

Are You Listening?
Series: Prayers, Week One

Steve Mitchell

January 5th, 2025

你在聽嗎？

系列：禱告 #1

斯蒂反·米切爾

2025年1月5日

詩歌一：主的喜樂 **The Joy**

詞曲：The Belonging Co

今日是你所定的日子
我就歡喜雀躍
歡喜雀躍其中

這是我所信之地
你超乎足夠
超乎我的足夠

你對你的應許是信實的
當我軟弱你是剛強的
當我站在你的同在中
我擁有一切所需

[合唱]

主的喜樂
主的喜樂是我的力量
主的喜樂
主的喜樂是我的力量
我的靈啊，祝福他的名
我全心全身都要說
主的喜樂
主的喜樂是我的力量

耶穌

詩歌二：祝福神 **Bless God**

詞曲：Brooke Ligertwood

向祂奔跑去的人有福了
那在耶穌裡有盼望和信念的
祂不會離棄他們
尋求他的面的人有福了
那屈下膝定眼在耶穌的

面對未來
你是配得所有
配得所有的讚美

你對你的應許是信實的
當我軟弱你是剛強的
當我站在你的同在中
我擁有一切所需

[合唱]

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我全心全身都要說
主的喜樂
主的喜樂是我的力量

[橋段]

讓他興起如江水
大大溢出，聖靈
讓他湧出無拘束
大大溢出，聖靈

不會被撼動

來和我一起讚美主
高唱如果你愛他的名
來和我一起大聲歌唱

他配得我們所有讚美

和祂同行的人有福了
那決心和耶穌一起朝聖的
會親見祂的榮光
死而再生的人有福了
那為耶穌拋下所有而喜樂的
唯有他，哦耶穌，全為你的榮耀

來和我一起讚美主
高唱如果你愛他的名
來和我一起大聲歌唱
他配得我們所有讚美

來獻上你的奉獻
高唱如果你知道他的恩典
來舉起我們的聖潔的手
他配得我們所有讚美

祝福神在聖殿
祝福神在豐富之地
祝福神在黑暗山谷
每一個機會，我讚美你的名

詩歌三：一次再一次 **Again and Again**

by Thunderstorm.Artis,.Ben.Reeves,.Casey.Parnell,.Jamie.Robison

你收起我最大的缺陷，我的不安
你看見我的破碎，當我事事做錯

你知道我最大的懼怕，暗藏我心中
當我被擊敗跌倒，你帶來得勝

耶穌，你是我的醫治者
賜福的救贖者，你稱我為友
永遠自由，無法測度的愛
你從死亡中帶給我生命
一次再一次

在那個破損的十架上
我的救主為我而死
帶著我的破碎，我種種的錯

祝福神當我兩手空空
祝福神當讚美要付出代價
祝福神在無人之地
每一個機會，我讚美你的名

祝福神當拿起武器
祝福神當城牆陷落
祝福神因他在我前面行
每一個機會，我讚美你的名

祝福神因他持有勝利
祝福神因他常與我同在
祝福神因他永遠配得
每一個機會，我讚美你的名

來和我一起讚美主
高唱如果你愛他的名
來和我一起大聲歌唱
他配得我們所有讚美

來獻上你的奉獻
高唱如果你知道他的恩典
來舉起我們的聖潔的手
他配得我們所有讚美

我不知還有什麼更大的愛
能掛在受咒詛的木架上
你拾起我破碎的心
變成你手中傑作

我們在這裡，站立在這裡
充滿我們，一次再一次
打開心，張開雙手
充滿我們，主啊，一次再一次

耶穌，你是我的醫治者
賜福的救贖者，你稱我為友
永遠自由，無法測度的愛
你從死亡中帶給我生命
一次再一次

你從死亡中帶給我生命

一次再一次
哈雷路亞, 哈雷路亞

MVMNT I: Intro

MVMNT I: 簡介

When was the last time someone listened to you?

I mean, *really* listened with their whole being?

上次有人聽你講話是什麼時候？

我的意思是, 真的全心全意地傾聽嗎？

You could tell by the attentiveness of their body language and eye contact...

...that they were there, with you, really there, present in that moment.

你可以透過他們的肢體語言和眼神交流的專注程度來判斷...

.....在那一刻, 他們就在那裡, 和你在一起, 真的在那一刻。

No interruptions. No phone. Just you.

And what you wanted to share was all that mattered to them.

