

Follow: Discovery New Life on Ancient Paths
Week #8 “The Way of Prayer”
Scripture: Matthew 26:36-44, Psalm 13:1-2, 1 Thessalonians 5:17
February 19, 2023
跟隨: 在古老的道路上尋找新生活
第八週 “禱告之路”
經文: 馬太福音 26:36-44, 詩篇 13:1-2, 帖撒羅尼迦前書 5:17
2023年2月19日

敬拜歌曲一: 最偉大的事 / **The Greatest Thing**

詞曲: Sari Simorangkir

演唱: 恩SiEnVanessa+朱紹恩

聖潔榮美的愛 良善憐憫的心
在祢裡面 我經歷
這一切 我的主
祢使我心讚美不停
白天黑夜不住歌頌祢
因祢滿有信實慈愛
永不變(在我生命)

Chorus

祢為我成就 最偉大的事
擬為我捨命 使我得完全
祢是我一生 唯一的寶藏
是我全所有 是我的最愛
耶穌 我主 我尊崇祢

Brige

祢為我而死(為我而死)
使我得生命
而我要宣告 你所做一切
在我生命中 何等偉大

敬拜歌曲二: 超乎一切 / **Above All**

詞曲: Lenny Leblanc & Paul Baloche

演唱: 王宗民

超乎眾權能 超乎眾王
超乎眾受造和宇宙眾萬物
超乎眾智慧和眾人的道路
是你創造天地和萬物

超乎眾國度 超乎權位
超乎這世界所知和所想像

超乎這世上的財富和珍寶
無一事物能與你相比

釘十架 埋葬在石洞
你捨生命 被拒絕和孤單
像玫瑰 遭踐踏在地
勝過死亡 你顧念我
超乎一切

敬拜歌曲三：**Build My Life** 建造我生命
詞曲：Brett Younker, Karl Martin, Kirby Kable, Matt Redman
演唱：Shine Taiwan

配得 我們献上每一首歌曲
配得 我們所有讚美的聲音
配得 我們生命每一次呼吸
為祢而活

耶穌 唯有祢名在萬名之上
耶穌 唯有祢是這世界拯救
配得 我們生命每一次呼吸
為你而活

聖潔 無人能夠像祢 無人與祢相比
開我眼睛為祢驚嘆
向我更顯明祢自己 充滿我祢心意
帶領我愛人更像祢

我要建造我生命 在祢愛裡 堅固的根基
我要全心信靠祢 我信靠祢 絕不會動搖

Offering / Announcements 奉獻/報告

- Women's Together Event - Friday, March 3 @ 7pm // Ladies, Join us for a night of fun, worship with Shelter Worship + an incredible word from Bo. If you have been to any of our Big Events last year, you know these nights are fun and the perfect ladies' night out. So, grab a friend and be sure not to miss out. 姊妹團契聚會 - 3月3日星期五晚上7點//女士們, 加入我們這個歡樂的夜晚。由珀主講。在庇護所敬拜 + 來自珀的令人驚嘆的話語。如果你去年參加過任何大型活動, 你知道這些夜晚是多麼有趣, 完美的女士之夜。所以, 認識朋友, 不要錯過。
- B4 Basics - Next Sunday @ 10am // If you are new to B4, want to learn more, find ways to get connected or simply want to meet some people, come to B4 Basics! Sign up on our website today. B4基礎課 - 下週日上午10點//如果你是B4的新成員, 想了解更多, 想建立聯繫或者簡單地認識某些人, 來B4基礎課! 今天在我們的網頁註冊。

