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**HANDBOOK TO PRAYER**

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*Praying Scripture*

*Back to God*

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**Scripture translation and adaptation**

**by Kenneth Boa**

**Handbook to Prayer**

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**Dedication**

*To my bride Karen*

My beloved companion, colaborer,

and fellow sojourner

in our spiritual journey

to the celestial city of God.

**Introduction**

**The Purpose of this Handbook**

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.

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. 所以你们要这样祈祷：‘我们在天上的父，愿你的名被尊为圣，  愿你的国降临，愿你的旨意成就在地上，如同在天上一样。  我们每天所需的食物，求你今天赐给我们；  赦免我们的罪，好像我们饶恕了得罪我们的人；  不要让我们陷入试探，救我们脱离那恶者。’（有些后期抄本在此有“因为国度、权柄、荣耀，全是你的，直到永远。阿们”一句） (Matthew 6:9-13)

The eight forms of adoration, confession, renewal, petition, intercession, affirmation, thanksgiving, and closing prayer are all illustrated in this model prayer:

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

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

“Give us our daily bread”—The principle of supplication, in which we make requests both for ourselves (*petition*) and for others (*intercession*).

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

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

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

The prayers of petition are formatted around a seven-day cycle:

Growth in Christ

Growth in Wisdom

Spiritual Insight

Relationships with Others

Faithfulness as a Steward

Family and Ministry

Personal Concerns.

The prayers of intercession are also based on a weekly cycle:

Churches and Ministries

Family

Believers

Evangelism

Government

Missions

World Affairs.

**How to Use this Handbook**

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

**Part One: Morning Affirmations**

This set of affirmations 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 Affirmations every time. As the content becomes more familiar, avoid the trap of reducing these affirmations 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 repetition.

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 petitionary 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” 这进入的路，是他给我们开辟的，是一条通过幔子、又新又活的路，这幔子就是他的身体。 (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” 　神差遣他的独生子到世上来，要使我们借着他而活；　神的爱就在我们中间显明了。  不是我们爱　神，而是　神爱我们，差遣他的儿子为我们的罪作了赎罪祭，这就是爱了。 (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、全意爱主你的　神。  这是最重要的第一条诫命。  第二条也和它相似，就是要爱人如己。 (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 凡事谦虚、温柔、忍耐，用爱心彼此宽容； (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 然而今世的忧虑、财富的迷惑，以及种种的欲望，接连进来，把道挤住，就结不出果实来。 (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.

**part ONE**

**MORNING AFFIRMATIONS**

**1. 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. 所以弟兄们，我凭着　神的仁慈劝你们，要把身体献上，作圣洁而蒙　神悦纳的活祭；这是你们理所当然的事奉。  不要模仿这个世代，倒要借着心意的更新而改变过来，使你们可以察验出什么是　神的旨意，就是察验出什么是美好的、蒙他悦纳的和完全的事。 (Romans 12:1-2)

**2. ADORATION AND THANKSGIVING**

•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. EXAMINATION**

•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. 　神啊！求你鉴察我，知道我的心思；试验我，知道我的意念。  看看我里面有什么恶行没有，引导我走永恒的道路。 (Psalm 139:23-24)

**4. 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.” 我已经与基督同钉十字架；现在活着的，不再是我，而是基督活在我里面；如今在肉身中活着的我，是因信　神的儿子而活的；他爱我，为我舍己。 (Galatians 2:20)

\*I have *forgiveness* from the penalty of sin because Christ died for me. 唯有基督在我们还作罪人的时候为我们死，　神对我们的爱就在此显明了。 (Romans 5:8; 1 Corinthians 15:3)

\*I have *freedom* from the power of sin because I died with Christ. 你们也在他里面受了不是由人手所行的割礼，而是受了基督的割礼，就是除掉你们的罪身。 他在木头上亲身担当了我们的罪，使我们既然不活在罪中，就可以为义而活。因他受的鞭伤，你们就得了医治。 (Colossians 2:11; 1 Peter 2:24)

\*I have *fulfillment* for this day because Christ lives in me. 我所热切期待和盼望的，就是在凡事上我都不会羞愧，只要满有胆量，不论生死，总要让基督在我身上照常被尊为大。  因为我活着就是基督，我死了就有益处。 (Philippians 1:20-21)

\*By *faith*, I will allow Christ to manifest His life through me. (2 Corinthians 2:14)

**5. 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，醉酒能使人放荡乱性，却要让圣灵充满。 (Ephesians 5:18) When I walk by the Spirit, I will not carry out the desire of the flesh. 我是说，你们应当顺着圣灵行事，这样就一定不会去满足肉体的私欲了。 (Galatians 5:16) If I live by the Spirit, I will also walk by the Spirit. 如果我们靠圣灵活着，就应该顺着圣灵行事。 (Galatians 5:25)

**6. FRUIT OF THE SPIRIT**

•Pray on the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. 但圣灵的果子是仁爱、喜乐、平安、忍耐、恩慈、良善、信实、  温柔、节制；这样的事，是没有律法禁止的。 (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.” 爱是恒久忍耐，又有恩慈。爱是不嫉妒，不自夸，不张狂；  不作失礼的事，不求自己的益处，不轻易动怒，不计较人的过犯；  不喜欢不义，只喜欢真理。  爱是凡事包容，凡事相信，凡事盼望，凡事忍耐。 (1 Corinthians 13:4-7)

**7. 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、全意爱主你的　神。  第二条也和它相似，就是要爱人如己。 (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. 你们要先求他的国和他的义，这一切都必加给你们。 (Matthew 6:33)

•I have been called to follow Christ and to be a fisher of men. 耶稣就对他们说：“来跟从我，我要使你们作得人的渔夫。” (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，你们要去使万民作我的门徒，奉父子圣灵的名，给他们施洗（“奉父子圣灵的名，给他们施洗”或译：“给他们施洗，归入父子圣灵的名”），  我吩咐你们的一切，都要教导他们遵守。这样，我就常常与你们同在，直到这世代的终结。” 可是圣灵降临在你们身上，你们就必领受能力，并且要在耶路撒冷、犹太全地、撒玛利亚，直到地极，作我的见证人。” (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. 这样，你们结出很多果子，我父就因此得荣耀，你们也就是我的门徒了。 (John 15:8)

**8. 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. 你要一心仰赖耶和华，不可倚靠自己的聪明；  在你一切所行的路上，都要承认他，他必使你的路径平坦正直。 (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.” 我们知道，为了爱　神的人，就是按他旨意蒙召的人的益处，万事都一同效力。 (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. PROTECTION IN THE WARFARE**

Against the World: Renew

•I will set my mind on the things of the Spirit. 随从肉体的人，以肉体的事为念；随从圣灵的人，以圣灵的事为念。 (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，你们既然与基督一同复活，就应当寻求天上的事，那里有基督坐在　神的右边。  你们要思念的，是天上的事，不是地上的事。 (Colossians 3:1-2; also see 3:3-4 and Hebrews 12:1-2)

•I will be anxious for nothing, but in everything by prayer and supplication with thanksgiving 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. 应当毫无忧虑，只要凡事借着祷告祈求，带着感恩的心，把你们所要的告诉　神。  这样，　神所赐超过人能了解的平安，必在基督耶稣里，保守你们的心思意念。  最后，弟兄们，凡是真实的、庄重的、公正的、纯洁的、可爱的、声誉好的，无论是什么美德，什么称赞，这些事你们都应当思念。 (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. 我们知道，我们的旧人已经与基督同钉十字架，使罪身丧失机能，使我们不再作罪的奴仆，  因为死了的人已经脱离罪了。  你们也应当这样，向罪算自己是死的，在基督耶稣里，向　神却是活的。  也不要把你们的肢体献给罪，作不义的用具；倒要像出死得生的人，把自己献给　神，并且把你们的肢体献给　神作义的用具。 (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. 你们应当顺服　神，抵挡魔鬼，魔鬼就逃避你们。 (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. 你们要谨守、警醒。你们的仇敌魔鬼，好像吼叫的狮子走来走去，寻找可以吞吃的人；  你们要用坚强的信心抵挡他，因为知道你们在世上的弟兄，也经历过同样的苦难。 (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 petition I will pray at all times in the Spirit and be on the alert with all perseverance and petition for all the saints. 所以要穿起　神所赐的全副军装，使你们在这邪恶的时代里可以抵挡得住，并且在作完了一切之后，还能站立得稳。  因此，你们要站稳，用真理当带子束腰，披上公义的胸甲，  把和平的福音预备好了，当作鞋子，穿在脚上，  拿起信心的盾牌，用来扑灭那恶者所有的火箭；  并且要戴上救恩的头盔，拿起圣灵的宝剑，就是　神的道，  借着各样的祷告和祈求，随时在圣灵里祈祷，并且要在这事上恒久警醒，为众圣徒祈求。 (Ephesians 6:13-18)

**10. THE COMING OF CHRIST AND MY FUTURE WITH HIM**

•Your kingdom come, Your will be done. 愿你的国降临，愿你的旨意成就在地上，如同在天上一样。 (Matthew 6:10)

•You have said, “I am coming quickly.” Amen. Come, Lord Jesus. 证明这些事的那一位说：“是的，我必快来！”阿们！主耶稣啊，请你来吧！ (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. 我看现在的苦难，与将要向我们显出的荣耀，是无法相比的。 (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. (2 Corinthians 4:16-18)

•My citizenship is in heaven, from which also I eagerly wait for a Savior, the Lord Jesus Christ. 但我们是天上的公民，切望救主，就是主耶稣基督，从天上降临； (Philippians 3:20)

• 信就是对所盼望的事的把握，是还没有看见的事的明证。  没有信，就不能得到　神的喜悦；因为来到　神面前的人，必须信　神存在，并且信他会赏赐那些寻求他的人。 这一切既然都要这样融化，你们应当怎样为人，过着圣洁和敬虔的生活，  等候并催促　神的日子降临呢？因为在那日，天要被火焚烧就融化了，所有元素都因烈火而融解！ 孩子们，你们要住在主里面。这样，他若显现，我们就可以坦然无惧；他来的时候，我们也不至惭愧地躲避他了。 (Also consider 2 Timothy 4:8; Hebrews 11:1, 6; 2 Peter 3:11-12; 1 John 2:28; 3:2-3.)

**part TWO**

**daily prayer guide**

**the first month**

Day 1

**Adoration**

O Lord, our Lord,

How majestic is Your name in all the earth!

You have set Your glory above the heavens! 耶和华我们的主啊！你的名在全地是多么威严，你把你的荣美彰显在天上。 (Psalm 8:1)

Great and marvelous are Your works,

Lord God Almighty!

Righteous and true are Your ways,

King of the nations!

Who will not fear You, O Lord, and glorify Your name?

For You alone are holy.

All nations will come and worship before You,

For Your righteous acts have been revealed. 他们唱着　神仆人摩西的歌和羊羔的歌，说：“主啊！全能的　神，你的作为又伟大又奇妙！万国的王啊，你的道路又公义又真实！  主啊！谁敢不敬畏你，不荣耀你的名呢？因为只有你是神圣的，万国都要来，在你面前下拜，因为你公义的作为已经显明出来了。” (Revelation 15:3-4)

*Pause to express your thoughts of praise and worship.*

**Confession**

The Lord is in His holy temple;

The Lord is on His heavenly throne.

He observes the sons of men;

His eyes examine them. 耶和华在他的圣殿里，耶和华的宝座在天上，他的眼睛观看，他的目光察验世人。 (Psalm 11:4)

*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.*

**Renewal**

O Lord my God, may I fear You, walk in all Your ways, love You, and serve You with all my heart and with all my soul. “以色列啊，现在耶和华你的　神向你要的是什么呢？只要你敬畏耶和华你的　神，行在他的一切道路上，爱他，一心一意事奉耶和华你的　神， (Deuteronomy 10:12)

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. 这并不是说我已经得着了，已经完全了，而是竭力追求，好使我可以得着基督耶稣要我得着的。  弟兄们，我不以为自己已经得着了，我只有一件事，就是忘记背后，努力面前，  向着目标竭力追求，为要得着　神在基督耶稣里召我往上去得的奖赏。 (Philippians 3:12-14)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你们不知道你们的身体就是那位住在你们里面的圣灵的殿吗？这圣灵是你们从　神那里领受的。你们不是属于自己的，  因为你们是用重价买来的。所以你们务要用自己的身体荣耀　神。 (1 Corinthians 6:19-20)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

We must take heed to ourselves and to all the flock of which the Holy Spirit has made us overseers to shepherd the church of God, which He purchased with His own blood. 圣灵既然立你们为全群的监督，牧养　神用自己的血所赎来的教会，你们就应当为自己谨慎，也为全群谨慎。 (Acts 20:28)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

The love of Christ compels me, because I am convinced that One died for all, and therefore all died. And He died for all, that those who live should no longer live for themselves but for Him who died for them and was raised again. 原来基督的爱催逼着我们，因为我们断定一个人替众人死了，众人就都死了。  他替众人死了，为的是要使活着的人不再为自己活着，却为那替他们死而复活的主而活。 (2 Corinthians 5:14-15)

Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who hangs on a tree.” 基督替我们受了咒诅，就救赎我们脱离了律法的咒诅，因为经上记着：“凡挂在木头上的，都是受咒诅的。” (Galatians 3:13)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

In Your unfailing love You have led the people You have redeemed.

In Your strength You have guided them to Your holy dwelling.

You brought them in and planted them in the mountain of Your inheritance—

The place, O Lord, You made for Your dwelling;

The sanctuary, O Lord, Your hands have established. 你凭着慈爱，带领了你买赎的人民；你凭着能力，引导了他们到你的圣所。  你要把他们领进去，栽种在你产业的山上，耶和华啊，就是在你为自己预备的住处；主啊，就是在你手建立的圣所上。 (Exodus 15:13, 17)

You are the Lord our God, who brought Your people out of Egypt so that they would no longer be their slaves; You broke the bars of their yoke and enabled them to walk with heads held high. 我是耶和华你们的　神，曾经把你们从埃及地领出来，使你们不再作他们的奴仆；我折断了你们所负的轭，使你们挺身昂首地行走。 (Leviticus 26:13)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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.

Those who are far from You will perish;

You have cut off all who are unfaithful to You.

But as for me, the nearness of God is my good.

I have made the Lord God my refuge,

That I may tell of all Your works. 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。  我的肉身和我的内心虽然渐渐衰弱，　神却永远是我心里的磐石，是我的业分。  看哪！远离你的，必定灭亡；凡是对你不贞的，你都要灭绝。  对我来说，亲近　神是美好的，我以主耶和华为我的避难所；我要述说你的一切作为。 (Psalm 73:25-28)

Day 2

**Adoration**

How great are Your works, O Lord!

Your thoughts are very deep.

The senseless man does not know;

Fools do not understand

That when the wicked spring up like grass

And all the evildoers flourish,

They will be destroyed forever.

But You, O Lord, are exalted forever. 耶和华啊！你的工作多么伟大，你的心思极为深奥。  无理性的人不晓得，愚昧的人不明白这事：  恶人虽好像草一样繁茂，所有作孽的人虽然兴旺，他们都要永远灭亡。  但你耶和华永远是至高的。 (Psalm 92:5-8)

You are the Lord, that is Your name.

You will not give Your glory to another,

Or Your praise to idols. 我是耶和华，这是我的名；我必不把我的荣耀归给别人，也不把我当受的称赞归给雕刻的偶像。 (Isaiah 42:8)

*Pause to express your thoughts of praise and worship.*

**Confession**

I will endure discipline, for God is treating me as a son. For what son is not disciplined by his father? If I am without discipline, of which all have become partakers, then I am an illegitimate child and not a true son. Moreover, we have all had human fathers who disciplined us, and we respected them; how much more should I be subjected to the Father of spirits and live? 为了接受管教，你们要忍受，因为　神待你们好像待儿子一样；哪有儿子不受父亲管教的呢？  作儿子的都受过管教。如果你们没有受管教，就是私生子，不是儿子了。  还有，肉身的父亲管教我们，我们尚且敬重他们；何况那万灵的父，我们不是更要顺服他而得生吗？ (Hebrews 12:7-9)

*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.*

**Renewal**

Christ must increase; I must decrease. 他必兴旺，我必衰微。 (John 3:30)

You are the true vine, and Your Father is the vinedresser. He cuts off every branch in You that bears no fruit, while every branch that does bear fruit He prunes, that it may bear more fruit. May I abide in You, and You in me. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can I, unless I abide in You. “我是真葡萄树，我父是培植的人。  所有属我而不结果子的枝子，他就剪去；所有结果子的，他就修剪干净，让它结更多的果子。  你们要住在我里面，我也就住在你们里面。枝子若不连在葡萄树上，自己就不能结果子；你们若不住在我里面，也是这样。 (John 15:1-2, 4)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I follow Abraham’s example of willingness to offer all that I have to You, holding nothing back and trusting in Your character and in Your promises. 　神说：“带着你的儿子，就是你所爱的独生子以撒，到摩利亚地去，在我所要指示你的一座山上，把他献为燔祭。”  亚伯拉罕清早起来，预备好了驴，带着两个童仆和自己的儿子以撒，也劈好了献燔祭用的柴，就起程到　神指示他的地方去。  第三日，亚伯拉罕举目观望，远远地看见了那地方。  亚伯拉罕对他的童仆说：“你们和驴留在这里，我与孩子要到那边去敬拜，然后回到你们这里来。”  亚伯拉罕把献燔祭的柴，放在他儿子以撒的身上，自己手里拿着火与刀。他们二人一起向前走的时候，  以撒问他父亲亚伯拉罕说：“爸爸！”亚伯拉罕回答：“我儿！有什么事？”以撒说：“你看，火与柴都有了，可是献燔祭用的羊羔在哪里呢？”  亚伯拉罕回答：“我儿，　神自己必亲自预备献燔祭用的羊羔。”于是二人继续一起前行。  他们到了　神指示的地方，亚伯拉罕就在那里筑了一座祭坛，摆好了柴，捆绑了自己的儿子以撒，就把他放在祭坛的柴上。  亚伯拉罕伸手拿刀，要宰杀自己的儿子的时候，  耶和华的使者从天上呼叫亚伯拉罕，说：“亚伯拉罕，亚伯拉罕！”亚伯拉罕回答：“我在这里。”  天使说：“不可在这孩子身上下手，一点也不可害他；现在我知道你是敬畏　神的了，因为你没有留下你的独生子不给我。”  说：“耶和华说：‘我指着自己起誓，你既然作了这事，没有留下你的独生子， (Genesis 22:2-12, 16)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

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. 最后，弟兄们，你们要喜乐，要完全，要受安慰，要同心，要和睦。这样，施慈爱赐平安的　神必与你们同在。 (2 Corinthians 13:11)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

When I give, it will be given to me; good measure, pressed down, shaken together, running over, will be poured into my lap. For with the measure I use, it will be measured back to me. 要给人，就必有给你们的；并且要用十足的升斗，连按带摇，上尖下流地倒在你们怀里；因为你们用什么升斗量给人，就必用什么升斗量给你们。” (Luke 6:38)

He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one should give as he has decided in his heart, not reluctantly or under compulsion; for God loves a cheerful giver. And God is able to make all grace abound to us, so that always having all sufficiency in everything, we may abound in every good work. As it is written:

“He has scattered abroad His gifts to the poor;

His righteousness endures forever.”

Now He who supplies seed to the sower and bread for food will also supply and increase our seed and will increase the fruits of our righteousness. 还有，少种的少收，多种的多收。  各人要照着心里所决定的捐输，不要为难，不必勉强，因为捐得乐意的人，是　神所喜爱的。  　神能把各样的恩惠多多地加给你们，使你们凡事常常充足，多作各样的善事。  如经上所说：“他广施钱财，赒济穷人；他的仁义，存到永远。”  但那赐种子给撒种的，又赐食物给人吃的　神，必定把种子加倍地供给你们，也必增添你们的义果。 (2 Corinthians 9:6-10)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 说：“主啊！全能的　神，昔在今在的，我们感谢你！因为你执掌了大权，作王了！ (Revelation 11:17)

There will no longer be any curse. The throne of God and of the Lamb will be in the new Jerusalem, and His servants will serve Him. They will see His face, and His name will be on their foreheads. And there will be no night there; they will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they shall reign for ever and ever. 所有咒诅都不再有了。城里有　神和羊羔的宝座，他的仆人都要事奉他，  也要见他的面。他的名字必写在他们的额上。  不再有黑夜了，他们也不需要灯光或日光了，因为主　神要光照他们。他们要作王，直到永永远远。 (Revelation 22:3-5)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 但以理说：“愿　神的名得称颂，从永远直到永远，因为智慧和能力都是属他的。  他改变时间、季节；他废王、立王；他赐智慧给智慧人，赐知识给聪明人。  他显明深奥和隐密的事，他洞悉暗中的一切，因为光明与他同住。 (Daniel 2:20-22)

Day 3

**Adoration**

The Lord Most High is awesome,

The great King over all the earth!

God is the King of all the earth,

And I will sing His praise.

God reigns over the nations;

God is seated on His holy throne. 因为耶和华至高者是可敬畏的，他是统治全地的大君王。  因为　神是全地的王，你们要用诗歌歌颂他。  　神作王统治列国，　神坐在他的圣宝座上。 (Psalm 47:2, 7-8)

You must be treated as holy by those who come near You, and before all people, You will be honored. 于是摩西对亚伦说：“这就是耶和华曾经告诉我们的，他说：‘在亲近我的人中，我要显为圣，在众人面前，我要得荣耀。’”亚伦就默然无语。 (Leviticus 10:3)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 耶和华啊！我听见你的声音，惧怕你的作为；求你在这些年间复兴，在这些年间彰显，发怒的时候以怜悯为怀。 (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.*

**Renewal**

May I not turn aside from following the Lord, but serve the Lord with all my heart. May I not turn aside to go after worthless things which do not profit or deliver, because they are useless. (1 Samuel 12:20-21)

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. 肉体所行的都是显而易见的，就如淫乱、污秽、邪荡、  拜偶像、行邪术、仇恨、争竞、忌恨、忿怒、自私、分党、结派、  嫉妒、醉酒、荒宴，和类似的事。我从前早就告诉过你们，现在又事先告诉你们：行这些事的人，必定不能承受　神的国。  但圣灵的果子是仁爱、喜乐、平安、忍耐、恩慈、良善、信实、  温柔、节制；这样的事，是没有律法禁止的。 (Galatians 5:19-23)

*Pause to add your own prayers for personal renewal.*

**Petition**

When I ask, it will be given to me; when I seek, I will find; when I knock, the door will be opened to me. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. “你们祈求，就给你们；寻找，就寻见；叩门，就给你们开门。  因为凡祈求的就得着，寻找的就寻见，叩门的就给他开门。 我又告诉你们，你们祈求，就给你们；寻找，就寻见；叩门，就给你们开门。  因为所有祈求的就得着，寻找的就寻见，叩门的就给他开门。 (Matthew 7:7-8; Luke 11:9-10)

**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

My activities for this day

Special concerns

**Intercession**

For God is my witness, whom I serve in my spirit in the gospel of His Son, how unceasingly I make mention of you in my prayers. 我在传扬他儿子福音的事上，用心灵事奉的　神，可以作证我是怎样不断地记念你们， (Romans 1:9)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

The Lord is a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate Him, but showing lovingkindness to a thousand generations of those who love Him and keep His commandments. 不可跪拜它们，也不可事奉它们，因为我耶和华你们的　神是忌邪的　神；恨恶我的，我必追讨他们的罪，从父亲到儿子，直到三四代。  爱我和遵守我诫命的，我必向他们施慈爱，直到千代。 不可跪拜它们，也不可事奉它们，因为我耶和华你们的　神是忌邪的　神；恨恶我的，我必追讨他们的罪，从父亲到儿子，直到三四代。  爱我和遵守我诫命的，我必向他们施慈爱，直到千代。 (Exodus 20:5-6; Deuteronomy 5:9-10)

God is not a man, that He should lie, nor a son of man, that He should change his mind. Has He spoken and not done it? Has He promised and not fulfilled it? 　神不是人，必不致说谎，也不是人子，必不致后悔。他说话，怎能不作？他发言，怎能不作成？ (Numbers 23:19)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

I will remember the works of the Lord;

Surely, I will remember Your wonders of long ago.

I will meditate on all Your works

And consider all Your mighty deeds.

Your way, O God, is holy.

What god is so great as our God?

You are the God who works wonders;

You have revealed Your strength among the peoples.

You redeemed Your people with Your power,

The descendants of Jacob and Joseph. 我要述说耶和华的作为，我要记念你古时所行的奇事。  我要默想你一切所行的，思想你的作为。  　神啊！你的道路是圣洁的，有哪一位神好像我们的　神这样伟大呢？  你是行奇事的　神，你在万民中显明你的能力。  你曾用你的膀臂救赎你的子民，就是雅各和约瑟的子孙。（细拉） (Psalm 77:11-15)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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 thanksgiving;

Let us shout for joy to Him with psalms. 来吧，我们来向耶和华歌唱，向拯救我们的磐石欢呼。  我们要来到他面前称谢他，用诗歌向他欢呼。 (Psalm 95:1-2)

O sing to the Lord a new song;

Sing to the Lord, all the earth.

Sing to the Lord, bless His name;

Proclaim the good news of His salvation day after day.

Declare His glory among the nations,

His marvelous works among all people. 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。  要在列国中述说他的荣耀。在万民中述说他奇妙的作为。 (Psalm 96:1-3)

Day 4

**Adoration**

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.

Tremble before him, all the earth.

The world is firmly established, it will not be moved. 因为耶和华是伟大的，当受极大的赞美；他当受敬畏，远在万神之上。  万民的偶像算不得什么，唯独耶和华创造诸天。  尊荣和威严在他面前，能力和欢乐在他的圣所。  万族万民啊，你们要归给耶和华，要把荣耀和能力归给耶和华。  要把耶和华的名应得的荣耀归给他，拿着礼物到他面前来，要以圣洁的装饰敬拜耶和华。  全地要在他面前战栗；他使世界坚定，不致摇动。 (1 Chronicles 16:25-30)

You are the God of Abraham and the Fear of Isaac. 如果不是我父亲的　神，就是亚伯拉罕的　神，以撒所敬畏的　神，与我同在，你现在必定打发我空手回去。但　神看见了我的苦情和我手中的辛劳，所以他昨天晚上责备了你。” (Genesis 31:42)

*Pause to express your thoughts of praise and worship.*

**Confession**

Save me from bloodguilt, O God,

The God of my salvation,

And my tongue will sing aloud of Your righteousness.

O Lord, open my lips,

And my mouth will declare Your praise.

For You do not desire sacrifice, or I would bring it;

You do not delight in burnt offering.

The sacrifices of God are a broken spirit;

A broken and contrite heart,

O God, You will not despise. 　神啊！你是拯救我的　神，求你救我脱离流人血的罪；我的舌头就必颂扬你的公义。  主啊！求你开我的嘴，使我的口宣扬赞美你的话。  因为你不喜爱祭物；我就是献上燔祭，你也不喜悦。  　神所要的祭，就是破碎的灵；　神啊！破碎痛悔的心，你必不轻看。 (Psalm 51:14-17)

*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.*

**Renewal**

May I remove the places of idolatry from my life, and like Asa, let my heart be fully committed to God all my days. (2 Chronicles 15:17)

May I trust in the Lord and do good; may I dwell in the land and feed on Your faithfulness. When I delight myself in the Lord, You will give me the desires of my heart. I will commit my way to the Lord and trust in You, and You will bring it to pass. You will bring forth my righteousness like the light, and my justice like the noonday. May I rest in the Lord and wait patiently for You; I will not fret because of him who prospers in his way, with the man who practices evil schemes. 你要倚靠耶和华，并要行善；你要住在地上，以信实为粮食。  你要以耶和华为乐，他就把你心里所求的赐给你。  你要把你的道路交托耶和华，并倚靠他，他就必成全。  他必使你的公义好像光发出，使你的公正如日中天。  你要在耶和华面前静默无声，耐心地等候他；不要因那凡事顺利的，和那恶谋得逞的，心怀不平。 (Psalm 37:3-7)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，不可收受贿赂，因为贿赂能使智慧人的眼变瞎，也能使义人的话颠倒过来。 (Deuteronomy 16:19)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

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? 因为无论在得救的人或灭亡的人中间，我们都是基督的馨香，是献给　神的。  对于灭亡的人，这是死亡的气味叫人死；对于得救的人，这却是生命的香气使人活。这些事谁够资格作呢？ (2 Corinthians 2:15-16)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

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. 凡为我的名撇下房屋、兄弟、姊妹、父母、儿女或田地的，他必得着百倍，并且承受永生。 耶稣说：“我实在告诉你们，人为着我和福音舍弃了房屋、弟兄、姊妹、母亲、父亲、儿女、田地，  没有不在今生得百倍──就是房屋、弟兄、姊妹、母亲、儿女、田地，同时要受迫害──在来世还要得永生。 (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. “如果有人到我这里来，爱我不超过爱（“爱我不超过爱”原文作“不恨”）自己的父母、妻子、儿女、兄弟、姊妹，甚至自己的性命，就不能作我的门徒。  凡不背着自己的十字架跟随我的，也不能作我的门徒。 (Luke 14:26-27)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

You have loved me with an everlasting love;

You have drawn me with lovingkindness. 耶和华在古时（“在古时”或译：“从远处”）曾向以色列（“以色列”按照《马索拉抄本》应作“我”，现参照《七十士译本》翻译）显现，说：“我以永远的爱爱你，因此，我对你的慈爱延续不息（“我对你的慈爱延续不息”或译：“我要以慈爱吸引你”）。 (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. 我用慈绳爱索牵引他们，我待他们像人拉高牛的轭在两颚之上，又向他们俯身，喂养他们。 (Hosea 11:4)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 　神又对摩西说：“你要对以色列人这样说：‘耶和华你们祖宗的　神，就是亚伯拉罕的　神、以撒的　神、雅各的　神，差遣我到你们这里来；这就是我永久的名字，也是世世代代中我被记念的名字。’ (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. 那时，摩西和以色列人向耶和华唱了以下这首歌，说：“我要向耶和华歌唱，因为他高高地被高举起来；他把马匹和骑马的投在海中。  耶和华是我的力量，我的诗歌，也成了我的拯救；这是我的　神，我要赞美他；他是我父的　神，我要尊崇他。 (Exodus 15:1-2)

Day 5

**Adoration**

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. 因为耶和华你们的　神，他是万神之神、万主之主、伟大有力和可畏的　神；他不徇情面，也不受贿赂。  他为孤儿寡妇伸张正义，又把衣食给寄居的人。 (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. 马利亚说：“我心尊主为大，  我灵以　神我的救主为乐，  全能者为我行了大事，他的名为圣；  他的怜悯世世代代归与敬畏他的人。 (Luke 1:46-47, 49-50)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 　神的眼看顾人的道路，察看他每一步，  没有黑暗，又没有死荫的地方，可以给作孽的在那里藏身。  　神不必进一步鉴察人，使人到他面前去受审判。 (Job 34:21-23)

*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.*

**Renewal**

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. 你们要逃避淫乱的事。人所犯的，无论是什么罪，都是在身体以外，唯有行淫乱的，是触犯自己的身体。 (1 Corinthians 6:18)

May I not set my heart on evil things, or be an idolater, or commit sexual immorality. 这些事都是我们的鉴戒，叫我们不要贪恋恶事，像他们那样。  你们也不可拜偶像，像他们有些人那样；正如经上所记：“人民坐下吃喝，起来玩乐。”  我们也不可淫乱，像他们有些人那样，一天就死了二万三千人。 (1 Corinthians 10:6-8)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 求你使我清晨得闻你的慈爱，因为我倚靠你。求你指示我当走的路，因为我的心仰望你。 (Psalm 143:8)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

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

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

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. 全部圣经都是　神所默示的，在教训、责备、矫正和公义的训练各方面，都是有益的，  为要使属　神的人装备好，可以完成各样的善工。 (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. 我们还有先知的话，是更确实的。你们要特别注意它，好像注意照在暗处的明灯，直到天将破晓，晨星在你们心里出现的时候。 (2 Peter 1:19)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 所以你要知道耶和华你的　神，他是　神，是信实可靠的　神；他向爱他和守他诫命的人，守约并且施慈爱，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. 我照着耶和华为我们所作的一切，提说耶和华的慈爱，耶和华可称颂的事，和他赐给以色列家的大福，就是照着他的怜悯和丰盛的慈爱为他们作成的。 (Isaiah 63:7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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! 我知道我的救赎主活着，最后他必在地上兴起。  我的皮肉遭受毁坏以后，这事就要发生，我必在肉体以外得见　神。  我必见他在我身边，我要亲眼见他，并非外人，我的心肠在我里面渴想极了。 (Job 19:25-27)

God is exalted beyond our understanding;

The number of His years is unsearchable. 　神为至大，我们不能了解，他的年数，无法测度。 (Job 36:26)

Day 6

**Adoration**

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. (Romans 11:33-36)

Hallelujah! Salvation and glory and power belong to our God, because His judgments are true and righteous. 这些事以后，我听见天上好像有一大群人大声说：“哈利路亚！救恩、荣耀、权能都属于我们的　神，  因为他的审判是真实公义的。他审判了那大淫妇，那以淫乱败坏了世界的；并且为他的仆人向淫妇伸了流血的冤。” (Revelation 19:1-2)

*Pause to express your thoughts of praise and worship.*

**Confession**

The Lord your God is gracious and compassionate, and He will not turn His face from you if you return to Him. 如果你们是归向耶和华，你们的亲族和儿女就必在俘掳他们的人面前蒙怜悯，可以返回这地；因为耶和华你们的　神是有恩惠有怜悯；如果你们归向他，他必不转脸不顾你们。” (2 Chronicles 30:9)

*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.*

**Renewal**

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. 约西亚登基的时候是八岁；他在耶路撒冷作王共三十一年。  他行耶和华看为正的事，效法他先祖大卫所行的，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. 因为你听了我指着这地方和这里的居民所说的话，就心里感动，在　神面前谦卑；你既然在我的面前谦卑，又撕裂衣服，在我的面前哭泣，所以我就垂听你的祷告；这是耶和华的宣告。 (2 Chronicles 34:27)

May I walk in the steps of Jesus, who often withdrew to lonely places and prayed. 次日凌晨，天还没有亮，耶稣起身出去，来到荒野的地方，在那里祷告。 耶稣却退到旷野去祷告。 (Mark 1:35; Luke 5:16)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 我们引以为荣的，就是我们处世为人，是本着　神的圣洁和真诚，不是靠着人的聪明，而是靠着　神的恩典，对你们更是这样，这是我们的良心可以作证的。 (2 Corinthians 1:12)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

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，求你因这事记念我，不要涂抹我为我　神的殿和一切敬拜的礼仪所行的忠诚的事。”  我又指派人按时供应木柴和奉献初熟之物。”我的　神啊，求你记念我，施恩给我。” (Nehemiah 13:14, 31)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

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. 然而时候将到，现在就是了，那用心灵按真理敬拜父的，才是真正敬拜的人；因为父在寻找这样敬拜他的人。  　神是灵，敬拜他的必须用心灵按真理敬拜他。” (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　神里面，　神也住在他里面。凭着　神所赐给我们的圣灵，我们就可以知道　神住在我们里面。 (1 John 3:24)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 你们是知道我们的主耶稣基督的恩典的：他本来富足，却为你们成了贫穷，要使你们因他的贫穷成为富足。 (2 Corinthians 8:9)

Thanks be to God for His indescribable gift! 感谢　神，他的恩赐难以形容。 (2 Corinthians 9:15)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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.” 不要惧怕，因为我与你同在；不要四处张望，因为我是你的　神，我必坚固你，我必帮助你；我必用公义的右手扶持你。  因为我，耶和华你们的　神，紧握着你的右手，对你说：“不要惧怕，我必帮助你。” (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这件事，我就有指望。  耶和华的慈爱永不断绝，他的怜悯永不止息。  每天早晨都是新的；你的信实多么广大！ (Lamentations 3:21-23)

Day 7

**Adoration**

The Lord my God is God in the heavens above and in the earth below. 我们听见了，就都心里惊怕；没有一人再有勇气在你们面前站立；因为耶和华你们的　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. 他把北极铺在空间，把地球挂在太空。 (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. 那创造昴星和参星，把幽暗变为黎明，把白日转为黑夜；又吩咐海水，把海水倒在地上的；耶和华就是他的名。 (Amos 5:8)

*Pause to express your thoughts of praise and worship.*

**Confession**

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.” 现在求主大发能力，照着你说过的话：  ‘耶和华不轻易发怒，且有丰盛的慈爱；他赦免罪孽和过犯；绝不以有罪的为无罪，必追讨罪孽，自父到子，直到三四代。’ (Numbers 14:17-18)

*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.*

**Renewal**

May the name of the Lord Jesus be magnified in my life. 所有住在以弗所的犹太人和希腊人，都知道这件事；大家都惧怕，尊主耶稣的名为大。 (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. 所以弟兄们，我凭着　神的仁慈劝你们，要把身体献上，作圣洁而蒙　神悦纳的活祭；这是你们理所当然的事奉。 (Romans 12:1)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I do no injustice in judgment, nor show partiality to the poor or favoritism to the great, but judge my neighbor fairly. “你们审判的时候，不可行不义；不可偏袒穷人，也不可偏帮有权势的人；只要按着公义审判你的邻舍。 (Leviticus 19:15)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

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

Be our strength every morning,

Our salvation in time of distress. 耶和华啊！求你施恩给我们；我们等候你。每天早晨，愿你作我们的膀臂，在遭难的时候，作我们的拯救。 (Isaiah 33:2)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

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. 得着智慧，获致聪明的人，是有福的。  因为智慧的利润胜过银子的利润，智慧的收益胜过黄金的收益。  智慧比红宝石更宝贵；你一切所喜爱的，都不足与智慧比较。  智慧的右手有长寿，左手有财富和尊荣。  智慧的道路尽是欢悦，智慧的路径全是平安。  对紧握智慧的人来说，智慧是生命树，凡是紧抓智慧的，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. (Proverbs 4:7-8)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 有没有一个民族听见　神在火中说话的声音，像你听见的一样，还能活着呢？  有没有一位神尝试借着试验、神迹、奇事、战争、大能的手和伸出来的膀臂，以及大而可畏的事，把一国的人民从别的国中领出来，像耶和华你们的　神在埃及，在你们面前为你们所作的一切事呢？  这是要显明给你看，使你知道，只有耶和华是　神；除了他以外，再没有别的神。  他从天上使你听见他的声音，为要教导你；又在地上使你看见他的大火，并且叫你听到他从火中所说的话。  因为他爱你的列祖，所以才拣选了他们的后裔，用大能亲自把你从埃及领出来，  为要把比你大比你强的民族，从你面前赶走，然后领你进去，把他们的地赐给你作产业，像今日一样。 (Deuteronomy 4:33-38)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 西门．彼得回答：“主啊，你有永生之道，我们还跟从谁呢？  我们已经相信，并且知道你是　神的圣者。” (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. 耶稣说：“我就是复活和生命；信我的人，虽然死了，也要活着。  所有活着又信我的人，必定永远不死，你信这话吗？” (John 11:25-26)

Day 8

**Adoration**

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. 你们述说吧！提出理由吧！让他们彼此商议吧！谁从古时使人听见这事呢？谁从上古把这事述说出来呢？不是我耶和华吗？除了我以外，再没有　神，我是公义的　神，又是拯救者；除了我以外，并没有别的　神。  全地的人哪！你们都要归向我，都要得救。因为我是　神，再没有别的　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. 因为你是我的盼望；主耶和华啊！你是我自幼以来所倚靠的。  至于我，我要常常仰望你，要多多赞美你。 (Psalm 71:5, 14)

*Pause to express your thoughts of praise and worship.*

**Confession**

You are not a God who takes pleasure in wickedness;

Evil cannot dwell with You. 因为你是不喜爱邪恶的　神，恶人不能与你同住。 (Psalm 5:4)

*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.*

**Renewal**

Like Enoch, may I walk with God. 以诺和　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. 只有挪亚在耶和华眼前蒙恩。 (Genesis 6:8)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 所以要治死你们在地上的肢体，就如淫乱、污秽、邪情、恶欲和贪心，贪心就是拜偶像。  因着这些事，　神的忿怒必要临到悖逆的人（有些抄本无“悖逆的人”）。  你们从前在其中生活的时候，也曾经这样行过。 (Colossians 3:5-7)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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. 就像一个身体有许多肢体，各肢体都有不同的功用；  照样，我们大家在基督里成为一个身体，也是互相作肢体。  照着所赐给我们的恩典，我们各有不同的恩赐：说预言的，就应当照着信心的程度去说； (Romans 12:4-6)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

I believe that it is through the grace of our Lord Jesus that I am saved. 我们相信，我们得救是借着主耶稣的恩，和他们也是一样。” (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. 你们既然听了真理的道，就是使你们得救的福音，也信了基督，就在他里面受了所应许的圣灵作为印记。  这圣灵是我们得基业的凭据，直到　神的产业得赎，使他的荣耀得着颂赞。 (Ephesians 1:13-14)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 我要永远歌唱耶和华的慈爱，世世代代用口传扬你的信实。  我要说：“你的慈爱必永远建立；你的信实，你必坚立在天上。  耶和华啊！诸天要称颂你的奇事；在圣者的会中，你的信实也要被称颂。  在天上，谁能和耶和华相比呢？在全能者的众子中，谁能像耶和华呢？  在圣者的议会中，　神是令人惊惧的，比一切在他周围的都更为可畏。  耶和华万军之　神啊！有谁像你？耶和华啊！你是大能的，你的信实在你的周围。 (Psalm 89:1-2, 5-8)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 我就是从天上降下来生命的食物，人若吃了这食物，就必活到永远。我要赐的食物就是我的肉，是为了世人的生命而赐的。” (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. 耶稣又对众人说：“我是世界的光，跟从我的，必定不在黑暗里走，却要得着生命的光。” (John 8:12)

Day 9

**Adoration**

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！你世世代代作我们的居所。（本节在《马索拉抄本》包括细字标题）  群山尚未生出，大地和世界你未曾造成，从永远到永远，你是　神。  你使人归回尘土，说：“世人哪！你们要归回尘土。”  在你看来，千年好像刚过去了的昨天，又像夜里的一更。 (Psalm 90:1-4)

Jesus Christ is the same yesterday, today, and forever. 耶稣基督昨天、今天、一直到永远都是一样的。 (Hebrews 13:8)

*Pause to express your thoughts of praise and worship.*

**Confession**

God fashions the hearts of all

And understands all their works. 他是那创造众人的心，了解他们一切作为的。 (Psalm 33:15)

*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.*

**Renewal**

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. 有哪一国把自己的神换掉呢？其实那些并不是神。我的子民竟把他们的荣耀，换了无益的偶像。  “因为我的子民作了两件恶事，就是离弃了我这活水的泉源，为自己凿了池子，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 confession. 因此，同蒙天召的圣洁的弟兄啊！你们应该想想耶稣，就是作使徒、作我们所宣认的大祭司的那一位。 (Hebrews 3:1)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你只要坚强，十分勇敢，谨守遵行我仆人摩西吩咐你的一切律法，不可偏离左右，好使你无论到哪里去，都可以亨通。 (Joshua 1:7)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

We should bear with one another in love and make every effort to keep the unity of the Spirit in the bond of peace. 凡事谦虚、温柔、忍耐，用爱心彼此宽容；  以和睦联系，竭力持守圣灵所赐的合一。 (Ephesians 4:2-3)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

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. 说：“我赤身出于母胎，也必赤身归去。赏赐的是耶和华，收回的也是耶和华；耶和华的名是应当称颂的。” (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. 其实敬虔而又知足，就是得大利的途径，  因为我们没有带什么到世上来，也不能带什么去。  只要有衣有食，就应当知足。 (1 Timothy 6:6-8)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 说：“我从患难中求告耶和华，他就应允我；我从阴间的深府呼求，你就垂听我的声音。 (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. 我却要因耶和华欢喜，以救我的　神为乐。  主耶和华是我的力量，他使我的脚快如母鹿的蹄，在高地上行走。交诗班长，用丝弦的乐器伴奏。 (Habakkuk 3:18-19)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 我就是门，如果有人借着我进来，就必定得救，并且可以出、可以入，也可以找到草场。  贼来了，不过是要偷窃、杀害、毁坏；我来了，是要使羊得生命，并且得的更丰盛。 (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. 我的羊听我的声音，我也认识他们，他们也跟随我。  我赐给他们永生，他们永不灭亡，谁也不能把他们从我手里夺去。  那位把羊群赐给我的父比一切都大，也没有人能把他们从我父的手里夺去。  我与父原为一。” (John 10:27-30)

Day 10

**Adoration**

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，（本节在《马索拉抄本》包括细字标题）我要永永远远称颂你的名。  我要天天称颂你，我要永永远远赞美你的名。  耶和华是至大的，配受极大的赞美，他的伟大无法测度。 (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. 金光来自北方，在　神的周围有可怕的威严。  论到全能者，我们无法把他查出；他大有能力与公平，又满有公义，他必不苦待人。 (Job 37:22-23)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 他不长久责备，也不永远怀怒。  他没有按着我们的罪过待我们，也没有照着我们的罪孽报应我们。  天离地有多高，他的慈爱向敬畏他的人也有多大。  东离西有多远，他使我们的过犯离我们也有多远。  父亲怎样怜恤儿子，耶和华也照样怜恤敬畏他的人； (Psalm 103:9-13)

*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.*

**Renewal**

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. 现在你们要敬畏耶和华；你们要谨慎行事，因为耶和华我们的　神没有不义，不偏待人，也不受贿赂。” (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. (Psalm 119:15-18)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I not enter the path of the wicked

Or walk in the way of evil men. 不可走进恶人的路径，不可踏上坏人的道路。 (Proverbs 4:14)

**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

My activities for this day

Special concerns

**Intercession**

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. 照样，圣灵也在我们的软弱上帮助我们。原来我们不晓得应当怎样祷告，但圣灵亲自用不可言喻的叹息，替我们祈求。  那鉴察人心的，晓得圣灵的心意，因为圣灵照着　神的旨意替圣徒祈求。 (Romans 8:26-27)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

