

TOPIC: Strength for Hope  
SERIES: Prayers 2  
SPEAKER: Bo Stern-Brady  
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主題: 為盼望加力  
系列: 禱告 2  
講員: 珀·斯坦恩-布雷迪  
2025年1月12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

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]

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

[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

詩歌二: 如果神引導你

神若引導你走你所認識的路, 則你受益不多;  
祂定規要引你走你所不認識的路, 叫你無奈。  
當與祂有千千百百次的談話,  
以致這路程在祂和你中間, 變成一個永遠的紀念。

### 詩歌三：同一個神 **Same God**

by Brandon Lake, Chris Brown, Pat Barrett, and Steven Furtick

我呼求雅各的神，祂的慈愛直到萬代，我知道你會保守你的約  
我呼求摩西的神，分開紅海的那位，我需要你為我成就同樣的事  
神啊，我需要你，神啊，我現在需要你，我多麼需要你  
磐石，我的磐石啊，我堅立在你的信實上  
我呼求馬力亞的神，祂的喜悅降臨在低微的人，我知道在你凡事能夠  
我呼求大衛的神，祂使牧童成為勇士，雖然不是哥利亞，我卻面對我自己的巨人  
你過去聆聽你的兒女，現在也聆聽，你是一樣的神，你是一樣的神。  
你過去垂聽禱告，現在也垂聽，你是一樣的神，你是一樣的神。  
你過去供應，現在也供應，你是一樣的神，你是一樣的神。  
你過去掌權，現在也掌權，你是一樣的神，你是一樣的神。  
你過去醫治，現在也醫治，你是一樣的神，你是一樣的神。  
你過去救贖，現在也救贖，你是一樣的神，你是一樣的神。  
你過去使綑綁的得自由，現在也使人心自由，你是一樣的神，你是一樣的神。  
你過去觸摸大痲瘋的人，現在也能感受你的觸摸，你是一樣的神，你是一樣的神。  
我呼求聖靈降臨，如水流降下充滿我，一次次充滿我，一次次充滿我！

**Scripture:** Philippians 4:6-7, Isaiah 40:31, Acts 4:31, Matthew 11:28-30, and Psalm 27:4-6

今日經文：

#### 腓立比書 4:6-7

6 應當一無罣慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴神。7 神所賜、出人意外的平安必在基督耶穌裡保守你們的心懷意念。

以賽亞書 40:31 但那等候耶和華的必從新得力。他們必如鷹展翅上騰；他們奔跑卻不困倦，行走卻不疲乏。

使徒行傳 4:31 禱告完了，聚會的地方震動，他們就都被聖靈充滿，放膽講論神的道。

馬太福音 11:28-30 28 凡勞苦擔重擔的人可以到我這裡來，我就使你們得安息。29 我心裡柔和謙卑，你們當負我的軛，學我的樣式；這樣，你們心裡就必得享安息。30 因為我的軛是容易的，我的擔子是輕省的。

詩篇 27:4-6 4 有一件事，我曾求耶和華，我仍要尋求：就是一生一世住在耶和華的殿中，瞻仰他的榮美，在他的殿裡求問。5 因為我遭遇患難，他必暗暗地保守我；在他亭子裡，把我藏在他帳幕的隱密處，將我高舉在磐石上。6 現在我得以昂首，高過四面的仇敵。我要在他的帳幕裡歡然獻祭；我要唱詩歌頌耶和華。

**Key Text/memory verse:** 關鍵經文/記憶經文

**Thesis:** Prayer is your relational lifeline to Jesus' strength, especially when life feels overwhelming. 論點：禱告是你與耶穌力量的關聯生命線，特別是在生活感到壓倒時。

**Synopsis:** Between sleepless nights and endless to-do lists, life can feel exhausting. Prayer invites us to trade our worries for God's peace. It renews our strength and hope for the journey ahead. 簡介：在無眠的夜晚和無盡的待辦事項之間，生活可能會讓人感到疲憊。禱告邀請我們將憂慮交換為上帝的平安。它更新了我們的力量和對前行道路的盼望。