Message 信息

- We are in a series of talks that we have titled “FOLLOW: Finding new life on ancient pathways” and the whole idea behind it is that we would uncover and unpack various practices or postures of the heart, that when we lean into them, we become MORE like Jesus. 我們現在進行的這個系列名為“跟隨：在古老的道路尋找新的生活”，這後面的整個想法是我們想發現和揭示各種內心的實踐或心態，當我們依靠它們生活的時候，我們變得更像耶穌。
 - Spiritual practices. 精神實踐
 - Spiritual disciplines. 屬靈操練
- And they work like this. 它們是這樣工作的。
- *Illustration: Elk Hunting* 插圖：麋鹿狩獵
 - *I used to bow hunt, when I was younger and could have 15 hobbies.* 我曾經玩過弓箭狩獵，當我年少的時候我有15個愛好。
 - *And I had this buddy who was a really great Elk hunter...knew the herds and had a reputation for getting huge bull elk.* 我有個非常出色的麋鹿獵手朋友...知道鹿群並以捕捉巨大麋鹿而聞名。
 - *And one day he asked if I wanted to hunt with him....like he'd set it all up.* 有一天他問我是否想和他一起去打獵...就像他會安排好一切。
 - *He'd scout.* 他會偵查
 - *He'd set the tree stands.* 他會立樹粧
 - *He'd provide the camp.* 他會提供營地。
 - *Everything.* 所有一切。
 - *So, of course I agreed.* 當然，我同意了。
 - *And when the time came, I drove to the camp, and got up early the next morning... like 4 am early, to hike to my tree stand this is about a mile and half away.* 當那一天來臨，我驅車前往營地，安排是：第二天一早起床...大概凌晨4點鐘，徒步大概1.5英里到我的樹粧。
 - *And I'm standing in camp and he points at a little piece of orange flagging tape in a tree with his flashlight.* 第二天，我站在營地，他用手電筒指向一棵樹上的一塊橙色旗子標記。
 - *And he says, go to that, and then, look for the next one, and keep doing that, and eventually you'll come to the one that your tree stand is in, and I've marked it so you'll know.* 他說，去那裡，然後，尋找下一個，繼續那樣做，最後你會找到你的樹粧上的那一個，我已經做了記號，你會發現。
 - *This was obviously before GPS.* 這顯然是在GPS出現之前。
 - *So I start walking.* 所以我開始走
 - *It's PITCH BLACK.* 黑暗的小路
 - *I go to the first flag.* 我到第一個旗子。

- *Stop. Scan with my flashlight.* 停下來，用手電筒掃。
- *Spot the next one. Walk.* 再下一個。走
 - *Stop. Scan.* 停下來，掃。
- *The next one.* 下一個。
 - *Scan.* 掃。
 - *And the next one. Same.* 下一個，同樣。
 - *And the next one.* 再下一個。
- *For a mile and a half, in the dark, in the woods, I kept doing this.* 1.5英里，在黑暗中，在樹林裡，我一直這樣做。
- *Until finally, I see a tree with a bunch of flagging in it.* 最後，我看到一棵樹上有一束旗子標記。
 - *And there's my tree stand.* 這是我的樹粧。
- One flag at a time, and EVENTUALLY, I found it. 一次是一個旗子，最終，我發現了。
- And that's sort of how these practices work. 這就是實踐過程。
- There's nothing magical about any one of them. 沒有任何神奇之處。
- They simply point the way. 他們只是指明方向。
- And you do one. 你做一個。
 - And another one. 還有一個。
 - And another one. 還有一個。
 - And EVENTUALLY you will find what you're looking for. 最後，你找到你要找的東西。
- So today, we're talking about a practice that EVERYBODY KNOWS, but very few really PRACTICE it. 所以今天，我們談論的是一個每個人都知道，但是很少有人真正去實踐的作法。
 - And I think there are some good reasons why. 我認為這是有一些合理的理由的。
- Today we are talking about: 今天我們要討論的是：

The Way of Prayer 禱告的方式

- And I think that if most of us are honest, prayer is a tricky subject. 我認為如果大多數人誠實的話，禱告是一件棘手的話題。
- I've shared this story before, so some of you have heard this. 我之前分享過這個故事，你們有些人聽說過。
 - But I haven't shared this aspect of it, and some of my thoughts after it. 但是我還沒分享這方面的內容，以及之後我的一些想法。

