

你是蒙神所爱的
你是有价值的
今天必有美好的事发生
神的祝福追着你跑

God loves you.

You are valuable.

Great things are going to happen today.

May God's blessings chase after you.

如何有效的祷告？

How to pray effectively?

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如何有效的祷告？

A. 明确祷告的对象

祷告不是自言自语，而是与神沟通。

How to pray effectively?

A. Clarifying whom we are praying to.

Prayer is not talking to oneself—it is communication with God.

如何有效的祷告？

A. 明确祷告的对象

B. 耶稣的祷告生活。

How to pray effectively?

A. Know the object of your prayer.

B. Jesus prayer life.

-可 1 : 35“次日早晨,天未亮的时候,耶稣起来,到旷野地方去,在那里祷告。”

-路 6 : 12“那时候耶稣出去,上山祷告,整夜祷告神。”

-路 22 : 44“耶稣极其伤痛,祷告更加恳切,汗珠如大血点滴在地上”

-路 3 : 21“众百姓都受了洗,耶稣也受了洗。正祷告的时候,天就开了”

-路 11 : 1“耶稣在一个地方祷告。祷告完了,有个门徒对祂说:

求主教导我们祷告,像约翰教导他的门徒。”Mark 1:35 — “And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.”

Luke 6:12 — “In these days he went out to the mountain to pray, and all night he continued in prayer to God.”

Luke 22:44 — “And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.”

Luke 3:21 — “Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heavens were opened.”

Luke 11:1 — “Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, ‘Lord, teach us to pray, as John taught his disciples.’”

如何有效的祷告？

- A. 明确祷告的对象。**
- B. 什么人需要祷告？**
- C. 明确祷告的目的。**

How to pray effectively?

- A. Know the object of your prayer.
- B. Who needs to pray?
- C. Clarifying the Purpose of Prayer.

如何有效的禱告？

- A. 明确禱告的对象。**
- B. 什么人需要禱告？**
- C. 明确禱告的目的。**
- D. 禱告的地方：**
 - 1. 随处禱告。**

提前 2：8 我願男人無忿怒，無爭論，舉起聖潔的手，隨處禱告。

How to pray effectively?

- A. Know the object of your prayer.**
- B. Who needs to pray?**
- C. Clarifying the Purpose of Prayer.**
- D. Place to pray:**
 - 1. Pray everywhere — 1 Timothy 2:8**

I desire then that in every place the men should pray, lifting holy hands without anger or quarreling.

2. 私禱 (太 6 : 6)

你禱告的時候，要進你的內屋，關上門，禱告你在暗中的父，你父在暗中察看，必然報答你。

3. 公禱 (徒 1 : 14)

這些人，同著幾個婦人，和耶穌的母親馬利亞，並耶穌的弟兄，都同心合意的恆切禱告

2. Personal prayer — Matthew 6:6

“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.”

3. Corporate prayer — Acts 1:14

“All these with one accord were devoting themselves to prayer, together with the women and Mary the mother of Jesus, and his brothers.” 8

E. 祷告种类：

a. 个人灵修：要用一本笔记本，记录祷告事项

E. Types of Prayer

a. Personal Devotional Prayer

Use a notebook to record prayer items ◦

1. 个人灵修时间的祷告最少包括四行动 **ACTS**

- **Adoration** 崇拜

约 4 : 24 神是个灵。所以拜他的，必须用心灵（灵）和诚实（真理）拜他。

- **Confession** 认罪

约一 1 : 9 我们若认自己罪，神是信实的，是公义的，必要赦免我们的罪，

洗尽我们一切的不义。1. Your personal prayer time should include the four

actions summarized as

A.C.T.S.:

- Adoration — John 4:24

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

2. Confession — 1 John 1:9

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

- **Thanksgiving 感恩**

腓 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, 神所赐出人意料之平安, 必在那耶稣基督里保守你们的心怀意念。

- **Supplication 代求**

提前 2 : 1 我劝你第一要为万人恳求, 祷告, 代求, 祝谢。

Thanksgiving — Philippians 4:6-7 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.”

- **Supplication (Intercession) — 1 Timothy 2:1**

“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people.”

2. 如何分配代求？ 五指：

拇指：传道人，宣教士，布道家

食指：教会同工

中指：执政掌权者

无名指：软弱的肢体

小指：自己

2. Five-finger intercession guide:

Thumb: Pastors, missionaries, evangelists

Index finger: Church coworkers and ministry leaders

Middle finger: Those in authority and government

Ring finger: The weak and needy. Little finger: Yourself



3. 你也可以在笔记本上分成, 礼拜一, 为什么类别祷告, 礼拜二为什么类别祷告

b. 除了个人灵修的祷告, 其他方式的祷告: 可以公祷, 也可以私祷.

- 代祷的祷告
- 争战的祷告
- 事奉的祷告

3. You can also divide prayer topics by days of the week—e.g.,

pray for missions on Monday, for family on Tuesday, etc.

b. Beside personal devotional prayer, other Forms of Prayers can be corporate or private, include:

- **Intercessory prayer**
- **Spiritual warfare prayer**
- **Ministry-related prayer**

c. 私祷与公祷的内容是不同。

d. 祷告事项的优先次序：

祂的国在先，个人在后。祂的旨意在先，需用在后。

e. 奉着主名

“约 14 : 13”你们奉我的名无论求什么，我必成就，叫父因儿子得荣耀”

c. The content of private prayer and corporate prayer is different.

d. The priority in prayer requests:

God's kingdom first, personal matters later.

e. In the name of the Lord:

John 14:13 (ESV) — “Whatever you ask in my name, this I will do, that the Father may be glorified in the Son.” God's will first, personal needs later.

f. 凭着信心

可 11 : 24 所以我告诉你们，凡你们祷告祈求的，无论是什么，只要信是得着的，就必得着。

g. 靠着圣灵

罗 8 : 26 况且我们的软弱有圣灵帮助，我们本不晓得当怎样祷告，只是圣灵亲自用所不出来的叹息替我们祷告。 监察人心的，晓得圣灵的意思，因为圣灵照着神的心意替圣徒祈求。

f. By Faith. Mark 11:24 “Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.”

g. By the Holy Spirit

Rom 8:26–27 “Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.”