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.” 就在那时候，耶稣说：“父啊，天地的主，我赞美你，因为你把这些事向智慧和聪明的人隐藏起来，却向婴孩显明。  父啊，是的，这就是你的美意。  我父已经把一切交给我；除了父没有人认识子，除了子和子所愿意启示的人，没有人认识父。 就在这时候，耶稣因圣灵而欢乐，说：“父啊，天地的主，我赞美你，因为你把这些事向智慧和聪明的人隐藏起来，却向婴孩显明。父啊，是的，这就是你的美意。  我父已经把一切交给我；除了父没有人知道子是谁，除了子和子所愿意启示的人，也没有人知道父是谁。” (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. 因为　神的愚笨总比人智慧，　神的软弱总比人刚强。  但是　神却拣选了世上愚笨的，使那些有智慧的羞愧。他也拣选了世上软弱的，使那些刚强的羞愧。  他也拣选了世上卑贱的和被人轻视的，以及算不得什么的，为了要废弃那些自以为是的，  使所有的人在　神面前都不能自夸。 (1 Corinthians 1:25, 27-29)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 锡安的居民哪！要大大喜乐。耶路撒冷的居民（“居民”原文作“女子”）哪！应当欢呼。看哪！你的王来到你这里了，他是公义的，是得胜的。他又是温柔的，他骑着驴，骑的是小驴。  我必从以法莲除掉战车，从耶路撒冷除掉战马。争战的弓必被除掉，他要向列国宣讲和平。他的统治权必从这海延伸到那海，从幼发拉底河直到地极。 (Zechariah 9:9-10)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 愿耶和华赐福你，保护你；  愿耶和华使他的脸光照你，赐恩给你；  愿耶和华敞脸垂顾你，赐你平安。’ (Numbers 6:24-26)

Day 11

**Adoration**

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. 祷告说：“耶和华以色列的　神啊，天上地下没有别的神像你；你对一心在你面前行事为人的仆人守约施慈爱。 说：“耶和华以色列的　神啊，天上地下没有神可以和你相比的，你向那些一心行在你面前的仆人，常是守约施慈爱的； (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. 使他们知道只有你的名是耶和华，唯有你是掌管全地的至高者。 (Psalm 83:18)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 你自己的罪恶要惩罚你，你背道的事必责备你。你当知道，也要明白，离弃耶和华你的　神，没有畏惧我的心，是邪恶的，是痛苦的。”这是主万军之耶和华的宣告。 (Jeremiah 2:19)

*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.*

**Renewal**

May I be anxious for nothing, but in everything by prayer and petition with thanksgiving, 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. 应当毫无忧虑，只要凡事借着祷告祈求，带着感恩的心，把你们所要的告诉　神。  这样，　神所赐超过人能了解的平安，必在基督耶稣里，保守你们的心思意念。 (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. 所以要准备好你们的心，警醒谨慎，专心盼望耶稣基督显现的时候所要带给你们的恩典。 (1 Peter 1:13)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，不要以给我们的主作见证当作羞耻，也不要以我这为主被囚的当作羞耻，却要为了福音的缘故，靠着　神的大能，与我同受磨难。 (2 Timothy 1:8)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

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. 这些不信的人被这世代的神弄瞎了他们的心眼，使他们看不见基督荣耀的福音的光；基督就是　神的形象。 (2 Corinthians 4:4)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

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. (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. 第一个人是出于地，是属土的；第二个人是出于天。  那属土的怎样，所有属土的也都怎样；属天的怎样，所有属天的也都怎样。  我们既然有了属土的形象，将来也必有属天的形象。 (1 Corinthians 15:47-49)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

The Son of Man did not come to be served, but to serve, and to give His life as a ransom for many. 正如人子来，不是要受人的服事，而是要服事人，并且要舍命，作许多人的赎价。” (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.” 他们吃的时候，耶稣拿起饼来，祝谢了就擘开，递给门徒，说：“你们拿去吃吧，这是我的身体。”  耶稣又拿起杯来，祝谢了就递给他们，说：“你们都喝吧，  这是我的血，是为立约的，为许多人流出来，使罪得赦。 (Matthew 26:26-28)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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! 利未人耶书亚、甲篾、巴尼、哈沙尼、示利比、荷第雅、示巴尼和毗他希雅说：“你们要起立，称颂耶和华你们的　神，直到永永远远。”“耶和华啊，你荣耀的名是应当称颂的；愿你的名被尊崇，超过一切称颂和赞美。 (Nehemiah 9:5)

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

When I awake, I will be satisfied with Your likeness. 至于我，我必在义中得见你的面；我醒来的时候，得见你的形象就心满意足。 (Psalm 17:15)

Day 12

**Adoration**

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. 耶和华是嫉恶和施行报复的　神；耶和华施行报复，并且满怀烈怒；耶和华向他的对头施行报复，向他的仇敌怀怒。  耶和华不轻易发怒，可是大有能力；他绝不以有罪的为无罪。耶和华乘着狂风暴雨而来，云彩是他脚下的尘土。 (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? 难道我只是近处的　神吗？不也是远处的　神吗？”这是耶和华的宣告。  “人怎能躲藏在隐密处，以致我看不见他呢？（这是耶和华的宣告）。我岂不是充满天地吗？”这是耶和华的宣告。 (Jeremiah 23:23-24)

*Pause to express your thoughts of praise and worship.*

**Confession**

The fear of the Lord is to hate evil;

Wisdom hates pride and arrogance

And the evil way and the perverse mouth. 敬畏耶和华就是恨恶邪恶；骄傲、狂妄、邪恶的行为、乖谬的口，我都恨恶。 (Proverbs 8:13)

*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.*

**Renewal**

May I not trust in myself or in my own righteousness, nor view others with contempt. 耶稣向那些自恃为义、轻视别人的人，讲了这个比喻： (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！这就是那不以　神为自己保障的人，他只倚靠自己丰盛的财富，以毁灭别人来加强自己的力量。” (Psalm 52:7)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 求你转向我，恩待我，因为我孤独困苦。  我心中的愁苦增多，求你使我从痛苦中得释放。  求你看看我的困苦和艰难，赦免我的一切罪恶。 (Psalm 25:16-18)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

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. (Titus 3:1-2)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

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. 我们既然一向都是坦然无惧的，又知道住在身内就是与主分开  （因为我们行事是凭着信心，不是凭着眼见），  现在还是坦然无惧，宁愿与身体分开，与主同住。 (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. 亲爱的，现在我们是　神的儿女，将来怎样，还没有显明；然而我们知道：主若显现，我们必要像他，因为我们必要看见他本来是怎样的。  凡对他存着这盼望的，就洁净自己，像他一样的洁净。 (1 John 3:2-3)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，是应当称颂的，因他眷顾自己的子民，施行救赎，  在他仆人大卫家中，为我们兴起救恩的角，  正如主自古以来借圣先知口中所说的，  救我们脱离仇敌，和恨我们的人的手；  向我们列祖施怜悯，记念他的圣约，  就是他对我们祖先亚伯拉罕所起的誓，  把我们从仇敌手中救拔出来，叫我们可以坦然无惧，用圣洁公义，在他面前一生一世敬拜他。 (Luke 1:68-75)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华的律法是完全的，能使人心苏醒；耶和华的法度是坚定的，能使愚人有智慧。  耶和华的训词是正直的，能使人心快乐；耶和华的命令是清洁的，能使人的眼睛明亮。  耶和华的话语（“耶和华的话语”原文作“耶和华的敬畏”）是洁净的，能坚立到永远；耶和华的典章是真实的，完全公义；  都比金子宝贵，比大量的精金更宝贵；比蜜甘甜，比蜂房滴下来的蜜更甘甜；  并且你的仆人也借着这些得到警戒，谨守这些就得着大赏赐。 (Psalm 19:7-11)

Day 13

**Adoration**

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. 耶和华啊！你鉴察了我，你认识我。（本节在《马索拉抄本》包括细字标题）  我坐下，我起来，你都知道；你在远处就明白我的意念。  我行路，我躺卧，你都细察；我的一切行为，你都熟悉。  耶和华啊！我的舌头还没有发言，你已经完全知道了。  你在我前后围绕着我，你的手按在我身上。  这样的知识奇妙，是我不能理解的；高超，是我不能达到的。 (Psalm 139:1-6)

*Pause to express your thoughts of praise and worship.*

**Confession**

O Lord, be gracious to me;

Heal my soul, for I have sinned against You. 至于我，我曾说：“耶和华啊！求你恩待我；求你医治我，因为我得罪了你。” (Psalm 41:4)

*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.*

**Renewal**

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. 所以我告诉你们，不要为生命忧虑吃什么喝什么，也不要为身体忧虑穿什么。难道生命不比食物重要吗？身体不比衣服重要吗？  你们看天空的飞鸟：它们不撒种，不收割，也不收进仓里，你们的天父尚且养活它们；难道你们不比它们更宝贵吗？  你们中间谁能用忧虑使自己的寿命延长一刻呢？  何必为衣服忧虑呢？试想田野的百合花怎样生长，它们不劳苦，也不纺织。  但我告诉你们，就是所罗门最威荣的时候所穿的，也比不上这花中的一朵。  田野的草，今天还在，明天就投进炉里，　神尚且这样妆扮它们；小信的人哪，何况你们呢？  所以不要忧虑，说：‘我们该吃什么？喝什么？穿什么？’  这些都是教外人所寻求的，你们的天父原知道你们需要这一切。  你们要先求他的国和他的义，这一切都必加给你们。 耶稣又对门徒说：“所以我告诉你们，不要为生命忧虑吃什么，也不要为身体忧虑穿什么。  因为生命比饮食重要，身体比衣服重要。  你们想想乌鸦：它们不种也不收，无仓又无库，　神尚且养活它们；你们比飞鸟贵重得多了。  你们中间谁能用忧虑使自己的寿命延长一刻呢？  既然连这极小的事都不能作，为什么还忧虑其他的事呢？  你们想想百合花，怎样不劳苦，也不纺织。但我告诉你们，就是所罗门最荣华的时候所穿的，也比不上这花中的一朵呢。  小信的人哪，田野的草，今天还在，明天就投进炉里，　神尚且这样给它装饰，何况你们呢？  你们不要求吃什么，喝什么，也不要忧虑，  因为这一切都是世上不信的人所寻求的。你们的父原知道你们需要这一切。  你们只管求他的国，这些东西都必加给你们。 (Matthew 6:25-33; Luke 12:22-31)

May I be more concerned about the things of God than the things of men. 耶稣转过身来，望着门徒，斥责彼得说：“撒但，退到我后面去！因为你不思念　神的事，只思念人的事。” (Mark 8:33)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，我照着耶和华我的　神吩咐我的，把律例和典章教训你们，好让你们在将要进去得为业的地上遵行。  所以你们要谨守遵行，因为在万民的眼中看来，这就是你们的智慧和聪明；他们一听见这一切律例，就必定说：‘这大国的人真是有智慧，有聪明啊。’ (Deuteronomy 4:5-6)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

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. 愿所有投靠你的人都喜乐，常常欢呼；愿你保护他们，又愿爱你名的人，因你欢乐。 (Psalm 5:11)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

The fear of the Lord, that is wisdom,

And to depart from evil is understanding. 他对人说：‘敬畏主就是智慧，远离邪恶就是聪明。’” (Job 28:28)

Who is the man that fears the Lord?

He will instruct him in the way he should choose. 谁是那敬畏耶和华的人？耶和华必指示他应选择的道路。 (Psalm 25:12)

Blessed is everyone who fears the Lord,

Who walks in His ways. 敬畏耶和华，遵行他的道的人，是有福的。（本节在《马索拉抄本》包括细字标题） (Psalm 128:1)

The Lord takes pleasure in those who fear Him,

Who put their hope in His unfailing love. 耶和华喜悦敬畏他的人，喜悦仰望他慈爱的人。 (Psalm 147:11)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 现在你们也有忧愁；但我要再见你们，你们的心就会喜乐，你们的喜乐是没有人能够夺去的。  到了那天，你们什么也不会问我了。我实实在在告诉你们，你们奉我的名无论向父求什么，他必定赐给你们。  你们向来没有奉我的名求什么；现在你们祈求，就必定得着，让你们的喜乐满溢。 (John 16:22-24)

The Father Himself loves me because I have loved Jesus and have believed that He came forth from God. 父自己爱你们，因为你们已经爱我，并且信我是从　神那里来的。 (John 16:27)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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！耶和华已经指示你什么是善，他向你所要的又是什么；无非是要你行公义，好怜悯，谦虚谨慎与你的　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

**Adoration**

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. 我到哪里去躲避你的灵？我往哪里去逃避你的面呢？  如果我升到天上，你在那里；如果我在阴间下榻，你也在那里。  如果我展开清晨的翅膀，飞到海的极处居住，  就是在那里，你的手仍必引导我，你的右手也必扶持我。  如果我说：“愿黑暗遮盖我，愿我周围的亮光变成黑夜。”  但对你来说，黑暗也不算是黑暗，黑夜必如同白昼一样发亮，黑暗和光明，在你看来都是一样的。 (Psalm 139:7-12)

*Pause to express your thoughts of praise and worship.*

**Confession**

Those whom You love You rebuke and discipline. Therefore may I be zealous and repent. (Revelation 3:19)

*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.*

**Renewal**

May I act in the fear of the Lord, faithfully and with a loyal heart. 约沙法吩咐他们说：“你们要以敬畏耶和华的心，忠心和尽心办事。 (2 Chronicles 19:9)

Teach me Your way, O Lord;

I will walk in Your truth;

Unite my heart to fear Your name. 耶和华啊！求你把你的道路指教我，使我行在你的真理中，专心敬畏你的名。 (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. 耶稣回答：“第一重要的是：‘以色列啊，你要听！主我们的　神是独一的主。  你要全心、全性、全意、全力，爱主你的　神。’  其次是：‘要爱人如己。’再没有别的诫命比这两条更重要的了。”  我们要用全心、全意、全力去爱他，并且要爱人如己，这就比一切燔祭和各样祭物好得多了。” (Mark 12:29-31, 33)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 大卫又对他的儿子所罗门说：“你要坚强勇敢地去作，不要惧怕，也不要惊惶，因为耶和华　神，就是我的　神，与你同在；他必不撇下你，也不丢弃你，直到耶和华殿的一切工作都完成。 (1 Chronicles 28:20)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

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

And justice for the poor. 我知道耶和华必为困苦人伸冤，必替穷乏人辨屈。 (Psalm 140:12)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

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. 因为　神预先知道的人，他就预先命定他们和他儿子的形象一模一样，使他的儿子在许多弟兄中作长子，  他预先命定的人，又呼召他们；所召来的人，又称他们为义；所称为义的人，又使他们得荣耀。 (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.” 你若口里认耶稣为主，心里信　神使他从死人中复活，就必得救；  因为心里相信就必称义，用口承认就必得救。  经上说：“所有信靠他的人，必不致失望。” (Romans 10:9-11)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. (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，我们现在既然因他的血称义，就更要借着他免受　神的忿怒。  我们作仇敌的时候，尚且借着　神儿子的死与他复和，既然复和了，就更要因他的生得救了！  不但这样，我们现在已经借着我们的主耶稣基督与　神复和，也借着他以　神为荣。 (Romans 5:9-11)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 他又对我说：“成了！我是阿拉法，是俄梅格；我是创始的，也是成终的。我要把生命的泉水，白白赐给口渴的人喝。  得胜的，必要承受这些福分。我要作他的　神，他要作我的儿子。 (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，我必快来！赏赐在我，我要照着各人所行的报应他。  我是阿拉法，是俄梅格；我是首先的，也是末后的；我是创始的，也是成终的。”  证明这些事的那一位说：“是的，我必快来！”阿们！主耶稣啊，请你来吧！ (Revelation 22:12-13, 20)

Day 15

**Adoration**

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. 我的脏腑是你所造的，在我母腹中你塑造了我。  我要称谢你，因为我的受造奇妙可畏；你的作为奇妙，这是我深深知道的。  我在隐密处被造，在地的深处被塑造，那时，我的形体不能向你隐藏。  我未成形的身体，你的眼睛早已看见；为我所定的日子，我还未度过一日，都完全记在你的册上了。 (Psalm 139:13-16)

*Pause to express your thoughts of praise and worship.*

**Confession**

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，回转吧！回到耶和华你的　神那里，因为你是因自己的罪孽跌倒的。（本节在《马索拉抄本》为14:2）  你们预备好要说的话，归向耶和华，对他说：“除去我们一切罪孽，悦纳我们的祷告。这样我们就把嘴唇的果子献上。 (Hosea 14:1-2)

*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.*

**Renewal**

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. 求他按着他荣耀的丰盛，借着他的灵，用大能使你们内在的人刚强起来，  使基督借着你们的信，住在你们心里，使你们既然在爱中扎根建基，  就能和众圣徒一同领悟基督的爱是多么的长阔高深，  并且知道他的爱是超过人所能理解的，使你们被充满，得着　神的一切丰盛。 (Ephesians 3:16-19)

May I be strong in the grace that is in Christ Jesus. 所以，我儿啊，你应当在基督耶稣的恩典里刚强起来， (2 Timothy 2:1)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你们从前是黑暗的，现今在主里却是光明的，行事为人就应当像光明的儿女。  光明所结的果子，就是一切良善、公义、诚实。  你们要察验什么是主所喜悦的。 (Ephesians 5:8-10)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

How good and pleasant it is

When brothers live together in unity! 看哪！弟兄和睦共处，是多么的善，多么的美。（本节在《马索拉抄本》包括细字标题） (Psalm 133:1)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

If anyone is in Christ, he is a new creation; the old things passed away; behold, they have become new. 如果有人在基督里，他就是新造的人，旧事已经过去，你看，都变成新的了！ (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. 其实我们这些靠　神的灵来敬拜，在基督耶稣里夸口而不倚靠肉体的人，才是受割礼的， (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. 　神愿意使他们知道这奥秘在外族人中有多么荣耀的丰盛，这奥秘就是基督在你们里面成了荣耀的盼望。 (Colossians 1:26-27)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

I am unworthy of all the lovingkindness and faithfulness You have shown Your servant. 你向你仆人所施的一切慈爱和信实，我实在不配得。从前我只拿着我的手杖过这约旦河；现在我却拥有这两队人马了。 (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. 我们要起程，上伯特利去；我要在那里给　神筑一座祭坛，他就是在我遭患难的时候应允我的呼求，在我所行的路上与我同行的那一位。” (Genesis 35:3)

The Almighty is my shepherd, the Rock of Israel, who helps me and blesses me with blessings of the heavens above. 但他的弓依然坚硬，他的手臂仍旧敏捷，这是出于雅各的大能者之手；出于以色列的牧者，以色列的磐石。  是你父亲的　神帮助你，是那全能者赐给你；他把从天上来的福，地下深渊蕴藏着的福，哺乳和生育的福，都赐给你。 (Genesis 49:24-25)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 因为耶和华是伟大的　神，是超越众神的大君王。  地的深处在他手中，山的高峰也都属他。  海洋属他，因为是他创造的，陆地也是他的手造成的。  因为他是我们的　神，我们是他草场上的子民，是他手下的羊群。如果你们今天听从他的声音， (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. 全地应当向耶和华欢呼。（本节在《马索拉抄本》包括细字标题）  应当欢欢喜喜事奉耶和华，欢唱着到他的面前。  要知道耶和华是　神；他创造了我们，我们是属他的（“我们是属他的”有古抄本作“不是我们自己”）；我们是他的子民，也是他草场上的羊。 (Psalm 100:1-3)

Day 16

**Adoration**

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！你的意念对我多么珍贵（“珍贵”或译：“深奥”），数目何等众多。  如果我数点，它们比海沙更多；我睡醒的时候，仍然与你同在。 (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? 你们要把谁与我相比，谁与我相似呢？你们把谁与我比较，好使我们同等呢？ (Isaiah 46:5)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 因为我们的过犯在你面前增多，我们的罪作证控告我们，我们的过犯与我们在一起；我们知道我们的罪孽，  就是悖逆、否认耶和华，转去不跟从我们的　神，说欺压和背道的话，心里怀着谎言，随即说出来； (Isaiah 59:12-13)

*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.*

**Renewal**

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. 你们只要敬畏耶和华，诚实全心事奉他，因为你们已经看过他为你们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. 那时，　神的灵临到耶何耶大祭司的儿子撒迦利亚身上，他就站在众民的面前，对他们说：“　神这样说：‘你们为什么违背耶和华的诫命，使你们不得亨通呢？因为你们离弃了耶和华，所以耶和华也离弃你们。’” (2 Chronicles 24:20)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 照样，执事也必须庄重，不一口两舌，不酗酒，不贪不义之财，  用清洁的良心持守信仰的奥秘。 (1 Timothy 3:8-9)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

Beloved, I pray that you may prosper in all things and be in good health, even as your soul prospers. 亲爱的，我祝你凡事亨通，身体健壮，正如你的灵魂安泰一样。 (3 John 2)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

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. 如果这样，他从创世以来，就必须受许多次的苦了。可是现在他在这世代的终结，只显现一次，把自己作为祭品献上，好除掉罪。  按着定命，人人都要死一次，死后还有审判。  照样，基督为了担当许多人的罪，也曾经一次把自己献上；将来他还要再一次显现，不是为担当罪，而是要向那些热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. 基督是在创立世界以前，是　神所预知的，却在这末后的世代才为你们显现出来。  借着他，你们信那使他从死人中复活、又给他荣耀的　神，叫你们的信心和盼望都在于　神。 (1 Peter 1:20-21)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 哈拿祷告说：“我的心因耶和华喜乐，我的角因耶和华高举，我的口向仇敌大大夸耀，因为我以你的救恩为乐。 (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. 他从高处伸手抓住我，把我从大水中拉上来。  他救我脱离我的强敌，脱离那些恨我的人，因为他们比我强盛。 (2 Samuel 22:17-18)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

Who is like You, O Lord?

Who is like You—majestic in holiness,

Awesome in praises, working wonders? 耶和华啊，万神之中有谁像你呢？有谁像你荣耀圣洁，可颂可畏，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. 没有人像耶和华那么圣洁，因为除你以外没有别的神，也没有磐石像我们的　神。 (1 Samuel 2:2)

Day 17

**Adoration**

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. 因为那至高无上、永远存在、他名为圣的这样说：“虽然我住在至高至圣的地方，却与心灵痛悔和谦卑的人同在，要使谦卑人的灵苏醒，也使痛悔人的心苏醒。 (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!” 前呼后拥的群众喊叫着：“‘和散那’归于大卫的子孙，奉主名来的是应当称颂的，高天之上当唱‘和散那’。” (Matthew 21:9)

*Pause to express your thoughts of praise and worship.*

**Confession**

We have sinned with our fathers;

We have committed iniquity and acted wickedly. 我们和我们的列祖都犯了罪，我们作了孽，也行了恶。 (Psalm 106:6)

*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.*

**Renewal**

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.” 你们既是顺服的儿女，就不要再效法从前无知的时候放纵私欲的生活。  那召你们的既是圣洁的，你们在一切所行的事上也要圣洁。  因为圣经上记着说：“你们要圣洁，因为我是圣洁的。” (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. 因为我是耶和华你们的　神，所以你们要使自己成为圣洁。你们要分别为圣，因为我是圣洁的。你们不可因在地上爬行的任何动物玷污自己，  因为我是耶和华，曾把你们从埃及地领上来，为要作你们的　神；你们要分别为圣，因为我是圣洁的。” (Leviticus 11:44-45; 19:2)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，求你留意听你仆人的祷告，听那些喜爱敬畏你名的仆人的祷告；求你使你的仆人今天顺利，使他在这人面前蒙怜悯。”那时我是王的酒政。 (Nehemiah 1:11)

**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

My activities for this day

Special concerns

**Intercession**

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.” 使他们都合而为一，像父你在我里面，我在你里面一样；使他们也在我们里面，让世人相信你差了我来。  你赐给我的荣耀，我已经赐给了他们，使他们合而为一，像我们合而为一。  我在他们里面，你在我里面，使他们完完全全合而为一，让世人知道你差了我来，并且知道你爱他们，好像爱我一样。 (John 17:21-23)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

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. 从耶西的树干必生出一根嫩芽，从他的根而出的枝条必结果子。  耶和华的灵必停留在他身上，就是智慧的灵和聪明的灵，谋略的灵和能力的灵，知识的灵和敬畏耶和华的灵。  他必以敬畏耶和华为乐。他不凭眼睛所见的施行审判，也不凭耳朵所听的断定是非；  却要以公义审判贫穷人，以正直判断地上的困苦人；以口中的杖击打世界，以嘴里的气杀死恶人。  公义必作他腰间的带子，信实必作他胁下的带子。 (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.” “必有童女怀孕生子，他的名要叫以马内利。”以马内利就是“　神与我们同在”的意思。 (Matthew 1:23)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 我这困苦人呼求，耶和华就垂听，拯救我脱离一切患难。  耶和华的使者，在敬畏他的人周围扎营，搭救他们。 (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. 我曾切切等候耶和华；他转向我，听了我的呼求。  他把我从荒芜的坑里，从泥沼中拉上来；他使我的脚站在磐石上，又使我的脚步稳定。  他使我口唱新歌，赞美我们的　神；许多人看见了，就必惧怕，并且要倚靠耶和华。 (Psalm 40:1-3)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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

Be pleasing in Your sight,

O Lord, my Rock and my Redeemer. 耶和华我的磐石、我的救赎主啊！愿我口中的言语、心里的意念，都在你面前蒙悦纳。 (Psalm 19:14)

Day 18

**Adoration**

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. 所以大卫在全体会众面前称颂耶和华，说：“耶和华我们的祖先以色列的　神，是应当称颂的，从亘古直到永远。  耶和华啊，尊大、能力、荣耀、胜利和威严，都是你的；因为天上地下的万有都是你的；耶和华啊，国度是你的，你超越万有，你是至高的。  富足和尊荣都从你而来，你也统治万有。在你的手里有力量和权能；人的尊大、强盛都是出于你的手。  我们的　神啊，现在我们要称颂你，赞美你荣耀的名。 (1 Chronicles 29:10-13)

I will proclaim the name of the Lord and praise the greatness of my God. 因为我要宣告耶和华的名；你们要尊崇我们的　神的伟大。 (Deuteronomy 32:3)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 耶和华啊！求你不要在忿怒中责备我，也不要在烈怒中管教我。  因为你的箭射入我身，你的手压住我。  因你的忿怒，我体无完肤；因我的罪恶，我的骨头都不安妥。  我的罪孽高过我的头，如同重担，使我担当不起。 (Psalm 38:1-4)

*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.*

**Renewal**

As a servant of Christ and a steward of His possessions, it is required that I be found faithful. 这样，人应该把我们看作基督的仆人，　神奥秘的事的管家。  对于管家的要求，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. 但那些想要发财的人，就落在试探中和陷阱里；又落在许多无知而有害的私欲里，使人沉沦在败坏和灭亡中；  因为贪财是万恶之根。有人贪爱钱财，就被引诱离开真道，用许多痛苦把自己刺透了。  但你这属　神的人啊，应该逃避这些事，要追求公义、敬虔、信心、爱心、忍耐和温柔。 (1 Timothy 6:9-11)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I put away all of these things: anger, wrath, malice, slander, and abusive language from my mouth. 但现在你们要除去忿怒、恼怒、恶毒、毁谤，以及粗言秽语这一切事。 (Colossians 3:8)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

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. 开他们的眼睛，使他们从黑暗中归向光明，从撒但的权下归向　神，使他们的罪恶得到赦免，并且在那些因信我而成圣的人中同得基业。’ (Acts 26:18)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

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. 能忍受试炼的人，是有福的；因为他经过考验之后，必得着生命的冠冕，这冠冕是主应许给爱他的人的。 (James 1:12)

Those who suffer according to the will of God should commit themselves to their faithful Creator in doing good. (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. 孩子们，你们是属于　神的，并且已经胜过他们，因为那在你们里面的比那在世上的更大。 (1 John 4:4)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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！你要称颂耶和华；在我里面的一切，都要称颂他的圣名。（本节在《马索拉抄本》包括细字标题）  我的心哪！你要称颂耶和华；不可忘记他的一切恩惠。  他赦免你的一切罪孽，医治你的一切疾病；  他救赎你的性命脱离死亡，以慈爱和怜悯作你的冠冕；  他以福乐使你的心愿满足，以致你好像鹰一般恢复青春的活力。 (Psalm 103:1-5)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 他说：“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、我的盾牌、我救恩的角、我的高台、我的避难所、我的救主；你是救我脱离强暴的。  我向那当受赞美的耶和华呼求，就得到拯救，脱离我的仇敌。 (2 Samuel 22:2-4)

Day 19

**Adoration**

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. 主耶和华啊，因此，你是伟大的！按照我们耳朵所听见的，没有像你的，除了你以外，再没有别的　神。 耶和华啊，照着我们耳中所听见的，没有谁能与你相比；除你以外，再没有别的神。 (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，唯独你是耶和华，你造了天，天上的天和天军，地和地上的万物，海和海中的万物，你使这一切生存，天军也都敬拜你。 (Nehemiah 9:6)

*Pause to express your thoughts of praise and worship.*

**Confession**

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.” 那时，彼得前来问耶稣：“主啊，如果我的弟兄得罪我，我要饶恕他多少次？七次吗？”  耶稣对他说：“我告诉你，不是七次，而是七十个七次。 (Matthew 18:21-22)

*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.*

**Renewal**

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. 主说：“因为这子民只用言语来亲近我，用嘴唇尊崇我，他们的心却远离我。他们对我的敬畏，只是遵从传统的吩咐。 (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. “你们为什么称呼我‘主啊！主啊！’却不遵行我的吩咐呢？  每一个到我跟前，听我的话并且去行的，我要指示你们他像什么人。  他像一个人建造房屋，挖深了地，把根基建在磐石上。大水泛滥的时候，急流冲击那房屋，不能使它动摇，因为它建造得好。 (Luke 6:46-48)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 求你护卫我的性命，搭救我；不要叫我羞愧，因为我投靠你。  愿纯全和正直保护我，因为我等候你。 (Psalm 25:20-21)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

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. 政府的权柄，人人都应当服从。因为没有一样权柄不是从　神来的；掌权的都是　神设立的。  所以抗拒掌权的，就是反对　神所设立的；反对的人必自招刑罚。 (Romans 13:1-2)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

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，犯了错误；现在我谨守你的话。  我受苦是对我有益的，为要使我学习你的律例。  耶和华啊！我知道你的判语是公义的，为了你的信实，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. 我们知道，如果我们在地上的帐棚拆毁了，我们必得着从　神而来的居所。那不是人手所造的，而是天上永存的房屋。  我们现今在这帐棚里面叹息，渴望迁到那天上的住处，好像换上新的衣服；  如果穿上了，就不会赤身出现了。  我们这些在帐棚里面的人，劳苦叹息，是由于不愿意脱去这个，却愿意穿上那个，使这必死的被生命吞灭。  那在我们身上完成了工作，使我们达成这目标的，就是　神。他已经把圣灵赐给我们作凭据。 (2 Corinthians 5:1-5)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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? 但主耶和华必帮助我，所以我必不羞愧，因此我板着脸好像坚硬的燧石，我也知道我必不会蒙羞。  那称我为义的，与我相近；谁与我争讼呢？让我们一同站起来吧！谁是指控我的？让他就近我来。  看哪！主耶和华帮助我，谁能定我有罪呢？看哪！他们都要像衣服渐渐破旧，蛀虫必把他们吃光。 (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. 你们接受的，不是奴仆的灵，使你们仍旧惧怕；你们接受的，是使人成为嗣子的灵，使我们呼叫“阿爸、父”。  圣灵亲自和我们的灵一同证明我们是　神的儿女。 (Romans 8:15-16)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 凡是父赐给我的人，必到我这里来；到我这里来的，我决不丢弃他，  因为我从天上降下来，不是要行自己的意思，而是要行那差我来者的旨意。  那差我来者的旨意就是：他所赐给我的人，我连一个也不失落，并且在末日我要使他们复活。  因为我父的旨意，是要使所有看见了子而信的人有永生，并且在末日我要使他们复活。” (John 6:37-40)

Day 20

**Adoration**

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! 你们要赞美耶和华。要在　神的圣所赞美他，要在他显能力的穹苍下赞美他。  要因他大能的作为赞美他，要因他无限的伟大赞美他。  要吹角赞美他，要鼓瑟弹琴赞美他。  要击鼓跳舞赞美他，要弹奏丝弦的乐器和吹箫赞美他。  要用声音洪亮的钹赞美他，要用声音铿锵的钹赞美他。  凡有气息的，都要赞美耶和华。你们要赞美耶和华。 (Psalm 150:1-6)

The Lord shall reign for ever and ever. 耶和华必作王，直到永永远远。” (Exodus 15:18)

*Pause to express your thoughts of praise and worship.*

**Confession**

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

Save me, and I will be saved,

For You are my praise. 耶和华啊！求你医治我，我就得医治；求你拯救我，我就得拯救；因为你是我所赞美的。 (Jeremiah 17:14)

*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.*

**Renewal**

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. 你们既称那不偏待人、按各人行为审判的主为父，就当存敬畏的心，过你们寄居的日子； (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. 所以你要谨守耶和华你的　神的诫命，遵行他的道路，敬畏他。 (Deuteronomy 8:6; 13:4)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. “你只要自己谨慎，又要谨守你的心思，免得你忘了你亲眼看见的事，又免得这些事在你有生之日离开你的心；总要把这些事传给你的子子孙孙， (Deuteronomy 4:9)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

With all prayer and petition, we should pray always in the Spirit, and to this end we should be watchful with all perseverance and petition for all the saints. 借着各样的祷告和祈求，随时在圣灵里祈祷，并且要在这事上恒久警醒，为众圣徒祈求。 (Ephesians 6:18)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

Many who are first will be last, and the last first. 然而许多在前的将要在后，在后的将要在前。” 然而许多在前的将要在后，在后的将要在前。” (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. 但你们中间却不要这样；谁想在你们中间成为大的，就要作你们的仆役；  谁想在你们中间为首的，就要作你们的奴仆。 但你们中间却不要这样；谁想在你们中间为大的，就要作你们的仆役，  谁想在你们中间为首的，就要作大家的奴仆。 (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；凡自己谦卑的，必被升高。 因为凡高抬自己的，必要降卑；自己谦卑的，必要升高。” (Matthew 23:12; Luke 14:11; 18:14)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 诸天哪！你们要欢呼。大地啊！你当快乐。众山啊！你们要发声欢呼。因为耶和华已经安慰了他的子民，也必怜悯他受困苦的人。 (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. 我因耶和华大大欢喜，我的心靠着我的　神快乐，因为他给我穿上救恩的衣服，给我披上公义的外袍，好像新郎戴上华冠，又像新娘佩戴装饰。 (Isaiah 61:10)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

The Lord will command His lovingkindness by day,

And His song will be in the night—

A prayer to the God of my life. 白天耶和华赐下他的慈爱；夜间我要向他歌颂，向赐我生命的　神祷告。 (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. 独行奇事的以色列的　神，就是耶和华　神，是应当称颂的。  他荣耀的名也是应当永远称颂的；愿他的荣耀充满全地。阿们，阿们。 (Psalm 72:18-19)

Day 21

**Adoration**

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!” 乌西雅王去世那年，我看见主坐在高高的宝座上，他的衣裳垂下，充满圣殿。  在他上面有撒拉弗侍立，各有六个翅膀；用两个翅膀遮脸，两个翅膀遮脚，两个翅膀飞翔。  他们彼此高呼着说：“圣哉！圣哉！圣哉！万军之耶和华！他的荣光充满全地。” (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　神说：“我是阿拉法，我是俄梅格；我是今在、昔在、以后永在，全能的　神。” (Revelation 1:8)

*Pause to express your thoughts of praise and worship.*

**Confession**

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

And I will not remember your sins. “唯有我为自己的缘故，涂抹你的过犯，我也不再记念你的罪。 (Isaiah 43:25)

*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.*

**Renewal**

“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、全意爱主你的　神。  这是最重要的第一条诫命。  第二条也和它相似，就是要爱人如己。  全部律法和先知书，都以这两条诫命作为根据。” (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. 孩子们，我们爱人，不要只在言语和舌头上，总要在行动和真诚上表现出来。  这样，我们就知道我们是属于真理的。即使我们的心责备我们，在　神面前我们也可以心安理得，因为他比我们的心大，他知道一切。  亲爱的，我们的心若不责备我们，在　神面前我们就可以坦然无惧了。  凡我们所求的，就必从他得着，因为我们遵守他的命令，作他所喜悦的事。 (1 John 3:18-22)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你们说：“今天或明天，我们要到某城去，在那里住一年，作生意赚钱。”  其实明天怎样，你们并不知道。你们的生命是什么呢？你们本来是过眼云烟，转瞬之间就消逝了。  你们倒不如说：“主若愿意，我们就可以活着，作这事或作那事。”  但现在你们竟然张狂自夸；这一切自夸，都是邪恶的。 (James 4:13-16)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

May I remember those in prison as though bound with them, and those who are mistreated, since I myself am also in the body. 你们要记念那些被囚禁的人，好像跟他们一起被囚禁；也要记念那些受虐待的人，好像你们也亲自受过。 (Hebrews 13:3)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

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. 现在，有律法和先知的话可以证明：　神的义在律法之外已经显明出来，  就是　神的义，因着信耶稣基督，毫无区别地临到所有信的人。  因为人人都犯了罪，亏缺了　神的荣耀，  但他们却因着　神的恩典，借着在基督耶稣里的救赎，就白白地称义。 (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. 律法因肉体的软弱所作不到的，　神作到了：他差遣自己的儿子成为罪身的样式，为了除掉罪，就在肉体中把罪判决了，  使律法所要求的义，可以在我们这些不随从肉体而随从圣灵去行的人身上实现出来。 (Romans 8:3-4)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，对你们敬畏我名的人，必有公义的太阳升起来；它的光线有医治的功能；你们必出来跳跃，像栏里的肥牛犊。” (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.” “主的灵在我身上，因为他膏我去传福音给贫穷的人，差遣我去宣告被掳的得释放，瞎眼的得看见，受压制的得自由，  又宣告主悦纳人的禧年。” (Luke 4:18-19)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

I will enter Your gates with thanksgiving

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. 应当充满感恩进入他的殿门，满口赞美进入他的院子；要感谢他，称颂他的名。  因为耶和华本是美善的，他的慈爱存到永远，他的信实直到万代。 (Psalm 100:4-5)

May the glory of the Lord endure forever;

May the Lord rejoice in His works. 愿耶和华的荣耀存到永远；愿耶和华喜悦他自己所作的。 (Psalm 104:31)

Day 22

**Adoration**

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!” 这些事以后，我观看，见有一大群人，没有人能数得过来，是从各邦国、各支派、各民族、各方言来的。他们都站在宝座和羊羔面前，身穿白袍，手里拿着棕树枝。  他们大声呼喊，说：“愿救恩归给那坐在宝座上我们的　神，也归给羊羔！” (Revelation 7:9-10)

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

Peace in heaven and glory in the highest! 说：“奉主名来的王，是应当称颂的！在天上有和平，在至高之处有荣耀！” (Luke 19:38)

*Pause to express your thoughts of praise and worship.*

**Confession**

The eyes of the Lord are everywhere,

Keeping watch on the evil and the good. 耶和华的眼目无所不在；坏人好人他都鉴察。 (Proverbs 15:3)

*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.*

**Renewal**

Like Abraham, may I call upon the name of the Lord, the Everlasting God. 也是他筑头一座祭坛的地方，亚伯兰就在那里求告耶和华的名。 (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. 耶和华又说：“如果你留意听耶和华你　神的声音，行他眼中看为正的事，侧耳听他的诫命，遵守他的一切律例；这样，我决不把加在埃及人身上的一切疾病加在你们身上，因为我是医治你的耶和华。” (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. 不但这样，我们更以患难为荣；知道患难产生忍耐，  忍耐产生毅力，毅力产生盼望；  盼望是不会令人蒙羞的，因为　神借着所赐给我们的圣灵，把他的爱浇灌在我们的心里。 (Romans 5:3-5)

*Pause to add your own prayers for personal renewal.*

**Petition**

May Your merciful kindness be my comfort,

According to Your promise to Your servant. 求你按着你给你仆人的应许，以你的慈爱安慰我。 (Psalm 119:76)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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. 我所拣选的禁食不是这样吗？不是要松开凶恶的锁链，解开轭上的绳索，使被压迫的获得自由，折断所有的轭吗？  不是要把你的食物分给饥饿的人，把流浪的穷困人接到你的家里，见到赤身露体的，给他衣服蔽体，不可逃避自己的骨肉而不顾恤吗？  这样，你的光就必突然发出，像黎明的曙光，你的伤口就必快快复原；你的公义就必行在你的前面，耶和华的荣耀要作你的后盾。  那时，你求告，耶和华必应允；你呼求，他必说：“我在这里！”你若从你中间除掉欺压人的轭，除去指责人的指头和恶毒的言语，  你的心若顾念饥饿的人，使困苦的人得到饱足，你的光就必在黑暗中升起来，你的幽暗必如日中天。 (Isaiah 58:6-10)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

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. 我们凭着这旨意，借着耶稣基督一次献上他的身体，就已经成圣。  所有的祭司都是天天站着事奉，多次献上同样的祭品，那些祭品永远不能把罪除去。  唯有基督献上了一次永远有效的赎罪祭，就在　神的右边坐下来。  此后，只是等待　神把他的仇敌放在他的脚下，作他的脚凳。  因为他献上了一次的祭，就使那些成圣的人永远得到完全。 (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. 你们就是为此蒙召，因基督也为你们受过苦，给你们留下榜样，叫你们跟随他的脚踪行。  “他从来没有犯过罪，口里也找不到诡诈。”  他被骂的时候不还嘴，受苦的时候也不说恐吓的话；只把自己交托给那公义的审判者。  他在木头上亲身担当了我们的罪，使我们既然不活在罪中，就可以为义而活。因他受的鞭伤，你们就得了医治。  你们从前好像迷路的羊，但现在已经回到你们灵魂的牧人和监督那里了。 (1 Peter 2:21-25)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 从他的丰盛里我们都领受了，而且恩上加恩。  律法是借着摩西颁布的，恩典和真理却是借着耶稣基督而来的。 (John 1:16-17)

Jesus is the Lamb of God, who takes away the sin of the world. 第二天，约翰见耶稣迎面而来，就说：“看哪，　神的羊羔，是除去世人的罪孽的！ (John 1:29)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华要保护你脱离一切灾祸，他要保护你的性命。  你出你入，耶和华要保护你，从现在直到永远。 (Psalm 121:7-8)

Day 23

**Adoration**

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. 因为耶和华是伟大的，该受极大的赞美，他当受敬畏，过于众神之上。  因为万民的神都是虚空的偶像，但耶和华创造了诸天。  尊荣和威严在他面前，能力和华美在他圣所之中。  列国的万族啊！你们要归给耶和华，要把荣耀和能力归给耶和华。  要把耶和华的名当得的荣耀归给他，带着礼物进入他的院子。 (Psalm 96:4-8)

Blessed is the man who fears the Lord,

Who finds great delight in His commands. 你们要赞美耶和华。敬畏耶和华、热爱他的诫命的，这人是有福的。 (Psalm 112:1)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 我要承认我的罪孽，我要因我的罪忧伤。  耶和华啊！求你不要离弃我；我的　神啊，求你不要远离我。  拯救我的主啊！求你快来帮助我。 (Psalm 38:18, 21-22)

*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.*

**Renewal**

May I be a faithful person who fears God. 我委任我的兄弟哈拿尼和营楼长哈拿尼雅，管理耶路撒冷，因为哈拿尼雅是个可信靠的人，敬畏　神胜过许多人。 (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. 我靠着　神所存的盼望，也是他们自己所期待的，就是义人和不义的人都要复活；  因此，我常常勉励自己，对　神对人要常存无亏的良心。 (Acts 24:15-16)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 亲爱的啊，不要为自己伸冤，宁可等候主的忿怒，因为经上记着，主说：“伸冤在我，我必报应。”  不可被恶所胜，反要以善胜恶。 (Romans 12:19, 21)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

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. (Deuteronomy 6:6-7)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

Jesus is the way and the truth and the life. No one comes to the Father except through Him. 耶稣对他说：“我就是道路、真理、生命，如果不是借着我，没有人能到父那里去。 (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. 所以弟兄们，你们当知道，赦罪之道是由这位耶稣传给你们的。在你们靠摩西律法不能称义的一切事上，  信靠他的人就得称义了。 (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. 就是你们这因信蒙　神能力保守的人，得着预备在末世要显现的救恩。 (1 Peter 1:5)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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 intercession for the transgressors. 他被虐待，受痛苦的时候，他并不开口；他像羊羔被牵去屠宰，又像羊在剪羊毛的人面前寂然无声，他也是这样不开口。  他受拘禁和审判以后被带走；至于他那个世代的人中，有谁想到从活人之地被剪除，被击打，是因我子民的过犯呢？  虽然他从来没有行过强暴，他的口里也没有诡诈，人还是使他与恶人同埋，但死的时候与财主同葬。  耶和华却喜悦把他压伤，使他受痛苦；耶和华若以他的性命作赎罪祭，他必看见后裔，并且得享长寿；耶和华所喜悦的，必在他手中亨通。  他受了生命之苦以后，必看见光明，并且心满意足；我的义仆必使许多人因认识他而得称为义，他也必背负他们的罪孽。  所以，我要使他与伟大的人同分，他必与强盛的均分掳物，因为他把自己的性命倾倒，以致于死。他被列在罪犯之中，却担当了多人的罪，又为罪犯代求。 (Isaiah 53:7-12)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 你要一心仰赖耶和华，不可倚靠自己的聪明；  在你一切所行的路上，都要承认他，他必使你的路径平坦正直。  不可自以为有智慧，要敬畏耶和华，远离恶事。 (Proverbs 3:5-7)

Day 24

**Adoration**

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. (Daniel 7:13-14)

Jesus is my Lord and my God. 多马对他说：“我的主！我的　神！” (John 20:28)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 谁能登上耶和华的山？谁能站在他的圣所中呢？  就是手洁心清的人，他不倾向虚妄，起誓不怀诡诈。 (Psalm 24:3-4)

*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.*

**Renewal**

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. 愿耶和华我们的　神与我们同在，像与我们的列祖同在一样。愿他不离弃我们，也不撇下我们。  愿他使我们的心归向他，遵行他的一切道，谨守他吩咐我们列祖的诫命、律例和典章。  使地上万族万民都知道耶和华是　神，除他以外没有别的神。  所以你们的心要完全归给耶和华我们的　神，遵行他的律例，谨守他的诫命，像今天一样。” (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. 认识公义，把我的训诲存在心里的人民哪！你们要听我的话。你们不要怕人的辱骂，也不要因人的毁谤而惊惶。 (Isaiah 51:7)

*Pause to add your own prayers for personal renewal.*

**Petition**

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.” 现在你们不要因为把我卖到这里来，而自忧自责。这原是　神差派我在你们以先来这里，为要保全性命。  　神差派我在你们以先来这里，为要给你们在地上留下余种，大大施行拯救，保全你们的性命。  这样看来，差派我到这里来的，不是你们，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.