- So, several years ago my daughter contracted a very serious illness. 幾年前, 我女兒得了非常嚴重的病。
- At first I had no idea what was going on, or the seriousness of it. 起初我不知道發生了什麼, 或者它的嚴重程度。
- But I had this hunch. 但是我有預感。
- And so I took her to the hospital, only to discover that had I not, she probably wouldn't have woken up in the morning. 所以我帶她去了醫院, 才發現如果我不去醫院, 她有可能早上就醒不過來了。
- They admitted her to the ICU and they began working on her, monitoring her, watching her. 他們讓她進入重症監護室, 他們開始醫治她, 監測她, 觀察她。
 - And so, we sat. 所以, 我們坐下來。
 - And we prayed. 我們禱告。
- We weren't the only ones who prayed. 我們能做的唯一事情是禱告。
 - Dozens of people prayed. 幾十人禱告。
 - Some even came to the waiting room and they would sit, for hours, just praying. For. my. daughter. 一些人來到候診室裡, 他們坐了幾個小時, 只是為我女兒禱告。
- This went on for days. 這樣持續了幾天。
- And every day we didn't know if she'd make it. 每一天我們都不知道她是否能活過來。
- At one point, I actually had to say goodbye to her. 有一次, 我實際上必須跟她告別了。
 - It was one of the darkest moments of my life. 這是我一生中最黑暗的時候。
- But somehow, she pulled through and so we sat, for another day. 但沒想到, 她挺過來了, 所以我們又坐了一天。
- Now, she was about a week away from her 13th birthday and so they had put her in the pediatric ICU. 於是, 在她離13歲生日還差一週的時候, 他們讓她住進了兒童重症監護室。
- Which meant that all around us were dozens of other children, and families, who were doing the exact same thing that we were. 這意味著我們周圍都是一群兒童和家庭, 他們做著和我們一樣的事情。
- AND, My daughter recovered. 然後, 我女兒好起來了。
 - She lived. 她活下來了。

- She made it. 她活過來了。
- I still remember the moment when we found out that she was going to make it. 我仍然記得當我們發現她活過來時的那一刻。
 - I remember thanking God. 我記得感謝神。
 - I remember thanking those that prayed. 我記得感謝那些禱告的人。
- But a little while later, I remembered those other children around us in the ICU over the course of that week, who DIDN'T make it. 但是過了一些時候，我想起那一週還在重症監護室我們周圍的，那些沒有活下來的其他兒童。
 - And I thought about the prayers that were prayed for them. 我想到為他們所做的禱告。
- It makes me ask questions about prayer - like, WHY do we pray? 這使我對禱告產生疑問，比如說，我們為什麼禱告？
- I mean, does God answer prayers for some people, but he doesn't answer prayers for all people? 我的意思是，神是不是只回應有些人的禱告，而並不是回應所有人的禱告？
- Sometimes I hear people say things like, "We just prayed, and then God SHOWED UP." 有時候我聽人們說，“我們剛剛禱告了，然後神顯現了。”
 - And I wonder, where was God BEFORE you prayed? 我在想，在你禱告之前，神在哪裡？
 - Was he busy, and you just happened to grab his attention? 他是很繁忙，而你剛好獲得祂的注意嗎？
- Or, you've probably heard people say that they prayed for a parking place at the mall, and then they found one, right up front. 或者，你也許已經聽人們說過他們在一個購物中心禱告找到一個泊車位，然後一個空位出現了，就在你眼前。
- Are you telling me that God will answer your prayer for a parking place, but not the prayers of those parents in the ICU? 你是想告訴我神為一個泊車位回應了你的禱告，但是卻沒有回應那些在重症室的父母的禱告？
- These are the kind of things that can really cause us to question the purpose or even the point of prayer. 這類問題真的會使我們去質疑禱告的目的或者禱告的意義。
- And, let's be honest, for most of us, prayer is a weak point in our relationship with Jesus. 誠實地說，對於我們中的大多數，禱告是我們和耶穌的關係中的薄弱環節。
- We feel bad, even guilty, about how little we pray. 對於我們禱告少得可憐的情形，我們感覺很糟，甚至內疚。
 - When we finally do make time to pray, we often don't know what to say. 當我們最終拿出一些時間禱告時，我們又經常不知道說什麼。
 - Or we're so distracted we can't focus. 或者我們經常走神，無法集中精力。