F. 禱告的實踐

- 1. 時時禱告： 帖前 5:16 要常常喜樂 · 17 不住的禱告**
- 2. 固定時間： 每天早晨，睡前，或靈修時刻。**
- 3. 小組禱告： 和其他信徒一起禱告，互相鼓勵與代禱。**

F. The Practice of Prayer

1. Pray continually.

1 Thessalonians 5:16–17 — “Rejoice always, pray without ceasing.”

2. Set a fixed time: Early morning, before bed, or during devotion.

3. Group prayer: Pray with other believers for mutual encouragement and intercession.

G. 祷告的原则：

1. 不是做给人看

太 6：5 你们祷告的时候，不可像那假冒为善的人，爱站在会堂里，和十字路口上祷告，故意叫人看见。我实在告诉你们，他们已经得了他们的赏赐。

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。

G. Principles of Prayer

Matt 6:5 And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, 6 I say to you, they have received their reward.

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.

太 6 : 7 你们祷告，不可像外邦人，用许多重复话。他们以为话多了必蒙垂听。

8 你们不可效法他们。因为你们没有祈求以先，你们所需用的，你们的父早已知道了。

33 你们要先求他的国，和他的义这些东西都要加给你们了。Matt.

Matt 6:7 And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.

8 Do not be like them, for your Father knows what you need before you ask him.

33 But seek first the kingdom of God and his righteousness, and all these things will be added to you.”

H. 哈拿的祷告 .

展现了一个心灵痛苦却信心坚定的女人如何通过祷告经历神的回应与祝福 .

1. 哈拿祷告的背景 (撒 1:1-8)

撒 1:10 「哈拿心里愁苦，就痛痛哭泣，祈祷耶和华。」

H. Hannah's Prayer.

It reveals how a woman, though deeply distressed in spirit,

remained steadfast in faith and experienced God's response

and blessing through prayer.

1. The Background of Hannah's Prayer

1 Sam 1:1-8 "She was deeply distressed and prayed to the Lord and wept bitterly."

2. 哈拿祷告的内容

撒上 1:10-11 「万军之耶和华啊，你若垂顾婢女的苦情，记念我，不忘记你的婢女，赐我一个儿子，我必使他终身归于耶和华，不用剃头刀剃他的头。」

2. The Content of Hannah's Prayer

1 Sam. 1:10-11 (ESV) O Lord of hosts, if you will indeed look

on the affliction of your servant and remember me and not forget your servant, but will give to your servant a son, then I

will give him to the Lord all the days of his life, and no razor

shall touch his head.

3. 哈拿祷告的态度（撒上 1:12–18）

撒上 1:15–16 「主啊，不是这样，我是心里愁苦的妇人……
我因被

人激动，愁苦太多，所以祈祷到如今。」

3.The Attitude of Hannah’s Prayer (1 Samuel 1:12–18)

1 Samuel 1:15–16 (ESV) “No, my lord, I am a woman troubled in spirit. ... I have been speaking out of my great anxiety and vexation.”

4. 神的回应 .

撒上 1:19–20 「耶和华纪念哈拿，她就怀孕，生了一个儿子，给

他起名叫撒母耳，说：‘这是我从耶和华那里求来的。’」

4. God's Response

1 Sam. 1:19–20 (ESV)

“The Lord remembered her, and in due time Hannah conceived and bore a son, and she called his name Samuel, for she said, ‘I have asked for him from the Lord.’”

5. 哈拿的还愿与感恩祷告（撒上 2:1-10）

她信守誓言，把撒母耳带到圣殿，奉献给神。

她的感恩祷告是一首美丽的赞歌，与马利亚的尊主颂并列最美的赞
美诗歌。

5. Hannah's Fulfillment of Her Vow and Her Thanksgiving Prayer (1 Samuel 2:1-10)

True to her vow, she brought Samuel to the temple and dedicated him to God.

Her prayer of thanksgiving is a beautiful song of praise, ranking alongside Mary's Magnificat as one of the most beautiful song of praise.

6. 属灵启示与应用

- 祷告是痛苦中的出路——哈拿没有让苦毒吞噬她，而是用祷告交托神。
- 祷告要带着信心与敬畏——即使未得回应，也相信神垂听。
- 祷告要有奉献的心——她不是只为自己得福，而是愿意将所得献上。
- 感恩与敬拜是祷告的延续——她在得应允后，以赞美荣耀神。

6. Spiritual Insights and Application

- Prayer is the way out of pain — Hannah did not let bitterness consume her; she turned her anguish into prayer and entrusted it to God.
- Pray with faith and reverence — Even before receiving an answer, she believed that God hears.
- Pray with a heart of dedication — She did not seek blessings merely for herself but was willing to give back what she received to God.
- Thanksgiving and worship complete prayer — After receiving God's answer, she responded with praise and glorified Him.

1. 我以祷告来到你跟前，我要寻求你，
我要站在破口之中，在那里我寻求你，
2. 主我是软弱及无助，你却是我的力量，
以你亲切的手引导我，那就是我的得胜，

（副歌） 每一次我祷告，我摇动你的手，
祷告做的事我的手不能做，
每一次我祷告，大山被挪移，
道路被铺平，使列国归向你。