**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

My activities for this day

Special concerns

**Intercession**

May we be devoted to one another in brotherly love, honoring one another above ourselves. 要以手足之爱彼此相亲，用恭敬的心互相礼让。 (Romans 12:10)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

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. “一个人不能服事两个主人；他若不是恨这个爱那个，就是忠于这个轻视那个。你们不能服事　神，又服事金钱。 “一个家仆不能服事两个主人；他若不是恨这个爱那个，就是忠于这个轻视那个。你们不能服事　神，又服事金钱。” (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. 你要嘱咐那些今世富有的人，叫他们不要心高气傲，也不要寄望在浮动的财富上，却要仰望那厚赐百物给我们享用的　神。  又要嘱咐他们行善，在善事上富足，慷慨好施。  这样，就为自己在来世积聚财富，作美好的基础，好叫他们能够得着那真正的生命。 (1 Timothy 6:17-19)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 你们要歌颂耶和华，赞美耶和华；因为他救了穷乏人的性命，脱离恶人的手。 (Jeremiah 20:13)

The Lord is good,

A refuge in times of trouble;

He knows those who trust in Him. 耶和华是良善的；在患难的时候，他作人的避难所；信靠他的人，他都认识。 (Nahum 1:7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华这样说：“智慧人不可夸耀自己的智慧，勇士不可夸耀自己的勇力，财主不可夸耀自己的财富。  夸口的却要因了解我，认识我而夸口；认识我是耶和华，我在地上施行慈爱、公正、公义；因为我喜悦这些事。”这是耶和华的宣告。 (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. 我心里说：“耶和华是我的业分，所以，我必仰望他。”  耶和华善待等候他的和心里寻求他的人。  安静等候耶和华的救恩，是多么的美好！ (Lamentations 3:24-26)

Day 25

**Adoration**

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? 我奠定大地根基的时候，你在哪里呢？你若有聪明，就只管说吧。  你一定晓得是谁定大地的尺度，是谁把准绳拉在大地之上？  地的基础奠在哪里，地的角石是谁安放的？  那时晨星一起歌唱，　神的众子也都欢呼。 (Job 38:4-7)

You revealed Yourself to Moses as “I AM WHO I AM.” (Exodus 3:14)

*Pause to express your thoughts of praise and worship.*

**Confession**

You have been just in all that has happened to me; You have acted faithfully, while I did wrong. 在一切临到我们身上的事上，你都是公义的；因为你所行的是信实的，我们所行的是邪恶的。 (Nehemiah 9:33)

*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.*

**Renewal**

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. (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. 我是说，你们应当顺着圣灵行事，这样就一定不会去满足肉体的私欲了。  因为肉体的私欲和圣灵敌对，圣灵也和肉体敌对；这两样互相敌对，使你们不能作自己愿意作的。  但你们若被圣灵引导，就不在律法以下了。 (Galatians 5:16-18)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 所以作监督的，必须无可指摘，只作一个妻子的丈夫，有节制，自律，庄重，乐意接待客旅，善于教导，  不好酒，不打人，只要温和，与人无争，不贪财，  好好管理自己的家，使儿女凡事敬重顺服。  作监督的也必须在教外有好声誉，免得他被人毁谤，就落在魔鬼的陷阱里。 (1 Timothy 3:2-4, 7)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

Knowing the fear of the Lord, may I seek to persuade men. 我们既然知道主是可畏的，就劝勉众人。我们在　神面前是显明的，我盼望在你们的良心里也是显明的。 (2 Corinthians 5:11)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

The Lord is righteous; He loves righteousness;

The upright will see His face. 因为耶和华是公义的，他喜爱公义的行为，正直的人必得见他的面。 (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. (Psalm 15:1-5)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 这样，天地万物都造齐了。  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. 耶和华　神用地上的尘土造成人形，把生气吹进他的鼻孔里，那人就成了有生命的活人，名叫亚当。 (Genesis 2:7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 谁能使我们与基督的爱隔绝呢？是患难吗？是困苦吗？是迫害吗？是饥饿吗？是赤身露体吗？是危险吗？是刀剑吗？  正如经上所记：“为你的缘故，我们终日面对死亡，人看我们像待宰的羊。”  但靠着爱我们的那一位，我们在这一切事上就得胜有余了。 (Romans 8:35-37)

Day 26

**Adoration**

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. 现在你们要知道，只有我是那一位，除我以外，并没有别的神；我使人死，也使人活；我打伤，我也医治；没有人可以从我的手里抢救出去。 (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. 你们当记念上古以前的事，因为我是　神，再没有别的神；我是　神，没有神像我。 (Isaiah 46:9)

*Pause to express your thoughts of praise and worship.*

**Confession**

When I sin against the Lord, I may be sure that my sin will find me out. 如果你们不这样行，就得罪了耶和华；你们要知道你们的罪必追上你们。 (Numbers 32:23)

*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.*

**Renewal**

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. 不要模仿这个世代，倒要借着心意的更新而改变过来，使你们可以察验出什么是　神的旨意，就是察验出什么是美好的、蒙他悦纳的和完全的事。 (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. 求我们主耶稣基督的　神，荣耀的父，赐给你们智慧和启示的灵，使你们充分地认识他，  并且使你们心灵的眼睛明亮，可以知道他的呼召有怎样的盼望；他基业的荣耀，在圣徒中是多么的丰盛；  　神照着他强大的力量，向我们信他的人显出的能力，是何等的浩大。 (Ephesians 1:17-19)

*Pause to add your own prayers for personal renewal.*

**Petition**

Whatever I do, may I do all to the glory of God. 所以，你们或吃喝，或作什么，一切都要为　神的荣耀而行。 (1 Corinthians 10:31)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

We should offer petitions, prayers, intercessions, and thanksgivings 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，我劝你最重要的是要为万人、君王和一切有权位的恳求、祷告、代求和感恩，好让我们可以敬虔庄重地过平静安稳的日子。  在我们的救主　神看来，这是美好的，可蒙悦纳的。  他愿意万人得救，并且充分认识真理。 (1 Timothy 2:1-4)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

There is a time for everything, and a season for every activity under heaven. 万事都有定期，天下万务都有定时： (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. 他使万事各按其时，成为美好；他又把永恒的意识放在人的心里；虽然这样，人还是不能察觉　神自始至终的作为。 (Ecclesiastes 3:11)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，我们并不沮丧，我们外面的人虽然渐渐朽坏，但里面的人却日日更新，  因为我们短暂轻微的患难，是要为我们成就极大无比、永远的荣耀。  我们所顾念的，不是看得见的，而是看不见的；因为看得见的是暂时的，看不见的是永远的。 (2 Corinthians 4:16-18)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 要以他的圣名为荣，愿寻求耶和华的人，心中喜乐。  要寻求耶和华和他的能力，常常寻求他的面。  他的仆人以色列的后裔啊，他所拣选的雅各的子孙啊，你们要记念他奇妙的作为、他的奇事和他口中的判语。 (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. 耶和华却永远坐着为王，为了施行审判，他已经设立宝座。  他必以公义审判世界，按正直判断万民。  耶和华要给受欺压的人作保障，作患难时的避难所。  认识你名的人必倚靠你；耶和华啊！你从未撇弃寻求你的人。 (Psalm 9:7-10)

Day 27

**Adoration**

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? (Psalm 113:1-6)

*Pause to express your thoughts of praise and worship.*

**Confession**

“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. 我只是暂时离弃你，却以极大的怜悯把你招聚回来。  在怒气涨溢的时候，我暂时向你掩面，却要以永远的慈爱怜悯你；这是耶和华你的救赎主说的。 (Isaiah 54:7-8)

*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.*

**Renewal**

Like Job, may I be blameless and upright, fearing God and shunning evil. 乌斯地有一个人，名叫约伯。这人完全、正直，敬畏　神，远离罪恶。 (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. 我要小心谨慎行正直的路；你什么时候才到我这里来呢？我要在我的家中，以正直的心行事。  邪恶的事，我都不摆在眼前；离开正路的人所作的事，我都恨恶，决不容这些沾染我。 (Psalm 101:2-3)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. (Psalm 71:18)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

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. 愿　神恩待我们，赐福给我们，愿他用脸光照我们，（细拉）  好使全地得知你的道路，万国得知你的救恩。 (Psalm 67:1-2)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

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. 豺狼必与绵羊羔同住，豹子要与山羊羔同卧，牛犊、幼狮和肥畜必同群；小孩子要牵引它们。  牛必与母熊一同吃食，牛犊必与小熊一起躺卧；狮子就像牛一般吃草。  吃奶的婴儿必在虺蛇的洞口玩耍，断奶的孩子必放他的手在毒蛇的穴上。  在我整个圣山上面，这一切都不行伤害或毁灭之事；因为认识耶和华的知识要充满大地，好像海水覆盖海洋一般。 (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. 地怎样发生苗芽，园子怎样使所种的生长起来，主耶和华也必怎样使公义和赞美，在万国之前生长出来。 (Isaiah 61:11)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 你们得救是靠着恩典，借着信心。这不是出于自己，而是　神所赐的；  这也不是出于行为，免得有人自夸。 (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. 我深信那在你们中间开始了美好工作的，到了基督耶稣的日子，必成全这工作。 (Philippians 1:6)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 晓得向你欢呼的人民是有福的，耶和华啊！他们在你的脸光中行走。  他们因你的名终日欢呼，因你的公义被高举。 (Psalm 89:15-16)

Day 28

**Adoration**

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? 谁曾用掌心量过海水，用手掌测过苍天呢？谁曾用升斗量过大地的尘土，用秤称山岭，用天平称冈陵呢？ (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. “我是耶和华，再没有别的神了；除了我以外，并没有真神；你虽然不认识我，我必坚固你，  为要叫从日出之地到日落之地的人都知道，除了我以外，没有真神；我是耶和华，再没有别的神了。 (Isaiah 45:5-6)

*Pause to express your thoughts of praise and worship.*

**Confession**

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 thanksgiving.

I will fulfill what I have vowed.

Salvation is from the Lord. 当我心灵疲弱时，我就思念耶和华；我的祷告直达你面前，进入你的圣殿。  那敬奉虚妄之偶像的人，实在是离弃了怜爱他们的　神（“怜爱他们的　神”原文作“他们的恩典”）。  至于我，我要带着感谢的声音向你献祭；我所许的愿，我必偿还。救恩是属于耶和华的。” (Jonah 2:7-9)

*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.*

**Renewal**

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. “你们是地上的盐；如果盐失了味，怎能使它再咸呢？结果毫无用处，唯有丢在外面任人践踏。  你们是世上的光。建在山上的城是无法隐藏的；  人点了灯，不会放在量器底下，而是放在灯台上，就照亮一家人。  照样，你们的光也应当照在人前，让他们看见你们的好行为，又颂赞你们在天上的父。 (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，我这为主被囚禁的劝你们：行事为人，要配得上你们所蒙的呼召，  凡事谦虚、温柔、忍耐，用爱心彼此宽容； (Ephesians 4:1-2)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 我不是吩咐过你要坚强勇敢吗？所以，你不要惧怕，也不要惊慌；因为你无论到哪里去，耶和华你的　神必与你同在。” (Joshua 1:9)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

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. 我向耶和华我的　神祷告、认罪，说：“主啊！伟大可畏的　神，你向那些爱你，遵守你诫命的人守约施慈爱。  我们犯了罪，行了不义，作了恶，背叛了你，偏离了你的诫命典章；  虽然我们背叛了主我们的　神，他仍是满有怜悯和饶恕。  我们没有听从耶和华我们　神的话，没有遵行他借着他的仆人众先知向我们颁布的律法。 (Daniel 9:4-5, 9-10)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

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. 耶和华这样说：“倚靠世人，恃凭肉体为自己的力量，心里偏离耶和华的，这人该受咒诅。  但倚靠耶和华，以耶和华为他所信赖的，这人是有福的。 (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. 耶稣却不信任他们，因为他知道所有的人，  也不需要谁指证人是怎样的，因为他知道人心里存的是什么。 (John 2:24-25)

God will judge the secrets of men through Jesus Christ, according to the gospel. 这也要照着我所传的福音，在　神借着耶稣基督审判各人隐情的那一天，彰显出来。 (Romans 2:16)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

May I rejoice in the Lord always. 你们要靠着主常常喜乐，我再说，你们要喜乐。 (Philippians 4:4)

I have been called by God my Savior, and Christ Jesus is my hope. 奉我们的救主　神，和我们的盼望基督耶稣的命令，作基督耶稣使徒的保罗， (1 Timothy 1:1)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 你们要赞美耶和华。你们要从天上赞美耶和华，在高天赞美他。  他的众使者啊！你们要赞美他；他的众军啊！你们也要赞美他。  太阳和月亮啊！你们要赞美他；光亮的星星啊！你们都要赞美他。  天上的天啊！你们要赞美他。天上的水啊！你们要赞美他。  愿这一切都赞美耶和华的名，因为他一发令，它们就都造成。  他把它们立定，直到永永远远；他立了定律，永不废去（“废去”或译：“越过”）。 (Psalm 148:1-6)

Day 29

**Adoration**

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!” 我又观看，听见了千千万万天使的声音，他们都在宝座、活物和长老的四周，  大声说：“被杀的羊羔是配得权能、丰富、智慧、力量、尊贵、荣耀、颂赞的！” (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.” 因为他从父　神得着尊贵荣耀的时候，在极显赫的荣光中，有这样的声音对他说：“这是我的爱子，我所喜悦的。” (2 Peter 1:17)

*Pause to express your thoughts of praise and worship.*

**Confession**

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.” 你们又忘记了那劝你们好像劝儿子的话，说：“我儿！你不可轻看主的管教，受责备的时候也不要灰心；  因为主所爱的，他必管教，他又鞭打所收纳的每一个儿子。” (Hebrews 12:5-6)

*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.*

**Renewal**

May I fear God and keep His commandments, for this applies to every person. 你们一切都听见了，总而言之，应当敬畏　神，谨守他的诫命，因为这是每一个人的本分。 (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. 求你赐我悟性，我好遵守你的律法，我必一心谨守。  求你领我走在你诫命的路上，因为这是我喜悦的。  求你使我的心倾向你的法度，不倾向不义之财。  求你使我转眼不看虚空的事；又使我在你的道中存活。 (Psalm 119:34-37)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 因为以斯拉专心寻求研究耶和华的律法，并且遵行，在以色列中教导律例和典章。 (Ezra 7:10)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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. 　神是信实的，他呼召了你们，是要你们与他的儿子我们主耶稣基督连合在一起。  弟兄们，我凭着我们主耶稣基督的名，劝你们大家要同心，在你们中间不要分党，只要在同一的心思、同一的意念上团结起来。 (1 Corinthians 1:9-10)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

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. 因为你们的财宝在哪里，你们的心也在哪里。 (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. 　神以他神圣的能力，因着我们确实认识那位用自己的荣耀和美善呼召我们的，把一切有关生命和敬虔的事，都赐给了我们。  借着这些，他把又宝贵又极大的应许赐给了我们，好叫你们既然逃脱世上因私欲而来的败坏，就可以分享　神的本性。 (2 Peter 1:3-4)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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！耶和华的手不是缩短了，以致不能拯救；他的耳朵不是不灵，不能听见；  而是你们的罪孽使你们与你们的　神隔绝；你们的罪恶使他掩面不顾你们，不听你们的祷告。  他见无人行善，无人代求，就非常诧异，所以他用自己的膀臂为他施行拯救，以自己的公义扶持他。  他穿上公义的铠甲，戴上救恩的头盔，穿上复仇的衣服，披上热心作外袍。  他要按照各人的行为施行报应，把烈怒降与他的敌人，把报应加给他的仇敌，向众海岛的人施行报应。  这样，人从日落之处必敬畏耶和华的名，从日出之地也必敬畏他的荣耀，仇敌像河水冲来的时候，耶和华的气必向他催逼。 (Isaiah 59:1-2, 16-19)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 因为我深信：无论是死、是生，是天使、是掌权的，是现在的事，是将来的事，是有能力的，  是高天的、是深渊的，或是任何别的被造之物，都不能叫我们与　神的爱隔绝，这爱是在我们的主耶稣基督里的。 (Romans 8:38-39)

Day 30

**Adoration**

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. (Deuteronomy 10:20-21)

You are the great, the mighty, and the awesome God, who keeps His covenant of lovingkindness. “我们的　神啊，你是至大、全能、至可畏、守约施慈爱的　神，现在求你不要把我们、我们的君王和领袖、我们的祭司和先知、我们的列祖和你的众民，从亚述列王的日子直到今日所遭遇的一切苦难，看为小事。 (Nehemiah 9:32)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 因为从里面，就是从人的心里，发出恶念、淫乱、偷盗、凶杀、  奸淫、贪心、邪恶、诡诈、放荡、嫉妒、毁谤、骄傲、愚妄；  这一切恶事，是从人里面出来的，都能使人污秽。” (Mark 7:21-23)

*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.*

**Renewal**

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，不要容罪在你们必死的肉身上掌权，使你们顺从肉身的私欲，  也不要把你们的肢体献给罪，作不义的用具；倒要像出死得生的人，把自己献给　神，并且把你们的肢体献给　神作义的用具。 (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. 所以你们应当摆脱一切污秽和所有的邪恶，以温柔的心领受　神栽种的道；这道能救你们的灵魂。 (James 1:21)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，因为你必应允我；求你侧耳听我，垂听我的祷告。  求你把你的慈爱奇妙地彰显，用右手拯救那些投靠你的，脱离那些起来攻击他们的。  求你保护我，像保护眼中的瞳人，把我隐藏在你的翅膀荫下； (Psalm 17:6-8)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

No one should seek his own good, but the good of others. 人不要求自己的好处，却要求别人的好处。 (1 Corinthians 10:24)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

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. 但主的日子必要像贼一样来到。在那日，天必轰然一声地消失，所有元素都因烈火而融化；地和地上所有的，都要被烧毁。  等候并催促　神的日子降临呢？因为在那日，天要被火焚烧就融化了，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. (Revelation 21:1)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 　神说：“在天上穹苍中，要有光体来分昼夜；这些光体要作为记号，定节令、日子和年岁；  它们要在天上穹苍中发光，照耀地上！”事就这样成了。  于是，　神造了两个大光体，大的管昼，小的管夜；又造了星星。  　神把这些光体安放在天上穹苍中，照耀地上，  管昼夜，分光暗。　神看这是好的。 (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；我亲手展开了诸天，又命定了天上的万象。 (Isaiah 45:12)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华啊！你一切所造的都要称谢你，你的圣民也要称颂你。  他们要讲论你国的荣耀，也要述说你大能的作为。  好使世人知道你大能的作为，和你国威严的尊荣。  你的国是永远的国，你的王权存到万代。 (Psalm 145:10-13)

Be exalted, O God, above the heavens,

And Your glory above all the earth. 　神啊！愿你被尊崇，过于诸天；愿你的荣耀遍及全地。 (Psalm 108:5)

Day 31

**Adoration**

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. 因为耶和华的话是正直的，他的一切作为都是诚实的。  耶和华喜爱公义和公正，全地充满耶和华的慈爱。 (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. 　神说了一次，我两次听过这事：能力都属于　神。  主啊！慈爱也属于你，你必照各人所作的报应各人。 (Psalm 62:11-12)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. (1 Kings 8:33-34, 36, 46, 48)

*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.*

**Renewal**

Like Noah, may I be a righteous person, blameless among the people of my time, and one who walks with God. 以下是挪亚的后代。挪亚是个义人，是当时一个完全人。挪亚和　神同行。 (Genesis 6:9)

Like Moses, may I do according to all that the Lord commands me. 这一切工作，耶和华怎样吩咐摩西，以色列人就怎样作。 (Exodus 39:42; 40:16)

*Pause to add your own prayers for personal renewal.*

**Petition**

But You, O Lord, be not far off;

O my Strength, come quickly to help me. 至于你，耶和华啊！求你不要远离我；我的力量啊！求你快来帮助我。 (Psalm 22:19)

**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

My activities for this day

Special concerns

**Intercession**

We should bear one another’s burdens and so fulfill the law of Christ. 你们各人的重担要互相担当，这样就成全了基督的律法。 (Galatians 6:2)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

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. 耶和华啊！你是我的灯；耶和华照明了我的黑暗。  借着你，我攻破敌军；靠着我的　神，我跳过墙垣。 (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，他试炼我以后，我必像精金出现。  我的脚紧随他的脚步，我谨守他的道，并不偏离。 (Job 23:10-11)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，　神创造天地。  地是空虚混沌；深渊上一片黑暗；　神的灵运行在水面上。  　神说：“要有光！”就有了光。  　神看光是好的，他就把光暗分开了。  　神称光为昼，称暗为夜。有晚上，有早晨；这是第一日。  　神说：“众水之间要有穹苍，把水和水分开！”事就这样成了。  　神造了穹苍，把穹苍以下的水和穹苍以上的水分开了。  　神称穹苍为天。有晚上，有早晨；这是第二日。  　神说：“天下的水要聚在一处，使旱地露出来！”事就这样成了。  　神称旱地为地，称水的聚处为海。　神看这是好的。 (Genesis 1:1-10)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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! (Psalm 66:16-20)

**the second month**

Day 1

**Adoration**

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；展开诸天好像铺张帐幔。  你在水上立起你楼阁的栋梁；你以云彩为战车；乘驾风的翅膀而行。  你用风作你的使者，用火焰作你的仆役。  你把大地坚立在根基上，使地永永远远不动摇。  你用深水像衣服一般覆盖大地，使众水高过群山。  因你的斥责，水就退去；因你的雷声，水就奔逃。  众水流经群山，向下流往众谷，流到你为它们指定的地方。  你定了界限，使众水不能越过；它们不再转回掩盖大地。  耶和华啊！你所造的真是众多。它们都是你用智慧造成的；全地充满你所造的东西。 (Psalm 104:2-9, 24)

*Pause to express your thoughts of praise and worship.*

**Confession**

God is wise in heart and mighty in strength.

Who has resisted Him without harm? 他心里有智慧，而且有极大的能力，有谁对他刚硬而平安无事呢？ (Job 9:4)

*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.*

**Renewal**

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. 耶和华啊！求你试验我，鉴察我，熬炼我的肺腑心肠。  因为你的慈爱常在我的眼前，我行事为人都按着你的真理。 (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. 你们要为自己撒种公义，就能收割慈爱的果子，你们要翻松荒地。现在是寻求耶和华的时候，直等到他来，降下公义的雨在你们身上。 (Hosea 10:12)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 耶和华啊！求你侧耳听我的祷告，留心听我的恳求。  在我遭难的日子，我要求告你，因为你必应允我。  因为你是伟大的，并且行奇妙的事，只有你是　神。 (Psalm 86:6-7, 10)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

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. 只要心里尊基督为圣，以他为主；常常作好准备，去回答那些问你们为什么怀有盼望的人， (1 Peter 3:15)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

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. 罪必不能辖制你们，因为你们不是在律法之下，而是在恩典之下。  你们既然从罪里得了释放，就作了义的奴仆。 (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. 那领受我的命令，并且遵守的，就是爱我的；爱我的，我父必定爱他，我也要爱他，并且要亲自向他显现。” (John 14:21)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 　神说：“我们要照着我们的形象，按着我们的样式造人；使他们管理海里的鱼、空中的鸟、地上的牲畜，以及全地，和地上所有爬行的生物！”  于是，　神照着自己的形象创造人；就是照着他的形象创造了人；他所创造的有男有女。  　神就赐福给他们，对他们说：“要繁殖增多，充满这地，征服它；也要管理海里的鱼、空中的鸟和地上爬行的所有生物。”  　神说：“看哪！我把全地上结种子的各样蔬菜，和一切果树上有种子的果子，都赐给你们作食物。  至于地上的各种野兽，空中的各种飞鸟，和地上爬行有生命的各种活物，我把一切青草蔬菜赐给它们作食物。”事就这样成了。  　神看他所造的一切都很好。有晚上，有早晨；这是第六日。 (Genesis 1:26-31)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 愿主我们的　神的恩慈临到我们身上；愿你为我们的缘故，坚立我们手所作的工；我们手所作的工，愿你坚立。 (Psalm 90:17)

Day 2

**Adoration**

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；我什么时候可以来朝见　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. 夜间我的心渴想你，我里面的灵切切寻求你，因为你的审判临到大地的时候，世上的居民就会学习到什么是公义了。 (Isaiah 26:9)

*Pause to express your thoughts of praise and worship.*

**Confession**

You are the righteous God, who searches the hearts and secret thoughts. 愿恶人的恶行止息，愿你使义人坚立。公义的　神啊！你是察验人心肠肺腑的。 (Psalm 7:9)

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

Searching the inward depths of his being. 人的灵是耶和华的灯，探照人的脏腑。 (Proverbs 20:27)

*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.*

**Renewal**

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. 就要除去你们那照着从前生活方式而活的旧人。这旧人是随着迷惑人的私欲渐渐败坏的。  你们要把心灵更换一新，  并且穿上新人。这新人是照着　神的形象，在公义和真实的圣洁里创造的。 (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. 正因这缘故，你们要多多努力：有了信心，又要增添美德；有了美德，又要增添知识；  有了知识，又要增添节制；有了节制，又要增添忍耐；有了忍耐，又要增添敬虔；  有了敬虔，又要增添弟兄的爱；有了弟兄的爱，还要增添神圣的爱。  因为你们有了这几样，并且继续增长，就必叫你们在确实认识我们的主耶稣基督上，不至于闲懒不结果子。 (2 Peter 1:5-8)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 总要弃绝世俗以及老妇的无稽之谈；要操练自己达到敬虔的地步。  因为操练身体，益处还少；唯独操练敬虔，凡事有益，享有今生和来世的应许。 (1 Timothy 4:7-8)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

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. 你们要向各人清还所欠的；应当纳税的，就要给他纳税；应当进贡的，就给他进贡；应当敬畏的，就敬畏他；应当尊敬的，就尊敬他。 (Romans 13:7)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

He who pursues righteousness and love

Finds life, righteousness, and honor. 追求公义与慈爱的，必得着生命、公义和荣耀。 (Proverbs 21:21)

He who heeds the word prospers,

And blessed is he who trusts in the Lord. 留心听训言的必定得益；倚靠耶和华的是有福的人。 (Proverbs 16:20)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

You are the Lord our God, who brought Your people out of Egypt, out of the land of slavery. “我是耶和华你的　神，曾经把你从埃及地，从为奴之家领出来。 (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，就是大渊的水干涸，使海的深处变为蒙救赎的人经过之路的，不是你吗？ (Isaiah 51:10)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 因为创造诸天的耶和华，他是　神，塑造大地，把大地造成；他坚立大地；他创造大地，不是荒凉的；他塑造大地，是要给人居住；他这样说：“我是耶和华，再没有别的　神。 (Isaiah 45:18)

The Lord is in His holy temple;

Let all the earth be silent before Him. 然而耶和华在他的圣殿里，全地当在他面前肃静。 (Habakkuk 2:20)

Day 3

**Adoration**

Not to us, O Lord, not to us,

But to Your name give glory,

Because of Your lovingkindness and truth. 耶和华啊！不要把荣耀归给我们，不要归给我们；要因你的慈爱和信实把荣耀归在你的名下。 (Psalm 115:1)

Praise the Lord!

For it is good to sing praises to our God,

Because praise is pleasant and beautiful. 你们要赞美耶和华。歌颂我们的　神，这是多么美善，赞美他，这是美好的，是合宜的。 (Psalm 147:1)

*Pause to express your thoughts of praise and worship.*

**Confession**

You have set our iniquities before You,

Our secret sins in the light of Your presence. 你把我们的罪孽摆在你面前，把我们的隐恶摆在你脸光之中。 (Psalm 90:8)

*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.*

**Renewal**

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 confession 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 confession 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. 你应当竭力在　神面前作一个蒙称许、无愧的工人，正确地讲解真理的道。 (2 Timothy 2:15)

*Pause to add your own prayers for personal renewal.*

**Petition**

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

Because of the goodness of Your mercy, deliver me. (Psalm 109:21)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

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　神看来，纯洁无玷污的虔诚，就是照顾患难中的孤儿寡妇，并且保守自己不被世俗所污染。 (James 1:27)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

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. 耶稣回答：“我实实在在告诉你，人若不重生，就不能见　神的国。”  耶稣回答：“我实实在在告诉你，人若不是从水和圣灵生的，就不能进　神的国。  从肉身生的就是肉身，从灵生的就是灵。  风随意而吹，你听见它的响声，却不知道它从哪里来，往哪里去；凡从圣灵生的，也是这样。” (John 3:3, 5-6, 8)

Through the Spirit, by faith, I eagerly await the righteousness for which I hope. 我们靠着圣灵，凭着信，热切等候所盼望的义。 (Galatians 5:5)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. “你们要称谢耶和华，呼求他的名，在万民中宣扬他的作为。  要向他歌唱，向他颂扬，述说他一切奇妙的作为。 (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. 你们要知道耶和华已经把虔诚人分别出来，归他自己；我向耶和华呼求的时候，他就垂听。 (Psalm 4:3)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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　神把他升为至高，并且赐给他超过万名之上的名。  使天上、地上和地底下的一切，因着耶稣的名，都要屈膝，  并且口里承认耶稣基督为主，使荣耀归给父　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. 他是身体的头，这身体就是教会。他是元始，是死人中首先复生的，好让他在凡事上居首位； (Colossians 1:18)

Day 4

**Adoration**

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? 谁曾测度耶和华的灵，或作过他的谋士教导他呢？  他与谁商议，谁使他有聪明？谁把正确的路指教他，把知识指教他，又把明智的路教导他呢？  看哪！万国都像水桶里的一滴，又被看作天平上的微尘。看哪！他举起众海岛，好像微细之物。  万国在他跟前好像不存在，在他看来，只是乌有和虚空。  你们把谁来跟　神相比呢？你们用什么形象来与　神并列呢？ (Isaiah 40:13-15, 17-18)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 你们中间谁是敬畏耶和华，听从他仆人的声音的？谁是行在黑暗中，没有亮光的呢？他该倚靠耶和华的名，依赖他的　神。 (Isaiah 50:10)

*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.*

**Renewal**

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. 你们要遵行我的典章，谨守我的律例，要遵照奉行；我是耶和华你们的　神。  所以你们要谨守我的律例和典章；人应该遵行这些，按照它们生活，我是耶和华。 (Leviticus 18:4-5)

May I fear the Lord and serve and obey Him and not rebel against the command of the Lord. 如果你们敬畏耶和华，事奉他，听从他的话，不违背他的命令，你们和统治你们的王就必跟从耶和华你们的　神。 (1 Samuel 12:14)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 亲爱的，不要效法恶，应该效法善。行善的属于　神，作恶的没有见过　神。 (3 John 11)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

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. 亚撒呼求耶和华他的　神说：“耶和华啊，强弱悬殊，除你以外没有别的帮助。耶和华我们的　神啊，求你帮助我们。因为我们倚靠你，奉你的名去对抗这大军。耶和华啊，你是我们的　神，不要让人胜过你。” (2 Chronicles 14:11)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

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

Because he trusts in You. 专心倚靠你的，你必保护他一切平安，因为他倚靠你。 (Isaiah 26:3)

I will seek the Lord while He may be found

And call upon Him while He is near. 你们要趁着耶和华可以寻找的时候，寻找他，趁着他靠近的时候，呼求他。 (Isaiah 55:6)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

I will give thanks to the Lord according to His righteousness

And will sing praise to the name of the Lord Most High. 我要照着耶和华的公义称谢他，歌颂至高者耶和华的名。 (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? (Psalm 27:1)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. (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，他赐气力，无力的，他加力量。  就是年轻人也会疲乏困倦，强壮的人也会全然跌倒。  但那些仰望耶和华的人，必重新得力；他们必像鹰一样展翅上腾；他们奔跑，也不困倦，他们行走，也不疲乏。 (Isaiah 40:29-31)

Day 5

**Adoration**

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. 只有耶和华是真神；他是永活的　神，是永远的君王。他一发怒，大地就震动，万国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. 他的神迹多么伟大，他的奇事多么有力；他的国是永远的国，他的统治直到万代！（本章第1-3节在《马索拉抄本》为3:31-33） (Daniel 4:3)

*Pause to express your thoughts of praise and worship.*

**Confession**

May I produce fruit worthy of repentance. 应当结出果子来，与悔改的心相称。 (Matthew 3:8)

*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.*

**Renewal**

Teach me to number my days,

That I may gain a heart of wisdom. 求你教导我们怎样数算自己的日子，好使我们得着智慧的心。 (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. 你双眼要向前正视，你的眼睛要向前直望。  你要谨慎你脚下的路径，你一切所行的就必稳妥。  不可偏左偏右，要使你的脚远离恶事。 (Proverbs 4:25-27)

*Pause to add your own prayers for personal renewal.*

**Petition**

Hear my prayer, O Lord,

Give ear to my supplications!

Answer me in Your faithfulness and righteousness. 耶和华啊！求你听我的祷告，留心听我的恳求，凭你的信实和公义应允我。（本节在《马索拉抄本》包括细字标题） (Psalm 143:1)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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. 恩赐有许多种，却是同一位圣灵所赐的；  服事的职分有许多种，但是同一位主；  工作的方式也有许多种，但仍是一位　神，是他在众人里面作成一切。  圣灵显现在各人的身上，为的是要使人得着益处。 (1 Corinthians 12:4-7)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

No one can lay a foundation other than the one already laid, which is Jesus Christ. 因为除了那已经立好的根基以外，没有人能立别的根基。那根基就是耶稣基督。 (1 Corinthians 3:11)

It is by faith that I stand firm. 我们并不是要辖制你们的信仰，而是要作你们的同工，使你们喜乐，因为你们在信仰上已经站稳了。 (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. 既然知道人称义不是靠行律法，而是因信耶稣基督，我们也就信了基督耶稣，使我们因信基督称义，不是靠行律法；因为没有人能靠行律法称义。 (Galatians 2:16)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 耶和华我的　神啊！你所行的奇事，并你向我们所怀的意念很多，没有人可以和你相比；如果我要述说陈明，也多到不能胜数。 (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. 我要永远称谢你，因为你行了这事；我必在你圣民的面前，宣扬（“宣扬”原文作“仰望”）你的名，因你的名是美好的。 (Psalm 52:9)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

I know that all things work together for good to those who love God, to those who have been called according to His purpose. 我们知道，为了爱　神的人，就是按他旨意蒙召的人的益处，万事都一同效力。 (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? 既是这样，我们对这一切还有什么话说呢？　神若这样为我们，谁能敌对我们呢？  他连自己的儿子都舍得，为我们众人把他交出来，难道不也把万有和他一同白白地赐给我们吗？ (Romans 8:31-32)

Day 6

**Adoration**

“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. 那圣者说：“你们把谁来跟我相比，使他与我相等呢？”  你们向天举目吧！看是谁创造了这些万象？是谁按着数目把万象领出来，一一指名呼唤？因他的大能大力，连一个也不缺少。  你不知道吗？你没有听过吗？永在的　神、耶和华、地极的创造主既不疲乏，也不困倦；他的知识无法测度。 (Isaiah 40:25-26, 28)

You, O Lord, remain forever;

Your throne endures from generation to generation. 但耶和华啊，你永远坐着为王；你的宝座代代长存。 (Lamentations 5:19)

*Pause to express your thoughts of praise and worship.*

**Confession**

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，因自己的罪受惩罚，为什么发怨言呢？  我们要检讨和省察自己的行为，然后归向耶和华。 (Lamentations 3:39-40)

*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.*

**Renewal**

May I apply my heart to instruction

And my ears to words of knowledge. 你要专心领受教训，留心听知识的言语。 (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. 应当警醒、祷告，免得陷入试探；你们心灵虽然愿意，肉体却是软弱的。” (Matthew 26:41)

*Pause to add your own prayers for personal renewal.*

**Petition**

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诫命，使你和你的子孙得享福乐，也使你在耶和华你的　神赐给你的那地上得享长寿。” (Deuteronomy 4:40; 5:32)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

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. 我若能说世人和天使的方言，却没有爱，我就成了鸣的锣、响的钹一样。  我若有先知讲道的恩赐，也明白各样的奥秘，各样的知识；并且有全备的信，叫我能够移山，却没有爱，我就算不得什么。  我若把一切所有的分给人，又舍己身被人焚烧，却没有爱，对我仍然毫无益处。 (1 Corinthians 13:1-3)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

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. 这样看来，你们不再是外人和客旅，而是与圣徒一同作国民，是　神家里的人了，  并且建造在使徒和先知的根基上，基督耶稣自己就是奠基石， (Ephesians 2:19-20)

I have been called, having been loved by God the Father and kept by Jesus Christ. 耶稣基督的仆人，雅各的兄弟犹大，写信给那些被召的人，就是在父　神里蒙爱，并且为了耶稣基督而蒙保守的人。 (Jude 1)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 拯救我们的　神啊！你必充满威严，按公义应允我们；你本是一切地极和海洋远处的人所倚靠的。  你以大能束腰，用自己的力量坚立众山。  你平息了海洋的洪涛和澎湃的巨浪，以及万民的喧哗。 (Psalm 65:5-7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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! 在你院子里住一日，胜过在别处住千日；宁愿站在我　神殿中的门槛上，也不愿住在恶人的帐棚里。  因为耶和华　神是太阳，是盾牌，耶和华赐下恩惠和光荣；他没有留下一样好处，不给那些行为正直的人。  万军之耶和华啊！倚靠你的人是有福的。 (Psalm 84:10-12)

Day 7

**Adoration**

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，道与　神同在，道就是　神。  这道太初与　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. 然而我们只有一位　神，就是父；万物都是从他而来，我们也为了他而活。我们也只有一位主，就是耶稣基督；万物都是借着他而有的，我们也是借着他而有的。 (1 Corinthians 8:6)

*Pause to express your thoughts of praise and worship.*

**Confession**

I know that You are a gracious and compassionate God, slow to anger and abounding in lovingkindness, a God who relents from sending calamity. 就向耶和华祷告，说：“耶和华啊！我还在本国的时候，不是这样说过吗？我知道你是有恩典有怜悯的　神，不轻易发怒，并且有丰盛的慈爱，转意不降灾祸，所以我才急忙逃往他施去。 (Jonah 4:2)

*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.*

**Renewal**

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，就是人听了道，立刻欢欢喜喜地接受，  可是他里面没有根，只是暂时的；一旦为道遭遇患难，受到迫害，就立刻跌倒了。  那撒在荆棘里的，就是人听了道，有今世的忧虑和财富的迷惑把道挤住，结不出果实来。  那撒在好土里的，就是人听了道，又明白了，结出果实来，有一百倍的，有六十倍的，有三十倍的。” 照样，那撒在石地上的，就是人听了道，立刻欢欢喜喜地接受了；  可是他们里面没有根，只是暂时的；一旦为道遭遇患难，受到迫害，就立刻跌倒了。  那撒在荆棘里的，是指另一些人；他们听了道，  然而今世的忧虑、财富的迷惑，以及种种的欲望，接连进来，把道挤住，就结不出果实来。  那撒在好土里的，就是人听了道，接受了，并且结出果实，有三十倍的、有六十倍的、有一百倍的。” 那落在石头地上的，就是人听了，欢欢喜喜地接受，但是没有根，不过是暂时相信，一旦遭遇试炼，就倒退了。  那落在荆棘里的，就是人听了，走开以后，被今世的忧虑、财富和宴乐挤住了，结不出成熟的子粒来。  但那落在好土里的，就是人用诚实良善的心来听，把道持守住，忍耐着结出果实。 (Matthew 13:20-23; Mark 4:16-20; Luke 8:13-15)

*Pause to add your own prayers for personal renewal.*

**Petition**

If a man dies, will he live again?

