

40 DAYS OF PRAYER



31 May - 9 July 2020 -- NSW/ACT Division

PRAYER TOOLS - Prayer Walking 祷告工具-行走祷告

'Prayer walking' is a way of saturating a particular place and community with prayer. This discipline draws our immediate, local concerns into the wider circle of God's loving attention. Scriptural support for prayer walking is found in Joshua 1:2-4, Psalm 2:8 and Luke 24:13.

“行走祷告”是一种让特定地点和社区充满祷告的方式。

这条祷告将我们周围的、局部的事情带到更广宽的神的爱之中。

圣经中对行走祷告的依据可以在约书亚书1:2-4，诗篇2:8和路加福音24:13中找到。

Inspired by God's promise to Joshua, we can walk the victory of Jesus into every part of our neighbourhoods, cities and nations.

In faith we walk, believing that as the soles of our feet hit the ground,

we are appropriating the work of Jesus over the principalities and

powers influencing the atmosphere and shaping the narratives of our city.

Each step we take in Jesus' name, we weaken something of the enemy's grip in the Heavenly realms and subvert the systems of evil and injustice.

Prayer walking is so topical at the moment, as we have been taken out of our church buildings, forcing us to resist the temptation to stay inward-focused, stirring us to keep the mission, front and centre.

在神对约书亚的应许的激励下，我们可以走进耶稣的胜利

在我们的四邻，城市和国家的每一部分。

我们在信心中行走，相信当我们的脚掌着地时，

我们让耶稣的工作通过我们，掌管那些执政的，掌权的，

影响周围的环境，塑造我们城市的故事。

我们以耶稣的名义所迈出的每一步，都削弱了敌人在属灵世界的控制

都能改变邪恶和不公正的体系，

行走祷告是这个时候的重点话题，因为当我们被带出我们的教堂建筑，会迫使我们抵制内向专注的诱惑，激励我们保持使命、前面的目标和中心。

How to Prayer Walk: 如何行走祷告

You can prayer walk alone, but many people find that their prayers are more focused when expressed in the company of a friend.

Pray audibly for clarity and agreement.

Invite the spirit of God to accompany you, guiding your steps and your words.

Worship God and be thankful.

Be attentive during moments of silence. Allow the Holy Spirit to help you see with his eyes and pray with his heart.

Ask God to redeem people as he restrains the enemy.

Read Scripture aloud. God breathed it and loves to bless it.

Express God's thoughts in your own words.

Flowing from your worship begin petitioning God for His Spirit to fall on the streets you walk on, the homes, businesses, schools and other churches you walk past. Begin to get specific and pray for people and situations, the 'people of peace' you know God has brought you into contact with, who are opening up doors of opportunity for the gospel within your community.

Reflect on God's love for you.

你可以独自祷告，但很多人发现，当有朋友陪伴时，他们的祷告会更集中。

大声地祷告，可以更清晰和一致。

求神的灵与你同行，引导你的脚步和言语。

敬拜神，心存感激。

在安静的时刻保持专注。让圣灵用他的眼睛帮助你看见，用他的心祷告。

求神救赎人，在祂捆绑仇敌的时候。

大声朗读经文。

神默示了它们，也喜欢祝福它们。

用自己的话表达神的思想。

从你的敬拜开始祷告神，求他的灵降在街上

你继续向前走，你走过家庭、企业、学校和其他教堂。

开始具体化，为人们和环境祷告，为“和平的人们”祷告

你会知道神已经带你进入接触，那些正在打开的门

让福音在你的社区里有机会传播。

思考神对你的爱。

Books: "Prayer Walking: Praying on site with insight" – Steve Hawthorne and Graham Kendrick
Part of this article is extracted from Army on its Knee, Janet Munn & Stephen Court, published by Salvation Books. Available to purchase from Salvation Army territorial trade/supplies departments or online at www.amazon.com.au

PRAYER TOOLS - Silence and Solitude 祷告工具-安 静和独处

Jesus commences his ministry with forty formative days of solitude. Solitude is a formative place because it gives God's Spirit time and space to do deep work. When there is no one there to watch, judge and interpret what we say, the Spirit often brings us face to face with hidden motives and compulsions. Silence and Solitude, is a discipline that puts us in a place where God can reveal things to us that we might not notice in the normal preoccupations of life. God is there to accept, receive and love us.

You are going to meet someone very important.

You are meeting with the lover of your soul.

You'll need your Bible.

Make sure you are physically comfortable.

Pay attention to your environment, but be still inwardly.

