、溫柔和忍耐。  如果有人對別人有嫌隙，總要彼此寬容，互相饒恕；主怎樣饒恕了你們，你們也要照樣饒恕人。  在這一切之上，還要有愛心，愛心是聯繫全德的。 (Colossians 3:12-14)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Do you not say, “Four months more and then comes the harvest”? Behold, I say to you, lift up your eyes and look at the fields, for they are white for harvest. Even now the reaper draws his wages, and gathers fruit for eternal life, that he who sows and he who reaps may rejoice together. 你們不是說‘還有四個月才到收穫的時候’嗎？我告訴你們，舉目向田觀看，莊稼已經熟了，可以收割了。  收割的人得到工資，也積儲五穀直到永生，使撒種的和收割的一同快樂。 (John 4:35-36)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

He who is faithful with very little is also faithful with much, and whoever is dishonest with very little will also be dishonest with much. If one is not faithful in handling worldly wealth, who will trust him with true riches? And if one is not faithful with someone else’s property, who will give him property of his own? 在最小的事上忠心的，在大事上也忠心；在最小的事上不義的，在大事上也不義。  如果你們在不義的錢財上不忠心，誰還把真實的錢財託付給你們呢？  如果你們在別人的東西上不忠心，誰還把你們自己的東西交給你們呢？ (Luke 16:10-12)

This is a trustworthy saying: If we died with Him, we will also live with Him; if we endure, we will also reign with Him. If we deny Him, He will also deny us; if we are faithless, He will remain faithful, for He cannot deny Himself. “我們若與基督同死，就必與他同活；  我們若能堅忍，就必與他一同作王；我們若不認他，他必不認我們；  我們縱然不信，他仍然是信實的，因為他不能否定自己。”這話是可信的。 (2 Timothy 2:11-13)

*停下来，反思这些圣经给我们的确据。*

**感恩**

The Lord has bared His holy arm

In the sight of all the nations,

And all the ends of the earth will see

The salvation of our God. 耶和華在萬國的眼前，顯露他的聖臂，地極的人必看見我們　神的拯救。 (Isaiah 52:10)

The Lord has performed mighty deeds with His arm;

He has scattered those who are proud in the thoughts of their heart.

He has brought down rulers from their thrones

And has lifted up the humble. 他用膀臂施展大能，驅散心裡妄想的狂傲人。  他使有權能的失位，叫卑微的升高， (Luke 1:51-52)

*停下来，献上你自己的感恩之意*

**结束祷告**

God is the maker of the Bear and Orion, the Pleiades,

And the constellations of the south.

He does great things that cannot be fathomed

And wonderful works that cannot be counted. 他造北斗與參星，昴星和南方的星座；  他所行的大事無法測度，所行的奇事不可勝數。 (Job 9:9-10)

When I consider Your heavens, the work of Your fingers,

The moon and the stars, which You have set in place,

What is man that You are mindful of him,

And the son of man that You care for him?

You made him a little lower than the heavenly beings

And crowned him with glory and honor.

You made him ruler over the works of Your hands,

And You put everything under his feet. 我觀看你手所造的天，和你所安放的月亮和星星。  啊！人算甚麼，你竟記念他？世人算甚麼，你竟眷顧他？  你使他比天使（“天使”或譯：“　神”）低微一點，卻賜給他榮耀尊貴作冠冕。  你叫他管理你手所造的，把萬物都放在他的腳下， (Psalm 8:3-6)

Day 23

**敬拜尊崇**

Rejoice in the Lord, O you righteous;

Praise is becoming to the upright. 義人哪！你們要靠著耶和華歡呼；正直人讚美主是合宜的。 (Psalm 33:1)

Walking in the way of Your laws,

O Lord, I wait for You;

Your name and Your memory are the desire of my soul. 耶和華啊！我們等候你那審判的路徑；你的名字和稱號，都是我們心裡所愛慕的。 (Isaiah 26:8)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Woe to me, for I am undone!

Because I am a man of unclean lips,

And I live among a people of unclean lips;

For my eyes have seen the King,

The Lord of hosts. 那時我說：“我有禍了，我滅亡了！因為我是個嘴唇不潔的人，又住在嘴唇不潔的人民中間，又因為我親眼看見了大君王萬軍之耶和華。” (Isaiah 6:5)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

If I have found grace in Your sight, teach me Your ways, so I may know You and continue to find favor with You. 現在我若是在你眼前蒙恩，求你把你的道路指示我，使我可以認識你，可以在你眼前蒙恩；也求你想到這民族是你的人民。” (Exodus 33:13)

May I consecrate myself and be holy, because You are the Lord my God. May I keep Your statutes and practice them, for You are the Lord who sanctifies me. 所以你們要使自己成為聖潔。你們要分別為聖，因為我是耶和華你們的　神。  你們要謹守遵行我的律例，我是使你們分別為聖的耶和華。 (Leviticus 20:7-8)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I examine all things, hold fast to the good, and abstain from every form of evil. 凡事都要察驗，好的要持守，  各樣的惡事要遠離。 (1 Thessalonians 5:21-22)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

O Lord, God of our fathers Abraham, Isaac and Israel, keep this desire in the hearts of Your people forever, and keep their hearts loyal to You. 耶和華我們列祖亞伯拉罕、以撒、以色列的　神啊，求你永遠保守這一件事，就是使你的子民常存這心思意念，堅定他們的心歸向你。 (1 Chronicles 29:18)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

Where is the wise man? Where is the scholar? Where is the disputer of this age? Has not God made foolish the wisdom of the world? But to those whom God has called, both Jews and Greeks, Christ is the power of God and the wisdom of God. 智慧人在哪裡？經學家在哪裡？今世的辯士在哪裡？　神不是使屬世的智慧變成了愚笨嗎？  但對那些蒙召的人，不論是猶太人或希臘人，基督是　神的能力，　神的智慧。 (1 Corinthians 1:20, 24)

If anyone thinks he is something when he is nothing, he deceives himself. 如果有人本來沒有甚麼了不起，卻自以為是了不起的，就是欺騙自己。 (Galatians 6:3)

Let him who boasts, boast in the Lord. 正如經上所說的：“誇口的應當靠著主誇口。” (1 Corinthians 1:31)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Concerning the lost, Jesus said, “What man among you, if he has a hundred sheep and loses one of them, does not leave the ninety-nine in the open country and go after the one that is lost until he finds it? And when he finds it, he lays it on his shoulders, rejoicing. And when he comes into his house, he calls his friends and neighbors together and says to them, ‘Rejoice with me, for I have found my sheep which was lost!’ I tell you that in the same way there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance. There is joy in the presence of the angels of God over one sinner who repents.” “你們中間誰有一百隻羊，失去一隻，不把九十九隻留下在曠野，去尋找那失落的，直到找著呢？  既找著了，就歡歡喜喜地放在肩上，  回到家裡，請朋友鄰舍來，對他們說：‘請大家和我一同歡樂，因為我失去的羊已經找到了！’  我告訴你們，因為一個罪人悔改，天上也要這樣為他歡樂，比為九十九個不用悔改的義人歡樂更大。  我告訴你們，因為一個罪人悔改，　神的使者也必這樣為他歡樂。” (Luke 15:4-7, 10)

*停下来，献上你自己的感恩之意*

**结束祷告**

Now I know that the Lord saves His anointed;

He answers him from His holy heaven

With the saving strength of His right hand.

Some trust in chariots and some in horses,

But I will remember the name of the Lord my God. 現在我確知，耶和華拯救自己的受膏者；他必從他的聖天上應允他，用自己右手的能力拯救他。  有人靠車，有人靠馬。我們卻靠耶和華我們　神的名。 (Psalm 20:6-7)

Love the Lord, all you His saints!

The Lord preserves the faithful,

And fully repays the proud doer.

Be of good courage and He will strengthen your heart,

All you who hope in the Lord. 耶和華的眾聖民哪！你們都要愛耶和華；耶和華保護誠實的人，卻嚴厲地報應行事驕傲的人。  所有仰望耶和華的人，你們都要剛強，堅固你們的心。 (Psalm 31:23-24)

Day 24

**敬拜尊崇**

“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.” 耶和華說：“我的意念不是你們的意念，你們的道路也不是我的道路。  天怎樣高過地，我的道路也怎樣高過你們的道路，我的意念也怎樣高過你們的意念。 (Isaiah 55:8-9)

You are the Lord, the God of all mankind. Nothing is too difficult for You. “看哪！我是耶和華，是全人類的　神；在我有難成的事嗎？ (Jeremiah 32:27)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

The heart is deceitful above all things

And incurably sick.

Who can understand it?

You, the Lord, search the heart

And test the mind

To reward a man according to his ways,

According to the fruit of his deeds. 人心比萬物都詭詐，無法醫治；誰能識透呢？  “我耶和華是察透人心，試驗人肺腑的，要照著各人的行為，和各人所作的事應得的結果報應各人。” (Jeremiah 17:9-10)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not profane Your holy name, but acknowledge You as holy before others. You are the Lord, who sanctifies me. 你們不可褻瀆我的聖名，我在以色列人中間要被尊為聖；我是使你們分別為聖的耶和華， (Leviticus 22:32)

The Lord my God, the Lord is one. May I love the Lord my God with all my heart and with all my soul and with all my strength. “以色列啊，你要聽，耶和華我們的　神是獨一的耶和華；  你要全心、全性、全力愛耶和華你的　神。 (Deuteronomy 6:4-5)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I fight the good fight, finish the race, and keep the faith, so that there will be laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have longed for His appearing. 那美好的仗我已經打過了，當跑的路我已經跑盡了，所持的信仰我已經守住了。  從此以後，有公義的冠冕為我存留，就是按公義審判的主在那日要賞給我的；不但賞給我，也賞給所有愛慕他顯現的人。 (2 Timothy 4:7-8)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

The Lord told the apostles, “You will receive power when the Holy Spirit comes upon you; and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.” 可是聖靈降臨在你們身上，你們就必領受能力，並且要在耶路撒冷、猶太全地、撒瑪利亞，直到地極，作我的見證人。” (Acts 1:8)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

Whoever is wise understands these things;

Whoever is discerning knows them.

The ways of the Lord are right;

The righteous will walk in them,

But transgressors will stumble in them. 誰是智慧人，讓他明白這些事吧！誰是有見識的人，讓他領會這一切吧！因為耶和華的道路是正直的，義人要行在其中，惡人卻必在其上絆倒。 (Hosea 14:9)

You have called the humble of the earth who have upheld Your justice to seek the Lord, to seek righteousness, and to seek humility. 地上所有謙卑的人，就是遵守耶和華典章的人哪！你們要尋求耶和華，你們要尋求公義，尋求謙卑。在耶和華忿怒的日子，你們或許得以隱藏起來。 (Zephaniah 2:3)

*停下来，反思这些圣经给我们的确据。*

**感恩**

God sent His word to the children of Israel, telling the good news of peace through Jesus Christ, who is Lord of all. He commanded the apostles to preach to the people and to testify that He is the One whom God appointed as judge of the living and the dead. To Him all the prophets witness that through His name, everyone who believes in Him receives forgiveness of sins. 　神藉著耶穌基督（他是萬有的主）傳和平的福音，把這道傳給以色列人。  他吩咐我們向人民傳講，鄭重證明他是　神所立，審判活人死人的主。  所有先知都為他作見證：所有信他的，都必藉著他的名，罪得赦免。” (Acts 10:36, 42-43)

I have been loved by God and called to be a saint; grace and peace have been given to me from God our Father and the Lord Jesus Christ. 我寫信給各位住在羅馬，為　神所愛，蒙召作聖徒的人。願恩惠平安從我們的父　神和主耶穌基督臨到你們。 (Romans 1:7)

*停下来，献上你自己的感恩之意*

**结束祷告**

Why are you downcast, O my soul?

Why are you disturbed within me?

Hope in God, for I will yet praise Him

For the help of His presence.

O my God, my soul is downcast within me;

Therefore I will remember You.

Why are you downcast, O my soul?

Why are you disturbed within me?

Hope in God, for I will yet praise Him,

The help of my countenance and my God. 我的心哪！你為甚麼沮喪呢？為甚麼在我裡面不安呢？應當等候　神；因為我還要稱讚他，他是我面前的救助、我的　神。  我的心在我裡面沮喪；因此我從約旦地，從黑門嶺，從米薩山，記念你。  我的心哪！你為甚麼沮喪呢？為甚麼在我裡面不安呢？應當等候　神；因為我還要稱讚他，他是我面前的救助、我的　神。 (Psalm 42:5-6, 11)

Day 25

**敬拜尊崇**

As I looked, thrones were set in place,

And the Ancient of Days took His seat.

His clothing was as white as snow,

And the hair of His head was like pure wool.

His throne was ablaze with flames,

And its wheels were a burning fire.

A river of fire was flowing

And coming out from before Him.

A thousand thousands attended Him;

Ten thousand times ten thousand stood before Him.

The court was seated,

And the books were opened. “我一直在觀看，看見有些寶座安放好了，萬古常存者就坐上去；他的衣服潔白如雪，他的頭髮純淨像羊毛。他的寶座是火燄，寶座的輪子是烈火。  有火像河湧出，烈火從他面前冒出；事奉他的有千千，侍立在他面前的有萬萬。審判已經開始，案卷都展開了。 (Daniel 7:9-10)

O Lord, God of Israel, enthroned between the cherubim, You alone are God over all the kingdoms of the earth. You have made heaven and earth. 希西家在耶和華面前禱告，說：“耶和華以色列的　神，坐在二基路伯中間的啊，只有你是地上萬國的　神，天地是你創造的。 (2 Kings 19:15)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

“Even now,” declares the Lord,

“Return to Me with all your heart,

With fasting and weeping and mourning.

So rend your heart and not your garments.”

Return to the Lord your God,

For He is gracious and compassionate,

Slow to anger and abounding in lovingkindness,

And He relents from sending calamity. 耶和華說：“現在雖然如此，你們仍要全心全意，以禁食、哭泣、哀號，歸向我。”  你們要撕裂你們的心腸，不要撕裂你們的衣服。並要歸向耶和華你們的　神，因為他有恩典有憐憫，不輕易發怒，並且有豐盛的慈愛，隨時轉意不降災禍。 (Joel 2:12-13)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I preserve sound wisdom and discretion,

Not letting them out of my sight;

They will be life to my soul. 我兒，要謹守大智慧和明辨的態度，不可讓它們離開你的眼目。  這樣，它們就必作你的生命，作你頸上的華飾。 (Proverbs 3:21-22)

May I not let Your word depart from my mouth, but meditate on it day and night, so that I may be careful to do according to all that is written in it; for then I will make my way prosperous, and I will act wisely. 這律法書不可離開你的口，要晝夜默誦，好使你謹守遵行書中所記的一切；這樣，你的道路就必順利，你必一路亨通。 (Joshua 1:8)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

By God’s grace I want to live to the end in faith, knowing that I will not receive the promises on earth, but seeing them and welcoming them from a distance, I confess that I am a stranger and a pilgrim on the earth. Instead, I long for a better country, a heavenly one. In this way, God will not be ashamed to be called my God, for He has prepared a city for me. Like Moses, may I esteem reproach for the sake of Christ as of greater value than the treasures of this world, because I am looking to the reward. 這些人都是存著信心死了的，還沒有得著所應許的，只不過是從遠處看見，就表示歡迎，又承認他們在世上是異鄉人，是客旅。  但是現在他們所嚮往的，是一個更美的、在天上的家鄉。所以，　神不以他們稱他為　神而覺得羞恥；因為他已經為他們預備了一座城。  在他看來，為著基督受的凌辱，比埃及的財物更寶貴，因為他注視將來的賞賜。 (Hebrews 11:13, 16, 26)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Hear from heaven, Your dwelling place, and forgive and deal with each man according to all he does, since You know his heart (for You alone know the hearts of men). 求你從天上你的居所垂聽和赦免他們，你是知道人心的，你必照著各人所行的報應各人；因為只有你知道世人的心。 (2 Chronicles 6:30)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

From the rising to the setting of the sun, Your name will be great among the nations. In every place incense and pure offerings will be brought to Your name, for Your name will be great among the nations. 萬軍之耶和華說：“從日出到日落的地方，我的名在列國中為大；在各處都有人向我的名燒香，獻上潔淨的禮物，因為我的名在列國中為大。” (Malachi 1:11)

All authority in heaven and on earth has been given to the Son of God. 耶穌上前來，對他們說：“天上地上一切權柄都賜給我了。 (Matthew 28:18)

Jesus Christ is coming with the clouds, and every eye will see Him, even those who pierced Him; and all the peoples of the earth will mourn because of Him. Even so, Amen. 看哪，他駕著雲降臨，每一個人都要看見他，連那些刺過他的人也要看見他，地上的萬族都要因他捶胸。這是必定的，阿們。 (Revelation 1:7)

*停下来，反思这些圣经给我们的确据。*

**感恩**

The salvation of the righteous comes from the Lord;

He is their stronghold in time of trouble.

The Lord helps them and delivers them;

He delivers them from the wicked and saves them,

Because they take refuge in Him. 義人的拯救是由耶和華而來；在患難的時候，他作他們的避難所。  耶和華幫助他們，搭救他們；他搭救他們脫離惡人，拯救他們，因為他們投靠他。 (Psalm 37:39-40)

*停下来，献上你自己的感恩之意*

**结束祷告**

Be exalted, O God, above the heavens;

Let Your glory be over all the earth.

I will praise You, O Lord, among the peoples;

I will sing to You among the nations.

For Your mercy reaches to the heavens,

And Your faithfulness reaches to the clouds.

Be exalted, O God, above the heavens;

Let Your glory be above all the earth. 　神啊！願你被尊崇，過於諸天；願你的榮耀遍及全地。  主啊！我要在萬民中稱謝你，在萬族中歌頌你。  因為你的慈愛偉大，高及諸天，你的信實上達雲霄。  　神啊！願你被尊崇，過於諸天；願你的榮耀遍及全地。 (Psalm 57:5, 9-11)

Day 26

**敬拜尊崇**

Behold, He who forms the mountains and creates the wind,

And reveals His thoughts to man,

He who turns dawn to darkness,

And treads the high places of the earth—

The Lord God of hosts is His name. 看哪！他造了山，創造了風，把他的心意告訴人；他造了晨光和黑暗，他的腳踏在地的高處，耶和華萬軍的　神就是他的名。 (Amos 4:13)

In Your majesty, You dwell in the likeness of a throne of sapphire above the expanse that is over the cherubim. 我觀看，見基路伯頭頂以上的穹蒼，有好像藍寶石寶座的形狀，顯現出來。 (Ezekiel 10:1)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Our fathers disciplined us for a little while as they thought best, but God disciplines us for our good, that we may share in His holiness. No discipline seems pleasant at the time, but painful; later on, however, it produces the peaceable fruit of righteousness for those who have been trained by it. Therefore, let us strengthen the hands that are weary and the feeble knees, and make straight paths for our feet, so that what is lame may not be disabled, but rather healed. 肉身的父親照著自己的意思管教我們，只有短暫的日子；唯有　神管教我們，是為著我們的好處，使我們在他的聖潔上有分。  但是一切管教，在當時似乎不覺得快樂，反覺得痛苦；後來卻為那些經過這種操練的人，結出平安的果子來，就是義。  所以，你們要把下垂的手和發軟的腿挺直起來；  也要把你們所走的道路修直，使瘸子不至於扭腳，反而得到復原。 (Hebrews 12:10-13)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not be afraid of those who kill the body and after that can do no more. But I will fear the One who, after killing, has authority to cast into hell. “我的朋友，我告訴你們，那殺身體以後不能再作甚麼的，不要怕他們。  我要指示你們當怕的是誰：當怕那殺身體以後，有權把人投入地獄裡的；我告訴你們，應當怕他。 (Luke 12:4-5)

May I fear only the Lord my God and serve Him and take my oaths in His name. 你要敬畏耶和華你的　神，要事奉他，奉他的名起誓。 (Deuteronomy 6:13)

May I be very careful to love the Lord my God, to walk in all His ways, to obey His commands, to hold fast to Him, and to serve Him with all my heart and all my soul. 只是你們要謹慎遵守耶和華的僕人摩西吩咐你們的誡命和律法，愛耶和華你們的　神，遵行他的一切道路，謹守他的誡命，緊緊倚靠他，一心一意事奉他。” (Joshua 22:5)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I submit myself for the Lord’s sake to every human authority, whether to a king as being supreme, or to governors as sent by him to punish evildoers and to praise those who do right; for it is the will of God that by doing good I may silence the ignorance of foolish men. 你們為主的緣故，要順服人的一切制度，無論是至尊的君王，  或是君王所派賞善罰惡的官員；  因為這是　神的旨意，要藉著你們的善行，塞住糊塗無知人的口。 (1 Peter 2:13-15)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

We should not get drunk on wine, for that is dissipation. Instead, we should be filled with the Spirit, speaking to one another with psalms, hymns, and spiritual songs; singing and making music in our hearts to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. 不要醉酒，醉酒能使人放蕩亂性，卻要讓聖靈充滿。  應當用詩章、聖詩、靈歌，彼此呼應，口唱心和地讚美主。  凡事要奉我們主耶穌基督的名，常常感謝父　神， (Ephesians 5:18-20)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

Lord Jesus, You have said that unless I am converted and become like a little child, I will never enter the kingdom of heaven. Therefore, whoever humbles himself like a child is the greatest in the kingdom of heaven. “我實在告訴你們，如果你們不回轉，變成像小孩子一樣，一定不能進天國。  所以，凡謙卑像這小孩子的，他在天國裡是最大的。 (Matthew 18:3-4)

You did not want the little children to be hindered from coming to You, for of such is the kingdom of heaven. 但耶穌說：“讓小孩子到我這裡來，不要禁止他們，因為天國是屬於這樣的人的。” (Matthew 19:14)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Blessed be the Lord; day by day He bears our burdens,

The God of our salvation.

Our God is the God of salvation,

And to God the Lord belongs escape from death. 主，拯救我們的　神，是應當稱頌的，他天天背負我們的重擔。（細拉）  我們的　神是施行拯救的　神；人能逃脫死亡，是在於主耶和華。 (Psalm 68:19-20)

It is good to give thanks to the Lord

And to sing praises to Your name, O Most High,

To declare Your lovingkindness in the morning

And Your faithfulness at night. 稱謝耶和華，歌頌你至高者的名；  早晨傳揚你的慈愛，夜間傳講你的信實； (Psalm 92:1-2)

*停下来，献上你自己的感恩之意*

**结束祷告**

When I remember You on my bed,

I meditate on You through the watches of the night.

Because You have been my help,

I will rejoice in the shadow of Your wings.

My soul clings to You;

Your right hand upholds me. 我在床上記念你，我整夜默想你。  因為你幫助了我，我要在你翅膀的蔭下歡呼。  我心緊緊追隨你；你的右手扶持我。 (Psalm 63:6-8)

Day 27

**敬拜尊崇**

Heaven is Your throne,

And the earth is Your footstool.

Your hand made all these things,

And so they came into being. (Isaiah 66:1-2a)

Your hand laid the foundations of the earth,

And Your right hand spread out the heavens;

When You summon them, they all stand up together. 我的手奠定了大地的根基，我的右手展開了諸天；我一呼喚它們，它們就一同站著侍候。 (Isaiah 48:13)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Surely You desire truth in the inner parts,

And in the hidden part You make me know wisdom. 看哪！你喜愛的是內心的誠實；在我內心的隱密處，你使我得智慧。 (Psalm 51:6)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Like Josiah, may I do what is right in the sight of the Lord and walk in all the ways of David, not turning aside to the right or to the left. May I turn to the Lord with all my heart and with all my soul and with all my might, in accordance with all of Your Word. 約西亞登基的時候只有八歲。他在耶路撒冷作王共三十一年。他母親名叫耶底大，是亞大雅的女兒，來自波斯加。  他行耶和華看為正的事，跟隨他祖宗大衛所行的一切道路，不偏左右。 (2 Kings 22:1-2; 23:25)

These are the things I want to do: speak the truth to others, judge with truth and justice for peace, not plot evil against my neighbor, and not love a false oath; for all these things the Lord hates. 你們應當行這些事：你們各人要與鄰舍說真話，在你們的城門口要憑著誠實和公正施行審判。  你們各人不要心裡圖謀惡事，彼此陷害，也不可好起假誓，因為這些都是我所恨惡的。’這是耶和華的宣告。” (Zechariah 8:16-17)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not be afraid of my adversaries, but remember the Lord, who is great and awesome. 我巡視之後，就起來，對貴族、官長和其餘的人民說：“不要怕他們，要記得主是偉大可畏的，要為你們的兄弟、兒女、妻子和你們的家爭戰。” (Nehemiah 4:14)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I do nothing out of selfish ambition or vain conceit, but in humility may I esteem others as more important than myself. Let me look not only to my own interests, but also to the interests of others. 不要自私自利，也不要貪圖虛榮，只要謙卑，看別人比自己強；  各人不要單顧自己的事，也要顧別人的事。 (Philippians 2:3-4)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

Jesus will be great and will be called the Son of the Most High. The Lord God will give Him the throne of His father David, and He will reign over the house of Jacob forever, and His kingdom will never end. 他將要被尊為大，稱為至高者的兒子，主　神要把他祖大衛的王位賜給他，  他要作王統治雅各家，直到永遠，他的國沒有窮盡。” (Luke 1:32-33)

The heavens will vanish like smoke;

The earth will wear out like a garment,

And its inhabitants will die in the same way.

But Your salvation will last forever,

And Your righteousness will never fail. 你們要仰觀天空，俯視大地；因為諸天必像煙雲消散，大地要像衣服漸漸破舊；其上的居民必像蠓蟲死亡，但我的拯救卻永遠長存，我的公義也不會廢去。 (Isaiah 51:6)

God was pleased to have all His fullness dwell in Christ and through Him to reconcile all things to Himself, whether things on earth or things in heaven, having made peace through the blood of His cross. 因為　神樂意使所有的豐盛都住在愛子裡面，  並且藉著他在十字架上所流的血成就了和平，使萬有，無論是地上天上的，都藉著他與　神和好了。 (Colossians 1:19-20)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Let those who love the Lord hate evil.

He preserves the souls of His saints

And delivers them from the hand of the wicked.

Light is sown for the righteous

And gladness for the upright in heart. 你們愛耶和華的，都要恨惡罪惡；耶和華保護聖民的性命，救他們脫離惡人的手。  有亮光照耀（“照耀”有古抄本作“散播”）義人，心裡正直的人得享喜樂。 (Psalm 97:10-11)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord has established His throne in heaven,

And His kingdom rules over all.

Bless the Lord, you His angels,

Mighty in strength who do His bidding,

Obeying the voice of His word.

Bless the Lord, all His hosts,

You His servants who do His will.

Bless the Lord, all His works,

In all places of His dominion.

Bless the Lord, O my soul. 耶和華在天上立定寶座，他的王權統管萬有。  你們作他天使的，就是那些大有能力，行他所吩咐，以及聽從他命令的，都要稱頌耶和華。  你們作他的眾軍，作他的僕役，遵行他旨意的，都要稱頌耶和華。  你們一切被他所造的，在他統治的各處，都要稱頌耶和華。我的心哪，你要稱頌耶和華。 (Psalm 103:19-22)

Day 28

**敬拜尊崇**

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms in Christ. 我們主耶穌基督的父　神是應當稱頌的。他在基督裡，曾經把天上各種屬靈的福分賜給我們： (Ephesians 1:3)

Our Lord Jesus Christ gave Himself for our sins to rescue us from the present evil age, according to the will of our God and Father, to whom be glory for ever and ever. 願恩惠平安從我們的父　神和主耶穌基督臨到你們。  基督照著我們父　神的旨意，曾經為我們的罪捨己，為的是要救我們脫離現在這邪惡的世代。  願榮耀歸給他，直到永永遠遠。阿們。 (Galatians 1:3-5)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Blessed is he whose transgression is forgiven,

Whose sin is covered.

Blessed is the man to whom the Lord does not impute iniquity

And in whose spirit is no deceit.

When I kept silent, my bones wasted away

Through my groaning all day long.

For day and night Your hand was heavy upon me;

My strength was sapped as in the heat of summer.

I acknowledged my sin to You

And did not hide my iniquity.

I said, “I will confess my transgressions to the Lord,”

And You forgave the guilt of my sin. 過犯得蒙赦免，罪惡得到遮蓋的人，是有福的。（本節在《馬索拉抄本》包括細字標題）  心裡沒有詭詐，耶和華不算為有罪的，這人是有福的。  我閉口不認罪的時候，就整天唉哼，以致骨頭衰殘。  因為你的手晝夜重壓在我身上，我的精力耗盡，好像盛暑的乾旱。（細拉）  我向你承認我的罪，沒有隱藏我的罪孽；我說：“我要向耶和華承認我的過犯”；你就赦免我的罪孽。（細拉） (Psalm 32:1-5)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I take heed not to practice my righteousness before men to be seen by them. Otherwise, I will have no reward from my Father in heaven. “你們小心，不要在眾人面前行你們的義，讓他們看見；如果這樣，就得不到你們天父的賞賜。 (Matthew 6:1)

May I not fear those who kill the body but cannot kill the soul, but rather, may I fear the One who is able to destroy both soul and body in hell. 那些殺身體卻不能殺靈魂的，不要怕他們；倒要怕那位能把靈魂和身體都投入地獄裡的。 (Matthew 10:28)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

In You, O Lord, I have taken refuge;

Let me never be ashamed;

Deliver me in Your righteousness.

Since You are my rock and my fortress,

For Your name’s sake lead me and guide me.

Into Your hands I commit my spirit;

Redeem me, O Lord, God of truth. 耶和華啊！我投靠你；求你使我永不羞愧，求你按著你的公義搭救我。  因為你是我的巖石、我的堅壘；為你名的緣故，求你帶領我，引導我。  我把我的靈魂交在你手裡，耶和華信實的　神啊！你救贖了我。 (Psalm 31:1, 3, 5)

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

You have given us a new commandment to love one another even as You have loved us; so we must love one another. By this all men will know that we are Your disciples, if we have love for one another. 我給你們一條新命令，就是要你們彼此相愛；我怎樣愛你們，你們也要怎樣彼此相愛。 (John 13:34)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

Multitudes who sleep in the dust of the earth will awake, some to everlasting life, others to shame and everlasting contempt. Those who are wise will shine like the brightness of the heavens, and those who lead many to righteousness like the stars for ever and ever. 必有許多睡在塵土中的人醒過來，有的要得永生，有的要受羞辱，永遠被憎惡。  那些使人有智慧的必發光，好像天上的光體；那些使許多人歸義的必發光，如同星星，直到永永遠遠。 (Daniel 12:2-3)

An hour is coming when all who are in the graves will hear the voice of the Son of Man, and will come out—those who have done good to a resurrection of life, and those who have done evil to a resurrection of judgment. 你們不要把這事看作希奇，因為時候將到，那時所有在墳墓裡的都要聽見他的聲音，  並且都要出來；行善的復活得生命，作惡的復活被定罪。 (John 5:28-29)

In the resurrection of the dead, the body that is sown is perishable, but it is raised imperishable; it is sown in dishonor, but it is raised in glory; it is sown in weakness, but it is raised in power; it is sown a natural body, but it is raised a spiritual body. If there is a natural body, there is also a spiritual body. 死人復活也是這樣。所種的是必朽壞的，復活的是不朽壞的；  所種的是卑賤的，復活的是榮耀的；所種的是軟弱的，復活的是有能力的；  所種的是屬血氣的身體，復活的是屬靈的身體。既然有屬血氣的身體，也會有屬靈的身體。 (1 Corinthians 15:42-44)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Oh give thanks to the Lord, call upon His name;

Make His deeds known among the nations.

Sing to Him, sing praises to Him;

Tell of all His wonders.

Glory in His holy name;

Let the hearts of those who seek the Lord rejoice. 你們要稱謝耶和華，求告他的名；在萬民中傳揚他的作為。  你們要向他歌唱，歌頌他，講論他一切奇妙的作為。  你們要以他的聖名誇耀；願尋求耶和華的人都心裡歡喜。 (Psalm 105:1-3)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord gives wisdom;

From His mouth come knowledge and understanding.

He stores up sound wisdom for the upright;

He is a shield to those who walk in integrity,

Guarding the paths of justice

And protecting the way of His saints. 因為耶和華賜人智慧，知識和聰明都出自他的口。  他為正直人珍藏大智慧，給行為完全的人作盾牌；  為要看顧正直人的路徑，護衛虔誠人的道路。 (Proverbs 2:6-8)

Day 29

**敬拜尊崇**

How lovely are Your dwellings,

O Lord of hosts!

My soul longs and even faints for the courts of the Lord;

My heart and my flesh cry out for the living God. 萬軍之耶和華啊！你的居所多麼可愛。  我的靈渴想切慕耶和華的院子，我的心身向永活的　神歡呼。 (Psalm 84:1-2)

Your righteousness, O God, reaches to the heavens,

You who have done great things.

O God, who is like You? 　神啊！你的公義達到高天，你曾經行過大事，　神啊！有誰像你呢？ (Psalm 71:19)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Does God not see my ways

And count all my steps? 　神不是察看我的道路，數算我的一切腳步嗎？ (Job 31:4)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

The hour has come for me to wake up from sleep, for my salvation is nearer now than when I first believed. The night is nearly over; the day is almost here. Therefore may I cast off the works of darkness and put on the armor of light. 還有，你們知道這是甚麼時期了，現在正是你們應該睡醒的時候，因為我們得救，現在比初信的時候更加接近了。  黑夜已深，白晝近了，所以我們要除掉暗昧的行為，帶上光明的武器。 (Romans 13:11-12)

Though I walk in the flesh, I do not war according to the flesh. The weapons of my warfare are not fleshly, but divinely powerful to overthrow strongholds, casting down arguments and every pretension that sets itself up against the knowledge of God, and taking every thought captive to the obedience of Christ. 我們雖然在世上行事，卻不是按照世俗的方式作戰，  因為我們作戰所用的兵器，不是屬於這世界的，而是在　神面前有能力的，可以攻陷堅固的堡壘，  攻破詭辯，和做來阻擋人認識　神的一切高牆，並且把一切心意奪回來，順服基督。 (2 Corinthians 10:3-5)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Just as I received Christ Jesus the Lord, so let me walk in Him, rooted and built up in Him, and established in the faith, as I was taught, and abounding in 感恩. 你們怎樣接受了基督耶穌為主，就當照樣在他裡面行事為人，  按著你們所學到的，在他裡面扎根、建造，信心堅定，滿有感謝的心。 (Colossians 2:6-7)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

All things are from God, who reconciled us to Himself through Christ and gave us the ministry of reconciliation: namely, that God was reconciling the world to Himself in Christ, not counting their trespasses against them. And He has committed to us the message of reconciliation. Therefore, we are ambassadors for Christ, as though God were appealing through us, as we implore others on Christ’s behalf to be reconciled to God. 這一切都是出於　神，他藉著基督使我們與他自己和好，並且把這和好的職分賜給我們，  就是　神在基督裡使世人與他自己和好，不再追究他們的過犯，並且把和好的道理託付了我們。  因此，我們就是基督的使者，　神藉著我們勸告世人。我們代替基督請求你們：跟　神和好吧！ (2 Corinthians 5:18-20)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

The Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 主就是那靈；主的靈在哪裡，哪裡就有自由。 (2 Corinthians 3:17)

Christ is not weak in dealing with us, but is powerful among us. For though He was crucified in weakness, yet He lives by the power of God. For we are weak in Him, yet by the power of God we will live with Him to serve others. 因為你們在找基督藉著我說話的憑據。基督對你們不是軟弱的，相反地，在你們身上是有能力的。  他因著軟弱被釘死了，卻靠著　神的大能活著。我們在他裡面也是軟弱的，但靠著　神向你們所顯的大能，也必與他一同活著。 (2 Corinthians 13:3-4)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Praise the Lord!

I will thank the Lord with all my heart

In the council of the upright and in the assembly.

Great are the works of the Lord;

They are pondered by all who delight in them.

Splendid and majestic is His work,

And His righteousness endures forever.

He has caused His wonderful acts to be remembered;

The Lord is gracious and compassionate. 你們要讚美耶和華。在正直人的議會中和大會裡，我要全心稱謝耶和華。  耶和華的作為偉大，喜愛他作為的人都努力查究。  他的作為滿有尊榮和威嚴，他的公義永遠長存。  他使人記念他所行的奇事；耶和華有恩典，有憐憫。 (Psalm 111:1-4)

*停下来，献上你自己的感恩之意*

**结束祷告**

To us a child is born, to us a son is given,

And the government will be on His shoulders.

And he will be called Wonderful Counselor, Mighty God,

Everlasting Father, Prince of Peace.

Of the increase of His government and peace

There will be no end.

He will reign on the throne of David and over His kingdom,

Establishing and upholding it with justice and righteousness

From that time on and forever.

The zeal of the Lord of hosts will accomplish this. 因為有一個嬰孩為我們而生，有一個兒子賜給我們；政權必擔在他的肩頭上；他的名必稱為“奇妙的策士、全能的　神、永恆的父、和平的君”。  他的政權與平安必無窮無盡地增加，他在大衛的寶座上治理他的國，以公平和公義使國堅立穩固，從現在直到永遠。萬軍之耶和華的熱心必成全這事。 (Isaiah 9:6-7)

Day 30

**敬拜尊崇**

You are my shield, my very great reward. 這些事以後，耶和華的話在異象中臨到亞伯蘭說：“亞伯蘭，你不要懼怕，我是你的盾牌；你的賞賜是很大的。” (Genesis 15:1)

As for God, His way is perfect;

The word of the Lord is proven.

He is a shield to all who take refuge in Him.

For who is God besides the Lord?

And who is the Rock except our God? 這位　神，他的道路是完全的；耶和華的話是煉淨的；凡是投靠他的，他都作他們的盾牌。  除了耶和華，誰是　神呢？除了我們的　神，誰是磐石呢？ (Psalm 18:30-31)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Remember, O Lord, Your compassions and Your mercies,

For they are from of old.