All the days of my hard service

I will wait for my renewal to come. 人若死了，怎能再活呢？我要在我一切劳苦的日子等待，等到我得释放的时候来到。 (Job 14:14)

**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

My activities for this day

Special concerns

**Intercession**

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. 我们众人都像不洁净的人，我们所有的义，都像污秽的衣服；我们众人都像叶子枯干，我们的罪孽好像风一般把我们吹去。  耶和华啊！现在你还是我们的父；我们不过是泥土，你才是陶匠；我们众人都是你手所作的。 (Isaiah 64:6, 8)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

Like Abram, when I believe in Your promises, You will credit it to me as righteousness. 于是领他到外面去，说：“你向天观看，数点众星，看你能不能把它们数得清楚。”又对他说：“你的后裔将要这样众多。”  亚伯兰信耶和华，耶和华就以此算为他的义了。 (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. 从前经上所写的，都是为教训我们而写的，好使我们借着忍耐和圣经中的安慰得着盼望。 (Romans 15:4)

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

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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！我要满心称赞你，我要永远荣耀你的名。  因为你向我大施慈爱，你救了我的命，免入阴间的深处。 (Psalm 86:12-13)

Rejoice in the Lord, you who are righteous,

And give thanks at the remembrance of His holy name. 义人哪！你们要靠耶和华欢喜，要称赞他的圣名。 (Psalm 97:12)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华我的力量啊！我爱你。  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、我的盾牌、我救恩的角、我的高台。  我向那当受赞美的耶和华呼求，就得到拯救，脱离我的仇敌。 (Psalm 18:1-3)

Many are the sorrows of the wicked,

But he who trusts in the Lord, lovingkindness shall surround him. 恶人必受许多痛苦；但倚靠耶和华的，必有慈爱四面环绕他。 (Psalm 32:10)

Day 8

**Adoration**

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? 你能系住昴星的结吗？你能解开参星的带吗？  你能按时领出玛查鲁夫星系吗？你能引导北斗和随从它的众星吗？  你晓得天的定例吗？你能在地上建立天的权威吗？ (Job 38:31-33)

I know that You can do all things

And that no purpose of Yours can be thwarted. “我知道你万事都能作，你的旨意是不能拦阻的。 (Job 42:2)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 耶和华啊！我知道人的道路是不由自己的；人行走时，也不能确定自己的脚步。  耶和华啊！求你只按着公正惩治我，不要按着你的忿怒施行惩治，免得你使我衰微。 (Jeremiah 10:23-24)

*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.*

**Renewal**

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. 我儿，如果你接受我的话，把我的诫命珍藏在心里，  留心听智慧，致力求聪明；  如果你为求哲理而呼喊，为求聪明而扬声；  如果你寻找它如同寻找银子，搜寻它好像搜寻宝藏；  你就明白怎样敬畏耶和华，并且获得对　神的认识。  这样，你就明白公义、公正、正直，以及一切善道。  智慧必进入你的心，知识必使你欢悦。  明辨的能力必护卫你，聪明必看顾你； (Proverbs 2:1-5, 9-11)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 耶和华啊！求你垂听，恩待我；耶和华啊！求你帮助我。”  你已经把我的悲哀变为舞蹈，把我的麻衣脱去，又给我穿上欢乐；  好让我的灵（“灵”或译：“荣耀”或“肝”；与16:9，57:8，108:1同）歌颂你，永不停止。耶和华我的　神啊！我要永远称赞你。 (Psalm 30:10-12)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

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. 他就对门徒说：“庄稼多，工人少；  所以你们应当求庄稼的主派工人去收割。” 耶稣对他们说：“庄稼多，工人少，所以你们应当求庄稼的主，派工人出去收他的庄稼。 (Matthew 9:37-38; Luke 10:2)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

You are my hiding place and my shield;

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

Every word of God is tested;

He is a shield to those who take refuge in Him. 　神所说的话句句都是炼净的，投靠他的，他就作他们的盾牌。 (Proverbs 30:5)

The earnest expectation of the creation eagerly waits for the revealing of the sons of God. 被造的万物都热切渴望　神的众子显现出来。 (Romans 8:19)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 耶和华啊！世上的君王都要称谢你，因为他们听见了你口中的言语。  他们要歌颂耶和华的作为，因为耶和华大有荣耀。  耶和华虽然高高在上，仍然看顾卑微的人；他却从远处认出骄傲的人。 (Psalm 138:4-6)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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，我也好像草一般枯干。  耶和华啊！你却永远坐着为王，你可记念的名也必存到万代。  你起初立了地的根基；天也是你手的工作。  天地都要毁灭，你却长存；天地都要像衣服一样渐渐残旧；你要更换天地如同更换衣物一样，天地就被更换。  只有你永不改变，你的年数也没有穷尽。 (Psalm 102:11-12, 25-27)

Day 9

**Adoration**

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. 地和地上所充满的，世界和住在世上的，都是属于耶和华的。（本节在《马索拉抄本》包括细字标题）  因为他把地奠定在海上，使世界安定在众水之上。 (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. 　神坐在大地的圆穹之上，地上的居民好像蚱蜢，他铺张诸天如铺张幔子，展开众天像展开可以居住的帐棚。  他使诸侯都归于无有，使地上的审判官成为虚空。 (Isaiah 40:22-23)

*Pause to express your thoughts of praise and worship.*

**Confession**

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

But the Lord tests the hearts. 用锅炼银，用炉炼金；唯有耶和华锻炼人心。 (Proverbs 17:3)

*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.*

**Renewal**

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. “至于你，我儿所罗门哪，你要认识耶和华你父亲的　神，一心乐意事奉他，因为耶和华鉴察万人的心，知道人的一切心思意念。你若是寻求他，就必寻见；你若是离弃他，他必永远丢弃你。 (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，你们既然是蒙爱的儿女，就应当效法　神。  要凭着爱心行事，好像基督爱我们，为我们舍己，当作馨香的供品和祭物献给　神。 (Ephesians 5:1-2)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 不要爱世界和世上的东西。人若爱世界，爱父的心就不在他里面了。  原来世上的一切，就如肉体的私欲，眼目的私欲和今生的骄傲，都不是出于父，而是从世界来的。  这世界和世上的私欲都要渐渐过去，但那遵行　神旨意的却存到永远。 (1 John 2:15-17)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

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.” 这称为我名下的子民，若是谦卑、祷告、寻求我的面，转离他们的恶行，我必从天上垂听，赦免他们的罪，医治他们的地。 (2 Chronicles 7:14)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

The righteous will live by his faith. 迦勒底人自高自大，心不正直；然而义人必因信得生（“必因信得生”或译：“必因他的信实得生”）。 (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.” 我不以福音为耻；这福音是　神的大能，要救所有相信的，先是犹太人，后是希腊人。  　神的义就是借着这福音显明出来，本于信而归于信，正如经上所记：“义人必因信得生。” (Romans 1:16-17)

Clearly no one is justified before God by the law, for “The righteous will live by faith.” 很明显，在　神面前，没有一个人可以靠着律法称义，因为“义人必因信得生”（“义人必因信得生”或译：“因信称义的人，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. 但信的道理还没有来到以前，我们在律法下被囚禁、被围困，直到那要来的信的道理显明出来。  这样，律法成了我们的启蒙教师，领我们到基督那里，使我们可以因信称义。  但信的道理既然来到，我们就不再在启蒙教师之下了。 (Galatians 3:23-25)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，耶和华都扶持他们；被压迫的，他都扶他们起来。  万人的眼睛都仰望你，你按时把粮食赐给他们。  你把手张开，使所有生物都随愿得到饱足。 (Psalm 145:14-16)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 我看见了他，就仆倒在他脚前，像死了一样。他用右手按着我，说：“不要怕！我是首先的，我是末后的，  又是永活的；我曾经死过，看哪，现在又活着，直活到永永远远，并且拿着死亡和阴间的钥匙。 (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! 大声说：“被杀的羊羔是配得权能、丰富、智慧、力量、尊贵、荣耀、颂赞的！” (Revelation 5:12)

Day 10

**Adoration**

You are He; You are the first,

And You are also the last. “雅各，我所呼召的以色列啊！你要听我的话。我就是‘那位’，我是首先的，也是末后的。 (Isaiah 48:12)

The God and Father of the Lord Jesus is blessed forever. 主耶稣的父　神是应当永远受称颂的，他知道我没有说谎。 (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　神荣耀的光辉，是　神本质的真象，用自己带有能力的话掌管万有；他作成了洁净罪恶的事，就坐在高天至尊者的右边。  他所承受的名比天使的名更尊贵，所以他远比天使崇高。 (Hebrews 1:3-4)

*Pause to express your thoughts of praise and worship.*

**Confession**

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

And He examines all his paths. 因为人的道路都在耶和华眼前，他也审察人的一切路径。 (Proverbs 5:21)

*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.*

**Renewal**

Since I live in the Spirit, may I also walk in the Spirit. 如果我们靠圣灵活着，就应该顺着圣灵行事。 (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，我们从听见的那天起，就不停地为你们祷告祈求，愿你们借着一切属灵的智慧和悟性，可以充分明白　神的旨意，  使你们行事为人对得起主，凡事蒙他喜悦；在一切善事上多结果子，更加认识　神；  依照他荣耀的大能得着一切能力，带着喜乐的心，凡事忍耐宽容； (Colossians 1:9-11)

*Pause to add your own prayers for personal renewal.*

**Petition**

I cry out to You, O Lord,

And say, “You are my refuge,

My portion in the land of the living.” 耶和华啊！我向你呼求；我说：“你是我的避难所，是我在活人之地的业分。 (Psalm 142:5)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

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. 你怎样差我到世上来，我也怎样差他们到世上去。  “我不但为他们求，也为那些因他们的话而信我的人求， (John 17:18, 20)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

Like Jesus, my food is to do the will of Him who sent me and to accomplish His work. 耶稣说：“我的食物就是遵行差我来者的旨意，并且完成他的工作。 (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. 我们要照着他的命令行事，这就是爱。你们从起初所听见的那命令，就是要你们凭着爱心行事。 (2 John 6)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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.” 他要吞灭死亡，直到永远；主耶和华必擦去各人脸上的眼泪，又从地上除掉他子民的羞辱；这是耶和华说的。  到那日，必有人说：“看哪！这是我们的　神；我们信靠他，他必拯救我们。这是耶和华，我们所倚靠的，我们要因他的拯救欢喜快乐。 (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.” 我又看见圣城，新耶路撒冷，从天上由　神那里降下来，预备好了，好像打扮整齐等候丈夫的新娘。  我听见有大声音从宝座那里发出来，说：“看哪！　神的帐幕在人间，他要与人同住，他们要作他的子民。　神要亲自与他们同在，要作他们的　神。  他要抹去他们的一切眼泪，不再有死亡，也不再有悲哀、哭号、痛苦，因为先前的事都过去了。”  坐在宝座上的那一位说：“看哪，我把一切都更新了！”又说：“你要写下来，因为这些话是可信的、真实的。” (Revelation 21:2-5)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 我指着自己起誓，我的口凭着公义说出的话，决不改变：‘万膝都必向我跪拜，万口都要指着我起誓。’ (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. 他们唱着新歌，说：“你配取书卷，配拆开封印，因为你曾被杀，曾用你的血，从各支派、各方言、各民族、各邦国，把人买了来归给　神，  使他们成为我们　神的国度和祭司，他们要在地上执掌王权。” (Revelation 5:9-10)

Day 11

**Adoration**

Your testimonies, which You have commanded,

Are righteous and trustworthy.

Your righteousness is everlasting,

And Your law is truth. 你以公义和至诚，命定了你的法度。  你的公义是永远的公义，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！我的心坚定；我要用我的灵（“灵”或译：“荣耀”或“肝”；与16:9，30:12，57:8同）歌唱和颂赞。  琴和瑟啊！你们都要醒过来；我也要唤醒黎明。  耶和华啊！我要在万民中称谢你，在万族中歌颂你。  因为你的慈爱伟大，高及诸天；你的信实上达云霄。 (Psalm 108:1-4)

*Pause to express your thoughts of praise and worship.*

**Confession**

Blessed is the man You discipline, O Lord,

The man You teach from Your word. 耶和华啊！你所管教，用律法教导的人，是有福的。 (Psalm 94:12)

*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.*

**Renewal**

You are God Almighty; may I walk before You and be blameless. 亚伯兰九十九岁的时候，耶和华向他显现，对他说：“我是全能的　神，你要在我面前行事为人；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. 你们要爱仇敌，善待他们；借出去，不要指望偿还；这样你们的赏赐就大了，你们也必作至高者的儿子，因为　神自己也宽待忘恩的和恶人。  你们要仁慈像你们的父仁慈一样。 (Luke 6:35-36)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I not be dishonest in judgment, in measurement of weight or quantity. May I be honest and just in my business affairs. “你们审判的时候，在度、量、衡上，都不可偏差。  要用公正的天平，公正的法码，公正的升斗，公正的容器；我是耶和华你们的　神，就是曾把你们从埃及地领出来的那位。 (Leviticus 19:35-36)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

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. 你们要为贫寒的人和孤儿伸冤，为困苦和穷乏的人伸张正义。  要搭救贫寒和穷困的人，救他们脱离恶人的手。” (Psalm 82:3-4)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

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. 我现在是要得人的欢心，还是要得　神的欢心呢？难道我想讨人欢喜吗？如果我仍然要讨人欢喜，就不是基督的仆人了。 (Galatians 1:10)

The fear of man brings a snare,

But he who trusts in the Lord is set on high. 惧怕人的，必陷入网罗；倚靠耶和华的，必得安全。 (Proverbs 29:25)

My help is in the name of the Lord,

Who made heaven and earth. 我们的帮助在于耶和华的名，他是造天地的主。 (Psalm 124:8)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 孩子们既然同有血肉之体，他自己也照样成为血肉之体，为要借着死，消灭那掌握死权的魔鬼，  并且要释放那些因为怕死而终身作奴仆的人。 (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，他必须在各方面和他的弟兄们相同，为了要在　神的事上，成为仁慈忠信的大祭司，好为人民赎罪。  因为他自己既然经过试探，受了苦，就能够帮助那些被试探的人。 (Hebrews 2:17-18)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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：不从恶人的计谋，不站罪人的道路，不坐好讥笑的人的座位。  他喜爱的是耶和华的律法，他昼夜默诵的也是耶和华的律法。  他像一棵树，栽在溪水旁，按时结果子，叶子总不枯干；他所作的一切，尽都顺利。 (Psalm 1:1-3)

Day 12

**Adoration**

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. 在我们　神的城中，在他的圣山上，耶和华是至大的，应该大受赞美。  　神啊！我们在你的殿中，想念你的慈爱。  　神啊！你受的赞美，就像你的名一样，达到地极；你的右手满了公义。 (Psalm 48:1, 9-10)

O come, let us worship and bow down,

Let us kneel before the Lord our Maker. 来吧，我们来俯伏敬拜，在造我们的耶和华面前跪下。 (Psalm 95:6)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 谁能知道自己的错误呢？求你赦免我隐而未现的过失。  求你拦阻你仆人，不犯任意妄为的罪，不许它们辖制我；我才可以完全，不犯大过。 (Psalm 19:12-13)

*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.*

**Renewal**

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. 爱是恒久忍耐，又有恩慈。爱是不嫉妒，不自夸，不张狂；  不作失礼的事，不求自己的益处，不轻易动怒，不计较人的过犯；  不喜欢不义，只喜欢真理。  爱是凡事包容，凡事相信，凡事盼望，凡事忍耐。  爱是永存不息的。先知的讲道终必过去，方言终必停止，知识终必消失。 (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. 我所祷告的，是要你们的爱心，在充足的知识和各样的见识上，多而又多，  使你们可以辨别是非，成为真诚无可指摘的人，直到基督的日子，  靠着耶稣基督结满了公义的果子，使　神得着荣耀和赞美。 (Philippians 1:9-11)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你们若与基督一同死了，脱离了世俗的言论，为什么仍然好像活在世俗中一样， (Colossians 2:20)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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. 好使肢体能够互相照顾，免得身体上有了分裂。  如果一个肢体受苦，所有的肢体就一同受苦；如果一个肢体得荣耀，所有的肢体就一同快乐。  你们就是基督的身体，并且每一个人都是作肢体的。 (1 Corinthians 12:25-27)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

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. 我们不敢以为自己有资格作什么，我们所能够作的是出于　神。  他使我们有资格作新约的仆役，这新约不是从仪文来的，而是从圣灵来的；因为仪文会使人死，而圣灵却使人活。 (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. 你们因着　神得以在基督耶稣里，他使基督成了我们的智慧；就是公义、圣洁和救赎， (1 Corinthians 1:30)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 我把这些事告诉你们，是要使你们在我里面有平安。在世上你们有患难，但你们放心，我已经胜了这世界。” (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. 基督耶稣的仆人保罗，蒙召作使徒，奉派传　神的福音。  其中也有你们这蒙耶稣基督所召的人。 (Romans 1:1, 6)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华是我的牧人，我必不会缺乏。（本节在《马索拉抄本》包括细字标题）  他使我躺卧在青草地上，领我到安静的水边。  他使我的灵魂苏醒；为了自己的名，他引导我走义路。  我虽然行过死荫的山谷，也不怕遭受伤害，因为你与我同在；你的杖你的竿都安慰我。  在我敌人面前，你为我摆设筵席；你用油膏了我的头，使我的杯满溢。  我一生的日子，必有恩惠慈爱紧随着我；我也要住在耶和华的殿中，直到永远。 (Psalm 23:1-6)

Day 13

**Adoration**

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. 万军之主耶和华摸地，地就融化，住在地上的都要悲哀。这地必像尼罗河高涨，像埃及的大河退落。  他在天上建立楼阁，在大地之上奠立穹苍；他召唤海水，把海水浇在地上；耶和华是他的名。 (Amos 9:5-6)

Be silent, all flesh, before the Lord, for He is aroused from His holy dwelling place. 全人类都当在耶和华面前肃静，因为他从自己圣洁的居所被激动起来了。 (Zechariah 2:13)

*Pause to express your thoughts of praise and worship.*

**Confession**

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！求你按着你的慈爱恩待我，照着你丰盛的怜悯涂抹我的过犯。  求你彻底洗净我的罪孽，洁除我的罪。  因为我知道我的过犯；我的罪常在我面前。  我得罪了你，唯独得罪你；我行了你眼中看为恶的事，因此，你宣判的时候，显为公义；你审判的时候，显为清正。 (Psalm 51:1-4)

*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.*

**Renewal**

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. 不要为那必朽坏的食物操劳，却要为那存到永生的食物操劳，就是人子所要赐给你们的，因为人子是父　神所印证的。” (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. 然而以前对我有益的，现在因着基督的缘故，我都当作是有损的。  不但这样，我也把万事当作是有损的，因为我以认识我主基督耶稣为至宝。为了他，我把万事都拋弃了，看作废物，为了要得着基督。  并且得以在他里面，不是有自己因律法而得的义，而是有因信基督而得的义，就是基于信心，从　神而来的义， (Philippians 3:7-9)

*Pause to add your own prayers for personal renewal.*

**Petition**

Rise up, O Lord!

May Your enemies be scattered,

And may those who hate You flee before You. 约柜起行的时候，摩西就说：“耶和华啊，求你起来，愿你的仇敌四散；愿恨你的人从你面前逃跑。” (Numbers 10:35)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

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. 你们既是无酵的面，就应当把旧酵除净，好让你们成为新的面团；因为我们逾越节的羊羔基督已经被杀献祭了。  所以我们守这节，不可用旧酵，也不可用又邪又恶的酵，而是要用纯洁真实的无酵饼。 (1 Corinthians 5:7-8)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

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. 然而属血气的人不接受　神的灵的事，因为他以为是愚笨的；而且他也不能够明白，因为这些事，要有属灵的眼光才能领悟。  如经上所记：“谁曾知道主的心意，能够指教他呢？”但我们已经得着基督的心意了。 (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. 我们现在是对着镜子观看，模糊不清，到那时就要面对面了。我现在所知道的只是一部分，到那时就完全知道了，好像主完全知道我一样。 (1 Corinthians 13:12)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 他也必坚定你们到底，使你们在我们主耶稣基督的日子无可指摘。  　神是信实的，他呼召了你们，是要你们与他的儿子我们主耶稣基督连合在一起。 (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. 正如经上所记：“　神为爱他的人所预备的，是眼睛未曾见过，耳朵未曾听过，人心也未曾想到的。” (1 Corinthians 2:9)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

Lord, make me to know my end

And what is the measure of my days;

Let me know how fleeting is my life. “耶和华啊！求你使我知道我的结局，我的寿数有多少，使我知道我的生命多么短促。 (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. 因为他知道我们的本体，记得我们不过是尘土。  至于世人，他的年日好像草一般；他又像野地繁茂的花。  经风一吹，就归无有；他原来的地方再不认识他。  但从亘古到永远，耶和华的慈爱临到敬畏他的人；他的公义也归于他们的子子孙孙，  就是那些谨守他的约，记住他的训词，并且遵行的人。 (Psalm 103:14-18)

Day 14

**Adoration**

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. 耶和华作王，他以威严为衣；耶和华以威严为衣，以能力束腰，世界就得以坚立，永不动摇。  你的宝座自古就立定，你从亘古就存在。  耶和华啊！你的法度极为确定；你的殿永远被称为圣是合宜的。 (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！你要称颂耶和华；耶和华我的　神啊！你真伟大；你以尊荣和威严为衣服。 (Psalm 104:1)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 我们若说自己没有罪，就是自欺，真理就不在我们里面了。  我们若承认自己的罪，　神是信实的、公义的，必定赦免我们的罪，洁净我们脱离一切不义。  我们若说自己没有犯过罪，就是把　神当作说谎的，他的道就不在我们心里了。 (1 John 1:8-10)

*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.*

**Renewal**

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，因为你是我的　神；愿你至善的灵引导我到平坦的地。 (Psalm 143:10)

May I listen to counsel and accept instruction,

That I may be wise in my latter days. 你要听劝告，受管教，好使你将来作个有智慧的人。 (Proverbs 19:20)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. “你们要坚强勇敢，不要因亚述王和他统领的大军惧怕惊慌；因为和我们同在的，比和他们同在的更多。  和他们同在的，不过是人血肉的手臂；和我们同在的，却是耶和华我们的　神，他必帮助我们，为我们作战。”众民因犹大王希西家的话都得着鼓励了。 (2 Chronicles 32:7-8)

**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

My activities for this day

Special concerns

**Intercession**

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.” 弟兄们，你们蒙召得了自由；只是不可把这自由当作放纵情欲的机会，总要凭着爱心互相服事。  因为全部的律法，都在“爱人如己”这一句话里面成全了。 (Galatians 5:13-14)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

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. 谁能控告　神拣选的人呢？有　神称我们为义了。  谁能定我们的罪呢？有基督耶稣死了，而且复活了，现今在　神的右边，也替我们祈求。 (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. 我实实在在告诉你们，时候将到，现在就是了，死人要听见　神儿子的声音，听见的人就要活了。  就如父是生命的源头，照样他也使子成为生命的源头，  并且把执行审判的权柄赐给他，因为他是人子。 (John 5:25-27)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 耶和华亲近心中破碎的人，拯救灵里痛悔的人，  义人虽有许多苦难，但耶和华搭救他脱离这一切。 (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. 　神是我们的避难所，是我们的力量，是我们在患难中随时都可得到的帮助。  因此，地虽然震动，群山虽然崩塌入海洋的深处，我们也不害怕。 (Psalm 46:1-2)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华是我的帮助，我决不害怕，人能把我怎么样呢？  投靠耶和华，胜过倚靠人。  投靠耶和华，胜过倚靠王子。 (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. 我要向群山举目，我的帮助从哪里来呢？（本节在《马索拉抄本》包括细字标题）  我的帮助是从造天地的耶和华而来。  他必不使你的脚滑倒；保护你的必不打盹。  保护你的是耶和华，耶和华在你的右边荫庇你。  白天太阳必不伤你，夜里月亮必不害你。 (Psalm 121:1-3, 5-6)

Day 15

**Adoration**

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. 他手所作的都是诚实和公正；他的训词都是可信靠的。  他的训词是永远确定的，是按着信实和正直制订的。  他向自己的子民施行救赎；他命定自己的约，直到永远；他的名神圣可畏。 (Psalm 111:7-9)

Your name, O Lord, endures forever,

Your renown, O Lord, through all generations. 耶和华啊！你的名存到永远；耶和华啊！你可记念的名留存万代。 (Psalm 135:13)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 你们所受的试探，无非是人受得起的；　神是信实的，他必不容许你们受试探过于你们抵受得住的，而且在受试探的时候，必定给你们开一条出路，使你们能忍受得住。 (1 Corinthians 10:13)

*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.*

**Renewal**

May I have no other gods before You. “除我以外，你不可有别的神。 “‘除我以外，你不可有别的神。 (Exodus 20:3; Deuteronomy 5:7)

May I not make for myself an idol in any form. “不可为自己做偶像，也不可做天上、地下和地底下水中各物的形象。 “‘你不可为自己做偶像，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. “不可妄称耶和华你　神的名，因为妄称耶和华的名的，耶和华必不以他为无罪。 “‘不可妄称耶和华你　神的名，因为妄称耶和华的名的，耶和华必不以他为无罪。 (Exodus 20:7; Deuteronomy 5:11)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 耶和华啊！我发声呼求的时候，求你垂听；求你恩待我，应允我。  你说：“你们要寻求我的面！”那时我的心对你说：“耶和华啊！你的面我正要寻求。” (Psalm 27:7-8)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

All things are for our sakes, so that the grace that is reaching more and more people may cause thanksgiving to abound to the glory of God. 这一切都是为了你们，好使恩惠既然因着许多人而增多，感恩的心也更加增多了，使荣耀归给　神。 (2 Corinthians 4:15)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

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. 这样，律法和　神的应许是对立的吗？绝对不是。如果所赐下的律法能使人得生命，义就真的是出于律法了。  但圣经把所有的人都圈在罪中，好把那因信耶稣基督而来的应许，赐给相信的人。 (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. 你们也在他里面受了不是由人手所行的割礼，而是受了基督的割礼，就是除掉你们的罪身。  你们在洗礼中已经与他一同埋葬，也在洗礼中，因信那使基督从死人中复活的　神所运行的动力，与他一同复活了。 (Colossians 2:11-12)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

We give thanks to You, O God, we give thanks,

For Your name is near;

Men tell of Your wonderful works. 　神啊！我们称谢你，我们称谢你，因为你（“你”原文作“你的名”）接近人，人都述说你奇妙的作为。 (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. 慈爱和信实彼此相遇，公义和平安互相亲嘴。  信实从地上生出，公义从天上俯视。 (Psalm 85:10-11)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华啊！我的心不骄傲，我的眼不自高；重大和超过我能力的事，我都不敢作。（本节在《马索拉抄本》包括细字标题）  我的心平静安稳，像断过奶的孩子躺在他母亲的怀中，我的心在我里面真像断过奶的孩子。 (Psalm 131:1-2)

Day 16

**Adoration**

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. 这是守望者宣告的裁决，是圣者颁布的决定，好使世人都知道：至高者在世人的国中掌权，他喜欢把国赐给谁，就赐给谁，甚至立最卑微的人执掌国权。  “七年的日子满了，我尼布甲尼撒举目望天，我的理智恢复过来，我就称颂至高者，赞美尊崇活到永远的　神。他的统治永无穷尽，他的国度直到万代。  地上所有的居民，在他来说都是虚无；在天上的万军中，他凭自己的意旨行事；在地上的居民中，也是这样；没有人能拦住他的手，或问他说：‘你作什么？’  现在我尼布甲尼撒赞美、尊崇、荣耀天上的王，因为他所作的一切都正确，他所行的也都公平；行为骄傲的，他都能贬低。” (Daniel 4:17, 34-35, 37)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 我必洁净他们得罪我的一切罪孽，并且赦免他们得罪我和悖逆我的一切罪孽。 (Jeremiah 33:8)

*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.*

**Renewal**

May I honor my father and my mother. “要孝敬父母，使你在耶和华你的　神赐给你的地上得享长寿。 “‘要孝敬父母，照着耶和华你的　神吩咐你的，使你可以得享长寿，也使你在耶和华你的　神赐给你的地上，得享福乐。 (Exodus 20:12; Deuteronomy 5:16)

May I not murder. “不可杀人。 “‘不可杀人。 (Exodus 20:13; Deuteronomy 5:17)

May I not commit adultery. “不可奸淫。 “‘不可奸淫。 (Exodus 20:14; Deuteronomy 5:18)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 耶和华啊！我投靠你，求你使我永不羞愧。  求你按着你的公义搭救我，救赎我；求你留心听我，拯救我。  求你作我避难的磐石，使我可以常来投靠；你已经下令救我，因为你是我的岩石、我的坚垒。 (Psalm 71:1-3)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

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. 耶和华以色列的　神啊，你是公义的！我们现今才可以留下，成为逃脱的人。看哪，我们在你面前是有罪过的，因此没有人能在你面前站立得住。’” (Ezra 9:15)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

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. 　神拯救万人的恩典已经显明出来了。  这恩典训练我们除去不敬虔的心，和属世的私欲，在今生过着自律、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. 因为“凡希望享受人生，要看见好日子的，就要禁止舌头不出恶言，嘴唇不说诡诈的话；  也要离恶行善，寻找并追求和睦。  因为主的眼睛看顾义人，他的耳朵垂听他们的呼求；但主的脸敌对作恶的人。” (1 Peter 3:10-12)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 你们要称谢耶和华，因他本是良善的；他的慈爱永远长存。  愿人因耶和华的慈爱，和他向世人所行的奇事称谢他。  因为他使干渴的人得到满足，又使饥饿的人饱享美物。 (Psalm 107:1, 8-9)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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.” 耶和华你的救赎主，以色列的圣者，这样说：‘我是耶和华你的　神，是教导你，使你得益处的，是在你当行的道路上引导你的。 (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.” 你们所有劳苦担重担的人哪，到我这里来吧！我必使你们得安息。  我心里柔和谦卑，你们应当负我的轭，向我学习，你们就必得着心灵的安息；  我的轭是容易负的，我的担子是轻省的。” (Matthew 11:28-30)

Day 17

**Adoration**

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. 万有是借着他造的；凡被造的，没有一样不是借着他造的。  在他里面有生命，（有些抄本第3、4节或译：“万有是借着他造的，没有一样不是借着他造的；凡被造的，都在他里面有生命......”）这生命就是人的光。 (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. “你要写信给在非拉铁非教会的使者，说：‘那圣洁的、真实的，拿着大卫的钥匙，开了就没有人能关，关了就没有人能开的（“拿着大卫的钥匙......没有人能开的”引自赛22:22），这样说： (Revelation 3:7)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. (Isaiah 55:7)

*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.*

**Renewal**

May I not steal. “不可偷盗。 “‘不可偷盗。 (Exodus 20:15; Deuteronomy 5:19)

May I not bear false witness against my neighbor. “不可作假证供陷害你的邻舍。 “‘不可作假证供陷害你的邻舍。 (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. “不可贪爱你邻舍的房屋；不可贪爱你邻舍的妻子、仆婢、牛驴和他的任何东西。” “‘不可贪爱你邻舍的妻子；不可贪图你邻舍的房屋、田地、仆婢、牛驴和你邻舍的任何东西。’ (Exodus 20:17; Deuteronomy 5:21)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 耶和华啊！我从深处向你呼求。（本节在《马索拉抄本》包括细字标题）  主啊！求你听我的声音，求你留心听我恳求的声音。 (Psalm 130:1-2)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

The Holy Spirit convicts the world concerning sin and righteousness and judgment. 他来了，就要在罪、在义、在审判各方面指证世人的罪。 (John 16:8)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

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. 你们中间谁是有智慧、有见识的呢？他就应当有美好的生活，用明智的温柔，把自己的行为表现出来。  如果你们心中存着刻薄的嫉妒和自私，就不可夸口，也不可说谎抵挡真理。  这种智慧不是从天上来的，而是属地的、属血气的和属鬼魔的。  因为凡有嫉妒和自私的地方，就必有扰乱和各样的坏事。 (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. 至于从天上来的智慧，首先是纯洁的，其次是和平的，温柔的，谦逊的，满有恩慈和善果，没有偏袒，没有虚伪。  这是缔造和平的人，用和平所培植出来的义果。 (James 3:17-18)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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.” 天使说：“不要怕！看哪！我报给你们大喜的信息，是关于万民的：  今天在大卫的城里，为你们生了救主，就是主基督。 (Luke 2:10-11)

The Son of Man came to seek and to save that which was lost. 因为人子来，是要寻找拯救失丧的人。” (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，他就赐给他们权利，成为　神的儿女。  他们不是从血统生的，不是从肉身的意思生的，也不是从人意生的，而是从　神生的。 (John 1:12-13)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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? 于是耶稣对门徒说：“如果有人愿意跟从我，就当舍己，背起他的十字架来跟从我。  凡是想救自己生命的，必丧掉生命；但为我牺牲生命的，必得着生命。  人若赚得全世界，却赔上自己的生命，有什么好处呢？人还能用什么换回自己的生命呢？ 于是把众人和门徒都叫过来，对他们说：“如果有人愿意跟从我，就应当舍己，背起他的十字架来跟从我。  凡是想救自己生命的，必丧掉生命；但为我和福音牺牲生命的，必救了生命。  人就是赚得全世界，却赔上自己的生命，有什么好处呢？  人还能用什么换回自己的生命呢？ (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. (John 8:32, 34-36)

Day 18

**Adoration**

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? 你们要赞美耶和华。你们要称谢耶和华，因为他是美善的；他的慈爱永远长存。  谁能述说耶和华大能的作为，谁能说尽赞美他的话？ (Psalm 106:1-2)

You endowed the heart with wisdom

And gave understanding to the mind. 谁把智慧放在怀里，或把聪明赐于人的心中？ (Job 38:36)

*Pause to express your thoughts of praise and worship.*

**Confession**

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！求你鉴察我，知道我的心思；试验我，知道我的意念。  看看我里面有什么恶行没有，引导我走永恒的道路。 (Psalm 139:23-24)

*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.*

**Renewal**

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. “心灵贫乏的人有福了，因为天国是他们的。  哀痛的人有福了，因为他们必得安慰。  温柔的人有福了，因为他们必承受地土。 (Matthew 5:3-5)

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. 爱慕公义如饥如渴的人有福了，因为他们必得饱足。 (Matthew 5:6)

Blessed are the merciful, for they shall obtain mercy. 怜悯人的人有福了，因为他们必蒙怜悯。 (Matthew 5:7)

May these beatitudes become a reality in my life.

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 不要劳碌求富，你要明智地放下这企图。  你的眼睛注视在钱财上，钱财却不见了，因为钱财必长起翅膀，如鹰飞往天上。 (Proverbs 23:4-5)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

May I learn to do good,

Seek justice,

Remove the oppressor,

Defend the orphan,

And plead for the widow. 学习行善，寻求公平，指责残暴的人，替孤儿伸冤，为寡妇辨屈。” (Isaiah 1:17)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

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. 耶稣回答：“人若爱我，就要遵守我的话，我父必定爱他，并且我们要到他那里去，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，就应当跟从我；我在哪里，服事我的人也会在哪里；如果有人服事我，我父必尊重他。 (John 12:26)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 你所拣选，使他亲近你，可以住在你院子中的人，是有福的！愿我们因你的居所，就是你圣殿的美福心满意足。 (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.” 住在至高者的隐密处的，必在全能者的荫庇下安居。  我要对耶和华说：“你是我的避难所，我的保障，你是我的　神，我所倚靠的。” (Psalm 91:1-2)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 愿赐忍耐和安慰的　神，使你们彼此同心，效法基督耶稣，  同心一致地荣耀我们主耶稣基督的父　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. 愿赐平安的　神亲自使你们完全成圣，又愿你们整个人：灵、魂和身体都得蒙保守，在我们的主耶稣基督再来的时候，无可指摘。  那呼召你们的是信实的，他必成就这事。 (1 Thessalonians 5:23-24)

Day 19

**Adoration**

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！你的宝座是永永远远的，你国的权杖是公平的权杖。  你喜爱公义，恨恶邪恶，所以，　神，就是你的　神，用喜乐的油膏抹你，胜过膏抹你的同伴。 (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. 世世代代的人都要颂赞你的作为，他们要传扬你大能的作为。  他们要讲述你威严的尊荣，我也要默想你奇妙的作为。  他们要述说你所行可畏的事的能力，我也要宣扬你的伟大。 (Psalm 145:4-6)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 求你用牛膝草洁净我，我就干净；求你洗净我，我就比雪更白。  求你使我听见欢喜和快乐的声音，使你所压伤的骨头可以欢呼。  求你掩面不看我的罪恶，求你涂抹我的一切罪孽。  　神啊！求你为我造一颗清洁的心，求你使我里面重新有坚定的灵。  不要把我从你面前丢弃，不要从我身上收回你的圣灵。  求你使我重得你救恩的喜乐，重新有乐意的灵支持我。  我就必把你的道指教有过犯的人，罪人必回转归向你。 (Psalm 51:7-13)

*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.*

**Renewal**

Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. 内心清洁的人有福了，因为他们必看见　神。  使人和平的人有福了，因为他们必称为　神的儿子。 (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. 为义遭受迫害的人有福了，因为天国是他们的。  人若因我的缘故辱骂你们，迫害你们，并且捏造各样坏话毁谤你们，你们就有福了。  你们应该欢喜快乐，因为你们在天上的赏赐是大的；在你们以前的先知，他们也曾这样迫害。 (Matthew 5:10-12)

May these beatitudes become a reality in my life.

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 耶和华啊，我从坑的最深处呼求你的名，  你曾经垂听我的声音，现在求你不要掩耳不听我求救的呼声。  我每逢呼求你的时候，你就靠近我，说：“不要惧怕！”  主啊！你为我的案件申辩，赎回了我的性命。 (Lamentations 3:55-58)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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. 我们无论是犹太人，是希腊人，是作奴隶的，是自由的，都在那一位圣灵里受了洗，成为一个身体，都饮了那一位圣灵。 (1 Corinthians 12:13)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

Surely Your salvation is near to those who fear You. 他的救恩的确临近敬畏他的人，使他的荣耀住在我们的地上。 (Psalm 85:9)

The fear of the Lord is the beginning of knowledge,

But fools despise wisdom and discipline. 敬畏耶和华是知识的开端，但愚妄人藐视智慧和教训。 (Proverbs 1:7)

The fear of the Lord is a fountain of life,

To turn one away from the snares of death. 敬畏耶和华是生命的泉源，能使人避开死亡的网罗。 (Proverbs 14:27)

The secret of the Lord is with those who fear Him,

And He will make them know His covenant. 耶和华把心意向敬畏他的人显示，又使他们认识他的约。 (Psalm 25:14)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

Surely the righteous will give thanks to Your name;

The upright will dwell in Your presence. 义人必称赞你的名，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. 凡是求告耶和华的，耶和华都和他们接近，就是和所有真诚求告他的人接近。  敬畏他的，他必成就他们的心愿，也必听他们的呼求，拯救他们。  耶和华保护所有爱他的人，却要消灭所有恶人。 (Psalm 145:18-20)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

By common confession, 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. 敬虔的奥秘真伟大啊，这是众人所公认的，就是：“他在肉身显现，在圣灵里称义，被天使看见；被传于列国，被世人信服，被接到荣耀里。” (1 Timothy 3:16)

Day 20

**Adoration**

I will regard the Lord of hosts as holy;

He shall be my fear,

And He shall be my dread. 你们要尊万军之耶和华为圣，他是你们当怕的，也是你们当畏惧的。 (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、丰盛的救恩、智慧和知识；敬畏耶和华就是你的至宝。 (Isaiah 33:6)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 耶和华的圣民哪！你们要歌颂耶和华，赞美他的圣名。  因为他的怒气只是短暂的，他的恩惠却是一生一世的；夜间虽然不断有哭泣，早晨却必欢呼。 (Psalm 30:4-5)

*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.*

**Renewal**

May I be righteous before God, walking blamelessly in all the commandments and ordinances of the Lord. 他们在　神面前都是义人，遵行主的一切诫命规条，无可指摘， (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. “只是我告诉你们听道的人：当爱你们的仇敌，善待恨你们的人。  咒诅你们的，要为他们祝福，凌辱你们的，要为他们祷告。  你们愿意人怎样待你们，你们就应当怎样待人。 (Luke 6:27-28, 31)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 我们每天所需的食物，求你今天赐给我们；  赦免我们的罪，好像我们饶恕了得罪我们的人；  不要让我们陷入试探，救我们脱离那恶者。’（有些后期抄本在此有“因为国度、权柄、荣耀，全是你的，直到永远。阿们”一句） (Matthew 6:11-13)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

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! 但愿他们常常存着这样的心，敬畏我，遵守我的一切诫命，使他们和他们的子孙永享福乐。 (Deuteronomy 5:29)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

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，无可增添，无可减少；　神这样作，为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，连一切隐藏的事，无论是善是恶，　神都必审问。 (Ecclesiastes 12:14)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 耶和华说：“因为他恋慕我，我必搭救他；因为他认识我的名，我必保护他。  他求告我，我必应允他；他在患难中，我必与他同在；我必拯救他，使他得尊荣。  我必使他得享长寿，又向他显明我的救恩。” (Psalm 91:14-16)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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，比一切两刃的剑更锋利，甚至可以刺入剖开灵与魂，关节与骨髓，并且能够辨明心中的思想和意念。  被造的在　神面前没有一样不是显明的，万有在他的眼前都是赤露敞开的；我们必须向他交帐。 (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. 但你们呢，亲爱的，你们要在至圣的信仰上建立自己，在圣灵里祷告，  要保守自己在　神的爱中，仰望我们主耶稣基督的怜悯，直到永生。 (Jude 20-21)

Day 21

**Adoration**

The Lord made the earth by His power;

He established the world by His wisdom

And stretched out the heavens by His understanding. 耶和华用自己的能力创造了大地，用自己的智慧坚立了世界，又用自己的聪明展开了诸天。 (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. 那使太阳白昼发光，派定月亮和星辰照耀黑夜，又搅动海洋，使海浪澎湃的，万军之耶和华是他的名，他这样说： (Jeremiah 31:35)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 说：“耶和华天上的　神，伟大可畏的　神啊，你向那些爱你，遵守你诫命的人，守约施慈爱。  求你侧着耳，睁着眼的，垂听你仆人的祷告，我今天在你面前昼夜为着你的仆人以色列人祷告，承认以色列人所犯的罪，就是我与我父的家向你所犯的罪。 (Nehemiah 1:5-6)

*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.*

**Renewal**

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. 因为你们肉体的弱点，我就按一般人的话来说，你们从前怎样把你们的肢体献给不洁和不法作奴仆，以致于不法，现在也要照样把你们的肢体献给义作奴仆，以致于成圣。 (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. 随从肉体的人，以肉体的事为念；随从圣灵的人，以圣灵的事为念。  以肉体为念就是死，以圣灵为念就是生命、平安； (Romans 8:5-6)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，你们行事为人要谨慎，不要像愚昧人，却要像聪明人。  要把握时机，因为这时代邪恶。  因此，不要作糊涂人，要明白什么是主的旨意。 (Ephesians 5:15-17)

**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

My activities for this day

Special concerns

**Intercession**

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. 弟兄们，我们应该常常为你们感谢　神，这是合适的。因为你们的信心格外长进，你们众人彼此相爱的心也在增加。 (2 Thessalonians 1:3)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

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. 有声音说：“你呼喊吧！”他问：“我呼喊什么呢？”“所有的人尽都如草；他们的荣美都像野地的花。  草必枯干，花必凋谢；因为耶和华的气吹在上面；真的，这民的确是草！  草必枯干，花必凋谢，唯有我们　神的道永远长存。” (Isaiah 40:6-8)

Heaven and earth will pass away, but the words of the Lord Jesus will never pass away. 天地都要过去，但我的话决不会废去。 天地都过去，但我的话决不会废去。 (Matthew 24:35; Luke 21:33)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，并不惧怕，因为耶和华　神是我的力量，我的诗歌，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. 你们要倚靠耶和华，直到永远，因为耶和华是永存的磐石。 (Isaiah 26:4)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

The eyes of the Lord move to and fro throughout the whole earth to strengthen those whose hearts are fully committed to Him. 耶和华的眼目遍察全地，一心归向他的，他必以大能扶助他们；你作这事太愚昧了。从今以后，你必常有战争。” (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. 我常常把耶和华摆在我面前，因他在我右边，我必不会动摇。  为此我的心快乐，我的灵（“灵”或译：“荣耀”或“肝”；与30:12，57:8，108:1同）欢欣，我的肉身也必安然居住。  你必把生命的路指示我，在你面前有满足的喜乐，在你的右手中有永远的福乐。 (Psalm 16:8-9, 11)

Day 22

**Adoration**

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. (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. 耶和华啊！我要全心称谢你，我要述说你一切奇妙的作为。  我要因你快乐欢欣；至高者啊！我要歌颂你的名。 (Psalm 9:1-2)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 撒母耳说：“耶和华喜悦燔祭和平安祭，岂像喜悦人听从耶和华的话呢？听从胜过献祭，听命胜过公羊的脂油。  因为悖逆与行邪术的罪相同，顽梗与拜虚无偶像一样，因为你弃绝了耶和华的话，耶和华也弃绝了你作王。” (1 Samuel 15:22-23)

*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.*

**Renewal**

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、恼怒、暴戾、嚷闹、毁谤，连同一切恶毒，都应当从你们中间除掉。  要互相友爱，存温柔的心，彼此饶恕，就像　神在基督里饶恕了你们一样。 (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. 无论作什么，都不要发怨言、起争论，  好使你们无可指摘、纯真无邪，在这弯曲乖谬的世代中，作　神没有瑕疵的儿女；你们要在这世代中发光，好像天上的光体一样，  把生命的道显扬出来，使我在基督的日子可以夸耀我没有空跑，也没有徒劳。 (Philippians 2:14-16)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，你们既然是　神所拣选的，是圣洁、蒙爱的人，就要存怜悯的心肠、恩慈、谦卑、温柔和忍耐。  如果有人对别人有嫌隙，总要彼此宽容，互相饶恕；主怎样饶恕了你们，你们也要照样饶恕人。  在这一切之上，还要有爱心，爱心是联系全德的。 (Colossians 3:12-14)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

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. 你们不是说‘还有四个月才到收获的时候’吗？我告诉你们，举目向田观看，庄稼已经熟了，可以收割了。  收割的人得到工资，也积储五谷直到永生，使撒种的和收割的一同快乐。 (John 4:35-36)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

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；在最小的事上不义的，在大事上也不义。  如果你们在不义的钱财上不忠心，谁还把真实的钱财托付给你们呢？  如果你们在别人的东西上不忠心，谁还把你们自己的东西交给你们呢？ (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. “我们若与基督同死，就必与他同活；  我们若能坚忍，就必与他一同作王；我们若不认他，他必不认我们；  我们纵然不信，他仍然是信实的，因为他不能否定自己。”这话是可信的。 (2 Timothy 2:11-13)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 耶和华在万国的眼前，显露他的圣臂，地极的人必看见我们　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，驱散心里妄想的狂傲人。  他使有权能的失位，叫卑微的升高， (Luke 1:51-52)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 他造北斗与参星，昴星和南方的星座；  他所行的大事无法测度，所行的奇事不可胜数。 (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. 我观看你手所造的天，和你所安放的月亮和星星。  啊！人算什么，你竟记念他？世人算什么，你竟眷顾他？  你使他比天使（“天使”或译：“　神”）低微一点，却赐给他荣耀尊贵作冠冕。  你叫他管理你手所造的，把万物都放在他的脚下， (Psalm 8:3-6)

Day 23

**Adoration**

Rejoice in the Lord, O you righteous;

Praise is becoming to the upright. 义人哪！你们要靠着耶和华欢呼；正直人赞美主是合宜的。 (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. 耶和华啊！我们等候你那审判的路径；你的名字和称号，都是我们心里所爱慕的。 (Isaiah 26:8)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 那时我说：“我有祸了，我灭亡了！因为我是个嘴唇不洁的人，又住在嘴唇不洁的人民中间，又因为我亲眼看见了大君王万军之耶和华。” (Isaiah 6:5)

*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.*

**Renewal**

If I have found grace in Your sight, teach me Your ways, so I may know You and continue to find favor with You. 现在我若是在你眼前蒙恩，求你把你的道路指示我，使我可以认识你，可以在你眼前蒙恩；也求你想到这民族是你的人民。” (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. 所以你们要使自己成为圣洁。你们要分别为圣，因为我是耶和华你们的　神。  你们要谨守遵行我的律例，我是使你们分别为圣的耶和华。 (Leviticus 20:7-8)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I examine all things, hold fast to the good, and abstain from every form of evil. 凡事都要察验，好的要持守，  各样的恶事要远离。 (1 Thessalonians 5:21-22)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

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. 耶和华我们列祖亚伯拉罕、以撒、以色列的　神啊，求你永远保守这一件事，就是使你的子民常存这心思意念，坚定他们的心归向你。 (1 Chronicles 29:18)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

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. 智慧人在哪里？经学家在哪里？今世的辩士在哪里？　神不是使属世的智慧变成了愚笨吗？  但对那些蒙召的人，不论是犹太人或希腊人，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. 如果有人本来没有什么了不起，却自以为是了不起的，就是欺骗自己。 (Galatians 6:3)

Let him who boasts, boast in the Lord. 正如经上所说的：“夸口的应当靠着主夸口。” (1 Corinthians 1:31)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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.” “你们中间谁有一百只羊，失去一只，不把九十九只留下在旷野，去寻找那失落的，直到找着呢？  既找着了，就欢欢喜喜地放在肩上，  回到家里，请朋友邻舍来，对他们说：‘请大家和我一同欢乐，因为我失去的羊已经找到了！’  我告诉你们，因为一个罪人悔改，天上也要这样为他欢乐，比为九十九个不用悔改的义人欢乐更大。  我告诉你们，因为一个罪人悔改，　神的使者也必这样为他欢乐。” (Luke 15:4-7, 10)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 现在我确知，耶和华拯救自己的受膏者；他必从他的圣天上应允他，用自己右手的能力拯救他。  有人靠车，有人靠马。我们却靠耶和华我们　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. 耶和华的众圣民哪！你们都要爱耶和华；耶和华保护诚实的人，却严厉地报应行事骄傲的人。  所有仰望耶和华的人，你们都要刚强，坚固你们的心。 (Psalm 31:23-24)

Day 24

**Adoration**

“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.” 耶和华说：“我的意念不是你们的意念，你们的道路也不是我的道路。  天怎样高过地，我的道路也怎样高过你们的道路，我的意念也怎样高过你们的意念。 (Isaiah 55:8-9)

You are the Lord, the God of all mankind. Nothing is too difficult for You. “看哪！我是耶和华，是全人类的　神；在我有难成的事吗？ (Jeremiah 32:27)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 人心比万物都诡诈，无法医治；谁能识透呢？  “我耶和华是察透人心，试验人肺腑的，要照着各人的行为，和各人所作的事应得的结果报应各人。” (Jeremiah 17:9-10)

