

每日与神同行：

读经、祷告、灵修

**Walking with God daily: Bible  
reading, prayer, and devotion**

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Daily Devotional



# 每日读经 Daily Bible Reading

## A. 我们为什么要每日读经

Why Should We Read the Bible Daily?

《圣经》给我们人生指引

The Bible provides guidance for our lives.

(提摩太后书 II Timothy 3:16-17 )

圣经都是神所默示的，于教训，督责，使人归正，教导人学义都是有益的，叫属神的人得以完全，预备行各样的善事。

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

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## B. 神如何给我们的人生指南

How God gives us guidance in life

上帝通过《圣经》对我们说话

God speaks to us through the Bible.

(诗篇 Psalms 119:105 )

你的话是我脚前的灯，是我路上的光。

Your word is a lamp to my feet and a light to my path.

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**C. 我们该如何每日读经** How should we read the Bible daily?  
**先读旧约？先读新约？**

**Should we read the Old Testament first? Or the New Testament first?**

**《圣经》旧约 39 卷 929 章，**

**The Old Testament contains 39 books and 929 chapters,**

**新约 27 卷 260 章，总计 66 卷，共 1189 章，**

**the New Testament contains 27 books and 260 chapters, totaling 66 books and 1189 chapters.**

**一天读四章，一年读完一遍《圣经》**

**Reading four chapters a day will allow you to finish reading the Bible in a year.**

# 读经方法：Methods of Bible Reading:

## 1 ) 听道 Listening to the Word

(罗马书 10:17 ) 可见信道是从听道来的，听道是从基督的话来的。  
So faith comes from hearing, and hearing through the word of Christ.

## 2 ) 灵修读经：Devotional Bible Reading

(诗篇 63:1 ) 神啊！你是我的神，我要切切地寻求你；在干旱疲乏无水之地，我渴想你，我的心切慕你。

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.

# 读经方法：Methods of Bible Reading:

## 3 ) 查考，快读，研经 Research, quick reading, scripture study

(使徒行传 17:11 ) 这地方的人贤于帖撒罗尼迦的人，甘心领受这道，天天查考圣经，要晓得这道是与不是。 Now these Jews were more noble than those in Thessalonica; they received the word with all eagerness, examining the Scriptures daily to see if these things were so.

## 4 ) 背诵 Memorization

(诗篇 Psa. 119:11 ) 我将你的话藏在心里，免得我得罪你。 I have stored up your word in my heart, that I might not sin against you.

## 5 ) 默想 **Meditation**

(诗篇 Psa.1:2 ) 惟喜爱耶和华的律法，昼夜思想，这人便为有福。

but his delight is in the law of the LORD, and on his law he meditates day and night.

## 6 ) 应用 **Application**

(雅各书 James 1:22 ) 只是你们要行道，不要单单听道，自己欺哄自己。 But you must do the word and not just hear it, thus deceiving yourselves.

**(约书亚记 Joshua 1:8 ) 这律法书不可离开你的口，总要昼夜思想，好使你谨守遵行这书上所写的一切话。如此，你的道路就可以亨通，凡事顺利。**

**This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.**

**(鼓励大家参加一年读《圣经》一遍计划)**

**(We encourage everyone to participate in the plan to read the Bible once a year)**



## 2. 每日祷告 **Daily Prayer**



### A. 我们为什么要每日祷告 **Why should we pray daily?**

每日祷告是神的命令 . **Daily prayer is a commandment of God**  
(帖撒罗尼迦前书 I Thea. 5:16-18 )

要常常喜乐，不住地祷告，凡事谢恩，因为这是神在基督耶稣里向你们所定的旨意。

**5:16 Rejoice always 5:17 pray without ceasing 5:18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you.**

## B. 每日祷告的人是大有智慧的 **Those who pray daily are wise.**



神是全知全能全丰的神

**God is all-knowing, all-powerful, and all-abundant.**

(但以理书 Dan.6:1-24 ) (但以理一天三次祷告的故事) **(The story of Daniel praying three times a day)**

(耶利米书 Jerem.29:12-13 )

你们要呼求我，祷告我，我就应允你们。你们寻求我，若专心寻求我，就必得见。  
**Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart.**

## C. 我们该如何每日祷告—

### How Should We Pray Daily? —

#### 1. 祷告的原则 Principles of Prayer (ACTS )

##### A-Adoration (敬拜)

(约翰 John4:24 ) 神是个灵，所以拜他的，必须用心灵和诚实拜他。

God is spirit, and those who worship him must worship in spirit and truth.”