Do not remember the sins of my youth or my transgressions;

According to Your loyal love remember me,

For Your goodness’ sake, O Lord. 耶和華啊！求你記念你的憐憫和慈愛，因為它們自古以來就存在。  求你不要記念我幼年的罪惡和我的過犯；耶和華啊！求你因你的恩惠，按著你的慈愛記念我。 (Psalm 25:6-7)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

I do not want even a hint of immorality, or any impurity, or greed in my life, as is proper for a saint. Nor will I give myself to obscenity, foolish talk, or coarse joking, which are not fitting, but rather to giving of thanks. 至於淫亂和任何污穢或貪心的事，在你們中間連提都不可提，才合聖徒的體統。  更不要講淫穢和愚妄的話，或下流的笑話，這些都與你們不相稱；卻要說感謝的話。 (Ephesians 5:3-4)

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is of good report—if anything is excellent or praiseworthy—may I think about such things. The things I have learned and received and heard and seen in those who walk with Christ I will practice, and the God of peace will be with me. 最後，弟兄們，凡是真實的、莊重的、公正的、純潔的、可愛的、聲譽好的，無論是甚麼美德，甚麼稱讚，這些事你們都應當思念。  你們在我身上所學習、所領受、所聽見、所看見的，這些事你們都應當實行；那麼，賜平安的　神就必與你們同在。 (Philippians 4:8-9)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Answer me, O Lord, for Your lovingkindness is good;

In the abundance of Your mercies, turn to me. 耶和華啊！求你應允我，因為你的慈愛美善；求你照著你豐盛的憐憫轉臉垂顧我。 (Psalm 69:16)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

The God of Israel spoke,

The Rock of Israel said to me:

“He who rules over men in righteousness,

Who rules in the fear of God,

Is like the light of morning when the sun rises,

A morning without clouds,

Like the tender grass springing out of the earth

Through the sunshine after rain.” 以色列的　神說，以色列的磐石告訴我：那以公義統治人的，那存敬畏　神的心施行統治的，  他必像旭日昇起的光芒，像無雲的早晨，像雨後的晴朗，使地長出綠草。 (2 Samuel 23:3-4)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 屬基督耶穌的人，是已經把肉體和邪情私慾都釘在十字架上了。 (Galatians 5:24)

I have put off the old self with its practices and have put on the new self, who is being renewed in full knowledge according to the image of its Creator. 不要彼此說謊，因為你們已經脫去了舊人和舊人的行為，  穿上了新人。這新人照著他的創造者的形象漸漸更新，能夠充分認識主。 (Colossians 3:9-10)

I know that I abide in Christ, and He in me, because He has given me of His Spirit. 　神把他的靈賜給我們，我們就知道我們是住在他裡面，他也住在我們裡面。 (1 John 4:13)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I love the Lord, because He has heard

My voice and my supplications.

Because He turned His ear to me,

I will call on Him as long as I live. 我愛耶和華，因為他聽了我的聲音、我的懇求。  因為他留心聽我的懇求，我一生一世要求告他。 (Psalm 116:1-2)

I will give thanks to the God of heaven,

For His merciful love endures forever. 你們要稱謝天上的　神，因為他的慈愛永遠長存。 (Psalm 136:26)

*停下来，献上你自己的感恩之意*

**结束祷告**

Behold, the Lord God will come with power,

And His arm will rule for Him.

Behold, His reward is with Him,

And His recompense accompanies Him.

He will feed His flock like a shepherd;

He will gather the lambs in His arms

And carry them close to His heart;

He will gently lead those that have young. 看哪！主耶和華必像大能者臨到，他的膀臂要為他掌權；看哪！他給予人的賞賜在他那裡，他施予人的報應在他面前。  他必像牧人牧養自己的羊群，像用膀臂聚集羊羔，抱在自己的懷中，慢慢引導乳養小羊的。 (Isaiah 40:10-11)

The Lord’s lovingkindness is great toward us,

And the truth of the Lord endures forever.

Praise the Lord! 他向我們所施的慈愛極大；耶和華的信實永遠長存。你們要讚美耶和華。 (Psalm 117:2)

Day 31

**敬拜尊崇**

Who gave God authority over the earth?

Who put Him in charge of the whole world?

If He set His heart on it and withdrew His spirit and His breath,

All flesh would perish together

And man would return to dust. 誰派他管理大地？誰設立全世界呢？  他若對人決心這樣作，他若把靈與氣收歸自己，  有血肉生命的就都一同氣絕身亡，世人都歸回塵土。 (Job 34:13-15)

Every animal of the forest is Yours,

And the cattle on a thousand hills.

You know every bird in the mountains,

And everything that moves in the field is Yours. 因為樹林中的百獸是我的，千山上的牲畜也是我的。  山中的雀鳥我都認識，田野的走獸也都屬我。 (Psalm 50:10-11)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

All a man’s ways are right in his own eyes,

But the Lord weighs the hearts. 人看自己一切所行的，都是正直的；耶和華卻衡量人心。 (Proverbs 21:2)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I be holy to You, for You the Lord are holy, and You have set me apart to be Your own. 你們要歸我為聖，因為我耶和華是聖潔的，我把你們從萬民中分別出來，使你們歸我。 (Leviticus 20:26)

May I learn to fear You all the days I live on the earth and teach Your words to my children. 免得你忘了你在何烈山，站在耶和華你們的　神面前的那天。那時耶和華對我說：‘你要為我召集眾民，我要叫他們聽我的話，使他們在那地上生活的日子，可以學習敬畏我，又可以教訓自己的兒女。’ (Deuteronomy 4:10)

May I be careful not to forget the Lord my God by failing to observe Your commandments, Your ordinances and Your statutes. “你要自己謹慎，免得忘記耶和華你的　神，不守他的誡命、典章、律例，就是我今日吩咐你的； (Deuteronomy 8:11)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

I have sought You with my whole heart;

Do not let me stray from Your commands. 我一心尋求你，求你不要容我偏離你的誡命。 (Psalm 119:10)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

You have called us to go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything You have commanded us. And surely You are with us always, even to the end of the age. 所以，你們要去使萬民作我的門徒，奉父子聖靈的名，給他們施洗（“奉父子聖靈的名，給他們施洗”或譯：“給他們施洗，歸入父子聖靈的名”），  我吩咐你們的一切，都要教導他們遵守。這樣，我就常常與你們同在，直到這世代的終結。” (Matthew 28:19-20)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

When I seek the Lord my God, I will find Him if I seek Him with all my heart and with all my soul. 但你們在那裡必尋求耶和華你的　神；如果你一心一意尋找他，就必尋見。 (Deuteronomy 4:29)

Thus says the Lord who made the earth, the Lord who formed it to establish it—the Lord is His name: “Call to Me, and I will answer you and tell you great and unsearchable things you do not know.” “那創造、塑造和堅定大地的是耶和華，耶和華是他的名。他這樣說：  ‘你呼求我，我就應允你，並且把你所不知道的那些偉大奧祕的事告訴你。’ (Jeremiah 33:2-3)

The hand of our God is favorable to everyone who looks to Him, but His power and His anger are against all who forsake Him. 我羞於請求王派遣步兵和馬兵幫助我們抵禦路上的仇敵，因為我們曾告訴王說：‘我們　神的手必幫助所有尋求他的人，賜福給他們，但他的能力和忿怒必攻擊所有離棄他的人。’ (Ezra 8:22)

*停下来，反思这些圣经给我们的确据。*

**感恩**

You are my God, and I will give thanks to You;

You are my God, and I will exalt You.

I will give thanks to the Lord, for He is good;

His loyal love endures forever. 你是我的　神，我要稱謝你；你是我的　神，我要尊崇你。  你們要稱謝耶和華，因他本是良善的；他的慈愛永遠長存。 (Psalm 118:28-29)

*停下来，献上你自己的感恩之意*

**结束祷告**

As for me, I will always have hope,

And I will praise You more and more.

My mouth will tell of Your righteousness

And of Your salvation all day long,

Though I know not its measure.

I will come in the strength of the Lord God;

I will proclaim Your righteousness, Yours alone.

Since my youth, O God, You have taught me,

And to this day I declare Your wondrous deeds. 至於我，我要常常仰望你，要多多讚美你。  我的口要述說你的公義，終日講述你的救恩，儘管我不知道它們的數量。  我要來述說主耶和華大能的事；我要提說你獨有的公義。  　神啊！我自幼以來，你就教導我；直到現在，我還是宣揚你奇妙的作為。 (Psalm 71:14-17)

I will both lie down in peace and sleep,

For You alone, O Lord, make me dwell in safety. 我必平平安安躺下睡覺，因為只有你耶和華能使我安然居住。 (Psalm 4:8)

**the third month**

Day 1

**敬拜尊崇**

I will bless the Lord at all times;

His praise will always be in my mouth.

My soul will make its boast in the Lord;

The humble will hear and be glad.

O magnify the Lord with me,

And let us exalt His name together. 我要時常稱頌耶和華，讚美他的話必常在我口中。  我的心要因耶和華誇耀，困苦的人聽見了就喜樂。  你們要跟我一起尊耶和華為大，我們來一同高舉他的名。 (Psalm 34:1-3)

The Lord is my stronghold,

And my God is a rock of refuge to me. 但耶和華作了我的高臺，我的　神作了我避難的磐石。 (Psalm 94:22)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

“Come now, let us reason together,”

Says the Lord.

“Though your sins are like scarlet,

They shall be as white as snow;

Though they are red as crimson,

They shall be like wool.” 耶和華說：“你們來，我們彼此辯論；你們的罪雖像硃紅，必變成雪白；雖紅如丹顏，必白如羊毛。 (Isaiah 1:18)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I be strong in the Lord and in His mighty power as I put on the full armor of God, so that I will be able to stand against the schemes of the devil. 最後，你們要靠主的大能大力，在他裡面剛強。  要穿戴　神所賜的全副軍裝，使你們能抵擋魔鬼的詭計。 (Ephesians 6:10-11)

Since I belong to the day, may I be self-controlled, putting on the breastplate of faith and love, and the hope of salvation as a helmet. 但我們既然屬於白晝，就應當謹慎，披上信和愛的胸甲，戴上救恩的盼望作頭盔。 (1 Thessalonians 5:8)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

O Lord, I cry to You; hasten to me.

Hear my voice when I cry to You.

Let my prayer be set before You like incense,

And the lifting up of my hands like the evening sacrifice. 耶和華啊！我呼求你，求你快來幫助我；我呼求你的時候，求你留心聽我的聲音。（本節在《馬索拉抄本》包括細字標題）  願我的禱告好像香安放在你面前；願我的手高舉好像獻晚祭。 (Psalm 141:1-2)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Restore us again, O God of our salvation,

And put away Your anger toward us.

Will You be angry with us forever?

Will You prolong Your anger to all generations?

Will You not revive us again,

That Your people may rejoice in You?

Show us Your lovingkindness, O Lord,

And grant us Your salvation. 拯救我們的　神啊！求你復興我們，求你止住你向我們所發的忿怒。  你要永遠向我們發怒嗎？你要延長你的怒氣到萬代嗎？  你不使我們再活過來，以致你的子民可以因你歡喜嗎？  耶和華啊！求你使我們得見你的慈愛，又把你的救恩賜給我們。 (Psalm 85:4-7)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

The Lord Himself goes before me and will be with me; He will never leave me nor forsake me. I will not be afraid or be dismayed. 耶和華親自在你前頭行，與你同在；他決不撇下你，也不離棄你；你不要害怕，也不要驚慌。” (Deuteronomy 31:8)

The Lord will guard the feet of His saints,

But the wicked will be silenced in darkness.

It is not by strength that one prevails;

Those who contend with the Lord will be shattered.

He will thunder against them from heaven;

The Lord will judge the ends of the earth.

He will give strength to His king

And exalt the horn of His anointed. 耶和華必保護虔誠人的腳步，卻使惡人在黑暗中滅亡，因為人得勝不是靠著力量。  至高者在天上打雷，耶和華必打碎與他作對的人。耶和華要審判地的四極，卻要賜力量給他所立的王，高舉他膏立之人的角。” (1 Samuel 2:9-10)

*停下来，反思这些圣经给我们的确据。*

**感恩**

In the day that You created man, You made him in Your likeness. You created them male and female and blessed them and called their name Man in the day they were created. 以下是亞當後代的記錄。　神創造人的時候，是按著自己的樣式造的；  他創造了一男一女。在創造他們的時候，　神賜福給他們，稱他們為人。 (Genesis 5:1-2)

It is God the Lord

Who created the heavens and stretched them out,

Who spread out the earth and all that comes out of it,

Who gives breath to its people,

And spirit to those who walk on it. 那創造諸天，展開穹蒼，鋪張大地和大地所出的一切，賜氣息給地上的眾人，又賜靈性給在地上行的人的耶和華　神這樣說： (Isaiah 42:5)

*停下来，献上你自己的感恩之意*

**结束祷告**

I rejoice at Your word

As one who finds great spoil.

I hate and abhor falsehood,

But I love Your law.

Great peace have they who love Your law,

And nothing causes them to stumble.

O Lord, I hope for Your salvation,

And I follow Your commands.

My soul keeps Your testimonies,

For I love them greatly.

I keep Your precepts and Your testimonies,

For all my ways are known to You. 我因你的話語歡喜，像得了許多戰利品的人一樣。  虛偽是我憎恨厭惡的，你的律法卻是我所愛的。  喜愛你律法的必有豐盛的平安，甚麼都不能絆倒他們。  耶和華啊！我要等候你的救恩，我要遵行你的命令。  我的心謹守你的法度，這些法度是我熱愛的。  我謹守你的訓詞和法度，因我所行的一切都在你面前。 (Psalm 119:162-163, 165-168)

Day 2

**敬拜尊崇**

Like the roar of rushing waters and like loud peals of thunder, a great multitude will shout, “Hallelujah! For the Lord God Almighty reigns. Let us rejoice and be glad and give Him glory! For the marriage of the Lamb has come, and His bride has made herself ready.” Blessed are those who are invited to the marriage supper of the Lamb. 我又聽見一個聲音，好像一大群人的聲音，像眾水的聲音，又像大雷的聲音，說：“哈利路亞！因為主、我們全能的　神作王了！  我們要歡喜快樂，把榮耀歸給他！因為羊羔的婚期到了；他的新娘也自己預備好了。  天使對我說：“你要寫下來：‘被邀請赴羊羔婚筵的人有福了！’”他又對我說：“這都是　神真實的話。” (Revelation 19:6-7, 9)

Lord Jesus, You are the Root and the Offspring of David, the bright Morning Star. “差遣了我的使者、為眾教會向你們證明這些事的，就是我耶穌。我是大衛的根，又是他的後裔，我是明亮的晨星。” (Revelation 22:16)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Come, let us return to the Lord.

For He has torn us, but He will heal us;

He has injured us but He will bind up our wounds.

After two days He will revive us;

On the third day He will raise us up,

That we may live before Him. “來吧！讓我們回轉歸向耶和華；因為，他雖然撕裂了我們，但必定醫治我們；他雖然擊傷了我們，卻必替我們裹傷。  兩天以後，他要使我們復原；第三天，他使我們起來，我們就可以活在他的面前。 (Hosea 6:1-2)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I rejoice always, pray without ceasing, and give thanks in all circumstances, for this is God’s will for me in Christ Jesus. 要常常喜樂，  不住禱告，  凡事謝恩；這就是　神在基督耶穌裡給你們的旨意。 (1 Thessalonians 5:16-18)

I want to know Christ and the power of His resurrection and the fellowship of His sufferings, being conformed to His death, that I may attain to the resurrection from the dead. 使我認識基督和他復活的大能，並且在他所受的苦上有分，受他所受的死；  這樣，我也許可以從死人中復活。 (Philippians 3:10-11)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Hear my cry, O God,

And listen to my prayer.

From the ends of the earth I call to You

When my heart grows faint;

Lead me to the rock that is higher than I.

You have been a shelter for me

And a strong tower against the enemy.

I will dwell in Your tent forever

And take refuge in the shelter of Your wings. 　神啊！求你聽我的呼求，留心聽我的禱告。  我內心沮喪的時候，我從地極向你呼求；求你領我到那比我更高的磐石上面去。  因為你作過我的避難所，作過我逃避仇敵的堅固堡壘。  我要永遠住在你的帳棚裡，投靠在你翅膀下的隱密處。（細拉） (Psalm 61:1-4)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

There is one body and one Spirit, just as we were called in one hope of our calling; one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all. 身體只有一個，聖靈只有一位，就像你們蒙召只是藉著一個盼望。  主只有一位，信仰只有一個，洗禮只有一種；  　神只有一位，就是萬有的父。他超越萬有，貫徹萬有，並且在萬有之中。 (Ephesians 4:4-6)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

He who is the Glory of Israel does not lie or change His mind, for He is not a man, that He should change His mind. 以色列的大能者必不說謊，也不後悔。因為他不是世人，他決不後悔。” (1 Samuel 15:29)

The counsel of the Lord stands firm forever,

The plans of His heart through all generations. 耶和華的謀略永遠立定，他心中的計劃萬代長存。 (Psalm 33:11)

The Lord is not slow concerning His promise, as some count slowness, but is patient with us, not wanting anyone to perish, but for all to come to repentance. 主決不耽延他的應許，像有些人以為他是耽延的一樣；其實他是寬容你們，不願有一人滅亡，卻願人人都悔改。 (2 Peter 3:9)

*停下来，反思这些圣经给我们的确据。*

**感恩**

The Lord your God is a merciful God; He will not forsake you nor destroy you nor forget the covenant with your forefathers, which He swore to them. 因為耶和華你的　神原是滿有憐憫的　神，他必不丟棄你，不毀滅你，也不忘記他起誓與你的列祖所立的約。 (Deuteronomy 4:31)

You, O Lord, are a shield around me;

You bestow glory on me and lift up my head. 耶和華啊！你卻是我周圍的盾牌，是我的榮耀，是使我抬起頭來的。 (Psalm 3:3)

*停下来，献上你自己的感恩之意*

**结束祷告**

By this the love of God was manifested to us, that God has sent His only begotten Son into the world that we might live through Him. In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. 　神差遣他的獨生子到世上來，要使我們藉著他而活；　神的愛就在我們中間顯明了。  不是我們愛　神，而是　神愛我們，差遣他的兒子為我們的罪作了贖罪祭，這就是愛了。 (1 John 4:9-10)

Love is patient, love is kind, it does not envy; love does not boast, it is not arrogant, it does not behave rudely; it does not seek its own, it is not provoked, it keeps no record of wrongs; it does not rejoice in unrighteousness but rejoices with the truth; it bears all things, believes all things, hopes all things, endures all things. Love never fails. 愛是恆久忍耐，又有恩慈。愛是不嫉妒，不自誇，不張狂；  不作失禮的事，不求自己的益處，不輕易動怒，不計較人的過犯；  不喜歡不義，只喜歡真理。  愛是凡事包容，凡事相信，凡事盼望，凡事忍耐。  愛是永存不息的。先知的講道終必過去，方言終必停止，知識終必消失。 (1 Corinthians 13:4-8)

Day 3

**敬拜尊崇**

I will praise You with uprightness of heart

As I learn Your righteous judgments. 我學會了你公義的法則，就以正直的心稱謝你。 (Psalm 119:7)

I know that the Lord is great,

And that our Lord is above all gods.

Whatever the Lord pleases He does,

In the heavens and on the earth,

In the seas and all their depths. 我確實知道耶和華是偉大的，我們的主超越萬神之上。  在天上，在地上，在海中，在一切深處，耶和華喜歡甚麼，就作甚麼。 (Psalm 135:5-6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

If I say that I have fellowship with Christ and yet walk in the darkness, I lie and do not practice the truth. But if I walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus His Son purifies me from all sin. 我們若說自己與他心靈相通，卻行在黑暗裡，就是說謊話，不實行真理了。  我們若行在光中，像他在光中一樣，就彼此心靈相通，他兒子耶穌的血也潔淨我們脫離一切罪。 (1 John 1:6-7)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I be a doer of the word and not merely a hearer who deceives himself. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror, and after looking at himself, goes away, and immediately forgets what kind of person he was. But the one who looks intently into the perfect law of freedom and continues in it and is not a forgetful hearer but a doer of the word, this one will be blessed in what he does. 你們應該作行道的人，不要單作聽道的人，自己欺騙自己；  因為人若只作聽道的人，不作行道的人，他就像一個人對著鏡子看自己本來的面貌，  看過走開以後，馬上就忘記自己的樣子。  唯有詳細察看那使人自由的全備的律法，並且時常遵守的人，他不是聽了就忘記，而是實行出來，就必因自己所作的蒙福。 (James 1:22-25)

In obedience to the truth may I purify my soul for a sincere love of the brethren, and love others fervently from the heart. 你們既因順從真理，潔淨了自己的心靈，以致能真誠地愛弟兄，就應當從清潔的心裡彼此切實相愛。 (1 Peter 1:22)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not say when I am tempted, “I am being tempted by God”; for God cannot be tempted by evil, nor does He tempt anyone. But each one is tempted when he is drawn away and enticed by his own lust. Then, after lust has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. 人被試探，不可說“我被　神試探”；因為　神不能被惡試探，他也不試探任何人。  每一個人受試探，都是被自己的私慾所勾引誘惑的。  私慾懷了胎，就生出罪；罪長成了，就產生死亡。 (James 1:13-15)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Far be it from me that I should sin against the Lord by ceasing to pray for others. 至於我，我決不停止為你們禱告，以致得罪耶和華；我要把善道正路教導你們。 (1 Samuel 12:23)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

It is for my good that You returned to the Father, because You have sent the Counselor, the Holy Spirit, to me. 但我要把實情告訴你們，我去是對你們有益的。如果我不去，保惠師就不會到你們這裡來；我若去了，就會差他到你們這裡來。 (John 16:7)

Jesus told His disciples, “The Spirit will glorify Me by taking from what is Mine and making it known to you. All that belongs to the Father is Mine. Therefore I said that He will take from what is Mine and make it known to you.” 他要榮耀我，因為他要把從我那裡所領受的告訴你們。  父所有的一切，都是我的；所以我說，他要把從我那裡所領受的告訴你們。 (John 16:14-15)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I trust in Your loyal love;

My heart rejoices in Your salvation.

I will sing to the Lord,

For He has dealt bountifully with me. 至於我，我倚靠你的慈愛，我的心必因你的救恩歡呼。  我要歌頌耶和華，因他以厚恩待我。（本章第5~6節在《馬索拉抄本》為13:6） (Psalm 13:5-6)

Blessed be the Lord,

For He has heard the voice of my prayers.

The Lord is my strength and my shield;

My heart trusts in Him, and I am helped.

My heart greatly rejoices,

And I will give thanks to Him in song. 耶和華是應當稱頌的，因為他聽了我懇求的聲音。  耶和華是我的力量，是我的盾牌；我的心倚靠他，我就得到幫助；所以我的心歡樂。我要用詩歌頌讚他。 (Psalm 28:6-7)

*停下来，献上你自己的感恩之意*

**结束祷告**

You are worthy, our Lord and God,

To receive glory and honor and power,

For You created all things,

And by Your will they were created and have their being. “主、我們的　神，你是配得榮耀、尊貴、權能的，因為你創造了萬有，萬有都是因著你的旨意而存在，而被造的。” (Revelation 4:11)

Every creature in heaven and on earth and under the earth and on the sea and all that is in them, will sing:

“To Him who sits on the throne and to the Lamb

Be blessing and honor and glory and power

For ever and ever!” 我又聽見在天上、地上、地底下和海裡的一切被造之物，以及天地間的萬有，都說：“願頌讚、尊貴、榮耀、能力，都歸給坐在寶座上的那一位和羊羔，直到永永遠遠！” (Revelation 5:13)

Day 4

**敬拜尊崇**

The Lord stretches out the heavens, lays the foundation of the earth, and forms the spirit of man within him. 以下是耶和華的默示，這是耶和華論到以色列的話（是耶和華的宣告，他鋪張諸天，奠定大地的根基，造成人裡面的靈）： (Zechariah 12:1)

You are the Lord, the God of the spirits of all flesh. “願耶和華萬人之靈的　神，立一個人治理會眾， (Numbers 27:16)

Nothing is too difficult for the Lord. 耶和華豈有難成的事嗎？到明年這個時候，我要回到你這裡來，那時，撒拉必生一個兒子。” (Genesis 18:14)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Death and Destruction lie open before the Lord;

How much more the hearts of men! 陰間和滅亡展露在耶和華面前，何況世人的心呢？ (Proverbs 15:11)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I observe all Your statutes and all Your judgments and follow them; You are the Lord. 你們要謹守遵行我的一切律例和一切典章；我是耶和華。” (Leviticus 19:37)

May I not show partiality in judgment, but hear both small and great alike. May I not be afraid of any man, for judgment belongs to God. 審判的時候，不可偏袒人；無論貴賤尊卑，都要一樣地聽訟；不可怕人的情面，因為審判是屬於　神的；如果你們遇見難斷的案件，可以呈到我這裡來，讓我審斷。’ (Deuteronomy 1:17)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

No one who waits for You will be ashamed,

But those who are treacherous without cause will be ashamed.

Show me Your ways, O Lord,

Teach me Your paths;

Lead me in Your truth and teach me,

For You are the God of my salvation,

And my hope is in You all day long. 等候你的必不羞愧，但那些無故以詭詐待人的必要羞愧。  耶和華啊！求你把你的道路指示我，求你把你的路徑教導我，  求你以你的真理引導我，教訓我，因為你是拯救我的　神；我整天等候的就是你。 (Psalm 25:3-5)

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

God’s servants have commended themselves in every way: in great endurance, in afflictions, in needs, in distresses, in beatings, in imprisonments, in tumults, in labors, in sleeplessness, in hunger, in purity, in knowledge, in patience, in kindness, in the Holy Spirit, in sincere love, in the word of truth, in the power of God—through the weapons of righteousness in the right hand and in the left, through glory and dishonor, through bad report and good report—as deceivers, and yet true; as unknown, and yet well known; as dying, and yet living; as beaten, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything. 反而在各樣的事上，表明自己是　神的僕人，就如持久的忍耐、患難、貧乏、困苦、  鞭打、監禁、擾亂、勞苦、不睡覺、禁食、  純潔、知識、容忍、恩慈、聖靈、無偽的愛心、  真理的道、　神的大能等事上；並且是藉著左右兩手中公義的武器，  藉著榮耀和羞辱、壞名聲和好名譽。我們好像是騙人的，卻是真誠的，  好像是人所不知的，卻是人所共知的；好像是必死的，你看，我們卻是活著的；好像是受懲罰的，卻沒有處死；  好像憂愁，卻是常常喜樂的；好像貧窮，卻使很多人富足；好像是甚麼都沒有，卻是樣樣都有。 (2 Corinthians 6:4-10)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

O Lord, what is man that You know him,

Or the son of man that You think of him?

Man is like a breath;

His days are like a passing shadow. 耶和華啊！人算甚麼，你竟關懷他，世人算甚麼，你竟眷念他。  人不過像一口氣，他的年日仿佛影子消逝。 (Psalm 144:3-4)

Whoever seeks to keep his life will lose it, and whoever loses his life will preserve it. 凡是想保全生命的，必喪掉生命；凡是犧牲生命的，卻必保全生命。 (Luke 17:33)

Here I do not have an enduring city, but I am seeking the city that is to come. 因為在這裡我們沒有長存的城，我們卻是尋求那將要來的城。 (Hebrews 13:14)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will declare Your name to my brothers;

In the midst of the congregation I will praise You.

You who fear the Lord, praise Him!

All you descendants of Jacob, glorify Him!

Stand in awe of Him, all you descendants of Israel!

For He has not despised or disdained the suffering of the afflicted one;

Nor has He hidden His face from him,

But has listened to his cry for help. 我要向我的兄弟宣揚你的名，我要在聚會中讚美你。  敬畏耶和華的人哪！你們要讚美他；雅各所有的後裔啊！你們都要尊敬他；以色列所有的後裔啊！你們都要懼怕他。  因為他不輕看，不厭惡受苦的人的痛苦，也沒有掩面不顧他；受苦的人呼求的時候，他就垂聽。 (Psalm 22:22-24)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord will be gracious to whom He will be gracious, and He will have compassion on whom He will have compassion. 耶和華說：“我要使我的一切美善都在你面前經過，並且要把我的名字耶和華在你面前宣告出來；我要恩待誰，就恩待誰；我要憐憫誰，就憐憫誰。” (Exodus 33:19)

You, Lord God, are compassionate and gracious, slow to anger, and abounding in lovingkindness and truth, maintaining love to thousands, and forgiving iniquity, transgression, and sin. 耶和華在摩西面前經過，並且宣告說：“耶和華，耶和華，是有憐憫有恩典的　神，不輕易發怒，並且有豐盛的慈愛和誠實，  為千千萬萬人留下慈愛，赦免罪孽、過犯和罪惡。一定要清除罪，追討罪孽自父及子至孫，直到三四代。” (Exodus 34:6-7)

Day 5

**敬拜尊崇**

Where does wisdom come from?

Where does understanding dwell?

It is hidden from the eyes of every living thing

And concealed from the birds of the air.

Destruction and Death say,

“Only a rumor of it has reached our ears.”

God understands its way,

And He knows its place.

For He looks to the ends of the earth

And sees everything under the heavens. 然而，智慧從哪裡來，聰明之地在哪裡呢？  眾生的眼睛都看不到，空中的飛鳥也不能發現。  滅亡和死亡都說：‘我們只風聞它的事罷了。’  　神明白智慧的道路，也曉得智慧的所在，  因為他察看全世界，遍觀全地。 (Job 28:20-24)

Men fear You,

For You do not regard any who are wise of heart. 因此人人都應該敬畏他；心中自以為有智慧的，他都不看顧。” (Job 37:24)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

O God, You know my foolishness,

And my guilt is not hidden from You.

May those who hope in You not be ashamed because of me, O Lord God of hosts;

May those who seek You not be dishonored because of me, O God of Israel. 　神啊！我的愚昧你是知道的，我的罪愆不能向你隱瞞。  主萬軍之耶和華啊！願那些等候你的，不要因我蒙羞；以色列的　神啊！願那些尋求你的，不要因我受辱。 (Psalm 69:5-6)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

“Give me wisdom and knowledge, that I may lead this people, for who is able to judge this great people of Yours?” God said to Solomon, “Because this was in your heart and you have not asked for riches, wealth, or honor, nor for the life of your enemies, and since you have not asked for a long life but for wisdom and knowledge to judge My people over whom I have made you king, wisdom and knowledge will be given you. And I will also give you riches and wealth and honor, such as no king who was before you ever had and none after you will have.” 現在求你賜我智慧和知識，使我可以領導這人民；否則，誰能治理這眾多的人民呢？”  　神對所羅門說：“你既然有這個心意：不求富足、財產、尊榮，也不求你敵人的性命，又不求長壽，只為自己求智慧和知識，好治理我的子民，就是我立你作王統治的人民，  因此，智慧和知識必賜給你，我也把富足、財產和尊榮賜給你；在你以前的列王從沒有這樣，在你以後的也必沒有這樣。” (2 Chronicles 1:10-12)

May I not be worried and troubled about many things; only one thing is needed. Like Mary, may I choose the good part, which will not be taken away from me. 主回答她：“馬大，馬大，你為許多事操心忙碌，  但是最需要的只有一件，馬利亞已經選擇了那上好的分，是不能從她奪去的。” (Luke 10:41-42)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May everything I do be done in love. 你們所作的一切，都要憑愛心去作。 (1 Corinthians 16:14)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

I pray that words may be given to me, that I may open my mouth boldly to make known the mystery of the gospel. 也要為我祈求，使我傳講的時候，得著當說的話，可以坦然無懼地講明福音的奧祕， (Ephesians 6:19)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

The mouth of the righteous speaks wisdom,

And his tongue speaks what is just.

The law of his God is in his heart;

His steps do not slide. 義人的口說出智慧，他的舌頭講論正義。  　神的律法在他心裡，他的腳步必不滑跌。 (Psalm 37:30-31)

Everyone should be quick to hear, slow to speak, and slow to anger, for the anger of man does not produce the righteousness of God. 我親愛的弟兄們，你們要知道，人人都應該快快地聽，慢慢地說，慢一點動怒；  因為人的忿怒並不能成全　神的義。 (James 1:19-20)

*停下来，反思这些圣经给我们的确据。*

**感恩**

The heavens declare the glory of God,

And the skies proclaim the work of His hands.

Day after day they pour forth speech;

Night after night they reveal knowledge. 諸天述說　神的榮耀，穹蒼傳揚他的作為。  天天發出言語，夜夜傳出知識。 (Psalm 19:1-2)

I will exalt You, O Lord, for You lifted me up

And did not let my enemies rejoice over me.

O Lord my God,

I cried to You for help and You healed me. 耶和華啊！我要尊崇你，因為你曾救拔我，不容我的仇敵向我誇耀。  耶和華我的　神啊！我曾向你呼求，你也醫治了我。 (Psalm 30:1-2)

*停下来，献上你自己的感恩之意*

**结束祷告**

As for God, His way is perfect;

The word of the Lord is proven.

He is a shield for all who take refuge in Him.

For who is God besides the Lord?

And who is the Rock except our God? 這位　神，他的道路是完全的；耶和華的話是煉淨的；凡是投靠他的，他都作他們的盾牌。  除了耶和華，誰是　神呢？除了我們的　神，誰是磐石呢？ (2 Samuel 22:31-32)

Day 6

**敬拜尊崇**

You have chosen me as Your witness and servant so that I may know and believe You and understand that You are the Lord. Before You no god was formed, nor will there be one after You. 耶和華說：“你們就是我的見證人，我所揀選的僕人，為要使你們知道，並且相信我，又明白我就是‘那位’；在我以前沒有神被造出來，在我以後也必沒有。 (Isaiah 43:10)

Thus says the Lord, the King of Israel

And his Redeemer, the Lord of hosts:

I am the first and I am the last;

Apart from Me there is no God. 耶和華以色列的王、以色列的救贖主、萬軍之耶和華這樣說：“我是首先的，我是末後的；除我以外，再沒有真神。 (Isaiah 44:6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Can a mortal be more righteous than God?

Can a man be more pure than his Maker? ‘人能在　神面前算為公義嗎？人能在他的創造主面前算為潔淨嗎？ (Job 4:17)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

When I have done all the things which are commanded me, let me realize that I am an unworthy servant; I have only done what I ought to have done. 你們也是這樣，作完一切吩咐你們的事，應該說：‘我們是無用的僕人，我們只作了應分作的。’” (Luke 17:10)

May I do the work of Him who sent me while it is day; night is coming, when no one can work. 趁著白晝，我們必須作那差我來者的工；黑夜一到，就沒有人能作工了。 (John 9:4)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be a person who fears God, loves truth, and hates dishonest gain. 你要從人民中間選出有才能的人，就是敬畏　神、忠實可信、恨惡不義之財的人，設立他們作千夫長、百夫長、五十夫長、十夫長，去管理人民， (Exodus 18:21)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Righteousness exalts a nation,

But sin is a disgrace to any people. 正義使國家興盛，罪惡是人民的羞辱。 (Proverbs 14:34)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

You save the humble

But bring low those whose eyes are haughty. 謙卑的人，你要拯救；高傲的眼睛，你要貶低。 (Psalm 18:27)

Pride breeds nothing but strife,

But wisdom is found in those who take advice. 傲慢只能引起爭端；接受勸告的卻有智慧。 (Proverbs 13:10)

When pride comes, then comes dishonor,

But with humility comes wisdom. 傲慢來，羞辱也來；謙卑的人卻有智慧。 (Proverbs 11:2)

The proud looks of man will be humbled,

And the loftiness of men brought low;

The Lord alone will be exalted. 到那日，眼目高傲的人必降卑，性情驕傲的人也必俯首，唯獨耶和華被高舉。 (Isaiah 2:11)

*停下来，反思这些圣经给我们的确据。*

**感恩**

How great is Your goodness,

Which You have stored up for those who fear You,

Which You have prepared for those who take refuge in You

Before the sons of men! 耶和華啊！你為敬畏你的人所珍藏的好處，為投靠你的人在世人面前所施行的恩惠，是多麼豐盛。 (Psalm 31:19)

Surely God is my helper;

The Lord is the sustainer of my soul. 看哪！　神是我的幫助；主是扶持我性命的。 (Psalm 54:4)

*停下来，献上你自己的感恩之意*

**结束祷告**

God is my strong fortress,

And He sets the blameless free in His way.

He makes my feet like the feet of a deer;

He enables me to stand on the heights.

He trains my hands for battle,

So that my arms can bend a bow of bronze.

You give me Your shield of salvation;

You stoop down to make me great.

You broaden the path beneath me,

And my feet have not slipped. 這位　神是我堅固的避難所，他使我的道路完全。  他使我的腳像母鹿的蹄，又使我站穩在高處。  他教導我的手怎樣作戰，又使我的手臂可以拉開銅弓。  你把你救恩的盾牌賜給我；你的回答使我昌大。  你使我腳底下的路徑寬闊，我的兩膝動搖。 他使我的腳像母鹿的蹄，又使我站穩在高處。  他教導我的手怎樣作戰，又使我的手臂可以拉開銅弓。  你把你救恩的盾牌賜給我，你的右手扶持我，你的溫柔使我昌大。  你使我腳底下的路徑寬闊，我的兩膝沒有動搖。 (2 Samuel 22:33-37; Psalm 18:33-36)

The Lord lives! Blessed be my Rock!