沒有打擾。沒有電話。只有你。

而你想要分享的內容對他們來說才是最重要的。

One of the most profound truths in all Scripture is that God...

...the Creator of the universe...

...the One ultimately revealed in Jesus Christ...

...is *that kind of listener*.

所有聖經中最深刻的真理之一就是神...

.....宇宙的創造者...

.....最終在耶穌基督裡顯現的那一位...

.....就是這樣的傾聽者。

AND...

He not only listens. He cares deeply for you.

以及...

他不僅會聽。他非常關心你。

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As we begin our series on prayer today, we're going to share a lot about its practice.

We're going to look at what prayer is, and what it isn't.

How prayer addresses the demands and pressures of contemporary life.

We're also going to give you practical insights that will help you pray.

當我們今天開始祈禱系列時, 我們將分享許多關於祈禱的實踐。

我們來看看什麼是禱告，什麼不是。
祈禱如何解決當代生活的需求和壓力。
我們還將為您提供實用的見解，幫助您祈禱。

However, if there's only one idea that you take away from this series, let it be this:
Prayer is about being in God's Presence more than anything else.
It's about how God invites us into His Presence.
然而，如果您從本系列中學到的只有一個想法，那就是：
禱告最重要的是與神的同在。
這是關於神如何邀請我們進入祂的存在。

So, let's explore how God listens to us,...
...empathizes with us,...
and invites us to trust Him with our cares...
In a way that ultimately leads to communion with Him.
那麼，讓我們來探索一下神如何聆聽我們的聲音...
...同情我們，...
並邀請我們將我們的憂慮託付給他...
以一種最終導致與祂相交的方式。

MVMNT I: The God Who Is Nearby Hears Our Cry 那位靠近的神聽見了我們的呼求

- **Scripture:** 經文
Psalm 34:17-18
The righteous cry out, and the Lord hears them; he delivers them from all their troubles.
The Lord is close to the brokenhearted and saves those who are crushed in spirit.
詩篇 34:17-18
17 義人呼求，耶和華聽見了，便救他們脫離一切患難。
18 耶和華靠近傷心的人，拯救靈性痛悔的人。
- **Key Points:**
 - **David wrote this about a desperate situation** (note 34's prescription + v1)
 - **God's attentiveness to the "righteous"** BIG concept here!!!
God listens to the cries of His people with compassion and intent to act.
 - **God's proximity:** He is close to the brokenhearted, not far off.
 - **God's deliverance:** His hearing isn't passive; He actively works to bring rescue and restoration.
關鍵要點：
大衛在一個絕望的情況下寫了這篇（注意第34篇的處方 + 第1節）
神對「義人」的關注：這是一個重要的概念！
神以同情和意圖行動來聆聽祂子民的呼求。
神的臨近：祂靠近心碎的人，並非遠離他們。
神的拯救：祂的聆聽不是被動的；祂積極地行動來帶來拯救和恢復。
- **Story:** Celine feeling heard...instilled by family; place, even a mobile place...故事：Celine 感受到被聆聽.....這種感覺是由家庭灌輸的；無論是在某個地方，甚至是移動中的地方

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- Application: Cry out to God in times of need, knowing He is always near and ready to respond. 應用：在需要的時候向神呼求，知道祂總是靠近並準備回應。

MVMNT II: The God Who Cares for Us Will Carry Our Burdens 關懷我們的神將擔負我們的重擔

- **Scripture:** 經文
1 Peter 5:7 彼得前書 5:7
Cast all your anxiety on him because he cares for you. 你們要將一切的憂慮卸給神，因為他顧念你們。
- **Key Points:** 關鍵要點：
 - God doesn't want us to carry our anxieties alone. 神不希望我們單獨承擔憂慮。
 - His care for us is not conditional but rooted in His unchanging nature, His love for us. 祂對我們的關懷不是有條件的，而是根基於祂不變的本性，祂對我們的愛。
Romans 8:38-39
For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. 羅馬書 8:38-39 38 因為我深信：無論是死，是生，是天使，是掌權的，是有能的，是現在的事，是將來的事，39 是高處的，是低處的，是別的受造之物，都不能叫我們與神的愛隔絕；這愛是在我們的主基督耶穌裡的。
 - Casting our cares is an act of "faith:" trust, surrender, and allegiance. 把我們的憂慮交託出去是一種「信心」的行為：信任、順服和忠誠。
- **Story:** Confronted by Mark; confession/repentance: my initial instinct to self-justify - relational pressure builds/fractures; then surrender, confession, relief, and restoration. 故事：被Mark所面對；認罪/悔改：我最初的本能是自我辯解——關係的壓力逐漸加劇並破裂；然後是順服、認罪、釋放和恢復。
- What burdens are you holding onto today? What's holding you back from casting them on Jesus, from surrendering that bag of rocks you carry around? Put it down, already. 今天你正握著什麼重擔？是什麼讓你無法將它們交託給耶穌，無法放下你所背負的那袋石塊？現在就放下吧。