*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.*

**Renewal**

May I not profane Your holy name, but acknowledge You as holy before others. You are the Lord, who sanctifies me. 你们不可亵渎我的圣名，我在以色列人中间要被尊为圣；我是使你们分别为圣的耶和华， (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，你要听，耶和华我们的　神是独一的耶和华；  你要全心、全性、全力爱耶和华你的　神。 (Deuteronomy 6:4-5)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 那美好的仗我已经打过了，当跑的路我已经跑尽了，所持的信仰我已经守住了。  从此以后，有公义的冠冕为我存留，就是按公义审判的主在那日要赏给我的；不但赏给我，也赏给所有爱慕他显现的人。 (2 Timothy 4:7-8)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

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.” (Acts 1:8)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

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. 谁是智慧人，让他明白这些事吧！谁是有见识的人，让他领会这一切吧！因为耶和华的道路是正直的，义人要行在其中，恶人却必在其上绊倒。 (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. 地上所有谦卑的人，就是遵守耶和华典章的人哪！你们要寻求耶和华，你们要寻求公义，寻求谦卑。在耶和华忿怒的日子，你们或许得以隐藏起来。 (Zephaniah 2:3)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 　神借着耶稣基督（他是万有的主）传和平的福音，把这道传给以色列人。  他吩咐我们向人民传讲，郑重证明他是　神所立，审判活人死人的主。  所有先知都为他作见证：所有信他的，都必借着他的名，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. 我写信给各位住在罗马，为　神所爱，蒙召作圣徒的人。愿恩惠平安从我们的父　神和主耶稣基督临到你们。 (Romans 1:7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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！你为什么沮丧呢？为什么在我里面不安呢？应当等候　神；因为我还要称赞他，他是我面前的救助、我的　神。  我的心在我里面沮丧；因此我从约旦地，从黑门岭，从米萨山，记念你。  我的心哪！你为什么沮丧呢？为什么在我里面不安呢？应当等候　神；因为我还要称赞他，他是我面前的救助、我的　神。 (Psalm 42:5-6, 11)

Day 25

**Adoration**

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. “我一直在观看，看见有些宝座安放好了，万古常存者就坐上去；他的衣服洁白如雪，他的头发纯净像羊毛。他的宝座是火焰，宝座的轮子是烈火。  有火像河涌出，烈火从他面前冒出；事奉他的有千千，侍立在他面前的有万万。审判已经开始，案卷都展开了。 (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. 希西家在耶和华面前祷告，说：“耶和华以色列的　神，坐在二基路伯中间的啊，只有你是地上万国的　神，天地是你创造的。 (2 Kings 19:15)

*Pause to express your thoughts of praise and worship.*

**Confession**

“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. 耶和华说：“现在虽然如此，你们仍要全心全意，以禁食、哭泣、哀号，归向我。”  你们要撕裂你们的心肠，不要撕裂你们的衣服。并要归向耶和华你们的　神，因为他有恩典有怜悯，不轻易发怒，并且有丰盛的慈爱，随时转意不降灾祸。 (Joel 2:12-13)

*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.*

**Renewal**

May I preserve sound wisdom and discretion,

Not letting them out of my sight;

They will be life to my soul. 我儿，要谨守大智慧和明辨的态度，不可让它们离开你的眼目。  这样，它们就必作你的生命，作你颈上的华饰。 (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. 这律法书不可离开你的口，要昼夜默诵，好使你谨守遵行书中所记的一切；这样，你的道路就必顺利，你必一路亨通。 (Joshua 1:8)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 这些人都是存着信心死了的，还没有得着所应许的，只不过是从远处看见，就表示欢迎，又承认他们在世上是异乡人，是客旅。  但是现在他们所向往的，是一个更美的、在天上的家乡。所以，　神不以他们称他为　神而觉得羞耻；因为他已经为他们预备了一座城。  在他看来，为着基督受的凌辱，比埃及的财物更宝贵，因为他注视将来的赏赐。 (Hebrews 11:13, 16, 26)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

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). 求你从天上你的居所垂听和赦免他们，你是知道人心的，你必照着各人所行的报应各人；因为只有你知道世人的心。 (2 Chronicles 6:30)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

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. 万军之耶和华说：“从日出到日落的地方，我的名在列国中为大；在各处都有人向我的名烧香，献上洁净的礼物，因为我的名在列国中为大。” (Malachi 1:11)

All authority in heaven and on earth has been given to the Son of God. 耶稣上前来，对他们说：“天上地上一切权柄都赐给我了。 (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，他驾着云降临，每一个人都要看见他，连那些刺过他的人也要看见他，地上的万族都要因他捶胸。这是必定的，阿们。 (Revelation 1:7)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 义人的拯救是由耶和华而来；在患难的时候，他作他们的避难所。  耶和华帮助他们，搭救他们；他搭救他们脱离恶人，拯救他们，因为他们投靠他。 (Psalm 37:39-40)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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！愿你被尊崇，过于诸天；愿你的荣耀遍及全地。  主啊！我要在万民中称谢你，在万族中歌颂你。  因为你的慈爱伟大，高及诸天，你的信实上达云霄。  　神啊！愿你被尊崇，过于诸天；愿你的荣耀遍及全地。 (Psalm 57:5, 9-11)

Day 26

**Adoration**

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，创造了风，把他的心意告诉人；他造了晨光和黑暗，他的脚踏在地的高处，耶和华万军的　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. 我观看，见基路伯头顶以上的穹苍，有好像蓝宝石宝座的形状，显现出来。 (Ezekiel 10:1)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 肉身的父亲照着自己的意思管教我们，只有短暂的日子；唯有　神管教我们，是为着我们的好处，使我们在他的圣洁上有分。  但是一切管教，在当时似乎不觉得快乐，反觉得痛苦；后来却为那些经过这种操练的人，结出平安的果子来，就是义。  所以，你们要把下垂的手和发软的腿挺直起来；  也要把你们所走的道路修直，使瘸子不至于扭脚，反而得到复原。 (Hebrews 12:10-13)

*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.*

**Renewal**

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，我告诉你们，那杀身体以后不能再作什么的，不要怕他们。  我要指示你们当怕的是谁：当怕那杀身体以后，有权把人投入地狱里的；我告诉你们，应当怕他。 (Luke 12:4-5)

May I fear only the Lord my God and serve Him and take my oaths in His name. 你要敬畏耶和华你的　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. 只是你们要谨慎遵守耶和华的仆人摩西吩咐你们的诫命和律法，爱耶和华你们的　神，遵行他的一切道路，谨守他的诫命，紧紧倚靠他，一心一意事奉他。” (Joshua 22:5)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你们为主的缘故，要顺服人的一切制度，无论是至尊的君王，  或是君王所派赏善罚恶的官员；  因为这是　神的旨意，要借着你们的善行，塞住糊涂无知人的口。 (1 Peter 2:13-15)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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，醉酒能使人放荡乱性，却要让圣灵充满。  应当用诗章、圣诗、灵歌，彼此呼应，口唱心和地赞美主。  凡事要奉我们主耶稣基督的名，常常感谢父　神， (Ephesians 5:18-20)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

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. “我实在告诉你们，如果你们不回转，变成像小孩子一样，一定不能进天国。  所以，凡谦卑像这小孩子的，他在天国里是最大的。 (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. 但耶稣说：“让小孩子到我这里来，不要禁止他们，因为天国是属于这样的人的。” (Matthew 19:14)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，拯救我们的　神，是应当称颂的，他天天背负我们的重担。（细拉）  我们的　神是施行拯救的　神；人能逃脱死亡，是在于主耶和华。 (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. 称谢耶和华，歌颂你至高者的名；  早晨传扬你的慈爱，夜间传讲你的信实； (Psalm 92:1-2)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. (Psalm 63:6-8)

Day 27

**Adoration**

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，我的右手展开了诸天；我一呼唤它们，它们就一同站着侍候。 (Isaiah 48:13)

*Pause to express your thoughts of praise and worship.*

**Confession**

Surely You desire truth in the inner parts,

And in the hidden part You make me know wisdom. 看哪！你喜爱的是内心的诚实；在我内心的隐密处，你使我得智慧。 (Psalm 51:6)

*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.*

**Renewal**

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. 约西亚登基的时候只有八岁。他在耶路撒冷作王共三十一年。他母亲名叫耶底大，是亚大雅的女儿，来自波斯加。  他行耶和华看为正的事，跟随他祖宗大卫所行的一切道路，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. 你们应当行这些事：你们各人要与邻舍说真话，在你们的城门口要凭着诚实和公正施行审判。  你们各人不要心里图谋恶事，彼此陷害，也不可好起假誓，因为这些都是我所恨恶的。’这是耶和华的宣告。” (Zechariah 8:16-17)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I not be afraid of my adversaries, but remember the Lord, who is great and awesome. 我巡视之后，就起来，对贵族、官长和其余的人民说：“不要怕他们，要记得主是伟大可畏的，要为你们的兄弟、儿女、妻子和你们的家争战。” (Nehemiah 4:14)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

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，也不要贪图虚荣，只要谦卑，看别人比自己强；  各人不要单顾自己的事，也要顾别人的事。 (Philippians 2:3-4)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

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. 他将要被尊为大，称为至高者的儿子，主　神要把他祖大卫的王位赐给他，  他要作王统治雅各家，直到永远，他的国没有穷尽。” (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. 你们要仰观天空，俯视大地；因为诸天必像烟云消散，大地要像衣服渐渐破旧；其上的居民必像蠓虫死亡，但我的拯救却永远长存，我的公义也不会废去。 (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. 因为　神乐意使所有的丰盛都住在爱子里面，  并且借着他在十字架上所流的血成就了和平，使万有，无论是地上天上的，都借着他与　神和好了。 (Colossians 1:19-20)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 你们爱耶和华的，都要恨恶罪恶；耶和华保护圣民的性命，救他们脱离恶人的手。  有亮光照耀（“照耀”有古抄本作“散播”）义人，心里正直的人得享喜乐。 (Psalm 97:10-11)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华在天上立定宝座，他的王权统管万有。  你们作他天使的，就是那些大有能力，行他所吩咐，以及听从他命令的，都要称颂耶和华。  你们作他的众军，作他的仆役，遵行他旨意的，都要称颂耶和华。  你们一切被他所造的，在他统治的各处，都要称颂耶和华。我的心哪，你要称颂耶和华。 (Psalm 103:19-22)

Day 28

**Adoration**

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. 我们主耶稣基督的父　神是应当称颂的。他在基督里，曾经把天上各种属灵的福分赐给我们： (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. 愿恩惠平安从我们的父　神和主耶稣基督临到你们。  基督照着我们父　神的旨意，曾经为我们的罪舍己，为的是要救我们脱离现在这邪恶的世代。  愿荣耀归给他，直到永永远远。阿们。 (Galatians 1:3-5)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 过犯得蒙赦免，罪恶得到遮盖的人，是有福的。（本节在《马索拉抄本》包括细字标题）  心里没有诡诈，耶和华不算为有罪的，这人是有福的。  我闭口不认罪的时候，就整天唉哼，以致骨头衰残。  因为你的手昼夜重压在我身上，我的精力耗尽，好像盛暑的干旱。（细拉）  我向你承认我的罪，没有隐藏我的罪孽；我说：“我要向耶和华承认我的过犯”；你就赦免我的罪孽。（细拉） (Psalm 32:1-5)

*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.*

**Renewal**

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. “你们小心，不要在众人面前行你们的义，让他们看见；如果这样，就得不到你们天父的赏赐。 (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. 那些杀身体却不能杀灵魂的，不要怕他们；倒要怕那位能把灵魂和身体都投入地狱里的。 (Matthew 10:28)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 耶和华啊！我投靠你；求你使我永不羞愧，求你按着你的公义搭救我。  因为你是我的岩石、我的坚垒；为你名的缘故，求你带领我，引导我。  我把我的灵魂交在你手里，耶和华信实的　神啊！你救赎了我。 (Psalm 31:1, 3, 5)

**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

My activities for this day

Special concerns

**Intercession**

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. 我给你们一条新命令，就是要你们彼此相爱；我怎样爱你们，你们也要怎样彼此相爱。 (John 13:34)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

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. 必有许多睡在尘土中的人醒过来，有的要得永生，有的要受羞辱，永远被憎恶。  那些使人有智慧的必发光，好像天上的光体；那些使许多人归义的必发光，如同星星，直到永永远远。 (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. 你们不要把这事看作希奇，因为时候将到，那时所有在坟墓里的都要听见他的声音，  并且都要出来；行善的复活得生命，作恶的复活被定罪。 (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. 死人复活也是这样。所种的是必朽坏的，复活的是不朽坏的；  所种的是卑贱的，复活的是荣耀的；所种的是软弱的，复活的是有能力的；  所种的是属血气的身体，复活的是属灵的身体。既然有属血气的身体，也会有属灵的身体。 (1 Corinthians 15:42-44)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 你们要称谢耶和华，求告他的名；在万民中传扬他的作为。  你们要向他歌唱，歌颂他，讲论他一切奇妙的作为。  你们要以他的圣名夸耀；愿寻求耶和华的人都心里欢喜。 (Psalm 105:1-3)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 因为耶和华赐人智慧，知识和聪明都出自他的口。  他为正直人珍藏大智慧，给行为完全的人作盾牌；  为要看顾正直人的路径，护卫虔诚人的道路。 (Proverbs 2:6-8)

Day 29

**Adoration**

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. 万军之耶和华啊！你的居所多么可爱。  我的灵渴想切慕耶和华的院子，我的心身向永活的　神欢呼。 (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！你的公义达到高天，你曾经行过大事，　神啊！有谁像你呢？ (Psalm 71:19)

*Pause to express your thoughts of praise and worship.*

**Confession**

Does God not see my ways

And count all my steps? 　神不是察看我的道路，数算我的一切脚步吗？ (Job 31:4)

*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.*

**Renewal**

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. 还有，你们知道这是什么时期了，现在正是你们应该睡醒的时候，因为我们得救，现在比初信的时候更加接近了。  黑夜已深，白昼近了，所以我们要除掉暗昧的行为，带上光明的武器。 (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. 我们虽然在世上行事，却不是按照世俗的方式作战，  因为我们作战所用的兵器，不是属于这世界的，而是在　神面前有能力的，可以攻陷坚固的堡垒，  攻破诡辩，和做来阻挡人认识　神的一切高墙，并且把一切心意夺回来，顺服基督。 (2 Corinthians 10:3-5)

*Pause to add your own prayers for personal renewal.*

**Petition**

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 thanksgiving. 你们怎样接受了基督耶稣为主，就当照样在他里面行事为人，  按着你们所学到的，在他里面扎根、建造，信心坚定，满有感谢的心。 (Colossians 2:6-7)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

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. 这一切都是出于　神，他借着基督使我们与他自己和好，并且把这和好的职分赐给我们，  就是　神在基督里使世人与他自己和好，不再追究他们的过犯，并且把和好的道理托付了我们。  因此，我们就是基督的使者，　神借着我们劝告世人。我们代替基督请求你们：跟　神和好吧！ (2 Corinthians 5:18-20)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

The Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 主就是那灵；主的灵在哪里，哪里就有自由。 (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. 因为你们在找基督借着我说话的凭据。基督对你们不是软弱的，相反地，在你们身上是有能力的。  他因着软弱被钉死了，却靠着　神的大能活着。我们在他里面也是软弱的，但靠着　神向你们所显的大能，也必与他一同活着。 (2 Corinthians 13:3-4)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 你们要赞美耶和华。在正直人的议会中和大会里，我要全心称谢耶和华。  耶和华的作为伟大，喜爱他作为的人都努力查究。  他的作为满有尊荣和威严，他的公义永远长存。  他使人记念他所行的奇事；耶和华有恩典，有怜悯。 (Psalm 111:1-4)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 因为有一个婴孩为我们而生，有一个儿子赐给我们；政权必担在他的肩头上；他的名必称为“奇妙的策士、全能的　神、永恒的父、和平的君”。  他的政权与平安必无穷无尽地增加，他在大卫的宝座上治理他的国，以公平和公义使国坚立稳固，从现在直到永远。万军之耶和华的热心必成全这事。 (Isaiah 9:6-7)

Day 30

**Adoration**

You are my shield, my very great reward. 这些事以后，耶和华的话在异象中临到亚伯兰说：“亚伯兰，你不要惧怕，我是你的盾牌；你的赏赐是很大的。” (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? 这位　神，他的道路是完全的；耶和华的话是炼净的；凡是投靠他的，他都作他们的盾牌。  除了耶和华，谁是　神呢？除了我们的　神，谁是磐石呢？ (Psalm 18:30-31)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 耶和华啊！求你记念你的怜悯和慈爱，因为它们自古以来就存在。  求你不要记念我幼年的罪恶和我的过犯；耶和华啊！求你因你的恩惠，按着你的慈爱记念我。 (Psalm 25:6-7)

*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.*

**Renewal**

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. 至于淫乱和任何污秽或贪心的事，在你们中间连提都不可提，才合圣徒的体统。  更不要讲淫秽和愚妄的话，或下流的笑话，这些都与你们不相称；却要说感谢的话。 (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. 最后，弟兄们，凡是真实的、庄重的、公正的、纯洁的、可爱的、声誉好的，无论是什么美德，什么称赞，这些事你们都应当思念。  你们在我身上所学习、所领受、所听见、所看见的，这些事你们都应当实行；那么，赐平安的　神就必与你们同在。 (Philippians 4:8-9)

*Pause to add your own prayers for personal renewal.*

**Petition**

Answer me, O Lord, for Your lovingkindness is good;

In the abundance of Your mercies, turn to me. 耶和华啊！求你应允我，因为你的慈爱美善；求你照着你丰盛的怜悯转脸垂顾我。 (Psalm 69:16)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

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　神说，以色列的磐石告诉我：那以公义统治人的，那存敬畏　神的心施行统治的，  他必像旭日升起的光芒，像无云的早晨，像雨后的晴朗，使地长出绿草。 (2 Samuel 23:3-4)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 属基督耶稣的人，是已经把肉体和邪情私欲都钉在十字架上了。 (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. 不要彼此说谎，因为你们已经脱去了旧人和旧人的行为，  穿上了新人。这新人照着他的创造者的形象渐渐更新，能够充分认识主。 (Colossians 3:9-10)

I know that I abide in Christ, and He in me, because He has given me of His Spirit. 　神把他的灵赐给我们，我们就知道我们是住在他里面，他也住在我们里面。 (1 John 4:13)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 我爱耶和华，因为他听了我的声音、我的恳求。  因为他留心听我的恳求，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. 你们要称谢天上的　神，因为他的慈爱永远长存。 (Psalm 136:26)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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！主耶和华必像大能者临到，他的膀臂要为他掌权；看哪！他给予人的赏赐在他那里，他施予人的报应在他面前。  他必像牧人牧养自己的羊群，像用膀臂聚集羊羔，抱在自己的怀中，慢慢引导乳养小羊的。 (Isaiah 40:10-11)

The Lord’s lovingkindness is great toward us,

And the truth of the Lord endures forever.

Praise the Lord! 他向我们所施的慈爱极大；耶和华的信实永远长存。你们要赞美耶和华。 (Psalm 117:2)

Day 31

**Adoration**

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. 谁派他管理大地？谁设立全世界呢？  他若对人决心这样作，他若把灵与气收归自己，  有血肉生命的就都一同气绝身亡，世人都归回尘土。 (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. 因为树林中的百兽是我的，千山上的牲畜也是我的。  山中的雀鸟我都认识，田野的走兽也都属我。 (Psalm 50:10-11)

*Pause to express your thoughts of praise and worship.*

**Confession**

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；耶和华却衡量人心。 (Proverbs 21:2)

*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.*

**Renewal**

May I be holy to You, for You the Lord are holy, and You have set me apart to be Your own. 你们要归我为圣，因为我耶和华是圣洁的，我把你们从万民中分别出来，使你们归我。 (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，站在耶和华你们的　神面前的那天。那时耶和华对我说：‘你要为我召集众民，我要叫他们听我的话，使他们在那地上生活的日子，可以学习敬畏我，又可以教训自己的儿女。’ (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. “你要自己谨慎，免得忘记耶和华你的　神，不守他的诫命、典章、律例，就是我今日吩咐你的； (Deuteronomy 8:11)

*Pause to add your own prayers for personal renewal.*

**Petition**

I have sought You with my whole heart;

Do not let me stray from Your commands. 我一心寻求你，求你不要容我偏离你的诫命。 (Psalm 119:10)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

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，你们要去使万民作我的门徒，奉父子圣灵的名，给他们施洗（“奉父子圣灵的名，给他们施洗”或译：“给他们施洗，归入父子圣灵的名”），  我吩咐你们的一切，都要教导他们遵守。这样，我就常常与你们同在，直到这世代的终结。” (Matthew 28:19-20)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

When I seek the Lord my God, I will find Him if I seek Him with all my heart and with all my soul. 但你们在那里必寻求耶和华你的　神；如果你一心一意寻找他，就必寻见。 (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.” “那创造、塑造和坚定大地的是耶和华，耶和华是他的名。他这样说：  ‘你呼求我，我就应允你，并且把你所不知道的那些伟大奥秘的事告诉你。’ (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. 我羞于请求王派遣步兵和马兵帮助我们抵御路上的仇敌，因为我们曾告诉王说：‘我们　神的手必帮助所有寻求他的人，赐福给他们，但他的能力和忿怒必攻击所有离弃他的人。’ (Ezra 8:22)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，我要称谢你；你是我的　神，我要尊崇你。  你们要称谢耶和华，因他本是良善的；他的慈爱永远长存。 (Psalm 118:28-29)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 至于我，我要常常仰望你，要多多赞美你。  我的口要述说你的公义，终日讲述你的救恩，尽管我不知道它们的数量。  我要来述说主耶和华大能的事；我要提说你独有的公义。  　神啊！我自幼以来，你就教导我；直到现在，我还是宣扬你奇妙的作为。 (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觉，因为只有你耶和华能使我安然居住。 (Psalm 4:8)

**the third month**

Day 1

**Adoration**

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. 我要时常称颂耶和华，赞美他的话必常在我口中。  我的心要因耶和华夸耀，困苦的人听见了就喜乐。  你们要跟我一起尊耶和华为大，我们来一同高举他的名。 (Psalm 34:1-3)

The Lord is my stronghold,

And my God is a rock of refuge to me. 但耶和华作了我的高台，我的　神作了我避难的磐石。 (Psalm 94:22)

*Pause to express your thoughts of praise and worship.*

**Confession**

“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.” 耶和华说：“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。 (Isaiah 1:18)

*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.*

**Renewal**

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. 最后，你们要靠主的大能大力，在他里面刚强。  要穿戴　神所赐的全副军装，使你们能抵挡魔鬼的诡计。 (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. 但我们既然属于白昼，就应当谨慎，披上信和爱的胸甲，戴上救恩的盼望作头盔。 (1 Thessalonians 5:8)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 耶和华啊！我呼求你，求你快来帮助我；我呼求你的时候，求你留心听我的声音。（本节在《马索拉抄本》包括细字标题）  愿我的祷告好像香安放在你面前；愿我的手高举好像献晚祭。 (Psalm 141:1-2)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

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. 拯救我们的　神啊！求你复兴我们，求你止住你向我们所发的忿怒。  你要永远向我们发怒吗？你要延长你的怒气到万代吗？  你不使我们再活过来，以致你的子民可以因你欢喜吗？  耶和华啊！求你使我们得见你的慈爱，又把你的救恩赐给我们。 (Psalm 85:4-7)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

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. 耶和华亲自在你前头行，与你同在；他决不撇下你，也不离弃你；你不要害怕，也不要惊慌。” (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. 耶和华必保护虔诚人的脚步，却使恶人在黑暗中灭亡，因为人得胜不是靠着力量。  至高者在天上打雷，耶和华必打碎与他作对的人。耶和华要审判地的四极，却要赐力量给他所立的王，高举他膏立之人的角。” (1 Samuel 2:9-10)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 以下是亚当后代的记录。　神创造人的时候，是按着自己的样式造的；  他创造了一男一女。在创造他们的时候，　神赐福给他们，称他们为人。 (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. 那创造诸天，展开穹苍，铺张大地和大地所出的一切，赐气息给地上的众人，又赐灵性给在地上行的人的耶和华　神这样说： (Isaiah 42:5)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 我因你的话语欢喜，像得了许多战利品的人一样。  虚伪是我憎恨厌恶的，你的律法却是我所爱的。  喜爱你律法的必有丰盛的平安，什么都不能绊倒他们。  耶和华啊！我要等候你的救恩，我要遵行你的命令。  我的心谨守你的法度，这些法度是我热爱的。  我谨守你的训词和法度，因我所行的一切都在你面前。 (Psalm 119:162-163, 165-168)

Day 2

**Adoration**

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. 我又听见一个声音，好像一大群人的声音，像众水的声音，又像大雷的声音，说：“哈利路亚！因为主、我们全能的　神作王了！  我们要欢喜快乐，把荣耀归给他！因为羊羔的婚期到了；他的新娘也自己预备好了。  天使对我说：“你要写下来：‘被邀请赴羊羔婚筵的人有福了！’”他又对我说：“这都是　神真实的话。” (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、为众教会向你们证明这些事的，就是我耶稣。我是大卫的根，又是他的后裔，我是明亮的晨星。” (Revelation 22:16)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. “来吧！让我们回转归向耶和华；因为，他虽然撕裂了我们，但必定医治我们；他虽然击伤了我们，却必替我们裹伤。  两天以后，他要使我们复原；第三天，他使我们起来，我们就可以活在他的面前。 (Hosea 6:1-2)

*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.*

**Renewal**

May I rejoice always, pray without ceasing, and give thanks in all circumstances, for this is God’s will for me in Christ Jesus. 要常常喜乐，  不住祷告，  凡事谢恩；这就是　神在基督耶稣里给你们的旨意。 (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. 使我认识基督和他复活的大能，并且在他所受的苦上有分，受他所受的死；  这样，我也许可以从死人中复活。 (Philippians 3:10-11)

*Pause to add your own prayers for personal renewal.*

**Petition**

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！求你听我的呼求，留心听我的祷告。  我内心沮丧的时候，我从地极向你呼求；求你领我到那比我更高的磐石上面去。  因为你作过我的避难所，作过我逃避仇敌的坚固堡垒。  我要永远住在你的帐棚里，投靠在你翅膀下的隐密处。（细拉） (Psalm 61:1-4)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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. 身体只有一个，圣灵只有一位，就像你们蒙召只是借着一个盼望。  主只有一位，信仰只有一个，洗礼只有一种；  　神只有一位，就是万有的父。他超越万有，贯彻万有，并且在万有之中。 (Ephesians 4:4-6)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

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说谎，也不后悔。因为他不是世人，他决不后悔。” (1 Samuel 15:29)

The counsel of the Lord stands firm forever,

The plans of His heart through all generations. 耶和华的谋略永远立定，他心中的计划万代长存。 (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. 主决不耽延他的应许，像有些人以为他是耽延的一样；其实他是宽容你们，不愿有一人灭亡，却愿人人都悔改。 (2 Peter 3:9)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 因为耶和华你的　神原是满有怜悯的　神，他必不丢弃你，不毁灭你，也不忘记他起誓与你的列祖所立的约。 (Deuteronomy 4:31)

You, O Lord, are a shield around me;

You bestow glory on me and lift up my head. 耶和华啊！你却是我周围的盾牌，是我的荣耀，是使我抬起头来的。 (Psalm 3:3)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 　神差遣他的独生子到世上来，要使我们借着他而活；　神的爱就在我们中间显明了。  不是我们爱　神，而是　神爱我们，差遣他的儿子为我们的罪作了赎罪祭，这就是爱了。 (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. 爱是恒久忍耐，又有恩慈。爱是不嫉妒，不自夸，不张狂；  不作失礼的事，不求自己的益处，不轻易动怒，不计较人的过犯；  不喜欢不义，只喜欢真理。  爱是凡事包容，凡事相信，凡事盼望，凡事忍耐。  爱是永存不息的。先知的讲道终必过去，方言终必停止，知识终必消失。 (1 Corinthians 13:4-8)

Day 3

**Adoration**

I will praise You with uprightness of heart

As I learn Your righteous judgments. 我学会了你公义的法则，就以正直的心称谢你。 (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. 我确实知道耶和华是伟大的，我们的主超越万神之上。  在天上，在地上，在海中，在一切深处，耶和华喜欢什么，就作什么。 (Psalm 135:5-6)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 我们若说自己与他心灵相通，却行在黑暗里，就是说谎话，不实行真理了。  我们若行在光中，像他在光中一样，就彼此心灵相通，他儿子耶稣的血也洁净我们脱离一切罪。 (1 John 1:6-7)

*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.*

**Renewal**

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. (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. 你们既因顺从真理，洁净了自己的心灵，以致能真诚地爱弟兄，就应当从清洁的心里彼此切实相爱。 (1 Peter 1:22)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 人被试探，不可说“我被　神试探”；因为　神不能被恶试探，他也不试探任何人。  每一个人受试探，都是被自己的私欲所勾引诱惑的。  私欲怀了胎，就生出罪；罪长成了，就产生死亡。 (James 1:13-15)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

Far be it from me that I should sin against the Lord by ceasing to pray for others. 至于我，我决不停止为你们祷告，以致得罪耶和华；我要把善道正路教导你们。 (1 Samuel 12:23)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

It is for my good that You returned to the Father, because You have sent the Counselor, the Holy Spirit, to me. 但我要把实情告诉你们，我去是对你们有益的。如果我不去，保惠师就不会到你们这里来；我若去了，就会差他到你们这里来。 (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.” 他要荣耀我，因为他要把从我那里所领受的告诉你们。  父所有的一切，都是我的；所以我说，他要把从我那里所领受的告诉你们。 (John 16:14-15)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 至于我，我倚靠你的慈爱，我的心必因你的救恩欢呼。  我要歌颂耶和华，因他以厚恩待我。（本章第5-6节在《马索拉抄本》为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. 耶和华是应当称颂的，因为他听了我恳求的声音。  耶和华是我的力量，是我的盾牌；我的心倚靠他，我就得到帮助；所以我的心欢乐。我要用诗歌颂赞他。 (Psalm 28:6-7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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、我们的　神，你是配得荣耀、尊贵、权能的，因为你创造了万有，万有都是因着你的旨意而存在，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!” 我又听见在天上、地上、地底下和海里的一切被造之物，以及天地间的万有，都说：“愿颂赞、尊贵、荣耀、能力，都归给坐在宝座上的那一位和羊羔，直到永永远远！” (Revelation 5:13)

Day 4

**Adoration**

The Lord stretches out the heavens, lays the foundation of the earth, and forms the spirit of man within him. 以下是耶和华的默示，这是耶和华论到以色列的话（是耶和华的宣告，他铺张诸天，奠定大地的根基，造成人里面的灵）： (Zechariah 12:1)

You are the Lord, the God of the spirits of all flesh. “愿耶和华万人之灵的　神，立一个人治理会众， (Numbers 27:16)

Nothing is too difficult for the Lord. 耶和华岂有难成的事吗？到明年这个时候，我要回到你这里来，那时，撒拉必生一个儿子。” (Genesis 18:14)

*Pause to express your thoughts of praise and worship.*

**Confession**

Death and Destruction lie open before the Lord;

How much more the hearts of men! 阴间和灭亡展露在耶和华面前，何况世人的心呢？ (Proverbs 15:11)

*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.*

**Renewal**

May I observe all Your statutes and all Your judgments and follow them; You are the Lord. 你们要谨守遵行我的一切律例和一切典章；我是耶和华。” (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. 审判的时候，不可偏袒人；无论贵贱尊卑，都要一样地听讼；不可怕人的情面，因为审判是属于　神的；如果你们遇见难断的案件，可以呈到我这里来，让我审断。’ (Deuteronomy 1:17)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，但那些无故以诡诈待人的必要羞愧。  耶和华啊！求你把你的道路指示我，求你把你的路径教导我，  求你以你的真理引导我，教训我，因为你是拯救我的　神；我整天等候的就是你。 (Psalm 25:3-5)

**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

My activities for this day

Special concerns

**Intercession**

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. 反而在各样的事上，表明自己是　神的仆人，就如持久的忍耐、患难、贫乏、困苦、  鞭打、监禁、扰乱、劳苦、不睡觉、禁食、  纯洁、知识、容忍、恩慈、圣灵、无伪的爱心、  真理的道、　神的大能等事上；并且是借着左右两手中公义的武器，  借着荣耀和羞辱、坏名声和好名誉。我们好像是骗人的，却是真诚的，  好像是人所不知的，却是人所共知的；好像是必死的，你看，我们却是活着的；好像是受惩罚的，却没有处死；  好像忧愁，却是常常喜乐的；好像贫穷，却使很多人富足；好像是什么都没有，却是样样都有。 (2 Corinthians 6:4-10)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

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. 耶和华啊！人算什么，你竟关怀他，世人算什么，你竟眷念他。  人不过像一口气，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，必丧掉生命；凡是牺牲生命的，却必保全生命。 (Luke 17:33)

Here I do not have an enduring city, but I am seeking the city that is to come. 因为在这里我们没有长存的城，我们却是寻求那将要来的城。 (Hebrews 13:14)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 我要向我的兄弟宣扬你的名，我要在聚会中赞美你。  敬畏耶和华的人哪！你们要赞美他；雅各所有的后裔啊！你们都要尊敬他；以色列所有的后裔啊！你们都要惧怕他。  因为他不轻看，不厌恶受苦的人的痛苦，也没有掩面不顾他；受苦的人呼求的时候，他就垂听。 (Psalm 22:22-24)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

The Lord will be gracious to whom He will be gracious, and He will have compassion on whom He will have compassion. 耶和华说：“我要使我的一切美善都在你面前经过，并且要把我的名字耶和华在你面前宣告出来；我要恩待谁，就恩待谁；我要怜悯谁，就怜悯谁。” (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. 耶和华在摩西面前经过，并且宣告说：“耶和华，耶和华，是有怜悯有恩典的　神，不轻易发怒，并且有丰盛的慈爱和诚实，  为千千万万人留下慈爱，赦免罪孽、过犯和罪恶。一定要清除罪，追讨罪孽自父及子至孙，直到三四代。” (Exodus 34:6-7)

Day 5

**Adoration**

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，智慧从哪里来，聪明之地在哪里呢？  众生的眼睛都看不到，空中的飞鸟也不能发现。  灭亡和死亡都说：‘我们只风闻它的事罢了。’  　神明白智慧的道路，也晓得智慧的所在，  因为他察看全世界，遍观全地。 (Job 28:20-24)

Men fear You,

For You do not regard any who are wise of heart. 因此人人都应该敬畏他；心中自以为有智慧的，他都不看顾。” (Job 37:24)

*Pause to express your thoughts of praise and worship.*

**Confession**

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，我的罪愆不能向你隐瞒。  主万军之耶和华啊！愿那些等候你的，不要因我蒙羞；以色列的　神啊！愿那些寻求你的，不要因我受辱。 (Psalm 69:5-6)

*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.*

**Renewal**

“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.” 现在求你赐我智慧和知识，使我可以领导这人民；否则，谁能治理这众多的人民呢？”  　神对所罗门说：“你既然有这个心意：不求富足、财产、尊荣，也不求你敌人的性命，又不求长寿，只为自己求智慧和知识，好治理我的子民，就是我立你作王统治的人民，  因此，智慧和知识必赐给你，我也把富足、财产和尊荣赐给你；在你以前的列王从没有这样，在你以后的也必没有这样。” (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：“马大，马大，你为许多事操心忙碌，  但是最需要的只有一件，马利亚已经选择了那上好的分，是不能从她夺去的。” (Luke 10:41-42)

*Pause to add your own prayers for personal renewal.*

**Petition**

May everything I do be done in love. 你们所作的一切，都要凭爱心去作。 (1 Corinthians 16:14)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

I pray that words may be given to me, that I may open my mouth boldly to make known the mystery of the gospel. 也要为我祈求，使我传讲的时候，得着当说的话，可以坦然无惧地讲明福音的奥秘， (Ephesians 6:19)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

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. 义人的口说出智慧，他的舌头讲论正义。  　神的律法在他心里，他的脚步必不滑跌。 (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. 我亲爱的弟兄们，你们要知道，人人都应该快快地听，慢慢地说，慢一点动怒；  因为人的忿怒并不能成全　神的义。 (James 1:19-20)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 诸天述说　神的荣耀，穹苍传扬他的作为。  天天发出言语，夜夜传出知识。 (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. 耶和华啊！我要尊崇你，因为你曾救拔我，不容我的仇敌向我夸耀。  耶和华我的　神啊！我曾向你呼求，你也医治了我。 (Psalm 30:1-2)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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? 这位　神，他的道路是完全的；耶和华的话是炼净的；凡是投靠他的，他都作他们的盾牌。  除了耶和华，谁是　神呢？除了我们的　神，谁是磐石呢？ (2 Samuel 22:31-32)

Day 6

**Adoration**

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. 耶和华说：“你们就是我的见证人，我所拣选的仆人，为要使你们知道，并且相信我，又明白我就是‘那位’；在我以前没有神被造出来，在我以后也必没有。 (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. 耶和华以色列的王、以色列的救赎主、万军之耶和华这样说：“我是首先的，我是末后的；除我以外，再没有真神。 (Isaiah 44:6)

*Pause to express your thoughts of praise and worship.*

**Confession**

Can a mortal be more righteous than God?

Can a man be more pure than his Maker? ‘人能在　神面前算为公义吗？人能在他的创造主面前算为洁净吗？ (Job 4:17)

*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.*

**Renewal**

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. 你们也是这样，作完一切吩咐你们的事，应该说：‘我们是无用的仆人，我们只作了应分作的。’” (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. 趁着白昼，我们必须作那差我来者的工；黑夜一到，就没有人能作工了。 (John 9:4)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I be a person who fears God, loves truth, and hates dishonest gain. 你要从人民中间选出有才能的人，就是敬畏　神、忠实可信、恨恶不义之财的人，设立他们作千夫长、百夫长、五十夫长、十夫长，去管理人民， (Exodus 18:21)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

Righteousness exalts a nation,

But sin is a disgrace to any people. 正义使国家兴盛，罪恶是人民的羞辱。 (Proverbs 14:34)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

You save the humble

But bring low those whose eyes are haughty. 谦卑的人，你要拯救；高傲的眼睛，你要贬低。 (Psalm 18:27)

Pride breeds nothing but strife,

But wisdom is found in those who take advice. 傲慢只能引起争端；接受劝告的却有智慧。 (Proverbs 13:10)

When pride comes, then comes dishonor,

But with humility comes wisdom. 傲慢来，羞辱也来；谦卑的人却有智慧。 (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，性情骄傲的人也必俯首，唯独耶和华被高举。 (Isaiah 2:11)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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! 耶和华啊！你为敬畏你的人所珍藏的好处，为投靠你的人在世人面前所施行的恩惠，是多么丰盛。 (Psalm 31:19)

Surely God is my helper;

The Lord is the sustainer of my soul. 看哪！　神是我的帮助；主是扶持我性命的。 (Psalm 54:4)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 这位　神是我坚固的避难所，他使我的道路完全。  他使我的脚像母鹿的蹄，又使我站稳在高处。  他教导我的手怎样作战，又使我的手臂可以拉开铜弓。  你把你救恩的盾牌赐给我；你的回答使我昌大。  你使我脚底下的路径宽阔，我的两膝动摇。 他使我的脚像母鹿的蹄，又使我站稳在高处。  他教导我的手怎样作战，又使我的手臂可以拉开铜弓。  你把你救恩的盾牌赐给我，你的右手扶持我，你的温柔使我昌大。  你使我脚底下的路径宽阔，我的两膝没有动摇。 (2 Samuel 22:33-37; Psalm 18:33-36)

The Lord lives! Blessed be my Rock!

Exalted be God, the Rock of my salvation! 耶和华是永活的，我的磐石是应当称颂的；拯救我的　神，我的磐石，是应当被尊为至高的。 耶和华是永活的，我的磐石是应当称颂的，拯救我的　神是应当被尊为至高的。 (2 Samuel 22:47; Psalm 18:46)

Day 7

**Adoration**

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. 不过，我们看见那位暂时成了比天使卑微的耶稣，因为受了死的痛苦，就得了荣耀尊贵作冠冕，好叫他因着　神的恩典，为万人尝了死味。  万有因他而有、借他而造的那位，为了要带领许多儿子进入荣耀里去，使救他们的元首借着受苦而得到成全，本是合适的。 (Hebrews 2:9-10)

You are the King of kings and Lord of lords. 在他的衣服和大腿上，写着“万王之王，万主之主”的名号。 (Revelation 19:16)

*Pause to express your thoughts of praise and worship.*

**Confession**

I know in my heart that as a man disciplines his son, so the Lord my God disciplines me. 因此你心里要明白，耶和华你的　神管教你，好像人管教他的儿子一样。 (Deuteronomy 8:5)

*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.*

**Renewal**

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. 我们这些与　神同工的，也劝你们不要白受　神的恩典。  因为他说：“在悦纳的时候，我应允了你；在拯救的日子，我帮助了你。”看哪！现在就是悦纳的时候，现在就是拯救的日子。 (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. 也愿他坚定你们的心，好叫你们在我们主耶稣和众圣徒再来的时候，在我们的父　神面前，完全圣洁，无可指摘。 (1 Thessalonians 3:13)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你们作仆人的，要凡事听从世上的主人，作事不要只作给人看，像那些讨人欢心的一样，却要以真诚的心敬畏主。  无论你们作什么，都要从心里去作，像是为主作的，不是为人作的，  因为你们知道，你们一定会从主那里得到基业为赏赐。你们应当服事主基督， (Colossians 3:22-24)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

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. 过去那无知的时代，　神不加以追究；现在，他却吩咐各处的人都要悔改，  因为他已经定好了日子，要借着他所立的人，按公义审判天下，并且使他从死人中复活，给万人作一个可信的凭据。” (Acts 17:30-31)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

Only in the Lord are righteousness and strength. 人论到我必说：‘只有在耶和华里面才有公义和能力’；向他发怒的，都必来到他面前，并且要蒙羞。 (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. 创造宇宙和其中万有的　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，好像他缺少什么；他自己反而把生命、气息和一切，赐给万人。 (Acts 17:24-25)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 至于我，我要歌颂你的能力，每天早晨我要向你的慈爱欢呼，因为你作了我的高台，在患难的日子，作了我的避难所。  我的力量啊！我要向你歌唱；　神啊！你是我的高台，是向我施慈爱的　神。 (Psalm 59:16-17)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 我还是相信，在活人之地，我可以看见耶和华的恩惠。  你要等候耶和华，要刚强，要坚定你的心，要等候耶和华。 (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. 我们的心等候耶和华，他是我们的帮助、我们的盾牌。  我们的心因他欢乐，因为我们倚靠他的圣名。  耶和华啊！求你照着我们所仰望你的，向我们施慈爱。 (Psalm 33:20-22)

Day 8

**Adoration**

The Lord of hosts will be exalted in judgment,

And the holy God will show Himself holy in righteousness. 唯独万军之耶和华，因公平被高举；至圣的　神，因公义显为圣。 (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，耶和华必等候要恩待你们；他必兴起来怜悯你们，因为耶和华是公义的　神。等候他的，都是有福的。 (Isaiah 30:18)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 耶和华恨恶的事有六样，连他心里厌恶的，共有七样，  就是高傲的眼、说谎的舌头、流无辜人血的手、  图谋恶事的心、快跑行恶的脚、  说谎的假证人，和在弟兄中散布纷争的人。 (Proverbs 6:16-19)

*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.*

**Renewal**

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，你们要喜乐。然而，你们现今在各种试炼中或许暂时会难过，  是要叫你们的信心经过试验，就比那被火炼过，仍会朽坏的金子更宝贵，可以在耶稣基督显现的时候，得着称赞、荣耀和尊贵。 (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. 但主的日子必要像贼一样来到。在那日，天必轰然一声地消失，所有元素都因烈火而融化；地和地上所有的，都要被烧毁。  这一切既然都要这样融化，你们应当怎样为人，过着圣洁和敬虔的生活，  等候并催促　神的日子降临呢？因为在那日，天要被火焚烧就融化了，所有元素都因烈火而融解！  但是我们按照他所应许的，等候新天新地，有公义在那里居住。  所以，亲爱的，你们既然等候这些事，就当殷勤努力，使你们没有污点，没有瑕疵，安然见主。 (2 Peter 3:10-14)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 主人就夸奖这不义的管家作事机警；因为在应付自己的世事上，今世之子比光明之子更精明。  我告诉你们，要用不义的钱财去结交朋友，好叫钱财无用的时候，他们可以接你们到永恒的帐棚里。 (Luke 16:8-9)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

The end of all things is near; therefore we should be clear minded and self-controlled for prayer. 万物的结局近了，所以你们要谨慎警醒地祷告。 (1 Peter 4:7)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

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? 你绝不会作这样的事：把义人与恶人一同杀死，把义人和恶人一样看待，你绝不会这样！审判全地的主，岂可不行公义吗？” (Genesis 18:25)

Your eyes are too pure to look at evil;

You cannot look on wickedness. 你的眼目纯洁，不看邪恶，不能坐视奸恶；为什么见行诡诈的人而不理？恶人吞灭比自己公义的人，你为什么缄默呢？ (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. 他们故意忘记这事：在太古的时候，因着　神的话，就有了天，和从水而出、借水而成的地。  当时的世界，因被水淹没而消灭了。  但现在的天地，还是因着同样的话可以存留，直到不敬虔的人受审判和遭灭亡的日子，用火焚烧。 (2 Peter 3:5-7)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，我仍常与你同在；你紧握着我的右手。  你要以你的训言引领我，以后还要接我到荣耀里去。 (Psalm 73:23-24)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

I will be still and know that You are God;

You will be exalted among the nations,

You will be exalted in the earth. (Psalm 46:10)

Blessed be the Lord, the God of Israel,

From everlasting to everlasting.