Exalted be God, the Rock of my salvation! 耶和華是永活的，我的磐石是應當稱頌的；拯救我的　神，我的磐石，是應當被尊為至高的。 耶和華是永活的，我的磐石是應當稱頌的，拯救我的　神是應當被尊為至高的。 (2 Samuel 22:47; Psalm 18:46)

Day 7

**敬拜尊崇**

We see Jesus, who was made a little lower than the angels, now crowned with glory and honor because He suffered death, that by the grace of God He might taste death for everyone. For it was fitting for Him, for whom are all things and through whom are all things, in bringing many sons to glory, to make the author of their salvation perfect through sufferings. 不過，我們看見那位暫時成了比天使卑微的耶穌，因為受了死的痛苦，就得了榮耀尊貴作冠冕，好叫他因著　神的恩典，為萬人嘗了死味。  萬有因他而有、藉他而造的那位，為了要帶領許多兒子進入榮耀裡去，使救他們的元首藉著受苦而得到成全，本是合適的。 (Hebrews 2:9-10)

You are the King of kings and Lord of lords. 在他的衣服和大腿上，寫著“萬王之王，萬主之主”的名號。 (Revelation 19:16)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I know in my heart that as a man disciplines his son, so the Lord my God disciplines me. 因此你心裡要明白，耶和華你的　神管教你，好像人管教他的兒子一樣。 (Deuteronomy 8:5)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not receive God’s grace in vain. For He says, “In the acceptable time I heard you, and in the day of salvation I helped you.” Now is the time of God’s favor; now is the day of salvation. 我們這些與　神同工的，也勸你們不要白受　神的恩典。  因為他說：“在悅納的時候，我應允了你；在拯救的日子，我幫助了你。”看哪！現在就是悅納的時候，現在就是拯救的日子。 (2 Corinthians 6:1-2)

May the Lord establish my heart as blameless and holy before our God and Father at the coming of our Lord Jesus with all His saints. 也願他堅定你們的心，好叫你們在我們主耶穌和眾聖徒再來的時候，在我們的父　神面前，完全聖潔，無可指摘。 (1 Thessalonians 3:13)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I obey those who are in authority over me in all things, not with external service as a pleaser of men, but with sincerity of heart, fearing the Lord. Whatever I do, may I work at it with all my heart, as to the Lord and not to men, knowing that I will receive the reward of the inheritance from the Lord. It is the Lord Christ I am serving. 你們作僕人的，要凡事聽從世上的主人，作事不要只作給人看，像那些討人歡心的一樣，卻要以真誠的心敬畏主。  無論你們作甚麼，都要從心裡去作，像是為主作的，不是為人作的，  因為你們知道，你們一定會從主那裡得到基業為賞賜。你們應當服事主基督， (Colossians 3:22-24)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

In the past God overlooked the times of ignorance, but now He commands all people everywhere to repent. For He has set a day when He will judge the world with justice by the Man He has appointed. He has given assurance of this to all men by raising Him from the dead. 過去那無知的時代，　神不加以追究；現在，他卻吩咐各處的人都要悔改，  因為他已經定好了日子，要藉著他所立的人，按公義審判天下，並且使他從死人中復活，給萬人作一個可信的憑據。” (Acts 17:30-31)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

Only in the Lord are righteousness and strength. 人論到我必說：‘只有在耶和華裡面才有公義和能力’；向他發怒的，都必來到他面前，並且要蒙羞。 (Isaiah 45:24)

God, who made the world and everything in it, since He is Lord of heaven and earth, does not dwell in temples built by hands. And He is not served by human hands, as though He needed anything, since He Himself gives all men life and breath and everything else. 創造宇宙和其中萬有的　神，既然是天地的主，就不住在人手所造的殿宇，  也不受人手的服事，好像他缺少甚麼；他自己反而把生命、氣息和一切，賜給萬人。 (Acts 17:24-25)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will sing of Your strength,

Yes, I will sing of Your mercy in the morning,

For You have been my stronghold,

My refuge in times of trouble.

To You, O my Strength, I will sing praises,

For God is my fortress, my loving God. 至於我，我要歌頌你的能力，每天早晨我要向你的慈愛歡呼，因為你作了我的高臺，在患難的日子，作了我的避難所。  我的力量啊！我要向你歌唱；　神啊！你是我的高臺，是向我施慈愛的　神。 (Psalm 59:16-17)

*停下来，献上你自己的感恩之意*

**结束祷告**

I would have lost heart unless I had believed

That I would see the goodness of the Lord

In the land of the living.

I will hope in the Lord and be of good courage,

And He will strengthen my heart;

Yes, I will hope in the Lord. 我還是相信，在活人之地，我可以看見耶和華的恩惠。  你要等候耶和華，要剛強，要堅定你的心，要等候耶和華。 (Psalm 27:13-14)

My soul waits in hope for the Lord;

He is my help and my shield.

My heart rejoices in Him,

Because I trust in His holy name.

Let Your unfailing love be upon us, O Lord,

Even as we put our hope in You. 我們的心等候耶和華，他是我們的幫助、我們的盾牌。  我們的心因他歡樂，因為我們倚靠他的聖名。  耶和華啊！求你照著我們所仰望你的，向我們施慈愛。 (Psalm 33:20-22)

Day 8

**敬拜尊崇**

The Lord of hosts will be exalted in judgment,

And the holy God will show Himself holy in righteousness. 唯獨萬軍之耶和華，因公平被高舉；至聖的　神，因公義顯為聖。 (Isaiah 5:16)

The Lord longs to be gracious and rises to show compassion.

For the Lord is a God of justice;

Blessed are all those who wait for Him! 因此，耶和華必等候要恩待你們；他必興起來憐憫你們，因為耶和華是公義的　神。等候他的，都是有福的。 (Isaiah 30:18)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

There are six things the Lord hates,

Seven that are detestable to Him:

Haughty eyes, a lying tongue,

Hands that shed innocent blood,

A heart that devises wicked plans,

Feet that run swiftly to evil,

A false witness who breathes lies,

And one who causes strife among brothers. 耶和華恨惡的事有六樣，連他心裡厭惡的，共有七樣，  就是高傲的眼、說謊的舌頭、流無辜人血的手、  圖謀惡事的心、快跑行惡的腳、  說謊的假證人，和在弟兄中散布紛爭的人。 (Proverbs 6:16-19)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

I greatly rejoice in my salvation, though now for a little while, if necessary, I have been grieved by various trials, so that the proving of my faith, being much more precious than gold that perishes, even though refined by fire, may be found to result in praise, glory, and honor at the revelation of Jesus Christ. 因此，你們要喜樂。然而，你們現今在各種試煉中或許暫時會難過，  是要叫你們的信心經過試驗，就比那被火煉過，仍會朽壞的金子更寶貴，可以在耶穌基督顯現的時候，得著稱讚、榮耀和尊貴。 (1 Peter 1:6-7)

Since the day of the Lord will come like a thief, what kind of person should I be in holy conduct and godliness as I look for and hasten the coming of the day of God? But according to His promise, I am looking for new heavens and a new earth, in which righteousness dwells. Therefore, since I am looking for these things, may I be diligent to be found by Him in peace, spotless and blameless. 但主的日子必要像賊一樣來到。在那日，天必轟然一聲地消失，所有元素都因烈火而融化；地和地上所有的，都要被燒毀。  這一切既然都要這樣融化，你們應當怎樣為人，過著聖潔和敬虔的生活，  等候並催促　神的日子降臨呢？因為在那日，天要被火焚燒就融化了，所有元素都因烈火而融解！  但是我們按照他所應許的，等候新天新地，有公義在那裡居住。  所以，親愛的，你們既然等候這些事，就當殷勤努力，使你們沒有污點，沒有瑕疵，安然見主。 (2 Peter 3:10-14)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

The sons of this world are more shrewd in dealing with their own kind than are the sons of light. May I use worldly wealth to make friends for myself, so that when it is gone, they may welcome me into the eternal dwellings. 主人就誇獎這不義的管家作事機警；因為在應付自己的世事上，今世之子比光明之子更精明。  我告訴你們，要用不義的錢財去結交朋友，好叫錢財無用的時候，他們可以接你們到永恆的帳棚裡。 (Luke 16:8-9)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

The end of all things is near; therefore we should be clear minded and self-controlled for prayer. 萬物的結局近了，所以你們要謹慎警醒地禱告。 (1 Peter 4:7)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

Far be it from You to kill the righteous with the wicked, treating the righteous and the wicked alike. Far be it from You! Will not the Judge of all the earth do right? 你絕不會作這樣的事：把義人與惡人一同殺死，把義人和惡人一樣看待，你絕不會這樣！審判全地的主，豈可不行公義嗎？” (Genesis 18:25)

Your eyes are too pure to look at evil;

You cannot look on wickedness. 你的眼目純潔，不看邪惡，不能坐視奸惡；為甚麼見行詭詐的人而不理？惡人吞滅比自己公義的人，你為甚麼緘默呢？ (Habakkuk 1:13)

By the word of God the heavens existed long ago and the earth was formed out of water and by water. By these waters also the world of that time was deluged and destroyed. By the same word the present heavens and earth are reserved for fire, being kept for the day of judgment and destruction of ungodly men. 他們故意忘記這事：在太古的時候，因著　神的話，就有了天，和從水而出、藉水而成的地。  當時的世界，因被水淹沒而消滅了。  但現在的天地，還是因著同樣的話可以存留，直到不敬虔的人受審判和遭滅亡的日子，用火焚燒。 (2 Peter 3:5-7)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I am continually with You;

You hold me by my right hand.

You guide me with Your counsel,

And afterward You will take me to glory. 但是，我仍常與你同在；你緊握著我的右手。  你要以你的訓言引領我，以後還要接我到榮耀裡去。 (Psalm 73:23-24)

*停下来，献上你自己的感恩之意*

**结束祷告**

I will be still and know that You are God;

You will be exalted among the nations,

You will be exalted in the earth. 你們要住手，要知道我是　神；我要在列國中被尊崇，我要在全地上被尊崇。 (Psalm 46:10)

Blessed be the Lord, the God of Israel,

From everlasting to everlasting.

Amen and Amen. 耶和華以色列的　神是應當稱頌的，從永遠直到永遠。阿們，阿們。 (Psalm 41:13)

Day 9

**敬拜尊崇**

The Lord my God is a consuming fire, a jealous God. 因為耶和華你的　神是烈火，是忌邪的　神。 (Deuteronomy 4:24)

The Lord is seated on His throne with all the host of heaven standing by Him on His right and on His left. 米該雅說：“因此，你要聽耶和華的話；我看見耶和華坐在他的寶座上，天上的萬軍都侍立在他的左右。 (1 Kings 22:19)

The heavens and the highest heavens cannot contain the Lord. 但誰能為他建造殿宇呢？天和天上的天也容不下他；我是誰，怎能為他建造殿宇？我不過在他面前燒香罷了。 (2 Chronicles 2:6; 6:18)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

This is what the Lord God, the Holy One of Israel, says:

“In repentance and rest is your salvation;

In quietness and trust is your strength.” 因為主耶和華以色列的聖者這樣說：“你們得救在於悔改和安息，你們得力在於平靜和信靠。”但你們竟不願意。 (Isaiah 30:15)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Like Asa, may I do what is good and right in the sight of the Lord my God. 亞撒行耶和華他的　神看為善為正的事。（本節在《馬索拉抄本》為14:1） (2 Chronicles 14:2)

Like Jehoshaphat, let my heart take delight in the ways of the Lord and remove the places of idolatry from my life. 他勇敢地遵行耶和華的道路，並且從猶大地中除掉邱壇和亞舍拉。 (2 Chronicles 17:6)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I put away perversity from my mouth

And keep corrupt talk far from my lips. 你要除掉欺詐的口，遠離乖謬的嘴唇。 (Proverbs 4:24)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

As living stones, we are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ. We are a chosen people, a royal priesthood, a holy nation, a people for God’s own possession, that we may declare the praises of Him who called us out of darkness into His marvelous light. 也就像活石，被建造成為靈宮，作聖潔的祭司，藉著耶穌基督獻上蒙　神悅納的靈祭。  然而你們是蒙揀選的族類，是君尊的祭司，是聖潔的國民，是屬　神的子民，為要叫你們宣揚那召你們出黑暗入奇妙光明者的美德。 (1 Peter 2:5, 9)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

How shall we escape if we ignore God’s great salvation? This salvation, which was first announced by the Lord, was confirmed by those who heard Him. God also bore witness to it by signs and wonders and various miracles and gifts of the Holy Spirit distributed according to His will. 如果我們忽略了這麼大的救恩，怎麼能逃罪呢？這救恩起初是由主親自宣講的，後來聽見的人給我們證實了。  　神又照著自己的旨意，用神蹟、奇事和各樣異能，以及聖靈的恩賜，與他們一同作見證。 (Hebrews 2:3-4)

The faith of those chosen of God and the knowledge of the truth, which is according to godliness, is a faith and knowledge resting in the hope of eternal life, which God, who does not lie, promised before the beginning of time. At the appointed time, He manifested His word through the preaching entrusted to the apostles by the command of God our Savior. 　神的僕人、耶穌基督的使徒保羅（這是為著　神選民的信心，和那合乎敬虔真理的知識；  這都是根據永生的盼望，這永生就是沒有謊言的　神在萬世以前所應許的。  到了適當的時候，　神就藉著福音的宣講，把他的道顯明出來。照著　神我們救主的命令，這宣講的使命交託了我）， (Titus 1:1-3)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will give thanks to the Lord, for He is good;

His lovingkindness endures forever. 你們要稱謝耶和華，因他本是良善的；他的慈愛永遠長存。 (Psalm 118:1)

Your word is settled in heaven

Forever, O Lord.

Your faithfulness continues through all generations;

You established the earth, and it stands.

They continue to this day according to Your ordinances,

For all things serve You. 耶和華啊！你的話存到永遠，堅立在天上。  你的信實存到萬代；你堅立了地，地就長存。  天地照著你的安排存到今日，因為萬有都是你的僕役。 (Psalm 119:89-91)

*停下来，献上你自己的感恩之意*

**结束祷告**

My soul silently waits for God alone;

My salvation comes from Him.

He alone is my rock and my salvation;

He is my stronghold; I will never be shaken. 唯獨等候　神，我的心才有安息；我的拯救從他而來。  唯獨他是我的磐石，我的拯救；他是我的保障，我必不至動搖。 (Psalm 62:1-2)

Blessed be the Lord, the God of Israel,

From everlasting to everlasting.

Praise the Lord. 耶和華以色列的　神是應當稱頌的，從永遠到永遠。願眾民都說：“阿們。”你們要讚美耶和華。 (Psalm 106:48)

Day 10

**敬拜尊崇**

My soul will rejoice in the Lord

And delight in His salvation. 我的心必因耶和華快樂，因他的救恩高興。 (Psalm 35:9)

O God, You are my God;

Earnestly I seek You;

My soul thirsts for You;

My body longs for You,

In a dry and weary land

Where there is no water. 　神啊！你是我的　神，我要切切尋求你；在乾旱、疲乏、無水之地，我的心，我的身，都渴想你，切慕你。 (Psalm 63:1)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Who is a God like You, who pardons iniquity

And passes over the transgression of the remnant of His inheritance?

You do not stay angry forever

But delight to show mercy.

You will have compassion on Your people;

You will tread their iniquities underfoot

And hurl all their sins into the depths of the sea. 有何神像你，赦免罪孽，不追究產業之餘民的過犯呢？他不永遠懷怒，因為他喜愛憐憫。  他必再憐愛我們，把我們的罪孽都踐踏在腳下，又把我們的一切罪惡都投在深海裡。 (Micah 7:18-19)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I beware and be on my guard against all covetousness, for my life does not consist in the abundance of my possessions. 於是他對眾人說：“你們要謹慎，遠離一切貪心，因為人的生命並不在於家道豐富。” (Luke 12:15)

May I keep my life free from the love of money and be content with what I have, for You have said, “I will never leave you, nor will I forsake you.” 你們為人不要貪愛錢財，要以現在所有的為滿足；因為　神親自說過：“我決不撇下你，也不離棄你。” (Hebrews 13:5)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

My eyes are upon You, O God the Lord;

In You I take refuge; You will not leave my soul destitute. 主耶和華啊！我的眼睛仰望你；我投靠你，求你不要使我喪命。 (Psalm 141:8)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May God grant you, according to the riches of His glory, to be strengthened with power through His Spirit in your inner being, so that Christ may dwell in your hearts through faith. And may you, being rooted and grounded in love, be able to comprehend with all the saints what is the width and length and height and depth of the love of Christ, and to know this love that surpasses knowledge, that you may be filled to all the fullness of God. 求他按著他榮耀的豐盛，藉著他的靈，用大能使你們內在的人剛強起來，  使基督藉著你們的信，住在你們心裡，使你們既然在愛中扎根建基，  就能和眾聖徒一同領悟基督的愛是多麼的長闊高深，  並且知道他的愛是超過人所能理解的，使你們被充滿，得著　神的一切豐盛。 (Ephesians 3:16-19)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

Faith is the reality of things hoped for and the conviction of things not seen. 信就是對所盼望的事的把握，是還沒有看見的事的明證。 (Hebrews 11:1)

Without faith it is impossible to please God, for he who comes to Him must believe that He exists, and that He is a rewarder of those who earnestly seek Him. 沒有信，就不能得到　神的喜悅；因為來到　神面前的人，必須信　神存在，並且信他會賞賜那些尋求他的人。 (Hebrews 11:6)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Even to my old age, You are the same,

And even to my gray hairs You will carry me.

You have made me, and You will bear me;

You will sustain me and You will deliver me. 直到你們年老，我還是一樣；直到你們髮白，我仍然懷抱你。我以前既然這樣作了，以後我仍必提攜你；我必懷抱你，也必拯救你。 (Isaiah 46:4)

I will watch in hope for the Lord;

I will wait for the God of my salvation;

My God will hear me. 至於我，我卻要仰望耶和華，我要等候那拯救我的　神；我的　神必應允我。 (Micah 7:7)

*停下来，献上你自己的感恩之意*

**结束祷告**

Ah, Lord God! You have made the heavens and the earth by Your great power and outstretched arm. Nothing is too difficult for You. You are the great and mighty God, whose name is the Lord of hosts. You are great in counsel and mighty in deed, and Your eyes are open to all the ways of the sons of men; You reward everyone according to his ways and according to the fruit of his deeds. ‘主耶和華啊！你看，你曾用大能和伸出來的膀臂創造了天地；在你並沒有難成的事。  你向千萬人施慈愛，又把父親的罪孽都報應在他們的兒女身上。你是偉大、有能力的　神，萬軍之耶和華是你（“你”原文作“他”）的名。  你的計劃偉大，你的作為滿有能力；你的眼睛睜開，察看世人一切所行的，要照著各人的行為，和各人所作的事應得的結果來報應各人。 (Jeremiah 32:17-19)

I delight to do Your will, O my God,

And Your law is within my heart. 我的　神啊！我樂意遵行你的旨意；你的律法常在我的心裡。” (Psalm 40:8)

Day 11

**敬拜尊崇**

Make a joyful shout to God, all the earth!

Sing the glory of His name;

Make His praise glorious.

Say to God, “How awesome are Your works!

Through the greatness of Your power

Your enemies submit themselves to You.

All the earth will worship You

And sing praises to You;

They will sing praise to Your name.” 全地的居民哪！你們應當向　神歡呼。（本節在《馬索拉抄本》包括細字標題）  你們要歌頌他名的榮耀，把榮耀和讚美都歸給他。  要對　神說：“你的作為多麼可畏！因你偉大的能力，你的仇敵必向你假意歸順。  全地的居民都必敬拜你，向你歌頌，歌頌你的名。”（細拉） (Psalm 66:1-4)

My mouth is filled with Your praise,

And with Your glory all day long. 我要滿口讚美你，我終日頌揚你的榮美。 (Psalm 71:8)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Before his downfall the heart of a man is haughty,

But humility comes before honor. 滅亡以先，人心高傲；尊榮以先，必有謙卑。 (Proverbs 18:12)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not turn my heart away from the Lord, the God of Israel, but keep what the Lord has commanded. 耶和華向所羅門發怒，因為他的心偏離了曾經兩次向他顯現的耶和華以色列的　神。  耶和華為了這事曾經吩咐他，不可隨從別的神，可是他沒有遵守耶和華吩咐的。 (1 Kings 11:9-10)

Like Hezekiah, may I do what is good and right and true before the Lord my God by seeking Him with all my heart. 希西家在猶大全地都這樣行，他在耶和華他的　神面前行良善、正直和誠實的事。  他經辦的一切事，無論是關於　神殿的事奉，或是關於律法和誡命的遵行，他都尋求他的　神。因為他盡心去行，所以盡都順利。 (2 Chronicles 31:20-21)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Preserve me, O God, for I take refuge in You.

I said to the Lord, “You are my Lord;

I have no goodness apart from You.” 　神啊！求你保守我，因為我投靠你。（本節在《馬索拉抄本》包括細字標題）  我（“我”有古抄本作“你”）曾對耶和華說：“你是我的主，我的好處不在你以外。” (Psalm 16:1-2)

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

We must all attain to unity of the faith and of the knowledge of the Son of God to a mature man, to the measure of the stature of the fullness of Christ, so that we will no longer be infants, being blown and carried around by every wind of doctrine, by the cunning and craftiness of men in their deceitful scheming; but speaking the truth in love, we must grow up in all things into Him who is the Head, that is, Christ. 直到我們眾人對　神的兒子都有一致的信仰和認識，可以長大成人，達到基督豐盛長成的身量；  使我們不再作小孩子，中了人的詭計和騙人的手段，給異教之風搖撼，飄來飄去，  卻要在愛中過誠實的生活，在各方面長進，達到基督的身量。他是教會的頭， (Ephesians 4:13-15)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

I have come to Mount Zion, to the heavenly Jerusalem, the city of the living God, to myriads of angels, and to the assembly and church of the firstborn, who are enrolled in heaven. I have come to God, the Judge of all men, to the spirits of righteous men made perfect, to Jesus the mediator of a new covenant, and to the sprinkled blood that speaks better things than the blood of Abel. 你們卻是來到錫安山和永活的　神的城，就是天上的耶路撒冷；在那裡有千萬的天使聚集，  有名字登記在天上眾長子的教會，有審判眾人的　神，有被成全的義人的靈魂，  有新約的中保耶穌，還有他所灑的血。這血所傳的信息比亞伯的血所傳的更美。 (Hebrews 12:22-24)

He who overcomes will be clothed in white garments, and You will not blot out his name from the book of life, but You will confess his name before Your Father and before His angels. 得勝的，也必這樣身穿白衣，我決不從生命冊上塗抹他的名，我還要在我父和他的眾天使面前，承認他的名。 (Revelation 3:5)

*停下来，反思这些圣经给我们的确据。*

**感恩**

God set forth Christ to be a propitiation through faith in His blood. He did this to demonstrate His righteousness, because in His forbearance He passed over the sins committed beforehand; He did it to demonstrate His righteousness at the present time, that He might be just and the justifier of those who have faith in Jesus. Where, then, is boasting? It is excluded. By what law? Of works? No, but by a law of faith. For we maintain that a man is justified by faith apart from works of the law. 　神設立了耶穌為贖罪祭（“贖罪祭”原文作“蔽罪所”），是憑著他的血，藉著人的信，為的是要顯明　神的義；因為　神用忍耐的心寬容了人從前所犯的罪，  好在現今顯明他的義，使人知道他自己為義，又稱信耶穌的人為義。  這樣，有甚麼可誇的呢？沒有可誇的了。憑甚麼準則說沒有的呢？憑行為嗎？不是的，而是以信心為準則說的。  因為我們認定，人稱義是由於信，並不是靠行律法。 (Romans 3:25-28)

Having been justified by faith, I have peace with God through the Lord Jesus Christ, through whom I have gained access by faith into this grace in which I stand; and I rejoice in the hope of the glory of God. 所以，我們既然因信稱義，就藉著我們的主耶穌基督與　神和好；  我們也憑著信，藉著他可以進入現在所站的這恩典中，並且以盼望得享　神的榮耀為榮。 (Romans 5:1-2)

*停下来，献上你自己的感恩之意*

**结束祷告**

Your word is a lamp to my feet

And a light to my path.

I have inclined my heart to perform Your statutes

To the very end. 你的話是我腳前的燈，是我路上的光。  我專心遵行你的律例，永不改變，遵行到底。 (Psalm 119:105, 112)

Day 12

**敬拜尊崇**

I will exalt the Lord my God and worship Him,

For the Lord God is holy. 你們要尊崇耶和華我們的　神，在他的聖山上敬拜，因為耶和華我們的　神是聖潔的。 (Psalm 99:9)

I have tasted and seen that the Lord is good;

Blessed is the man who takes refuge in Him!

O fear the Lord, you His saints,

For those who fear Him lack nothing. 你們要親自體驗，就知道耶和華是美善的；投靠他的人，都是有福的。  耶和華的聖民哪！你們要敬畏他，因為敬畏他的一無所缺。 (Psalm 34:8-9)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

My little children, I write these things to you that you may not sin. But if anyone sins, we have an Advocate with the Father, Jesus Christ, the Righteous. And He is the propitiation for our sins, and not for ours only but also for the whole world. 我的孩子們，我寫這些給你們，是要你們不犯罪。如果有人犯了罪，在父的面前我們有一位維護者，就是那義者耶穌基督。  他為我們的罪作了贖罪祭，不僅為我們的罪，也為全人類的罪。 (1 John 2:1-2)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not let my heart be troubled; let me trust in God and trust also in Christ. “你們心裡不要難過，你們應當信　神，也應當信我。 (John 14:1)

As the Father has loved You, You also have loved me. May I abide in Your love. If I keep Your commandments, I will abide in Your love, just as You kept Your Father’s commandments and abide in His love. You have told me this so that Your joy may be in me and that my joy may be full. 父怎樣愛我，我也怎樣愛你們；你們要住在我的愛裡。  如果你們遵守我的命令，就必定住在我的愛裡，正像我遵守了我父的命令，住在他的愛裡一樣。  “我把這些事告訴了你們，好讓我的喜樂存在你們心裡，並且使你們的喜樂滿溢。 (John 15:9-11)

May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. 至於我，我絕不以別的誇口，只誇我們主耶穌基督的十字架。藉著這十字架，在我來說，世界已經釘在十字架上了；就世界來說，我也已經釘在十字架上了。 (Galatians 6:14)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I walk in wisdom toward outsiders, making the most of every opportunity. My speech should always be with grace, seasoned with salt, so that I may know how to answer each person. 你們要把握時機，用智慧與外人來往。  你們的話要常常溫和，好像是用鹽調和的，使你們知道應當怎樣回答各人。 (Colossians 4:5-6)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

I pray that God may open to me a door for the word, so that I may speak the mystery of Christ and proclaim it clearly, as I ought to speak. 也要為我們禱告，求　神為我們開傳道的門，宣講基督的奧祕（我就是為了這個緣故被捆鎖），  使我照著我所應當說的，把這奧祕顯明出來。 (Colossians 4:3-4)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

Blessed is the man who makes the Lord his trust,

Who does not look to the proud or those who turn aside to lies. 那倚靠耶和華，不轉向高傲和偏向虛謊的人的，這人是有福的。 (Psalm 40:4)

I will call upon You and come and pray to You, and You will listen to me. I will seek You and find You when I search for You with all my heart. ‘你們要呼求我，要來向我禱告，我就必應允你們。  你們要尋找我，只要一心尋求，就必尋見。 (Jeremiah 29:12-13)

*停下来，反思这些圣经给我们的确据。*

**感恩**

If I have been united with Christ in the likeness of His death, I will certainly also be united with Him in the likeness of His resurrection. 我們若在他死的樣式上與他聯合，也要在他復活的樣式上與他聯合。 (Romans 6:5)

I thank God because of His grace in Christ Jesus. In Him we have been enriched in every way, in all speech and in all knowledge. We do not lack any spiritual gift, as we eagerly wait for the revelation of our Lord Jesus Christ. 我因著　神在基督耶穌裡賜給你們的恩典，常常為你們感謝我的　神，  因為你們在他裡面凡事都富足，很有口才，知識豐富，  以致你們在恩賜上一無所缺，殷切盼望著我們主耶穌基督的顯現； (1 Corinthians 1:4-5, 7)

*停下来，献上你自己的感恩之意*

**结束祷告**

Lord Jesus, You are the stone which was rejected by the builders, but which has become the chief cornerstone. Salvation is found in no one else, for there is no other name under heaven given to men by which we must be saved. 他是你們‘建築工人所棄的石頭，成了房角的主要石頭。’  除了他以外，別無拯救，因為在天下人間，沒有賜下別的名，我們可以靠著得救。” (Acts 4:11-12)

I believe that Jesus is the Christ, the Son of God, and by believing, I have life in His name. 但把這些事記下來，是要你們信耶穌是基督，是　神的兒子，並且使你們信了，可以因他的名得生命。 (John 20:31)

Day 13

**敬拜尊崇**

The Lord executes righteousness

And justice for all who are oppressed.

The Lord is compassionate and gracious,

Slow to anger, and abounding in lovingkindness. 耶和華施行公義，為所有受欺壓的人主持公道。  耶和華有憐憫，有恩典，不輕易發怒，並且有豐盛的慈愛。 (Psalm 103:6, 8)

Righteousness and justice are the foundation of Your throne;

Lovingkindness and truth go before You. 公義和公正是你寶座的基礎，慈愛和信實行在你前面。 (Psalm 89:14)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

What can I say to You? What can I speak? How can I justify myself? You have uncovered the iniquity of Your servant. 猶大說：“我們對我主可以說甚麼呢？我們還有甚麼可說的呢？我們怎能證明自己是清白的呢？　神已經查出你僕人們的罪孽了。看哪，我們和那在他手裡搜出杯來的，都是我主的奴僕了。” (Genesis 44:16)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I walk properly as in the daytime, not in revellings and drunkenness, not in promiscuity and debauchery, not in strife and jealousy. Rather, may I put on the Lord Jesus Christ and make no provision to gratify the lusts of the flesh. 行事為人要光明磊落，好像行在白晝。不可荒宴醉酒，不可放蕩縱慾，不可紛爭嫉妒。  總要披戴主耶穌基督，不要為肉體安排，去放縱私慾。 (Romans 13:13-14)

Since I have God’s promises, may I cleanse myself from all pollution of body and spirit, perfecting holiness in the fear of God. 所以，親愛的，我們有了這些應許，就應該潔淨自己，除去身體和心靈上的一切污穢，存著敬畏　神的心，達到成聖的地步。 (2 Corinthians 7:1)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

We are all sons of the light and sons of the day. We do not belong to the night or to the darkness. So then, let us not be like others who are asleep, but let us be alert and self-controlled. 你們都是光明之子、白晝之子；我們不是屬於黑夜的，也不是屬於黑暗的。  所以，我們不要沉睡像別人一樣，總要警醒謹慎。 (1 Thessalonians 5:5-6)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Trust in the Lord your God and you will be established; believe in his prophets and you will prosper. 第二天早晨，眾人清早起來，出發到提哥亞的曠野去；他們正出去的時候，約沙法站起來，說：“猶大人和耶路撒冷的居民哪，你們要聽我的話；信靠耶和華你們的　神，你們就必堅立；信靠他的先知，你們就必亨通。” (2 Chronicles 20:20)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

The Son of Man is going to come in the glory of His Father with His angels, and then He will reward each person according to his works. 人子要在父的榮耀裡和眾天使一同降臨，那時他要照各人的行為報應各人。 (Matthew 16:27)

If anyone is ashamed of You and Your words in this adulterous and sinful generation, the Son of Man will be ashamed of him when He comes in the glory of His Father with the holy angels. 在淫亂罪惡的世代，凡把我和我的道當作可恥的，人子在他父的榮耀裡，和聖天使一起降臨的時候，也必把他當作可恥的。” 凡是把我和我的道當作可恥的，人子在他與父並聖天使的榮耀裡降臨的時候，也必把他當作可恥的。 (Mark 8:38; Luke 9:26)

Blessed are the dead who die in the Lord from now on. They will rest from their labor, for their works will follow them. 我聽見從天上有聲音說：“你要寫下來！從今以後，那在主裡死去的人有福了！”聖靈說：“是的，他們脫離自己的勞苦，得享安息了，他們的作為也隨著他們。” (Revelation 14:13)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I was washed, I was sanctified, I was justified in the name of the Lord Jesus Christ and by the Spirit of our God. 你們有些人從前也是這樣的，但現在藉著我們主耶穌基督的名，靠著我們　神的靈，都已經洗淨了，聖潔了，稱義了。 (1 Corinthians 6:11)

Thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore let us be steadfast, immovable, abounding in the work of the Lord, knowing that our labor in the Lord is not in vain. 感謝　神，他藉著我們的主耶穌基督，把勝利賜給我們。  所以，我親愛的弟兄們，你們務要堅固，不可動搖，常常竭力多作主工，因為知道你們的勞苦，在主裡面不是徒然的。 (1 Corinthians 15:57-58)

*停下来，献上你自己的感恩之意*

**结束祷告**

God who said, “Let light shine out of darkness” made His light shine in my heart to give me the light of the knowledge of the glory of God in the face of Christ. But I have this treasure in an earthen vessel to show that this all-surpassing power is from God and not from me. 因為那說“要有光從黑暗裡照出來”的　神，已經照在我們的心裡，要我們把　神的榮光照出去，就是使人可以認識那在基督臉上的榮光。  我們有這寶貝在瓦器裡，是要顯明這極大的能力是屬於　神，不是出於我們。 (2 Corinthians 4:6-7)

Your grace is sufficient for me, for Your power is made perfect in weakness. Therefore, I will boast all the more gladly in my weaknesses, that the power of Christ may rest upon me. Therefore, I can be content in weaknesses, in insults, in hardships, in persecutions, in difficulties, for Christ’s sake. For when I am weak, then I am strong. 他卻對我說：“我的恩典是夠你用的，因為我的能力在人的軟弱上顯得完全。”所以，我更喜歡誇自己的軟弱，好讓基督的能力臨到我的身上。  因此，我為基督的緣故，就以軟弱、凌辱、艱難、迫害、困苦為喜樂，因為我甚麼時候軟弱，甚麼時候就剛強了。 (2 Corinthians 12:9-10)

Day 14

**敬拜尊崇**

Your lovingkindness, O Lord, reaches to the heavens,

Your faithfulness to the skies.

Your righteousness is like the mountains of God;

Your judgments are like a great deep.

O Lord, You preserve man and beast.

How priceless is Your lovingkindness, O God!

The children of men find refuge in the shadow of Your wings.

For with You is the fountain of life;

In Your light we see light. 耶和華啊！你的慈愛上及諸天，你的信實高達雲霄。  你的公義好像大山，你的公正如同深淵；耶和華啊！人和牲畜，你都庇佑。  　神啊！你的慈愛多麼寶貴；世人都投靠在你的翅膀蔭下。  因為生命的泉源在你那裡；在你的光中，我們才能看見光。 (Psalm 36:5-7, 9)

I will praise the name of God in song

And magnify Him with 感恩. 我要用詩歌讚美　神的名，以感謝尊他為大。 (Psalm 69:30)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

All the paths of the Lord are mercy and truth

For those who keep His covenant and His testimonies.

For Your name’s sake, O Lord,

Pardon my iniquity, for it is great. 遵守耶和華的約和法度的人，耶和華都以慈愛和信實待他們。  耶和華啊！因你名的緣故，求你赦免我的罪孽，因為我的罪孽重大。 (Psalm 25:10-11)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

My struggle is not against flesh and blood, but against the rulers, against the authorities, against the world rulers of this darkness, against the spiritual forces of evil in the heavenly realms. Therefore, I will put on the full armor of God, so that I may be able to resist in the day of evil, and having done all, to stand. 因為我們的爭戰，對抗的不是有血有肉的人，而是執政的、掌權的、管轄這黑暗世界的和天上的邪靈。  所以要穿起　神所賜的全副軍裝，使你們在這邪惡的時代裡可以抵擋得住，並且在作完了一切之後，還能站立得穩。 (Ephesians 6:12-13)

Since I have been raised with Christ, I should seek the things above, where Christ is seated at the right hand of God. May I set my mind on the things above, not on the things on the earth, for I died, and my life is now hidden with Christ in God. When Christ who is my life appears, then I also will appear with Him in glory. 所以，你們既然與基督一同復活，就應當尋求天上的事，那裡有基督坐在　神的右邊。  你們要思念的，是天上的事，不是地上的事。  因為你們已經死了，你們的生命與基督一同隱藏在　神裡面。  基督就是你們的生命，他顯現的時候，你們也要和他一同在榮耀裡顯現。 (Colossians 3:1-4)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

In my distress may I seek the favor of the Lord my God, and humble myself greatly before the God of my fathers, for I know that the Lord is God. 瑪拿西在急難的時候，就懇求耶和華他的　神，並且在他列祖的　神面前非常謙卑。  他向耶和華禱告，耶和華應允他的懇求，垂聽他的祈求，使他歸回耶路撒冷，恢復他的王位。瑪拿西這才知道只有耶和華是　神。 (2 Chronicles 33:12-13)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Jesus said, “As the Father has sent Me, I also send you.” 耶穌又對他們說：“願你們平安。父怎樣差遣了我，我也怎樣差遣你們。” (John 20:21)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

In his heart a man plans his way,

But the Lord determines his steps. 人心計劃自己的道路，他的腳步卻由耶和華指引。 (Proverbs 16:9)

Many are the plans in a man’s heart,

But it is the counsel of the Lord that will stand. 人心裡的謀算很多，唯有耶和華的計劃能實現。 (Proverbs 19:21)

There is no wisdom or understanding

Or counsel that can succeed against the Lord. 任何智慧、聰明、謀略都不能敵擋耶和華。 (Proverbs 21:30)

The word that goes forth from Your mouth

Will not return to You empty

But will accomplish what You desire

And achieve the purpose for which You sent it. 從我的口所出的話也必這樣，必不徒然返回我這裡，卻要作成我所喜悅的，使它在我差遣它去作的事上必然亨通。 (Isaiah 55:11)

*停下来，反思这些圣经给我们的确据。*

**感恩**

He who makes me stand firm in Christ and anointed me is God, who also sealed me and gave me the Spirit in my heart as a deposit. 那在基督裡堅定我們和你們，又膏抹我們的，就是　神。  他在我們身上蓋了印，就是賜聖靈在我們心裡作憑據。 (2 Corinthians 1:21-22)

Thanks be to God, who always leads us in triumph in Christ and through us spreads everywhere the fragrance of the knowledge of Him. 感謝　神，他常常在基督裡，使我們這些作俘虜的，列在凱旋的隊伍當中，又藉著我們在各地散播香氣，就是使人認識基督。 (2 Corinthians 2:14)

*停下来，献上你自己的感恩之意*

**结束祷告**

Through the law I died to the law so that I might live for God. I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh, I live by faith in the Son of God, who loved me and gave Himself for me. 我藉著律法已經向律法死了，使我可以向　神活著。  我已經與基督同釘十字架；現在活著的，不再是我，而是基督活在我裡面；如今在肉身中活著的我，是因信　神的兒子而活的；他愛我，為我捨己。 (Galatians 2:19-20)

To me, to live is Christ and to die is gain. 因為我活著就是基督，我死了就有益處。 (Philippians 1:21)

Day 15

**敬拜尊崇**

The Lord is upright;

He is my Rock, and there is no unrighteousness in Him. 好顯明耶和華是正直的；他是我的磐石，在他裡面沒有不義。 (Psalm 92:15)

I will seek the Lord and His strength;

I will seek His face continually.

