

## Prayer Station 1: Noise

### 祈禱第一站：噪音

Often times in our lives, it's so easy to get distracted by what is going on around us and the things that we need to do. Being busy is seen as a good thing, do better in school, take on more projects at work, serve God more at Church... However, when it comes to our Christian faith, busyness can be an extremely bad thing in our walk with God. We can get so distracted by doing things that we lose sight of God and it's more difficult to hear his words.

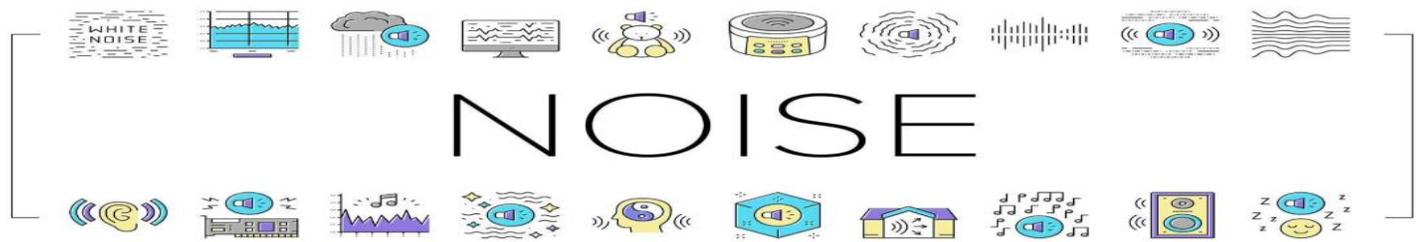
在生活中，我們很容易常常被我們周圍發生的事情和我們需要做的事情分散注意力。忙碌被視為一件好事，在學校做得更好，在工作中承擔更多的項目，在教會更多的侍奉神……然而，當涉及到我們的基督信仰時，忙碌可能是我們與神同行中的一件極其糟糕的事情。我們可能會因為做事而分心，以至於看不到神，更難聽到祂的聲音。

### Bible Passage

#### 經文

<sup>38</sup> As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" <sup>41</sup> "Martha, Martha," the Lord answered, "you are worried and upset about many things, <sup>42</sup> but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her." (Luke 10:38 – 42)

他們走路的時候，耶穌進了一個村莊。有一個女人，名叫馬大，接他到自己家裡。她有一個妹子，名叫馬利亞，在耶穌腳前坐著聽他的道。馬大伺候的事多，心裡忙亂，就進前來，說：「主啊，我的妹子留下我一個人伺候，你不在意嗎？請吩咐她來幫助我。」耶穌回答說：「馬大！馬大！你為許多的事思慮煩擾，但是不可少的只有一件；馬利亞已經選擇那上好的福分，是不能奪去的。」（路加福音 10:38-42）



## Reflection Questions / Directions

### 反思問題/方向

1. As you try to listen to God's word here through the Bible, do you find it difficult to concentrate on it because of the white noise? Why does noise make it difficult to focus upon the important things in our life?

當你試圖通過聖經聆聽神的話語時，你是否發現因為白噪音(周圍環境噪音)而難以集中精力？為什麼噪音讓我們很難專注於生活中的重要事情？

2. What are some of the white noises that you are feeling in your life that are preventing you from hearing and spending time with God?

在你的生活中，你覺得有哪些白噪音妨礙了你聽到神的話語，以及與神在一起的時光？

3. Take some time on your own to and pray for God to help you block out these distractions and noises in your life. Ask him to help strength you so that you'll be able to focus upon him and his word for us.

自己花點時間祈禱，求神幫助你除去生活中的干擾和噪音，堅固你，讓你可以專注於神，以及祂對我們的說話。

## Prayer Station 2: Personal Reflection

### 祈禱第二站：個人反思

God who is the creator of everything created you. He is all knowing, all powerful, and perfect. He created you in a certain way so that you can go and fulfill your purposes in his broader mission to Rise Up to make disciples. What happens sometimes is that even though God created us, we find it difficult to accept who we are and what we are. We can be our own harshest critics of ourselves and never seeing the goodness of who God created us to be.