MVMNT III: The God Who Created Us Knows Us 創造我們的神了解我們

- **Scripture:** 經文：
Psalms 139:4
Before a word is on my tongue you, Lord, know it completely. 詩篇 139:4 耶和華啊，我舌頭上的話，你沒有一句不知道的。
- **Key Points:** 關鍵要點：
 - **God knows all** our thoughts, words, and needs even before we express them. This would be horrific if not for His love and trustworthiness 神知道我們的一切思想、言語和需求，甚至在我們表達之前。若非祂的愛與可靠，這會讓人感到恐懼。
 - **God's intimate understanding:** His care stems from perfect knowledge of who we are. 神的親密理解：祂的關懷來自於對我們的完美了解。

- **God's patient invitation to commune with Him:** Even though He already knows, He *still desires that we speak with Him*. 神耐心的邀請與祂親近：即便祂已經知道，祂仍渴望我們與祂交談。
- **Story: "I don't feel Him" at lunch + "air pressure" illustration** 故事：“午餐時說‘我感受不到祂’ + ‘氣壓’的比喻”

No one knows my wife, Anita, as I do. 沒有人像我一樣了解我的妻子安妮塔。
Some know her very very well, but not like I do. 有些人非常了解她，但不像我那般了解。
Because of that exclusivity, 因為這種排他性

I can offer them insights about who she is that they otherwise wouldn't have.
And, that's RIGHT. That's good. That's the way God designed it. 我可以向他們提供有關她是誰的見解，否則他們就無法獲得這些見解。而且，這是對的。非常好。這就是上帝設計的方式。

Intimacy with God is similar, especially if you struggle with feeling God... 與神的親密關係是相似的，尤其是當你很難感受到神的時候...

...sensing His Presence and care for you..... 感受他的存在並關心你。

You may have to lean on others who know God in ways that you don't. 你可能必須依靠那些以你不知道的方式認識上帝的人。

You may have to lean on their "faith," if you will. 如果你願意的話，你可能不得不依靠他們的「信仰」。

Maybe you're one of those who enter God's Presence in prayer... 也許您是那些透過禱告進入上帝面前的人之一...

not because you feel it, 不是因為你感覺到了，

...but because you trust the testimony of someone who does. 但是因為你相信這樣做的人的見證。

Someone like a good friend, a pastor, or a family member... 像好朋友、牧師或家人這樣的人...

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And it's okay to do that. God knows you. He made you the way you are. 這樣做是可以的。上帝認識你。祂造你是獨特的。

He knows what you need — what support and pathways — to draw near to Him. 祂知道你需要什麼——什麼支持和途徑——來親近他。

We can never surprise God. He's never shocked by us. 我們永遠不能讓上帝感到驚訝。祂從來沒有對我們感到震驚。

So, prayer is not about transferring information to Him. It's about *cultivating* relational intimacy in His Presence. 所以，祈禱不是要向祂傳遞訊息。這是關於在祂的同在中培養親密關係。

MVMNT V: Concluding Encouragement + Summary 結束語鼓勵+總結

- God is always ready to hear from you; His care is constant and unwavering. 神隨時準備聆聽你的聲音；他的關懷是始終如一、堅定不移的。
- Prioritize time spent with Him, making daily prayer part of your regular rhythm. 優先考慮與祂相處的時間，讓每日祈禱成為你日常節奏的一部分。
- Here's how: 可以這樣做：
 - **Create a place:** Scripture's emphasis on incarnate communion: Haggai, Zechariah, Ezra, Nehemiah, Exodus (even a portable place, like Celine) 創造一個地方：聖經強調道成肉身的聖餐：哈該書、撒迦利亞書、以斯拉記、尼希米記、出埃及記（甚至是一個便攜式的地方，如席琳）
 - **Discover a time:** your rhythm Pierre Ouellete "golden time" 發現時間：你的節奏 Pierre Ouellete "黃金時間"
 - **Make it a conversation:** with God, because that's what it is 讓它成為一場對話：與上帝對話，因為事情就是這樣
 - **Still at a loss? Pray the Psalms:** model convo resource 還在茫然嗎？祈禱詩篇：模型convo資源

MVMNT V: Communion and Presence Response 聖餐和同在中的回應

As we've seen, God hears, cares, and knows us completely. 正如我們所見，神完全垂聽、關心、了解我們。

The ultimate evidence of His care is the gift of His Son, Jesus Christ,...祂關懷的最終證據是祂把祂的兒子耶穌基督賜給我們.....