I will remember the wonders He has done,

His miracles, and the judgments of His mouth. 你們要追求耶和華與他的能力，常常尋求他的面。  記念他所作的奇事、他的神蹟，和他口裡的判詞。 (Psalm 105:4-5)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Pride goes before destruction,

And a haughty spirit before a fall. 在滅亡以先，必有驕傲；在跌倒以前，心中高傲。 (Proverbs 16:18)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

When Uzziah became strong, his heart became proud and he acted corruptly, and he transgressed against the Lord his God, and entered the temple of the Lord to burn incense on the altar of incense. 烏西雅強盛起來，就心高氣傲，以致自尋毀滅，竟冒犯耶和華他的　神；他進了耶和華的殿，要在香壇上燒香。 (2 Chronicles 26:16)

When I am blessed with abundance, may I beware lest my heart becomes proud, and I forget the Lord my God who provided all good things, thinking that it was my power and the strength of my hand that brought this wealth. 恐怕你吃飽了，建造美好的房屋居住，  你的牛羊加多，你的金銀增添，你所有的一切都增加了，  那時，你就心高氣傲，忘記了耶和華你的　神，就是把你從埃及地，從為奴之家領出來的那一位。  恐怕你心裡說：‘這財富是我的力量，是我手的能力使我得著的。’ (Deuteronomy 8:12-14, 17)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Answer me when I call to You, O my righteous God!

You have relieved me from my distress;

Be merciful to me and hear my prayer. 我公義的　神啊（“我公義的　神啊”或譯：“使我為義的　神啊”）！我呼求的時候，求你答應我。我在困苦中，你曾使我舒暢。求你恩待我，聽我的禱告。 (Psalm 4:1)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I help the weak and remember the words of the Lord Jesus, that He said, “It is more blessed to give than to receive.” 我凡事以身作則，你們必須照樣辛勞，扶助軟弱的人，並且記念主耶穌的話：‘施比受更為有福。’” (Acts 20:35)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

Your hands made me and fashioned me. 你的手造了我，建立了我；求你使我有悟性，可以學習你的命令。 (Psalm 119:73)

Before You formed me in the womb, You knew me;

Before I was born, You set me apart. “我使你在母腹中成形以先，就認識你；你還未出母胎，我已把你分別為聖，立你作列國的先知。” (Jeremiah 1:5)

You know me, O Lord;

You see me and test my thoughts about You. 但耶和華啊！你認識我，了解我，你察驗了我對你的心意。求你把他們拉出來，好像將宰的羊一般；求你把他們分別出來，留待宰殺的日子。 (Jeremiah 12:3)

*停下来，反思这些圣经给我们的确据。*

**感恩**

God made Him who knew no sin to be sin for me, so that in Him I might become the righteousness of God. 　神使那無罪的替我們成為有罪的，使我們在他裡面成為　神的義。 (2 Corinthians 5:21)

God chose me in Christ before the foundation of the world to be holy and blameless in His sight. In love He predestined me to be adopted as His son through Jesus Christ, according to the good pleasure of His will, to the praise of the glory of His grace, which He bestowed upon me in the One He loves. 就如創立世界以前，他在基督裡揀選了我們，使我們因著愛，在他面前成為聖潔，沒有瑕疵。  他又按著自己旨意所喜悅的，預定我們藉著耶穌基督得兒子的名分，  好使他恩典的榮耀得著頌讚。這恩典是他在愛子裡賜給我們的。 (Ephesians 1:4-6)

*停下来，献上你自己的感恩之意*

**结束祷告**

Christ is the image of the invisible God, the firstborn over all creation. For by Him all things were created that are in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities; all things were created by Him and for Him. And He is before all things, and in Him all things hold together. 這愛子是那看不見的　神的形象，是首先的，在一切被造的之上。  因為天上地上的萬有：看得見的和看不見的，無論是坐王位的，或是作主的，或是執政的，或是掌權的，都是本著他造的；萬有都是藉著他，又是為著他而造的。  他在萬有之先；萬有也一同靠著他而存在。 (Colossians 1:15-17)

To the Lord my God belongs the heavens, even the highest heavens, the earth and everything in it. 看哪，天和天上的天，地和地上的一切都是屬於耶和華你的　神的。 (Deuteronomy 10:14)

Day 16

**敬拜尊崇**

O Lord of hosts, God of Israel, enthroned between the cherubim, You alone are God over all the kingdoms of the earth. You have made heaven and earth. “萬軍之耶和華，以色列的　神，坐在二基路伯中間的啊！唯獨你是地上萬國的　神；你創造了天地。 (Isaiah 37:16)

The Mighty One, God, the Lord,

Has spoken and summoned the earth

From the rising of the sun to the place where it sets. 大能者　神耶和華已經說話，從日出之地到日落之處呼喚大地。（本節在《馬索拉抄本》包括細字標題） (Psalm 50:1)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

There is not a righteous man on earth who continually does good

And never sins. 世上實在沒有一個行善而不犯罪的義人。 (Ecclesiastes 7:20)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Whatever I do, whether in word or in deed, may I do all in the name of the Lord Jesus, giving thanks to God the Father through Him. 凡你們所作的，無論是言語或行為，都要奉主耶穌的名，藉著他感謝父　神。 (Colossians 3:17)

May I abide in Christ, so that when He appears, I will have confidence and not be ashamed before Him at His coming. 孩子們，你們要住在主裡面。這樣，他若顯現，我們就可以坦然無懼；他來的時候，我們也不至慚愧地躲避他了。 (1 John 2:28)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

When I am afraid, I will trust in You.

In God, whose word I praise,

In God I have put my trust.

I will not fear;

What can mortal man do to me? 至高者（“至高者”原文放在第2節末，在那裡或譯：“因逞驕傲攻擊我的人很多”）啊！我懼怕的時候，就要倚靠你。  靠著　神，我要讚美他的話；我倚靠　神，就必不懼怕，人能把我怎麼樣呢？ (Psalm 56:3-4)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female, for we are all one in Christ Jesus. 並不分猶太人或希臘人，作奴僕的或自由人，男的或女的，因為你們在基督耶穌裡都成為一體了。 (Galatians 3:28)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

He who loves his father or mother more than You is not worthy of You; he who loves his son or daughter more than You is not worthy of You. 愛父母過於愛我的，不配作屬我的；愛兒女過於愛我的，不配作屬我的； (Matthew 10:37)

He who does not take his cross and follow after You is not worthy of You. He who finds his life will lose it, and he who loses his life for Your sake will find it. 凡不背起自己的十字架來跟從我的，也不配作屬我的。  顧惜自己生命的，必要喪掉生命；但為我犧牲生命的，必要得著生命。 (Matthew 10:38-39)

*停下来，反思这些圣经给我们的确据。*

**感恩**

In Christ I have redemption through His blood, the forgiveness of sins, in accordance with the riches of God’s grace that He lavished on me with all wisdom and understanding. 我們在他愛子裡，藉著他的血蒙了救贖，過犯得到赦免，都是按著他豐盛的恩典。  這恩典是他用各樣的智慧和聰明，充充足足地賜給我們的； (Ephesians 1:7-8)

God raised me up with Christ and seated me with Him in the heavenly realms in Christ Jesus, in order that in the coming ages He might show the surpassing riches of His grace in kindness toward me in Christ Jesus. 又使我們在基督耶穌裡，與他一同復活，一同坐在天上，  為的是要在將來的世代中，顯明他在基督耶穌裡賜給我們的恩典，是多麼的豐盛。 (Ephesians 2:6-7)

*停下来，献上你自己的感恩之意*

**结束祷告**

The secret things belong to the Lord our God, but the things revealed belong to us and to our children forever, that we may observe Your words. “奧祕的事，是屬於耶和華我們的　神的，只有顯露的事，是永遠屬於我們和我們子孫的，好叫我們遵行這律法上的一切話。” (Deuteronomy 29:29)

Be exalted, O Lord, in Your strength;

We will sing and praise Your power. 耶和華啊！願你因自己的能力被尊崇，好讓我們歌唱，頌讚你的大能。 (Psalm 21:13)

Day 17

**敬拜尊崇**

Whoever is wise will consider the lovingkindness of the Lord. 凡有智慧的，願他留意這些事；願他思想耶和華的慈愛。 (Psalm 107:43)

The sum of Your words is truth,

And all of Your righteous judgments are eternal. 你的話的總綱就是真理，你一切公義的典章要存到永遠。 (Psalm 119:160)

You are the God of Abraham, the God of Isaac, and the God of Jacob. 又說：“我是你父親的　神、亞伯拉罕的　神、以撒的　神、雅各的　神。”摩西因為怕見　神，就把自己的臉蒙住了。 (Exodus 3:6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I have blotted out your transgressions like a thick cloud,

And your sins like the morning mist.

Return to Me, for I have redeemed you. 我塗抹了你的過犯，像密雲消散；我塗抹了你的罪惡，如薄雲滅沒，你當歸向我，因為我救贖了你。 (Isaiah 44:22)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

Let me stop trusting in man, whose breath is in his nostrils.

For in what should he be esteemed? 你們不要倚靠世人，他的鼻孔裡只有一口氣息，他實在算得甚麼呢？ (Isaiah 2:22)

May I trust in You enough to honor You as holy in the sight of others. 耶和華對摩西和亞倫說：“因為你們不信我，不在以色列人眼前尊我為聖，所以你們必不得領這會眾進入我賜給他們的地。” (Numbers 20:12)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Keep falsehood and lies far from me;

Give me neither poverty nor riches;

Give me only my daily bread,

Lest I be full and deny You and say, “Who is the Lord?”

Or lest I become poor and steal,

And profane the name of my God. 求你使虛假和謊言遠離我；不要使我貧窮，也不要使我富裕，只要給我需用的食物。  免得我吃飽了，就不認你，說：‘耶和華是誰？’又恐怕我貧窮，就偷竊，污瀆了我　神的名。 (Proverbs 30:8-9)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May your love abound more and more in full knowledge and depth of insight, so that you may be able to approve the things that are excellent, in order to be sincere and blameless until the day of Christ—having been filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God. 我所禱告的，是要你們的愛心，在充足的知識和各樣的見識上，多而又多，  使你們可以辨別是非，成為真誠無可指摘的人，直到基督的日子，  靠著耶穌基督結滿了公義的果子，使　神得著榮耀和讚美。 (Philippians 1:9-11)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

Jesus preached the gospel of the kingdom of God, and said, “The time is fulfilled, and the kingdom of God is at hand. Repent and believe the good news.” 約翰被捕以後，耶穌來到加利利，宣講　神的福音，  說：“時候到了，　神的國近了，你們應當悔改，相信福音。” (Mark 1:14-15)

You have called me to go and proclaim the kingdom of God. 耶穌說：“讓死人去埋葬他們的死人，你應該去傳揚　神的國。” (Luke 9:60)

As I follow You, You will make me a fisher of men. 耶穌就對他們說：“來跟從我，我要使你們作得人的漁夫。” 耶穌就對他們說：“來跟從我，我要使你們成為得人的漁夫。” (Matthew 4:19; Mark 1:17)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will not forget the God of my salvation;

I will remember the Rock of my refuge. 因為你忘記了那拯救你的　神，又不記念那作你避難所的磐石，所以你雖然栽下佳美的樹秧子，種下異種的幼苗， (Isaiah 17:10)

O Lord, You are my God;

I will exalt You and praise Your name,

For You have done wonderful things,

Things planned long ago in perfect faithfulness. 耶和華啊！你是我的　神，我要尊崇你，稱謝你的名，因為你以信實真誠作成了奇妙的事，就是你遠古以前所計劃的事。 (Isaiah 25:1)

*停下来，献上你自己的感恩之意*

**结束祷告**

Great is our Lord and mighty in power;

His understanding is infinite. 我們的主偉大，大有能力；他的智慧無法測度。 (Psalm 147:5)

The fear of the Lord is the beginning of wisdom;

All who practice His commandments have a good understanding.

His praise endures forever. 敬畏耶和華是智慧的開端；凡是這樣行的都是明智的。耶和華該受讚美，直到永遠。 (Psalm 111:10)

Day 18

**敬拜尊崇**

O Sovereign Lord, You are God! Your words are true, and You have promised good things to Your servant. 主耶和華啊！你是　神；你的話是真實可信的。你向你僕人應許了這美好的福分。 (2 Samuel 7:28)

I will sing of Your lovingkindness and justice;

To You, O Lord, I will sing praises. 我要歌唱慈愛和公正；耶和華啊！我要向你歌頌。（本節在《馬索拉抄本》包括細字標題） (Psalm 101:1)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

This is the one You esteem:

He who is humble and contrite of spirit,

And who trembles at Your word. (Isaiah 66:2b)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I love the Lord my God and serve Him with all my heart and with all my soul. “如果你們留心聽我今日吩咐你們的誡命，愛耶和華你們的　神，一心一意事奉他， (Deuteronomy 11:13)

May I set my heart to honor Your name. 萬軍之耶和華說：“你們若不聽從，若不放在心上，不把榮耀歸給我的名，我就使咒詛臨到你們中間，我要咒詛你們應得的福分，並且已經咒詛了，因為你們沒有把這命令放在心上。 (Malachi 2:2)

May I worship the Lord my God, and serve Him only. 但耶穌說：“撒但，走開！經上記著：‘當拜主你的　神，單要事奉他。’” (Matthew 4:10)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I take courage and not be afraid, for the Lord Jesus is with me. 因為他們都看見了他，非常恐懼。耶穌立刻對他們說：“放心吧！是我，不要怕。” (Mark 6:50)

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

The one who loves his brother abides in the light, and there is no cause for stumbling in him. But the one who hates his brother is in the darkness and walks in the darkness and does not know where he is going, because the darkness has blinded his eyes. 凡是愛弟兄的，就是住在光明中，在光明中他就不會跌倒。  凡是恨弟兄的，就是在黑暗裡，也在黑暗裡行事。他不知道往哪裡去，因為黑暗弄瞎了他的眼睛。 (1 John 2:10-11)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

A disciple is not above his teacher, nor a servant above his master. It is enough for the disciple to be like his teacher, and the servant like his master. “學生不能勝過老師，奴僕也不能勝過主人。  學生若能像老師一樣，奴僕若能像主人一樣，也就夠了。如果一家之主也被稱為別西卜（“別西卜”是鬼王的名字），何況他的家人呢？ (Matthew 10:24-25)

The greatest among us should be like the youngest, and the one who rules like the one who serves. For who is greater, the one who is at the table or the one who serves? Is it not the one who is at the table? But Jesus came among us as the One who serves. 但你們卻不要這樣；你們中間最大的，應當像最小的；作首領的，應當像服事人的。  哪一個大呢？是坐著吃喝的還是服事人的呢？不是坐著吃喝的嗎？然而我在你們中間，如同服事人的。 (Luke 22:26-27)

If anyone wants to be first, he must be the last of all and the servant of all. 耶穌坐下，叫十二門徒來，對他們說：“誰想為首，就該作眾人中最末的一個，作眾人的僕人。” (Mark 9:35)

*停下来，反思这些圣经给我们的确据。*

**感恩**

You raised up Pharaoh for this purpose, that You might show him Your power and that Your name might be proclaimed through all the earth. 然而我使你存留，是為了使你看見我的能力，並且在全地上傳講我的名。 (Exodus 9:16)

Others may intend evil, but You can use it for good to accomplish Your loving purposes. 從前你們有意要害我，但　神有美好的意思在其中，為要成就今日的光景，使許多人的性命得以保全。 (Genesis 50:20)

*停下来，献上你自己的感恩之意*

**结束祷告**

There is none like You, O Lord;

You are great, and Your name is mighty in power.

Who should not revere You, O King of the nations?

It is Your rightful due.

For among all the wise men of the nations

And in all their kingdoms,

There is no one like You. 耶和華啊！沒有可以跟你相比的；你是偉大的，你的名大有能力。  萬國的王啊！誰敢不敬畏你呢？這是你應得的。因為在列國所有的智慧人中，以及在他們的全國裡，沒有可以跟你相比的。 (Jeremiah 10:6-7)

Father in heaven,

Hallowed be Your name.

Your kingdom come;

Your will be done

On earth as it is in heaven. 所以你們要這樣祈禱：‘我們在天上的父，願你的名被尊為聖，  願你的國降臨，願你的旨意成就在地上，如同在天上一樣。 (Matthew 6:9-10)

Day 19

**敬拜尊崇**

The Lord of hosts is wonderful in counsel and great in wisdom. 這也是出於萬軍之耶和華，他的謀略奇妙，他的智慧廣大。 (Isaiah 28:29)

You are the Lord,

And there is no savior besides You.

From ancient days You are He,

And no one can deliver out of Your hand;

You act, and who can reverse it? 唯有我是耶和華；除我以外，並沒有拯救者。  自頭一天以來，我就是‘那位’；誰也不能救人脫離我的手；我要行事，誰能攔阻呢？” (Isaiah 43:11, 13)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Lord Jesus, You were despised and rejected by men,

A man of sorrows, and acquainted with grief.

And like one from whom men hide their faces,

You were despised, and we did not esteem You.

Surely You have borne our infirmities

And carried our sorrows;

Yet we considered You stricken,

Smitten by God, and afflicted.

But You were pierced for our transgressions,

You were crushed for our iniquities;

The punishment that brought us peace was upon You,

And by Your wounds we are healed.

All of us like sheep have gone astray,

Each of us has turned to his own way,

And the Lord has laid on You the iniquity of us all. 他被藐視，被人拒絕，是個多受痛苦，熟悉病患的人。他像個被人掩面不看的人一樣；他被藐視，我們也不重視他。  原來他擔當了我們的病患，背負了我們的痛苦；我們卻以為他受責打，被　神擊打和苦待了。  然而他是為了我們的過犯被刺透，為了我們的罪孽被壓傷；使我們得平安的懲罰加在他身上，因他受了鞭傷，我們才得醫治。  我們眾人都如羊走迷了路，各人偏行己路；耶和華卻把我們眾人的罪孽，都歸在他身上。 (Isaiah 53:3-6)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not become weary in doing good, for at the proper time I will reap a harvest if I do not give up. 我們行善，不要覺得厭煩；如果不鬆懈，到了適當的時候，就有收成。 (Galatians 6:9)

May I not grieve the Holy Spirit of God by whom I was sealed for the day of redemption. 不可讓　神的聖靈憂傷，因為你們受了他的印記，等候得贖的日子。 (Ephesians 4:30)

May I work out my salvation with fear and trembling, for it is God who works in me to will and to act according to His good purpose. 這樣看來，我所親愛的，你們素來是順服的，（不但我在你們那裡的時候是這樣，現今我不在，你們更要順服，）就應當恐懼戰兢地作成自己的救恩。  　神為了成全自己的美意，就在你們裡面動工，使你們可以立志和行事。 (Philippians 2:12-13)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I obey those who are in authority over me with fear and trembling and with sincerity of heart, as to Christ; not with external service as a pleaser of men, but as a slave of Christ, doing the will of God from my heart. With good will may I serve as to the Lord and not to men, knowing that I will receive back from the Lord whatever good I do. 你們作僕人的，要存著敬畏、戰兢和真誠的心，聽從世上的主人，好像聽從基督一樣。  作事不要只作給人看，像那些討人歡心的一樣，卻要像基督的僕人，從心裡遵行　神的旨意，  甘心服務，像是服事主，不是服事人。  你們知道，無論是奴僕或自由的人，如果作了甚麼善事，都必從主那裡得到賞賜。 (Ephesians 6:5-8)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May the Lord make me increase and abound in my love for believers and for unbelievers. 又願主叫你們彼此相愛的心，和愛眾人的心，都充充足足，多而又多，好像我們愛你們一樣。 (1 Thessalonians 3:12)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

Jesus is Your beloved Son in whom You are well pleased. 又有聲音從天上來，說：“這是我的愛子，我所喜悅的。” 又有聲音從天上來說：“你是我的愛子，我喜悅你。” 聖靈仿佛鴿子，有形體地降在他身上；有聲音從天上來，說：“你是我的愛子，我喜悅你。” (Matthew 3:17; Mark 1:11; Luke 3:22)

Jesus is the Christ, the Son of the living God. 西門．彼得回答：“你是基督，是永生　神的兒子。” (Matthew 16:16)

Jesus is the Christ, the Son of God, who came into the world. 她說：“主啊，我信；我已經信了，你是基督，是　神的兒子，是那要到世上來的。” (John 11:27)

Jesus is Your Son, whom You have chosen. 有聲音從雲彩裡出來，說：“這是我的兒子，我所揀選的（“這是我的兒子，我所揀選的”有些抄本作“這是我的愛子”），你們要聽從他！” (Luke 9:35)

The Father loves the Son and has given all things into His hand. 父愛子，已經把萬有交在他手裡。 (John 3:35)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I will give thanks to the Lord, for He is good;

His love endures forever. 你們要稱謝耶和華，因他是良善的，他的慈愛永遠常存。 (1 Chronicles 16:34)

In my distress I called to the Lord

And cried to my God for help.

He heard my voice from His temple,

And my cry came before Him, into His ears.

He brought me out into a broad place;

He rescued me because He delighted in me. 急難臨到我的時候，我求告耶和華，我向我的　神呼求；他從殿中聽了我的聲音，我在他面前的呼求進了他的耳中。  他又領我出去，到那寬闊之地；他搭救我，因為他喜悅我。 (Psalm 18:6, 19)

*停下来，献上你自己的感恩之意*

**结束祷告**

“I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a future and a hope.” 因我自己知道我為你們所定的計劃，是使你們得平安，而不是遭受災禍的計劃；要賜給你們美好的前程和盼望。’這是耶和華的宣告。 (Jeremiah 29:11)

Peace You leave with me; Your peace You give to me. Not as the world gives, do You give to me. I will not let my heart be troubled nor let it be fearful. 我留下平安給你們，我把自己的平安賜給你們；我給你們的，不像世界所給的。你們心裡不要難過，也不要恐懼。 (John 14:27)

Day 20

**敬拜尊崇**

Thus says the Lord, your Redeemer,

Who formed you in the womb:

I am the Lord, who makes all things,

Who alone stretches out the heavens,

Who spread out the earth by Myself. 你的救贖主，就是那在母胎中就造了你的耶和華這樣說：“我耶和華是創造萬物的，我是獨自展開諸天，鋪張大地的。 (Isaiah 44:24)

Blessing and glory and wisdom

And 感恩 and honor and power and strength

Be to our God for ever and ever. Amen. 說：“阿們！願頌讚、榮耀、智慧、感謝、尊貴、權能、力量，都歸給我們的　神，直到永永遠遠。阿們！” (Revelation 7:12)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

All a man’s ways are pure in his own eyes,

But the Lord weighs the motives. 人看自己一切所行的，都是清潔的；耶和華卻衡量人心。 (Proverbs 16:2)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I revere this glorious and awesome name—the Lord my God. “如果你不謹守遵行寫在這書上的這律法的一切話，不敬畏這榮耀和可畏的名，就是耶和華你的　神， (Deuteronomy 28:58)

May I serve the Lord with fear and rejoice with trembling. 你們要以敬畏的態度事奉耶和華，又應當存戰兢的心而歡呼。 (Psalm 2:11)

May I give You my heart

And let my eyes delight in Your ways. 我兒，把你的心給我；你的眼目要關注我的道路。 (Proverbs 23:26)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I learn to be content in whatever circumstances I am. Whether I am abased or in abundance, whether I am filled or hungry, let me learn the secret of being content in any and every situation. I can do all things through Him who strengthens me. 我並不是因為缺乏才這樣說：我已經學會了，無論在甚麼情況之下都可以知足。  我知道怎樣處卑賤，也知道怎樣處富裕；我已經得了祕訣，無論在任何情況之下，或是飽足，或是飢餓，或是富裕，或是缺乏，都可以知足。  我靠著那加給我能力的，凡事都能作。 (Philippians 4:11-13)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

We have acted very corruptly toward You and have not obeyed the commandments, statutes, and ordinances which You commanded Your servant Moses. 我們故意行極大的惡事得罪你，沒有遵守你吩咐你僕人摩西的誡命、律例和典章。 (Nehemiah 1:7)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

Christ was in the world, and the world was made through Him, and the world did not know Him. He came to His own, but His own did not receive Him. 他在世界，世界也是藉著他造的，世界卻不認識他。  他到自己的地方來，自己的人卻不接受他。 (John 1:10-11)

No one has ever seen God, but the only begotten God, who is in the bosom of the Father, has made Him known. 從來沒有人見過　神，只有在父懷裡的獨生子把他彰顯出來。 (John 1:18)

*停下来，反思这些圣经给我们的确据。*

**感恩**

God’s power toward us who believe is according to the working of His mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. 　神照著他強大的力量，向我們信他的人顯出的能力，是何等的浩大。  這力量運行在基督身上，使他從死人中復活，並且在天上坐在自己的右邊，  遠超過一切執政的、掌權的、有能的、作主的，和今生來世所能舉出的一切名銜。 (Ephesians 1:19-21)

God, who is rich in mercy, because of His great love with which He loved me, made me alive with Christ, even when I was dead in transgressions; it is by grace I have been saved. 然而　神滿有憐憫，因著他愛我們的大愛，  就在我們因過犯死了的時候，使我們與基督一同活過來，（你們得救是靠著恩典，） (Ephesians 2:4-5)

*停下来，献上你自己的感恩之意*

**结束祷告**

Now to Him who is able to establish us by the gospel and the proclamation of Jesus Christ, according to the revelation of the mystery which was kept secret for long ages past, but now is manifested, and through the Scriptures of the prophets by the command of the eternal God, has been made known to all nations for obedience to the faith—to the only wise God, through Jesus Christ, be the glory forever. Amen. 　神能依照我所傳的福音和耶穌基督所傳的信息，照著他奧祕的啟示，堅定你們。  這奧祕自古以來祕而不宣，但現在藉著眾先知所寫的，照著永恆的　神的諭旨，已經向萬國顯明出來，使他們相信而順服。  願榮耀藉著耶穌基督，歸給獨一全智的　神，直到永遠。阿們。 (Romans 16:25-27)

Day 21

**敬拜尊崇**

I will express the memory of Your abundant goodness

And joyfully sing of Your righteousness.

The Lord is gracious and compassionate,

Slow to anger, and great in lovingkindness.

The Lord is good to all,

And His tender mercies are over all His works. 他們要傳述你可記念、至善的名，也要歌唱你的公義。  耶和華有恩典有憐憫，不輕易發怒，大有慈愛。  耶和華善待萬有，他的憐憫臨到他一切所造的。 (Psalm 145:7-9)

My Redeemer, the Lord of hosts is Your name;

You are the Holy One of Israel. 我們的救贖主，他的名字是萬軍之耶和華、以色列的聖者，他說： (Isaiah 47:4)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Out of the depths I have called to You, O Lord.

O Lord, hear my voice,

And let Your ears be attentive

To the voice of my supplications.

If You, Lord, should mark iniquities,

O Lord, who could stand?

But there is forgiveness with You,

That You may be feared. 耶和華啊！我從深處向你呼求。（本節在《馬索拉抄本》包括細字標題）  主啊！求你聽我的聲音，求你留心聽我懇求的聲音。  耶和華啊！如果你究察罪孽，主啊！誰能站立得住呢？  但你有赦免之恩，為要使人敬畏你。 (Psalm 130:1-4)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

If I died with Christ, I believe that I will also live with Him, knowing that Christ, having been raised from the dead, cannot die again; death no longer has dominion over Him. For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. In the same way, may I consider myself to be dead to sin, but alive to God in Christ Jesus. 我們既然與基督同死，就信也必與他同活。  我們知道，基督既然從死人中復活，就不再死，死也不再轄制他了。  他死，是向罪死了，只有這一次；他活，是向　神活著。  你們也應當這樣，向罪算自己是死的，在基督耶穌裡，向　神卻是活的。 (Romans 6:8-11)

Having begun in the Spirit, may I not seek to be perfected by the flesh. 你們是這樣的無知嗎？你們既然靠著聖靈開始，現在還要靠著肉體成全嗎？ (Galatians 3:3)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not hate my brother in my heart, but reprove my neighbor frankly and not incur sin because of him. “你不可心裡恨你的兄弟；應坦誠責備你的鄰舍，免得你因他擔當罪過。 (Leviticus 19:17)

May I not take vengeance or bear a grudge against others, but love my neighbor as myself. 不可報復，也不可向你的族人懷恨，卻要愛你的鄰舍好像愛自己；我是耶和華。 (Leviticus 19:18)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Finally, brethren, pray for us that the word of the Lord may spread rapidly and be glorified, just as it is with you, and that we may be delivered from perverse and evil men, for not all have faith. 最後，弟兄們，請為我們禱告，好叫主的道也像在你們那裡一樣快快傳開，得著榮耀，  也使我們能夠脫離那些不講理的惡人，因為不是人人都有信心。 (2 Thessalonians 3:1-2)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

If the many died by the trespass of the one man, how much more did the grace of God and the gift that came by the grace of the one Man, Jesus Christ, abound to the many. And the gift of God is not like the result of the one man’s sin, for the judgment followed one sin and brought condemnation, but the gift followed many trespasses and brought justification. 但恩賞和過犯是截然不同的；如果因著那一人的過犯，眾人都死了，　神的恩典和這一人耶穌基督在恩典裡的賞賜，對眾人就更加豐盛了。  這賞賜和那一人犯罪的後果也是不同的；因為審判是由一人而來，以致定罪，恩賞卻由許多過犯而來，以致稱義。 (Romans 5:15-16)

The law was added that the transgression might increase. But where sin increased, grace abounded all the more, so that just as sin reigned in death, so also grace might reign through righteousness to bring eternal life through Jesus Christ our Lord. 律法的出現，是要叫過犯增多；然而罪在哪裡增多，恩典就更加增多了。  罪藉著死掌權；照樣，恩典也藉著義掌權，使人藉著我們的主耶穌基督進入永生。 (Romans 5:20-21)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Once I was alienated from God and was an enemy in my mind because of my evil works. But now He has reconciled me by His fleshly body through death to present me holy and blameless in His sight and free from reproach. 雖然你們從前也是和　神隔絕，心思上與他為敵，行為邪惡，  但現今　神在愛子的肉身上，藉著他的死，使你們與　神和好了，為了要把你們這些聖潔、無瑕疵、無可指摘的人，呈獻在他面前。 (Colossians 1:21-22)

My citizenship is in heaven, from which I also eagerly await a Savior, the Lord Jesus Christ, who will transform my lowly body and conform it to His glorious body, according to the exertion of His ability to subject all things to Himself. 但我們是天上的公民，切望救主，就是主耶穌基督，從天上降臨；  他要運用那使萬有歸服自己的大能，改變我們這卑賤的身體，和他榮耀的身體相似。 (Philippians 3:20-21)

*停下来，献上你自己的感恩之意*

**结束祷告**

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort. 我們主耶穌基督的父　神是應當稱頌的。他是滿有憐憫的父，賜各樣安慰的　神。 (2 Corinthians 1:3)

The God of hope will fill me with all joy and peace as I trust in Him, so that I may overflow with hope by the power of the Holy Spirit. 願那賜盼望的　神，因著你們的信，把一切喜樂平安充滿你們，使你們靠著聖靈的大能滿有盼望。 (Romans 15:13)

Day 22

**敬拜尊崇**

You are the Lord; You do not change. 萬軍之耶和華說：“因為我耶和華是不改變的，所以你們雅各的子孫也不會滅沒。 (Malachi 3:6)

God is light; in Him there is no darkness at all. 　神是光，在他裡面毫無黑暗；這就是我們從他那裡聽見，現在傳給你們的信息。 (1 John 1:5)

Fear God and give Him glory, because the hour of His judgment has come. Worship Him who made the heavens and the earth, the sea and the springs of water. 他大聲說：“應當敬畏　神，把榮耀歸給他！因為他審判的時候到了，應當敬拜創造天、地、海和眾水泉源的那一位！” (Revelation 14:7)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

My ears had heard of You

But now my eyes have seen You.

Therefore I despise myself

And repent in dust and ashes. 我從前只是風聞有你，但現在親眼看見你。  因此我厭惡自己，在塵土和灰燼中懊悔。” (Job 42:5-6)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I not let any corrupt word come out of my mouth, but only what is helpful for building others up according to their needs, that it may impart grace to those who hear. 一句壞話也不可出口，卻要適當地說造就人的好話，使聽見的人得益處。 (Ephesians 4:29)

I have been born again, not of perishable seed, but of imperishable, through the living and abiding word of God. Therefore, may I put away all malice and all guile and hypocrisy and envy and all slander. 你們得了重生，並不是由於能壞的種子，卻是由於不能朽壞的，就是藉著　神永活長存的道。 (1 Peter 1:23; 2:1)

Since I have been approved by God to be entrusted with the gospel, let me speak not as pleasing men but God, who tests my heart. May I not seek glory from men. 相反地，　神既然考驗過我們，把福音委託給我們，我們就傳講，不像是討人歡心的，而是討那察驗我們心思的　神的喜悅。  也沒有向你們或別人求取人的榮譽。 (1 Thessalonians 2:4, 6)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not follow the crowd in doing wrong. 不可隨眾行惡，不可在訴訟的事上隨眾說歪曲正義的話； (Exodus 23:2)

May I not accept a bribe, for a bribe blinds those who see and perverts the words of the righteous. 不可受賄賂，因為賄賂能使明眼人變瞎，又能歪曲義人的話。 (Exodus 23:8)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Salvation belongs to the Lord.

May Your blessing be on Your people. 救恩屬於耶和華，願你賜福給你的子民。（細拉） (Psalm 3:8)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

God set me apart from my mother’s womb and called me through His grace. 然而，當我在母腹裡就把我分別出來，又用他的恩呼召我的那一位， (Galatians 1:15)

I have believed in the Lord Jesus, so that I will be saved—me and my household. 他們說：“當信主耶穌，你和你一家人都必定得救。” (Acts 16:31)

He who is joined to the Lord is one with Him in spirit. 但那與主聯合的，就是與他成為一靈了。 (1 Corinthians 6:17)

None of us lives to himself alone and none of us dies to himself alone. If we live, we live to the Lord; and if we die, we die to the Lord. So, whether we live or die, we belong to the Lord. 我們沒有一個人為自己活，也沒有一個人為自己死。我們若活著，是為主而活；  我們若死了，是為主而死。所以，我們無論活著或是死了，總是屬於主的人。 (Romans 14:7-8)

*停下来，反思这些圣经给我们的确据。*

**感恩**

When I was dead in my trespasses and in the uncircumcision of my flesh, God made me alive with Christ. He forgave me all my trespasses, having canceled the written code, with its regulations, that was against me and was contrary to me; He took it away, nailing it to the cross. And having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross. 你們因著過犯和肉體未受割禮，原是死的，然而　神赦免了我們的一切過犯，使你們與基督一同活過來，  塗抹了那寫在規條上反對我們、與我們為敵的字句，並且把這字句從我們中間拿去，釘在十字架上。  他既然靠著十字架勝過了一切執政掌權的，廢除了他們的權勢，就在凱旋的行列中，把他們公開示眾。 (Colossians 2:13-15)

God did not appoint me to suffer wrath but to obtain salvation through my Lord Jesus Christ. He died for me, so that, whether I am awake or asleep, I may live together with Him. 因為　神不是定意要我們受刑罰（“刑罰”原文作“忿怒”），而是要我們藉著我們的主耶穌基督得著救恩。  基督替我們死，使我們無論是醒著或睡著，都和他一同活著。 (1 Thessalonians 5:9-10)

*停下来，献上你自己的感恩之意*

**结束祷告**

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit are with us. 願主耶穌基督的恩惠，　神的慈愛，聖靈的契通，常與你們眾人同在。 (2 Corinthians 13:14)

Blessed be the Lord forever!

Amen and Amen. 耶和華是應當稱頌的，直到永遠！阿們，阿們！ (Psalm 89:52)

Day 23

**敬拜尊崇**

Will God indeed dwell on earth? Heaven and the highest heaven cannot contain You. “　神真的住在地上嗎？看哪！天和天上的天尚且不能容納你，何況我建造的這殿呢？ (1 Kings 8:27)

God’s voice thunders in marvelous ways;

He does great things which we cannot comprehend. 　神以奇妙的方法打雷，他行大事，我們不能了解。 (Job 37:5)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

O Lord, do not rebuke me in Your anger

Or chasten me in Your wrath.

Be merciful to me, Lord, for I am weak;

O Lord, heal me, for my bones are in distress.