##### C-Confession (认罪)

(约翰一书 1:9 ) 我们若认自己的罪，神是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义。

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

## **T-Thanksgiving** （感恩）

（腓立比书 Phil.4:6-7 ）应当一无挂□，□只要凡事借着祷告□，□祈求和感谢□，将你们所要的告诉神。神所赐出人意料의 平安，必在耶稣基督里保守你们的心怀意念。 **do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.**

## **S-Supplication** （代求）

（提摩太前书 I Tim.2:1 ）我劝你第一要为万人肯求，祷告，代求，祝谢。 **First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people,**

## 2. 祷告的种类 . **Types of Prayer**

### 1 ) 私祷 **Private Prayer**

(马太福音 Matt.6:6 ) 你祷告的时候，要进你的内屋，关上门，祷告你在暗中的父，你父在暗中察看，必然报答你。

But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

### 2 ) 公祷 **Public Prayer**

(马太福音 18:19-20 ) 我又告诉你们，若是你们中间有两个人在地上，同心合意地求什么事，我在天上的父，必为他们成全。因为无论在哪里，有两个人奉我的名聚会，那里就有我在他们中间。

Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven For where two or three are gathered in my name, there am I among them."

### 3. 如何祷告 **How to Pray**

#### 1 ) 私祷 **Private Prayer**

笔记本分三栏：**The notebook is divided into three columns:**

第一栏写祷告的日期。**The first column is for the date of the prayer.**

第二栏填祷告的事项。**The second column is for the prayer request.**

第三栏填神应许的日期。**The third column is for the date God promises.**

（约翰福音 16:24 ）向来你们没有奉我的名求什么，如今你们求就必得着，叫你们的喜乐可以满足。**Until now you have asked nothing in my name. Ask, and you will receive, that your joy may be full.**

（亲爱的主耶稣，.....，奉主耶稣的圣名求，阿们！）语气就像对爸爸讲话一样，用真心实意就好。

**(Dear Lord Jesus, ... in the holy name of the Lord Jesus, Amen!) Speak as if you are speaking to your father, with sincerity.**



## 2) 公祷 **Public Prayer**

参加教会周一到周五的早祷会 **Attend the church's morning prayer meetings Monday through Friday.**

周一—为自己祷告 **Monday—Pray for yourself**

周二—为家庭祷告 **Tuesday—Pray for your family**

周三—为传福音 / 宣教祷告 **Wednesday—Pray for evangelism/missionary work**

周四—为教会事工 / 牧者祷告 **Thursday—Pray for church ministry/pastors**

周五—为国家 / 社会祷告 **Friday—Pray for the nation/society**

**(鼓励大家参加教会早祷会)**



如果不能参加早祷可以两三个人用 RPG 的祷告（一周一次 10-15 分钟）：先感恩，彼此代祷，为小组教会祷告。

If you cannot attend the morning prayer meetings, you can pray in groups of two or three using RPGs (once a week for 10-15 minutes): First, give thanks, then pray for one another, and pray for your small church group.

（腓立比书 Phi.4:6）应当一无挂□，□只要凡事借着祷告□，□祈求和感谢□，将你们所要的告诉神。Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.





### 3. 每日灵修 **Daily Devotional**

#### A. 我们为什么要每日灵修 **Why Should We Devotional Daily?**

神是我们的天父，我们要与父连结。**God is our Heavenly Father, and we must be united with Him.**

我是葡萄树，你们是枝子。常在我里面的，我也常在他里面，这人就多结果子；因为离了我，你们就不能做什么。（约翰福音 15:5）

**I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.**

我们每天不与天父连结，难道与世界连结吗？

**If not united with the Father daily, are we united with the world?**

（罗马书 12:2）不要效法这个世界，只要心意更新而变化，叫你们查验何为神的善良、纯全、可喜悦的旨意。**Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.**

**B. 每日灵修是属灵成长的关键** **Daily devotion is key to spiritual growth.**

上帝会告诉你每天该如何选择（我们每天会面临大大小小的选择，选择很重要，对应的选择会带出不同的结果，会结出相应的果子） **God will guide you on how to choose each day (we face countless choices, big and small, daily; choices are crucial, leading to different outcomes and bearing corresponding fruit).**