Amen and Amen. 耶和华以色列的　神是应当称颂的，从永远直到永远。阿们，阿们。 (Psalm 41:13)

Day 9

**Adoration**

The Lord my God is a consuming fire, a jealous God. 因为耶和华你的　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. 米该雅说：“因此，你要听耶和华的话；我看见耶和华坐在他的宝座上，天上的万军都侍立在他的左右。 (1 Kings 22:19)

The heavens and the highest heavens cannot contain the Lord. 但谁能为他建造殿宇呢？天和天上的天也容不下他；我是谁，怎能为他建造殿宇？我不过在他面前烧香罢了。 (2 Chronicles 2:6; 6:18)

*Pause to express your thoughts of praise and worship.*

**Confession**

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.” 因为主耶和华以色列的圣者这样说：“你们得救在于悔改和安息，你们得力在于平静和信靠。”但你们竟不愿意。 (Isaiah 30:15)

*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.*

**Renewal**

Like Asa, may I do what is good and right in the sight of the Lord my God. 亚撒行耶和华他的　神看为善为正的事。（本节在《马索拉抄本》为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. (2 Chronicles 17:6)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I put away perversity from my mouth

And keep corrupt talk far from my lips. 你要除掉欺诈的口，远离乖谬的嘴唇。 (Proverbs 4:24)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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，被建造成为灵宫，作圣洁的祭司，借着耶稣基督献上蒙　神悦纳的灵祭。  然而你们是蒙拣选的族类，是君尊的祭司，是圣洁的国民，是属　神的子民，为要叫你们宣扬那召你们出黑暗入奇妙光明者的美德。 (1 Peter 2:5, 9)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

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. 如果我们忽略了这么大的救恩，怎么能逃罪呢？这救恩起初是由主亲自宣讲的，后来听见的人给我们证实了。  　神又照着自己的旨意，用神迹、奇事和各样异能，以及圣灵的恩赐，与他们一同作见证。 (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. 　神的仆人、耶稣基督的使徒保罗（这是为着　神选民的信心，和那合乎敬虔真理的知识；  这都是根据永生的盼望，这永生就是没有谎言的　神在万世以前所应许的。  到了适当的时候，　神就借着福音的宣讲，把他的道显明出来。照着　神我们救主的命令，这宣讲的使命交托了我）， (Titus 1:1-3)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

I will give thanks to the Lord, for He is good;

His lovingkindness endures forever. 你们要称谢耶和华，因他本是良善的；他的慈爱永远长存。 (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. 耶和华啊！你的话存到永远，坚立在天上。  你的信实存到万代；你坚立了地，地就长存。  天地照着你的安排存到今日，因为万有都是你的仆役。 (Psalm 119:89-91)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 唯独等候　神，我的心才有安息；我的拯救从他而来。  唯独他是我的磐石，我的拯救；他是我的保障，我必不至动摇。 (Psalm 62:1-2)

Blessed be the Lord, the God of Israel,

From everlasting to everlasting.

Praise the Lord. 耶和华以色列的　神是应当称颂的，从永远到永远。愿众民都说：“阿们。”你们要赞美耶和华。 (Psalm 106:48)

Day 10

**Adoration**

My soul will rejoice in the Lord

And delight in His salvation. 我的心必因耶和华快乐，因他的救恩高兴。 (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，我要切切寻求你；在干旱、疲乏、无水之地，我的心，我的身，都渴想你，切慕你。 (Psalm 63:1)

*Pause to express your thoughts of praise and worship.*

**Confession**

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，不追究产业之余民的过犯呢？他不永远怀怒，因为他喜爱怜悯。  他必再怜爱我们，把我们的罪孽都践踏在脚下，又把我们的一切罪恶都投在深海里。 (Micah 7:18-19)

*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.*

**Renewal**

May I beware and be on my guard against all covetousness, for my life does not consist in the abundance of my possessions. 于是他对众人说：“你们要谨慎，远离一切贪心，因为人的生命并不在于家道丰富。” (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.” 你们为人不要贪爱钱财，要以现在所有的为满足；因为　神亲自说过：“我决不撇下你，也不离弃你。” (Hebrews 13:5)

*Pause to add your own prayers for personal renewal.*

**Petition**

My eyes are upon You, O God the Lord;

In You I take refuge; You will not leave my soul destitute. 主耶和华啊！我的眼睛仰望你；我投靠你，求你不要使我丧命。 (Psalm 141:8)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

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. 求他按着他荣耀的丰盛，借着他的灵，用大能使你们内在的人刚强起来，  使基督借着你们的信，住在你们心里，使你们既然在爱中扎根建基，  就能和众圣徒一同领悟基督的爱是多么的长阔高深，  并且知道他的爱是超过人所能理解的，使你们被充满，得着　神的一切丰盛。 (Ephesians 3:16-19)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

Faith is the reality of things hoped for and the conviction of things not seen. 信就是对所盼望的事的把握，是还没有看见的事的明证。 (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. 没有信，就不能得到　神的喜悦；因为来到　神面前的人，必须信　神存在，并且信他会赏赐那些寻求他的人。 (Hebrews 11:6)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 直到你们年老，我还是一样；直到你们发白，我仍然怀抱你。我以前既然这样作了，以后我仍必提携你；我必怀抱你，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. 至于我，我却要仰望耶和华，我要等候那拯救我的　神；我的　神必应允我。 (Micah 7:7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. ‘主耶和华啊！你看，你曾用大能和伸出来的膀臂创造了天地；在你并没有难成的事。  你向千万人施慈爱，又把父亲的罪孽都报应在他们的儿女身上。你是伟大、有能力的　神，万军之耶和华是你（“你”原文作“他”）的名。  你的计划伟大，你的作为满有能力；你的眼睛睁开，察看世人一切所行的，要照着各人的行为，和各人所作的事应得的结果来报应各人。 (Jeremiah 32:17-19)

I delight to do Your will, O my God,

And Your law is within my heart. 我的　神啊！我乐意遵行你的旨意；你的律法常在我的心里。” (Psalm 40:8)

Day 11

**Adoration**

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！你们应当向　神欢呼。（本节在《马索拉抄本》包括细字标题）  你们要歌颂他名的荣耀，把荣耀和赞美都归给他。  要对　神说：“你的作为多么可畏！因你伟大的能力，你的仇敌必向你假意归顺。  全地的居民都必敬拜你，向你歌颂，歌颂你的名。”（细拉） (Psalm 66:1-4)

My mouth is filled with Your praise,

And with Your glory all day long. 我要满口赞美你，我终日颂扬你的荣美。 (Psalm 71:8)

*Pause to express your thoughts of praise and worship.*

**Confession**

Before his downfall the heart of a man is haughty,

But humility comes before honor. 灭亡以先，人心高傲；尊荣以先，必有谦卑。 (Proverbs 18:12)

*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.*

**Renewal**

May I not turn my heart away from the Lord, the God of Israel, but keep what the Lord has commanded. 耶和华向所罗门发怒，因为他的心偏离了曾经两次向他显现的耶和华以色列的　神。  耶和华为了这事曾经吩咐他，不可随从别的神，可是他没有遵守耶和华吩咐的。 (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. 希西家在犹大全地都这样行，他在耶和华他的　神面前行良善、正直和诚实的事。  他经办的一切事，无论是关于　神殿的事奉，或是关于律法和诫命的遵行，他都寻求他的　神。因为他尽心去行，所以尽都顺利。 (2 Chronicles 31:20-21)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，因为我投靠你。（本节在《马索拉抄本》包括细字标题）  我（“我”有古抄本作“你”）曾对耶和华说：“你是我的主，我的好处不在你以外。” (Psalm 16:1-2)

**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

My activities for this day

Special concerns

**Intercession**

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. 直到我们众人对　神的儿子都有一致的信仰和认识，可以长大成人，达到基督丰盛长成的身量；  使我们不再作小孩子，中了人的诡计和骗人的手段，给异教之风摇撼，飘来飘去，  却要在爱中过诚实的生活，在各方面长进，达到基督的身量。他是教会的头， (Ephesians 4:13-15)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

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. 你们却是来到锡安山和永活的　神的城，就是天上的耶路撒冷；在那里有千万的天使聚集，  有名字登记在天上众长子的教会，有审判众人的　神，有被成全的义人的灵魂，  有新约的中保耶稣，还有他所洒的血。这血所传的信息比亚伯的血所传的更美。 (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. 得胜的，也必这样身穿白衣，我决不从生命册上涂抹他的名，我还要在我父和他的众天使面前，承认他的名。 (Revelation 3:5)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 　神设立了耶稣为赎罪祭（“赎罪祭”原文作“蔽罪所”），是凭着他的血，借着人的信，为的是要显明　神的义；因为　神用忍耐的心宽容了人从前所犯的罪，  好在现今显明他的义，使人知道他自己为义，又称信耶稣的人为义。  这样，有什么可夸的呢？没有可夸的了。凭什么准则说没有的呢？凭行为吗？不是的，而是以信心为准则说的。  因为我们认定，人称义是由于信，并不是靠行律法。 (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，我们既然因信称义，就借着我们的主耶稣基督与　神和好；  我们也凭着信，借着他可以进入现在所站的这恩典中，并且以盼望得享　神的荣耀为荣。 (Romans 5:1-2)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 你的话是我脚前的灯，是我路上的光。  我专心遵行你的律例，永不改变，遵行到底。 (Psalm 119:105, 112)

Day 12

**Adoration**

I will exalt the Lord my God and worship Him,

For the Lord God is holy. 你们要尊崇耶和华我们的　神，在他的圣山上敬拜，因为耶和华我们的　神是圣洁的。 (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. 你们要亲自体验，就知道耶和华是美善的；投靠他的人，都是有福的。  耶和华的圣民哪！你们要敬畏他，因为敬畏他的一无所缺。 (Psalm 34:8-9)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 我的孩子们，我写这些给你们，是要你们不犯罪。如果有人犯了罪，在父的面前我们有一位维护者，就是那义者耶稣基督。  他为我们的罪作了赎罪祭，不仅为我们的罪，也为全人类的罪。 (1 John 2:1-2)

*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.*

**Renewal**

May I not let my heart be troubled; let me trust in God and trust also in Christ. “你们心里不要难过，你们应当信　神，也应当信我。 (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. 父怎样爱我，我也怎样爱你们；你们要住在我的爱里。  如果你们遵守我的命令，就必定住在我的爱里，正像我遵守了我父的命令，住在他的爱里一样。  “我把这些事告诉了你们，好让我的喜乐存在你们心里，并且使你们的喜乐满溢。 (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. 至于我，我绝不以别的夸口，只夸我们主耶稣基督的十字架。借着这十字架，在我来说，世界已经钉在十字架上了；就世界来说，我也已经钉在十字架上了。 (Galatians 6:14)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你们要把握时机，用智慧与外人来往。  你们的话要常常温和，好像是用盐调和的，使你们知道应当怎样回答各人。 (Colossians 4:5-6)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

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. 也要为我们祷告，求　神为我们开传道的门，宣讲基督的奥秘（我就是为了这个缘故被捆锁），  使我照着我所应当说的，把这奥秘显明出来。 (Colossians 4:3-4)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

Blessed is the man who makes the Lord his trust,

Who does not look to the proud or those who turn aside to lies. 那倚靠耶和华，不转向高傲和偏向虚谎的人的，这人是有福的。 (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. ‘你们要呼求我，要来向我祷告，我就必应允你们。  你们要寻找我，只要一心寻求，就必寻见。 (Jeremiah 29:12-13)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 我们若在他死的样式上与他联合，也要在他复活的样式上与他联合。 (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. 我因着　神在基督耶稣里赐给你们的恩典，常常为你们感谢我的　神，  因为你们在他里面凡事都富足，很有口才，知识丰富，  以致你们在恩赐上一无所缺，殷切盼望着我们主耶稣基督的显现； (1 Corinthians 1:4-5, 7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 他是你们‘建筑工人所弃的石头，成了房角的主要石头。’  除了他以外，别无拯救，因为在天下人间，没有赐下别的名，我们可以靠着得救。” (Acts 4:11-12)

I believe that Jesus is the Christ, the Son of God, and by believing, I have life in His name. 但把这些事记下来，是要你们信耶稣是基督，是　神的儿子，并且使你们信了，可以因他的名得生命。 (John 20:31)

Day 13

**Adoration**

The Lord executes righteousness

And justice for all who are oppressed.

The Lord is compassionate and gracious,

Slow to anger, and abounding in lovingkindness. 耶和华施行公义，为所有受欺压的人主持公道。  耶和华有怜悯，有恩典，不轻易发怒，并且有丰盛的慈爱。 (Psalm 103:6, 8)

Righteousness and justice are the foundation of Your throne;

Lovingkindness and truth go before You. 公义和公正是你宝座的基础，慈爱和信实行在你前面。 (Psalm 89:14)

*Pause to express your thoughts of praise and worship.*

**Confession**

What can I say to You? What can I speak? How can I justify myself? You have uncovered the iniquity of Your servant. 犹大说：“我们对我主可以说什么呢？我们还有什么可说的呢？我们怎能证明自己是清白的呢？　神已经查出你仆人们的罪孽了。看哪，我们和那在他手里搜出杯来的，都是我主的奴仆了。” (Genesis 44:16)

*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.*

**Renewal**

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. 行事为人要光明磊落，好像行在白昼。不可荒宴醉酒，不可放荡纵欲，不可纷争嫉妒。  总要披戴主耶稣基督，不要为肉体安排，去放纵私欲。 (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，亲爱的，我们有了这些应许，就应该洁净自己，除去身体和心灵上的一切污秽，存着敬畏　神的心，达到成圣的地步。 (2 Corinthians 7:1)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你们都是光明之子、白昼之子；我们不是属于黑夜的，也不是属于黑暗的。  所以，我们不要沉睡像别人一样，总要警醒谨慎。 (1 Thessalonians 5:5-6)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

Trust in the Lord your God and you will be established; believe in his prophets and you will prosper. 第二天早晨，众人清早起来，出发到提哥亚的旷野去；他们正出去的时候，约沙法站起来，说：“犹大人和耶路撒冷的居民哪，你们要听我的话；信靠耶和华你们的　神，你们就必坚立；信靠他的先知，你们就必亨通。” (2 Chronicles 20:20)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

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. 人子要在父的荣耀里和众天使一同降临，那时他要照各人的行为报应各人。 (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. 在淫乱罪恶的世代，凡把我和我的道当作可耻的，人子在他父的荣耀里，和圣天使一起降临的时候，也必把他当作可耻的。” 凡是把我和我的道当作可耻的，人子在他与父并圣天使的荣耀里降临的时候，也必把他当作可耻的。 (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. 我听见从天上有声音说：“你要写下来！从今以后，那在主里死去的人有福了！”圣灵说：“是的，他们脱离自己的劳苦，得享安息了，他们的作为也随着他们。” (Revelation 14:13)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

I was washed, I was sanctified, I was justified in the name of the Lord Jesus Christ and by the Spirit of our God. 你们有些人从前也是这样的，但现在借着我们主耶稣基督的名，靠着我们　神的灵，都已经洗净了，圣洁了，称义了。 (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. 感谢　神，他借着我们的主耶稣基督，把胜利赐给我们。  所以，我亲爱的弟兄们，你们务要坚固，不可动摇，常常竭力多作主工，因为知道你们的劳苦，在主里面不是徒然的。 (1 Corinthians 15:57-58)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 因为那说“要有光从黑暗里照出来”的　神，已经照在我们的心里，要我们把　神的荣光照出去，就是使人可以认识那在基督脸上的荣光。  我们有这宝贝在瓦器里，是要显明这极大的能力是属于　神，不是出于我们。 (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. 他却对我说：“我的恩典是够你用的，因为我的能力在人的软弱上显得完全。”所以，我更喜欢夸自己的软弱，好让基督的能力临到我的身上。  因此，我为基督的缘故，就以软弱、凌辱、艰难、迫害、困苦为喜乐，因为我什么时候软弱，什么时候就刚强了。 (2 Corinthians 12:9-10)

Day 14

**Adoration**

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. 耶和华啊！你的慈爱上及诸天，你的信实高达云霄。  你的公义好像大山，你的公正如同深渊；耶和华啊！人和牲畜，你都庇佑。  　神啊！你的慈爱多么宝贵；世人都投靠在你的翅膀荫下。  因为生命的泉源在你那里；在你的光中，我们才能看见光。 (Psalm 36:5-7, 9)

I will praise the name of God in song

And magnify Him with thanksgiving. 我要用诗歌赞美　神的名，以感谢尊他为大。 (Psalm 69:30)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 遵守耶和华的约和法度的人，耶和华都以慈爱和信实待他们。  耶和华啊！因你名的缘故，求你赦免我的罪孽，因为我的罪孽重大。 (Psalm 25:10-11)

*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.*

**Renewal**

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. 因为我们的争战，对抗的不是有血有肉的人，而是执政的、掌权的、管辖这黑暗世界的和天上的邪灵。  所以要穿起　神所赐的全副军装，使你们在这邪恶的时代里可以抵挡得住，并且在作完了一切之后，还能站立得稳。 (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，你们既然与基督一同复活，就应当寻求天上的事，那里有基督坐在　神的右边。  你们要思念的，是天上的事，不是地上的事。  因为你们已经死了，你们的生命与基督一同隐藏在　神里面。  基督就是你们的生命，他显现的时候，你们也要和他一同在荣耀里显现。 (Colossians 3:1-4)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. (2 Chronicles 33:12-13)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

Jesus said, “As the Father has sent Me, I also send you.” (John 20:21)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

In his heart a man plans his way,

But the Lord determines his steps. 人心计划自己的道路，他的脚步却由耶和华指引。 (Proverbs 16:9)

Many are the plans in a man’s heart,

But it is the counsel of the Lord that will stand. 人心里的谋算很多，唯有耶和华的计划能实现。 (Proverbs 19:21)

There is no wisdom or understanding

Or counsel that can succeed against the Lord. 任何智慧、聪明、谋略都不能敌挡耶和华。 (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. 从我的口所出的话也必这样，必不徒然返回我这里，却要作成我所喜悦的，使它在我差遣它去作的事上必然亨通。 (Isaiah 55:11)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 那在基督里坚定我们和你们，又膏抹我们的，就是　神。  他在我们身上盖了印，就是赐圣灵在我们心里作凭据。 (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. 感谢　神，他常常在基督里，使我们这些作俘虏的，列在凯旋的队伍当中，又借着我们在各地散播香气，就是使人认识基督。 (2 Corinthians 2:14)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 我借着律法已经向律法死了，使我可以向　神活着。  我已经与基督同钉十字架；现在活着的，不再是我，而是基督活在我里面；如今在肉身中活着的我，是因信　神的儿子而活的；他爱我，为我舍己。 (Galatians 2:19-20)

To me, to live is Christ and to die is gain. 因为我活着就是基督，我死了就有益处。 (Philippians 1:21)

Day 15

**Adoration**

The Lord is upright;

He is my Rock, and there is no unrighteousness in Him. 好显明耶和华是正直的；他是我的磐石，在他里面没有不义。 (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. 你们要追求耶和华与他的能力，常常寻求他的面。  记念他所作的奇事、他的神迹，和他口里的判词。 (Psalm 105:4-5)

*Pause to express your thoughts of praise and worship.*

**Confession**

Pride goes before destruction,

And a haughty spirit before a fall. 在灭亡以先，必有骄傲；在跌倒以前，心中高傲。 (Proverbs 16:18)

*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.*

**Renewal**

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. 乌西雅强盛起来，就心高气傲，以致自寻毁灭，竟冒犯耶和华他的　神；他进了耶和华的殿，要在香坛上烧香。 (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. 恐怕你吃饱了，建造美好的房屋居住，  你的牛羊加多，你的金银增添，你所有的一切都增加了，  那时，你就心高气傲，忘记了耶和华你的　神，就是把你从埃及地，从为奴之家领出来的那一位。  恐怕你心里说：‘这财富是我的力量，是我手的能力使我得着的。’ (Deuteronomy 8:12-14, 17)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 我公义的　神啊（“我公义的　神啊”或译：“使我为义的　神啊”）！我呼求的时候，求你答应我。我在困苦中，你曾使我舒畅。求你恩待我，听我的祷告。 (Psalm 4:1)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

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.” 我凡事以身作则，你们必须照样辛劳，扶助软弱的人，并且记念主耶稣的话：‘施比受更为有福。’” (Acts 20:35)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

Your hands made me and fashioned me. 你的手造了我，建立了我；求你使我有悟性，可以学习你的命令。 (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，就认识你；你还未出母胎，我已把你分别为圣，立你作列国的先知。” (Jeremiah 1:5)

You know me, O Lord;

You see me and test my thoughts about You. 但耶和华啊！你认识我，了解我，你察验了我对你的心意。求你把他们拉出来，好像将宰的羊一般；求你把他们分别出来，留待宰杀的日子。 (Jeremiah 12:3)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

God made Him who knew no sin to be sin for me, so that in Him I might become the righteousness of God. 　神使那无罪的替我们成为有罪的，使我们在他里面成为　神的义。 (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. 就如创立世界以前，他在基督里拣选了我们，使我们因着爱，在他面前成为圣洁，没有瑕疵。  他又按着自己旨意所喜悦的，预定我们借着耶稣基督得儿子的名分，  好使他恩典的荣耀得着颂赞。这恩典是他在爱子里赐给我们的。 (Ephesians 1:4-6)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 这爱子是那看不见的　神的形象，是首先的，在一切被造的之上。  因为天上地上的万有：看得见的和看不见的，无论是坐王位的，或是作主的，或是执政的，或是掌权的，都是本着他造的；万有都是借着他，又是为着他而造的。  他在万有之先；万有也一同靠着他而存在。 (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属于耶和华你的　神的。 (Deuteronomy 10:14)

Day 16

**Adoration**

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. “万军之耶和华，以色列的　神，坐在二基路伯中间的啊！唯独你是地上万国的　神；你创造了天地。 (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　神耶和华已经说话，从日出之地到日落之处呼唤大地。（本节在《马索拉抄本》包括细字标题） (Psalm 50:1)

*Pause to express your thoughts of praise and worship.*

**Confession**

There is not a righteous man on earth who continually does good

And never sins. 世上实在没有一个行善而不犯罪的义人。 (Ecclesiastes 7:20)

*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.*

**Renewal**

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. 凡你们所作的，无论是言语或行为，都要奉主耶稣的名，借着他感谢父　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. 孩子们，你们要住在主里面。这样，他若显现，我们就可以坦然无惧；他来的时候，我们也不至惭愧地躲避他了。 (1 John 2:28)

*Pause to add your own prayers for personal renewal.*

**Petition**

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节末，在那里或译：“因逞骄傲攻击我的人很多”）啊！我惧怕的时候，就要倚靠你。  靠着　神，我要赞美他的话；我倚靠　神，就必不惧怕，人能把我怎么样呢？ (Psalm 56:3-4)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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. 并不分犹太人或希腊人，作奴仆的或自由人，男的或女的，因为你们在基督耶稣里都成为一体了。 (Galatians 3:28)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

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. 爱父母过于爱我的，不配作属我的；爱儿女过于爱我的，不配作属我的； (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来跟从我的，也不配作属我的。  顾惜自己生命的，必要丧掉生命；但为我牺牲生命的，必要得着生命。 (Matthew 10:38-39)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 我们在他爱子里，借着他的血蒙了救赎，过犯得到赦免，都是按着他丰盛的恩典。  这恩典是他用各样的智慧和聪明，充充足足地赐给我们的； (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. 又使我们在基督耶稣里，与他一同复活，一同坐在天上，  为的是要在将来的世代中，显明他在基督耶稣里赐给我们的恩典，是多么的丰盛。 (Ephesians 2:6-7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. “奥秘的事，是属于耶和华我们的　神的，只有显露的事，是永远属于我们和我们子孙的，好叫我们遵行这律法上的一切话。” (Deuteronomy 29:29)

Be exalted, O Lord, in Your strength;

We will sing and praise Your power. 耶和华啊！愿你因自己的能力被尊崇，好让我们歌唱，颂赞你的大能。 (Psalm 21:13)

Day 17

**Adoration**

Whoever is wise will consider the lovingkindness of the Lord. 凡有智慧的，愿他留意这些事；愿他思想耶和华的慈爱。 (Psalm 107:43)

The sum of Your words is truth,

And all of Your righteous judgments are eternal. 你的话的总纲就是真理，你一切公义的典章要存到永远。 (Psalm 119:160)

You are the God of Abraham, the God of Isaac, and the God of Jacob. 又说：“我是你父亲的　神、亚伯拉罕的　神、以撒的　神、雅各的　神。”摩西因为怕见　神，就把自己的脸蒙住了。 (Exodus 3:6)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 我涂抹了你的过犯，像密云消散；我涂抹了你的罪恶，如薄云灭没，你当归向我，因为我救赎了你。 (Isaiah 44:22)

*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.*

**Renewal**

Let me stop trusting in man, whose breath is in his nostrils.

For in what should he be esteemed? 你们不要倚靠世人，他的鼻孔里只有一口气息，他实在算得什么呢？ (Isaiah 2:22)

May I trust in You enough to honor You as holy in the sight of others. 耶和华对摩西和亚伦说：“因为你们不信我，不在以色列人眼前尊我为圣，所以你们必不得领这会众进入我赐给他们的地。” (Numbers 20:12)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 求你使虚假和谎言远离我；不要使我贫穷，也不要使我富裕，只要给我需用的食物。  免得我吃饱了，就不认你，说：‘耶和华是谁？’又恐怕我贫穷，就偷窃，污渎了我　神的名。 (Proverbs 30:8-9)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

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. 我所祷告的，是要你们的爱心，在充足的知识和各样的见识上，多而又多，  使你们可以辨别是非，成为真诚无可指摘的人，直到基督的日子，  靠着耶稣基督结满了公义的果子，使　神得着荣耀和赞美。 (Philippians 1:9-11)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

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.” 约翰被捕以后，耶稣来到加利利，宣讲　神的福音，  说：“时候到了，　神的国近了，你们应当悔改，相信福音。” (Mark 1:14-15)

You have called me to go and proclaim the kingdom of God. 耶稣说：“让死人去埋葬他们的死人，你应该去传扬　神的国。” (Luke 9:60)

As I follow You, You will make me a fisher of men. 耶稣就对他们说：“来跟从我，我要使你们作得人的渔夫。” 耶稣就对他们说：“来跟从我，我要使你们成为得人的渔夫。” (Matthew 4:19; Mark 1:17)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

I will not forget the God of my salvation;

I will remember the Rock of my refuge. 因为你忘记了那拯救你的　神，又不记念那作你避难所的磐石，所以你虽然栽下佳美的树秧子，种下异种的幼苗， (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. 耶和华啊！你是我的　神，我要尊崇你，称谢你的名，因为你以信实真诚作成了奇妙的事，就是你远古以前所计划的事。 (Isaiah 25:1)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

Great is our Lord and mighty in power;

His understanding is infinite. 我们的主伟大，大有能力；他的智慧无法测度。 (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. 敬畏耶和华是智慧的开端；凡是这样行的都是明智的。耶和华该受赞美，直到永远。 (Psalm 111:10)

Day 18

**Adoration**

O Sovereign Lord, You are God! Your words are true, and You have promised good things to Your servant. 主耶和华啊！你是　神；你的话是真实可信的。你向你仆人应许了这美好的福分。 (2 Samuel 7:28)

I will sing of Your lovingkindness and justice;

To You, O Lord, I will sing praises. 我要歌唱慈爱和公正；耶和华啊！我要向你歌颂。（本节在《马索拉抄本》包括细字标题） (Psalm 101:1)

*Pause to express your thoughts of praise and worship.*

**Confession**

This is the one You esteem:

He who is humble and contrite of spirit,

And who trembles at Your word. (Isaiah 66:2b)

*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.*

**Renewal**

May I love the Lord my God and serve Him with all my heart and with all my soul. “如果你们留心听我今日吩咐你们的诫命，爱耶和华你们的　神，一心一意事奉他， (Deuteronomy 11:13)

May I set my heart to honor Your name. 万军之耶和华说：“你们若不听从，若不放在心上，不把荣耀归给我的名，我就使咒诅临到你们中间，我要咒诅你们应得的福分，并且已经咒诅了，因为你们没有把这命令放在心上。 (Malachi 2:2)

May I worship the Lord my God, and serve Him only. 但耶稣说：“撒但，走开！经上记着：‘当拜主你的　神，单要事奉他。’” (Matthew 4:10)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I take courage and not be afraid, for the Lord Jesus is with me. 因为他们都看见了他，非常恐惧。耶稣立刻对他们说：“放心吧！是我，不要怕。” (Mark 6:50)

**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

My activities for this day

Special concerns

**Intercession**

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. 凡是爱弟兄的，就是住在光明中，在光明中他就不会跌倒。  凡是恨弟兄的，就是在黑暗里，也在黑暗里行事。他不知道往哪里去，因为黑暗弄瞎了他的眼睛。 (1 John 2:10-11)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

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. “学生不能胜过老师，奴仆也不能胜过主人。  学生若能像老师一样，奴仆若能像主人一样，也就够了。如果一家之主也被称为别西卜（“别西卜”是鬼王的名字），何况他的家人呢？ (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. 但你们却不要这样；你们中间最大的，应当像最小的；作首领的，应当像服事人的。  哪一个大呢？是坐着吃喝的还是服事人的呢？不是坐着吃喝的吗？然而我在你们中间，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. 耶稣坐下，叫十二门徒来，对他们说：“谁想为首，就该作众人中最末的一个，作众人的仆人。” (Mark 9:35)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，是为了使你看见我的能力，并且在全地上传讲我的名。 (Exodus 9:16)

Others may intend evil, but You can use it for good to accomplish Your loving purposes. 从前你们有意要害我，但　神有美好的意思在其中，为要成就今日的光景，使许多人的性命得以保全。 (Genesis 50:20)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华啊！没有可以跟你相比的；你是伟大的，你的名大有能力。  万国的王啊！谁敢不敬畏你呢？这是你应得的。因为在列国所有的智慧人中，以及在他们的全国里，没有可以跟你相比的。 (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. 所以你们要这样祈祷：‘我们在天上的父，愿你的名被尊为圣，  愿你的国降临，愿你的旨意成就在地上，如同在天上一样。 (Matthew 6:9-10)

Day 19

**Adoration**

The Lord of hosts is wonderful in counsel and great in wisdom. 这也是出于万军之耶和华，他的谋略奇妙，他的智慧广大。 (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? 唯有我是耶和华；除我以外，并没有拯救者。  自头一天以来，我就是‘那位’；谁也不能救人脱离我的手；我要行事，谁能拦阻呢？” (Isaiah 43:11, 13)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 他被藐视，被人拒绝，是个多受痛苦，熟悉病患的人。他像个被人掩面不看的人一样；他被藐视，我们也不重视他。  原来他担当了我们的病患，背负了我们的痛苦；我们却以为他受责打，被　神击打和苦待了。  然而他是为了我们的过犯被刺透，为了我们的罪孽被压伤；使我们得平安的惩罚加在他身上，因他受了鞭伤，我们才得医治。  我们众人都如羊走迷了路，各人偏行己路；耶和华却把我们众人的罪孽，都归在他身上。 (Isaiah 53:3-6)

*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.*

**Renewal**

May I not become weary in doing good, for at the proper time I will reap a harvest if I do not give up. 我们行善，不要觉得厌烦；如果不松懈，到了适当的时候，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. 不可让　神的圣灵忧伤，因为你们受了他的印记，等候得赎的日子。 (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. 这样看来，我所亲爱的，你们素来是顺服的，（不但我在你们那里的时候是这样，现今我不在，你们更要顺服，）就应当恐惧战兢地作成自己的救恩。  　神为了成全自己的美意，就在你们里面动工，使你们可以立志和行事。 (Philippians 2:12-13)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你们作仆人的，要存着敬畏、战兢和真诚的心，听从世上的主人，好像听从基督一样。  作事不要只作给人看，像那些讨人欢心的一样，却要像基督的仆人，从心里遵行　神的旨意，  甘心服务，像是服事主，不是服事人。  你们知道，无论是奴仆或自由的人，如果作了什么善事，都必从主那里得到赏赐。 (Ephesians 6:5-8)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

May the Lord make me increase and abound in my love for believers and for unbelievers. 又愿主叫你们彼此相爱的心，和爱众人的心，都充充足足，多而又多，好像我们爱你们一样。 (1 Thessalonians 3:12)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

Jesus is Your beloved Son in whom You are well pleased. 又有声音从天上来，说：“这是我的爱子，我所喜悦的。” 又有声音从天上来说：“你是我的爱子，我喜悦你。” (Matthew 3:17; Mark 1:11; Luke 3:22)

Jesus is the Christ, the Son of the living God. 西门．彼得回答：“你是基督，是永生　神的儿子。” (Matthew 16:16)

Jesus is the Christ, the Son of God, who came into the world. 她说：“主啊，我信；我已经信了，你是基督，是　神的儿子，是那要到世上来的。” (John 11:27)

Jesus is Your Son, whom You have chosen. 有声音从云彩里出来，说：“这是我的儿子，我所拣选的（“这是我的儿子，我所拣选的”有些抄本作“这是我的爱子”），你们要听从他！” (Luke 9:35)

The Father loves the Son and has given all things into His hand. 父爱子，已经把万有交在他手里。 (John 3:35)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

I will give thanks to the Lord, for He is good;

His love endures forever. 你们要称谢耶和华，因他是良善的，他的慈爱永远常存。 (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. 急难临到我的时候，我求告耶和华，我向我的　神呼求；他从殿中听了我的声音，我在他面前的呼求进了他的耳中。  他又领我出去，到那宽阔之地；他搭救我，因为他喜悦我。 (Psalm 18:6, 19)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

“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.” 因我自己知道我为你们所定的计划，是使你们得平安，而不是遭受灾祸的计划；要赐给你们美好的前程和盼望。’这是耶和华的宣告。 (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. 我留下平安给你们，我把自己的平安赐给你们；我给你们的，不像世界所给的。你们心里不要难过，也不要恐惧。 (John 14:27)

Day 20

**Adoration**

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. 你的救赎主，就是那在母胎中就造了你的耶和华这样说：“我耶和华是创造万物的，我是独自展开诸天，铺张大地的。 (Isaiah 44:24)

Blessing and glory and wisdom

And thanksgiving and honor and power and strength

Be to our God for ever and ever. Amen. 说：“阿们！愿颂赞、荣耀、智慧、感谢、尊贵、权能、力量，都归给我们的　神，直到永永远远。阿们！” (Revelation 7:12)

*Pause to express your thoughts of praise and worship.*

**Confession**

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，都是清洁的；耶和华却衡量人心。 (Proverbs 16:2)

*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.*

**Renewal**

May I revere this glorious and awesome name—the Lord my God. “如果你不谨守遵行写在这书上的这律法的一切话，不敬畏这荣耀和可畏的名，就是耶和华你的　神， (Deuteronomy 28:58)

May I serve the Lord with fear and rejoice with trembling. 你们要以敬畏的态度事奉耶和华，又应当存战兢的心而欢呼。 (Psalm 2:11)

May I give You my heart

And let my eyes delight in Your ways. 我儿，把你的心给我；你的眼目要关注我的道路。 (Proverbs 23:26)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 我并不是因为缺乏才这样说：我已经学会了，无论在什么情况之下都可以知足。  我知道怎样处卑贱，也知道怎样处富裕；我已经得了秘诀，无论在任何情况之下，或是饱足，或是饥饿，或是富裕，或是缺乏，都可以知足。  我靠着那加给我能力的，凡事都能作。 (Philippians 4:11-13)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

We have acted very corruptly toward You and have not obeyed the commandments, statutes, and ordinances which You commanded Your servant Moses. 我们故意行极大的恶事得罪你，没有遵守你吩咐你仆人摩西的诫命、律例和典章。 (Nehemiah 1:7)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

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，世界也是借着他造的，世界却不认识他。  他到自己的地方来，自己的人却不接受他。 (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. (John 1:18)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 　神照着他强大的力量，向我们信他的人显出的能力，是何等的浩大。  这力量运行在基督身上，使他从死人中复活，并且在天上坐在自己的右边，  远超过一切执政的、掌权的、有能的、作主的，和今生来世所能举出的一切名衔。 (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　神满有怜悯，因着他爱我们的大爱，  就在我们因过犯死了的时候，使我们与基督一同活过来，（你们得救是靠着恩典，） (Ephesians 2:4-5)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 　神能依照我所传的福音和耶稣基督所传的信息，照着他奥秘的启示，坚定你们。  这奥秘自古以来秘而不宣，但现在借着众先知所写的，照着永恒的　神的谕旨，已经向万国显明出来，使他们相信而顺服。  愿荣耀借着耶稣基督，归给独一全智的　神，直到永远。阿们。 (Romans 16:25-27)

Day 21

**Adoration**

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. 他们要传述你可记念、至善的名，也要歌唱你的公义。  耶和华有恩典有怜悯，不轻易发怒，大有慈爱。  耶和华善待万有，他的怜悯临到他一切所造的。 (Psalm 145:7-9)

My Redeemer, the Lord of hosts is Your name;

You are the Holy One of Israel. (Isaiah 47:4)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 耶和华啊！我从深处向你呼求。（本节在《马索拉抄本》包括细字标题）  主啊！求你听我的声音，求你留心听我恳求的声音。  耶和华啊！如果你究察罪孽，主啊！谁能站立得住呢？  但你有赦免之恩，为要使人敬畏你。 (Psalm 130:1-4)

*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.*

**Renewal**

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. 我们既然与基督同死，就信也必与他同活。  我们知道，基督既然从死人中复活，就不再死，死也不再辖制他了。  他死，是向罪死了，只有这一次；他活，是向　神活着。  你们也应当这样，向罪算自己是死的，在基督耶稣里，向　神却是活的。 (Romans 6:8-11)

Having begun in the Spirit, may I not seek to be perfected by the flesh. 你们是这样的无知吗？你们既然靠着圣灵开始，现在还要靠着肉体成全吗？ (Galatians 3:3)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I not hate my brother in my heart, but reprove my neighbor frankly and not incur sin because of him. “你不可心里恨你的兄弟；应坦诚责备你的邻舍，免得你因他担当罪过。 (Leviticus 19:17)

May I not take vengeance or bear a grudge against others, but love my neighbor as myself. 不可报复，也不可向你的族人怀恨，却要爱你的邻舍好像爱自己；我是耶和华。 (Leviticus 19:18)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

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. 最后，弟兄们，请为我们祷告，好叫主的道也像在你们那里一样快快传开，得着荣耀，  也使我们能够脱离那些不讲理的恶人，因为不是人人都有信心。 (2 Thessalonians 3:1-2)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

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. 但恩赏和过犯是截然不同的；如果因着那一人的过犯，众人都死了，　神的恩典和这一人耶稣基督在恩典里的赏赐，对众人就更加丰盛了。  这赏赐和那一人犯罪的后果也是不同的；因为审判是由一人而来，以致定罪，恩赏却由许多过犯而来，以致称义。 (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. 律法的出现，是要叫过犯增多；然而罪在哪里增多，恩典就更加增多了。  罪借着死掌权；照样，恩典也借着义掌权，使人借着我们的主耶稣基督进入永生。 (Romans 5:20-21)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 虽然你们从前也是和　神隔绝，心思上与他为敌，行为邪恶，  但现今　神在爱子的肉身上，借着他的死，使你们与　神和好了，为了要把你们这些圣洁、无瑕疵、无可指摘的人，呈献在他面前。 (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. 但我们是天上的公民，切望救主，就是主耶稣基督，从天上降临；  他要运用那使万有归服自己的大能，改变我们这卑贱的身体，和他荣耀的身体相似。 (Philippians 3:20-21)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort. 我们主耶稣基督的父　神是应当称颂的。他是满有怜悯的父，赐各样安慰的　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. 愿那赐盼望的　神，因着你们的信，把一切喜乐平安充满你们，使你们靠着圣灵的大能满有盼望。 (Romans 15:13)

Day 22

**Adoration**

You are the Lord; You do not change. 万军之耶和华说：“因为我耶和华是不改变的，所以你们雅各的子孙也不会灭没。 (Malachi 3:6)

God is light; in Him there is no darkness at all. 　神是光，在他里面毫无黑暗；这就是我们从他那里听见，现在传给你们的信息。 (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. 他大声说：“应当敬畏　神，把荣耀归给他！因为他审判的时候到了，应当敬拜创造天、地、海和众水泉源的那一位！” (Revelation 14:7)

*Pause to express your thoughts of praise and worship.*

**Confession**

My ears had heard of You

But now my eyes have seen You.

Therefore I despise myself

And repent in dust and ashes. 我从前只是风闻有你，但现在亲眼看见你。  因此我厌恶自己，在尘土和灰烬中懊悔。” (Job 42:5-6)

*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.*

**Renewal**

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. 一句坏话也不可出口，却要适当地说造就人的好话，使听见的人得益处。 (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. 你们得了重生，并不是由于能坏的种子，却是由于不能朽坏的，就是借着　神永活长存的道。 (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，　神既然考验过我们，把福音委托给我们，我们就传讲，不像是讨人欢心的，而是讨那察验我们心思的　神的喜悦。  也没有向你们或别人求取人的荣誉。 (1 Thessalonians 2:4, 6)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I not follow the crowd in doing wrong. 不可随众行恶，不可在诉讼的事上随众说歪曲正义的话； (Exodus 23:2)

May I not accept a bribe, for a bribe blinds those who see and perverts the words of the righteous. 不可受贿赂，因为贿赂能使明眼人变瞎，又能歪曲义人的话。 (Exodus 23:8)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

Salvation belongs to the Lord.

May Your blessing be on Your people. 救恩属于耶和华，愿你赐福给你的子民。（细拉） (Psalm 3:8)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

God set me apart from my mother’s womb and called me through His grace. 然而，当我在母腹里就把我分别出来，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. 他们说：“当信主耶稣，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. (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. 我们没有一个人为自己活，也没有一个人为自己死。我们若活着，是为主而活；  我们若死了，是为主而死。所以，我们无论活着或是死了，总是属于主的人。 (Romans 14:7-8)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 你们因着过犯和肉体未受割礼，原是死的，然而　神赦免了我们的一切过犯，使你们与基督一同活过来，  涂抹了那写在规条上反对我们、与我们为敌的字句，并且把这字句从我们中间拿去，钉在十字架上。  他既然靠着十字架胜过了一切执政掌权的，废除了他们的权势，就在凯旋的行列中，把他们公开示众。 (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. 因为　神不是定意要我们受刑罚（“刑罚”原文作“忿怒”），而是要我们借着我们的主耶稣基督得着救恩。  基督替我们死，使我们无论是醒着或睡着，都和他一同活着。 (1 Thessalonians 5:9-10)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit are with us. 愿主耶稣基督的恩惠，　神的慈爱，圣灵的契通，常与你们众人同在。 (2 Corinthians 13:14)

Blessed be the Lord forever!