My soul also is greatly troubled;

But You, O Lord, how long? 耶和華啊！求你不要在烈怒中責備我，也不要在氣忿中管教我。  耶和華啊！求你恩待我，因為我軟弱；耶和華啊！求你醫治我，因為我的骨頭發抖。  我的心也大大戰慄，耶和華啊！要等到幾時呢？ (Psalm 6:1-3)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I be self-controlled and alert; my adversary the devil prowls around like a roaring lion looking for someone to devour. But may I resist him, standing firm in the faith, knowing that my brothers throughout the world are undergoing the same kind of sufferings. 你們要謹守、警醒。你們的仇敵魔鬼，好像吼叫的獅子走來走去，尋找可以吞吃的人；  你們要用堅強的信心抵擋他，因為知道你們在世上的弟兄，也經歷過同樣的苦難。 (1 Peter 5:8-9)

I will stand firm, having girded my waist with truth, having put on the breastplate of righteousness, and having shod my feet with the readiness of the gospel of peace; above all, taking up the shield of faith with which I will be able to quench all the fiery darts of the evil one. I will take the helmet of salvation and the sword of the Spirit, which is the word of God. With all prayer and 个人祈求, I will pray always in the Spirit, and to this end I will be watchful with all perseverance and 个人祈求 for all the saints. 因此，你們要站穩，用真理當帶子束腰，披上公義的胸甲，  把和平的福音預備好了，當作鞋子，穿在腳上，  拿起信心的盾牌，用來撲滅那惡者所有的火箭；  並且要戴上救恩的頭盔，拿起聖靈的寶劍，就是　神的道，  藉著各樣的禱告和祈求，隨時在聖靈裡祈禱，並且要在這事上恆久警醒，為眾聖徒祈求。 (Ephesians 6:14-18)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Oh, that You would bless me and enlarge my territory! Let Your hand be with me and keep me from evil, so it may not grieve me. 雅比斯呼求以色列的　神說：“深願你大大地賜福給我，擴張我的境界，你的能力常與我同在，保護我免遭災禍，不受痛苦。”　神就應允了他所求的。 (1 Chronicles 4:10)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Grace has been given to each one of us according to the measure of the gift of Christ. And He gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, for the equipping of the saints for the work of ministry, for the building up of the body of Christ. 我們各人蒙恩，是照著基督量給我們的恩賜。  他所賜的，有作使徒的，有作先知的，有作傳福音的，也有作牧養和教導的，  為的是要裝備聖徒，去承擔聖工，建立基督的身體； (Ephesians 4:7, 11-12)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

As Moses lifted up the serpent in the desert, so the Son of Man had to be lifted up, that everyone who believes in Him may have eternal life. 摩西在曠野怎樣把銅蛇舉起，人子也必照樣被舉起來，  使所有信他的人都得永生。 (John 3:14-15)

He who believes in God’s Son is not condemned, but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God. 信他的，不被定罪；不信的，罪已經定了，因為他不信　神獨生子的名。 (John 3:18)

*停下来，反思这些圣经给我们的确据。*

**感恩**

We should not be ignorant about those who fall asleep or grieve like the rest of men, who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who have fallen asleep in Jesus. According to the Lord’s own word, we who are alive and remain until the coming of the Lord will not precede those who have fallen asleep. For the Lord Himself will come down from heaven, with a loud command, with the voice of the archangel, and with the trumpet of God, and the dead in Christ will rise first. Then we who are alive and remain will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. 弟兄們，論到睡了的人，我們不願意你們不知道，免得你們憂傷，像那些沒有盼望的人一樣。  我們若信耶穌死了，又復活了，照樣，也應該相信那些靠著耶穌已經睡了的人，　神必定把他們和耶穌一同帶來。  我們現在照著主的話告訴你們：我們這些活著存留到主再來的人，絕不能在那些睡了的人以先。  因為主必親自從天降臨，那時，有發令的聲音，有天使長的呼聲，還有　神的號聲，那些在基督裡死了的人必先復活；  然後，我們還活著存留的人，必和他們一同被提到雲裡，在空中與主相會。這樣，我們就要和主常常同在。 (1 Thessalonians 4:13-17)

*停下来，献上你自己的感恩之意*

**结束祷告**

You are my hiding place;

You will preserve me from trouble

And surround me with songs of deliverance. 你是我藏身之處，你必保護我脫離患難，以得救的歡呼四面環繞我。（細拉） (Psalm 32:7)

You will instruct me and teach me in the way I should go;

You will counsel me and watch over me. 我要教導你，指示你應走的路；我要勸戒你，我的眼睛看顧你。 (Psalm 32:8)

Day 24

**敬拜尊崇**

Praise the Lord!

Praise the Lord, O my soul!

I will praise the Lord while I live;

I will sing praises to my God while I have my being. 你們要讚美耶和華。我的心哪！要讚美耶和華。  我還活著的時候，我要讚美耶和華；我還在世上的時候，我要歌頌我的　神。 (Psalm 146:1-2)

My mouth will speak the praise of the Lord,

And all flesh will bless His holy name for ever and ever. 我的口要說讚美耶和華的話；願所有的人都永永遠遠稱頌他的聖名。 (Psalm 145:21)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

O my God, I am too ashamed and disgraced to lift up my face to you, my God, because my sins have risen higher than my head and my guilt has reached to the heavens. 禱告說：‘我的　神啊，我感覺羞恥慚愧，不敢向我的　神你仰面；因為我們的罪孽多至滅頂，我們的罪過滔天。 (Ezra 9:6)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

My attitude should be the same as that of Christ Jesus, who, being in the form of God, did not consider equality with God something to be grasped, but emptied Himself, taking the form of a servant, being made in the likeness of men. And being found in appearance as a man, He humbled Himself and became obedient to death, even death on a cross. 你們應當有這樣的意念，這也是基督耶穌的意念。（全節或譯：“你們當以基督耶穌的心為心。”）  他本來有　神的形象，卻不堅持自己與　神平等的地位，  反而倒空自己，取了奴僕的形象，成為人的樣式；  既然有人的樣子，就自甘卑微，順服至死，而且死在十字架上。 (Philippians 2:5-8)

May I not seek my own interests, but those of Christ Jesus. 因為大家只顧自己的事，而不理耶穌基督的事。 (Philippians 2:21)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be strong and not lose courage, for my work will be rewarded. 但你們要堅強，不要膽怯，因為你們所行的，必有賞報。” (2 Chronicles 15:7)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

We must encourage one another daily, as long as it is still called “Today,” lest any of us be hardened by the deceitfulness of sin. 趁著還有叫作“今天”的時候，總要天天互相勸勉，免得你們中間有人受了罪惡的誘惑，心裡就剛硬了。 (Hebrews 3:13)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

Christ is the end of the law for righteousness to everyone who believes. 因為律法的終極就是基督，使所有信的人都得著義。 (Romans 10:4)

Faith comes from hearing, and hearing by the word of Christ. 可見信心是從所聽的道來的，所聽的道是藉著基督的話來的。 (Romans 10:17)

My faith does not rest on the wisdom of men, but on the power of God. 使你們的信不是憑著人的智慧，而是憑著　神的能力。 (1 Corinthians 2:5)

*停下来，反思这些圣经给我们的确据。*

**感恩**

It is a trustworthy saying, that deserves full acceptance, that Christ Jesus came into the world to save sinners. I obtained mercy as the worst of sinners, so that Christ Jesus might display His unlimited patience as an example for those who would believe on Him for eternal life. “基督耶穌降世，為要拯救罪人。”這話是可信的，是值得完全接納的。在罪人中我是個罪魁。  可是，我竟然蒙了憐憫，好讓基督耶穌在我這個罪魁身上，顯明他完全的忍耐，給後來信他得永生的人作榜樣。 (1 Timothy 1:15-16)

God has saved me and called me with a holy calling, not according to my works but according to His own purpose and grace. (2 Timothy 1:9a)

*停下来，献上你自己的感恩之意*

**结束祷告**

There is now no condemnation for those who are in Christ Jesus, because the law of the Spirit of life in Christ Jesus has set me free from the law of sin and death. 所以現在，那些在耶穌基督裡的人就不被定罪了；  因為生命之靈的律在基督耶穌裡使我自由，脫離了罪和死的律。 (Romans 8:1-2)

In Christ I have obtained an inheritance, having been predestined according to the plan of Him who works all things according to the counsel of His will, that we who have trusted in Christ should be to the praise of His glory. 那憑著自己旨意所計劃而行萬事的，按著他預先所安排的，預定我們在基督裡得基業（“得基業”或譯：“成為　神的產業”），  藉著我們這在基督裡首先有盼望的人，使他的榮耀得著頌讚。 (Ephesians 1:11-12)

Day 25

**敬拜尊崇**

To God belong wisdom and power;

Counsel and understanding are His. 他有智慧與能力，又有謀略與聰明。 (Job 12:13)

You are holy;

You are enthroned on the praise of Israel. 但你是聖潔的，是用以色列的讚美為寶座的。 (Psalm 22:3)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

What is man that You should magnify him,

That you should set Your heart on him,

That You examine him every morning

And test him every moment? 人算甚麼，你竟看他為大，又把他放在心上；  每天早晨你都鑒察他，每時每刻你也試驗他。 (Job 7:17-18)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I flee youthful lusts and pursue righteousness, faith, love, and peace, with those who call on the Lord out of a pure heart. 你應當逃避年輕人的私慾，要和那些以清潔的心求告主的人，一同追求公義、信心、愛心、和平。 (2 Timothy 2:22)

May I avoid foolish and ignorant disputes, knowing that they produce quarrels. The Lord’s servant must not quarrel, but be gentle toward all, able to teach, and patient. 你要拒絕愚蠢無知的問難；你知道這些事會引起爭論。  但主的僕人卻不可爭論，總要待人溫和，善於教導，存心忍耐， (2 Timothy 2:23-24)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

This is the will of God, my sanctification, that I abstain from immorality and learn to possess my own vessel in sanctification and honor. For God did not call me to be impure, but to live a holy life. 　神的旨意是要你們聖潔，遠避淫行；  要你們各人曉得怎樣用聖潔尊貴的方法保守自己的身體（“身體”原文作“器皿”）；  　神呼召我們，不是要我們沾染污穢，而是要我們聖潔。 (1 Thessalonians 4:3-4, 7)

**灵命的洞察**

**对神的话的理解和洞察**

**理解我在基督里的身份**

**我是谁**

**我从哪里来**

**我要去哪里**

**理解我生命中神的目的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I owe nothing to anyone except to love them, for he who loves his neighbor has fulfilled the law. For the commandments, “You shall not commit adultery,” “You shall not murder,” “You shall not steal,” “You shall not covet,” and if there is any other commandment, it is summed up in this saying: “You shall love your neighbor as yourself.” Love does no harm to a neighbor; therefore love is the fulfillment of the law. 不要欠人的債；但在彼此相愛的事上，要覺得是欠了人的債。愛別人的，就成全了律法。  那“不可姦淫，不可殺人，不可偷盜，不可貪心”等等的誡命，都包括在“愛人如己”這一句話裡面了。  愛是不加害於人的，所以愛是成全律法的。 (Romans 13:8-10)

**信徒**

**个人朋友**

**事工中的信徒**

**那些受到压迫和有需要的**

**特别关心的**

**信靠顺服**

In Christ are hidden all the treasures of wisdom and knowledge. 一切智慧和知識的寶庫都蘊藏在基督裡面。 (Colossians 2:3)

In Christ all the fullness of the Godhead lives in bodily form. 因為　神本性的一切豐盛，都有形有體地住在基督裡面， (Colossians 2:9)

I have set my hope on the living God, who is the Savior of all men, especially of those who believe. 我們也是為這緣故勞苦努力，因為我們的盼望在於永活的　神。他是萬人的救主，更是信徒的救主。 (1 Timothy 4:10)

*停下来，反思这些圣经给我们的确据。*

**感恩**

God’s grace was given to us in Christ Jesus before the beginning of time and has now been revealed through the appearing of our Savior, Christ Jesus, who abolished death and brought life and immortality to light through the gospel. (2 Timothy 1:9b-10)

The grace of my Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus. 我們主的恩典，隨著在基督耶穌裡的信心和愛心，在我身上越發增加。 (1 Timothy 1:14)

*停下来，献上你自己的感恩之意*

**结束祷告**

I have seen You in the sanctuary

And beheld Your power and Your glory.

Because Your lovingkindness is better than life,

My lips will praise You.

So I will bless You as long as I live;

I will lift up my hands in Your name.

My soul will be satisfied as with the richest of foods,

And my mouth will praise You with joyful lips. 因此，我在聖所中瞻仰你，為要見你的能力和榮耀。  因你的慈愛比生命更好，我的嘴唇要頌讚你。  我要一生稱頌你，我要奉你的名舉手禱告。  我的心滿足，就像飽享了骨髓肥油；我要用歡樂的嘴唇讚美你。 (Psalm 63:2-5)

God is able to do immeasurably more than all that we ask or think, according to His power that is at work within us. To Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever. 願榮耀歸給　神，就是歸給那能照著運行在我們裡面的大能，充充足足地成就一切，超過我們所求所想的。  願榮耀在教會中和基督耶穌裡歸給他，直到萬代，永世無窮。阿們。 (Ephesians 3:20-21)

Day 26

**敬拜尊崇**

You, O Lord, are a compassionate and gracious God,

Slow to anger, and abounding in lovingkindness and truth. 但是，主啊！你是有憐憫有恩典的　神，你不輕易發怒，並且有極大的慈愛和信實。 (Psalm 86:15)

My flesh trembles for fear of You;

I stand in awe of Your judgments. 我因懼怕你而戰慄；我畏懼你的審判。 (Psalm 119:120)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Good and upright is the Lord;

Therefore He instructs sinners in His ways.

The Lord guides the humble in what is right

And teaches the humble His way. 耶和華是良善和正直的，因此他必指示罪人走正路。  他必引導謙卑的人行正義，把他的道路教導謙卑的人。 (Psalm 25:8-9)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

My son, keep my words

And store up my commands within you.

Keep my commands and live,

And my law as the apple of your eye.

Bind them on your fingers;

Write them on the tablet of your heart.

Say to wisdom, “You are my sister,”

And call understanding your kinsman. 我兒，要遵守我的話，把我的誡命珍藏在心裡；  遵守我的誡命，你就可以存活；遵守我的訓誨，好像護衛你眼中的瞳人。  要把它們繫在你的指頭上，刻在你的心版上。  要對智慧說：“你是我的姊妹”，要稱呼聰明為親人； (Proverbs 7:1-4)

May I carefully observe all the commandment to love the Lord my God, to walk in all His ways and to hold fast to Him. 如果你們殷勤謹守遵行我吩咐你們的這一切誡命，愛耶和華你們的　神，行他的一切道路，又緊緊地依靠他， (Deuteronomy 11:22)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be an example for other believers in speech, in behavior, in love, in faith, and in purity. 不要叫人小看你年輕，總要在言語、行為、愛心、信心和純潔上，都作信徒的榜樣。 (1 Timothy 4:12)

**同他人的关系**

**对他人更大的爱和同情**

**所爱的人**

**那些不认识神的**

**那些有需要的**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I have mercy on those who are doubting. 有些人心裡疑惑，你們要憐憫他們； (Jude 22)

**传福音**

**朋友**

**亲戚**

**邻居**

**同事**

**特别的机会**

**信靠顺服**

During the days of His flesh, Jesus offered up prayers and 个人祈求s with loud cries and tears to the One who could save Him from death, and He was heard because of His devoutness. Although He was a Son, He learned obedience by the things which He suffered; and being perfected, He became the source of eternal salvation for all who obey Him, being designated by God as a high priest according to the order of Melchizedek. 基督在世的時候，曾經流淚大聲禱告懇求那位能救他脫離死亡的　神；因著他的敬虔，就蒙了應允。  他雖然是兒子，還是因著所受的苦難學會了順從。  他既然順從到底，就成了所有順從他的人得到永遠救恩的根源；  而且蒙　神照著麥基洗德的體系，稱他為大祭司。 (Hebrews 5:7-10)

When Christ came as high priest of the good things that have come, He went through the greater and more perfect tabernacle that is not made with hands, that is to say, not a part of this creation. Not through the blood of goats and calves but through His own blood, He entered the Most Holy Place once for all, having obtained eternal redemption. 但基督已經來了，作了已經實現的美好事物的大祭司；他經過更大、更完備的會幕（不是人手所做的，也就是不屬於這被造的世界的）。  他不是用山羊和牛犢的血，而是用自己的血，只一次進了至聖所，就得到了永遠的救贖。 (Hebrews 9:11-12)

*停下来，反思这些圣经给我们的确据。*

**感恩**

We are looking for the blessed hope and the glorious appearing of our great God and Savior, Christ Jesus, who gave Himself for us to redeem us from all iniquity and to purify for Himself a people for His own possession, zealous for good works. 等候那有福的盼望，就是我們偉大的　神，救主耶穌基督榮耀的顯現。  他為我們捨己，為的是要救贖我們脫離一切不法的事，並且潔淨我們作他自己的子民，熱心善工。 (Titus 2:13-14)

The Lord will deliver me from every evil work and will bring me safely to His heavenly kingdom. To Him be glory forever and ever. 主必救我脫離一切邪惡的事，也必救我進入他天上的國。願榮耀歸給他，直到永永遠遠。阿們。 (2 Timothy 4:18)

*停下来，献上你自己的感恩之意*

**结束祷告**

God comforts us in all our afflictions, so that we can comfort those in any affliction with the comfort we ourselves have received from God. 我們在一切患難中，　神都安慰我們，使我們能用他所賜的安慰，去安慰那些在各樣患難中的人。 (2 Corinthians 1:4)

Satisfy us in the morning with Your loyal love,

That we may sing for joy and be glad all our days. 求你使我們早晨飽嘗你的慈愛，好使我們一生一世歡呼喜樂。 (Psalm 90:14)

Day 27

**敬拜尊崇**

The Lord is righteous in all His ways

And gracious in all His works. 耶和華在他一切所行的事上，都是公義的，他對他一切所造的，都存著慈愛的心。 (Psalm 145:17)

You declare the end from the beginning,

And from ancient times things that have not yet been done,

Saying, “My purpose will stand,

And I will do all My pleasure.” 我從起初就宣告末後的事，從古時就述說還未作成的事，說：‘我的計劃必定成功，我所喜悅的，我都必作成。’ (Isaiah 46:10)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

I have sinned greatly in what I have done. But now, O Lord, take away the iniquity of Your servant, for I have acted very foolishly. 大衛數點了人民以後，良心一直不安，於是對耶和華說：“我作了這事，犯了大罪。耶和華啊！現在求你除去你僕人的罪孽，因為我作了非常糊塗的事！” (2 Samuel 24:10)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I return to my God,

Maintain mercy and justice,

And wait on my God continually. 所以你要靠著你的　神歸回，謹守忠信和公平，常常等候你的　神。 (Hosea 12:6)

May I not live on bread alone, but on every word that comes from the mouth of God. 耶穌回答：“經上記著：‘人活著，不是單靠食物，更要靠　神口裡所出的一切話。’” (Matthew 4:4)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I be above reproach, blameless as a steward of God, not self-willed, not quick-tempered, not given to wine, not violent, not fond of dishonest gain, but hospitable, a lover of what is good, sensible, just, holy, and self-controlled. 如果有人無可指摘，只作一個妻子的丈夫，兒女都信主，也沒有人控告他們放蕩或不受約束，才可以作長老。  因為監督是　神的管家，所以必須無可指摘、不任性、不隨便動怒、不好酒、不打人、不貪不義之財；  卻要接待客旅、喜愛良善、自律、公正、聖潔、自制， (Titus 1:6-8)

**忠心的管家**

**时间**

**才能**

**金钱**

**真理**

**关系**

我今天的各类活动, 特别关注的人和事

**彼此代求**

When the children of Judah were victorious, it was because they relied on the Lord, the God of their fathers. 那時，以色列人被擊敗了，猶大人獲得勝利，因為他們倚靠耶和華他們列祖的　神。 (2 Chronicles 13:18)

**政府**

**灵命复兴**

**当地政府**

**州政府**

**国家政府**

**目前的事务和关心**

**信靠顺服**

What we must do to work the works of God is to believe in Him whom He has sent. 眾人又問他：“我們應該作甚麼，才算是作　神的工作呢？”  耶穌回答：“信　神所差來的，就是作　神的工了。” (John 6:28-29)

This is God’s commandment: that we believe in the name of His Son, Jesus Christ, and love one another as He commanded us. 　神的命令，就是要我們信他的兒子耶穌基督的名，並且照著他的吩咐彼此相愛。 (1 John 3:23)

The Father has sent the Son to be the Savior of the world. Whoever confesses that Jesus is the Son of God, God abides in him and he in God. 父差遣子作世人的救主，這是我們見過的，並且現在作見證。  凡承認耶穌是　神的兒子的，　神就住在他裡面，他也住在　神裡面。 (1 John 4:14-15)

*停下来，反思这些圣经给我们的确据。*

**感恩**

When the kindness and love of God my Savior appeared, He saved me, not by works of righteousness which I have done, but according to His mercy. He saved me through the washing of regeneration and 恢复更新 by the Holy Spirit whom He poured out on me abundantly through Jesus Christ my Savior, so that having been justified by His grace, I might become an heir according to the hope of eternal life. 然而，到了　神我們的救主顯明他的恩慈和憐愛的時候，  他就救了我們，並不是由於我們所行的義，而是照著他的憐憫，藉著重生的洗和聖靈的更新。  聖靈就是　神藉著我們的救主耶穌基督豐豐富富澆灌在我們身上的，  使我們既然因著他的恩典得稱為義，就可以憑著永生的盼望成為後嗣。 (Titus 3:4-7)

My hope in God is an anchor of my soul, both sure and steadfast, and it enters the inner sanctuary behind the veil, where Jesus the forerunner has entered on my behalf, having become a high priest forever, according to the order of Melchizedek. 我們有這盼望，就像靈魂的錨，又穩當又堅固，通過幔子直進到裡面。  耶穌已經為我們作先鋒進入了幔子裡面；他是照著麥基洗德的體系，成了永遠的大祭司。 (Hebrews 6:19-20)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Father has qualified me to share in the inheritance of the saints in the light. For He has rescued me from the dominion of darkness and brought me into the kingdom of His beloved Son, in whom I have redemption, the forgiveness of sins. 並且感謝父，他使你們有資格分享聖徒在光明中的基業。  他救我們脫離了黑暗的權勢，把我們遷入他愛子的國裡。  我們在愛子裡蒙了救贖，罪得赦免。 (Colossians 1:12-14)

I make it my ambition to please the Lord, whether I am at home in the body or away from it. For we must all appear before the judgment seat of Christ, that each one may receive what is due for the things done while in the body, whether good or bad. 因此，我們立定志向，無論住在身內或是與身體分開，都要討主的喜悅。  因為我們眾人都必須在基督的審判臺前顯露出來，使各人按著本身所行的，或善或惡，受到報應。 (2 Corinthians 5:9-10)

Day 28

**敬拜尊崇**

And the four living creatures, each having six wings, were full of eyes around and within; and they do not rest day or night, saying,

“Holy, holy, holy is the Lord God Almighty,

Who was, and is, and is to come.” 四個活物各有六個翅膀，裡外布滿了眼睛。他們晝夜不停地說：“聖哉！聖哉！聖哉！主、全能的　神，昔在、今在、以後永在的那一位。” (Revelation 4:8)

Then a voice came from the throne, saying: “Praise our God, all you his servants, you who fear Him, both small and great!” 接著有聲音從寶座發出來，說：“所有　神的僕人哪！凡是敬畏他的，無論大小，你們都應當讚美我們的　神！” (Revelation 19:5)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Truly I have sinned against the Lord, the God of Israel. 亞干回答約書亞，說：“我實在得罪了耶和華以色列的　神；我作過的事是這樣的。 (Joshua 7:20)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I love my enemies and pray for those who persecute me. 可是我告訴你們，當愛你們的仇敵，為迫害你們的祈禱， (Matthew 5:44)

Whatever I want others to do to me, may I also do to them, for this is the Law and the Prophets. 你們願意人怎樣待你們，你們也要怎樣待人，這是律法和先知的總綱。 (Matthew 7:12)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Since I have a great high priest who has passed through the heavens, Jesus the Son of God, I will hold firmly to the faith I confess. For I do not have a high priest who is unable to sympathize with my weaknesses, but one who has been tempted in every way, just as I am, yet without sin. Therefore, I will approach the throne of grace with confidence, so that I may receive mercy and find grace to help in time of need. 我們既然有一位偉大的、經過了眾天的大祭司，就是　神的兒子耶穌，就應該堅持所宣認的信仰。  因為我們的大祭司並不是不能同情我們的軟弱，他像我們一樣，也曾在各方面受過試探，只是他沒有犯罪。  所以，我們只管坦然無懼地來到施恩的寶座前，為的是要領受憐憫，得到恩惠，作為及時的幫助。 (Hebrews 4:14-16)

**家庭和事奉**

**家庭**

**事奉**

**同他人分享基督**

**帮助他人在基督里成长**

**事业**

我今天的各类活动, 特别关注的人和事

**彼此代求**

May I not forget to do good and to share with others, for with such sacrifices God is well pleased. 你們也不要忘記行善和捐輸，這樣的祭是　神所喜悅的。 (Hebrews 13:16)

**差传**

**当地差传**

**国家差传**

**世界差传**

**大使命的完成**

**特别的关心**

**信靠顺服**

Jesus said, “My Father loves Me because I lay down My life that I may 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.” 父愛我，因為我把生命捨去，好再把它取回來。  沒有人能奪去我的生命，是我自己捨去的。我有權把生命捨去，也有權把它取回來；這是我從我的父所領受的命令。” (John 10:17-18)

Unless a grain of wheat falls to the ground and dies, it remains alone. But if it dies, it bears much fruit. The one who loves his life will lose it, and the one who hates his life in this world will keep it for eternal life. 我實實在在告訴你們，一粒麥子若不落在地裡死了，仍舊是一粒；如果死了，就結出許多果實來。  愛惜自己生命的，就喪掉生命；在這世上恨惡自己生命的，必會保全生命到永遠。 (John 12:24-25)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I have been chosen according to the foreknowledge of God the Father, in sanctification of the Spirit, for obedience to Jesus Christ and sprinkling of His blood; grace and peace are mine in abundance. 就是照著父　神的預知蒙揀選，藉著聖靈得成聖潔，因而順服，並且被耶穌基督的血灑過的人。願恩惠平安多多地加給你們。 (1 Peter 1:2)

Through Jesus, I will continually offer to God a sacrifice of praise, that is, the fruit of lips that give thanks to His name. 所以，我們要藉著耶穌，常常把頌讚的祭品獻給　神，這就是承認他的名的人嘴唇的果子。 (Hebrews 13:15)

*停下来，献上你自己的感恩之意*

**结束祷告**

May our Lord Jesus Christ Himself and God our Father, who has loved us and has given us eternal consolation and good hope by grace, comfort our hearts and strengthen us in every good work and word. 願我們的主耶穌基督自己，和那愛我們、開恩把永遠的安慰和美好的盼望賜給我們的父　神，  安慰你們的心，並且在一切善行善言上，堅定你們。 (2 Thessalonians 2:16-17)

God is the blessed and only Sovereign, the King of kings and Lord of lords, who alone has immortality and dwells in unapproachable light, whom no one has seen or can see. To Him be honor and eternal dominion. (1 Timothy 6:15b-16)

Day 29

**敬拜尊崇**

The Lord reigns; He is clothed with majesty;

The Lord is robed in majesty and is armed with strength.

Indeed, the world is firmly established; it cannot be moved.

Your throne is established from of old;

You are from everlasting.

Your testimonies stand firm;

Holiness adorns Your house,

O Lord, forever. 耶和華作王，他以威嚴為衣；耶和華以威嚴為衣，以能力束腰，世界就得以堅立，永不動搖。  你的寶座自古就立定，你從亙古就存在。  耶和華啊！你的法度極為確定；你的殿永遠被稱為聖是合宜的。 (Psalm 93:1-2, 5)

God sits enthroned above the circle of the earth,

And its inhabitants are like grasshoppers.

He stretches out the heavens like a curtain

And spreads them out like a tent to dwell in.

He reduces rulers to nothing

And makes the judges of this world meaningless. 　神坐在大地的圓穹之上，地上的居民好像蚱蜢，他鋪張諸天如鋪張幔子，展開眾天像展開可以居住的帳棚。  他使諸侯都歸於無有，使地上的審判官成為虛空。 (Isaiah 40:22-23)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Forgive me when I desert the Rock who begot me,

And forget the God who gave me birth. 你輕忽了生你的磐石，你忘記了產你的　神。 (Deuteronomy 32:18)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

By Your grace, I want to hear the words, “Well done, good and faithful servant; you have been faithful with a few things; I will put you in charge of many things. Enter into the joy of your Lord.” 主人對他說：‘又良善又忠心的僕人哪，你作得好！你既然在不多的事上忠心，我要派你管理許多的事。進來，享受你主人的快樂吧！’ (Matthew 25:21)

May I not love praise from men more than praise from God. 因為他們愛人的榮耀，過於愛　神的榮耀。 (John 12:43)

I am the Lord’s servant; let Your will be done in me according to Your word. 馬利亞說：“我是主的婢女，願照你的話成就在我身上！”天使就離開她去了。 (Luke 1:38)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not throw away my confidence; it will be richly rewarded. Let me persevere so that when I have done the will of God, I will receive what He has promised. 所以，你們不可丟棄坦然無懼的心，這樣的心是帶有大賞賜的。  你們還需要忍耐，好使你們行完了　神的旨意，可以領受所應許的。 (Hebrews 10:35-36)

**个人关注**

**属灵争战**

**世界**

**肉体**

**邪恶**

**品格的成长**

**个人的操守**

**身体健康和力量**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Many are saying, “Who will show us any good?”

O Lord, lift up the light of Your countenance upon us. 有許多人說：“誰能指示我們得甚麼好處呢？”耶和華啊！求你仰起你的臉，光照我們。 (Psalm 4:6)

**世界的事务**

**贫穷和饥饿**

**压迫和迫害**

**掌权者**

**国家间的和平**

**目前的事件和关心**

**信靠顺服**

God raised Jesus from the dead, freeing Him from the agony of death, because it was impossible for Him to be held by it. 　神卻把死的痛苦解除，使他復活了，因為他不能被死亡拘禁。 (Acts 2:24)

Just as the Father raises the dead and gives them life, even so the Son gives life to whom He wishes. 父怎樣叫死人復活，使他們得生命，子也照樣隨自己的意思使人得生命。 (John 5:21)

God gives life to the dead and calls into being things that do not exist. 如經上所記：“我已經立了你作萬國的父。”他所信的，是叫死人得生命、使無變為有的　神。 (Romans 4:17)

He who believes in the Son of God has everlasting life. 我實實在在告訴你們，信的人有永生。 (John 6:47)

God both raised the Lord and will also raise me up through His power. 　神不但使主復活了，也要用他的能力使我們復活。 (1 Corinthians 6:14)

*停下来，反思这些圣经给我们的确据。*

**感恩**

Though I have not seen Jesus, I love Him; and though I do not see Him now but believe in Him, I rejoice with joy inexpressible and full of glory, for I am receiving the end of my faith, the salvation of my soul. 你們雖然沒有見過他，卻愛他；現在雖然不能看見他，卻信他。因此，你們就有無法形容、滿有榮耀的大喜樂，  得到你們信心的效果，就是靈魂得救。 (1 Peter 1:8-9)

Since I am receiving a kingdom that cannot be shaken, may I be thankful and so worship God acceptably with reverence and awe, for my God is a consuming fire. 因此，我們既然領受了不能震動的國，就應該感恩，照著　神所喜悅的，用虔誠敬畏的心事奉他；  因為我們的　神是烈火。 (Hebrews 12:28-29)

*停下来，献上你自己的感恩之意*

**结束祷告**

I will ascribe to the Lord glory and strength.

I will ascribe to the Lord the glory due His name

And worship the Lord in the beauty of holiness. 　神的眾子啊！要歸給耶和華，你們要把榮耀和能力歸給耶和華。（本節在《馬索拉抄本》包括細字標題）  要把耶和華的名的榮耀歸給他，要以聖潔的裝束敬拜耶和華（“要以聖潔的裝束敬拜耶和華”或譯：“在耶和華顯現的時候，要敬拜他”，或“要在耶和華聖潔的光輝中敬拜他”）。 (Psalm 29:1-2)

To the King eternal, immortal, invisible, the only God, be honor and glory forever and ever. 但願尊貴榮耀歸給萬世的君王，就是那不朽壞、人不能見、獨一的　神，直到永永遠遠。阿們。 (1 Timothy 1:17)

Day 30

**敬拜尊崇**

There is but one God, the Father, from whom all things came and for whom I live; and there is but one Lord, Jesus Christ, through whom all things came and through whom I live. 然而我們只有一位　神，就是父；萬物都是從他而來，我們也為了他而活。我們也只有一位主，就是耶穌基督；萬物都是藉著他而有的，我們也是藉著他而有的。 (1 Corinthians 8:6)

The Son is the radiance of God’s glory and the exact representation of His being, upholding all things by His powerful word. After He cleansed our sins, He sat down at the right hand of the Majesty on high, having become as much superior to angels as the name He has inherited is more excellent than theirs. 他是　神榮耀的光輝，是　神本質的真象，用自己帶有能力的話掌管萬有；他作成了潔淨罪惡的事，就坐在高天至尊者的右邊。  他所承受的名比天使的名更尊貴，所以他遠比天使崇高。 (Hebrews 1:3-4)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

The Lord does not see as man sees. Man looks at the outward appearance, but the Lord looks at the heart. 但耶和華對撒母耳說：“不要看他的外貌和他高大的身材，因為我不揀選他。耶和華看人不像人看人，人是看外表，耶和華是看內心。” (1 Samuel 16:7)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I be a person of faith, who does not doubt the promises of God, and not a double-minded man, who is unstable in all his ways. 可是，他應該憑著信心祈求，不要有疑惑；因為疑惑的人，就像被風吹蕩翻騰的海浪。  因為三心兩意的人，在他的一切道路上，都搖擺不定。 (James 1:6, 8)

May I walk worthy of God who calls me into His kingdom and glory. 勸勉你們，鼓勵你們，叮囑你們，要你們行事為人，配得上那召你們進入他的國和榮耀的　神。 (1 Thessalonians 2:12)

If I live according to the flesh, I will die; but if by the Spirit I put to death the deeds of the body, I will live. For those who are led by the Spirit of God are sons of God. 如果隨著肉體而活，你們必定死；如果靠著聖靈治死身體的惡行，你們就必活著。  因為蒙　神的靈引導的，都是　神的兒子。 (Romans 8:13-14)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Since I have a great cloud of witnesses surrounding me, may I lay aside every impediment and the sin that so easily entangles, and run with endurance the race that is set before me, fixing my eyes on Jesus, the author and perfecter of my faith, who for the joy set before Him endured the cross, despising the shame, and sat down at the right hand of the throne of God. May I consider Him who endured such hostility from sinners, so that I will not grow weary and lose heart. 所以，我們既然有這麼多的見證人，像雲彩圍繞著我們，就應該脫下各樣的拖累，和容易纏住我們的罪，以堅忍的心奔跑那擺在我們面前的賽程；  專一注視耶穌，就是我們信心的創始者和完成者。他因為那擺在面前的喜樂，就忍受了十字架，輕看了羞辱，現在就坐在　神寶座的右邊。  這位忍受罪人那樣頂撞的耶穌，你們要仔細思想，免得疲倦灰心。 (Hebrews 12:1-3)

**在基督里成长**

**更大地渴望认识和取悦他**

**更大的爱他并委身于他**

**求恩典来操练他的同在**

**求恩典来在我的生活中荣耀他**

我今天的各类活动, 特别关注的人和事

**彼此代求**

Just as the body is one, but has many members, and all the members of the body, being many, are one body; so also is Christ. 正如身體是一個，卻有許多肢體，而且肢體雖然很多，身體仍是一個；基督也是這樣。 (1 Corinthians 12:12)

**教会和事工**

**我的地方教会**

**其他教会**

**传福音和门徒训练的事工**

**教育事工**

**特别的关心**

**信靠顺服**

The Lord is my portion and my inheritance. 耶和華對亞倫說：“你在以色列人的地不可有產業，在他們中間也不可有分；在以色列人中間，我就是你的分，是你的產業。 (Numbers 18:20)

As for me and my household, we will serve the Lord. 如果你們認為事奉耶和華不好，那麼今日你們就可以選擇你們所要事奉的：是你們列祖在大河那邊事奉的神呢，還是你們現在所住亞摩利人之地的神呢？至於我和父家，我們必事奉耶和華。” (Joshua 24:15)

You will honor those who honor You, but those who despise You will be disdained. 因此，耶和華以色列的　神說：‘我曾說：你的家和你的父家，必永遠行在我面前。’現在耶和華卻說：‘我決不容你們這樣行了，因為尊重我的，我必尊重他；藐視我的，必受到輕視。 (1 Samuel 2:30)

*停下来，反思这些圣经给我们的确据。*

**感恩**

I was not redeemed with perishable things such as silver or gold from the aimless way of life handed down to me from my forefathers, but with the precious blood of Christ, as of a lamb without blemish or defect. 因為知道你們得贖，脫去你們祖先傳下的妄行，不是憑著能壞的金銀等物，  而是憑著基督的寶血，就像無瑕疵無玷污的羊羔的血。 (1 Peter 1:18-19)

How great is the love the Father has lavished on me, that I should be called a child of God—and I am! Therefore the world does not know me, because it did not know Him. 你們看，父賜給我們的是怎樣的愛，就是讓我們可以稱為　神的兒女，我們也真是他的兒女。因此，世人不認識我們，是因為他們不認識父。 (1 John 3:1)

*停下来，献上你自己的感恩之意*

**结束祷告**

I am not ashamed, because I know whom I have believed and am convinced that He is able to guard what I have entrusted to Him until that day. 為了這緣故，我也受這些苦，但我不以為恥，因為我知道我所信的是誰，也深信他能保守我所交託他的，直到那日。 (2 Timothy 1:12)

May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip us in every good thing to do His will, working in us what is pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. 願賜平安的　神，就是那憑著永約的血，把群羊的大牧人我們的主耶穌，從死人中領出來的那一位，  在一切善事上成全你們，好使你們遵行他的旨意；又藉著耶穌基督在我們裡面，行他所喜悅的事。願榮耀歸給他，直到永永遠遠。阿們。 (Hebrews 13:20-21)

Day 31

**敬拜尊崇**

You are He; You are the first,

And You are also the last. “雅各，我所呼召的以色列啊！你要聽我的話。我就是‘那位’，我是首先的，也是末後的。 (Isaiah 48:12)

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. 太初有道，道與　神同在，道就是　神。  這道太初與　神同在。 (John 1:1-2)

The Lord Jesus, who is holy and true, holds the key of David. What He opens no one can shut, and what He shuts no one can open. “你要寫信給在非拉鐵非教會的使者，說：‘那聖潔的、真實的，拿著大衛的鑰匙，開了就沒有人能關，關了就沒有人能開的（“拿著大衛的鑰匙……沒有人能開的”引自賽22:22），這樣說： (Revelation 3:7)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Oh, my Lord, please do not hold against me the sin in which I have acted foolishly. 亞倫就對摩西說：“我主啊，求你不要因我們行事愚昧所犯的罪，就把這罪加在我們身上。 (Numbers 12:11)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

**恢复更新**

May I guard my heart with all diligence,

For out of it flow the issues of life. 你要謹守你的心，勝過謹守一切，因為生命的泉源由此而出。 (Proverbs 4:23)

May I not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. 所以不要為明天憂慮，因為明天自有明天的憂慮，一天的難處一天當就夠了。” (Matthew 6:34)

May I be ready, for the Son of Man will come at an hour when I do not expect Him. 所以，你們也要準備妥當，因為在想不到的時候，人子就來了。 你們也要準備妥當，因為在想不到的時候，人子就來了。” (Matthew 24:44; Luke 12:40)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

May I not live the rest of my time in the flesh for the lusts of men, but for the will of God. For I have spent enough time in the past in doing the will of those without God, when I walked in licentiousness, lusts, drunkenness, carousals, drinking parties, and detestable idolatries. 好叫你們不再隨從人的私慾，只順從　神的旨意，在世上度餘下的光陰。  因為你們過去隨從教外人的心意，行邪淫、私慾、醉酒、荒宴、狂飲和可憎拜偶像的事，時候已經夠了。 (1 Peter 4:2-3)

**增长智慧**

**发展一个永恒的视野**

**用真理更新我的胸懷**

**生活各方面更有技巧**

我今天的各类活动, 特别关注的人和事

**彼此代求**

My soul, wait silently for God alone,

For my hope comes from Him.