圣灵所结的果子，就是仁爱、喜乐、和平、忍耐、恩慈、良善、信实、温柔、节制。（加拉太书 5:22）

**But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control;**

当你不知道该如何选择时，想想耶稣会怎么做？（What will Jesus do?）

**What will Jesus do?**

## C. 我们该如何每日灵修 . How Should We Devotional Daily?

### 1 ) 灵修的目的 The Purpose of Devotional:

听见神的声音，知道当行的路，成长成圣，得着神赐的产业。

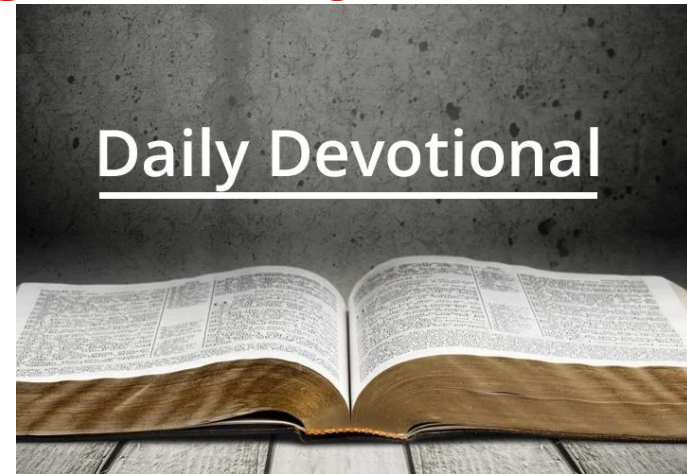
To hear God's voice, know the way we should go, grow in sanctification, and receive God's inheritance.

### 2 ) 灵修的核心 The Core of Devotional:

与神建立亲密关系，被圣灵引导，效法耶稣，活出圣洁。

To establish a close relationship with God, be guided by the Holy Spirit, imitate Jesus, and live a holy life.

(人生的优先次序) (Life Priorities)



### 3 ) 如何每日灵修 . **How to Daily Devotional** 介绍简易灵修法 **Introducing a Simple Devotional Method:**

从每天读的 4 章圣经节中选出最有感动的经节，抄写在笔记本上，反复祷读、默想这节经文，写下神对你讲的话，以及你对神的回应。同时鼓励大家背下这节经文反复默想。 **Choose the most moving verse from your daily four Bible chapters, write it down in a notebook, and repeatedly pray and meditate on it. Write down what God says to you and your response to Him. You are also encouraged to memorize this verse and me**

关于祷读：**Regarding Prayerful Reading:**

- 1 ) 仔仔细细 **Read carefully**
- 2 ) 反反复复 **Repeatedly**
- 3 ) 祷祷读读 **Pray and read.**



**(约书亚记 Joshua 1:9 )**

**不要惧怕，不要惊惶，当刚强壮胆！因为你无论往哪里去，耶和华你的神必与你同在！**

**Do not be afraid, do not be discouraged; be strong and courageous, for the Lord your God will be with you wherever you go!**





# 一年读经一遍微信群二维码，教会早祷会 line 二维码



Group: 伯特利年讀經打  
卡群



Valid until 1/28 and will update upon  
joining group



CAUTION: Anyone on LINE can  
use this link to join your group.



Copy link



Share



Save

Regenerate

# Response Song 回應詩歌

1. 我以禱告來到你跟前，我要尋求你  
我要站在破口之中，在那裡我尋求  
你，
2. 主我是軟弱及無助，你卻是我的力  
量，  
以你親切的手引導我，那就是我的  
得勝，

副歌：每一次我禱告，我搖動你的手  
禱告做的事我的手不能做，  
每一次我禱告，大山被挪移，  
道路被鋪平，使列國歸向你。

1. I will come to You in prayer, I will  
seek Your face,  
I will stand within the gap, There  
will I intercede.
2. I am meek and helpless, Lord, You,  
my strength shall be,  
Guide me with Your gracious  
hand, There will my victory be

**\*Chorus:**

For every time I pray, I move the  
hand of God,

My prayer does the thing, My  
hands cannot do,

For every time I pray, The  
mountains are removed, The paths