創造萬物的神，也創造了你。祂無所不知，無所不能，祂是完全的。祂以獨特的方式創造了你，使你可以去完成更大的使命：「起行，建立門徒」。但實際上有時候，儘管神創造了我們，我們還是很難接受我們是誰，我們是什麼。我們成為自己最嚴厲的批評者，永遠看不到神創造我們的美好心意。

### Bible Passage

#### 經文

- <sup>13</sup> For you created my inmost being;  
you knit me together in my mother's womb.  
<sup>14</sup> I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well. (Psalms 139:13 – 14)

我的肺腑是你所造的；我在母腹中，你已覆庇我。我要稱謝你，因我受造，奇妙可畏；你的作為奇妙，這是我心深知道的。（詩篇 139:13-14）



## Reflection Questions / Directions 反思問題/方向

1. As you look at yourself in the mirror, what are some of the positive things that you see? How has God created you to be wonderfully made?

當你看著鏡子裡的自己時，你看到了哪些正面而優良的地方？神是如何創造你，成為奇妙的受造物？

2. Do you think God made a mistake in creating you the way you are?

你認為神創造了「現在的你」是一個錯誤嗎？

3. What are some things about yourself that you have trouble as seeing as good?

關於你自己，有什麼事情，你覺得很難看成是好的？

4. When you're ready, take some time to pray and thank God for creating you the way that you are. Ask God to help you to see the negatives that you see in yourself as positives as God created you to be.

當你準備好了，就花點時間祈禱，感謝神創造了「現在的你」。求神幫助你，把你在自己身上看到的負面的地方轉變為正面的，就像神當初按祂本意創造了你一樣。

## Prayer Station 3: Hurts

### 祈禱第三站：傷害

Experiencing hurts in our lives is part and parcel of the human condition. From physical hurt from stubbing your toe in the morning, to having emotional hurt from a broken friendship, to having spiritual hurt from a fellow Brother or Sister in Christ who let us down, hurts are something that we all can relate to. As we reflect upon Jesus's death and resurrection on the Cross, we know that he came to heal our spiritual hurt and separation from God because of sin as well as helping to heal us from our emotional and physical hurts. Let's take some time to commit our emotional and physical hurts up to Jesus and know that he is our ultimate healer.

在我們的生活中經歷到傷害，是人生一個重要的組成部分。早上撞到腳趾讓我們身體受傷，友誼破碎讓我們的情感受傷，主內弟兄姐妹令到我們失望，讓我們靈裡受傷。傷害是我們所有人都能感受到的。當我們反思主耶穌在十字架上的死亡和復活時，我們知道祂是來治癒我們靈裡的傷害，因罪而與神的分離，並幫助治癒我們情感和身體的傷害。讓我們花點時間把我們的情感和身體傷害交給耶穌，因祂是我們終極的醫治者。

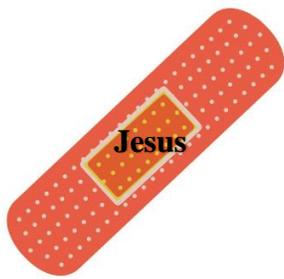
### Bible Passage

#### 經文

<sup>11</sup> Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. <sup>12</sup> As he was going into a village, ten men who had leprosy met him. They stood at a distance <sup>13</sup> and called out in a loud voice, "Jesus, Master, have pity on us!"

<sup>14</sup> When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. (Luke 17:11 – 14)

耶穌往耶路撒冷去，經過撒馬利亞和加利利。進入一個村子，有十個長大麻風的，迎面而來，遠遠地站著，高聲說：「耶穌，夫子，可憐我們吧！」耶穌看見，就對他們說：「你們去把身體給祭司察看。」他們去的時候就潔淨了。（路加福音 17:11-14）



## Reflection Questions / Directions 反思問題/方向

1. What are some areas of your life that you are experiencing hurts (Physical, Emotional, Mental, and Spiritual) in?

在你生活中，有哪些方面正在經歷傷害(肉體、情感、心理和屬靈)？

2. How can Jesus help in healing these hurts in your life? What are some ways in which you have seen Jesus working in your life before that reassures you that he is healing hurts in your life now?