He alone is my rock and my salvation;

He is my fortress, I will not be shaken.

In God is my salvation and my glory;

My rock of strength, my refuge is in God.

Trust in Him at all times, O people;

Pour out your heart before Him;

God is our refuge. 唯獨等候　神，我的心才有安息；因為我的盼望是從他而來的。  唯獨他是我的磐石，我的拯救；他是我的保障，我必不至動搖。  我的拯救，我的榮耀，都在於　神；我堅固的磐石，我的避難所，都在於　神。  眾民哪！你們要常常倚靠他，在他面前傾心吐意；因為　神是我們的避難所。 (Psalm 62:5-8)

**家庭**

**我的家庭**

**我的亲人**

**灵魂的关怀**

**情感和身体的关心**

**别的关心**

**信靠顺服**

I have not yet come to the resting place and the inheritance the Lord my God is giving me. 因為你們現在還沒有到耶和華你的　神賜給你的安息地和產業。 (Deuteronomy 12:9)

The steps of a man are ordered by the Lord,

And He will delight in his way;

Though he stumbles, he will not be cast down,

For the Lord upholds him with His hand. 人的腳步是耶和華立定的，他的道路也是耶和華喜悅的。  他雖然跌跤，卻不至仆倒；因為耶和華用手扶持他。 (Psalm 37:23-24)

I have made the Lord, my refuge,

Even the Most High, my habitation. 你既然把耶和華當作自己的避難所，把至高者當作自己的居所， (Psalm 91:9)

*停下来，反思这些圣经给我们的确据。*

**感恩**

You have given me life and shown me favor,

And Your care has preserved my spirit. 你賜我生命，又向我施慈愛，你的眷顧保守我的心靈。 (Job 10:12)

My shield is God Most High,

Who saves the upright in heart. 　神是我的盾牌，他拯救心裡正直的人。 (Psalm 7:10)

I will be glad and rejoice in Your love,

For You saw my affliction

And have known the anguish of my soul. 我要因你的慈愛歡喜快樂，因為你看見了我的困苦，知道我心中的痛苦； (Psalm 31:7)

*停下来，献上你自己的感恩之意*

**结束祷告**

Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is incorruptible and undefiled and unfading, reserved in heaven for us. 我們主耶穌基督的父　神是應當稱頌的。他照著自己的大憐憫，藉著耶穌基督從死人中復活，重生了我們，使我們有永活的盼望，  可以得著不能朽壞、不能玷污、不能衰殘，為你們存留在天上的基業， (1 Peter 1:3-4)

The God of all grace, who called me to His eternal glory in Christ, after I have suffered a little while, will Himself perfect, confirm, strengthen, and establish me. To him be the glory and dominion for ever and ever. Amen. 但滿有恩典的　神，就是在基督裡召你們進入他永遠榮耀的那一位，在你們受了短暫的苦難之後，必定親自成全你們，堅固你們，賜力量給你們，建立你們。  願權能歸給他，直到永遠。阿們。 (1 Peter 5:10-11)

**第三部分**

**每周祷告指南**

**主日**

**敬拜尊崇**

耶和华啊，荣耀不要归与我们，不要归与我们；

要因你的慈爱和诚实归在你的名下！(诗115:1)

称谢耶和华！歌颂你至高者的名！

早晨传扬你的慈爱；

夜间传扬你的信实。 (诗92:1-2)

主神全能者啊，

你的作为大哉！奇哉！

万世之王啊，

你的道途义哉！诚哉！

主啊，谁敢不敬畏你，

不将荣耀归与你的名呢？

因为独有你是圣的。

万民都要来在你面前敬拜，

因你公义的作为已经显出来了。 (启 15:3-4)

你们要向耶和华唱新歌！

全地都要向耶和华歌唱！

要向耶和华歌唱，称颂他的名！

天天传扬他的救恩！

在列邦中述说他的荣耀！

在万民中述说他的奇事！

因耶和华为大，当受极大的赞美；

他在万神之上，当受敬畏。

外邦的神都属虚无；

惟独耶和华创造诸天。

有尊荣和威严在他面前；

有能力与华美在他圣所。(诗96:1-6)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

你所看顾的，

就是虚心痛悔、

因你的话而战兢的人。(赛 66:2b)

耶和华喜悦燔祭和平安祭，

岂如喜悦人听从他的话呢？

听命胜於献祭；

顺从胜於公羊的脂油。(撒上 15:22)

神所要的祭就是忧伤的灵；

神啊，忧伤痛悔的心，

你必不轻看。(诗 51:17)

我们若认自己的罪，神是信实的，是公义的，

必要赦免我们的罪，洗净我们一切的不义。(约一 1:9)

耶和华不像人看人：人是看外貌；

耶和华是看内心。(撒上 16:7)

*祈求圣灵鉴察你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你一切的罪。*

感谢你曾说过：

你们来，我们彼此辩论。

你们的罪虽像朱红，

必变成雪白；

虽红如丹颜，

必白如羊毛。 (赛 1:18)

**恢复更新**

主啊，当我将这些祷告献给你时，请用你的灵来更新我：

因着你的恩典，我想听到主说：好，你这又良善又忠心的仆人，

你在不多的事上有忠心，我要把许多事派你管理；

可以进来享受你主人的快乐。 (太 25:21)

我要用智慧行完全的道。

我要存完全的心行在我家中。

邪僻的事，我都不摆在我眼前；

悖逆人所做的事，我甚恨恶，

不容沾在我身上。(诗 101:2-3)

面对我过去的生活方式，我要脱去我从前行为上的旧人，这旧人是因私欲的迷惑渐渐变坏的；又要将我的心志改换一新，并且穿上新人；这新人是照著神的形像造的，有真理的仁义和圣洁。(弗 4:22-24)

所以我要自洁成圣，因为你是耶和华，我的神。我要谨守遵行你的律例；你是叫我成圣的耶和华。(利 20:7-8)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

天父，我以你的话为指南，向你献上我的祷告做为我的奉献：

所以，我若真与基督一同复活，就当求在上面的事；那里有基督坐在神的右边。

我要思念上面的事，不要思念地上的事。因为我已经死了，我的生命与基督一同藏在神里面。基督是我的生命，他显现的时候，我也要与他一同显现在荣耀里。(西 3:1-4)

以神的慈悲来讲，我愿将身体献上，当作活祭，是圣洁的，是神所喜悦的；我如此事奉乃是理所当然的。我不要效法这个世界，只要心意更新而变化，叫我察验何为神的善良、纯全、可喜悦的旨意。 (罗 12:1-2)

我愿将各样的计谋，各样拦阻人认识你的那些自高之事，一概攻破了，又将人的心意夺回，使它都顺服基督。(林后 10:5)

不背著他的十字架跟从你的，也不配作你的门徒。得著生命的，将要失丧生命；为你失丧生命的，将要得著生命。(太 10:38-39)

愿我背著我的十字架跟从你，为你失丧我的生命。

我要倚靠耶和华而行善，住在地上，以你的信实为粮；又要以耶和华为乐，你就将我心里所求的赐给我。我愿将我的事交托耶和华，并倚靠你，你就必成全。你要使我的公义如光发出，使我的公平明如正午。(诗 37:3-6)

众弟子啊，你们当来听我的话！

我要将敬畏耶和华的道教训你们。

有何人喜好存活，爱慕长寿，得享美福，

就要禁止舌头不出恶言，

嘴唇不说诡诈的话。

要离恶行善，寻求和睦，一心追赶。

耶和华的眼目看顾义人；

他的耳朵听他们的呼求。 (诗 34:11-15)

我愿学会敬畏主，耶和华！

耶和华啊，求你将你的道指示我，

将你的路教训我！

求你以你的真理引导我，教训我，

因为你是救我的神。我终日等候你。

耶和华啊，求你记念你的怜悯和慈爱，

因为这是亘古以来所常有的。 (诗 25:4-6)

耶和华神，你向我所要的是什麽呢？

只要我敬畏耶和华为我的神，遵行你的道，爱你，

尽心尽性事奉你，耶和华，我的神。 (申 10:12)

我们在天上的父，

愿人都尊你的名为圣。

愿你的国降临；

愿你的旨意行在地上，如同行在天上。

我们日用的饮食，今日赐给我们。

免我们的债，如同我们免了人的债。

不叫我们遇见试探；救我们脱离凶恶。

因为国度、权柄、荣耀，全是你的，直到永远。阿们！ (太 6:9-13)

*停下来，加上你自己个人的祈求，特别是有关你在基督里的成长：*

更大的渴望认识主和讨他喜悦

更加爱主和委身于他

更多操练体验他的同在的恩典

更多在我的人生里荣耀他的恩典

我今天的各类事项

特别关心的人和事

**彼此代求**

主，我现在预备我的心来为全教会和各类服事来祷告：

愿我们主耶稣基督和那爱我们、开恩将永远的安慰并美好的盼望赐给我们的父神，

安慰我们的心，并且在一切善行善言上，坚固我们。(帖后2:16-17)

你们各人的重担要互相担当，这样就成全了基督的律法。(加 6:2)

所以你们要彼此认罪，互相代求，使你们可以得医治。义人祈祷所发的力量是大有功效的。 (雅 5:16)

以这些经文的意思，我为以下方面代求：

我自己的教会

其他教会

传福音和带门徒的事工

基督教教育事工

特别的关注人和事

**信靠顺服**

主啊，当我从你有得救智慧的话中确信这些真理时，喂养我的心灵：

耶稣，你就是复活和生命；信你的人虽然死了，也必复活，凡活著信你的人，必永远不死。 (约 11:25-26)

因为我深信无论是死，是生，是天使，是掌权的，是有能的，是现在的事，是将来的事，是高处的，是低处的，是别的受造之物，都不能叫我们与神的爱隔绝；这爱是在我们的主基督耶稣里的。 (罗 8:38-39)

我们得救是本乎恩，也因著信；这并不是出於自己，乃是神所赐的；也不是出於行为，免得有人自夸。我们原是他的工作，在基督耶稣里造成的，为要叫我们行善，就是神所预备叫我们行的。 (弗 2:8-10)

你的羊听你的声音，你也认识他们，他们也跟著你。你又赐给他们永生；

他们永不灭亡，谁也不能从你手里把他们夺去。你父把羊赐给你，他比万有都大，谁也不能从你父手里把他们夺去。你与父原为一。 (约 10:27-30)

感谢父，叫我们能与众圣徒在光明中同得基业。他救了我们脱离黑暗的权势，把我们迁到他爱子的国里；我们在爱子里得蒙救赎，罪过得以赦免。 (西 1:12-14)

*停下来，反思这些圣经给我们的确据。*

**献上感恩**

主啊，我因你自己和你的作为来感谢你：

我心称颂主名，

颂赞他的圣名。

我心称颂主名，

他救我出死亡。

我因耶和华大大欢喜；

我的心靠神快乐。

因他以拯救为衣给我穿上，

以公义为袍给我披上，

好像新郎戴上华冠，

又像新妇佩戴妆饰。 (赛 61:10)

我的心默默无声，专等候神；

我的救恩是从他而来。

惟独他是我的磐石，我的拯救；

他是我的高台，我必不很动摇。(诗 62:1-2)

我必安然躺下睡觉，

因为独有你耶和华使我安然居住。(诗 4:8)

耶和华是我的岩石，

我的山寨，我的救主，

我的神，我的磐石，我所投靠的。

他是我的盾牌，是拯救我的角，

是我的高台，是我的避难所。

我的救主啊，你是救我脱离强暴的。(撒下 22:2-3)

*停下来，献上你自己的感恩。*

**结束祷告**

求你使我们早早饱得你的慈爱，

好叫我们一生一世欢呼喜乐。(诗 90:14)

那赐诸般恩典的神曾在基督里召我们，得享他永远的荣耀，

等你们暂受苦难之後，必要亲自成全我们，坚固我们，赐力量给我们。

愿权能归给他，直到永永远远。阿们！(彼前 5:10-11)

那能保守我们不失脚、叫我们无瑕无疵、欢欢喜喜站在他荣耀之前的我们的救主独一的神，愿荣耀、威严、能力、权柄，因我们的主耶稣基督归与他，从万古以前并现今，直到永永远远。阿们。(犹 24-25)

**周一**

**敬拜尊崇**

我的神我的王啊，我要尊崇你！

我要永永远远称颂你的名！

我要天天称颂你，

也要永永远远赞美你的名！

耶和华本为大，该受大赞美；

其大无法测度。

这代要对那代颂赞你的作为，

也要传扬你的大能。

我要默念你威严的尊荣和你奇妙的作为。

人要传说你可畏之事的能力；

我也要传扬你的大德。

他们记念你的大恩就要传出来，

并要歌唱你的公义。

耶和华有恩惠，有怜悯，

不轻易发怒，大有慈爱。

耶和华善待万民；

他的慈悲覆庇他一切所造的。(诗 145:1-9)

耶和华我们的主啊，

你的名在全地何其美！

你将你的荣耀彰显於天。(诗 8:1)

我主耶稣，你既是大卫的根，又是他的後裔，是明亮的晨星。(启 22:16)

独行奇事的耶和华，以色列的神是应当称颂的！

他荣耀的名也当称颂，直到永远。

愿他的荣耀充满全地！阿们！阿们！(诗 72:18-19)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

哪知你为我们的过犯受害，

为我们的罪孽压伤。

因你受的刑罚，我们得平安；

因你受的鞭伤，我们得医治。

我们都如羊走迷；

各人偏行己路；

耶和华使我们众人的罪孽都归在你身上。(赛 53:5-6)

耶和华说：虽然如此，

你们应当禁食、哭泣、悲哀，

一心归向我。

你们要撕裂心肠，不撕裂衣服。

归向耶和华你们的神；

因为他有恩典，有怜悯，

不轻易发怒，有丰盛的慈爱，

并且後悔不降所说的灾。(珥 2:12-13)

耶和华靠近伤心的人，

拯救灵性痛悔的人。(诗 34:18)

Lord, I have heard of Your fame, and I stand in awe of Your deeds.

O Lord, revive Your work in the midst of the years,

In our time make them known;

In wrath remember mercy. 耶和華啊！我聽見你的聲音，懼怕你的作為；求你在這些年間復興，在這些年間彰顯，發怒的時候以憐憫為懷。 (Habakkuk 3:2)

*Ask the Spirit to search your heart and reveal any areas of unconfessed sin. Acknowledge these to the Lord and thank Him for His forgiveness.*

Thank You, Lord, that You have said:

For a brief moment I forsook you,

But with great compassion I will gather you.

In a flood of anger I hid My face from you for a moment,

But I will have compassion on you with everlasting kindness. 我只是暫時離棄你，卻以極大的憐憫把你招聚回來。  在怒氣漲溢的時候，我暫時向你掩面，卻要以永遠的慈愛憐憫你；這是耶和華你的救贖主說的。 (Isaiah 54:7-8)

**恢复更新**

Lord, renew me by Your Spirit as I offer these prayers to You:

May I keep the commandments of the Lord my God, to walk in His ways and to fear Him. May I follow the Lord my God and fear Him; may I keep Your commandments, hear Your voice, serve You, and hold fast to You. 所以你要謹守耶和華你的　神的誡命，遵行他的道路，敬畏他。 (Deuteronomy 8:6; 13:4)

May I know God and serve Him with a whole heart and with a willing mind; for the Lord searches all hearts and understands every motive behind the thoughts. “至於你，我兒所羅門哪，你要認識耶和華你父親的　神，一心樂意事奉他，因為耶和華鑒察萬人的心，知道人的一切心思意念。你若是尋求他，就必尋見；你若是離棄他，他必永遠丟棄你。 (1 Chronicles 28:9)

May I love the Lord my God and serve Him with all my heart and with all my soul. “如果你們留心聽我今日吩咐你們的誡命，愛耶和華你們的　神，一心一意事奉他， (Deuteronomy 11:13)

May I love my enemies, do good to those who hate me, bless those who curse me, and pray for those who mistreat me. Just as I want others to do to me, may I do to them in the same way. “只是我告訴你們聽道的人：當愛你們的仇敵，善待恨你們的人。  咒詛你們的，要為他們祝福，凌辱你們的，要為他們禱告。  你們願意人怎樣待你們，你們就應當怎樣待人。 (Luke 6:27-28, 31)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Father, using Your word as a guide, I offer You my prayers concerning *the things of the world*.

May these beatitudes be a reality in my life:

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Blessed are the merciful, for they shall obtain mercy.

Blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called sons of God.

Blessed are those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. “心靈貧乏的人有福了，因為天國是他們的。  哀痛的人有福了，因為他們必得安慰。  溫柔的人有福了，因為他們必承受地土。  愛慕公義如飢如渴的人有福了，因為他們必得飽足。  憐憫人的人有福了，因為他們必蒙憐憫。  內心清潔的人有福了，因為他們必看見　神。  使人和平的人有福了，因為他們必稱為　神的兒子。  為義遭受迫害的人有福了，因為天國是他們的。 (Matthew 5:3-10)

May I seek first Your kingdom and Your righteousness, and all these things will be added to me. 你們要先求他的國和他的義，這一切都必加給你們。 (Matthew 6:33)

When I have found one pearl of great value, may I go away and sell all that I have and buy it. 他發現了一顆極貴重的珍珠，就離去，變賣了他的一切，來買那顆珍珠。 (Matthew 13:46)

Incline my heart to Your testimonies

And not to selfish gain.

Turn my eyes away from worthless things,

And revive me in Your way. 求你使我的心傾向你的法度，不傾向不義之財。  求你使我轉眼不看虛空的事；又使我在你的道中存活。 (Psalm 119:36-37)

May I keep my life free from the love of money and be content with what I have, for You have said, “I will never leave you, nor will I forsake you.” 你們為人不要貪愛錢財，要以現在所有的為滿足；因為　神親自說過：“我決不撇下你，也不離棄你。” (Hebrews 13:5)

May I not be like those among the thorns on whom seed was sown, who hear the word, but the worries of this world, the deceitfulness of riches and pleasures, and the desires for other things come in and choke the word, making it immature and unfruitful. Instead, may I be like the good soil on whom seed was sown, who with a noble and good heart hear the word, understand and accept it, and with perseverance, bear fruit, yielding thirty, sixty, or a hundred times what was sown. 那撒在荊棘裡的，就是人聽了道，有今世的憂慮和財富的迷惑把道擠住，結不出果實來。  那撒在好土裡的，就是人聽了道，又明白了，結出果實來，有一百倍的，有六十倍的，有三十倍的。” 那撒在荊棘裡的，是指另一些人；他們聽了道，  然而今世的憂慮、財富的迷惑，以及種種的慾望，接連進來，把道擠住，就結不出果實來。  那撒在好土裡的，就是人聽了道，接受了，並且結出果實，有三十倍的、有六十倍的、有一百倍的。” 那落在荊棘裡的，就是人聽了，走開以後，被今世的憂慮、財富和宴樂擠住了，結不出成熟的子粒來。  但那落在好土裡的，就是人用誠實良善的心來聽，把道持守住，忍耐著結出果實。 (Matthew 13:22-23; Mark 4:18-20; Luke 8:14-15)

As a servant of Christ and a steward of His possessions, it is required that I be found faithful. 這樣，人應該把我們看作基督的僕人，　神奧祕的事的管家。  對於管家的要求，就是要他忠心。 (1 Corinthians 4:1-2)

No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. I cannot serve God and wealth. “一個人不能服事兩個主人；他若不是恨這個愛那個，就是忠於這個輕視那個。你們不能服事　神，又服事金錢。 “一個家僕不能服事兩個主人；他若不是恨這個愛那個，就是忠於這個輕視那個。你們不能服事　神，又服事金錢。” (Matthew 6:24; Luke 16:13)

By Your grace, I want to hear the words, “Well done, good and faithful servant; you have been faithful with a few things; I will put you in charge of many things. Enter into the joy of your Lord.” 主人對他說：‘又良善又忠心的僕人哪，你作得好！你既然在不多的事上忠心，我要派你管理許多的事。進來，享受你主人的快樂吧！’ (Matthew 25:21)

May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. 至於我，我絕不以別的誇口，只誇我們主耶穌基督的十字架。藉著這十字架，在我來說，世界已經釘在十字架上了；就世界來說，我也已經釘在十字架上了。 (Galatians 6:14)

Lord, make me to know my end

And what is the measure of my days;

Let me know how fleeting is my life. “耶和華啊！求你使我知道我的結局，我的壽數有多少，使我知道我的生命多麼短促。 (Psalm 39:4)

Teach me to number my days,

That I may gain a heart of wisdom. 求你教導我們怎樣數算自己的日子，好使我們得著智慧的心。 (Psalm 90:12)

May the favor of the Lord our God rest upon us,

And establish the work of our hands for us—

Yes, confirm the work of our hands. 願主我們的　神的恩慈臨到我們身上；願你為我們的緣故，堅立我們手所作的工；我們手所作的工，願你堅立。 (Psalm 90:17)

Pause here to express any additional requests, especially concerning *growth in wisdom*:

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

我今天的各类活动, 特别关注的人和事

**彼此代求**

Lord, I now prepare my heart for intercessory prayer for *my family*.

May the Lord make me increase and abound in my love for believers and for unbelievers. May He establish my heart as blameless and holy before our God and Father at the coming of our Lord Jesus with all His saints. 又願主叫你們彼此相愛的心，和愛眾人的心，都充充足足，多而又多，好像我們愛你們一樣。  也願他堅定你們的心，好叫你們在我們主耶穌和眾聖徒再來的時候，在我們的父　神面前，完全聖潔，無可指摘。 (1 Thessalonians 3:12-13)

May Your commandments be upon my heart, so that I may teach them diligently to my children and talk about them when I sit in my house and when I walk along the way and when I lie down and when I rise up. 我今日吩咐你的這些話，都要記在你的心上；  你要把這些話不斷地教訓你的兒女，無論你坐在家裡，或行在路上，或躺下，或起來的時候，都要談論。 (Deuteronomy 6:6-7)

In the spirit of these passages, I pray for:

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**信靠顺服**

Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning the *benefits of salvation*:

Having been justified by faith, I have peace with God through the Lord Jesus Christ, through whom I have gained access by faith into this grace in which I stand; and I rejoice in the hope of the glory of God. 所以，我們既然因信稱義，就藉著我們的主耶穌基督與　神和好；  我們也憑著信，藉著他可以進入現在所站的這恩典中，並且以盼望得享　神的榮耀為榮。 (Romans 5:1-2)

Lord, You have said, “Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.” 你們所有勞苦擔重擔的人哪，到我這裡來吧！我必使你們得安息。  我心裡柔和謙卑，你們應當負我的軛，向我學習，你們就必得著心靈的安息；  我的軛是容易負的，我的擔子是輕省的。” (Matthew 11:28-30)

You are the light of the world. He who follows You will not walk in the darkness but will have the light of life. 耶穌又對眾人說：“我是世界的光，跟從我的，必定不在黑暗裡走，卻要得著生命的光。” (John 8:12)

You are the bread of life. He who comes to You will never hunger, and he who believes in You will never thirst. 耶穌說：“我就是生命的食物，到我這裡來的，必定不餓；信我的，永遠不渴。 (John 6:35)

Everyone who drinks ordinary water will be thirsty again, but whoever drinks the water You give will never thirst. Indeed, the water You give becomes in us a spring of water welling up to eternal life. 耶穌回答：“凡喝這水的，還要再渴；  人若喝我所賜的水，就永遠不渴。我所賜的水要在他裡面成為湧流的泉源，直湧到永生。” (John 4:13-14)

*停下来，反思这些圣经给我们的确据。*

**献上感恩**

For who You are and for what You have done, accept my thanks, O Lord:

Bless the Lord, O my soul;

And all that is within me, bless His holy name.

Bless the Lord, O my soul,

And forget not all His benefits;

Who forgives all your iniquities

And heals all your diseases;

Who redeems your life from the pit

And crowns you with love and compassion;

Who satisfies your desires with good things,

So that your youth is renewed like the eagle’s. 我的心哪！你要稱頌耶和華；在我裡面的一切，都要稱頌他的聖名。（本節在《馬索拉抄本》包括細字標題）  我的心哪！你要稱頌耶和華；不可忘記他的一切恩惠。  他赦免你的一切罪孽，醫治你的一切疾病；  他救贖你的性命脫離死亡，以慈愛和憐憫作你的冠冕；  他以福樂使你的心願滿足，以致你好像鷹一般恢復青春的活力。 (Psalm 103:1-5)

I will give thanks to the Lord, for He is good;

His love endures forever. 你們要稱謝耶和華，因他是良善的，他的慈愛永遠常存。 (1 Chronicles 16:34)

For who is God besides the Lord?

And who is the Rock except our God?

God is my strong fortress,

And He sets the blameless free in His way.

He makes my feet like the feet of a deer;

He enables me to stand on the heights. 除了耶和華，誰是　神呢？除了我們的　神，誰是磐石呢？  這位　神是我堅固的避難所，他使我的道路完全。  他使我的腳像母鹿的蹄，又使我站穩在高處。 (2 Samuel 22:32-34)

I will give thanks to the Lord, for He is good;

His lovingkindness endures forever.

I will give thanks to the Lord for His unfailing love

And His wonderful acts to the children of men. 你們要稱謝耶和華，因他本是良善的；他的慈愛永遠長存。  願人因耶和華的慈愛，和他向世人所行的奇事稱謝他。 (Psalm 107:1, 8)

*停下来，献上你自己的感恩之意*

**结束祷告**

This is the day the Lord has made;

I will rejoice and be glad in it. 這是耶和華所定的日子，我們要在這一日歡喜快樂。 (Psalm 118:24)

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit are with us. 願主耶穌基督的恩惠，　神的慈愛，聖靈的契通，常與你們眾人同在。 (2 Corinthians 13:14)

Now to Him who is able to establish us by the gospel and the proclamation of Jesus Christ, according to the revelation of the mystery which was kept secret for long ages past, but now is manifested, and through the Scriptures of the prophets by the command of the eternal God, has been made known to all nations for obedience to the faith—to the only wise God, through Jesus Christ, be the glory forever. Amen. 　神能依照我所傳的福音和耶穌基督所傳的信息，照著他奧祕的啟示，堅定你們。  這奧祕自古以來祕而不宣，但現在藉著眾先知所寫的，照著永恆的　神的諭旨，已經向萬國顯明出來，使他們相信而順服。  願榮耀藉著耶穌基督，歸給獨一全智的　神，直到永遠。阿們。 (Romans 16:25-27)

**敬拜尊崇**

**认罪悔改**

**恢复更新**

**个人祈求**

**彼此代求**

**信靠顺服**

**献上感恩**

**结束祷告Tuesday**

**敬拜尊崇**

I will bless the Lord at all times;

His praise will always be in my mouth.

My soul will make its boast in the Lord;

The humble will hear and be glad.

O magnify the Lord with me,

And let us exalt His name together. 我要時常稱頌耶和華，讚美他的話必常在我口中。  我的心要因耶和華誇耀，困苦的人聽見了就喜樂。  你們要跟我一起尊耶和華為大，我們來一同高舉他的名。 (Psalm 34:1-3)

Rejoice in the Lord, O you righteous;

Praise is becoming to the upright. 義人哪！你們要靠著耶和華歡呼；正直人讚美主是合宜的。 (Psalm 33:1)

As for me, I will always have hope,

And I will praise You more and more.

My mouth will tell of Your righteousness

And of Your salvation all day long,

Though I know not its measure.

I will come in the strength of the Lord God;

I will proclaim Your righteousness, Yours alone.

Since my youth, O God, You have taught me,

And to this day I declare Your wondrous deeds. 至於我，我要常常仰望你，要多多讚美你。  我的口要述說你的公義，終日講述你的救恩，儘管我不知道它們的數量。  我要來述說主耶和華大能的事；我要提說你獨有的公義。  　神啊！我自幼以來，你就教導我；直到現在，我還是宣揚你奇妙的作為。 (Psalm 71:14-17)

Shout joyfully to the Lord, all the earth.

Worship the Lord with gladness;

Come before Him with joyful singing.

The Lord, He is God.

It is He who made us, and not we ourselves;

We are His people and the sheep of His pasture.

I will enter Your gates with 感恩

And Your courts with praise;

I will give thanks to You and bless Your name.

For the Lord is good

And Your lovingkindness endures forever;

Your faithfulness continues through all generations. 全地應當向耶和華歡呼。（本節在《馬索拉抄本》包括細字標題）  應當歡歡喜喜事奉耶和華，歡唱著到他的面前。  要知道耶和華是　神；他創造了我們，我們是屬他的（“我們是屬他的”有古抄本作“不是我們自己”）；我們是他的子民，也是他草場上的羊。  應當充滿感恩進入他的殿門，滿口讚美進入他的院子；要感謝他，稱頌他的名。  因為耶和華本是美善的，他的慈愛存到永遠，他的信實直到萬代。 (Psalm 100:1-5)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Have mercy on me, O God,

According to Your loyal love;

According to the greatness of Your compassion

Blot out my transgressions.

Wash me completely from my iniquity

And cleanse me from my sin.

For I know my transgressions,

And my sin is ever before me.

Against You, You only, have I sinned

And done what is evil in Your sight,

So that You are justified when You speak

And blameless when You judge. 　神啊！求你按著你的慈愛恩待我，照著你豐盛的憐憫塗抹我的過犯。  求你徹底洗淨我的罪孽，潔除我的罪。  因為我知道我的過犯；我的罪常在我面前。  我得罪了你，唯獨得罪你；我行了你眼中看為惡的事，因此，你宣判的時候，顯為公義；你審判的時候，顯為清正。 (Psalm 51:1-4)

Who can discern his errors?

Cleanse me from hidden faults.

Keep Your servant also from presumptuous sins;

Let them not rule over me.

Then will I be blameless,

And innocent of great transgression. 誰能知道自己的錯誤呢？求你赦免我隱而未現的過失。  求你攔阻你僕人，不犯任意妄為的罪，不許它們轄制我；我才可以完全，不犯大過。 (Psalm 19:12-13)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

Purge me with hyssop, and I will be clean;

Wash me, and I will be whiter than snow.

Cause me to hear joy and gladness,

That the bones You have crushed may rejoice.

Hide Your face from my sins

And blot out all my iniquities.

Create in me a clean heart, O God,

And renew a steadfast spirit within me.

Do not cast me from Your presence

Or take Your Holy Spirit from me.

Restore to me the joy of Your salvation

And uphold me with a willing spirit.

Then I will teach transgressors Your ways,

And sinners will be converted to You. 求你用牛膝草潔淨我，我就乾淨；求你洗淨我，我就比雪更白。  求你使我聽見歡喜和快樂的聲音，使你所壓傷的骨頭可以歡呼。  求你掩面不看我的罪惡，求你塗抹我的一切罪孽。  　神啊！求你為我造一顆清潔的心，求你使我裡面重新有堅定的靈。  不要把我從你面前丟棄，不要從我身上收回你的聖靈。  求你使我重得你救恩的喜樂，重新有樂意的靈支持我。  我就必把你的道指教有過犯的人，罪人必回轉歸向你。 (Psalm 51:7-13)

**恢复更新**

Lord, renew me by Your Spirit as I offer these prayers to You:

May I return to my God,

Maintain mercy and justice,

And wait on my God continually. 所以你要靠著你的　神歸回，謹守忠信和公平，常常等候你的　神。 (Hosea 12:6)

May I rejoice in my tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. And hope does not disappoint, because the love of God has been poured out into my heart through the Holy Spirit who was given to me. 不但這樣，我們更以患難為榮；知道患難產生忍耐，  忍耐產生毅力，毅力產生盼望；  盼望是不會令人蒙羞的，因為　神藉著所賜給我們的聖靈，把他的愛澆灌在我們的心裡。 (Romans 5:3-5)

May I rejoice in hope, persevere in affliction, and continue steadfastly in prayer. 在盼望中要喜樂，在患難中要堅忍，禱告要恆切。 (Romans 12:12)

May I not become weary in doing good, for at the proper time I will reap a harvest if I do not give up. 我們行善，不要覺得厭煩；如果不鬆懈，到了適當的時候，就有收成。 (Galatians 6:9)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Father, using Your word as a guide, I offer You my prayers concerning *growth in holiness*.

If I abide in You, and Your words abide in me, I can ask whatever I wish, and it will be done for me. By this is Your Father glorified, that I bear much fruit, showing myself to be Your disciple. As the Father has loved You, You also have loved me. May I abide in Your love. If I keep Your commandments, I will abide in Your love, just as You kept Your Father’s commandments and abide in His love. You have told me this so that Your joy may be in me and that my joy may be full. 你們若住在我裡面，我的話也留在你們裡面；無論你們想要甚麼，祈求，就給你們成就。  這樣，你們結出很多果子，我父就因此得榮耀，你們也就是我的門徒了。  父怎樣愛我，我也怎樣愛你們；你們要住在我的愛裡。  如果你們遵守我的命令，就必定住在我的愛裡，正像我遵守了我父的命令，住在他的愛裡一樣。  “我把這些事告訴了你們，好讓我的喜樂存在你們心裡，並且使你們的喜樂滿溢。 (John 15:7-11)

Search me, O God, and know my heart;

Try me and know my anxious thoughts,

And see if there is any wicked way in me,

And lead me in the way everlasting. 　神啊！求你鑒察我，知道我的心思；試驗我，知道我的意念。  看看我裡面有甚麼惡行沒有，引導我走永恆的道路。 (Psalm 139:23-24)

O Lord, set a guard over my mouth;

Keep watch over the door of my lips.

Do not let my heart turn aside to any evil thing. (Psalm 141:3-4a)

Direct my footsteps according to Your word,

And let no iniquity have dominion over me. 求你用你的話引導我的腳步，不容甚麼罪孽轄制我。 (Psalm 119:133)

May I be diligent to add to my faith, virtue; and to virtue, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if these qualities are mine in increasing measure, they will keep me from being barren and unfruitful in the full knowledge of our Lord Jesus Christ. 正因這緣故，你們要多多努力：有了信心，又要增添美德；有了美德，又要增添知識；  有了知識，又要增添節制；有了節制，又要增添忍耐；有了忍耐，又要增添敬虔；  有了敬虔，又要增添弟兄的愛；有了弟兄的愛，還要增添神聖的愛。  因為你們有了這幾樣，並且繼續增長，就必叫你們在確實認識我們的主耶穌基督上，不至於閒懶不結果子。 (2 Peter 1:5-8)

I will not let sin reign in my mortal body that I should obey its lusts. Nor will I present the members of my body to sin, as instruments of wickedness, but I will present myself to God as one who is alive from the dead and my members as instruments of righteousness to God. 所以，不要容罪在你們必死的肉身上掌權，使你們順從肉身的私慾，  也不要把你們的肢體獻給罪，作不義的用具；倒要像出死得生的人，把自己獻給　神，並且把你們的肢體獻給　神作義的用具。 (Romans 6:12-13)

As an alien and a stranger in the world, may I abstain from fleshly lusts, which war against my soul. 親愛的，我勸你們作客旅和寄居的人，要禁戒肉體的私慾，這私慾是與靈魂爭戰的。 (1 Peter 2:11)

The works of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions, envyings, drunkenness, revelries, and the like. Those who practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. 肉體所行的都是顯而易見的，就如淫亂、污穢、邪蕩、  拜偶像、行邪術、仇恨、爭競、忌恨、忿怒、自私、分黨、結派、  嫉妒、醉酒、荒宴，和類似的事。我從前早就告訴過你們，現在又事先告訴你們：行這些事的人，必定不能承受　神的國。  但聖靈的果子是仁愛、喜樂、平安、忍耐、恩慈、良善、信實、  溫柔、節制；這樣的事，是沒有律法禁止的。 (Galatians 5:19-23)

May I put away all filthiness and the overflow of wickedness, and in meekness accept the word planted in me, which is able to save my soul. May I be a doer of the word and not merely a hearer who deceives himself. 所以你們應當擺脫一切污穢和所有的邪惡，以溫柔的心領受　神栽種的道；這道能救你們的靈魂。  你們應該作行道的人，不要單作聽道的人，自己欺騙自己； (James 1:21-22)

As I walk in the Spirit, I will not fulfill the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh; for they oppose each other, so that I may not do the things that I wish. But if I am led by the Spirit, I am not under the law. 我是說，你們應當順著聖靈行事，這樣就一定不會去滿足肉體的私慾了。  因為肉體的私慾和聖靈敵對，聖靈也和肉體敵對；這兩樣互相敵對，使你們不能作自己願意作的。  但你們若被聖靈引導，就不在律法以下了。 (Galatians 5:16-18)

Pause here to express any additional personal requests, especially concerning *spiritual insight*:

Understanding and insight into the word

Understanding my identity in Christ

Who I am

Where I came from

Where I am going

Understanding God’s purpose for my life

我今天的各类活动, 特别关注的人和事

**彼此代求**

Lord, I now prepare my heart for intercessory prayer for *believers*.