- Yet for Jesus, prayer was such an important part of his life. 但是對於耶穌來說，禱告在他的生命中卻是那麼重要。
- When you read the biographies of his life, you see...there are all of these moments when Jesus goes away, by himself, to pray. 當你讀他的生平，你就看到...有那麼多的時候耶穌走開，獨自一人，去禱告。
 - Like He seems to genuinely enjoy his Father's company. 好像是他真心喜歡與天父在一起。
- But there's this one moment of prayer in the life of Jesus; it captures my attention more than any other. 但是在耶穌一生裡有一個禱告的時刻，它比其他任何一個禱告都更引起我的注意。
 - Instead of being enamored, or feeling guilty, it's like this one moment actually teaches me something. 不是著迷，不是感覺內疚，主這一禱告的時刻實際上教會了我一些事。
- It actually answers some of the questions I have about prayer. 這實際上回答了我關於禱告的一些問題。
- Now, the biblical accounts of Jesus life tell us that on the night he was betrayed he and his disciples went for a walk. 現在，從聖經裡耶穌的生平告訴我們，在那個他被出賣的晚上，他和他的門徒們在外面行走。
- So they had eaten the passover meal, which was loaded with all of this beautiful celebratory symbolism from the past. 那時他們剛吃完逾越節的晚餐，帶著以往的慶祝的愉悅。
 - It was this meal that pointed to all of these things God had done to rescue and care for his people. 這頓晚餐代表了所有那些神所做的拯救和關懷他的百姓的事。
 - Like each part the meal pointed to something in the past. 就像那頓晚餐的每一樣東西都代表着過去的一些事。
- Which, is why it's so beautiful that Jesus ADDS to the meal with the breaking of bread and the wine. 這也是為什麼耶穌為晚餐加入了剝餅和葡萄汁的儀式是那樣美好。
- He's showing how his death and resurrection is a part of this exodus from slavery. 他在展示他的死與復活象徵着從奴役終脫離出來。
 - But I digress. 這些有一點跑題。
- AFTER this meal, Jesus and the remaining disciples, (Judas had left), they go for walk...in the evening air. 在這次晚餐過後，耶穌和其餘的門徒(猶大已經離開了)走在外面，在夜晚的空氣中。
- Now I happen to believe that this is where some of the latter teen chapters of John actually take place, after this meal and on the way to the Garden. 我相信這就是在約翰福音十幾章的時候所描述的，晚餐之後，他們在去客西馬尼園的路上。
 - WHICH by the way, is ALL about his departure. 這也順便說一下，為了他的離去做準

備。

- He's prepping them. 他在為門徒們做預備。
- SO, you get the picture. 所有, 你明白這個意思了嗎?
 - Jesus has just given this symbol that in few days will be understand - that it's pointing to his death. 耶穌剛剛給了這個預示, 他們在幾天後會明白 - 這指的是他的死。
 - And then he talks with them about his departure. 然後他告訴他們他要離去了。
- AND THEN, he gets to the garden of Gethsemane, and he goes to pray. 然後, 他來到了客西馬尼園, 他去禱告。
- We will pick this up in Matthew 26: 我們在《馬太福音》第26章看到這些:

Matthew 26:36-39 馬太福音 26:36-39

Then Jesus went with them to a place called Gethsemane, and he said to his disciples, "Sit here, while I go over there and pray." 37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. 38 Then he said to them, "My soul is very sorrowful, even to death; remain here, and watch with me." 39 And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." 36 耶穌同門徒來到一個地方, 名叫客西馬尼, 就對他們說: "你們坐在这里, 等我到那邊去禱告。" 37 於是帶著彼得, 和西庇太的两个儿子同去, 就忧愁起来, 极其难过。38 便對他們說: "我心里甚是忧伤, 几乎要死。你们在这里等候, 和我一同儆醒。39 他就稍往前走, 俯伏在地, 禱告說: "我父阿, 倘若可行, 求你叫这杯离开我。然而不要照我的意思, 只要照你的意思。"