...who defeated sin and death on the Cross. 耶穌在十字架上戰勝了罪惡和死亡。

He did that on our behalf, taking those burdens from us...他為我們這樣做，從我們身上卸下了這些負擔...

...and cleansing us — making us right with God: the "righteous" heard ones (Ps 34)...並潔淨我們—使我們與神和好：「義人」，被聽見的人（詩篇 34）。

● Reflection 反思

Let's not hurry through this moment. 我們不要急著度過這一刻。

Let's allow the Holy Spirit to meet us here, and share a brief silence. 讓我們讓聖靈在這裡與我們相遇，有一個短暫的沈默。

If you want to, and you're ready, cast your burdens on God in prayer, right now.

如果你願意，並且你已經準備好了，現在就透過禱告將你的重擔卸給上帝。

Take a moment to thank God for drawing near and hearing you...

花點時間感謝上帝走近並聆聽你的聲音...

...and for the sacrifice of Jesus on your behalf.以及耶穌為你所做的犧牲。

● Invitation 邀請

Maybe this is your first time doing that, appropriating God's loving work on your behalf through Jesus' sacrifice on the Cross: His death and resurrection. 也許這是你第一次這樣做，透過耶穌在十字架上的犧牲：祂的死亡和復活，為你接受上帝的愛的工作。

If that's you; If you've never before said to Jesus, "I believe you. Receive me into your

Kingdom,” you can do that today. Now. 如果那是你；如果你以前從未對耶穌說過：「我相信你。接受我進入你的國度”，今天你就可以做到。現在。

If you do, and you mean it, He will be faithful to welcome you as one of His own. 如果你這樣做了，而且你是真心實意的，他就會信實地歡迎你成為上帝的兒女。

- **Participation 參與**

Scripture 經文

1 Corinthians 11:23-26

For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, “This is my body, which is for you; do this in remembrance of me.”

In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.”

For whenever you eat this bread and drink this cup, you proclaim the Lord’s death until he comes.

歌林多前書 11:23-26

23 我當日傳給你們的，原是從主領受的，就是主耶穌被賣的那一夜，拿起餅來，

24 祝謝了，就擘開，說：這是我的身體，為你們捨（有古卷：擘開）的，你們應當如此行，為的是記念我。

25 飯後，也照樣拿起杯來，說：這杯是用我的血所立的新約，你們每逢喝的時候，要如此行，為的是記念我。

26 你們每逢吃這餅，喝這杯，是表明主的死，直等到他來。

詩歌：你是我異象 **Be Thou My Vision**

一 我的心愛主，你是我異象，惟你是我一切，他皆虛幻；
白晝或黑夜，我最甜思想，行走或安息，你是我光亮。

二 你是我活道，你是我智慧，主，我永屬於你，你永屬我；
你是我慈父，我是你真子，你居我衷里，我与你合一。

三 財富與稱贊，非我所傾意，惟你是我基業，直到永遠。
主，你，惟獨你，居我心首位，諸天之君尊，你是我寶庫。

四 諸天之君尊，你為我奏凱，使我充滿天樂，充滿我心；
你是我心愛，無論何遭遇，有你在掌權，仍是我異象。

Benediction: May you always trust the God who listens as you seek His Presence. May you rely on His trustworthiness to make and keep you as His righteous ones. 祝禱：願你永遠相信上

帝，當你尋求祂的同在時，祂會傾聽你的聲音。願你依靠祂的信實來使你成為祂的義人。

May we be people who continually praise Him, cry out in humility, and trust in His provision.
And, may our lives testify to God's nearness and care. In Jesus' name, Amen.願我們成為不斷讚美祂、謙卑呼求、相信祂供應的人。並且，願我們的生活見證上帝的親近和關懷。奉耶穌的名，阿門。