May your love abound more and more in full knowledge and depth of insight, so that you may be able to approve the things that are excellent, in order to be sincere and blameless until the day of Christ—having been filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God. 我所禱告的，是要你們的愛心，在充足的知識和各樣的見識上，多而又多，  使你們可以辨別是非，成為真誠無可指摘的人，直到基督的日子，  靠著耶穌基督結滿了公義的果子，使　神得著榮耀和讚美。 (Philippians 1:9-11)

Beloved, I pray that you may prosper in all things and be in good health, even as your soul prospers. 親愛的，我祝你凡事亨通，身體健壯，正如你的靈魂安泰一樣。 (3 John 2)

In the spirit of these passages, I pray for:

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**信靠顺服**

Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning *my identity in Christ*:

If anyone is in Christ, he is a new creation; the old things passed away; behold, they have become new. 如果有人在基督裡，他就是新造的人，舊事已經過去，你看，都變成新的了！ (2 Corinthians 5:17)

I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh, I live by faith in the Son of God, who loved me and gave Himself for me. 我已經與基督同釘十字架；現在活著的，不再是我，而是基督活在我裡面；如今在肉身中活著的我，是因信　神的兒子而活的；他愛我，為我捨己。 (Galatians 2:20)

If I died with Christ, I believe that I will also live with Him, knowing that Christ, having been raised from the dead, cannot die again; death no longer has dominion over Him. For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. In the same way, may I consider myself to be dead to sin, but alive to God in Christ Jesus. 我們既然與基督同死，就信也必與他同活。  我們知道，基督既然從死人中復活，就不再死，死也不再轄制他了。  他死，是向罪死了，只有這一次；他活，是向　神活著。  你們也應當這樣，向罪算自己是死的，在基督耶穌裡，向　神卻是活的。 (Romans 6:8-11)

I did not receive a spirit of slavery again to fear, but I received the Spirit of adoption by whom I cry, “Abba, Father.” The Spirit Himself testifies with my spirit that I am a child of God. 你們接受的，不是奴僕的靈，使你們仍舊懼怕；你們接受的，是使人成為嗣子的靈，使我們呼叫“阿爸、父”。  聖靈親自和我們的靈一同證明我們是　神的兒女。 (Romans 8:15-16)

My body is a temple of the Holy Spirit, who is in me, whom I have from God, and I am not my own. For I was bought at a price; therefore may I glorify God in my body. 你們不知道你們的身體就是那位住在你們裡面的聖靈的殿嗎？這聖靈是你們從　神那裡領受的。你們不是屬於自己的，  因為你們是用重價買來的。所以你們務要用自己的身體榮耀　神。 (1 Corinthians 6:19-20)

*停下来，反思这些圣经给我们的确据。*

**感恩**

For who You are and for what You have done, accept my thanks, O Lord:

He who dwells in the shelter of the Most High

Will rest in the shadow of the Almighty.

I will say of the Lord, “He is my refuge and my fortress,

My God, in whom I trust.” 住在至高者的隱密處的，必在全能者的蔭庇下安居。  我要對耶和華說：“你是我的避難所，我的保障，你是我的　神，我所倚靠的。” (Psalm 91:1-2)

The Lord is my light and my salvation;

Whom shall I fear?

The Lord is the strength of my life;

Of whom shall I be afraid? 耶和華是我的亮光，是我的救恩，我還怕誰呢？耶和華是我性命的避難所，我還懼誰呢？（本節在《馬索拉抄本》包括細字標題） (Psalm 27:1)

Lord, thank You that You have made these promises:

For those who revere Your name, the Sun of righteousness will rise with healing in His wings. And they will go out and leap like calves released from the stall. 可是，對你們敬畏我名的人，必有公義的太陽升起來；它的光線有醫治的功能；你們必出來跳躍，像欄裡的肥牛犢。” (Malachi 4:2)

Because I love You, You will deliver me;

You will protect me, for I acknowledge Your name.

I will call upon You, and You will answer me;

You will be with me in trouble,

You will deliver me and honor me.

With long life You will satisfy me

And show me Your salvation. 耶和華說：“因為他戀慕我，我必搭救他；因為他認識我的名，我必保護他。  他求告我，我必應允他；他在患難中，我必與他同在；我必拯救他，使他得尊榮。  我必使他得享長壽，又向他顯明我的救恩。” (Psalm 91:14-16)

*停下来，献上你自己的感恩之意*

**结束祷告**

Surely goodness and mercy will follow me all the days of my life,

And I will dwell in the house of the Lord forever. 我一生的日子，必有恩惠慈愛緊隨著我；我也要住在耶和華的殿中，直到永遠。 (Psalm 23:6)

Every creature in heaven and on earth and under the earth and on the sea and all that is in them, will sing:

“To Him who sits on the throne and to the Lamb

Be blessing and honor and glory and power

For ever and ever!” 我又聽見在天上、地上、地底下和海裡的一切被造之物，以及天地間的萬有，都說：“願頌讚、尊貴、榮耀、能力，都歸給坐在寶座上的那一位和羊羔，直到永永遠遠！” (Revelation 5:13)

May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip us in every good thing to do His will, working in us what is pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. 願賜平安的　神，就是那憑著永約的血，把群羊的大牧人我們的主耶穌，從死人中領出來的那一位，  在一切善事上成全你們，好使你們遵行他的旨意；又藉著耶穌基督在我們裡面，行他所喜悅的事。願榮耀歸給他，直到永永遠遠。阿們。 (Hebrews 13:20-21)

**Wednesday**

**敬拜尊崇**

I have tasted and seen that the Lord is good;

Blessed is the man who takes refuge in Him!

O fear the Lord, you His saints,

For those who fear Him lack nothing. 你們要親自體驗，就知道耶和華是美善的；投靠他的人，都是有福的。  耶和華的聖民哪！你們要敬畏他，因為敬畏他的一無所缺。 (Psalm 34:8-9)

I thank You because I am fearfully and wonderfully made;

Your works are wonderful,

And my soul knows it full well. 我要稱謝你，因為我的受造奇妙可畏；你的作為奇妙，這是我深深知道的。 (Psalm 139:14)

All Your works will praise you, O Lord,

And Your saints will bless You.

They will speak of the glory of Your kingdom

And talk of Your power,

So that all men may know of Your mighty acts

And the glorious majesty of Your kingdom.

Your kingdom is an everlasting kingdom,

And Your dominion endures through all generations. 耶和華啊！你一切所造的都要稱謝你，你的聖民也要稱頌你。  他們要講論你國的榮耀，也要述說你大能的作為。  好使世人知道你大能的作為，和你國威嚴的尊榮。  你的國是永遠的國，你的王權存到萬代。 (Psalm 145:10-13)

Blessed are You, O Lord, God of Israel, our father, forever and ever. Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for everything in heaven and earth is Yours. Yours, O Lord, is the kingdom, and You are exalted as head over all. Both riches and honor come from You, and You are the ruler of all things. In Your hand is power and might to exalt and to give strength to all. Therefore, my God, I give You thanks and praise Your glorious name. 所以大衛在全體會眾面前稱頌耶和華，說：“耶和華我們的祖先以色列的　神，是應當稱頌的，從亙古直到永遠。  耶和華啊，尊大、能力、榮耀、勝利和威嚴，都是你的；因為天上地下的萬有都是你的；耶和華啊，國度是你的，你超越萬有，你是至高的。  富足和尊榮都從你而來，你也統治萬有。在你的手裡有力量和權能；人的尊大、強盛都是出於你的手。  我們的　神啊，現在我們要稱頌你，讚美你榮耀的名。 (1 Chronicles 29:10-13)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

God is wise in heart and mighty in strength.

Who has resisted Him without harm? 他心裡有智慧，而且有極大的能力，有誰對他剛硬而平安無事呢？ (Job 9:4)

Blessed is he whose transgression is forgiven,

Whose sin is covered.

Blessed is the man to whom the Lord does not impute iniquity

And in whose spirit is no deceit.

When I kept silent, my bones wasted away

Through my groaning all day long.

For day and night Your hand was heavy upon me;

My strength was sapped as in the heat of summer.

I acknowledged my sin to You

And did not hide my iniquity.

I said, “I will confess my transgressions to the Lord,”

And You forgave the guilt of my sin. 過犯得蒙赦免，罪惡得到遮蓋的人，是有福的。（本節在《馬索拉抄本》包括細字標題）  心裡沒有詭詐，耶和華不算為有罪的，這人是有福的。  我閉口不認罪的時候，就整天唉哼，以致骨頭衰殘。  因為你的手晝夜重壓在我身上，我的精力耗盡，好像盛暑的乾旱。（細拉）  我向你承認我的罪，沒有隱藏我的罪孽；我說：“我要向耶和華承認我的過犯”；你就赦免我的罪孽。（細拉） (Psalm 32:1-5)

Come, let us return to the Lord.

For He has torn us, but He will heal us;

He has injured us but He will bind up our wounds.

After two days He will revive us;

On the third day He will raise us up,

That we may live before Him. “來吧！讓我們回轉歸向耶和華；因為，他雖然撕裂了我們，但必定醫治我們；他雖然擊傷了我們，卻必替我們裹傷。  兩天以後，他要使我們復原；第三天，他使我們起來，我們就可以活在他的面前。 (Hosea 6:1-2)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

I, even I, am He who blots out your transgressions for My own sake,

And I will not remember your sins. “唯有我為自己的緣故，塗抹你的過犯，我也不再記念你的罪。 (Isaiah 43:25)

This is what the Lord God, the Holy One of Israel, says:

“In repentance and rest is your salvation;

In quietness and trust is your strength.” 因為主耶和華以色列的聖者這樣說：“你們得救在於悔改和安息，你們得力在於平靜和信靠。”但你們竟不願意。 (Isaiah 30:15)

**恢复更新**

Lord, renew me by Your Spirit as I offer these prayers to You:

May I not profane Your holy name, but acknowledge You as holy before others. You are the Lord, who sanctifies me. 你們不可褻瀆我的聖名，我在以色列人中間要被尊為聖；我是使你們分別為聖的耶和華， (Leviticus 22:32)

May I be a person of faith, who does not doubt the promises of God, and not a double-minded man, who is unstable in all his ways. 可是，他應該憑著信心祈求，不要有疑惑；因為疑惑的人，就像被風吹蕩翻騰的海浪。  因為三心兩意的人，在他的一切道路上，都搖擺不定。 (James 1:6, 8)

May I abound in love and faith toward the Lord Jesus and to all the saints. (Philemon 5)

May I be strong in the grace that is in Christ Jesus. 所以，我兒啊，你應當在基督耶穌的恩典裡剛強起來， (2 Timothy 2:1)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Father, using Your word as a guide, I offer You my prayers concerning *my love for others*.

Concerning love, You have said:

“You shall love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and great commandment. And the second is like it: “You shall love your neighbor as yourself.” All the Law and the Prophets hang on these two commandments. 他回答：“你要全心、全性、全意愛主你的　神。  這是最重要的第一條誡命。  第二條也和它相似，就是要愛人如己。  全部律法和先知書，都以這兩條誡命作為根據。” (Matthew 22:37-40)

Whatever I want others to do to me, may I also do to them, for this is the Law and the Prophets. 你們願意人怎樣待你們，你們也要怎樣待人，這是律法和先知的總綱。 (Matthew 7:12)

Love is patient, love is kind, it does not envy; love does not boast, it is not arrogant, it does not behave rudely; it does not seek its own, it is not provoked, it keeps no record of wrongs; it does not rejoice in unrighteousness but rejoices with the truth; it bears all things, believes all things, hopes all things, endures all things. Love never fails. 愛是恆久忍耐，又有恩慈。愛是不嫉妒，不自誇，不張狂；  不作失禮的事，不求自己的益處，不輕易動怒，不計較人的過犯；  不喜歡不義，只喜歡真理。  愛是凡事包容，凡事相信，凡事盼望，凡事忍耐。  愛是永存不息的。先知的講道終必過去，方言終必停止，知識終必消失。 (1 Corinthians 13:4-8)

May I love my enemies and pray for those who persecute me. 可是我告訴你們，當愛你們的仇敵，為迫害你們的祈禱， (Matthew 5:44)

May I be an imitator of God as a beloved child, and walk in love, just as Christ loved me and gave Himself up for me as a fragrant offering and sacrifice to God. 因此，你們既然是蒙愛的兒女，就應當效法　神。  要憑著愛心行事，好像基督愛我們，為我們捨己，當作馨香的供品和祭物獻給　神。 (Ephesians 5:1-2)

May I sanctify Christ as Lord in my heart, always being ready to make a defense to everyone who asks me to give the reason for the hope that is in me, but with gentleness and respect. 只要心裡尊基督為聖，以他為主；常常作好準備，去回答那些問你們為甚麼懷有盼望的人， (1 Peter 3:15)

I should walk in wisdom toward outsiders, making the most of every opportunity. My speech should always be with grace, seasoned with salt, so that I may know how to answer each person. 你們要把握時機，用智慧與外人來往。  你們的話要常常溫和，好像是用鹽調和的，使你們知道應當怎樣回答各人。 (Colossians 4:5-6)

Is this not the fast You have chosen:

To loose the bonds of wickedness,

To undo the cords of the yoke,

And to let the oppressed go free

And break every yoke?

Is it not to share our food with the hungry

And to provide the poor wanderer with shelter;

When we see the naked, to clothe him,

And not to turn away from our own flesh?

Then our light will break forth like the dawn,

And our healing will quickly appear,

And our righteousness will go before us;

The glory of the Lord will be our rear guard.

Then we will call, and the Lord will answer;

We will cry, and He will say, “Here I am.” 我所揀選的禁食不是這樣嗎？不是要鬆開兇惡的鎖鍊，解開軛上的繩索，使被壓迫的獲得自由，折斷所有的軛嗎？  不是要把你的食物分給飢餓的人，把流浪的窮困人接到你的家裡，見到赤身露體的，給他衣服蔽體，不可逃避自己的骨肉而不顧恤嗎？  這樣，你的光就必突然發出，像黎明的曙光，你的傷口就必快快復原；你的公義就必行在你的前面，耶和華的榮耀要作你的後盾。  那時，你求告，耶和華必應允；你呼求，他必說：“我在這裡！”你若從你中間除掉欺壓人的軛，除去指責人的指頭和惡毒的言語， (Isaiah 58:6-9)

May I not let any corrupt word come out of my mouth, but only what is helpful for building others up according to their needs, that it may impart grace to those who hear. May I not grieve the Holy Spirit of God by whom I was sealed for the day of redemption. May I put away all bitterness and anger and wrath and shouting and slander, along with all malice. And may I be kind and compassionate to others, forgiving them just as God in Christ also forgave me. 一句壞話也不可出口，卻要適當地說造就人的好話，使聽見的人得益處。  不可讓　神的聖靈憂傷，因為你們受了他的印記，等候得贖的日子。  一切苛刻、惱怒、暴戾、嚷鬧、毀謗，連同一切惡毒，都應當從你們中間除掉。  要互相友愛，存溫柔的心，彼此饒恕，就像　神在基督裡饒恕了你們一樣。 (Ephesians 4:29-32)

May I do nothing out of selfish ambition or vain conceit, but in humility may I esteem others as more important than myself. Let me look not only to my own interests, but also to the interests of others. 不要自私自利，也不要貪圖虛榮，只要謙卑，看別人比自己強；  各人不要單顧自己的事，也要顧別人的事。 (Philippians 2:3-4)

May I be of one mind with others and be sympathetic: loving them as brothers and sisters, being compassionate and humble. May I not return evil for evil or insult for insult, but blessing instead, because to this I was called, that I may inherit a blessing. 總括來說，你們要彼此同心，互相體恤，親愛像弟兄，滿有溫柔，存心謙卑。  不要以惡報惡，以辱罵還辱罵，倒要祝福，因為你們就是為此蒙召，好叫你們承受福氣。 (1 Peter 3:8-9)

Pause here to express any additional personal requests, especially concerning *relationships with others*:

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

我今天的各类活动, 特别关注的人和事

**彼此代求**

Lord, I now prepare my heart for intercessory prayer for *evangelism*.

May I devote myself to prayer, being watchful in it with 感恩. I pray that God may open to me a door for the word, so that I may speak the mystery of Christ and proclaim it clearly, as I ought to speak. 你們要恆切禱告，在禱告的時候存著感恩的心警醒；  也要為我們禱告，求　神為我們開傳道的門，宣講基督的奧祕（我就是為了這個緣故被捆鎖），  使我照著我所應當說的，把這奧祕顯明出來。 (Colossians 4:2-4)

I pray that words may be given to me, that I may open my mouth boldly to make known the mystery of the gospel. 也要為我祈求，使我傳講的時候，得著當說的話，可以坦然無懼地講明福音的奧祕， (Ephesians 6:19)

In the spirit of these passages, I pray for those who do not know Christ:

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**信靠顺服**

Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning *my life in Christ*:

You have shown me what is good;

And what does the Lord require of me

But to act justly and to love mercy

And to walk humbly with my God? 世人哪！耶和華已經指示你甚麼是善，他向你所要的又是甚麼；無非是要你行公義，好憐憫，謙虛謹慎與你的　神同行。 (Micah 6:8)

Though I walk in the flesh, I do not war according to the flesh. The weapons of my warfare are not fleshly, but divinely powerful to overthrow strongholds, casting down arguments and every pretension that sets itself up against the knowledge of God, and taking every thought captive to the obedience of Christ. 我們雖然在世上行事，卻不是按照世俗的方式作戰，  因為我們作戰所用的兵器，不是屬於這世界的，而是在　神面前有能力的，可以攻陷堅固的堡壘，  攻破詭辯，和做來阻擋人認識　神的一切高牆，並且把一切心意奪回來，順服基督。 (2 Corinthians 10:3-5)

May I not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but of the world. And the world and its lusts are passing away, but the one who does the will of God abides forever. 不要愛世界和世上的東西。人若愛世界，愛父的心就不在他裡面了。  原來世上的一切，就如肉體的私慾，眼目的私慾和今生的驕傲，都不是出於父，而是從世界來的。  這世界和世上的私慾都要漸漸過去，但那遵行　神旨意的卻存到永遠。 (1 John 2:15-17)

I will not lay up for myself treasures on earth, where moth and rust destroy and where thieves break in and steal. But I will lay up for myself treasures in heaven, where moth and rust do not destroy and where thieves do not break in and steal. For where my treasure is, there my heart will be also. “不可為自己在地上積聚財寶，因為地上有蟲蛀，有鏽侵蝕，也有賊挖洞來偷。  要為自己積聚財寶在天上，那裡沒有蟲蛀鏽蝕，也沒有賊挖洞來偷。  你的財寶在哪裡，你的心也在哪裡。 因為你們的財寶在哪裡，你們的心也在哪裡。 (Matthew 6:19-21; Luke 12:34)

I make it my ambition to please the Lord, whether I am at home in the body or away from it. For we must all appear before the judgment seat of Christ, that each one may receive what is due for the things done while in the body, whether good or bad. 因此，我們立定志向，無論住在身內或是與身體分開，都要討主的喜悅。  因為我們眾人都必須在基督的審判臺前顯露出來，使各人按著本身所行的，或善或惡，受到報應。 (2 Corinthians 5:9-10)

*停下来，反思这些圣经给我们的确据。*

**感恩**

For who You are and for what You have done, accept my thanks, O Lord:

Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is incorruptible and undefiled and unfading, reserved in heaven for us who through faith are guarded by the power of God for salvation that is ready to be revealed in the last time. 我們主耶穌基督的父　神是應當稱頌的。他照著自己的大憐憫，藉著耶穌基督從死人中復活，重生了我們，使我們有永活的盼望，  可以得著不能朽壞、不能玷污、不能衰殘，為你們存留在天上的基業，  就是你們這因信蒙　神能力保守的人，得著預備在末世要顯現的救恩。 (1 Peter 1:3-5)

Whom have I in heaven but You?

And there is nothing on earth I desire besides You.

My flesh and my heart may fail,

But God is the strength of my heart and my portion forever. 除你以外，在天上，我還有誰呢？除你以外，在地上，我也無所愛慕。  我的肉身和我的內心雖然漸漸衰弱，　神卻永遠是我心裡的磐石，是我的業分。 (Psalm 73:25-26)

Why are you downcast, O my soul?

Why are you disturbed within me?

Hope in God, for I will yet praise Him,

The help of my countenance and my God. 我的心哪！你為甚麼沮喪呢？為甚麼在我裡面不安呢？應當等候　神；因為我還要稱讚他，他是我面前的救助、我的　神。 (Psalm 42:11)

I call this to mind,

And therefore I have hope:

The Lord’s mercies never cease,

For His compassions never fail.

They are new every morning;

Great is Your faithfulness. 但我的心一想起下面這件事，我就有指望。  耶和華的慈愛永不斷絕，他的憐憫永不止息。  每天早晨都是新的；你的信實多麼廣大！ (Lamentations 3:21-23)

*停下来，献上你自己的感恩之意*

**结束祷告**

Let the words of my mouth and the meditation of my heart

Be pleasing in Your sight,

O Lord, my Rock and my Redeemer. 耶和華我的磐石、我的救贖主啊！願我口中的言語、心裡的意念，都在你面前蒙悅納。 (Psalm 19:14)

God is able to do immeasurably more than all that we ask or think, according to His power that is at work within us. To Him be glory in the church and in Christ Jesus throughout all generations, for ever and ever. 願榮耀歸給　神，就是歸給那能照著運行在我們裡面的大能，充充足足地成就一切，超過我們所求所想的。  願榮耀在教會中和基督耶穌裡歸給他，直到萬代，永世無窮。阿們。 (Ephesians 3:20-21)

**Thursday**

**敬拜尊崇**

Praise the Lord!

For it is good to sing praises to our God,

Because praise is pleasant and beautiful. 你們要讚美耶和華。歌頌我們的　神，這是多麼美善，讚美他，這是美好的，是合宜的。 (Psalm 147:1)

Blessed be the name of God for ever and ever,

For wisdom and power belong to Him.

He changes the times and the seasons;

He raises up kings and deposes them.

He gives wisdom to the wise

And knowledge to those who have understanding.

He reveals deep and hidden things;

He knows what is in the darkness,

And light dwells with Him. 但以理說：“願　神的名得稱頌，從永遠直到永遠，因為智慧和能力都是屬他的。  他改變時間、季節；他廢王、立王；他賜智慧給智慧人，賜知識給聰明人。  他顯明深奧和隱密的事，他洞悉暗中的一切，因為光明與他同住。 (Daniel 2:20-22)

O God, You are my God;

Earnestly I seek You;

My soul thirsts for You;

My body longs for You,

In a dry and weary land

Where there is no water.

I have seen You in the sanctuary

And beheld Your power and Your glory.

Because Your lovingkindness is better than life,

My lips will praise You.

So I will bless You as long as I live;

I will lift up my hands in Your name.

My soul will be satisfied as with the richest of foods,

And my mouth will praise You with joyful lips.

When I remember You on my bed,

I meditate on You through the watches of the night.

Because You have been my help,

I will rejoice in the shadow of Your wings.

My soul clings to You;

Your right hand upholds me. 　神啊！你是我的　神，我要切切尋求你；在乾旱、疲乏、無水之地，我的心，我的身，都渴想你，切慕你。  因此，我在聖所中瞻仰你，為要見你的能力和榮耀。  因你的慈愛比生命更好，我的嘴唇要頌讚你。  我要一生稱頌你，我要奉你的名舉手禱告。  我的心滿足，就像飽享了骨髓肥油；我要用歡樂的嘴唇讚美你。  我在床上記念你，我整夜默想你。  因為你幫助了我，我要在你翅膀的蔭下歡呼。  我心緊緊追隨你；你的右手扶持我。 (Psalm 63:1-8)

The Lord lives! Blessed be my Rock!

Exalted be God, the Rock of my salvation! 耶和華是永活的，我的磐石是應當稱頌的；拯救我的　神，我的磐石，是應當被尊為至高的。 耶和華是永活的，我的磐石是應當稱頌的，拯救我的　神是應當被尊為至高的。 (2 Samuel 22:47; Psalm 18:46)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

O Lord, do not rebuke me in Your anger

Or chasten me in Your wrath.

Be merciful to me, Lord, for I am weak;

O Lord, heal me, for my bones are in distress.

My soul also is greatly troubled;

But You, O Lord, how long? 耶和華啊！求你不要在烈怒中責備我，也不要在氣忿中管教我。  耶和華啊！求你恩待我，因為我軟弱；耶和華啊！求你醫治我，因為我的骨頭發抖。  我的心也大大戰慄，耶和華啊！要等到幾時呢？ (Psalm 6:1-3)

Woe to me, for I am undone!

Because I am a man of unclean lips,

And I live among a people of unclean lips;

For my eyes have seen the King,

The Lord of hosts. 那時我說：“我有禍了，我滅亡了！因為我是個嘴唇不潔的人，又住在嘴唇不潔的人民中間，又因為我親眼看見了大君王萬軍之耶和華。” (Isaiah 6:5)

There is not a righteous man on earth who continually does good

And never sins. 世上實在沒有一個行善而不犯罪的義人。 (Ecclesiastes 7:20)

Truly I have sinned against the Lord, the God of Israel. 亞干回答約書亞，說：“我實在得罪了耶和華以色列的　神；我作過的事是這樣的。 (Joshua 7:20)

If I claim to be without sin, I deceive myself, and the truth is not in me. If I confess my sins, He is faithful and just and will forgive me my sins and purify me from all unrighteousness. If I claim I have not sinned, I make Him a liar and His word is not in me. 我們若說自己沒有罪，就是自欺，真理就不在我們裡面了。  我們若承認自己的罪，　神是信實的、公義的，必定赦免我們的罪，潔淨我們脫離一切不義。  我們若說自己沒有犯過罪，就是把　神當作說謊的，他的道就不在我們心裡了。 (1 John 1:8-10)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

I will sing praises to the Lord

And give thanks at the remembrance of His holy name.

For His anger lasts only a moment,

But His favor is for a lifetime;

Weeping may endure for a night,

But joy comes in the morning. 耶和華的聖民哪！你們要歌頌耶和華，讚美他的聖名。  因為他的怒氣只是短暫的，他的恩惠卻是一生一世的；夜間雖然不斷有哭泣，早晨卻必歡呼。 (Psalm 30:4-5)

**恢复更新**

Lord, renew me by Your Spirit as I offer these prayers to You:

May I love the Lord my God, obey His voice, and hold fast to Him. For the Lord is my life and the length of my days. 愛耶和華你的　神，聽從他的話，緊靠他，因為那就是你的生命，你的長壽；這樣，你才能在耶和華向你的列祖亞伯拉罕、以撒、雅各起誓應許要賜給他們的地上居住。” (Deuteronomy 30:20)

May I be holy to You, for You the Lord are holy, and You have set me apart to be Your own. 你們要歸我為聖，因為我耶和華是聖潔的，我把你們從萬民中分別出來，使你們歸我。 (Leviticus 20:26)

I have been born again, not of perishable seed, but of imperishable, through the living and abiding word of God. Therefore, may I put away all malice and all guile and hypocrisy and envy and all slander. 你們得了重生，並不是由於能壞的種子，卻是由於不能朽壞的，就是藉著　神永活長存的道。 (1 Peter 1:23; 2:1)

Since I call on the Father who judges each man’s work impartially, may I conduct myself in fear during the time of my sojourn on earth. 你們既稱那不偏待人、按各人行為審判的主為父，就當存敬畏的心，過你們寄居的日子； (1 Peter 1:17)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Father, using Your word as a guide, I offer You my prayers concerning these *practical exhortations*.

May the God of my Lord Jesus Christ, the Father of glory, give me a spirit of wisdom and of revelation in the full knowledge of Him, and may the eyes of my heart be enlightened, in order that I may know what is the hope of His calling, what are the riches of His glorious inheritance in the saints, and what is the incomparable greatness of His power toward us who believe. God’s power is according to the working of His mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him at His right hand in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. 求我們主耶穌基督的　神，榮耀的父，賜給你們智慧和啟示的靈，使你們充分地認識他，  並且使你們心靈的眼睛明亮，可以知道他的呼召有怎樣的盼望；他基業的榮耀，在聖徒中是多麼的豐盛；  　神照著他強大的力量，向我們信他的人顯出的能力，是何等的浩大。  這力量運行在基督身上，使他從死人中復活，並且在天上坐在自己的右邊，  遠超過一切執政的、掌權的、有能的、作主的，和今生來世所能舉出的一切名銜。 (Ephesians 1:17-21)

May I rejoice always, pray without ceasing, and give thanks in all circumstances, for this is God’s will for me in Christ Jesus. May I examine all things, hold fast to the good, and abstain from every form of evil. 要常常喜樂，  不住禱告，  凡事謝恩；這就是　神在基督耶穌裡給你們的旨意。  凡事都要察驗，好的要持守，  各樣的惡事要遠離。 (1 Thessalonians 5:16-18, 21-22)

I will consider it all joy whenever I fall into various trials, knowing that the testing of my faith produces endurance. And I will let endurance finish its work, so that I may be mature and complete, lacking in nothing. If I lack wisdom, may I ask of God, who gives generously to all without reproach, and it will be given to me. 我的弟兄們，你們遭遇各種試煉的時候，都要看為喜樂；  因為知道你們的信心經過考驗，就產生忍耐。  但忍耐要堅持到底（“堅持到底”原文作“有完全的功效”），使你們可以完全，毫無缺乏。  你們中間若有人缺少智慧，就當向那厚賜眾人，而且不斥責人的　神祈求，他就必得著。 (James 1:2-5)

May I be steadfast, immovable, abounding in the work of the Lord, knowing that my labor in the Lord is not in vain. 所以，我親愛的弟兄們，你們務要堅固，不可動搖，常常竭力多作主工，因為知道你們的勞苦，在主裡面不是徒然的。 (1 Corinthians 15:58)

May I be strong in the Lord and in His mighty power as I put on the full armor of God, so that I will be able to stand against the schemes of the devil. 最後，你們要靠主的大能大力，在他裡面剛強。  要穿戴　神所賜的全副軍裝，使你們能抵擋魔鬼的詭計。 (Ephesians 6:10-11)

May I prepare my mind for action and be self-controlled, setting my hope fully on the grace to be brought to me at the revelation of Jesus Christ. As an obedient child, may I not conform myself to the former lusts I had when I lived in ignorance, but as He who called me is holy, so may I be holy in all my conduct, because it is written: “You shall be holy, for I am holy.” 所以要準備好你們的心，警醒謹慎，專心盼望耶穌基督顯現的時候所要帶給你們的恩典。  你們既是順服的兒女，就不要再效法從前無知的時候放縱私慾的生活。  那召你們的既是聖潔的，你們在一切所行的事上也要聖潔。  因為聖經上記著說：“你們要聖潔，因為我是聖潔的。” (1 Peter 1:13-16)

May I be anxious for nothing, but in everything by prayer and 个人祈求 with 感恩, let my requests be known to God. And the peace of God, which transcends all understanding, will guard my heart and my mind in Christ Jesus. 應當毫無憂慮，只要凡事藉著禱告祈求，帶著感恩的心，把你們所要的告訴　神。  這樣，　神所賜超過人能了解的平安，必在基督耶穌裡，保守你們的心思意念。 (Philippians 4:6-7)

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is of good report—if anything is excellent or praiseworthy—may I think about such things. 最後，弟兄們，凡是真實的、莊重的、公正的、純潔的、可愛的、聲譽好的，無論是甚麼美德，甚麼稱讚，這些事你們都應當思念。 (Philippians 4:8)

Pause here to express any additional personal requests, especially concerning *faithfulness as a steward*:

Of time

Of talents

Of treasure

Of truth

Of relationships

我今天的各类活动, 特别关注的人和事

**彼此代求**

Lord, I now prepare my heart for intercessory prayer for *government*.

We should offer 个人祈求s, prayers, 彼此代求s, and 感恩s on behalf of all men, for kings and all those who are in authority, that we may live peaceful and quiet lives in all godliness and reverence. This is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth. 因此，我勸你最重要的是要為萬人、君王和一切有權位的懇求、禱告、代求和感恩，好讓我們可以敬虔莊重地過平靜安穩的日子。  在我們的救主　神看來，這是美好的，可蒙悅納的。  他願意萬人得救，並且充分認識真理。 (1 Timothy 2:1-4)

In the spirit of this passage, I pray for:

Spiritual revival

Local government

State government

National government

Current events and concerns

**信靠顺服**

Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning *the Scriptures*:

All Scripture is God-breathed and is useful for teaching, for reproof, for correction, for training in righteousness, that the man of God may be thoroughly equipped for every good work. 全部聖經都是　神所默示的，在教訓、責備、矯正和公義的訓練各方面，都是有益的，  為要使屬　神的人裝備好，可以完成各樣的善工。 (2 Timothy 3:16-17)

The word of God is living and active and sharper than any double-edged sword, piercing even to the dividing of soul and spirit and of joints and marrow, and it judges the thoughts and attitudes of the heart. And there is no creature hidden from His sight, but everything is uncovered and laid bare before the eyes of Him to whom we must give account. 　神的道是活的，是有效的，比一切兩刃的劍更鋒利，甚至可以刺入剖開靈與魂，關節與骨髓，並且能夠辨明心中的思想和意念。  被造的在　神面前沒有一樣不是顯明的，萬有在他的眼前都是赤露敞開的；我們必須向他交帳。 (Hebrews 4:12-13)

Your word is a lamp to my feet

And a light to my path. 你的話是我腳前的燈，是我路上的光。 (Psalm 119:105)

Like Ezra, I want to set my heart to study the word of the Lord, and to do it, and to teach it to others. 因為以斯拉專心尋求研究耶和華的律法，並且遵行，在以色列中教導律例和典章。 (Ezra 7:10)

I delight to do Your will, O my God,

And Your law is within my heart. 我的　神啊！我樂意遵行你的旨意；你的律法常在我的心裡。” (Psalm 40:8)

*停下来，反思这些圣经给我们的确据。*

**感恩**

For who You are and for what You have done, accept my thanks, O Lord:

The Lord is great and greatly to be praised;

He is to be feared above all gods.

For all the gods of the nations are idols,

But the Lord made the heavens.

Splendor and majesty are before Him;

Strength and joy are in His place.

I will ascribe to the Lord glory and strength.

I will ascribe to the Lord the glory due His name

And worship the Lord in the beauty of holiness. 因為耶和華是偉大的，當受極大的讚美；他當受敬畏，遠在萬神之上。  萬民的偶像算不得甚麼，唯獨耶和華創造諸天。  尊榮和威嚴在他面前，能力和歡樂在他的聖所。  萬族萬民啊，你們要歸給耶和華，要把榮耀和能力歸給耶和華。  要把耶和華的名應得的榮耀歸給他，拿著禮物到他面前來，要以聖潔的裝飾敬拜耶和華。 (1 Chronicles 16:25-29)

Through Jesus, I will continually offer to God a sacrifice of praise, that is, the fruit of lips that give thanks to His name. 所以，我們要藉著耶穌，常常把頌讚的祭品獻給　神，這就是承認他的名的人嘴唇的果子。 (Hebrews 13:15)

God is my refuge and strength,

An ever-present help in trouble. 　神是我們的避難所，是我們的力量，是我們在患難中隨時都可得到的幫助。 (Psalm 46:1)

My heart rejoices in the Lord;

My horn is exalted in the Lord.

My mouth boasts over my enemies,

For I delight in Your salvation.

There is no one holy like the Lord;

There is no one besides You;

Nor is there any Rock like our God. 哈拿禱告說：“我的心因耶和華喜樂，我的角因耶和華高舉，我的口向仇敵大大誇耀，因為我以你的救恩為樂。  沒有人像耶和華那麼聖潔，因為除你以外沒有別的神，也沒有磐石像我們的　神。 (1 Samuel 2:1-2)

*停下来，献上你自己的感恩之意*

**结束祷告**

The Lord will keep me from all evil;

He will preserve my soul.

The Lord will watch over my coming and going

From this time forth and forever. 耶和華要保護你脫離一切災禍，他要保護你的性命。  你出你入，耶和華要保護你，從現在直到永遠。 (Psalm 121:7-8)

The Lord bless you and keep you;

The Lord make His face shine upon you

And be gracious to you;

The Lord turn His face toward you

And give you peace. 願耶和華賜福你，保護你；  願耶和華使他的臉光照你，賜恩給你；  願耶和華敞臉垂顧你，賜你平安。’ (Numbers 6:24-26)

The God of hope will fill me with all joy and peace as I trust in Him, so that I may overflow with hope by the power of the Holy Spirit. 願那賜盼望的　神，因著你們的信，把一切喜樂平安充滿你們，使你們靠著聖靈的大能滿有盼望。 (Romans 15:13)

**Friday**

**敬拜尊崇**

How great You are, O Sovereign Lord! There is no one like You, and there is no God besides You, according to all that I have heard with my ears. 主耶和華啊，因此，你是偉大的！按照我們耳朵所聽見的，沒有像你的，除了你以外，再沒有別的　神。 耶和華啊，照著我們耳中所聽見的，沒有誰能與你相比；除你以外，再沒有別的神。 (2 Samuel 7:22; 1 Chronicles 17:20)

O Lord, the God of our fathers, are You not the God who is in heaven? Are You not the ruler over all the kingdoms of the nations? Power and might are in Your hand, and no one is able to withstand You. 說：“耶和華我們列祖的　神啊，你不是天上的　神嗎？你不是統治萬國的嗎？你手中有大能大力，沒有人能抵擋你。 (2 Chronicles 20:6)

For with You is the fountain of life;

In Your light we see light. 因為生命的泉源在你那裡；在你的光中，我們才能看見光。 (Psalm 36:9)

O come, let us sing to the Lord;

Let us shout joyfully to the Rock of our salvation.

Let us come before His presence with 感恩;

Let us shout for joy to Him with psalms.

The Lord is the great God,

The great King above all gods.

O come, let us worship and bow down,

Let us kneel before the Lord our Maker.