- Well, then, he goes back to his disciples, and they've fallen asleep... 然後, 他回到他的門徒那裡, 發現他們都睡著了...
- So there's this moment where he pleads with them to keep watch with him, and he goes back to pray. 於是, 耶穌在那個時候請求他們為他警醒, 然後, 他又回去禱告。

Matthew 26:42-44 馬太福音 26:42-44

Again, for the second time, he went away and prayed, "My Father, if this cannot pass unless I drink it, your will be done." 43 And again he came and found them sleeping, for their eyes were heavy. 44 So, leaving them again, he went away and prayed for the third time, saying the same words again. 第二次又去禱告說, "我父阿, 这杯若不能离开我, 必要我喝, 就愿你的意旨成全。43 又来见他们睡着了, 因为他们的眼睛困倦。44 耶穌又离开他们去了。第三次禱告, 说的话还是与先前一样。

- These are the moments leading up to his arrest; and he's going to be tried as a criminal; and then he's going to be executed and he's feeling the full weight of what's about to happen to him 再後來, 是他的被捕, 他將像一個罪犯一樣被審判, 然後被處死。他在感受到所有即將在他身上發生的事的重壓之下。
 - He knew it was headed this way. 他知道他正在走向那裡。
 - So he's enduring the suffering of his coming death and he begins to pray. 所以他忍受着他將面臨的死亡的痛苦, 開始禱告。

- And he prays, “Father if it's possible may this Cup be taken from me yet not what I will but your will.” 他禱告說，“我父阿，倘若可行，求你叫這杯離開我。然而不要照我的意思，只要照你的意思。”
- He likens his death to a cup that he doesn't want to drink. 他把他的死看成是他不想喝的苦杯。
 - I mean who would. 我想誰會願意喝呢？
- And he prays a little while later, if it's not possible for this cup to be taken from me then may it be done according to your will. 他過了一會兒又禱告說，這杯若不能離開我，就願你的旨意成全。
- So in the first prayer, he essentially says, “is there some way out of this; I don't really want to go through this; is there some other plan here?” 所以，在第一個禱告裡，他主要說的是，“如果有其他辦法，我真不想走這條路，還有沒有其他的辦法？”
- And then the second and third prayer is more like, “Well I guess this is gonna happen; nothing I can do to stop it; so I'm up for whatever you have in mind.” 然後第二個和第三個禱告是這樣：“我猜這會發生，我無法阻止它發生，那麼就按你想的做吧。”
- We learn something about prayer in this. 我們在這裡學到了關於禱告的一些事。
- Prayer for Jesus was not this passive acceptance, like, “I guess this is just how it's gonna be” 耶穌的禱告並不是被動地接受，就像是說，“我猜沒有辦法，只能這樣。”
 - And it wasn't this active kind of rebellion against time and space. 它也不是那種主動的，就像是對時間和空間對抗。
- For Jesus, prayer was being open to the God who's at work here and now. 對耶穌來說，禱告就是對神敞開，神在此時此地做工。
- To be open to the creative working of God in the world here and now you have to be honest. 對神的在這個世界的此時此地所做的奇妙工作敞開，你必須誠實。
 - So when Jesus is saying things like is there any way for this cup to be taken so I don't have to drink, he's being brutally honest with God. 所以當耶穌在說那些話，比如有沒有可能把這杯拿開，我就可以不喝，他在神面前是坦誠至極的。
 - God I don't really want to go through this. 神啊，我真的不想走這條路。
 - It's OK to pray like this. 我們是可以這樣禱告的。
- Like it says in the book of Psalms, chapter 13 the writer says, 就像《詩篇》第十三章裡作者所說的，