耶穌如何幫助你治癒生活中的這些傷害？你以前在哪些方面看到耶穌在你的生命中動工，讓你確信祂現在正在治癒你生活中的傷痛？

3. After spending some time reflecting upon the above two questions, hold onto one of the bandages in front of you labelled “Jesus”. As you hold on to the bandage, pray to Jesus to thank him for being our healer and ask him to heal the areas of hurts you are experiencing in your life right now. It may be a long process to be healed from your hurts, but know that with Jesus the process has already started. \*

花一點時間思考以上兩個問題後，拿取你面前標有「耶穌」的藥用膠布。當你抓住膠布時，向耶穌祈禱感謝祂成為我們的醫治者，並祈求祂治癒你現在生活中正在經歷的傷害。從傷痛中痊癒可能是一個漫長的過程，但你要知道，有了耶穌，這個過程已經開始了。\*

4. As you leave today, take the bandage with you and put it in your physical Bible, quiet time area at home, or any place where it can serve as a daily reminder that Jesus is a healer for the hurts in your life.

當你今天離開時，帶上膠布，把它放在你的聖經裡，或放在家裡安靜的角落，或任何隨時可以看到的角落，以作提醒你，耶穌是治癒你生活中傷害的醫治者。

\* If you do have a lot of hurts and burdens in your life, we encourage you to go and reach out to one of your congregational pastors for prayer and support in this area.

\*如果你在生命中確實有很多傷害和負擔，我們鼓勵你去找你的牧者，尋求祈禱和支持。

## Prayer Station 4: Sour and Sweet

### 祈禱第四站：酸與甜

For many of us 2022 was a really difficult year. There were some disappointments, discouragements, and difficulties that we experienced. As we Rise Up in 2023, may we hold to the promise that God has for us of a better place and time in the future. In the Old Testament, Israel had a time when they were going through a tough time in captivity in Egypt. However, God had a plan and promise for them that things would get better. Are we going to hold on to the sweetness of God's promise in our lives as we Rise Up to glorify him in everything that we do?

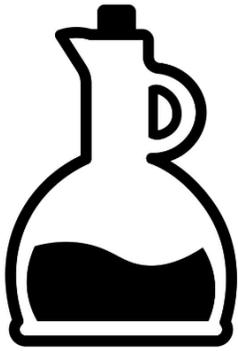
對於我們許多人來說，2022年是非常艱難的一年。我們經歷了失望、沮喪和困難。當我們在2023年「起行」時，盼望我們可以持守神對我們未來美好的應許。在舊約中，以色列人曾在埃及經歷過為奴的艱難時期。然而，神對他們有一個計劃和應許，讓事情會變得更好。當我們「起行」，在我們所做的每一件事上榮耀神的時候，我們是否可以在我們的生活中抓住上帝應許的甘甜？

### Bible Passage

#### 經文

<sup>7</sup>The Lord said, "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. <sup>8</sup>So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey—the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. <sup>9</sup>And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them. <sup>10</sup>So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt." (Exodus 3:7 – 10)

耶和華說：「我的百姓在埃及所受的困苦，我實在看見了；他們因受督工的轄制所發的哀聲，我也聽見了。我原知道他們的痛苦，我下來是要救他們脫離埃及人的手，領他們出了那地，到美好、寬闊、流奶與蜜之地，就是到迦南人、赫人、亞摩利人、比利洗人、希未人、耶布斯人之地。現在以色列人的哀聲達到我耳中，我也看見埃及人怎樣欺壓他們。故此，我要打發你去見法老，使你可以將我的百姓以色列人從埃及領出來。」（出埃及記 3:7-10）