Try to sense the presence of God both in and around you.

耶稣开始他的事工时，有四十天的独处。

独处是一个建立的地方，因为它给神的灵时间和空间来做深入的工作。

当没有人在那里观看、判断和解释我们所说的话时，圣灵常常带我们面对隐藏的动机和我们必须要接受的。

安静和独处，是一种训练，让我们置身于一个神可以向我们揭示的地方，在正常的生活我们可能没有注意到的事情。

神在那里接受我们，接纳我们，爱我们。

你将会遇到非常重要的一位。

你遇见了那一位爱你灵魂的。

你需要你的圣经。

确保身体舒适。

关注你的环境，但仍要保持内心的安静。

试着感受神在你内心和周围的存在。

Scripture meditation:

(consider using a version you may not usually read :
such as The Passion Translation, or The Voice)

Read Psalm 139 slowly and deliberately as a prayer – a personal conversation between you and the Lord.

Thank the Lord for his tender care for you. Be as detailed as possible. Cite specific evidence of God's care for you – what he's saved you from and what he's saved you for.

Ask the Holy Spirit to bring to your remembrance an occasion in your childhood or youth when Jesus was present with you – perhaps one you'd forgotten, or one in which you only now recognise his presence. Allow the Holy Spirit to show you the goodness and mercy of the Lord that has been following you all the days of your life (Psalm 23:6).

Ask the Lord to reveal to you what he treasures in you and the purpose for which he made you. Listen for his response. An inner impression, a verse of Scripture, or a picture may come to your mind.

Meditate on these. Reflect on God's love for you.

(考虑使用你可能不常阅读的版本)

作为一个祷告者，缓慢、从容地阅读诗篇139 -
你和主之间的私人谈话

感谢主对你的关心照顾。尽可能详细。

引用神关心你的具体证据——他把你从什么中拯救出来，又为了什么拯救你。

求圣灵让你回想起童年或青年时耶稣与你同在的情景——也许你已经忘记了，或者你现在才意识到他的存在。

让圣灵向你显明主的恩慈和怜悯，这恩慈和怜悯在你一生的日子里一直跟随你(诗篇23:6)。

求主向你显明他在你里面所珍惜的，以及他创造你的目的。听听他的回答。一个内在的印象，一段经文，或者一幅图画可能会浮现在你的脑海里。

冥想这些，
思考神对你的爱。

Books: An excerpt from *Army on its Knees*, Janet Munn & Stephen Court, published by Salvation Books. Available to purchase from Salvation Army territorial trade/supplies departments or online at www.amazon.com.au & *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun published by InterVarsity Press.

WHAT IS PRAYER? - Kathryn Shirey 什么是祷告？

“The function of prayer is not to influence God, but rather to change the nature of the one who prays.” Soren Kierkegaard

At its core, prayer is simply our conversation with God. Use the same elements of conversation you use with your friends and family when you talk to God.

祷告的作用不是影响神，而是改变祷告者的本性。- 基尔·科克伽德

祷告的核心就是我们与神的对话。

当你对神说话的时候，可以使用你与朋友、家人谈话一样的方式。

1) Start with a compliment or praise 以感恩或赞美开始

God, you are amazing! What an awesome sunrise you created this morning.

神啊，你太奇妙了！你今天早上创造了多么壮观的日出啊！

2) Say thank you 说谢谢你

Thank you, God, for the blessings in my life. Thank you for loving me and helping me learn how to have better conversations with You.

谢谢你，神，谢谢你对我生命的祝福。

感谢你对我的爱，帮助我学会如何更好地与你交谈。

3) Share something about your day or what's going on in your life

说出你这天生命中的情况

God, sometimes I struggle with prayer. I feel like I should be more comfortable talking to You, but I don't always know what to say and I get nervous when it's my turn to pray aloud for the group. I just don't feel like I have the right words.

神，有时我祷告很挣扎。我觉得跟你说话应该更自然些，但我不知道该说什么，轮到我为大家大声祷告时，我就会紧张。

我只是觉得我说不出该说的话。

4) Apologise for anything you've done 为你做的事情道歉

I'm sorry for not trusting You to guide me and help me find the words. I'm sorry for not believing You'll want to hear whatever words I have. I know prayer isn't a contest, but is instead a way I can have a relationship with You.