Psalm 13:1-2 詩篇 13:1-2

How long, O Lord? Will you forget me forever? 耶和華阿，你忘記我要到幾時呢？要到永遠么？

How long will you hide your face from me? 你掩面不顧我要到几時呢？

2 How long must I take counsel in my soul and have sorrow in my heart all the day? 我心裏籌算，終日愁苦，要到几時呢？

How long shall my enemy be exalted over me? 我的仇敌升高压制我，要到几時呢？

- Jesus came from a long tradition of people who saw prayer as brutal honesty with God. 耶穌繼承了先人在神面前完全的坦誠。

- Most scholars view half of the Psalms as laments of people grieving and out pouring their anguish in times of great suffering and torment. 在絕大多數的學者看來，《詩篇》裡有一半的內容是人們在悲痛中的哀嘆和在經歷巨大的痛苦和煎熬時苦悶的發洩。

- People shaking their fist at God; 人們在神面前揮拳；
 - challenging God 挑戰神；
 - doubting God 懷疑神；
 - wrestling with God 和神對抗
 - questioning God. 質問神

- God can handle what you're thinking. 神可以應對你所思的。
 - God can handle how you're feeling. 神可以應對你所感受的。
 - God knows what you're saying. 神知道你所說的。

- Prayer if it's anything, is truth. 禱告，這件事，首先是真實。
 - It's being honest with your maker. 面對你的創造主誠實。

- But for Jesus it wasn't just honesty that's going on in the garden. 但對耶穌，在花園裡發生的不僅僅是誠實。

- When he's praying to his father, his questions assume that he is going to be involved in some way in the answer. 當他向天父祈禱時，他的問題體現出他將以某種方式參與到答案中。

- Jesus assumption is there's some role for him to play in this creative ongoing work of God in the world. 耶穌的認知中，他在神在這世界上進行的創造性工作中是有角色參與的。

- See some people pray and they say, "Well God just didn't answer my prayer." 一些人祈禱，他們說，“好吧，上帝只是沒有回答我的祈禱。”

- But maybe; maybe they were the answer to their prayer. 但也許；也許他們就是他們祈禱的答案。

- For instance, don't ask God to feed someone who's hungry if you have plenty of food. 例如，如果你有足夠的食物，不要祈求上帝餵飽飢餓的人。

- Like it says in the book of James, "the prayer of a righteous person is powerful and

effective.”正如雅各書所說，“義人祈禱所發的力量是大有功效的。”

- He's talking about somebody who believes that the God who created the universe is at work here and now; 他說的是這樣相信創造宇宙的神此時此地在工作的人；
 - It's somebody who's open to that. 是那些對此心敞開的人。
 - Somebody who's aware. 那些明白此道的人。
 - Who's watching. 那些看察的人。
 - Who's listening. 那些聆聽的人。
- Somebody who's looking for their role to play in the ongoing creation of the world. 那些正在尋找自己在這不斷創新的世界中發揮作用的人。
 - That is going to be powerful prayer isn't it? 那將是有力的祈禱，不是嗎？
- It's not going to be like a formality, or some sort of list, or some sort of empty ritual. 它不會像一種形式，或某種清單，或某種空洞的儀式。
- And it's not just something you fold your hands and close your eyes, and do for a minute, and then walk away. 這不僅僅是你雙手合十，閉上眼睛，做一分鐘，然後走開的事情。
- In fact, Paul says in 1 Thessalonians to 事實上，保羅在帖撒羅尼迦前書說，

1 Thessalonians 5:17
Pray without ceasing
帖撒羅尼迦前書 5:17
不住地禱告

- I remember when I was young I first heard that. 記得小時候我第一次聽到這句話。
 - I thought, “That sounds like a HORRIBLY boring life! Who would choose that?” 我心想，“這聽起來像是一種非常無聊的生活！誰會選擇那個？”
 - But it was because I had a wrong and rigid understand of prayer. 但那是因為我對禱告的理解是錯誤的、死板的。
- What Paul is presenting is this idea that prayer is like your whole posture towards life. 保羅所表達的是這樣一種觀點，即禱告就像你對生活的整個態度。
 - It's way more than just words. 這不僅僅是說辭。
 - It's it's the whole way that you see and interact with everything going on around you. 它是你觀看周圍發生的一切並與之互動的全部方式。
- And so prayer is being still; 所以禱告是安靜不動的。
 - it's meditating 是冥思。
 - it's reflecting 是反思。
 - it's listening 是聆聽。
 - it's waking up 是喚醒。