## Reflection Questions / Directions 反思問題/方向



1. Looking back at 2022, what were some of the disappointments, discouragements, and difficulties that you experienced? What type of impact did they have on your life?  
回望 2022 年，你經歷過哪些失望、沮喪和困難？對你的生活有什麼影響？
2. What were some of the ways in which God helped to carry you through these difficult times in your life in 2022?  
在 2022 年，神用哪些方式幫助你度過這個困難的時期？
3. Take a sip of the vinegar in the cup. Feel the burn and bitterness in your mouth. This symbolizes the emotions that you may feel from 2022 and the difficulties that you face.  
喝一口杯子裡的醋，感受口腔中的灼痛和苦澀，這象徵著你在 2022 年感受到的情緒和你面臨的困難。
4. Read the Bible Passage of Exodus 3:7 – 10 and spend some time reflecting on it.  
閱讀出埃及記 3:7-10 節，並花一點時間思考它。
5. Reread verse 8. What does it mean for you to see the promise of milk and honey in your life after the difficulties of 2022?  
重讀第 8 節，在經歷了 2022 年的困難之後，流奶與蜜的應許在你的生活中，意味著什麼？
6. Take a lollipop and as you eat it and the sweetness overcomes the bitterness of the vinegar in your mouth, spend some time praying that God will deliver you from the disappointments, discouragements, and difficulties of 2022 and that you be able to enjoy a time of milk and honey in 2023 as you Rise Up to glorify God.  
拿一根棒棒糖，當你吃到嘴裡的甜味勝過醋的苦味時，花點時間祈禱，讓神把你從 2022 年的失望、沮喪和困難中拯救出來，並在 2023 年，當你「起行」去榮耀神的時候，能享受一段流奶和蜜的甘甜時光。

## Prayer Station 5: “1 Body”

### 祈禱第五站：一個身體

In a famous book about Christian Community and how it is a gift from God, Dietrich Bonhoeffer's *Life Together*, he states the following:

***Therefore, let him who until now has had the privilege of living in common Christian life with other Christians praise God's grace from the bottom of his heart. Let him thank God on his knees and declare: It is grace, nothing but grace, that we are allowed to live in community with Christian brethren.***

Being together with other Christians is an important aspect of how we are able to “RISE UP” and grow in our spiritual faith. Each and every one of us has an important role to play in the Body of Christ, which is the Church. What part are you in the Body of Christ?

德國神學家潘霍華(Dietrich Bonhoeffer)在《共同生活》(Life Together)這名著中寫到關於基督教團體，如何成為神的恩賜：

**「因此，讓那些至今有幸與其他基督徒一起過基督徒生活的人，從內心深處讚美神的恩典。讓他跪下感謝神並宣告：我們能與基督徒生活在一起，這是恩典，這完全是恩典。」**

與其他基督徒在一起，是我們如何能夠「起行」，屬靈成長的重要一環。我們每個人在基督的身體，也就是教會，都扮演著重要的角色。你在基督的身體裡是什麼角色呢？

### Bible Passage

#### 經文

<sup>12</sup> Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. <sup>13</sup> For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. <sup>14</sup> Even so the body is not made up of one part but of many. (1 Corinthians 12:12 – 14)

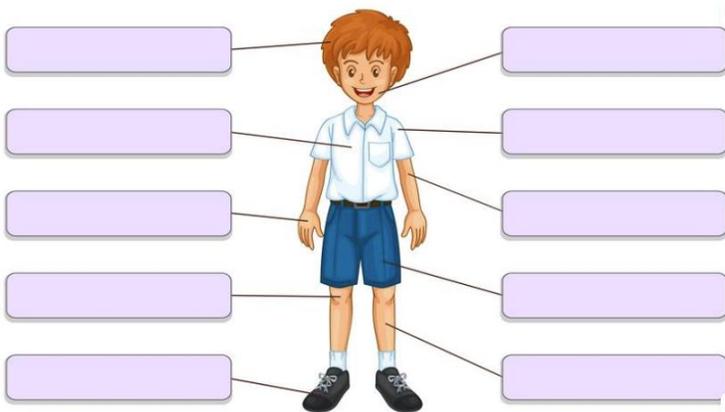
就如身子是一個，卻有許多肢體；而且肢體雖多，仍是一個身子；基督也是這樣。我們不拘是猶太人，是希臘人，是為奴的，是自主的，都從一位聖靈受洗，成了一個身體，飲於一位聖靈。身子原不是一個肢體，乃是許多肢體。（哥林多前書 12:12-14）

## Reflection Questions / Directions

### 反思問題/方向

1. As you look at the sheet of paper on the ground, take some time to pray and reflect upon which part of the Body of Christ you are and why? You might be a hand since you like to serve God by doing physical things. You might be a mouth since you like to serve God by leading worship.