**Main Points:** 主要要點

- Peace replaces panic: Prayer calms the storm within and guards your heart (Philippians 4:6-7) 平安取代恐慌：禱告平息內心的風暴，並保護你的心 (腓立比書 4:6-7)
- Strength to follow Jesus: Waiting on God through prayer renews our energy and hope (Isaiah 40:31, Acts 4:31) 跟隨耶穌的力量：透過禱告等待上帝，更新我們的力量和盼望 (以賽亞書 40:31, 徒4:31)
- An invitation to rest in Jesus' protection: He offers rest, support, and refuge to those carrying heavy burdens (Matthew 11:28-30, Psalm 27:4-6) 邀請在耶穌的保護中安息：祂為承擔重擔的人提供安息、支持和庇護 (馬太福音 11:28-30, 詩篇 27:4-6)

Everything starts with relationship. Everything ends with relationship. Our motivation. Our love. Our actions. Our dreams. Our desires and delights. Especially our prayer...begins and ends with relationship. 一切始於關係，一切終於關係。我們的動機，我們的愛，我們的行為，我們的夢想，我們的渴望和喜悅，尤其是我們的禱告.....都始於並終結於關係。

In 2017, I was speaking a lot at conferences and churches, which I had been doing that for twenty years and it was really important to me. My schedule was intricately worked around my job at Westside Church and all the other dates that I was trying to fill with speaking gigs. I would move heaven and earth to show up for people who asked me to speak. I was a widow, it was my job and I also loved my job. But then I met my now husband and we started dating and it was the first time I had dated in thirty-five years and the whole calendar shifted. NOW, I would move heaven and earth to save our weekends together or go to his company Christmas party or make it to Beaverton for one of his kids' birthdays. NO one had to guilt me into this. They didn't say, "Really, Bo, if you want your relationship with Cliff to grow, you have to commit at least three hours a week on the phone. I didn't have to put a habit tracker on the wall. I didn't need to write it into a to-do list. My whole heart rolled in the direction of relationship with Cliff. My relationship with Cliff - and all the driving back and forth three hours each way - never once drained me. It was all life giving. It fueled me. It strengthened me and it strengthened cliff. We decided we could parent ten kids together better than we could each parent our own alone. It was, and remains, true joy. 在2017年，我在許多會議和教會上演講，那是我已經做了二十年的事情，對我來說非常重要。我的時間表是圍繞著在西邊教會的工作以及我試圖填滿的其他演講安排來精心安排的。我會不顧一切為那些邀請我講話的人出現。我是寡婦，這是我的工作，我也熱愛這份工作。但後來，我遇到了現在的丈夫，我們開始約會，這是我三十五年來第一次約會，整個日程都發生了變化。現在，我會不顧一切來保護我們的週末，或者參加他的公司聖誕派

對，或者趕到比弗頓參加他孩子的生日派對。沒有人需要對我施加壓力。他們沒有說：“真的，Bo，如果你想讓你和Cliff的關係增長，你每週至少要花三小時在電話上。”我不需要在牆上貼習慣追蹤器，也不需要把它寫進待辦事項清單。我整顆心都朝著與Cliff的關係前進。我和Cliff的關係——包括每次往返三個小時的車程——從來沒有讓我感到疲憊。這一切都是充滿生命的。它激勵了我，讓我更堅強，也讓Cliff變得更堅強。我們決定一起養十個孩子，比起各自單獨養自己的孩子，我們能做得更好。這是，並且仍然是，真正的喜悅。

Real relationship is like that. It is sourced in joy and delight. Other relationships might be sourced in guilt - you have to visit your great aunt once a month. Or they might be sourced in conflict - you have to meet with a frustrating coworker, or they may be sourced in fear - you have to go to the dentist or else. But those relationships drain the strength and the life from our lives. REAL relationship ADDS to strength and life. REAL relationship is based in joy and delight - it definitely runs through other cycles as well, because growing relationships faces all kinds of seasons, but it is sourced in mutual delight. 真正的關係就是這樣。它源於喜悅和愉悅。其他關係可能源於罪疚感——你每個月必須去看一次你的曾祖母。或者它們可能源於衝突——你必須和讓人沮喪的同事見面，或者它們可能源於恐懼——你必須去看牙醫，不然就會有後果。但這些關係會從我們的生活中消耗掉力量和生命。真正的關係則是增強力量和生命的。真正的關係建立在喜悅和愉悅之上——它當然也會經歷其他的階段，因為成長中的關係會面臨各種季節的變化，但它的根基始終在於彼此的喜悅。