- and, it's when you never stop asking the question - what is God up to right here right now and how can I be a part of it. 而且，當你永不停止問這個問題時 - 神現在在這裡做什麼，我如何才能成為其中的一部分。
- God's desire is that the divine energy that made the world; that his Spirit, would flow between us and in the process draw us closer together. 神的意願是被創造的這個世界的神聖能量；他的靈會在我們之間流動，並在此過程中拉近我們的距離。
- Prayer is tapping in to the same reality that formed the universe. 禱告是進入同一個形成了宇宙的現實。
- I think that's why people say that they can feel prayers. 我認為這就是為什麼有人說他們可以感受到禱告。
 - Praying connects us to the people and things were praying for 禱告將我們與所祈求的人和事聯繫起來
 - Prayer enlarges our perspective 禱告擴張我們的眼光。
 - Praying gives us a bigger heart 禱告讓我們的心寬闊。
 - Praying makes us feel things 禱告讓我們感受事物。
 - Praying changes things. 禱告改變事物。
 - Prayer changes us. 禱告改變我們。
 - It makes us better people. 禱告讓我們變得更好。
- So when people ask all sorts of questions; 所以當人們問各式各樣問題，如
 - why didn't God do this 神為什麼不做這事，
 - why did God do that 神為什麼不做那事，
 - why'd God show up then 神為什麼在那裡顯現，
 - why'd God make a miracle happen there 神為什麼在那裡行神蹟，
 - why'd God say yes to this prayer and no to that prayer 神為什麼對這個禱告說可以，對那個禱告說不，
- I don't know. 我不知道。
- I don't know why some situations go one way and some situations go another 我不知道為什麼有些事情是這樣有些事情是那樣。
- But I do know that you and I can be open to the new thing that God might be doing. 但我確實知道你我可以對神可能正在做的新事物持開放態度。
- So we read about this moment where the first disciples of Jesus, they are starting to see this new thing. 所以我們讀到這一刻，耶穌的第一批門徒，他們開始看到這個新事物。
- They knew what prayer was, but then they asked Jesus to teach them to pray. 他們知道什麼是祈禱，但後來他們求耶穌教他們祈禱。
- Like, they knew whatever Jesus was doing was different. 就像，他們知道耶穌所做的一切都是不同的。

- Jesus' answer was this thing we call "the Lord's prayer," 耶穌的回答就是我們所說的“主的禱文”，
 - But I don't think he intended it to be a liturgy to recite, as much as a template to follow. 但我不認為他打算把它當作一種背誦的禮拜儀式，就像要遵循的模板一樣。
- Think about what He's saying in this way. 想一想祂在這裡說的什麼。
- What if we simply followed this example, in prayer. 如果我們只是效法這個例子，在禱告中會怎麼樣。
- **“Our Father...” “我們的父啊...”**
 - Take a moment and think about the idea of God as your Father, with good intentions toward you. If you want, imagine God in your mind's eye. 花點時間想想神是你的父親，對你有善意。如果你願意，想像一下你心中的神。
- **“In heaven...” “在天上...”**
 - Take a moment to think about the idea that God is all around you. As you breathe in and out, imagine yourself breathing in and out more of the Holy Spirit. 花點時間想想上帝就在你身邊。當你吸氣和呼氣時，想像你自己吸入和呼出更多的聖靈。
 - Connecting with the God who is around you. 與你身邊的神聯繫。
- **“Hallowed by your name...” “願都尊你的名為聖...”**
 - Spend a few minutes just sitting with the Father in grateful worship. 花幾分鐘在感恩的敬拜中與天父坐在一起。
 - You might want to sit in silence for a few moments. 你可能想靜靜地坐一會兒。
 - Or rattle off a list of things you're grateful for. 或者快速列出你感激的事情。
 - Or praise God with specific things you love about him. 或者用你愛祂的具體事情來讚美神。
- **“Your kingdom come, your will be done, on earth as it is in heaven...” “願你的國降臨。願你的旨意行在地上，如同行在天上。”**
- Spend a few minutes asking for God's will to be done in your city/church/community/life. 花幾分鐘祈求神的旨意在你的城市/教會/社區/生活中實現。
 - Think of specific things to pray for. 想出具體的事情來祈禱。
 - Verbally give God a few things in your life you're wrestling with control over. A simple prayer of, "Your will be done in _____," is a great place to start. 跟神說出在你的生活中一些你正在試圖控制的事情。可以一個簡單的祈禱，如“你的旨意在_____完成”，做一個很好的開始。
- **“Give us each day our daily bread...” “我們日用的飲食，今日賜給我們。”**
 - Spend a few minutes praying for specific needs and wants in your life or that of your community. 花幾分鐘為你或你所在社區的生活中的具體需要和願望禱告。