对不起，我没有相信你能引导我，帮我找到词句。
我很抱歉我没有相信你会想听我说的任何话。
我知道祷告不是一种竞赛，而是一种与你建立关系的方式。

5) Ask for help - for yourself and for others 请求帮助-为自己和别人

God, help me be more confident and consistent in prayer. Help me be a leader among my friends and family. Help me pray boldly for myself and others and truly believe You are at work in these requests. Even when I can't find the right words, I trust You know what's heavy on my heart.

神啊，求你帮助我在祷告上更有信心，更能一贯。

帮助我成为朋友和家人的领袖。

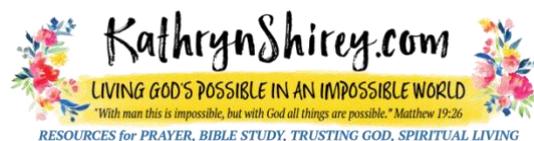
请帮助我勇敢地为自己和他人祷告，并全心相信你正在回应这些请求。

即使我找不到合适的语言，我相信你知道我心里的忧虑。

6) Listen 聆听

(Be quiet, take a deep breath, quiet your inner conversation, and just sit in the silence to allow your heart to listen for God's response.)

(安静下来，深呼吸，让你内心的对话安静下来，静静地坐着，让你的心倾听神的回应。)



PRAYER TOOLS – CONTEMPLATION 祷告工具-默想

Find somewhere quiet to sit. Intentionally place yourself in the presence of God. Breathe slowly, deeply. As you are conscious of God’s presence, focus on the pictures and words below, and listen to what God is saying to you. Record these thoughts in a journal to revisit when you need the assurance of God’s comfort and peace.

找个安静的地方坐下。有意地把自己放在神面前。
慢慢地深呼吸。

当你意识到神的存在，专注于下面的图片和文字，并倾听神对你说了什么。

把这些想法记录在日记里，当你需要神的安慰与平安的保证时，再来回顾。

*When peace like a river, attendeth my way
When sorrows like sea billows roll
Whatever my lot,
Thou hast taught me to say
It is well, it is well, with my soul
有时享平安，如江河平又稳，
有时悲伤来似浪滚。不论何环境，
主已教导我说：『我心灵得安宁，得安宁。』*



Psalm 46: 10 (NIV)

“Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.”

诗篇 46: 10

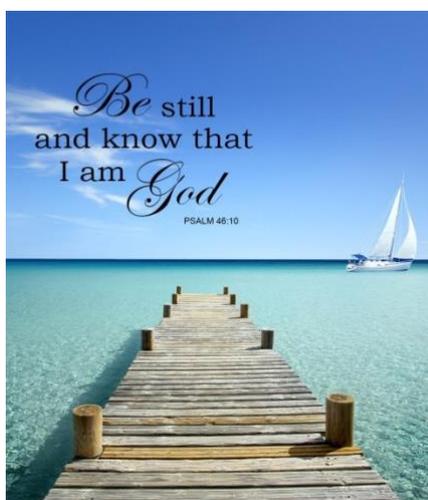
你们要休息，要知道我是 神。我必在列国中受尊崇，在全地也受尊崇。

Stop striving, let go, surrender

Surrender your anxiety!
Be silent and stop your striving
and you will see that I am God. (TPT)
停止挣扎，放手，交托

交托你的焦虑，要休息停止挣扎，你会看到我是 神

Ephesians 3: 14–21 (The Passion Translation)



So I kneel humbly in awe before the Father of our Lord Jesus, the Messiah, the perfect Father of every father and child in heaven and on the earth. And I pray that he would unveil within you the unlimited riches of his glory and favour until supernatural strength floods your innermost being with his divine might and explosive power. Then, by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of his love will become the very source and root of your life.

Then you will be empowered to discover what every holy one experiences—the great magnitude of the astonishing love of Christ

in all its dimensions. How deeply intimate and far-reaching is his love! How enduring and inclusive it is! Endless love beyond measurement that transcends our understanding—this extravagant love pours into you until you are filled to overflowing with the fullness of God!

Never doubt God's mighty power to work in you and accomplish all this. He will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! He will outdo them all, for his miraculous power constantly energizes you. Now we offer up to God all the glorious praise that rises from every church in every generation through Jesus Christ—and all that will yet be manifest through time and eternity.