當你看到地上的這張紙時，花點時間祈禱並反思，你是基督身體的哪一部分，為什麼？或許你是一隻手，因為你喜歡通過做具體的事情來事奉神。或許你是一張嘴，因為你喜歡通過帶領敬拜來事奉神。



2. Go and write your name next to the body part area on the paper on the ground. What are some ways in which you are going to contribute to the Body of Christ this year in 2023?

在紙上，在身體部位旁邊寫上你的名字。在 2023 年，你希望通過哪些方式為基督的身體作出貢獻？

#### OUR SERVICES



## Prayer Station 6: Share the Good News

### 祈禱第六站：分享好消息

As we approach Easter, it is a great time to invite a friend / family member / loved one who doesn't know Jesus to come and see what Jesus did on the Cross for us. God has placed people in our lives around us who don't know him yet and might be tapping you on the shoulder to go and share Jesus with them. May you be encouraged to go and share the message of Jesus, how he died on Good Friday to defeat the power of sin in our lives and then resurrected on Easter Sunday to defeat the power of death with one person this year.

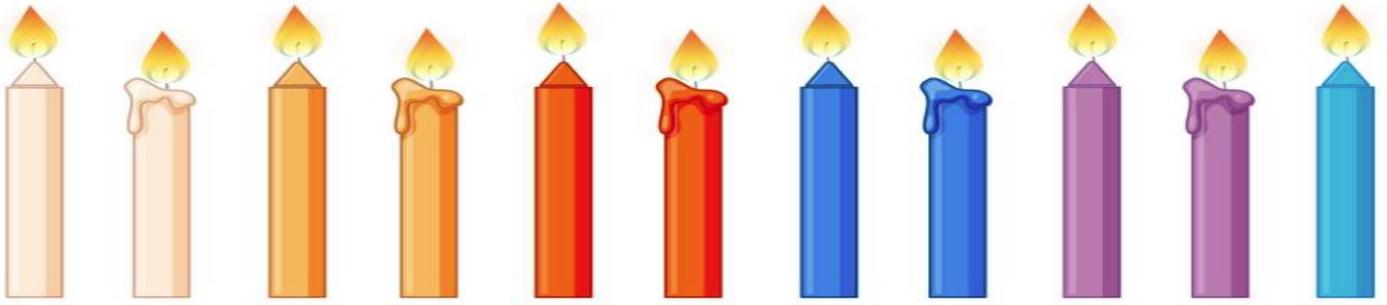
臨近復活節的時候，這是一個好的時機，去邀請一位不認識耶穌的朋友/家人/你所愛的人，來認識耶穌在十字架上為我們所做的事。神把那些還不認識祂的人放在我們身邊，神可能會拍拍你的肩膀，讓你去和他們分享耶穌。盼望今年你能受到鼓勵去分享耶穌的信息，祂是如何在受難日死去，如何打敗我們生命中罪的權勢，然後在復活節主日復活，勝過死亡。

### Bible Passage

#### 經文

<sup>20</sup>“My prayer is not for them alone. I pray also for those who will believe in me through their message, <sup>21</sup>that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. (John 17:20 – 22)

「我不但為這些人祈求，也為那些因他們的話信我的人祈求，使他們都合而為一。正如你父在我裡面，我在你裡面，使他們也在我們裡面，叫世人可以信你差了我來。你所賜給我的榮耀，我已賜給他們，使他們合而為一，像我們合而為一。」(約翰福音 17:20-22)



### Reflection Questions / Directions 反思問題/方向

1. Take one of the unlit candles in your hand. That represents the person you want to share the Good News of Easter with. As you hold it in your hand, take some time to go and pray for that person by name.