One of the most promising verses in the Bible is in Philipians 4. 聖經中最具應許性的經文之一在腓立比書第四章。

**Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philipians 4:4-7**

腓立比書 4:4-7

**4** 你們要靠主常常喜樂。我再說，你們要喜樂。**5** 當叫眾人知道你們謙讓的心。主已經近了。

**6** 應當一無罣慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴神。**7** 神所賜、出人意外的平安必在基督耶穌裡保守你們的心懷意念。

This verse has a very clear punchline: Peace. “And the peace of God which transcends all understanding will guard your hearts and your minds in Christ Jesus. We talk about this all the time here at B4. Shalom. Peace that transcends every circumstance and surrounds us in every story and every storm. And I don't like to bullet-point the deep waters of the Word of God but this verse lends itself well to a one/two/three approach to peace and strength, though we could probably take them in any order.

這節經文有一個非常清楚的結論：平安。「神所賜、出人意外的平安必在基督耶穌裡保守你們的心懷意念」我們在B4總是談論這個，平安。超越一切環境的平安，圍繞我們的每個故事和每個風

暴。我不喜歡用條列式列出神話語中的深刻教義，但這節經文卻很適合用一/二/三的方法來理解平安與力量，儘管我們可能可以隨意調整順序。

1. **Rejoice Always** 常常喜樂
2. **Fear Nothing** 無所懼怕
3. **Pray about Everything** 凡事禱告

Couldn't be simpler, right? :) 不能再簡單了，對不對？

It begins with: Rejoice in the Lord. *Always*. This is the starting point for everything else in life. Rejoice in the Lord. Delight in him. Building religion around duty - follow the rules so God won't be mad at you - since the beginning of time. The Jewish people especially had built around this idea of obey the Law to keep God on your good side. Now, Paul introduces an idea that subverts so much of that theology: Rejoice in the Lord. Delight in Him. *Always*. No matter what. Rejoice in him. This is the birthplace of our relationship with Him. 開頭是：在主裡喜樂。總是。這是人生中一切事物的起點。你們要靠主喜樂。對他感到高興。圍繞責任建立宗教 - 遵守規則，這樣上帝就不會對你生氣 - 自古以來。猶太人特別建立了「遵守律法以讓上帝保佑你」的觀念。現在，保羅提出了一個顛覆大部分神學觀點的觀點：在主裡喜樂。以他為樂。總是。無論。因他而喜樂。這是我們與祂的關係的發源地。

And also - and this is the coolest thing ever - it's also the nature of his relationship with us: 而且——這是最酷的事情——這也是他與我們的關係的本質：

**14 Sing for joy, O Daughter of Zion;**

**shout aloud, O Israel!**

**Be glad and rejoice with all your heart,**

**O Daughter of Jerusalem!**

**15 The LORD has taken away your punishment;**

**He has turned back your enemy.**

**Israel's King, the LORD, is among you;**

**no longer will you fear any harm.**

**16 On that day they will say to Jerusalem:**

**"Do not fear, O Zion;**

**do not let your hands fall limp.**

**17 The LORD your God is among you;**

**He is mighty to save.**

**He will rejoice over you with gladness;**

**He will quiet you with His love;**

**He will rejoice over you with singing." Zephaniah 3**

西番雅書 3:14 錫安的民哪，應當歌唱。以色列阿。應當歡呼。耶路撒冷的民哪，應當滿心歡喜快樂。3:15 耶和華已經除去你的刑罰，趕出你的仇敵。以色列的王耶和華在你中間，你必不再懼怕災禍。3:16 當那日，必有話向耶路撒冷說，不要懼怕。錫安哪，不要手軟。3:17 耶和華你的神，是施行拯救，大有能力的主，他在你中間必因你歡欣喜樂，默然愛你，且因你喜樂而歡呼。