以弗所书 3: 14 因此，我在父面前屈膝—— 15 天上地上的各家，都是从他得名——
16 求他按着他丰盛的荣耀，借着他的灵，叫你们心里的力量刚强起来， 17 使基督因你们的信住在你们心里，叫你们的爱心有根有基， 18 能以和众圣徒一同明白基督的爱是何等长阔高深， 19 并知道这爱是过于人所能测度的，便叫神一切所充满的充满了你们。

20 神能照着运行在我们心里的大力，充充足足地成就一切，超过我们所求所想的。
21 但愿他在教会中，并在基督耶稣里得着荣耀，直到世世代代，永永远远！阿门。

PRAYER TOOLS - PRAYER CARDS – Kathryn Shirey

祷告工具 - 祷告卡

A.C.T.S Prayer A.C.T.S 祷告

A = Adoration	Tell God how wonderful He is; Worship Him
C = Confession	Admit your sins, cry out your brokenness, ask for forgiveness
T = Thanksgiving	Say 'thank you' for all God has done in your life
S = Supplication	Make your requests to God – for yourself and for others
A - 敬拜	告诉神他是多么奇妙; 敬拜他
C - 认罪	承认你的罪, 倾诉你的破碎, 请求原谅
T - 感恩	说“谢谢你”, 感谢神在你生命中所做的一切
S - 恳求	——为你自己也为别人——向神提出你的请求

5 Finger Prayer 5指祷告

Thumb:	The finger closest to you - Pray for those closest to you
Index Finger:	The finger that points the way - Pray for those who teach, instruct and heal you
Middle Finger:	The tallest finger - Pray for leaders and all who have authority
Ring Finger:	The weakest finger - Pray for the weak, sick, and those with problems
Pinkie:	The smallest finger - Pray for yourself
拇指:	离你最近的手指——为离你最近的人祈祷
食指:	指路的手指-为教导、教导和医治你的人祷告
中指:	最高的手指-为领袖和所有有权力的人祈祷
无名指:	最软弱的手指-为弱者、病人和有困难的人祷告
小指:	最小的手指——为自己祈祷

Gospel Contemplation 福音默想

Select a Gospel passage where Jesus is interacting with others.
Read through the passage a couple of times until the story is familiar.
Close your eyes and place yourself in the scene. Play it in your mind like a movie.
Use all your senses to experience the scene.
Use your imagination to touch, smell, see, hear, and taste the scene.
Close with prayer, speaking your heart to Jesus.

选择一段耶稣与人互动的福音书。

把这篇文章通读几遍, 直到你熟悉了这个故事。

闭上眼睛, 把自己置身于场景中。像电影一样在脑海中播放。

运用你所有的感官去体验这个场景。

运用你的想象力去触摸、闻、看、听和品尝场景。

以祷告结束, 向耶稣说出你的心。

Visio Divina 心灵之眼祷告

Choose an icon, a Christian image, or beautiful artwork to contemplate.

Prepare: close your eyes, breathe, clear your mind.

Lectio (read): Open your eyes and scan the whole image. Note what draws your interest
Close and rest your eyes a minute.

Meditatio (meditate): Open your eyes and let your eyes be drawn to one part of the image.
Focus on just this part of the image and name it. Close your eyes, seeing that piece of the image in your mind.

Oratio (pray): Open your eyes and look again at the piece of the image that caught your eye.
Allow it to bring forth a word, image, or emotion. Close and rest your eyes.

Contemplatio (contemplation): Open your eyes and gaze at the image. What is God saying to you today through this image? Offer a prayer of thanks.

选择一个图标，一个基督信仰的形象，或美丽的艺术品来沉思。

准备: 闭上眼睛，深呼吸，清空思绪。

Lectio (读解)：打开你的眼睛，扫描整个图像。记下你感兴趣的东西，再闭上眼睛休息一分钟。

Meditatio (冥想): 睁开你的眼睛，让你的眼睛被画面的一部分所吸引。只关注图像的这一部分并命名它。闭上你的眼睛，在你的脑海里看到那片影像。

Oratio(祈祷): 睁开你的眼睛，再看一遍吸引你眼睛的图像。让它带来一个词，图像，或情感。闭上眼睛休息一下。

Contemplatio (默想): 睁开眼睛，凝视画面。

今天神通过这形象对你说了什么？

献上感恩祷告。

Prayer Doodles 涂鸦祷告

Write a name for God, the name of someone you're praying for, or words from a scripture verse.

Draw a shape around it and begin to doodle. Pray as you draw. Ask God to be part of this prayer time. Keep drawing as you release these prayers to God.

写一个神的名字，再写一个你正在为之祈祷的人的名字，或者经文中的词句。

在它周围画一个形状，然后开始涂鸦。边画边祷告。

请求神成为祷告时间的一部分。

当你不断向神祷告的时候，继续画。

For more information: www.prayingincolor.com