Amen and Amen. 耶和华是应当称颂的，直到永远！阿们，阿们！ (Psalm 89:52)

Day 23

**Adoration**

Will God indeed dwell on earth? Heaven and the highest heaven cannot contain You. “　神真的住在地上吗？看哪！天和天上的天尚且不能容纳你，何况我建造的这殿呢？ (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，我们不能了解。 (Job 37:5)

*Pause to express your thoughts of praise and worship.*

**Confession**

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? 耶和华啊！求你不要在烈怒中责备我，也不要在气忿中管教我。  耶和华啊！求你恩待我，因为我软弱；耶和华啊！求你医治我，因为我的骨头发抖。  我的心也大大战栗，耶和华啊！要等到几时呢？ (Psalm 6:1-3)

*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.*

**Renewal**

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. 你们要谨守、警醒。你们的仇敌魔鬼，好像吼叫的狮子走来走去，寻找可以吞吃的人；  你们要用坚强的信心抵挡他，因为知道你们在世上的弟兄，也经历过同样的苦难。 (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 petition, I will pray always in the Spirit, and to this end I will be watchful with all perseverance and petition for all the saints. 因此，你们要站稳，用真理当带子束腰，披上公义的胸甲，  把和平的福音预备好了，当作鞋子，穿在脚上，  拿起信心的盾牌，用来扑灭那恶者所有的火箭；  并且要戴上救恩的头盔，拿起圣灵的宝剑，就是　神的道，  借着各样的祷告和祈求，随时在圣灵里祈祷，并且要在这事上恒久警醒，为众圣徒祈求。 (Ephesians 6:14-18)

*Pause to add your own prayers for personal renewal.*

**Petition**

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　神说：“深愿你大大地赐福给我，扩张我的境界，你的能力常与我同在，保护我免遭灾祸，不受痛苦。”　神就应允了他所求的。 (1 Chronicles 4:10)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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. 我们各人蒙恩，是照着基督量给我们的恩赐。  他所赐的，有作使徒的，有作先知的，有作传福音的，也有作牧养和教导的，  为的是要装备圣徒，去承担圣工，建立基督的身体； (Ephesians 4:7, 11-12)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

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. 摩西在旷野怎样把铜蛇举起，人子也必照样被举起来，  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，罪已经定了，因为他不信　神独生子的名。 (John 3:18)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 弟兄们，论到睡了的人，我们不愿意你们不知道，免得你们忧伤，像那些没有盼望的人一样。  我们若信耶稣死了，又复活了，照样，也应该相信那些靠着耶稣已经睡了的人，　神必定把他们和耶稣一同带来。  我们现在照着主的话告诉你们：我们这些活着存留到主再来的人，绝不能在那些睡了的人以先。  因为主必亲自从天降临，那时，有发令的声音，有天使长的呼声，还有　神的号声，那些在基督里死了的人必先复活；  然后，我们还活着存留的人，必和他们一同被提到云里，在空中与主相会。这样，我们就要和主常常同在。 (1 Thessalonians 4:13-17)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

You are my hiding place;

You will preserve me from trouble

And surround me with songs of deliverance. 你是我藏身之处，你必保护我脱离患难，以得救的欢呼四面环绕我。（细拉） (Psalm 32:7)

You will instruct me and teach me in the way I should go;

You will counsel me and watch over me. 我要教导你，指示你应走的路；我要劝戒你，我的眼睛看顾你。 (Psalm 32:8)

Day 24

**Adoration**

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. 你们要赞美耶和华。我的心哪！要赞美耶和华。  我还活着的时候，我要赞美耶和华；我还在世上的时候，我要歌颂我的　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. 我的口要说赞美耶和华的话；愿所有的人都永永远远称颂他的圣名。 (Psalm 145:21)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 祷告说：‘我的　神啊，我感觉羞耻惭愧，不敢向我的　神你仰面；因为我们的罪孽多至灭顶，我们的罪过滔天。 (Ezra 9:6)

*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.*

**Renewal**

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. 你们应当有这样的意念，这也是基督耶稣的意念。（全节或译：“你们当以基督耶稣的心为心。”）  他本来有　神的形象，却不坚持自己与　神平等的地位，  反而倒空自己，取了奴仆的形象，成为人的样式；  既然有人的样子，就自甘卑微，顺服至死，而且死在十字架上。 (Philippians 2:5-8)

May I not seek my own interests, but those of Christ Jesus. 因为大家只顾自己的事，而不理耶稣基督的事。 (Philippians 2:21)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I be strong and not lose courage, for my work will be rewarded. 但你们要坚强，不要胆怯，因为你们所行的，必有赏报。” (2 Chronicles 15:7)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

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. 趁着还有叫作“今天”的时候，总要天天互相劝勉，免得你们中间有人受了罪恶的诱惑，心里就刚硬了。 (Hebrews 3:13)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

Christ is the end of the law for righteousness to everyone who believes. 因为律法的终极就是基督，使所有信的人都得着义。 (Romans 10:4)

Faith comes from hearing, and hearing by the word of Christ. 可见信心是从所听的道来的，所听的道是借着基督的话来的。 (Romans 10:17)

My faith does not rest on the wisdom of men, but on the power of God. 使你们的信不是凭着人的智慧，而是凭着　神的能力。 (1 Corinthians 2:5)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. “基督耶稣降世，为要拯救罪人。”这话是可信的，是值得完全接纳的。在罪人中我是个罪魁。  可是，我竟然蒙了怜悯，好让基督耶稣在我这个罪魁身上，显明他完全的忍耐，给后来信他得永生的人作榜样。 (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)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 所以现在，那些在耶稣基督里的人就不被定罪了；  因为生命之灵的律在基督耶稣里使我自由，脱离了罪和死的律。 (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. 那凭着自己旨意所计划而行万事的，按着他预先所安排的，预定我们在基督里得基业（“得基业”或译：“成为　神的产业”），  借着我们这在基督里首先有盼望的人，使他的荣耀得着颂赞。 (Ephesians 1:11-12)

Day 25

**Adoration**

To God belong wisdom and power;

Counsel and understanding are His. 他有智慧与能力，又有谋略与聪明。 (Job 12:13)

You are holy;

You are enthroned on the praise of Israel. 但你是圣洁的，是用以色列的赞美为宝座的。 (Psalm 22:3)

*Pause to express your thoughts of praise and worship.*

**Confession**

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? 人算什么，你竟看他为大，又把他放在心上；  每天早晨你都鉴察他，每时每刻你也试验他。 (Job 7:17-18)

*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.*

**Renewal**

May I flee youthful lusts and pursue righteousness, faith, love, and peace, with those who call on the Lord out of a pure heart. 你应当逃避年轻人的私欲，要和那些以清洁的心求告主的人，一同追求公义、信心、爱心、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. 你要拒绝愚蠢无知的问难；你知道这些事会引起争论。  但主的仆人却不可争论，总要待人温和，善于教导，存心忍耐， (2 Timothy 2:23-24)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 　神的旨意是要你们圣洁，远避淫行；  要你们各人晓得怎样用圣洁尊贵的方法保守自己的身体（“身体”原文作“器皿”）；  　神呼召我们，不是要我们沾染污秽，而是要我们圣洁。 (1 Thessalonians 4:3-4, 7)

**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

My activities for this day

Special concerns

**Intercession**

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. 不要欠人的债；但在彼此相爱的事上，要觉得是欠了人的债。爱别人的，就成全了律法。  那“不可奸淫，不可杀人，不可偷盗，不可贪心”等等的诫命，都包括在“爱人如己”这一句话里面了。  爱是不加害于人的，所以爱是成全律法的。 (Romans 13:8-10)

**Believers**

Personal friends

Those in ministry

Those who are oppressed and in need

Special concerns

**Affirmation**

In Christ are hidden all the treasures of wisdom and knowledge. 一切智慧和知识的宝库都蕴藏在基督里面。 (Colossians 2:3)

In Christ all the fullness of the Godhead lives in bodily form. 因为　神本性的一切丰盛，都有形有体地住在基督里面， (Colossians 2:9)

I have set my hope on the living God, who is the Savior of all men, especially of those who believe. 我们也是为这缘故劳苦努力，因为我们的盼望在于永活的　神。他是万人的救主，更是信徒的救主。 (1 Timothy 4:10)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 我们主的恩典，随着在基督耶稣里的信心和爱心，在我身上越发增加。 (1 Timothy 1:14)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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，我在圣所中瞻仰你，为要见你的能力和荣耀。  因你的慈爱比生命更好，我的嘴唇要颂赞你。  我要一生称颂你，我要奉你的名举手祷告。  我的心满足，就像饱享了骨髓肥油；我要用欢乐的嘴唇赞美你。 (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. 愿荣耀归给　神，就是归给那能照着运行在我们里面的大能，充充足足地成就一切，超过我们所求所想的。  愿荣耀在教会中和基督耶稣里归给他，直到万代，永世无穷。阿们。 (Ephesians 3:20-21)

Day 26

**Adoration**

You, O Lord, are a compassionate and gracious God,

Slow to anger, and abounding in lovingkindness and truth. 但是，主啊！你是有怜悯有恩典的　神，你不轻易发怒，并且有极大的慈爱和信实。 (Psalm 86:15)

My flesh trembles for fear of You;

I stand in awe of Your judgments. 我因惧怕你而战栗；我畏惧你的审判。 (Psalm 119:120)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 耶和华是良善和正直的，因此他必指示罪人走正路。  他必引导谦卑的人行正义，把他的道路教导谦卑的人。 (Psalm 25:8-9)

*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.*

**Renewal**

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. 我儿，要遵守我的话，把我的诫命珍藏在心里；  遵守我的诫命，你就可以存活；遵守我的训诲，好像护卫你眼中的瞳人。  要把它们系在你的指头上，刻在你的心版上。  要对智慧说：“你是我的姊妹”，要称呼聪明为亲人； (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. (Deuteronomy 11:22)

*Pause to add your own prayers for personal renewal.*

**Petition**

May I be an example for other believers in speech, in behavior, in love, in faith, and in purity. 不要叫人小看你年轻，总要在言语、行为、爱心、信心和纯洁上，都作信徒的榜样。 (1 Timothy 4:12)

**Relationships with Others**

Greater love and compassion for others

Loved ones

Those who do not know Christ

Those in need

My activities for this day

Special concerns

**Intercession**

May I have mercy on those who are doubting. 有些人心里疑惑，你们要怜悯他们； (Jude 22)

**Evangelism**

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

During the days of His flesh, Jesus offered up prayers and petitions 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. 基督在世的时候，曾经流泪大声祷告恳求那位能救他脱离死亡的　神；因着他的敬虔，就蒙了应允。  他虽然是儿子，还是因着所受的苦难学会了顺从。  他既然顺从到底，就成了所有顺从他的人得到永远救恩的根源；  而且蒙　神照着麦基洗德的体系，称他为大祭司。 (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. 但基督已经来了，作了已经实现的美好事物的大祭司；他经过更大、更完备的会幕（不是人手所做的，也就是不属于这被造的世界的）。  他不是用山羊和牛犊的血，而是用自己的血，只一次进了至圣所，就得到了永远的救赎。 (Hebrews 9:11-12)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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，就是我们伟大的　神，救主耶稣基督荣耀的显现。  他为我们舍己，为的是要救赎我们脱离一切不法的事，并且洁净我们作他自己的子民，热心善工。 (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. 主必救我脱离一切邪恶的事，也必救我进入他天上的国。愿荣耀归给他，直到永永远远。阿们。 (2 Timothy 4:18)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 我们在一切患难中，　神都安慰我们，使我们能用他所赐的安慰，去安慰那些在各样患难中的人。 (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. 求你使我们早晨饱尝你的慈爱，好使我们一生一世欢呼喜乐。 (Psalm 90:14)

Day 27

**Adoration**

The Lord is righteous in all His ways

And gracious in all His works. 耶和华在他一切所行的事上，都是公义的，他对他一切所造的，都存着慈爱的心。 (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.” 我从起初就宣告末后的事，从古时就述说还未作成的事，说：‘我的计划必定成功，我所喜悦的，我都必作成。’ (Isaiah 46:10)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 大卫数点了人民以后，良心一直不安，于是对耶和华说：“我作了这事，犯了大罪。耶和华啊！现在求你除去你仆人的罪孽，因为我作了非常糊涂的事！” (2 Samuel 24:10)

*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.*

**Renewal**

May I return to my God,

Maintain mercy and justice,

And wait on my God continually. 所以你要靠着你的　神归回，谨守忠信和公平，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. 耶稣回答：“经上记着：‘人活着，不是单靠食物，更要靠　神口里所出的一切话。’” (Matthew 4:4)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 如果有人无可指摘，只作一个妻子的丈夫，儿女都信主，也没有人控告他们放荡或不受约束，才可以作长老。  因为监督是　神的管家，所以必须无可指摘、不任性、不随便动怒、不好酒、不打人、不贪不义之财；  却要接待客旅、喜爱良善、自律、公正、圣洁、自制， (Titus 1:6-8)

**Faithfulness as a Steward**

Of time

Of talents

Of treasure

Of truth

Of relationships

My activities for this day

Special concerns

**Intercession**

When the children of Judah were victorious, it was because they relied on the Lord, the God of their fathers. 那时，以色列人被击败了，犹大人获得胜利，因为他们倚靠耶和华他们列祖的　神。 (2 Chronicles 13:18)

**Government**

Spiritual revival

Local government

State government

National government

Current events and concerns

**Affirmation**

What we must do to work the works of God is to believe in Him whom He has sent. 众人又问他：“我们应该作什么，才算是作　神的工作呢？”  耶稣回答：“信　神所差来的，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，就是要我们信他的儿子耶稣基督的名，并且照着他的吩咐彼此相爱。 (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，这是我们见过的，并且现在作见证。  凡承认耶稣是　神的儿子的，　神就住在他里面，他也住在　神里面。 (1 John 4:14-15)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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 renewal 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　神我们的救主显明他的恩慈和怜爱的时候，  他就救了我们，并不是由于我们所行的义，而是照着他的怜悯，借着重生的洗和圣灵的更新。  圣灵就是　神借着我们的救主耶稣基督丰丰富富浇灌在我们身上的，  使我们既然因着他的恩典得称为义，就可以凭着永生的盼望成为后嗣。 (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. 我们有这盼望，就像灵魂的锚，又稳当又坚固，通过幔子直进到里面。  耶稣已经为我们作先锋进入了幔子里面；他是照着麦基洗德的体系，成了永远的大祭司。 (Hebrews 6:19-20)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 并且感谢父，他使你们有资格分享圣徒在光明中的基业。  他救我们脱离了黑暗的权势，把我们迁入他爱子的国里。  我们在爱子里蒙了救赎，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，我们立定志向，无论住在身内或是与身体分开，都要讨主的喜悦。  因为我们众人都必须在基督的审判台前显露出来，使各人按着本身所行的，或善或恶，受到报应。 (2 Corinthians 5:9-10)

Day 28

**Adoration**

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.” 四个活物各有六个翅膀，里外布满了眼睛。他们昼夜不停地说：“圣哉！圣哉！圣哉！主、全能的　神，昔在、今在、以后永在的那一位。” (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!” 接着有声音从宝座发出来，说：“所有　神的仆人哪！凡是敬畏他的，无论大小，你们都应当赞美我们的　神！” (Revelation 19:5)

*Pause to express your thoughts of praise and worship.*

**Confession**

Truly I have sinned against the Lord, the God of Israel. 亚干回答约书亚，说：“我实在得罪了耶和华以色列的　神；我作过的事是这样的。 (Joshua 7:20)

*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.*

**Renewal**

May I love my enemies and pray for those who persecute me. 可是我告诉你们，当爱你们的仇敌，为迫害你们的祈祷， (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. 你们愿意人怎样待你们，你们也要怎样待人，这是律法和先知的总纲。 (Matthew 7:12)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 我们既然有一位伟大的、经过了众天的大祭司，就是　神的儿子耶稣，就应该坚持所宣认的信仰。  因为我们的大祭司并不是不能同情我们的软弱，他像我们一样，也曾在各方面受过试探，只是他没有犯罪。  所以，我们只管坦然无惧地来到施恩的宝座前，为的是要领受怜悯，得到恩惠，作为及时的帮助。 (Hebrews 4:14-16)

**Family and Ministry**

Family

Ministry

Sharing Christ with others

Helping others grow in Him

Career

My activities for this day

Special concerns

**Intercession**

May I not forget to do good and to share with others, for with such sacrifices God is well pleased. 你们也不要忘记行善和捐输，这样的祭是　神所喜悦的。 (Hebrews 13:16)

**Missions**

Local missions

National missions

World missions

The fulfillment of the Great Commission

Special concerns

**Affirmation**

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.” 父爱我，因为我把生命舍去，好再把它取回来。  没有人能夺去我的生命，是我自己舍去的。我有权把生命舍去，也有权把它取回来；这是我从我的父所领受的命令。” (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. 我实实在在告诉你们，一粒麦子若不落在地里死了，仍旧是一粒；如果死了，就结出许多果实来。  爱惜自己生命的，就丧掉生命；在这世上恨恶自己生命的，必会保全生命到永远。 (John 12:24-25)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 就是照着父　神的预知蒙拣选，借着圣灵得成圣洁，因而顺服，并且被耶稣基督的血洒过的人。愿恩惠平安多多地加给你们。 (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，我们要借着耶稣，常常把颂赞的祭品献给　神，这就是承认他的名的人嘴唇的果子。 (Hebrews 13:15)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 愿我们的主耶稣基督自己，和那爱我们、开恩把永远的安慰和美好的盼望赐给我们的父　神，  安慰你们的心，并且在一切善行善言上，坚定你们。 (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

**Adoration**

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. 耶和华作王，他以威严为衣；耶和华以威严为衣，以能力束腰，世界就得以坚立，永不动摇。  你的宝座自古就立定，你从亘古就存在。  耶和华啊！你的法度极为确定；你的殿永远被称为圣是合宜的。 (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. (Isaiah 40:22-23)

*Pause to express your thoughts of praise and worship.*

**Confession**

Forgive me when I desert the Rock who begot me,

And forget the God who gave me birth. 你轻忽了生你的磐石，你忘记了产你的　神。 (Deuteronomy 32:18)

*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.*

**Renewal**

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.” 主人对他说：‘又良善又忠心的仆人哪，你作得好！你既然在不多的事上忠心，我要派你管理许多的事。进来，享受你主人的快乐吧！’ (Matthew 25:21)

May I not love praise from men more than praise from God. 因为他们爱人的荣耀，过于爱　神的荣耀。 (John 12:43)

I am the Lord’s servant; let Your will be done in me according to Your word. 马利亚说：“我是主的婢女，愿照你的话成就在我身上！”天使就离开她去了。 (Luke 1:38)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，你们不可丢弃坦然无惧的心，这样的心是带有大赏赐的。  你们还需要忍耐，好使你们行完了　神的旨意，可以领受所应许的。 (Hebrews 10:35-36)

**Personal Concerns**

Spiritual warfare

The world

The flesh

The devil

Growth in character

Personal disciplines

Physical health and strength

My activities for this day

Special concerns

**Intercession**

Many are saying, “Who will show us any good?”

O Lord, lift up the light of Your countenance upon us. 有许多人说：“谁能指示我们得什么好处呢？”耶和华啊！求你仰起你的脸，光照我们。 (Psalm 4:6)

**World Affairs**

The poor and hungry

The oppressed and persecuted

Those in authority

Peace among nations

Current events and concerns

**Affirmation**

God raised Jesus from the dead, freeing Him from the agony of death, because it was impossible for Him to be held by it. 　神却把死的痛苦解除，使他复活了，因为他不能被死亡拘禁。 (Acts 2:24)

Just as the Father raises the dead and gives them life, even so the Son gives life to whom He wishes. 父怎样叫死人复活，使他们得生命，子也照样随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. 如经上所记：“我已经立了你作万国的父。”他所信的，是叫死人得生命、使无变为有的　神。 (Romans 4:17)

He who believes in the Son of God has everlasting life. 我实实在在告诉你们，信的人有永生。 (John 6:47)

God both raised the Lord and will also raise me up through His power. 　神不但使主复活了，也要用他的能力使我们复活。 (1 Corinthians 6:14)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 你们虽然没有见过他，却爱他；现在虽然不能看见他，却信他。因此，你们就有无法形容、满有荣耀的大喜乐，  得到你们信心的效果，就是灵魂得救。 (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，我们既然领受了不能震动的国，就应该感恩，照着　神所喜悦的，用虔诚敬畏的心事奉他；  因为我们的　神是烈火。 (Hebrews 12:28-29)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 　神的众子啊！要归给耶和华，你们要把荣耀和能力归给耶和华。（本节在《马索拉抄本》包括细字标题）  要把耶和华的名的荣耀归给他，要以圣洁的装束敬拜耶和华（“要以圣洁的装束敬拜耶和华”或译：“在耶和华显现的时候，要敬拜他”，或“要在耶和华圣洁的光辉中敬拜他”）。 (Psalm 29:1-2)

To the King eternal, immortal, invisible, the only God, be honor and glory forever and ever. 但愿尊贵荣耀归给万世的君王，就是那不朽坏、人不能见、独一的　神，直到永永远远。阿们。 (1 Timothy 1:17)

Day 30

**Adoration**

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. 然而我们只有一位　神，就是父；万物都是从他而来，我们也为了他而活。我们也只有一位主，就是耶稣基督；万物都是借着他而有的，我们也是借着他而有的。 (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　神荣耀的光辉，是　神本质的真象，用自己带有能力的话掌管万有；他作成了洁净罪恶的事，就坐在高天至尊者的右边。  他所承受的名比天使的名更尊贵，所以他远比天使崇高。 (Hebrews 1:3-4)

*Pause to express your thoughts of praise and worship.*

**Confession**

The Lord does not see as man sees. Man looks at the outward appearance, but the Lord looks at the heart. 但耶和华对撒母耳说：“不要看他的外貌和他高大的身材，因为我不拣选他。耶和华看人不像人看人，人是看外表，耶和华是看内心。” (1 Samuel 16:7)

*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.*

**Renewal**

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，他应该凭着信心祈求，不要有疑惑；因为疑惑的人，就像被风吹荡翻腾的海浪。  因为三心两意的人，在他的一切道路上，都摇摆不定。 (James 1:6, 8)

May I walk worthy of God who calls me into His kingdom and glory. 劝勉你们，鼓励你们，叮嘱你们，要你们行事为人，配得上那召你们进入他的国和荣耀的　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. (Romans 8:13-14)

*Pause to add your own prayers for personal renewal.*

**Petition**

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，我们既然有这么多的见证人，像云彩围绕着我们，就应该脱下各样的拖累，和容易缠住我们的罪，以坚忍的心奔跑那摆在我们面前的赛程；  专一注视耶稣，就是我们信心的创始者和完成者。他因为那摆在面前的喜乐，就忍受了十字架，轻看了羞辱，现在就坐在　神宝座的右边。  这位忍受罪人那样顶撞的耶稣，你们要仔细思想，免得疲倦灰心。 (Hebrews 12:1-3)

**Growth in Christ**

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

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. 正如身体是一个，却有许多肢体，而且肢体虽然很多，身体仍是一个；基督也是这样。 (1 Corinthians 12:12)

**Churches and Ministries**

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

The Lord is my portion and my inheritance. 耶和华对亚伦说：“你在以色列人的地不可有产业，在他们中间也不可有分；在以色列人中间，我就是你的分，是你的产业。 (Numbers 18:20)

As for me and my household, we will serve the Lord. 如果你们认为事奉耶和华不好，那么今日你们就可以选择你们所要事奉的：是你们列祖在大河那边事奉的神呢，还是你们现在所住亚摩利人之地的神呢？至于我和父家，我们必事奉耶和华。” (Joshua 24:15)

You will honor those who honor You, but those who despise You will be disdained. 因此，耶和华以色列的　神说：‘我曾说：你的家和你的父家，必永远行在我面前。’现在耶和华却说：‘我决不容你们这样行了，因为尊重我的，我必尊重他；藐视我的，必受到轻视。 (1 Samuel 2:30)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 因为知道你们得赎，脱去你们祖先传下的妄行，不是凭着能坏的金银等物，  而是凭着基督的宝血，就像无瑕疵无玷污的羊羔的血。 (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. 你们看，父赐给我们的是怎样的爱，就是让我们可以称为　神的儿女，我们也真是他的儿女。因此，世人不认识我们，是因为他们不认识父。 (1 John 3:1)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 为了这缘故，我也受这些苦，但我不以为耻，因为我知道我所信的是谁，也深信他能保守我所交托他的，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. 愿赐平安的　神，就是那凭着永约的血，把群羊的大牧人我们的主耶稣，从死人中领出来的那一位，  在一切善事上成全你们，好使你们遵行他的旨意；又借着耶稣基督在我们里面，行他所喜悦的事。愿荣耀归给他，直到永永远远。阿们。 (Hebrews 13:20-21)

Day 31

**Adoration**

You are He; You are the first,

And You are also the last. “雅各，我所呼召的以色列啊！你要听我的话。我就是‘那位’，我是首先的，也是末后的。 (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，道与　神同在，道就是　神。  这道太初与　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. “你要写信给在非拉铁非教会的使者，说：‘那圣洁的、真实的，拿着大卫的钥匙，开了就没有人能关，关了就没有人能开的（“拿着大卫的钥匙......没有人能开的”引自赛22:22），这样说： (Revelation 3:7)

*Pause to express your thoughts of praise and worship.*

**Confession**

Oh, my Lord, please do not hold against me the sin in which I have acted foolishly. 亚伦就对摩西说：“我主啊，求你不要因我们行事愚昧所犯的罪，就把这罪加在我们身上。 (Numbers 12:11)

*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.*

**Renewal**

May I guard my heart with all diligence,

For out of it flow the issues of life. 你要谨守你的心，胜过谨守一切，因为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. 所以不要为明天忧虑，因为明天自有明天的忧虑，一天的难处一天当就够了。” (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，你们也要准备妥当，因为在想不到的时候，人子就来了。 你们也要准备妥当，因为在想不到的时候，人子就来了。” (Matthew 24:44; Luke 12:40)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 好叫你们不再随从人的私欲，只顺从　神的旨意，在世上度余下的光阴。  因为你们过去随从教外人的心意，行邪淫、私欲、醉酒、荒宴、狂饮和可憎拜偶像的事，时候已经够了。 (1 Peter 4:2-3)

**Growth in Wisdom**

Developing an eternal perspective

Renewing my mind with truth

Greater skill in each area of life

My activities for this day

Special concerns

**Intercession**

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. 唯独等候　神，我的心才有安息；因为我的盼望是从他而来的。  唯独他是我的磐石，我的拯救；他是我的保障，我必不至动摇。  我的拯救，我的荣耀，都在于　神；我坚固的磐石，我的避难所，都在于　神。  众民哪！你们要常常倚靠他，在他面前倾心吐意；因为　神是我们的避难所。 (Psalm 62:5-8)

**Family**

My immediate family

My relatives

Spiritual concerns

Emotional and physical concerns

Other concerns

**Affirmation**

I have not yet come to the resting place and the inheritance the Lord my God is giving me. 因为你们现在还没有到耶和华你的　神赐给你的安息地和产业。 (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. 人的脚步是耶和华立定的，他的道路也是耶和华喜悦的。  他虽然跌跤，却不至仆倒；因为耶和华用手扶持他。 (Psalm 37:23-24)

I have made the Lord, my refuge,

Even the Most High, my habitation. 你既然把耶和华当作自己的避难所，把至高者当作自己的居所， (Psalm 91:9)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

You have given me life and shown me favor,

And Your care has preserved my spirit. 你赐我生命，又向我施慈爱，你的眷顾保守我的心灵。 (Job 10:12)

My shield is God Most High,

Who saves the upright in heart. 　神是我的盾牌，他拯救心里正直的人。 (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. 我要因你的慈爱欢喜快乐，因为你看见了我的困苦，知道我心中的痛苦； (Psalm 31:7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 我们主耶稣基督的父　神是应当称颂的。他照着自己的大怜悯，借着耶稣基督从死人中复活，重生了我们，使我们有永活的盼望，  可以得着不能朽坏、不能玷污、不能衰残，为你们存留在天上的基业， (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. 但满有恩典的　神，就是在基督里召你们进入他永远荣耀的那一位，在你们受了短暂的苦难之后，必定亲自成全你们，坚固你们，赐力量给你们，建立你们。  愿权能归给他，直到永远。阿们。 (1 Peter 5:10-11)

**part THREE**

**ONE WEEK prayer guide**

**Sunday**

**Adoration**

Not to us, O Lord, not to us,

But to Your name give glory,

Because of Your lovingkindness and truth. 耶和华啊！不要把荣耀归给我们，不要归给我们；要因你的慈爱和信实把荣耀归在你的名下。 (Psalm 115:1)

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. 称谢耶和华，歌颂你至高者的名；  早晨传扬你的慈爱，夜间传讲你的信实； (Psalm 92:1-2)

Great and marvelous are Your works,

Lord God Almighty!

Righteous and true are Your ways,

King of the nations!

Who will not fear You, O Lord,

And glorify Your name?

For You alone are holy.

All nations will come and worship before You,

For Your righteous acts have been revealed. 他们唱着　神仆人摩西的歌和羊羔的歌，说：“主啊！全能的　神，你的作为又伟大又奇妙！万国的王啊，你的道路又公义又真实！  主啊！谁敢不敬畏你，不荣耀你的名呢？因为只有你是神圣的，万国都要来，在你面前下拜，因为你公义的作为已经显明出来了。” (Revelation 15:3-4)

O sing to the Lord a new song;

Sing to the Lord, all the earth.

Sing to the Lord, bless His name;

Proclaim the good news of His salvation day after day.

Declare His glory among the nations,

His marvelous works among all people.

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. 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。  要在列国中述说他的荣耀。在万民中述说他奇妙的作为。  因为耶和华是伟大的，该受极大的赞美，他当受敬畏，过于众神之上。  因为万民的神都是虚空的偶像，但耶和华创造了诸天。  尊荣和威严在他面前，能力和华美在他圣所之中。 (Psalm 96:1-6)

*Pause to express your thoughts of praise and worship.*

**Confession**

This is the one You esteem:

He who is humble and contrite of spirit,

And who trembles at Your word. (Isaiah 66:2b)

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. 撒母耳说：“耶和华喜悦燔祭和平安祭，岂像喜悦人听从耶和华的话呢？听从胜过献祭，听命胜过公羊的脂油。 (1 Samuel 15:22)

The sacrifices of God are a broken spirit;

A broken and contrite heart,

O God, You will not despise. 　神所要的祭，就是破碎的灵；　神啊！破碎痛悔的心，你必不轻看。 (Psalm 51:17)

If I confess my sins, He is faithful and just and will forgive me my sins and purify me from all unrighteousness. 我们若承认自己的罪，　神是信实的、公义的，必定赦免我们的罪，洁净我们脱离一切不义。 (1 John 1:9)

The Lord does not see as man sees. Man looks at the outward appearance, but the Lord looks at the heart. 但耶和华对撒母耳说：“不要看他的外貌和他高大的身材，因为我不拣选他。耶和华看人不像人看人，人是看外表，耶和华是看内心。” (1 Samuel 16:7)

*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 that You have said:

Come now, let us reason together.

Though your sins are like scarlet,

They shall be as white as snow;

Though they are red as crimson,

They shall be like wool. 耶和华说：“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。 (Isaiah 1:18)

**Renewal**

Lord, renew me by Your Spirit as I offer these prayers to You:

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.” 主人对他说：‘又良善又忠心的仆人哪，你作得好！你既然在不多的事上忠心，我要派你管理许多的事。进来，享受你主人的快乐吧！’ (Matthew 25:21)

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. 我要小心谨慎行正直的路；你什么时候才到我这里来呢？我要在我的家中，以正直的心行事。  邪恶的事，我都不摆在眼前；离开正路的人所作的事，我都恨恶，决不容这些沾染我。 (Psalm 101:2-3)

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. 就要除去你们那照着从前生活方式而活的旧人。这旧人是随着迷惑人的私欲渐渐败坏的。  你们要把心灵更换一新，  并且穿上新人。这新人是照着　神的形象，在公义和真实的圣洁里创造的。 (Ephesians 4:22-24)

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. 所以你们要使自己成为圣洁。你们要分别为圣，因为我是耶和华你们的　神。  你们要谨守遵行我的律例，我是使你们分别为圣的耶和华。 (Leviticus 20:7-8)

*Pause to add your own prayers for personal renewal.*

**Petition**

Father, using Your word as a guide, I offer You my prayers concerning *dedication to You*.

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，你们既然与基督一同复活，就应当寻求天上的事，那里有基督坐在　神的右边。  你们要思念的，是天上的事，不是地上的事。  因为你们已经死了，你们的生命与基督一同隐藏在　神里面。  基督就是你们的生命，他显现的时候，你们也要和他一同在荣耀里显现。 (Colossians 3:1-4)

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. 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. 所以弟兄们，我凭着　神的仁慈劝你们，要把身体献上，作圣洁而蒙　神悦纳的活祭；这是你们理所当然的事奉。  不要模仿这个世代，倒要借着心意的更新而改变过来，使你们可以察验出什么是　神的旨意，就是察验出什么是美好的、蒙他悦纳的和完全的事。 (Romans 12:1-2)

May I cast down arguments and every pretension that sets itself up against the knowledge of You, and take every thought captive to the obedience of Christ. 攻破诡辩，和做来阻挡人认识　神的一切高墙，并且把一切心意夺回来，顺服基督。 (2 Corinthians 10:5)

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来跟从我的，也不配作属我的。  顾惜自己生命的，必要丧掉生命；但为我牺牲生命的，必要得着生命。 (Matthew 10:38-39)

May I take my cross and lose my life for Your sake.

May I trust in the Lord and do good; may I dwell in the land and feed on Your faithfulness. When I delight myself in the Lord, You will give me the desires of my heart. I will commit my way to the Lord and trust in You, and You will bring it to pass. You will bring forth my righteousness like the light, and my justice like the noonday. 你要倚靠耶和华，并要行善；你要住在地上，以信实为粮食。  你要以耶和华为乐，他就把你心里所求的赐给你。  你要把你的道路交托耶和华，并倚靠他，他就必成全。  他必使你的公义好像光发出，使你的公正如日中天。 (Psalm 37:3-6)

Come, my children, listen to me;

I will teach you the fear of the Lord.

Who is the man who desires life

And loves many days that he may see good?

Keep your tongue from evil

And your lips from speaking guile.

Depart from evil and do good;

Seek peace and pursue it.

The eyes of the Lord are on the righteous,

And His ears are attentive to their cry. 孩子们！你们要来听我；我要教导你们敬畏耶和华。  谁喜爱生命，爱慕长寿，享受美福，  就要禁止舌头不出恶言，嘴唇不说诡诈的话；  也要离恶行善，寻找并追求和睦。  耶和华的眼睛看顾义人，他的耳朵垂听他们的呼求。 (Psalm 34:11-15)

May I learn the fear of the Lord.

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.

Remember, O Lord, Your compassions and Your mercies,

For they are from of old. 耶和华啊！求你把你的道路指示我，求你把你的路径教导我，  求你以你的真理引导我，教训我，因为你是拯救我的　神；我整天等候的就是你。  耶和华啊！求你记念你的怜悯和慈爱，因为它们自古以来就存在。 (Psalm 25:4-6)

O Lord my God, may I fear You, walk in all Your ways, love You, and serve You with all my heart and with all my soul. “以色列啊，现在耶和华你的　神向你要的是什么呢？只要你敬畏耶和华你的　神，行在他的一切道路上，爱他，一心一意事奉耶和华你的　神， (Deuteronomy 10:12)

Father in heaven,

Hallowed be Your name.

Your kingdom come;

Your will be done

On earth as it is in heaven.

Give me today my daily bread,

And forgive me my debts as I also have forgiven my debtors.

And lead me not into temptation,

But deliver me from the evil one.

For Yours is the kingdom and the power and the glory forever. 所以你们要这样祈祷：‘我们在天上的父，愿你的名被尊为圣，  愿你的国降临，愿你的旨意成就在地上，如同在天上一样。  我们每天所需的食物，求你今天赐给我们；  赦免我们的罪，好像我们饶恕了得罪我们的人；  不要让我们陷入试探，救我们脱离那恶者。’（有些后期抄本在此有“因为国度、权柄、荣耀，全是你的，直到永远。阿们”一句） (Matthew 6:9-13)

Pause here to express any additional personal requests, especially concerning *growth in Christ*:

Greater desire to know and please Him

Greater love and commitment to Him

Grace to practice His presence

Grace to glorify Him in my life

My activities for this day

Special concerns

**Intercession**

Lord, I now prepare my heart for intercessory prayer for *churches and ministries*.

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. 愿我们的主耶稣基督自己，和那爱我们、开恩把永远的安慰和美好的盼望赐给我们的父　神，  安慰你们的心，并且在一切善行善言上，坚定你们。 (2 Thessalonians 2:16-17)

We should bear one another’s burdens and so fulfill the law of Christ. 你们各人的重担要互相担当，这样就成全了基督的律法。 (Galatians 6:2)

Confess your sins to one other and pray for one other so that you may be healed. The prayer of a righteous man accomplishes much. 所以你们应当彼此认罪，互相代求，这样你们就可以痊愈。义人祈祷所发出的力量，是大有功效的。 (James 5:16)

In the spirit of these passages, I pray for:

My local church

Other churches

Evangelism and discipleship ministries

Educational ministries

Special concerns

**Affirmation**

Feed my mind and heart, O Lord, as I affirm these truths from Your word concerning *salvation*:

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. 耶稣说：“我就是复活和生命；信我的人，虽然死了，也要活着。  所有活着又信我的人，必定永远不死，你信这话吗？” (John 11:25-26)

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. 因为我深信：无论是死、是生，是天使、是掌权的，是现在的事，是将来的事，是有能力的，  是高天的、是深渊的，或是任何别的被造之物，都不能叫我们与　神的爱隔绝，这爱是在我们的主耶稣基督里的。 (Romans 8:38-39)

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. For I am God’s workmanship, created in Christ Jesus for good works, which God prepared beforehand for me to do. 你们得救是靠着恩典，借着信心。这不是出于自己，而是　神所赐的；  这也不是出于行为，免得有人自夸。  我们原是　神所作成的，是在基督耶稣里创造的，为的是要我们行各样的善事，就是　神预先所安排的。 (Ephesians 2:8-10)

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. 我的羊听我的声音，我也认识他们，他们也跟随我。  我赐给他们永生，他们永不灭亡，谁也不能把他们从我手里夺去。  那位把羊群赐给我的父比一切都大，也没有人能把他们从我父的手里夺去。  我与父原为一。” (John 10:27-30)

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. 并且感谢父，他使你们有资格分享圣徒在光明中的基业。  他救我们脱离了黑暗的权势，把我们迁入他爱子的国里。  我们在爱子里蒙了救赎，罪得赦免。 (Colossians 1:12-14)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

For who You are and for what You have done, accept my thanks, O Lord:

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. 我因耶和华大大欢喜，我的心靠着我的　神快乐，因为他给我穿上救恩的衣服，给我披上公义的外袍，好像新郎戴上华冠，又像新娘佩戴装饰。 (Isaiah 61:10)

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. 唯独等候　神，我的心才有安息；我的拯救从他而来。  唯独他是我的磐石，我的拯救；他是我的保障，我必不至动摇。 (Psalm 62:1-2)

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觉，因为只有你耶和华能使我安然居住。 (Psalm 4:8)

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. 他说：“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、我的盾牌、我救恩的角、我的高台、我的避难所、我的救主；你是救我脱离强暴的。 (2 Samuel 22:2-3)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

Satisfy us in the morning with Your loyal love,

That we may sing for joy and be glad all our days. 求你使我们早晨饱尝你的慈爱，好使我们一生一世欢呼喜乐。 (Psalm 90:14)

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. 但满有恩典的　神，就是在基督里召你们进入他永远荣耀的那一位，在你们受了短暂的苦难之后，必定亲自成全你们，坚固你们，赐力量给你们，建立你们。  愿权能归给他，直到永远。阿们。 (1 Peter 5:10-11)

To You who are able to keep me from falling and to present me before Your glorious presence faultless and with great joy—to the only God my Savior, through Jesus Christ my Lord, be glory, majesty, dominion, and authority, before all ages and now and forever. Amen. 愿荣耀、威严、能力、权柄，借着我们的主耶稣基督，从万世以前，及现在，直到永永远远，归给独一的　神我们的救主。他能保守你们不至跌倒，使你们毫无瑕疵，欣然站在他荣光之前。阿们。 (Jude 24-25)

**Monday**

**Adoration**

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.

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.

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. 我的　神，我的王啊！我要尊崇你，（本节在《马索拉抄本》包括细字标题）我要永永远远称颂你的名。  我要天天称颂你，我要永永远远赞美你的名。  耶和华是至大的，配受极大的赞美，他的伟大无法测度。  世世代代的人都要颂赞你的作为，他们要传扬你大能的作为。  他们要讲述你威严的尊荣，我也要默想你奇妙的作为。  他们要述说你所行可畏的事的能力，我也要宣扬你的伟大。  他们要传述你可记念、至善的名，也要歌唱你的公义。  耶和华有恩典有怜悯，不轻易发怒，大有慈爱。  耶和华善待万有，他的怜悯临到他一切所造的。 (Psalm 145:1-9)

O Lord, our Lord,

How majestic is Your name in all the earth!

You have set Your glory above the heavens! 耶和华我们的主啊！你的名在全地是多么威严，你把你的荣美彰显在天上。 (Psalm 8:1)

Lord Jesus, You are the Root and the Offspring of David, the bright Morning Star. “差遣了我的使者、为众教会向你们证明这些事的，就是我耶稣。我是大卫的根，又是他的后裔，我是明亮的晨星。” (Revelation 22:16)

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. 独行奇事的以色列的　神，就是耶和华　神，是应当称颂的。  他荣耀的名也是应当永远称颂的；愿他的荣耀充满全地。阿们，阿们。 (Psalm 72:18-19)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 然而他是为了我们的过犯被刺透，为了我们的罪孽被压伤；使我们得平安的惩罚加在他身上，因他受了鞭伤，我们才得医治。  我们众人都如羊走迷了路，各人偏行己路；耶和华却把我们众人的罪孽，都归在他身上。 (Isaiah 53:5-6)

“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. 耶和华说：“现在虽然如此，你们仍要全心全意，以禁食、哭泣、哀号，归向我。”  你们要撕裂你们的心肠，不要撕裂你们的衣服。并要归向耶和华你们的　神，因为他有恩典有怜悯，不轻易发怒，并且有丰盛的慈爱，随时转意不降灾祸。 (Joel 2:12-13)

The Lord is close to the brokenhearted

And saves those who are crushed in spirit. (Psalm 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. 耶和华啊！我听见你的声音，惧怕你的作为；求你在这些年间复兴，在这些年间彰显，发怒的时候以怜悯为怀。 (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. 我只是暂时离弃你，却以极大的怜悯把你招聚回来。  在怒气涨溢的时候，我暂时向你掩面，却要以永远的慈爱怜悯你；这是耶和华你的救赎主说的。 (Isaiah 54:7-8)

**Renewal**

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. 所以你要谨守耶和华你的　神的诫命，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. “至于你，我儿所罗门哪，你要认识耶和华你父亲的　神，一心乐意事奉他，因为耶和华鉴察万人的心，知道人的一切心思意念。你若是寻求他，就必寻见；你若是离弃他，他必永远丢弃你。 (1 Chronicles 28:9)

May I love the Lord my God and serve Him with all my heart and with all my soul. “如果你们留心听我今日吩咐你们的诫命，爱耶和华你们的　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. “只是我告诉你们听道的人：当爱你们的仇敌，善待恨你们的人。  咒诅你们的，要为他们祝福，凌辱你们的，要为他们祷告。  你们愿意人怎样待你们，你们就应当怎样待人。 (Luke 6:27-28, 31)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. “心灵贫乏的人有福了，因为天国是他们的。  哀痛的人有福了，因为他们必得安慰。  温柔的人有福了，因为他们必承受地土。  爱慕公义如饥如渴的人有福了，因为他们必得饱足。  怜悯人的人有福了，因为他们必蒙怜悯。  内心清洁的人有福了，因为他们必看见　神。  使人和平的人有福了，因为他们必称为　神的儿子。  为义遭受迫害的人有福了，因为天国是他们的。 (Matthew 5:3-10)

May I seek first Your kingdom and Your righteousness, and all these things will be added to me. 你们要先求他的国和他的义，这一切都必加给你们。 (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. 他发现了一颗极贵重的珍珠，就离去，变卖了他的一切，来买那颗珍珠。 (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. (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.” 你们为人不要贪爱钱财，要以现在所有的为满足；因为　神亲自说过：“我决不撇下你，也不离弃你。” (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. 那撒在荆棘里的，就是人听了道，有今世的忧虑和财富的迷惑把道挤住，结不出果实来。  那撒在好土里的，就是人听了道，又明白了，结出果实来，有一百倍的，有六十倍的，有三十倍的。” 那撒在荆棘里的，是指另一些人；他们听了道，  然而今世的忧虑、财富的迷惑，以及种种的欲望，接连进来，把道挤住，就结不出果实来。  那撒在好土里的，就是人听了道，接受了，并且结出果实，有三十倍的、有六十倍的、有一百倍的。” 那落在荆棘里的，就是人听了，走开以后，被今世的忧虑、财富和宴乐挤住了，结不出成熟的子粒来。  但那落在好土里的，就是人用诚实良善的心来听，把道持守住，忍耐着结出果实。 (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. 这样，人应该把我们看作基督的仆人，　神奥秘的事的管家。  对于管家的要求，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. “一个人不能服事两个主人；他若不是恨这个爱那个，就是忠于这个轻视那个。你们不能服事　神，又服事金钱。 (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.” 主人对他说：‘又良善又忠心的仆人哪，你作得好！你既然在不多的事上忠心，我要派你管理许多的事。进来，享受你主人的快乐吧！’ (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. 至于我，我绝不以别的夸口，只夸我们主耶稣基督的十字架。借着这十字架，在我来说，世界已经钉在十字架上了；就世界来说，我也已经钉在十字架上了。 (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. “耶和华啊！求你使我知道我的结局，我的寿数有多少，使我知道我的生命多么短促。 (Psalm 39:4)

Teach me to number my days,

That I may gain a heart of wisdom. 求你教导我们怎样数算自己的日子，好使我们得着智慧的心。 (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. 愿主我们的　神的恩慈临到我们身上；愿你为我们的缘故，坚立我们手所作的工；我们手所作的工，愿你坚立。 (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

My activities for this day

Special concerns

**Intercession**

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. 又愿主叫你们彼此相爱的心，和爱众人的心，都充充足足，多而又多，好像我们爱你们一样。  也愿他坚定你们的心，好叫你们在我们主耶稣和众圣徒再来的时候，在我们的父　神面前，完全圣洁，无可指摘。 (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. 我今日吩咐你的这些话，都要记在你的心上；  你要把这些话不断地教训你的儿女，无论你坐在家里，或行在路上，或躺下，或起来的时候，都要谈论。 (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

**Affirmation**

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，我们既然因信称义，就借着我们的主耶稣基督与　神和好；  我们也凭着信，借着他可以进入现在所站的这恩典中，并且以盼望得享　神的荣耀为荣。 (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.” 你们所有劳苦担重担的人哪，到我这里来吧！我必使你们得安息。  我心里柔和谦卑，你们应当负我的轭，向我学习，你们就必得着心灵的安息；  我的轭是容易负的，我的担子是轻省的。” (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. 耶稣又对众人说：“我是世界的光，跟从我的，必定不在黑暗里走，却要得着生命的光。” (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. 耶稣说：“我就是生命的食物，到我这里来的，必定不饿；信我的，永远不渴。 (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. 耶稣回答：“凡喝这水的，还要再渴；  人若喝我所赐的水，就永远不渴。我所赐的水要在他里面成为涌流的泉源，直涌到永生。” (John 4:13-14)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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！你要称颂耶和华；在我里面的一切，都要称颂他的圣名。（本节在《马索拉抄本》包括细字标题）  我的心哪！你要称颂耶和华；不可忘记他的一切恩惠。  他赦免你的一切罪孽，医治你的一切疾病；  他救赎你的性命脱离死亡，以慈爱和怜悯作你的冠冕；  他以福乐使你的心愿满足，以致你好像鹰一般恢复青春的活力。 (Psalm 103:1-5)

I will give thanks to the Lord, for He is good;

His love endures forever. 你们要称谢耶和华，因他是良善的，他的慈爱永远常存。 (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. 除了耶和华，谁是　神呢？除了我们的　神，谁是磐石呢？  这位　神是我坚固的避难所，他使我的道路完全。  他使我的脚像母鹿的蹄，又使我站稳在高处。 (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. 你们要称谢耶和华，因他本是良善的；他的慈爱永远长存。  愿人因耶和华的慈爱，和他向世人所行的奇事称谢他。 (Psalm 107:1, 8)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

This is the day the Lord has made;

I will rejoice and be glad in it. 这是耶和华所定的日子，我们要在这一日欢喜快乐。 (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. 愿主耶稣基督的恩惠，　神的慈爱，圣灵的契通，常与你们众人同在。 (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. 　神能依照我所传的福音和耶稣基督所传的信息，照着他奥秘的启示，坚定你们。  这奥秘自古以来秘而不宣，但现在借着众先知所写的，照着永恒的　神的谕旨，已经向万国显明出来，使他们相信而顺服。  愿荣耀借着耶稣基督，归给独一全智的　神，直到永远。阿们。 (Romans 16:25-27)

**Tuesday**

**Adoration**

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. 我要时常称颂耶和华，赞美他的话必常在我口中。  我的心要因耶和华夸耀，困苦的人听见了就喜乐。  你们要跟我一起尊耶和华为大，我们来一同高举他的名。 (Psalm 34:1-3)