Why is it that we choose duty over delight in our relationship with God - or with anything? Duty is an easy measuring stick for whether or not we're doing it right. If I'm following the rules, I'm inside the fence of His love. If I break the rules, I'm not. It's easy to judge who's in and who's out. But relationship is different than that. How many of you have kids you love? How many of those kids have occasionally broken your rules? Why do you still love them? I would hate it if our kids only showed up at our house for dinner because they're afraid of what will happen if they don't. I want them to want to be with us because we want to be with them. Mutuality of joy is essential for truly life-giving relationships. 為什麼我們選擇責任而不是在與上帝或任何事物的關係中尋求快樂？責任是衡量我們是否做得正確的簡單標準。如果我遵守規則，我就處於他的愛的圍欄內。如果我違反了規則，那我就不是。很容易判斷誰在內，誰在外。但關係卻不同於此。你們當中有多少人自己愛的孩子？其中有多少孩子偶爾違反過你的規則？為什麼你依然愛他們？如果我們的孩子只是因為害怕不來吃晚餐而來我們家，我會很討厭他們。我希望他們願意和我們在一起，因為我們也願意和他們在一起。相互的喜悅對於真正充滿生命的關係至關重要。

We're going to swing back to this concept in a moment, but let's stick with Paul and Philippians for a bit. Number two is very challenging and frankly, pretty unrealistic: Fear nothing. 我們稍後會再回到這個概念，但讓我們先暫時討論一下保羅和腓立比書。第二點非常具有挑戰性，而且坦白說，相當不切實際：無所畏懼。

**Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:** 應當一無掛慮，只要凡事藉著禱告、祈求和感謝，將你們所要的告訴神。腓立比書 4:

Don't be anxious. Fear *nothing*. This sounds like a command. And we like to put commands in the category of the things that make our Dad mad when we do them. But when we dig beneath the surface, we will ALWAYS find that God's instruction is tied to His love for us. His rejoicing over us. Because he loves us, He says, Fear Nothing. If we hop out of scripture and into science for a minute, we'll figure out why. Anxiety on the body impacts us in the following ways - and this list is by no means exhaustive: 別著急。無所畏懼。這聽起來像是一個命令。我們喜歡將命令歸類在那些當我們執行這些命令時會讓爸爸生氣的事情類別中。但當我們深入挖掘時，我們總會發現上帝的教導與祂對我們的愛息息相關。他為我們感到高興。因為他愛我們，所以他說，無所畏懼。如果我們暫時拋開經文，轉而探討科學，我們就會明白為什麼。身體焦慮會以以下方式影響我們 - 而且這個清單絕不是詳盡無遺的：

- **A sense of doom** 厄運感
- **Headaches** 頭痛
- **Irritability** 易怒
- **Breathing problems** 呼吸問題
- **Increase in blood pressure** 血壓增高
- **Muscle aches and other pains** 肌肉痛和其他
- **Panic attacks** 恐慌發作
- **Depression** 抑鬱
- **Extreme fatigue** 極度疲勞
- **Pounding heart** 心臟怦怦跳動

- **Upset stomach** 胃部不適
- **Paralyzing fear** 令人麻痺的恐懼

Does this sound like the abundant life Jesus promised? I would also say anxiety causes us to make bad decisions and bad decisions create yet more anxiety. God's instruction to refuse giving in to anxiety is rooted entirely in his love for us and our peace. 這聽起來像是耶穌所承諾的富足生活嗎？我還想說，焦慮會導致我們做出錯誤的決定，而錯誤的決定則會造成更多的焦慮。上帝教導我們拒絕屈服於焦慮，這完全源自於祂對我們的愛以及對我們的和平的愛。

Look again at the Zephaniah verse: 讓我們再次來看西番雅書的經文：

**Do not fear, O Zion;  
do not let your hands fall limp.**

**17 The LORD your God is among you;**

**He is mighty to save.**

**He will rejoice over you with gladness;**

**He will quiet you with His love;**

**He will rejoice over you with singing.” Zephaniah 3:16-17**

西番雅書 3:16-17

**16** 當那日，必有話向耶路撒冷說：不要懼怕！錫安哪；不要手軟！

**17** 耶和華—你的神是施行拯救、大有能力的主。他在你中間必因你歡欣喜樂，默然愛你，且因你喜樂而歡呼。

Do not fear. Don't let your hands fall limp - don't quit contending, don't quit fighting for victory - why? Because the LORD already rejoices over you. He already LOVES YOU. That is all the knowledge we need to understand that anxiety is a waste of our time and a danger to our freedom, healing and flourishing. 不要懼怕。不要手軟—不要停止努力，不要停止為勝利而戰—為什麼？因為耶和華已因你喜樂。祂已經愛你。我們需要了解的是，焦慮浪費我們的時間，並危及我們的自由、康復和繁榮。