拿起一根未點燃的蠟燭，它代表一個你想與之分享復活節好消息的人。當你  
把蠟燭拿在手裡時，花點時間去點名為他/她祈禱。

2. As you are praying for that person, pray specifically that God give you the courage to share Jesus with them (him/her), invite them (him/her) to come and see our Good Friday and Easter Sunday worship celebrations, and for opportunities to open up for these discussions to happen.

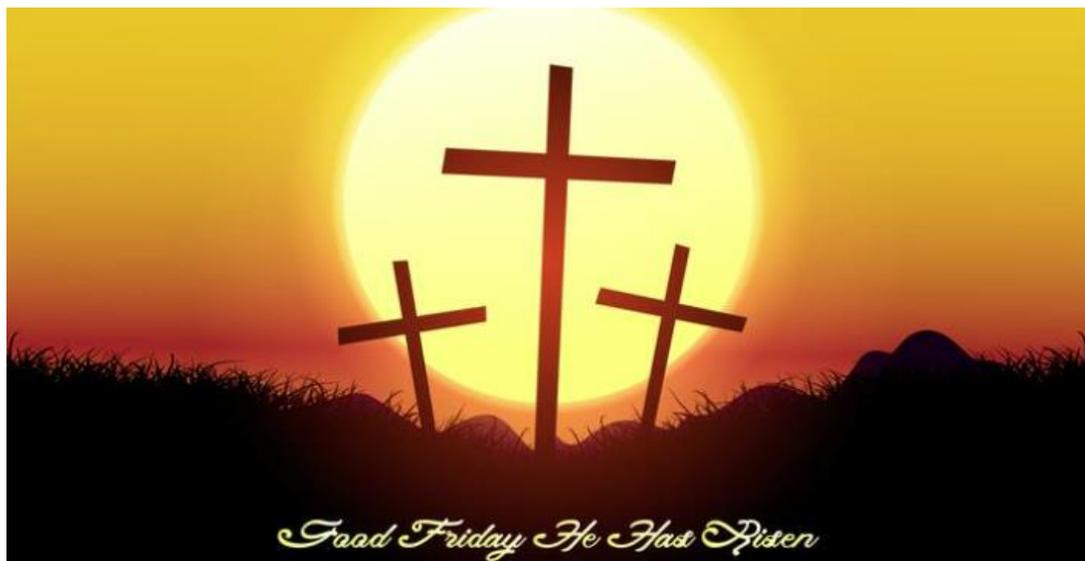
當你為他們(他/她)祈禱時，特別祈求上帝賜予你勇氣與他們分享耶穌，邀請  
他們來參予我們的耶穌受難日和復活節主日崇拜，找機會與他們一起討論。

3. After you are done praying for your person to share Easter with, turn the candle on and place it on the table in front of you.

當你完成祈禱後，點燃蠟燭並將其放在你面前的桌子上。

4. Go and share Jesus with your person and encourage them to come to our Good Friday and Easter Sunday worship services.

行動去和他們分享耶穌，鼓勵他們來參加我們的受難日和復活節主日崇拜。



## Prayer Station 7: Nail It to the Cross

### 祈禱第七站：釘在十字架上

On Good Friday, we remember how Jesus died on the Cross for our Sin, our rebellion against God. We are all guilty of Sin against God and against other people in our lives. The good news is that God sent Jesus to be that sacrifice for our sins so that we can be made right with God. There was a cost to be paid for our sins, and Jesus paid that price on the Cross when he said “It is Finished”. At this station, we’ll have a chance to go and symbolic give Jesus our sins by nailing them to the Cross