Rejoice in the Lord, O you righteous;

Praise is becoming to the upright. 义人哪！你们要靠着耶和华欢呼；正直人赞美主是合宜的。 (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. 至于我，我要常常仰望你，要多多赞美你。  我的口要述说你的公义，终日讲述你的救恩，尽管我不知道它们的数量。  我要来述说主耶和华大能的事；我要提说你独有的公义。  　神啊！我自幼以来，你就教导我；直到现在，我还是宣扬你奇妙的作为。 (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 thanksgiving

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. 全地应当向耶和华欢呼。（本节在《马索拉抄本》包括细字标题）  应当欢欢喜喜事奉耶和华，欢唱着到他的面前。  要知道耶和华是　神；他创造了我们，我们是属他的（“我们是属他的”有古抄本作“不是我们自己”）；我们是他的子民，也是他草场上的羊。  应当充满感恩进入他的殿门，满口赞美进入他的院子；要感谢他，称颂他的名。  因为耶和华本是美善的，他的慈爱存到永远，他的信实直到万代。 (Psalm 100:1-5)

*Pause to express your thoughts of praise and worship.*

**Confession**

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！求你按着你的慈爱恩待我，照着你丰盛的怜悯涂抹我的过犯。  求你彻底洗净我的罪孽，洁除我的罪。  因为我知道我的过犯；我的罪常在我面前。  我得罪了你，唯独得罪你；我行了你眼中看为恶的事，因此，你宣判的时候，显为公义；你审判的时候，显为清正。 (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. 谁能知道自己的错误呢？求你赦免我隐而未现的过失。  求你拦阻你仆人，不犯任意妄为的罪，不许它们辖制我；我才可以完全，不犯大过。 (Psalm 19:12-13)

*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.*

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. 求你用牛膝草洁净我，我就干净；求你洗净我，我就比雪更白。  求你使我听见欢喜和快乐的声音，使你所压伤的骨头可以欢呼。  求你掩面不看我的罪恶，求你涂抹我的一切罪孽。  　神啊！求你为我造一颗清洁的心，求你使我里面重新有坚定的灵。  不要把我从你面前丢弃，不要从我身上收回你的圣灵。  求你使我重得你救恩的喜乐，重新有乐意的灵支持我。  我就必把你的道指教有过犯的人，罪人必回转归向你。 (Psalm 51:7-13)

**Renewal**

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. 所以你要靠着你的　神归回，谨守忠信和公平，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. 不但这样，我们更以患难为荣；知道患难产生忍耐，  忍耐产生毅力，毅力产生盼望；  盼望是不会令人蒙羞的，因为　神借着所赐给我们的圣灵，把他的爱浇灌在我们的心里。 (Romans 5:3-5)

May I rejoice in hope, persevere in affliction, and continue steadfastly in prayer. 在盼望中要喜乐，在患难中要坚忍，祷告要恒切。 (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. 我们行善，不要觉得厌烦；如果不松懈，到了适当的时候，就有收成。 (Galatians 6:9)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 你们若住在我里面，我的话也留在你们里面；无论你们想要什么，祈求，就给你们成就。  这样，你们结出很多果子，我父就因此得荣耀，你们也就是我的门徒了。  父怎样爱我，我也怎样爱你们；你们要住在我的爱里。  如果你们遵守我的命令，就必定住在我的爱里，正像我遵守了我父的命令，住在他的爱里一样。  “我把这些事告诉了你们，好让我的喜乐存在你们心里，并且使你们的喜乐满溢。 (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！求你鉴察我，知道我的心思；试验我，知道我的意念。  看看我里面有什么恶行没有，引导我走永恒的道路。 (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. 求你用你的话引导我的脚步，不容什么罪孽辖制我。 (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. 正因这缘故，你们要多多努力：有了信心，又要增添美德；有了美德，又要增添知识；  有了知识，又要增添节制；有了节制，又要增添忍耐；有了忍耐，又要增添敬虔；  有了敬虔，又要增添弟兄的爱；有了弟兄的爱，还要增添神圣的爱。  因为你们有了这几样，并且继续增长，就必叫你们在确实认识我们的主耶稣基督上，不至于闲懒不结果子。 (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，不要容罪在你们必死的肉身上掌权，使你们顺从肉身的私欲，  也不要把你们的肢体献给罪，作不义的用具；倒要像出死得生的人，把自己献给　神，并且把你们的肢体献给　神作义的用具。 (Romans 6:12-13)

As an alien and a stranger in the world, may I abstain from fleshly lusts, which war against my soul. 亲爱的，我劝你们作客旅和寄居的人，要禁戒肉体的私欲，这私欲是与灵魂争战的。 (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. 肉体所行的都是显而易见的，就如淫乱、污秽、邪荡、  拜偶像、行邪术、仇恨、争竞、忌恨、忿怒、自私、分党、结派、  嫉妒、醉酒、荒宴，和类似的事。我从前早就告诉过你们，现在又事先告诉你们：行这些事的人，必定不能承受　神的国。  但圣灵的果子是仁爱、喜乐、平安、忍耐、恩慈、良善、信实、  温柔、节制；这样的事，是没有律法禁止的。 (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. 所以你们应当摆脱一切污秽和所有的邪恶，以温柔的心领受　神栽种的道；这道能救你们的灵魂。  你们应该作行道的人，不要单作听道的人，自己欺骗自己； (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. 我是说，你们应当顺着圣灵行事，这样就一定不会去满足肉体的私欲了。  因为肉体的私欲和圣灵敌对，圣灵也和肉体敌对；这两样互相敌对，使你们不能作自己愿意作的。  但你们若被圣灵引导，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

My activities for this day

Special concerns

**Intercession**

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. 我所祷告的，是要你们的爱心，在充足的知识和各样的见识上，多而又多，  使你们可以辨别是非，成为真诚无可指摘的人，直到基督的日子，  靠着耶稣基督结满了公义的果子，使　神得着荣耀和赞美。 (Philippians 1:9-11)

Beloved, I pray that you may prosper in all things and be in good health, even as your soul prospers. 亲爱的，我祝你凡事亨通，身体健壮，正如你的灵魂安泰一样。 (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

**Affirmation**

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. 如果有人在基督里，他就是新造的人，旧事已经过去，你看，都变成新的了！ (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. 我已经与基督同钉十字架；现在活着的，不再是我，而是基督活在我里面；如今在肉身中活着的我，是因信　神的儿子而活的；他爱我，为我舍己。 (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. 我们既然与基督同死，就信也必与他同活。  我们知道，基督既然从死人中复活，就不再死，死也不再辖制他了。  他死，是向罪死了，只有这一次；他活，是向　神活着。  你们也应当这样，向罪算自己是死的，在基督耶稣里，向　神却是活的。 (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. 你们接受的，不是奴仆的灵，使你们仍旧惧怕；你们接受的，是使人成为嗣子的灵，使我们呼叫“阿爸、父”。  圣灵亲自和我们的灵一同证明我们是　神的儿女。 (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. 你们不知道你们的身体就是那位住在你们里面的圣灵的殿吗？这圣灵是你们从　神那里领受的。你们不是属于自己的，  因为你们是用重价买来的。所以你们务要用自己的身体荣耀　神。 (1 Corinthians 6:19-20)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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.” 住在至高者的隐密处的，必在全能者的荫庇下安居。  我要对耶和华说：“你是我的避难所，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? 耶和华是我的亮光，是我的救恩，我还怕谁呢？耶和华是我性命的避难所，我还惧谁呢？（本节在《马索拉抄本》包括细字标题） (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，对你们敬畏我名的人，必有公义的太阳升起来；它的光线有医治的功能；你们必出来跳跃，像栏里的肥牛犊。” (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. 耶和华说：“因为他恋慕我，我必搭救他；因为他认识我的名，我必保护他。  他求告我，我必应允他；他在患难中，我必与他同在；我必拯救他，使他得尊荣。  我必使他得享长寿，又向他显明我的救恩。” (Psalm 91:14-16)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

Surely goodness and mercy will follow me all the days of my life,

And I will dwell in the house of the Lord forever. (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!” 我又听见在天上、地上、地底下和海里的一切被造之物，以及天地间的万有，都说：“愿颂赞、尊贵、荣耀、能力，都归给坐在宝座上的那一位和羊羔，直到永永远远！” (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. 愿赐平安的　神，就是那凭着永约的血，把群羊的大牧人我们的主耶稣，从死人中领出来的那一位，  在一切善事上成全你们，好使你们遵行他的旨意；又借着耶稣基督在我们里面，行他所喜悦的事。愿荣耀归给他，直到永永远远。阿们。 (Hebrews 13:20-21)

**Wednesday**

**Adoration**

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. 你们要亲自体验，就知道耶和华是美善的；投靠他的人，都是有福的。  耶和华的圣民哪！你们要敬畏他，因为敬畏他的一无所缺。 (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. 我要称谢你，因为我的受造奇妙可畏；你的作为奇妙，这是我深深知道的。 (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. 耶和华啊！你一切所造的都要称谢你，你的圣民也要称颂你。  他们要讲论你国的荣耀，也要述说你大能的作为。  好使世人知道你大能的作为，和你国威严的尊荣。  你的国是永远的国，你的王权存到万代。 (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. 所以大卫在全体会众面前称颂耶和华，说：“耶和华我们的祖先以色列的　神，是应当称颂的，从亘古直到永远。  耶和华啊，尊大、能力、荣耀、胜利和威严，都是你的；因为天上地下的万有都是你的；耶和华啊，国度是你的，你超越万有，你是至高的。  富足和尊荣都从你而来，你也统治万有。在你的手里有力量和权能；人的尊大、强盛都是出于你的手。  我们的　神啊，现在我们要称颂你，赞美你荣耀的名。 (1 Chronicles 29:10-13)

*Pause to express your thoughts of praise and worship.*

**Confession**

God is wise in heart and mighty in strength.

Who has resisted Him without harm? 他心里有智慧，而且有极大的能力，有谁对他刚硬而平安无事呢？ (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. 过犯得蒙赦免，罪恶得到遮盖的人，是有福的。（本节在《马索拉抄本》包括细字标题）  心里没有诡诈，耶和华不算为有罪的，这人是有福的。  我闭口不认罪的时候，就整天唉哼，以致骨头衰残。  因为你的手昼夜重压在我身上，我的精力耗尽，好像盛暑的干旱。（细拉）  我向你承认我的罪，没有隐藏我的罪孽；我说：“我要向耶和华承认我的过犯”；你就赦免我的罪孽。（细拉） (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. “来吧！让我们回转归向耶和华；因为，他虽然撕裂了我们，但必定医治我们；他虽然击伤了我们，却必替我们裹伤。  两天以后，他要使我们复原；第三天，他使我们起来，我们就可以活在他的面前。 (Hosea 6:1-2)

*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.*

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

And I will not remember your sins. “唯有我为自己的缘故，涂抹你的过犯，我也不再记念你的罪。 (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.” 因为主耶和华以色列的圣者这样说：“你们得救在于悔改和安息，你们得力在于平静和信靠。”但你们竟不愿意。 (Isaiah 30:15)

**Renewal**

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. 你们不可亵渎我的圣名，我在以色列人中间要被尊为圣；我是使你们分别为圣的耶和华， (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，他应该凭着信心祈求，不要有疑惑；因为疑惑的人，就像被风吹荡翻腾的海浪。  因为三心两意的人，在他的一切道路上，都摇摆不定。 (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，我儿啊，你应当在基督耶稣的恩典里刚强起来， (2 Timothy 2:1)

*Pause to add your own prayers for personal renewal.*

**Petition**

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、全意爱主你的　神。  这是最重要的第一条诫命。  第二条也和它相似，就是要爱人如己。  全部律法和先知书，都以这两条诫命作为根据。” (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. 你们愿意人怎样待你们，你们也要怎样待人，这是律法和先知的总纲。 (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. 爱是恒久忍耐，又有恩慈。爱是不嫉妒，不自夸，不张狂；  不作失礼的事，不求自己的益处，不轻易动怒，不计较人的过犯；  不喜欢不义，只喜欢真理。  爱是凡事包容，凡事相信，凡事盼望，凡事忍耐。  爱是永存不息的。先知的讲道终必过去，方言终必停止，知识终必消失。 (1 Corinthians 13:4-8)

May I love my enemies and pray for those who persecute me. 可是我告诉你们，当爱你们的仇敌，为迫害你们的祈祷， (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，你们既然是蒙爱的儿女，就应当效法　神。  要凭着爱心行事，好像基督爱我们，为我们舍己，当作馨香的供品和祭物献给　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. 只要心里尊基督为圣，以他为主；常常作好准备，去回答那些问你们为什么怀有盼望的人， (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. 你们要把握时机，用智慧与外人来往。  你们的话要常常温和，好像是用盐调和的，使你们知道应当怎样回答各人。 (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.” 我所拣选的禁食不是这样吗？不是要松开凶恶的锁链，解开轭上的绳索，使被压迫的获得自由，折断所有的轭吗？  不是要把你的食物分给饥饿的人，把流浪的穷困人接到你的家里，见到赤身露体的，给他衣服蔽体，不可逃避自己的骨肉而不顾恤吗？  这样，你的光就必突然发出，像黎明的曙光，你的伤口就必快快复原；你的公义就必行在你的前面，耶和华的荣耀要作你的后盾。  那时，你求告，耶和华必应允；你呼求，他必说：“我在这里！”你若从你中间除掉欺压人的轭，除去指责人的指头和恶毒的言语， (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. 一句坏话也不可出口，却要适当地说造就人的好话，使听见的人得益处。  不可让　神的圣灵忧伤，因为你们受了他的印记，等候得赎的日子。  一切苛刻、恼怒、暴戾、嚷闹、毁谤，连同一切恶毒，都应当从你们中间除掉。  要互相友爱，存温柔的心，彼此饶恕，就像　神在基督里饶恕了你们一样。 (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，也不要贪图虚荣，只要谦卑，看别人比自己强；  各人不要单顾自己的事，也要顾别人的事。 (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. 总括来说，你们要彼此同心，互相体恤，亲爱像弟兄，满有温柔，存心谦卑。  不要以恶报恶，以辱骂还辱骂，倒要祝福，因为你们就是为此蒙召，好叫你们承受福气。 (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

My activities for this day

Special concerns

**Intercession**

Lord, I now prepare my heart for intercessory prayer for *evangelism*.

May I devote myself to prayer, being watchful in it with thanksgiving. 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. 你们要恒切祷告，在祷告的时候存着感恩的心警醒；  也要为我们祷告，求　神为我们开传道的门，宣讲基督的奥秘（我就是为了这个缘故被捆锁），  使我照着我所应当说的，把这奥秘显明出来。 (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. 也要为我祈求，使我传讲的时候，得着当说的话，可以坦然无惧地讲明福音的奥秘， (Ephesians 6:19)

In the spirit of these passages, I pray for those who do not know Christ:

Friends

Relatives

Neighbors

Coworkers

Special opportunities

**Affirmation**

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！耶和华已经指示你什么是善，他向你所要的又是什么；无非是要你行公义，好怜悯，谦虚谨慎与你的　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. 我们虽然在世上行事，却不是按照世俗的方式作战，  因为我们作战所用的兵器，不是属于这世界的，而是在　神面前有能力的，可以攻陷坚固的堡垒，  攻破诡辩，和做来阻挡人认识　神的一切高墙，并且把一切心意夺回来，顺服基督。 (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. 不要爱世界和世上的东西。人若爱世界，爱父的心就不在他里面了。  原来世上的一切，就如肉体的私欲，眼目的私欲和今生的骄傲，都不是出于父，而是从世界来的。  这世界和世上的私欲都要渐渐过去，但那遵行　神旨意的却存到永远。 (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. “不可为自己在地上积聚财宝，因为地上有虫蛀，有锈侵蚀，也有贼挖洞来偷。  要为自己积聚财宝在天上，那里没有虫蛀锈蚀，也没有贼挖洞来偷。  你的财宝在哪里，你的心也在哪里。 因为你们的财宝在哪里，你们的心也在哪里。 (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，我们立定志向，无论住在身内或是与身体分开，都要讨主的喜悦。  因为我们众人都必须在基督的审判台前显露出来，使各人按着本身所行的，或善或恶，受到报应。 (2 Corinthians 5:9-10)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 我们主耶稣基督的父　神是应当称颂的。他照着自己的大怜悯，借着耶稣基督从死人中复活，重生了我们，使我们有永活的盼望，  可以得着不能朽坏、不能玷污、不能衰残，为你们存留在天上的基业，  就是你们这因信蒙　神能力保守的人，得着预备在末世要显现的救恩。 (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，我还有谁呢？除你以外，在地上，我也无所爱慕。  我的肉身和我的内心虽然渐渐衰弱，　神却永远是我心里的磐石，是我的业分。 (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！你为什么沮丧呢？为什么在我里面不安呢？应当等候　神；因为我还要称赞他，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这件事，我就有指望。  耶和华的慈爱永不断绝，他的怜悯永不止息。  每天早晨都是新的；你的信实多么广大！ (Lamentations 3:21-23)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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

Be pleasing in Your sight,

O Lord, my Rock and my Redeemer. 耶和华我的磐石、我的救赎主啊！愿我口中的言语、心里的意念，都在你面前蒙悦纳。 (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. 愿荣耀归给　神，就是归给那能照着运行在我们里面的大能，充充足足地成就一切，超过我们所求所想的。  愿荣耀在教会中和基督耶稣里归给他，直到万代，永世无穷。阿们。 (Ephesians 3:20-21)

**Thursday**

**Adoration**

Praise the Lord!

For it is good to sing praises to our God,

Because praise is pleasant and beautiful. 你们要赞美耶和华。歌颂我们的　神，这是多么美善，赞美他，这是美好的，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. 但以理说：“愿　神的名得称颂，从永远直到永远，因为智慧和能力都是属他的。  他改变时间、季节；他废王、立王；他赐智慧给智慧人，赐知识给聪明人。  他显明深奥和隐密的事，他洞悉暗中的一切，因为光明与他同住。 (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，我要切切寻求你；在干旱、疲乏、无水之地，我的心，我的身，都渴想你，切慕你。  因此，我在圣所中瞻仰你，为要见你的能力和荣耀。  因你的慈爱比生命更好，我的嘴唇要颂赞你。  我要一生称颂你，我要奉你的名举手祷告。  我的心满足，就像饱享了骨髓肥油；我要用欢乐的嘴唇赞美你。  我在床上记念你，我整夜默想你。  因为你帮助了我，我要在你翅膀的荫下欢呼。  我心紧紧追随你；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! 耶和华是永活的，我的磐石是应当称颂的；拯救我的　神，我的磐石，是应当被尊为至高的。 耶和华是永活的，我的磐石是应当称颂的，拯救我的　神是应当被尊为至高的。 (2 Samuel 22:47; Psalm 18:46)

*Pause to express your thoughts of praise and worship.*

**Confession**

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? 耶和华啊！求你不要在烈怒中责备我，也不要在气忿中管教我。  耶和华啊！求你恩待我，因为我软弱；耶和华啊！求你医治我，因为我的骨头发抖。  我的心也大大战栗，耶和华啊！要等到几时呢？ (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. 那时我说：“我有祸了，我灭亡了！因为我是个嘴唇不洁的人，又住在嘴唇不洁的人民中间，又因为我亲眼看见了大君王万军之耶和华。” (Isaiah 6:5)

There is not a righteous man on earth who continually does good

And never sins. 世上实在没有一个行善而不犯罪的义人。 (Ecclesiastes 7:20)

Truly I have sinned against the Lord, the God of Israel. 亚干回答约书亚，说：“我实在得罪了耶和华以色列的　神；我作过的事是这样的。 (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. 我们若说自己没有罪，就是自欺，真理就不在我们里面了。  我们若承认自己的罪，　神是信实的、公义的，必定赦免我们的罪，洁净我们脱离一切不义。  我们若说自己没有犯过罪，就是把　神当作说谎的，他的道就不在我们心里了。 (1 John 1:8-10)

*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.*

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. (Psalm 30:4-5)

**Renewal**

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. 爱耶和华你的　神，听从他的话，紧靠他，因为那就是你的生命，你的长寿；这样，你才能在耶和华向你的列祖亚伯拉罕、以撒、雅各起誓应许要赐给他们的地上居住。” (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. 你们要归我为圣，因为我耶和华是圣洁的，我把你们从万民中分别出来，使你们归我。 (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. 你们得了重生，并不是由于能坏的种子，却是由于不能朽坏的，就是借着　神永活长存的道。 (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. 你们既称那不偏待人、按各人行为审判的主为父，就当存敬畏的心，过你们寄居的日子； (1 Peter 1:17)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 求我们主耶稣基督的　神，荣耀的父，赐给你们智慧和启示的灵，使你们充分地认识他，  并且使你们心灵的眼睛明亮，可以知道他的呼召有怎样的盼望；他基业的荣耀，在圣徒中是多么的丰盛；  　神照着他强大的力量，向我们信他的人显出的能力，是何等的浩大。  这力量运行在基督身上，使他从死人中复活，并且在天上坐在自己的右边，  远超过一切执政的、掌权的、有能的、作主的，和今生来世所能举出的一切名衔。 (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. 要常常喜乐，  不住祷告，  凡事谢恩；这就是　神在基督耶稣里给你们的旨意。  凡事都要察验，好的要持守，  各样的恶事要远离。 (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. 我的弟兄们，你们遭遇各种试炼的时候，都要看为喜乐；  因为知道你们的信心经过考验，就产生忍耐。  但忍耐要坚持到底（“坚持到底”原文作“有完全的功效”），使你们可以完全，毫无缺乏。  你们中间若有人缺少智慧，就当向那厚赐众人，而且不斥责人的　神祈求，他就必得着。 (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，我亲爱的弟兄们，你们务要坚固，不可动摇，常常竭力多作主工，因为知道你们的劳苦，在主里面不是徒然的。 (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. 最后，你们要靠主的大能大力，在他里面刚强。  要穿戴　神所赐的全副军装，使你们能抵挡魔鬼的诡计。 (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.” 所以要准备好你们的心，警醒谨慎，专心盼望耶稣基督显现的时候所要带给你们的恩典。  你们既是顺服的儿女，就不要再效法从前无知的时候放纵私欲的生活。  那召你们的既是圣洁的，你们在一切所行的事上也要圣洁。  因为圣经上记着说：“你们要圣洁，因为我是圣洁的。” (1 Peter 1:13-16)

May I be anxious for nothing, but in everything by prayer and petition with thanksgiving, 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. 应当毫无忧虑，只要凡事借着祷告祈求，带着感恩的心，把你们所要的告诉　神。  这样，　神所赐超过人能了解的平安，必在基督耶稣里，保守你们的心思意念。 (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. 最后，弟兄们，凡是真实的、庄重的、公正的、纯洁的、可爱的、声誉好的，无论是什么美德，什么称赞，这些事你们都应当思念。 (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

My activities for this day

Special concerns

**Intercession**

Lord, I now prepare my heart for intercessory prayer for *government*.

We should offer petitions, prayers, intercessions, and thanksgivings 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，我劝你最重要的是要为万人、君王和一切有权位的恳求、祷告、代求和感恩，好让我们可以敬虔庄重地过平静安稳的日子。  在我们的救主　神看来，这是美好的，可蒙悦纳的。  他愿意万人得救，并且充分认识真理。 (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

**Affirmation**

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. 全部圣经都是　神所默示的，在教训、责备、矫正和公义的训练各方面，都是有益的，  为要使属　神的人装备好，可以完成各样的善工。 (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，比一切两刃的剑更锋利，甚至可以刺入剖开灵与魂，关节与骨髓，并且能够辨明心中的思想和意念。  被造的在　神面前没有一样不是显明的，万有在他的眼前都是赤露敞开的；我们必须向他交帐。 (Hebrews 4:12-13)

Your word is a lamp to my feet

And a light to my path. 你的话是我脚前的灯，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. 因为以斯拉专心寻求研究耶和华的律法，并且遵行，在以色列中教导律例和典章。 (Ezra 7:10)

I delight to do Your will, O my God,

And Your law is within my heart. 我的　神啊！我乐意遵行你的旨意；你的律法常在我的心里。” (Psalm 40:8)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 因为耶和华是伟大的，当受极大的赞美；他当受敬畏，远在万神之上。  万民的偶像算不得什么，唯独耶和华创造诸天。  尊荣和威严在他面前，能力和欢乐在他的圣所。  万族万民啊，你们要归给耶和华，要把荣耀和能力归给耶和华。  要把耶和华的名应得的荣耀归给他，拿着礼物到他面前来，要以圣洁的装饰敬拜耶和华。 (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，我们要借着耶稣，常常把颂赞的祭品献给　神，这就是承认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. 　神是我们的避难所，是我们的力量，是我们在患难中随时都可得到的帮助。 (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. 哈拿祷告说：“我的心因耶和华喜乐，我的角因耶和华高举，我的口向仇敌大大夸耀，因为我以你的救恩为乐。  没有人像耶和华那么圣洁，因为除你以外没有别的神，也没有磐石像我们的　神。 (1 Samuel 2:1-2)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 耶和华要保护你脱离一切灾祸，他要保护你的性命。  你出你入，耶和华要保护你，从现在直到永远。 (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. 愿耶和华赐福你，保护你；  愿耶和华使他的脸光照你，赐恩给你；  愿耶和华敞脸垂顾你，赐你平安。’ (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. 愿那赐盼望的　神，因着你们的信，把一切喜乐平安充满你们，使你们靠着圣灵的大能满有盼望。 (Romans 15:13)

**Friday**

**Adoration**

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. 主耶和华啊，因此，你是伟大的！按照我们耳朵所听见的，没有像你的，除了你以外，再没有别的　神。 耶和华啊，照着我们耳中所听见的，没有谁能与你相比；除你以外，再没有别的神。 (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. 说：“耶和华我们列祖的　神啊，你不是天上的　神吗？你不是统治万国的吗？你手中有大能大力，没有人能抵挡你。 (2 Chronicles 20:6)

For with You is the fountain of life;

In Your light we see light. 因为生命的泉源在你那里；在你的光中，我们才能看见光。 (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 thanksgiving;

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. 来吧，我们来向耶和华歌唱，向拯救我们的磐石欢呼。  我们要来到他面前称谢他，用诗歌向他欢呼。  因为耶和华是伟大的　神，是超越众神的大君王。  来吧，我们来俯伏敬拜，在造我们的耶和华面前跪下。  因为他是我们的　神，我们是他草场上的子民，是他手下的羊群。如果你们今天听从他的声音， (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. 我一生要向耶和华歌唱；我还在世的时候，我要向我的　神歌颂。  愿我的默想蒙他喜悦；我要因耶和华欢喜。 (Psalm 104:33-34)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. 耶和华啊！我从深处向你呼求。（本节在《马索拉抄本》包括细字标题）  主啊！求你听我的声音，求你留心听我恳求的声音。  耶和华啊！如果你究察罪孽，主啊！谁能站立得住呢？  但你有赦免之恩，为要使人敬畏你。 (Psalm 130:1-4)

You have been just in all that has happened to me; You have acted faithfully, while I did wrong. 在一切临到我们身上的事上，你都是公义的；因为你所行的是信实的，我们所行的是邪恶的。 (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，回转吧！回到耶和华你的　神那里，因为你是因自己的罪孽跌倒的。（本节在《马索拉抄本》为14:2）  你们预备好要说的话，归向耶和华，对他说：“除去我们一切罪孽，悦纳我们的祷告。这样我们就把嘴唇的果子献上。 (Hosea 14:1-2)

*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.*

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. 耶和华有怜悯，有恩典，不轻易发怒，并且有丰盛的慈爱。  他不长久责备，也不永远怀怒。  他没有按着我们的罪过待我们，也没有照着我们的罪孽报应我们。  天离地有多高，他的慈爱向敬畏他的人也有多大。  东离西有多远，他使我们的过犯离我们也有多远。  父亲怎样怜恤儿子，耶和华也照样怜恤敬畏他的人；  因为他知道我们的本体，记得我们不过是尘土。 (Psalm 103:8-14)

**Renewal**

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. “谁是忠心和精明的仆人，被主人指派管理全家，按时分派粮食的呢？  主人来到，看见他这样作，那仆人就有福了。 (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. 应当警醒、祷告，免得陷入试探；你们心灵虽然愿意，肉体却是软弱的。” (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. 孩子们，你们要住在主里面。这样，他若显现，我们就可以坦然无惧；他来的时候，我们也不至惭愧地躲避他了。 (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，你们也要准备妥当，因为在想不到的时候，人子就来了。 你们也要准备妥当，因为在想不到的时候，人子就来了。” (Matthew 24:44; Luke 12:40)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 求他按着他荣耀的丰盛，借着他的灵，用大能使你们内在的人刚强起来，  使基督借着你们的信，住在你们心里，使你们既然在爱中扎根建基，  就能和众圣徒一同领悟基督的爱是多么的长阔高深，  并且知道他的爱是超过人所能理解的，使你们被充满，得着　神的一切丰盛。 (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. 现在我若是在你眼前蒙恩，求你把你的道路指示我，使我可以认识你，可以在你眼前蒙恩；也求你想到这民族是你的人民。” (Exodus 33:13)

Whatever I do, may I do all to the glory of God. 所以，你们或吃喝，或作什么，一切都要为　神的荣耀而行。 (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. 这律法书不可离开你的口，要昼夜默诵，好使你谨守遵行书中所记的一切；这样，你的道路就必顺利，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. 我要默想你的训词，重视你的道路。  我喜爱你的律例，我不会忘记你的话。  求你恩待你的仆人，使我可以活着，也可以谨守你的话。  求你开我的眼睛，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. 我亲爱的弟兄们，你们要知道，人人都应该快快地听，慢慢地说，慢一点动怒；  因为人的忿怒并不能成全　神的义。 (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. 你要谨守你的心，胜过谨守一切，因为生命的泉源由此而出。  你要除掉欺诈的口，远离乖谬的嘴唇。  你双眼要向前正视，你的眼睛要向前直望。  你要谨慎你脚下的路径，你一切所行的就必稳妥。  不可偏左偏右，要使你的脚远离恶事。 (Proverbs 4:23-27)

Let my light shine before men, that they may see my good deeds and praise my Father in heaven. “你们是地上的盐；如果盐失了味，怎能使它再咸呢？结果毫无用处，唯有丢在外面任人践踏。  你们是世上的光。建在山上的城是无法隐藏的；  人点了灯，不会放在量器底下，而是放在灯台上，就照亮一家人。  照样，你们的光也应当照在人前，让他们看见你们的好行为，又颂赞你们在天上的父。 (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. 无论作什么，都不要发怨言、起争论，  好使你们无可指摘、纯真无邪，在这弯曲乖谬的世代中，作　神没有瑕疵的儿女；你们要在这世代中发光，好像天上的光体一样，  把生命的道显扬出来，使我在基督的日子可以夸耀我没有空跑，也没有徒劳。 (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. (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

My activities for this day

Special concerns

**Intercession**

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. 最后，弟兄们，请为我们祷告，好叫主的道也像在你们那里一样快快传开，得着荣耀，  也使我们能够脱离那些不讲理的恶人，因为不是人人都有信心。 (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. 他就对门徒说：“庄稼多，工人少；  所以你们应当求庄稼的主派工人去收割。” 耶稣对他们说：“庄稼多，工人少，所以你们应当求庄稼的主，派工人出去收他的庄稼。 (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

**Affirmation**

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，我们并不沮丧，我们外面的人虽然渐渐朽坏，但里面的人却日日更新，  因为我们短暂轻微的患难，是要为我们成就极大无比、永远的荣耀。  我们所顾念的，不是看得见的，而是看不见的；因为看得见的是暂时的，看不见的是永远的。 (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. 我留下平安给你们，我把自己的平安赐给你们；我给你们的，不像世界所给的。你们心里不要难过，也不要恐惧。 (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. (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. 我们既然一向都是坦然无惧的，又知道住在身内就是与主分开  （因为我们行事是凭着信心，不是凭着眼见），  现在还是坦然无惧，宁愿与身体分开，与主同住。 (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. 既然是儿女，就是后嗣；是　神的后嗣，也和基督一同作后嗣。我们既然和他一同受苦，就必和他一同得荣耀。  我看现在的苦难，与将要向我们显出的荣耀，是无法相比的。 (Romans 8:17-18)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 耶和华啊！我要全心称谢你，我要述说你一切奇妙的作为。  我要因你快乐欢欣；至高者啊！我要歌颂你的名。 (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. (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. 至于我，我要歌颂你的能力，每天早晨我要向你的慈爱欢呼，因为你作了我的高台，在患难的日子，作了我的避难所。  我的力量啊！我要向你歌唱；　神啊！你是我的高台，是向我施慈爱的　神。 (Psalm 59:16-17)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

Teach me to number my days,

That I may gain a heart of wisdom. 求你教导我们怎样数算自己的日子，好使我们得着智慧的心。 (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! 在你院子里住一日，胜过在别处住千日；宁愿站在我　神殿中的门槛上，也不愿住在恶人的帐棚里。  因为耶和华　神是太阳，是盾牌，耶和华赐下恩惠和光荣；他没有留下一样好处，不给那些行为正直的人。  万军之耶和华啊！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. 但愿尊贵荣耀归给万世的君王，就是那不朽坏、人不能见、独一的　神，直到永永远远。阿们。 (1 Timothy 1:17)

**Saturday**

**Adoration**

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！你要称颂耶和华；耶和华我的　神啊！你真伟大；你以尊荣和威严为衣服。  你披上亮光好像披上外袍；展开诸天好像铺张帐幔。 (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！你们应当向　神欢呼。（本节在《马索拉抄本》包括细字标题）  你们要歌颂他名的荣耀，把荣耀和赞美都归给他。  要对　神说：“你的作为多么可畏！因你伟大的能力，你的仇敌必向你假意归顺。  全地的居民都必敬拜你，向你歌颂，歌颂你的名。”（细拉） (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. 耶和华在他一切所行的事上，都是公义的，他对他一切所造的，都存着慈爱的心。  凡是求告耶和华的，耶和华都和他们接近，就是和所有真诚求告他的人接近。  敬畏他的，他必成就他们的心愿，也必听他们的呼求，拯救他们。  耶和华保护所有爱他的人，却要消灭所有恶人。  我的口要说赞美耶和华的话；愿所有的人都永永远远称颂他的圣名。 (Psalm 145:17-21)

*Pause to express your thoughts of praise and worship.*

**Confession**

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. (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，我的罪愆不能向你隐瞒。  主万军之耶和华啊！愿那些等候你的，不要因我蒙羞；以色列的　神啊！愿那些寻求你的，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. 至于我，我曾说：“耶和华啊！求你恩待我；求你医治我，因为我得罪了你。” (Psalm 41:4)

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

Save me, and I will be saved,

For You are my praise. 耶和华啊！求你医治我，我就得医治；求你拯救我，我就得拯救；因为你是我所赞美的。 (Jeremiah 17:14)

*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.*

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. 我必洁净他们得罪我的一切罪孽，并且赦免他们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！求你鉴察我，知道我的心思；试验我，知道我的意念。  看看我里面有什么恶行没有，引导我走永恒的道路。 (Psalm 139:23-24)

**Renewal**

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. 马利亚说：“我是主的婢女，愿照你的话成就在我身上！”天使就离开她去了。 (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. 但主的日子必要像贼一样来到。在那日，天必轰然一声地消失，所有元素都因烈火而融化；地和地上所有的，都要被烧毁。  这一切既然都要这样融化，你们应当怎样为人，过着圣洁和敬虔的生活，  等候并催促　神的日子降临呢？因为在那日，天要被火焚烧就融化了，所有元素都因烈火而融解！  但是我们按照他所应许的，等候新天新地，有公义在那里居住。  所以，亲爱的，你们既然等候这些事，就当殷勤努力，使你们没有污点，没有瑕疵，安然见主。 (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. 孩子们，我们爱人，不要只在言语和舌头上，总要在行动和真诚上表现出来。  这样，我们就知道我们是属于真理的。即使我们的心责备我们，在　神面前我们也可以心安理得，因为他比我们的心大，他知道一切。  亲爱的，我们的心若不责备我们，在　神面前我们就可以坦然无惧了。  凡我们所求的，就必从他得着，因为我们遵守他的命令，作他所喜悦的事。 (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. 耶和华啊！求你试验我，鉴察我，熬炼我的肺腑心肠。  因为你的慈爱常在我的眼前，我行事为人都按着你的真理。 (Psalm 26:2-3)

*Pause to add your own prayers for personal renewal.*

**Petition**

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. 如果我们靠圣灵活着，就应该顺着圣灵行事。 (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，我们从听见的那天起，就不停地为你们祷告祈求，愿你们借着一切属灵的智慧和悟性，可以充分明白　神的旨意，  使你们行事为人对得起主，凡事蒙他喜悦；在一切善事上多结果子，更加认识　神；  依照他荣耀的大能得着一切能力，带着喜乐的心，凡事忍耐宽容；  并且感谢父，他使你们有资格分享圣徒在光明中的基业。 (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，你要听，耶和华我们的　神是独一的耶和华；  你要全心、全性、全力爱耶和华你的　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，你不可有别的神。  “不可为自己做偶像，也不可做天上、地下和地底下水中各物的形象。  不可跪拜它们，也不可事奉它们，因为我耶和华你们的　神是忌邪的　神；恨恶我的，我必追讨他们的罪，从父亲到儿子，直到三四代。  爱我和遵守我诫命的，我必向他们施慈爱，直到千代。  “不可妄称耶和华你　神的名，因为妄称耶和华的名的，耶和华必不以他为无罪。  “要记念安息日，守为圣日。  六日要劳碌，作你一切工作。  但第七日是耶和华你的　神的安息日；这一日，你和你的儿女，你的仆婢和牲畜，以及住在你城里的寄居者，不可作任何的工。  因为耶和华在六日之内造天、地、海和其中的万物，第七日就歇息了；所以耶和华赐福安息日，定为圣日。  “要孝敬父母，使你在耶和华你的　神赐给你的地上得享长寿。  “不可杀人。  “不可奸淫。  “不可偷盗。  “不可作假证供陷害你的邻舍。  “不可贪爱你邻舍的房屋；不可贪爱你邻舍的妻子、仆婢、牛驴和他的任何东西。” “‘除我以外，你不可有别的神。  “‘你不可为自己做偶像，也不可做天上、地下和地底下水中各物的形象。  不可跪拜它们，也不可事奉它们，因为我耶和华你们的　神是忌邪的　神；恨恶我的，我必追讨他们的罪，从父亲到儿子，直到三四代。  爱我和遵守我诫命的，我必向他们施慈爱，直到千代。  “‘不可妄称耶和华你　神的名，因为妄称耶和华的名的，耶和华必不以他为无罪。  “‘要遵守安息日为圣日，照着耶和华你　神吩咐你的。  六日要劳碌，作你一切工作。  但第七日是属于耶和华你　神的安息日；这一日，你和你的儿女、仆婢、牛驴和一切牲畜，以及你城里的寄居者，不可作任何的工，好使你的仆婢可以和你一样享受安息。  你要记住：你在埃及地作过奴仆；耶和华你的　神用大能的手和伸出来的膀臂，把你从那里领出来，因此耶和华你的　神吩咐你要守安息日。  “‘要孝敬父母，照着耶和华你的　神吩咐你的，使你可以得享长寿，也使你在耶和华你的　神赐给你的地上，得享福乐。  “‘不可杀人。  “‘不可奸淫。  “‘不可偷盗。  “‘不可作假证供陷害你的邻舍。  “‘不可贪爱你邻舍的妻子；不可贪图你邻舍的房屋、田地、仆婢、牛驴和你邻舍的任何东西。’ (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 petition, I will pray always in the Spirit, and to this end I will be watchful with all perseverance and petition for all the saints. 因为我们的争战，对抗的不是有血有肉的人，而是执政的、掌权的、管辖这黑暗世界的和天上的邪灵。  所以要穿起　神所赐的全副军装，使你们在这邪恶的时代里可以抵挡得住，并且在作完了一切之后，还能站立得稳。  因此，你们要站稳，用真理当带子束腰，披上公义的胸甲，  把和平的福音预备好了，当作鞋子，穿在脚上，  拿起信心的盾牌，用来扑灭那恶者所有的火箭；  并且要戴上救恩的头盔，拿起圣灵的宝剑，就是　神的道，  借着各样的祷告和祈求，随时在圣灵里祈祷，并且要在这事上恒久警醒，为众圣徒祈求。 (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. 我所祷告的，是要你们的爱心，在充足的知识和各样的见识上，多而又多，  使你们可以辨别是非，成为真诚无可指摘的人，直到基督的日子，  靠着耶稣基督结满了公义的果子，使　神得着荣耀和赞美。 (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，你们既然是　神所拣选的，是圣洁、蒙爱的人，就要存怜悯的心肠、恩慈、谦卑、温柔和忍耐。  如果有人对别人有嫌隙，总要彼此宽容，互相饶恕；主怎样饶恕了你们，你们也要照样饶恕人。  在这一切之上，还要有爱心，爱心是联系全德的。  又要让基督的平安在你们心里作主；你们蒙召归为一体，也是为了这个缘故。你们要有感谢的心。  你们要让基督的道丰丰富富地住在你们心里，以各样的智慧，彼此教导，互相劝戒，用诗章、圣诗、灵歌，怀着感恩的心歌颂　神。  凡你们所作的，无论是言语或行为，都要奉主耶稣的名，借着他感谢父　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，我们既然有这么多的见证人，像云彩围绕着我们，就应该脱下各样的拖累，和容易缠住我们的罪，以坚忍的心奔跑那摆在我们面前的赛程；  专一注视耶稣，就是我们信心的创始者和完成者。他因为那摆在面前的喜乐，就忍受了十字架，轻看了羞辱，现在就坐在　神宝座的右边。  这位忍受罪人那样顶撞的耶稣，你们要仔细思想，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. 不但这样，我也把万事当作是有损的，因为我以认识我主基督耶稣为至宝。为了他，我把万事都拋弃了，看作废物，为了要得着基督。  并且得以在他里面，不是有自己因律法而得的义，而是有因信基督而得的义，就是基于信心，从　神而来的义，  使我认识基督和他复活的大能，并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. 这并不是说我已经得着了，已经完全了，而是竭力追求，好使我可以得着基督耶稣要我得着的。  弟兄们，我不以为自己已经得着了，我只有一件事，就是忘记背后，努力面前，  向着目标竭力追求，为要得着　神在基督耶稣里召我往上去得的奖赏。 (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. 是要叫你们的信心经过试验，就比那被火炼过，仍会朽坏的金子更宝贵，可以在耶稣基督显现的时候，得着称赞、荣耀和尊贵。 (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

My activities for this day

Special concerns

**Intercession**

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. 所以你们要这样祈祷：‘我们在天上的父，愿你的名被尊为圣，  愿你的国降临，愿你的旨意成就在地上，如同在天上一样。 (Matthew 6:9-10)

The end of all things is near; therefore we should be clear minded and self-controlled for prayer. 万物的结局近了，所以你们要谨慎警醒地祷告。 (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

**Affirmation**

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. 他对我说：“这是耶和华对所罗巴伯所说的话：‘不是倚靠权势，不是倚靠能力，而是倚靠我的灵。’这是万军之耶和华说的。 (Zechariah 4:6)

The fear of the Lord is the beginning of wisdom,

And the knowledge of the Holy One is understanding. 敬畏耶和华是智慧的开端，认识至圣者就是聪明。 (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. 他却对我说：“我的恩典是够你用的，因为我的能力在人的软弱上显得完全。”所以，我更喜欢夸自己的软弱，好让基督的能力临到我的身上。  因此，我为基督的缘故，就以软弱、凌辱、艰难、迫害、困苦为喜乐，因为我什么时候软弱，什么时候就刚强了。 (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. 你们所受的试探，无非是人受得起的；　神是信实的，他必不容许你们受试探过于你们抵受得住的，而且在受试探的时候，必定给你们开一条出路，使你们能忍受得住。 (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. 没有信，就不能得到　神的喜悦；因为来到　神面前的人，必须信　神存在，并且信他会赏赐那些寻求他的人。 (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. 如果你为求哲理而呼喊，为求聪明而扬声；  如果你寻找它如同寻找银子，搜寻它好像搜寻宝藏；  你就明白怎样敬畏耶和华，并且获得对　神的认识。  因为耶和华赐人智慧，知识和聪明都出自他的口。  他为正直人珍藏大智慧，给行为完全的人作盾牌；  为要看顾正直人的路径，护卫虔诚人的道路。 (Proverbs 2:3-8)

*Pause to reflect upon these biblical affirmations.*

**Thanksgiving**

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. 我要永远歌唱耶和华的慈爱，世世代代用口传扬你的信实。  我要说：“你的慈爱必永远建立；你的信实，你必坚立在天上。 (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. 慈爱和信实彼此相遇，公义和平安互相亲嘴。  信实从地上生出，公义从天上俯视。 (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. 至于我，我却要仰望耶和华，我要等候那拯救我的　神；我的　神必应允我。 (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. 耶和华是应当称颂的，因为他听了我恳求的声音。  耶和华是我的力量，是我的盾牌；我的心倚靠他，我就得到帮助；所以我的心欢乐。我要用诗歌颂赞他。 (Psalm 28:6-7)

*Pause to offer your own expressions of thanksgiving.*

**Closing Prayer**

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. 最后，弟兄们，你们要喜乐，要完全，要受安慰，要同心，要和睦。这样，施慈爱赐平安的　神必与你们同在。  愿主耶稣基督的恩惠，　神的慈爱，圣灵的契通，常与你们众人同在。 (2 Corinthians 13:11, 14)

Blessing and glory and wisdom

And thanksgiving and honor and power and strength

Be to our God for ever and ever. Amen. 说：“阿们！愿颂赞、荣耀、智慧、感谢、尊贵、权能、力量，都归给我们的　神，直到永永远远。阿们！” (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. 愿我们的主耶稣基督自己，和那爱我们、开恩把永远的安慰和美好的盼望赐给我们的父　神，  安慰你们的心，并且在一切善行善言上，坚定你们。 (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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