- This is also a great time to pray over specific people in the community who need something: a job, healing, wisdom to make a decision, etc. 這也是為社區中有特定需要的人祈禱的好時機：一份工作、康復、做出決定的智慧等等。
- **“Forgive us our debts, as we also have forgiven our debtors...”** “免我們的債，如同我們免了人的債。”
 - Spend a few minutes receiving God’s forgiveness for specific areas in your life, and releasing others to forgiveness. 花幾分鐘接受上帝對你生活中特定領域的寬恕，並讓其他人得到寬恕。
- **“And lead us not into temptation, but deliver us from evil.”** “不叫我們遇見試探，救我們脫離兇惡。”
 - Spend a few minutes praying against temptation (the word can also be translated trouble) in your life. 花幾分鐘禱告抵抗生活中的誘惑（這個詞也可以翻譯成麻煩）。
 - Pray against specific sins.... 為特定的罪禱告.....
 - Pray against any kind of evil - spiritual evil (demonic), human evil, natural evil, etc. 祈禱對抗任何種類的邪惡——屬靈的邪惡（惡魔）、人類的邪惡、自然的邪惡等等。
 - Pray against bad things in your life or community, and for God’s blessing - the divine flow of good things into your your life and community. 為你生活或社區中的壞事祈禱，並祈求上帝的祝福——好事神聖地流入你的生活和社區。
- This is just one example of prayer; one way that we can pray. 這只是禱告的一個例子；我們祈禱的一種方式。
- But the big idea is that we remove the formality and remember what Prayer is really all about. 但重要的是，我們要去掉形式，記住祈禱的真正意義。
- I love this quote from Richard Foster. He says, 我喜歡理查德·福斯特的這句話。他說，

“Today the heart of God is an open world of love. He aches over our distance and preoccupation. He longs for our presence. And he is inviting you - and me - to come home. To come home to where we belong. For too long we’ve been in a far country. A country of noise and hurry and crowds; a country of climb and push and shove; a country of frustration and intimidation. And he welcomes us home: home to serenity and peace and joy; home to friendship and fellowship and openness; home to intimacy and acceptance and affirmation. He invites us into the workshop of his creativity, where we can be co-laborers with him.”

- Richard Foster, Prayer: The Heart’s True Home

“今天，神的心是一種開放的愛。祂為我們的距離和專注其他而痛苦。祂渴望我們的同在。祂邀請你——還有我——回家。回到我們屬於的地方。我們在遙遠的國度太久了。一個嘈雜、匆忙和擁擠的國家；一個爬升和推擠的國家；一個充滿挫折和恐嚇的國家。祂歡迎我們回家：寧靜、和平與歡樂的家；友誼、團契和開放的家園；親密、接受和肯定的家。祂邀請我們進入他的創意工作室，在那裡我們可以和他一起工作。”

- 理查德·福斯特，祈禱：心的真正家園

- The key to this home, this heart of God, is prayer. 去這個家, 神的心的關鍵是, 禱告。
- He simply says, "Talk with me." 他只是說, "和我談談。"

Reflection 反思

Benediction 祝禱

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