He is our God and we are the people of His pasture

And the sheep under His care. 來吧，我們來向耶和華歌唱，向拯救我們的磐石歡呼。  我們要來到他面前稱謝他，用詩歌向他歡呼。  因為耶和華是偉大的　神，是超越眾神的大君王。  來吧，我們來俯伏敬拜，在造我們的耶和華面前跪下。  因為他是我們的　神，我們是他草場上的子民，是他手下的羊群。如果你們今天聽從他的聲音， (Psalm 95:1-3, 6-7)

I will sing to the Lord as long as I live;

I will sing praise to my God while I have my being.

May my meditation be pleasing to Him;

I will be glad in the Lord. 我一生要向耶和華歌唱；我還在世的時候，我要向我的　神歌頌。  願我的默想蒙他喜悅；我要因耶和華歡喜。 (Psalm 104:33-34)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Out of the depths I have called to You, O Lord.

O Lord, hear my voice,

And let Your ears be attentive

To the voice of my supplications.

If You, Lord, should mark iniquities,

O Lord, who could stand?

But there is forgiveness with You,

That You may be feared. 耶和華啊！我從深處向你呼求。（本節在《馬索拉抄本》包括細字標題）  主啊！求你聽我的聲音，求你留心聽我懇求的聲音。  耶和華啊！如果你究察罪孽，主啊！誰能站立得住呢？  但你有赦免之恩，為要使人敬畏你。 (Psalm 130:1-4)

You have been just in all that has happened to me; You have acted faithfully, while I did wrong. 在一切臨到我們身上的事上，你都是公義的；因為你所行的是信實的，我們所行的是邪惡的。 (Nehemiah 9:33)

I return to the Lord my God,

For I have stumbled because of my iniquity.

I take words with me and return to the Lord,

Saying, “Take away all iniquity and receive me graciously,

That I may offer the fruit of my lips.” 以色列啊，回轉吧！回到耶和華你的　神那裡，因為你是因自己的罪孽跌倒的。（本節在《馬索拉抄本》為14:2）  你們預備好要說的話，歸向耶和華，對他說：“除去我們一切罪孽，悅納我們的禱告。這樣我們就把嘴唇的果子獻上。 (Hosea 14:1-2)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

The Lord is compassionate and gracious,

Slow to anger, and abounding in lovingkindness.

God will not always strive with us,

Nor will He harbor His anger forever;

He does not treat us as our sins deserve

Or repay us according to our iniquities.

For as high as the heavens are above the earth,

So great is His love for those who fear Him;

As far as the east is from the west,

So far has He removed our transgressions from us.

As a father has compassion on His children,

So the Lord has compassion on those who fear Him.

You know how I am formed;

You remember that I am dust. 耶和華有憐憫，有恩典，不輕易發怒，並且有豐盛的慈愛。  他不長久責備，也不永遠懷怒。  他沒有按著我們的罪過待我們，也沒有照著我們的罪孽報應我們。  天離地有多高，他的慈愛向敬畏他的人也有多大。  東離西有多遠，他使我們的過犯離我們也有多遠。  父親怎樣憐恤兒子，耶和華也照樣憐恤敬畏他的人；  因為他知道我們的本體，記得我們不過是塵土。 (Psalm 103:8-14)

**恢复更新**

Lord, renew me by Your Spirit as I offer these prayers to You:

Who is the faithful and wise servant, whom the master has put in charge of his household to give them their food at the proper time? Blessed is that servant whom his master finds so doing when he comes. “誰是忠心和精明的僕人，被主人指派管理全家，按時分派糧食的呢？  主人來到，看見他這樣作，那僕人就有福了。 (Matthew 24:45-46)

May I watch and pray so that I will not fall into temptation; the spirit is willing, but the flesh is weak. 應當警醒、禱告，免得陷入試探；你們心靈雖然願意，肉體卻是軟弱的。” (Matthew 26:41)

May I abide in Christ, so that when He appears, I will have confidence and not be ashamed before Him at His coming. 孩子們，你們要住在主裡面。這樣，他若顯現，我們就可以坦然無懼；他來的時候，我們也不至慚愧地躲避他了。 (1 John 2:28)

May I be ready, for the Son of Man will come at an hour when I do not expect Him. 所以，你們也要準備妥當，因為在想不到的時候，人子就來了。 你們也要準備妥當，因為在想不到的時候，人子就來了。” (Matthew 24:44; Luke 12:40)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Father, using Your word as a guide, I offer You my prayers concerning *my need for wisdom*.

May God grant me, according to the riches of His glory, to be strengthened with power through His Spirit in my inner being, so that Christ may dwell in my heart through faith. And may I, being rooted and grounded in love, be able to comprehend with all the saints what is the width and length and height and depth of the love of Christ, and to know this love that surpasses knowledge, that I may be filled to all the fullness of God. 求他按著他榮耀的豐盛，藉著他的靈，用大能使你們內在的人剛強起來，  使基督藉著你們的信，住在你們心裡，使你們既然在愛中扎根建基，  就能和眾聖徒一同領悟基督的愛是多麼的長闊高深，  並且知道他的愛是超過人所能理解的，使你們被充滿，得著　神的一切豐盛。 (Ephesians 3:16-19)

If I have found grace in Your sight, teach me Your ways, so I may know You and continue to find favor with You. 現在我若是在你眼前蒙恩，求你把你的道路指示我，使我可以認識你，可以在你眼前蒙恩；也求你想到這民族是你的人民。” (Exodus 33:13)

Whatever I do, may I do all to the glory of God. 所以，你們或吃喝，或作甚麼，一切都要為　神的榮耀而行。 (1 Corinthians 10:31)

May I not let Your word depart from my mouth, but meditate on it day and night, so that I may be careful to do according to all that is written in it; for then I will make my way prosperous, and I will act wisely. 這律法書不可離開你的口，要晝夜默誦，好使你謹守遵行書中所記的一切；這樣，你的道路就必順利，你必一路亨通。 (Joshua 1:8)

May I meditate on Your precepts

And consider Your ways.

May I delight in Your statutes,

And not forget Your word.

Deal bountifully with Your servant,

That I may live and keep Your word.

Open my eyes that I may see

Wonderful things from Your law. 我要默想你的訓詞，重視你的道路。  我喜愛你的律例，我不會忘記你的話。  求你恩待你的僕人，使我可以活著，也可以謹守你的話。  求你開我的眼睛，使我能看出你律法的奇妙。 (Psalm 119:15-18)

Let me be quick to hear, slow to speak, and slow to anger, for the anger of man does not produce the righteousness of God. 我親愛的弟兄們，你們要知道，人人都應該快快地聽，慢慢地說，慢一點動怒；  因為人的忿怒並不能成全　神的義。 (James 1:19-20)

May I guard my heart with all diligence,

For out of it flow the issues of life.

May I put away perversity from my mouth

And keep corrupt talk far from my lips.

May I let my eyes look straight ahead,

And fix my gaze straight before me.

May I ponder the path of my feet

So that all my ways will be established.

May I not turn to the right or to the left

But keep my foot from evil. 你要謹守你的心，勝過謹守一切，因為生命的泉源由此而出。  你要除掉欺詐的口，遠離乖謬的嘴唇。  你雙眼要向前正視，你的眼睛要向前直望。  你要謹慎你腳下的路徑，你一切所行的就必穩妥。  不可偏左偏右，要使你的腳遠離惡事。 (Proverbs 4:23-27)

Let my light shine before men, that they may see my good deeds and praise my Father in heaven. “你們是地上的鹽；如果鹽失了味，怎能使它再鹹呢？結果毫無用處，唯有丟在外面任人踐踏。  你們是世上的光。建在山上的城是無法隱藏的；  人點了燈，不會放在量器底下，而是放在燈臺上，就照亮一家人。  照樣，你們的光也應當照在人前，讓他們看見你們的好行為，又頌讚你們在天上的父。 (Matthew 5:13-16)

May I do all things without complaining or arguing, so that I may become blameless and pure, a child of God without fault in the midst of a crooked and perverse generation, among whom I shine as a light in the world, holding fast the word of life. 無論作甚麼，都不要發怨言、起爭論，  好使你們無可指摘、純真無邪，在這彎曲乖謬的世代中，作　神沒有瑕疵的兒女；你們要在這世代中發光，好像天上的光體一樣，  把生命的道顯揚出來，使我在基督的日子可以誇耀我沒有空跑，也沒有徒勞。 (Philippians 2:14-16)

May I clothe myself with humility toward others, for God opposes the proud but gives grace to the humble. May I humble myself under the mighty hand of God, that He may exalt me in due time, casting all my anxiety upon Him, because He cares for me. 照樣，你們青年人要順服年長的。就是你們各人也要彼此以謙卑為裝束，因為“　神敵擋驕傲的人，賜恩給謙卑的人。”  所以你們要謙卑，服在　神大能的手下，到了時候，他必叫你們升高。  你們要把一切憂慮卸給　神，因為他顧念你們。 (1 Peter 5:5-7)

Pause here to express any additional personal requests, especially concerning *family and ministry*:

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

我今天的各类活动, 特别关注的人和事

**彼此代求**

Lord, I now prepare my heart for intercessory prayer for *missions*.

Finally, brethren, pray for us that the word of the Lord may spread rapidly and be glorified, just as it is with you, and that we may be delivered from perverse and evil men, for not all have faith. 最後，弟兄們，請為我們禱告，好叫主的道也像在你們那裡一樣快快傳開，得著榮耀，  也使我們能夠脫離那些不講理的惡人，因為不是人人都有信心。 (2 Thessalonians 3:1-2)

The harvest is plentiful, but the workers are few. Therefore, I will pray that the Lord of the harvest will send out workers into His harvest. 他就對門徒說：“莊稼多，工人少；  所以你們應當求莊稼的主派工人去收割。” 耶穌對他們說：“莊稼多，工人少，所以你們應當求莊稼的主，派工人出去收他的莊稼。 (Matthew 9:37-38; Luke 10:2)

In the spirit of these passages, I pray for:

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**信靠顺服**

Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning *my hope as a follower of Christ*:

I do not lose heart; even though my outward man is perishing, yet my inner man is being renewed day by day. For this light affliction which is momentary is working for me a far more exceeding and eternal weight of glory, while I do not look at the things which are seen but at the things which are unseen. For the things which are seen are temporary, but the things which are unseen are eternal. 所以，我們並不沮喪，我們外面的人雖然漸漸朽壞，但裡面的人卻日日更新，  因為我們短暫輕微的患難，是要為我們成就極大無比、永遠的榮耀。  我們所顧念的，不是看得見的，而是看不見的；因為看得見的是暫時的，看不見的是永遠的。 (2 Corinthians 4:16-18)

Peace You leave with me; Your peace You give to me. Not as the world gives, do You give to me. I will not let my heart be troubled nor let it be fearful. 我留下平安給你們，我把自己的平安賜給你們；我給你們的，不像世界所給的。你們心裡不要難過，也不要恐懼。 (John 14:27)

Those who wait for the Lord

Will renew their strength;

They will mount up with wings like eagles;

They will run and not grow weary;

They will walk and not be faint. 但那些仰望耶和華的人，必重新得力；他們必像鷹一樣展翅上騰；他們奔跑，也不困倦，他們行走，也不疲乏。 (Isaiah 40:31)

I am always of good courage and know that as long as I am at home in the body, I am away from the Lord. For I live by faith, not by sight. I am of good courage and would prefer to be absent from the body and to be at home with the Lord. 我們既然一向都是坦然無懼的，又知道住在身內就是與主分開  （因為我們行事是憑著信心，不是憑著眼見），  現在還是坦然無懼，寧願與身體分開，與主同住。 (2 Corinthians 5:6-8)

Since I am a child of God, I am an heir of God and a joint heir with Christ, if indeed I share in His sufferings in order that I may also share in His glory. For I consider that the sufferings of this present time are not worth comparing with the glory that will be revealed to me. 既然是兒女，就是後嗣；是　神的後嗣，也和基督一同作後嗣。我們既然和他一同受苦，就必和他一同得榮耀。  我看現在的苦難，與將要向我們顯出的榮耀，是無法相比的。 (Romans 8:17-18)

*停下来，反思这些圣经给我们的确据。*

**感恩**

For who You are and for what You have done, accept my thanks, O Lord:

I will praise You, O Lord, with all my heart;

I will tell of all Your wonders.

I will be glad and rejoice in You;

I will sing praise to Your name, O Most High. 耶和華啊！我要全心稱謝你，我要述說你一切奇妙的作為。  我要因你快樂歡欣；至高者啊！我要歌頌你的名。 (Psalm 9:1-2)

We give thanks to You, Lord God Almighty, the One who is and who was, because You have taken Your great power and have begun to reign. 說：“主啊！全能的　神，昔在今在的，我們感謝你！因為你執掌了大權，作王了！ (Revelation 11:17)

I will sing of Your strength,

Yes, I will sing of Your mercy in the morning,

For You have been my stronghold,

My refuge in times of trouble.

To You, O my Strength, I will sing praises,

For God is my fortress, my loving God. 至於我，我要歌頌你的能力，每天早晨我要向你的慈愛歡呼，因為你作了我的高臺，在患難的日子，作了我的避難所。  我的力量啊！我要向你歌唱；　神啊！你是我的高臺，是向我施慈愛的　神。 (Psalm 59:16-17)

*停下来，献上你自己的感恩之意*

**结束祷告**

Teach me to number my days,

That I may gain a heart of wisdom. 求你教導我們怎樣數算自己的日子，好使我們得著智慧的心。 (Psalm 90:12)

Better is one day in Your courts than a thousand elsewhere;

I would rather be a doorkeeper in the house of my God

Than dwell in the tents of the wicked.

For the Lord God is a sun and shield;

The Lord will give grace and glory;

No good thing does He withhold

From those who walk in integrity.

O Lord of hosts,

Blessed is the man who trusts in You! 在你院子裡住一日，勝過在別處住千日；寧願站在我　神殿中的門檻上，也不願住在惡人的帳棚裡。  因為耶和華　神是太陽，是盾牌，耶和華賜下恩惠和光榮；他沒有留下一樣好處，不給那些行為正直的人。  萬軍之耶和華啊！倚靠你的人是有福的。 (Psalm 84:10-12)

To the King eternal, immortal, invisible, the only God, be honor and glory forever and ever. 但願尊貴榮耀歸給萬世的君王，就是那不朽壞、人不能見、獨一的　神，直到永永遠遠。阿們。 (1 Timothy 1:17)

**Saturday**

**敬拜尊崇**

Bless the Lord, O my soul.

O Lord, my God, You are very great;

You are clothed with splendor and majesty.

The Lord covers Himself in light as with a garment;

He stretches out the heavens like a tent curtain. 我的心哪！你要稱頌耶和華；耶和華我的　神啊！你真偉大；你以尊榮和威嚴為衣服。  你披上亮光好像披上外袍；展開諸天好像鋪張帳幔。 (Psalm 104:1-2)

Make a joyful shout to God, all the earth!

Sing the glory of His name;

Make His praise glorious.

Say to God, “How awesome are Your works!

Through the greatness of Your power

Your enemies submit themselves to You.

All the earth will worship You

And sing praises to You;

They will sing praise to Your name.” 全地的居民哪！你們應當向　神歡呼。（本節在《馬索拉抄本》包括細字標題）  你們要歌頌他名的榮耀，把榮耀和讚美都歸給他。  要對　神說：“你的作為多麼可畏！因你偉大的能力，你的仇敵必向你假意歸順。  全地的居民都必敬拜你，向你歌頌，歌頌你的名。”（細拉） (Psalm 66:1-4)

The Lord is righteous in all His ways

And gracious in all His works.

The Lord is near to all who call upon Him,

To all who call upon Him in truth.

He fulfills the desire of those who fear Him;

He hears their cry and saves them.

The Lord preserves all who love Him,

But all the wicked He will destroy.

My mouth will speak the praise of the Lord,

And all flesh will bless His holy name for ever and ever. 耶和華在他一切所行的事上，都是公義的，他對他一切所造的，都存著慈愛的心。  凡是求告耶和華的，耶和華都和他們接近，就是和所有真誠求告他的人接近。  敬畏他的，他必成就他們的心願，也必聽他們的呼求，拯救他們。  耶和華保護所有愛他的人，卻要消滅所有惡人。  我的口要說讚美耶和華的話；願所有的人都永永遠遠稱頌他的聖名。 (Psalm 145:17-21)

*停下来，向神表述你个人的赞美和敬拜之意*

**认罪悔改**

Remember, O Lord, Your compassions and Your mercies,

For they are from of old.

Do not remember the sins of my youth or my transgressions;

According to Your loyal love remember me,

For Your goodness’ sake, O Lord.

Good and upright is the Lord;

Therefore He instructs sinners in His ways.

The Lord guides the humble in what is right

And teaches the humble His way.

All the paths of the Lord are mercy and truth

For those who keep His covenant and His testimonies.

For Your name’s sake, O Lord,

Pardon my iniquity, for it is great. 耶和華啊！求你記念你的憐憫和慈愛，因為它們自古以來就存在。  求你不要記念我幼年的罪惡和我的過犯；耶和華啊！求你因你的恩惠，按著你的慈愛記念我。  耶和華是良善和正直的，因此他必指示罪人走正路。  他必引導謙卑的人行正義，把他的道路教導謙卑的人。  遵守耶和華的約和法度的人，耶和華都以慈愛和信實待他們。  耶和華啊！因你名的緣故，求你赦免我的罪孽，因為我的罪孽重大。 (Psalm 25:6-11)

O God, You know my foolishness,

And my guilt is not hidden from You.

May those who hope in You not be ashamed because of me, O Lord God of hosts;

May those who seek You not be dishonored because of me, O God of Israel. 　神啊！我的愚昧你是知道的，我的罪愆不能向你隱瞞。  主萬軍之耶和華啊！願那些等候你的，不要因我蒙羞；以色列的　神啊！願那些尋求你的，不要因我受辱。 (Psalm 69:5-6)

O Lord, be gracious to me;

Heal my soul, for I have sinned against You. 至於我，我曾說：“耶和華啊！求你恩待我；求你醫治我，因為我得罪了你。” (Psalm 41:4)

Heal me, O Lord, and I will be healed;

Save me, and I will be saved,

For You are my praise. 耶和華啊！求你醫治我，我就得醫治；求你拯救我，我就得拯救；因為你是我所讚美的。 (Jeremiah 17:14)

*祈求圣灵鉴察看你内心，显明任何还没有认的罪。向主承认这些过犯，感谢他赦免你的罪。*

I will cleanse them from all their iniquity they have committed against Me, and I will pardon all their iniquities which they have committed against Me, and by which they have transgressed against Me. 我必潔淨他們得罪我的一切罪孽，並且赦免他們得罪我和悖逆我的一切罪孽。 (Jeremiah 33:8)

Search me, O God, and know my heart;

Try me and know my anxious thoughts,

And see if there is any wicked way in me,

And lead me in the way everlasting. 　神啊！求你鑒察我，知道我的心思；試驗我，知道我的意念。  看看我裡面有甚麼惡行沒有，引導我走永恆的道路。 (Psalm 139:23-24)

**恢复更新**

Lord, renew me by Your Spirit as I offer these prayers to You:

I am the Lord’s servant; let Your will be done in me according to Your word. 馬利亞說：“我是主的婢女，願照你的話成就在我身上！”天使就離開她去了。 (Luke 1:38)

Since the day of the Lord will come like a thief, what kind of person should I be in holy conduct and godliness as I look for and hasten the coming of the day of God? But according to His promise, I am looking for new heavens and a new earth, in which righteousness dwells. Therefore, since I am looking for these things, may I be diligent to be found by Him in peace, spotless and blameless. 但主的日子必要像賊一樣來到。在那日，天必轟然一聲地消失，所有元素都因烈火而融化；地和地上所有的，都要被燒毀。  這一切既然都要這樣融化，你們應當怎樣為人，過著聖潔和敬虔的生活，  等候並催促　神的日子降臨呢？因為在那日，天要被火焚燒就融化了，所有元素都因烈火而融解！  但是我們按照他所應許的，等候新天新地，有公義在那裡居住。  所以，親愛的，你們既然等候這些事，就當殷勤努力，使你們沒有污點，沒有瑕疵，安然見主。 (2 Peter 3:10-14)

May I not love with words or tongue, but in deed and in truth. By this I will know that I am of the truth and will assure my heart before Him; for if my heart condemns me, God is greater than my heart, and knows all things. If my heart does not condemn me, I have confidence before God and receive from Him whatever I ask, because I keep His commandments and do the things that are pleasing in His sight. 孩子們，我們愛人，不要只在言語和舌頭上，總要在行動和真誠上表現出來。  這樣，我們就知道我們是屬於真理的。即使我們的心責備我們，在　神面前我們也可以心安理得，因為他比我們的心大，他知道一切。  親愛的，我們的心若不責備我們，在　神面前我們就可以坦然無懼了。  凡我們所求的，就必從他得著，因為我們遵守他的命令，作他所喜悅的事。 (1 John 3:18-22)

Examine me, O Lord, and try me;

Purify my mind and my heart;

For Your lovingkindness is ever before me,

And I have walked in Your truth. 耶和華啊！求你試驗我，鑒察我，熬煉我的肺腑心腸。  因為你的慈愛常在我的眼前，我行事為人都按著你的真理。 (Psalm 26:2-3)

*停下来，加上你自己个人更新的祷告。*

**个人祈求**

Father, using Your word as a guide, I offer You my prayers concerning *my spiritual walk*.

Since I live in the Spirit, may I also walk in the Spirit. 如果我們靠聖靈活著，就應該順著聖靈行事。 (Galatians 5:25)

May God fill me with the knowledge of His will through all spiritual wisdom and understanding, so that I may walk worthy of the Lord and please Him in every way, bearing fruit in every good work, and growing in the knowledge of God; strengthened with all power according to His glorious might, so that I may have great endurance and patience; joyfully giving thanks to the Father who has qualified me to share in the inheritance of the saints in the light. 因此，我們從聽見的那天起，就不停地為你們禱告祈求，願你們藉著一切屬靈的智慧和悟性，可以充分明白　神的旨意，  使你們行事為人對得起主，凡事蒙他喜悅；在一切善事上多結果子，更加認識神；  依照他榮耀的大能得著一切能力，帶著喜樂的心，凡事忍耐寬容；  並且感謝父，他使你們有資格分享聖徒在光明中的基業。 (Colossians 1:9-12)

The Lord my God, the Lord is one. May I love the Lord my God with all my heart and with all my soul and with all my strength. “以色列啊，你要聽，耶和華我們的　神是獨一的耶和華；  你要全心、全性、全力愛耶和華你的　神。 (Deuteronomy 6:4-5)

May I have no other gods before You.

May I not make for myself an idol in any form.

May I not take the name of the Lord my God in vain, for the Lord will not hold anyone guiltless who misuses His name.

May I honor my father and my mother.

May I not murder.

May I not commit adultery.

May I not steal.

May I not bear false witness against my neighbor.

May I not covet my neighbor’s house, my neighbor’s wife, his manservant or maidservant, his ox or donkey, or anything that belongs to my neighbor. “除我以外，你不可有別的神。  “不可為自己做偶像，也不可做天上、地下和地底下水中各物的形象。  不可跪拜它們，也不可事奉它們，因為我耶和華你們的　神是忌邪的　神；恨惡我的，我必追討他們的罪，從父親到兒子，直到三四代。  愛我和遵守我誡命的，我必向他們施慈愛，直到千代。  “不可妄稱耶和華你　神的名，因為妄稱耶和華的名的，耶和華必不以他為無罪。  “要記念安息日，守為聖日。  六日要勞碌，作你一切工作。  但第七日是耶和華你的　神的安息日；這一日，你和你的兒女，你的僕婢和牲畜，以及住在你城裡的寄居者，不可作任何的工。  因為耶和華在六日之內造天、地、海和其中的萬物，第七日就歇息了；所以耶和華賜福安息日，定為聖日。  “要孝敬父母，使你在耶和華你的　神賜給你的地上得享長壽。  “不可殺人。  “不可姦淫。  “不可偷盜。  “不可作假證供陷害你的鄰舍。  “不可貪愛你鄰舍的房屋；不可貪愛你鄰舍的妻子、僕婢、牛驢和他的任何東西。” “‘除我以外，你不可有別的神。  “‘你不可為自己做偶像，也不可做天上、地下和地底下水中各物的形象。  不可跪拜它們，也不可事奉它們，因為我耶和華你們的　神是忌邪的　神；恨惡我的，我必追討他們的罪，從父親到兒子，直到三四代。  愛我和遵守我誡命的，我必向他們施慈愛，直到千代。  “‘不可妄稱耶和華你　神的名，因為妄稱耶和華的名的，耶和華必不以他為無罪。  “‘要遵守安息日為聖日，照著耶和華你　神吩咐你的。  六日要勞碌，作你一切工作。  但第七日是屬於耶和華你　神的安息日；這一日，你和你的兒女、僕婢、牛驢和一切牲畜，以及你城裡的寄居者，不可作任何的工，好使你的僕婢可以和你一樣享受安息。  你要記住：你在埃及地作過奴僕；耶和華你的　神用大能的手和伸出來的膀臂，把你從那裡領出來，因此耶和華你的　神吩咐你要守安息日。  “‘要孝敬父母，照著耶和華你的　神吩咐你的，使你可以得享長壽，也使你在耶和華你的　神賜給你的地上，得享福樂。  “‘不可殺人。  “‘不可姦淫。  “‘不可偷盜。  “‘不可作假證供陷害你的鄰舍。  “‘不可貪愛你鄰舍的妻子；不可貪圖你鄰舍的房屋、田地、僕婢、牛驢和你鄰舍的任何東西。’ (Exodus 20:3-17; Deuteronomy 5:7-21)

My struggle is not against flesh and blood, but against the rulers, against the authorities, against the world rulers of this darkness, against the spiritual forces of evil in the heavenly realms. Therefore, I will put on the full armor of God, so that I may be able to resist in the day of evil, and having done all, to stand. I will stand firm, having girded my waist with truth, having put on the breastplate of righteousness, and having shod my feet with the readiness of the gospel of peace; above all, taking up the shield of faith with which I will be able to quench all the fiery darts of the evil one. I will take the helmet of salvation and the sword of the Spirit, which is the word of God. With all prayer and 个人祈求, I will pray always in the Spirit, and to this end I will be watchful with all perseverance and 个人祈求 for all the saints. 因為我們的爭戰，對抗的不是有血有肉的人，而是執政的、掌權的、管轄這黑暗世界的和天上的邪靈。  所以要穿起　神所賜的全副軍裝，使你們在這邪惡的時代裡可以抵擋得住，並且在作完了一切之後，還能站立得穩。  因此，你們要站穩，用真理當帶子束腰，披上公義的胸甲，  把和平的福音預備好了，當作鞋子，穿在腳上，  拿起信心的盾牌，用來撲滅那惡者所有的火箭；  並且要戴上救恩的頭盔，拿起聖靈的寶劍，就是　神的道，  藉著各樣的禱告和祈求，隨時在聖靈裡祈禱，並且要在這事上恆久警醒，為眾聖徒祈求。 (Ephesians 6:12-18)

May my love abound more and more in full knowledge and depth of insight, so that I may be able to approve the things that are excellent, in order to be sincere and blameless until the day of Christ—having been filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God. 我所禱告的，是要你們的愛心，在充足的知識和各樣的見識上，多而又多，  使你們可以辨別是非，成為真誠無可指摘的人，直到基督的日子，  靠著耶穌基督結滿了公義的果子，使　神得著榮耀和讚美。 (Philippians 1:9-11)

As one who has been chosen of God, holy and beloved, may I put on a heart of compassion, kindness, humility, gentleness, and patience, bearing with others and forgiving others even as the Lord forgave me; and above all these things, may I put on love, which is the bond of perfection. Let the peace of Christ rule in my heart, to which I was called as a member of one body, and let me be thankful. Let the word of Christ dwell in me richly as I teach and admonish others with all wisdom, singing psalms, hymns, and spiritual songs with gratitude in my heart to God. And whatever I do, whether in word or in deed, may I do all in the name of the Lord Jesus, giving thanks to God the Father through Him. 所以，你們既然是　神所揀選的，是聖潔、蒙愛的人，就要存憐憫的心腸、恩慈、謙卑、溫柔和忍耐。  如果有人對別人有嫌隙，總要彼此寬容，互相饒恕；主怎樣饒恕了你們，你們也要照樣饒恕人。  在這一切之上，還要有愛心，愛心是聯繫全德的。  又要讓基督的平安在你們心裡作主；你們蒙召歸為一體，也是為了這個緣故。你們要有感謝的心。  你們要讓基督的道豐豐富富地住在你們心裡，以各樣的智慧，彼此教導，互相勸戒，用詩章、聖詩、靈歌，懷著感恩的心歌頌　神。  凡你們所作的，無論是言語或行為，都要奉主耶穌的名，藉著他感謝父　神。 (Colossians 3:12-17)

Since I have a great cloud of witnesses surrounding me, may I lay aside every impediment and the sin that so easily entangles, and run with endurance the race that is set before me, fixing my eyes on Jesus, the author and perfecter of my faith, who for the joy set before Him endured the cross, despising the shame, and sat down at the right hand of the throne of God. May I consider Him who endured such hostility from sinners, so that I will not grow weary and lose heart. 所以，我們既然有這麼多的見證人，像雲彩圍繞著我們，就應該脫下各樣的拖累，和容易纏住我們的罪，以堅忍的心奔跑那擺在我們面前的賽程；  專一注視耶穌，就是我們信心的創始者和完成者。他因為那擺在面前的喜樂，就忍受了十字架，輕看了羞辱，現在就坐在　神寶座的右邊。  這位忍受罪人那樣頂撞的耶穌，你們要仔細思想，免得疲倦灰心。 (Hebrews 12:1-3)

May I consider all things loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have suffered the loss of all things and consider them rubbish, that I may gain Christ and be found in Him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. I want to know Christ and the power of His resurrection and the fellowship of His sufferings, being conformed to His death. 不但這樣，我也把萬事當作是有損的，因為我以認識我主基督耶穌為至寶。為了他，我把萬事都拋棄了，看作廢物，為了要得著基督。  並且得以在他裡面，不是有自己因律法而得的義，而是有因信基督而得的義，就是基於信心，從　神而來的義，  使我認識基督和他復活的大能，並且在他所受的苦上有分，受他所受的死； (Philippians 3:8-10)

I have not been made perfect, but I press on to lay hold of that for which Christ Jesus also laid hold of me. I do not consider myself yet to have attained it, but one thing I do: forgetting what is behind and stretching forward to what is ahead, I press on toward the goal to win the prize of the upward call of God in Christ Jesus. 這並不是說我已經得著了，已經完全了，而是竭力追求，好使我可以得著基督耶穌要我得著的。  弟兄們，我不以為自己已經得著了，我只有一件事，就是忘記背後，努力面前，  向著目標竭力追求，為要得著　神在基督耶穌裡召我往上去得的獎賞。 (Philippians 3:12-14)

May the proving of my faith, being much more precious than gold that perishes, even though refined by fire, be found to result in praise, glory, and honor at the revelation of Jesus Christ. 是要叫你們的信心經過試驗，就比那被火煉過，仍會朽壞的金子更寶貴，可以在耶穌基督顯現的時候，得著稱讚、榮耀和尊貴。 (1 Peter 1:7)

Pause here to express any additional requests, especially these *personal concerns*:

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

我今天的各类活动, 特别关注的人和事

**彼此代求**

Lord, I now prepare my heart for intercessory prayer for *world affairs*.

Father in heaven,

Hallowed be Your name.

Your kingdom come;

Your will be done

On earth as it is in heaven. 所以你們要這樣祈禱：‘我們在天上的父，願你的名被尊為聖，  願你的國降臨，願你的旨意成就在地上，如同在天上一樣。 (Matthew 6:9-10)

The end of all things is near; therefore we should be clear minded and self-controlled for prayer. 萬物的結局近了，所以你們要謹慎警醒地禱告。 (1 Peter 4:7)

In the spirit of these passages, I pray for:

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**信靠顺服**

Feed my mind and heart, O Lord, as I affirm these *timeless truths* from Your word:

“Not by might nor by power, but by My Spirit,” says the Lord of hosts. 他對我說：“這是耶和華對所羅巴伯所說的話：‘不是倚靠權勢，不是倚靠能力，而是倚靠我的靈。’這是萬軍之耶和華說的。 (Zechariah 4:6)

The fear of the Lord is the beginning of wisdom,

And the knowledge of the Holy One is understanding. 敬畏耶和華是智慧的開端，認識至聖者就是聰明。 (Proverbs 9:10)

Your grace is sufficient for me, for Your power is made perfect in weakness. Therefore, I will boast all the more gladly in my weaknesses, that the power of Christ may rest upon me. Therefore, I can be content in weaknesses, in insults, in hardships, in persecutions, in difficulties, for Christ’s sake. For when I am weak, then I am strong. 他卻對我說：“我的恩典是夠你用的，因為我的能力在人的軟弱上顯得完全。”所以，我更喜歡誇自己的軟弱，好讓基督的能力臨到我的身上。  因此，我為基督的緣故，就以軟弱、凌辱、艱難、迫害、困苦為喜樂，因為我甚麼時候軟弱，甚麼時候就剛強了。 (2 Corinthians 12:9-10)

No temptation has overtaken me except what is common to man. And God is faithful, who will not let me be tempted beyond what I am able, but with the temptation will also provide a way out, so that I may be able to endure it. 你們所受的試探，無非是人受得起的；　神是信實的，他必不容許你們受試探過於你們抵受得住的，而且在受試探的時候，必定給你們開一條出路，使你們能忍受得住。 (1 Corinthians 10:13)

Without faith it is impossible to please God, for he who comes to Him must believe that He exists, and that He is a rewarder of those who earnestly seek Him. 沒有信，就不能得到　神的喜悅；因為來到　神面前的人，必須信　神存在，並且信他會賞賜那些尋求他的人。 (Hebrews 11:6)

If I cry for discernment

And lift up my voice for understanding,

If I seek her as silver

And search for her as for hidden treasures,

Then I will understand the fear of the Lord

And find the knowledge of God.

For the Lord gives wisdom;

From His mouth come knowledge and understanding.

He stores up sound wisdom for the upright;

He is a shield to those who walk in integrity,

Guarding the paths of justice

And protecting the way of His saints. 如果你為求哲理而呼喊，為求聰明而揚聲；  如果你尋找它如同尋找銀子，搜尋它好像搜尋寶藏；  你就明白怎樣敬畏耶和華，並且獲得對　神的認識。  因為耶和華賜人智慧，知識和聰明都出自他的口。  他為正直人珍藏大智慧，給行為完全的人作盾牌；  為要看顧正直人的路徑，護衛虔誠人的道路。 (Proverbs 2:3-8)

*停下来，反思这些圣经给我们的确据。*

**感恩**

For who You are and for what You have done, accept my thanks, O Lord:

I will sing of the mercies of the Lord forever;

With my mouth I will make Your faithfulness known through all generations.

I will declare that Your lovingkindness will be built up forever,

That You will establish Your faithfulness in the heavens. 我要永遠歌唱耶和華的慈愛，世世代代用口傳揚你的信實。  我要說：“你的慈愛必永遠建立；你的信實，你必堅立在天上。 (Psalm 89:1-2)

Lovingkindness and truth have met together;

Righteousness and peace have kissed each other.

Truth shall spring forth from the earth,

And righteousness looks down from heaven. 慈愛和信實彼此相遇，公義和平安互相親嘴。  信實從地上生出，公義從天上俯視。 (Psalm 85:10-11)

I will watch in hope for the Lord;

I will wait for the God of my salvation;

My God will hear me. 至於我，我卻要仰望耶和華，我要等候那拯救我的　神；我的　神必應允我。 (Micah 7:7)

Blessed be the Lord,

For He has heard the voice of my prayers.

The Lord is my strength and my shield;

My heart trusts in Him, and I am helped.

My heart greatly rejoices,

And I will give thanks to Him in song. 耶和華是應當稱頌的，因為他聽了我懇求的聲音。  耶和華是我的力量，是我的盾牌；我的心倚靠他，我就得到幫助；所以我的心歡樂。我要用詩歌頌讚他。 (Psalm 28:6-7)

*停下来，献上你自己的感恩之意*

**结束祷告**

May we rejoice, become complete, be of good comfort, be of one mind, and live in peace; and the God of love and peace will be with us. May the grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with us. 最後，弟兄們，你們要喜樂，要完全，要受安慰，要同心，要和睦。這樣，施慈愛賜平安的　神必與你們同在。  願主耶穌基督的恩惠，　神的慈愛，聖靈的契通，常與你們眾人同在。 (2 Corinthians 13:11, 14)

Blessing and glory and wisdom

And 感恩 and honor and power and strength

Be to our God for ever and ever. Amen. 說：“阿們！願頌讚、榮耀、智慧、感謝、尊貴、權能、力量，都歸給我們的　神，直到永永遠遠。阿們！” (Revelation 7:12)

May our Lord Jesus Christ Himself and God our Father, who has loved us and has given us eternal consolation and good hope by grace, comfort our hearts and strengthen us in every good work and word. 願我們的主耶穌基督自己，和那愛我們、開恩把永遠的安慰和美好的盼望賜給我們的父　神，  安慰你們的心，並且在一切善行善言上，堅定你們。 (2 Thessalonians 2:16-17)

**part FOUR**

**PERSONAL prayer PAGES**

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Kenneth Boa is engaged in a ministry of relational evangelism and discipleship, teaching, writing, and speaking. He holds a B.S. from Case Institute of Technology, a Th.M. From Dallas Theological Seminary, a Ph.D. from New York University, and a D.Phil. from the University of Oxford in England.

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The author’s publications include *Cults, World Religions, and the Occult*; *I’m Glad You Asked*; *Talk Thru the Bible*; *Visual Survey of the Bible*; *Drawing Near*; *Unraveling the Big Questions about God*; *Night Light*; and contributing editor to *The Open Bible*.

*Handbook to Prayer* is the first in a series of handbooks designed to enhance the devotional life and renew the minds of people who want to grow in faith, hope, and love. As they are published, an audio cassette album of each of these Trinity House products will also be available. Other titles in this series include:

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The author also writes a monthly teaching letter called *Reflections*. If you would like to be on the mailing list, call the same number.