Psalms 139 gives us a unique and beautiful behind-the-scenes look at how God feels about us. Part of it says this: 詩篇 139 讓我們以獨特而美好的視角來了解上帝對我們的感受。其中一部分內容如下：

**How precious are your thoughts about me, O God.**

**They cannot be numbered!**

**18 I can't even count them;**

**they outnumber the grains of sand!**

**And when I wake up,**

**you are still with me!” Psalm 139:17-18**

詩篇 139:17-18

**17** 神啊，你的意念向我何等寶貴！其數何等眾多！

**18** 我若數點，比海沙更多；我睡醒的時候，仍和你同在。

God is thinking about me? So many thoughts that they outnumber the sand? 上帝在想我嗎？思緒萬千，多得比沙子還多？

Whenever I think about someone that much, it's because I am worried about them. I toss and turn and plot and fret. But God fears nothing. His thoughts about you contain NO fear. He's not worried. He's just very certain of his love for you. He's certain that He can be counted upon to care for you. The Lord is my shepherd, and he's not afraid of anything. This alone gives courage and strength. I used to think I could put my life together with good planning or smart thinking or clean living - but then a fierce disease swept into our lives and I was left without the security I had counted on. Widowed. Single mom. But still loved by a God who loved me but was not worried about me. We don't fear because He doesn't. And if we want to fear, he won't be mad, but we won't be free. 每當我如此想著某人時，那是因為我擔心他們。我輾轉反側、密謀煩惱。但上帝無所畏懼。他對你的想法沒有懼怕。祂並不擔心。祂只是非常確定自己對你的愛。祂確信你可以依靠祂來看顧你。主是我的牧羊人，祂無所畏懼。僅此一點就給予了勇氣和力量。我曾經以為，只要有周密的計劃、聰明的思維或乾淨的生活方式，我就能過上好日子——但是，一場猛烈的疾病席捲了我們的生活，我失去了所依賴的安全感。寡婦。單親媽媽。但我仍被上帝所愛，祂愛我但不擔心我。我們不害怕，因為他不害怕。如果我們想要恐懼，祂不會生氣，但我們不會自由。

Do you see how rejoicing in Him leads to the elimination of anxiety and that brings us to the third part: Pray about everything. 你看到在祂裡面喜樂如何導致焦慮的消除了嗎？

**...in every situation, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4**

**腓立比書 4:6**

**6 應當一無罣慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴神。**

Every situation. This can sound challenging, but only if you view prayer as an activity that is independent from your relationship with God. Before meals or before bed, "Now I lay me down to sleep..." 凡事。這聽起來很有挑戰性，但只有當你將禱告視為一種獨立於你與上帝的關係的活動時才會這樣認為。飯前或睡前(的禱告)，"現在我躺下睡覺..."

But prayer is relationship. It's a life lived out in front of God. It's organic and beautiful and woven into our days like water flows through sand. At least it can be...if we make it our aim to rejoice in Him. 但禱告是一種關係。這是在活在上帝面前的人生。它有機而美麗，就像水流過沙子一樣浸透我們的生活。至少它可以這樣.....如果我們以在祂裡面歡喜作為我們的目標。

**To be a Christian without prayer is no more possible than to be alive without breathing.**

Martin Luther

成為基督徒而不禱告就如同活著而不呼吸那樣不可能。

馬丁路德

Prayer is as natural as breathing. It's an inhale/exhale of joy and questions and requests and dreams and desires...expressed in words and sighs and songs and thoughts. When we mix

ANY amount of performance into the place of prayer we have stopped rejoicing and delighting in God. 禱告就如呼吸一樣自然。這是喜悅、疑問、請求、夢想和渴望的吸氣/呼氣.....透過言語、嘆息、歌曲和思想來表達。當我們在禱告時混合任何程度的表演/表現時，我們就不再是為上帝而歡欣喜悅了。