在耶穌受難日，我們記念耶穌如何為我們的罪、為我們對神的悖逆而死在十字架上。我們都犯了罪，得罪了神，得罪了與我們生活的人。然而，好消息是，神差遣耶穌成為我們的贖罪祭，使我們與神重新和好。除去我們的罪要付上代價，當耶穌在十字架上，說「成了」的時候，祂就為我們付上了代價。在這裡，我們將有機會象徵性的把我們的罪釘在十字架上，把我們的罪交給主耶穌。

### Bible Passage

#### 經文

<sup>28</sup> Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, “I am thirsty.” <sup>29</sup> A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus’ lips. <sup>30</sup> When he had received the drink, Jesus said, “It is finished.” With that, he bowed his head and gave up his spirit. (John 19:28 – 30)

這事以後，耶穌知道各樣的事已經成了，為要使經上的話應驗，就說：「我渴了。」有一個器皿盛滿了醋，放在那裡；他們就拿海絨蘸滿了醋，綁在牛膝草上，送到他口。耶穌嚐了那醋，就說：「成了！」便低下頭，將靈魂交付神了。（約翰福音 19:28-30）

## Reflection Questions / Directions

### 反思問題/方向

1. Take one or more of the provided piece of paper and a pen. Go find a quiet place to go and spend some time in prayer with God. As you pray, go and confess your sins to God, ask him for forgiveness for them, and thank Jesus for being the sacrifice that takes away your sins.

拿上紙和筆，找一個安靜的地方，花一點時間向神祈禱，向神承認你的罪，祈求祂的寬恕，並感謝耶穌為除去你的罪所做的犧牲。

2. After you are done praying, take some time to write out some of the sins that you are wrestling with in your life. Please do not put down your name or anything else that can identify you.

祈禱完後，花點時間在紙上，寫下你在生活中與之抗爭的罪。不需要寫下你的姓名或任何可以識別你身份的信息。

3. Fold up the piece(s) of paper that you have wrote down the sins that you are struggling with and take one of the nails and hammer the piece(s) of paper to the Cross. Please use caution when nailing the paper to the Cross. As you nail, reflect upon the fact that your sins have been forgiven through the death of Jesus Christ on the Cross.

將紙折起來，拿一根釘子將其釘在十字架上。當你釘的時候(請注意安全)，思想你已經藉著耶穌基督在十字架上的死，你的罪得赦免的事實。



## Prayer Station 8: My Name is...

祈禱第八站：我的名是...

When Jesus died on the Cross for our sins, he enabled us to have a new identity. Before then, we were separated from God because of the sins in our life and we were unable to be in a relationship with him. Now, with our sins forgiven through Jesus's sacrifice we are made right with God and can be called a Child of God. This new identity that we have is an important one because we can have that personal relationship with God just as we do with our earthly parents. Since we have this new identity as a Child of God, we need to go and live it out so that we can live out our Logos Mission Statement of "Love God, Love People, and Make Disciples" so that God can be glorified.

當耶穌為我們的罪死在十字架上時，祂使我們擁有了新的身份。在那之前，我們因生活中的罪而與神隔絕，無法與祂建立關係。現在，我們因耶穌的犧牲，罪得赦免，我們與神和好了，可以被稱為神的兒女。我們擁有的這個新身份很重要，因為我們可以與神建立個人關係，就像我們與肉身的父母一樣。既然我們有了神兒女的新身份，我們就需要把它活現出來，這樣我們也才能活出我們證道的使命宣言「愛神，愛人，建立主門徒」，讓神得榮耀。

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<sup>26</sup> So in Christ Jesus you are all children of God through faith, <sup>27</sup> for all of you who were baptized into Christ have clothed yourselves with Christ. <sup>28</sup> There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. <sup>29</sup> If you belong to Christ, then you are Abraham's seed, and heirs according to the promise. (Galatians 3:26 – 29)

所以，你們因信基督耶穌都是神的兒子。你們受洗歸入基督的都是披戴基督了。並不分猶太人、希臘人，自主的、為奴的，或男或女，因為你們在基督耶穌裡都成為一了。你們既屬乎基督，就是亞伯拉罕的後裔，是照著應許承受產業的了。（加拉太書 3:26-29）

## Reflection Questions / Directions

### 反思問題/方向

1. If you were to describe God in 5 words, which 5 words would they be?

如果讓你用五個詞來形容神，你會用哪五個詞？

2. Why did you describe God using these 5 words? How do you think your experiences with God inform your choice of words to describe him?