The idea of “I don’t want to bother God with this” is not a prayer problem, it’s a relationship problem. I text my husband countless times throughout the day to tell him the most inconsequential things. Things I would never tell anyone else because I want other people to think I’m smart and intelligent and busy...but I tell Cliff, because he knows me and loves me. Because I can’t wait to hear what clever comeback he will give. Because he’s my person and this a relationship I delight in. I tell God all the small things too. Because this is a relationship in which I delight. 「我不想用這個來打擾上帝」的想法不是一個祈禱的問題，而是一個關係的問題。我一天中無數次地給我丈夫發短信，告訴他那些最無關緊要的事情。我永遠不會告訴別人這些事情，因為我想讓別人認為我聰明、智慧、忙碌.....但我告訴了克里夫，因為他了解我、愛我。因為我迫不及待想聽聽他會做出什麼巧妙的回應。因為他是我的愛人，我很高興能和他建立這樣的關係。因為這是我所樂意擁有的關係。

Here’s a rule of thumb by Corey Ten Boom: 以下是 科瑞·坦·布姆 的經驗法則：

**"Any concern too small to be turned into prayer is too small to be made into a burden. - Corrie Ten Boom** “任何小到不能變成祈禱的擔憂，都太小而不能成為負擔。”——科瑞·坦·布姆

I pray for one reason. Truly. Just one reason. Because I love Him and I love being His friend. Making requests is part of that. Thanksgiving is part of that. Telling dumb jokes is part of that. Praying for justice is part of that. But all of it - ALL of it - is sourced in the delight of friendship. He is the one friend who has been with me always and in all ways. He is the one friend who listens at 3:00 a.m when I can’t sleep or on Murray at 5p.m when the traffic is at a standstill and I have had a hard day being a pastor. He is the friend that listens and laughs with me, welcomes my grief and sorrow, heals my heart and restores my soul. All of this is prayer. It’s strengthening, it’s life-giving. 我祈禱只有一個原因。確實如此。只有一個原因。因為我愛他並且我喜歡成為他的朋友。提出請求是其中的一部分。感恩節就是其中的一部分。講愚蠢的笑話就是其中的一部分。祈求正義就是其中的一部分。但這一切——所有這一切——都源自於友誼的喜悅。他是唯一一位始終與我同在的朋友。他是唯一一個在凌晨 3 點我睡不著覺時，或者在下午 5 點在 Murray 上交通陷入停滯、並且我作為牧師度過了艱難的一天時，願意傾聽我心聲的朋友。祂是一位傾聽我、與我一起歡笑、接納我的悲傷和憂愁、治癒我的心靈並恢復我的靈魂的朋友。這一切都是祈禱。它使人強大，它賦予人生命。

**28“Come to me, all you who are weary and burdened, and I will give you rest. 29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light.” Matthew 11:28**  
馬太福音 11:28 凡勞苦擔重擔的人、可以到我這裡來、我就使你們得安息。

Do you hear the exchange taking place here? Your weariness for his rest. Your burden for His strength. That’s prayer. That’s what happens in the place of prayer. (Except when it doesn’t...we’ll talk about that in two weeks.) Practical: I trade \_\_\_\_\_ for \_\_\_\_\_. I trade

\_\_\_\_\_ for \_\_\_\_\_. Will it happen in a moment? Maybe not...but that's prayer. You've launched a request toward heaven and invited divinity into your humanity. You've welcomed the intervention of Jesus. This is how every good thing begins. This is the divine exchange that happens in relationship with God.

你聽到這裡正在發生的交談了嗎？你的疲倦令他無法休息。你的負擔換來他的力量。這就是祈禱。這就是在祈禱的地方所發生的事。（除非情況並非如此.....我們將在兩週後討論這個問題。）

實際：我用 \_\_\_\_\_ 換 \_\_\_\_\_。我用 \_\_\_\_\_ 換 \_\_\_\_\_。這會兒就發生嗎？可能不是.....但這就是祈禱。您已向天堂發出請求，並邀請神性進入您的人性。您歡迎耶穌的干預。每件美好的事情都是這樣開始的。這是與上帝關係中發生的神聖交流。

RESPONSE 回應

BENEDICTION 祝禱

我非常感激大家對B4的支持和奉獻。如果你願意接受祝福，我會邀請你伸出你的雙手接納。

願弟兄姊妹成為以上帝為喜樂的兒女，並知道他以你為喜樂，願你聽到他為你歌唱，願你看到他為你跳舞，並祈求你加入他的歡欣。以使一切煥然一新的主的名，阿門。

我們非常愛你，謝謝今天早上來到這裡，我們下週末再見