為什麼用這五個詞來形容神？是什麼樣的經歷，讓你選用這些詞來描述神？

3. When Paul says we are all “children of God through faith” in verse 26, how does this verse change your perspective on your identity in relation to God?

保羅在第 26 節說到，我們都是“因信成為神的兒女”時，這節經文如何改變你對你與神的關係的看法？

4. How does knowing that you're a Child of God encourage you to daily go and live out your faith to glorify God?

你是神的兒女這個事實，是如何鼓勵你每天去實踐你的信仰來榮耀神？

5. Take some time to pray to God and thank him for Jesus dying on the Cross for your sins. Thank God for enabling you to become his child and pray that you continue to go and glorify him in everything that you are doing.

花一些時間向神祈禱：感謝祂讓耶穌為你的罪死在十字架上，感謝祂讓你成為祂的兒女，並祈禱你可以繼續在你所做的一切事上榮耀祂。

6. After you are done praying, take one of the “Hello, my name is...” name tags on the table and write your name there. Go and put the name tag on you as you leave and let it serve as a reminder of your identity as a Child of God to glorify him daily.

祈禱完成後，從桌上拿起一張寫有“你好，我的名字是……”的名牌，寫上你的名字。當你離開時，把名牌貼在你的身上，提醒你作為神兒女的身份，要每天榮耀神。



## Prayer Station 9: Prayers for those around Us

### 祈禱第九站：為我們身邊的人祈禱

A really powerful way that you can help the people who are in your life around you who are going through tough times is through prayer. In fact, prayer is a way of taking care of people you love, uplifting them to God and remembering them and their struggles. We call these types of prayers, intercessory, where you're interceding, bringing your prayers to God on a person's behalf. Unfortunately, there are people in our lives who need some intercession in their lives. If it's loved ones who are going through illness, friends going through a rough patch in their lives with the stress of school, or someone we know who is experiencing a bad relationship break up, God places us in their lives to go and minister to them through intercessory prayers.

一個非常有效的，可以幫助那些在你生活中，正在經歷艱難時刻的人的方法，就是祈禱。事實上，祈禱是一種照顧你所愛之人的方式，將他們帶到神面前，記念他們的掙扎。我們將這樣的祈禱稱為代禱，你代表他/她向神祈禱。不幸的是，在我們生活中，常遇上代禱需要的人。如果是親人生病，朋友因學業壓力，生活中遇到困難，或者我們認識的人正在經歷一段糟糕的破裂關係，神就會讓我們進入他們的生活，通過代禱去服侍他們。

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<sup>10</sup> He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, <sup>11</sup> as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many. (2 Corinthians 1:10 – 11)

他曾救我們脫離那極大的死亡，現在仍要救我們，並且我們指望他將來還要救我們。你們以祈禱幫助我們，好叫許多人為我們謝恩，就是為我們因許多人所得的恩。(哥林多後書 1:10-11)



## Reflection Questions / Directions

### 反思問題/方向

1. Spend some time reflecting upon the people around you who need prayers. Ask God to open your eyes to see their needs and what is going on in their lives.

花點時間想想你身邊需要代禱的人。祈求神開啟你的眼睛，看到他們的需要，以及他們生活中正在發生的事情。

2. Write a prayer on the wall for that person. If you are putting their name down, please only use their first letter in order to make sure it's anonymous. Write out a prayer to God for them asking Him to work in their life and situation.

在牆上，寫下你為他們(他/她)的禱文。如果你要寫下他們的名字，請使用他們名字的首字母以確保匿名，求神在他們的生活和處境中動工。

3. After writing out the prayer, spend some time praying to God for it.

寫完後，花一些時間向神祈禱。

4. You are encouraged to pray for multiple people in your life.

鼓勵你為生活中更多的人來祈禱。