

Lesson 8 Prayer and the Believer 基督徒与祷告

Prepare for Your Assignment 课前准备

1. Download message #8, "Praying Unceasingly," from www.gty.org/fof. 下载信息八：《不住地祷告》
2. Use your notebook to take notes on the message. 听信息时，做笔记。
3. Work through the questions and tasks on the following pages. 完成以下几页的作业。

Memorize Philippians 4:6-7...背诵经文：腓立比书 4:6-7

"Be anxious for nothing, 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 comprehension, will guard your hearts and your minds in Christ Jesus."

应当一无挂虑，只要凡事藉着祷告、祈求和感谢，将你们所要的告诉神。神所赐出人意外的平安，必在基督耶稣里保守你们的心怀意念。

The purpose of prayer is to express our submission to the sovereignty of God and our trust in His faithfulness. Prayer is the means by which we express all that is in our hearts to our loving and wise heavenly Father. Prayer is not to give God information, because God knows everything. Prayer brings us into reverent communion with God, worshipping Him and acknowledging Him as the Giver of all things.

基督徒祷告是为了表达我们对神主权的顺服和对神信实的倚靠。通过祷告，我们向慈爱、智慧的天父倾心吐意。祷告不是要把神不知道的事情告诉他，因为神无所不知。祷告使我们心怀敬畏地与神相交，敬拜他，并且承认他是一切的赐予者。

I. The Nature of Prayer 祷告的本质

A. For the believer, prayer is a *learning experience* that must be developed into a spiritual discipline.

祷告是信徒必须培养的灵修习惯，是一个不断操练的过程。

1. In Luke 11:1, what did the disciples ask of Jesus? 在路加福音 11:1 中，门徒向耶稣问了一个什么问题？

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2. Read Romans 8:26. 读罗马书 8:26，回答下列问题：

- a. According to the Apostle Paul, who assists us in our prayers? 使徒保罗在这里提到，谁帮助我们祷告？

- b. In light of that, what should we do when we are not sure what to pray for?

既然如此，我们不知道怎样祷告时，该怎么做？

B. Prayer is communication with God. Scripture tells us that God is very interested in our personal struggles. 祷告是与神亲密相交。圣经告诉我们，神对我们个人生命中的各种挣扎都非常关注。

3. What does Psalm 34:15 say about the Lord? 诗篇 34:15 怎样描述神？

4. What did David bring before God in prayer (Psalm 142:2)? 根据诗篇 142:2, 大卫向神倾诉什么?

5. How are we encouraged to approach God (Hebrews 4:16)? 希伯来书 4:16 如何鼓励我们来到神面前?

6. Though we have the privilege of access, what caution does Ecclesiastes 5:2 advise?

我们虽有如此殊荣, 得到到神面前, 却要谨慎。传道书 5:2 给我们什么忠告?

7. What comfort does 1 Peter 5:6-7 offer believers? 彼得前书 5:6-7 怎样安慰信徒?

C. Prayer is *effective*. It can change situations—and people. We are encouraged to pray expecting results.

祷告是大有功效的。它可以改变环境, 也能改变人。圣经鼓励我们, 要带着这样的信心祷告。

8. For whom did the church pray in Acts 12:5? 在使徒行传 12:5 中, 教会为谁祷告?

9. How did God answer their prayers (Acts 12:7)? 在第 7 节中, 我们看到神垂听他们祷告的结果是什么?

10. Besides answers, what else does God grant to those who pray (Philippians 4:6-7)?

除了垂听祷告之外, 神在腓立比书 4:6-7 还给祷告的信徒赐下什么应许?

“The effectual fervent prayer of a righteous man availeth much.” —James 5:16

义人祈祷所发的力量是大有功效的。——雅各书 5:16

II. The Practice of Prayer 祷告的操练

A. Throughout the Bible, God *encourages* and *commands* believers to persevere in prayer.

神在圣经中处处鼓励且命令信徒坚持祷告。

11. In Luke 18:1, the disciples were taught that they should always pray, and not _____

在路加福音 18:1 中, 耶稣要门徒常常祷告, 不可 _____

12. What is God’s will for believers in Christ Jesus (1 Thessalonians 5:17)?

根据帖撒罗尼迦前书 5:17, 神在基督里向信徒所定的旨意是什么?

13. When should believers pray (Ephesians 6:18)? 根据以弗所书 6:18, 信徒祷告是否受时间限制?

B. In the Bible, you will discover many guidelines to help you develop the practice of prayer.

信徒能从圣经中找到许多帮助我们操练祷告的原则。

14. What did Jesus teach His disciples to expect if they persisted in prayer (Luke 11:5-10)?

在路加福音 11:5-10 中，耶稣教导门徒，恒切祷告会有什么结果？

■ We can start to understand praying without ceasing by looking at the life of our Lord Himself since He did that. He was obviously in constant communion with the Father. And we see Him in Scripture rising up early to pray. We see Him spending all night in prayer. It must have been an unending and nonstop communion between Himself and the Father. Hebrews tells us that He offered up prayers and supplications with strong crying and tears. That is a fascinating insight. There was an intensity in the prayers of Jesus that is utterly unique, that is utterly amazing. When He prayed on a number of occasions, there was a great agonizing. And we can assume that even though the Scripture does not chronicle for us all the details of all of His praying, it had much of the same kind of intensity as those prayers that we do see and have revealed to us in the text. When the Bible tells us that He went in to the Mount of Olives and prayed all night, there was no doubt an intensity in that kind of praying that we know very little about, if anything.

——John MacArthur

要知道何为恒切祷告，不妨观察主在世的生活，他可谓这方面的典范。他跟天父的相交显然从来未曾间断过，这一点我们在圣经中可以看到：他清晨早早起来去祷告，夜晚也曾不眠不休地彻夜祷告。他跟天父之间的相交一定是从不止歇的。希伯来书告诉我们，他曾大声哀哭，流泪祷告恳求。这样的画面实在令人神往。耶稣祷告至真至切，无人能及，令人称奇。甚至很多次，他祷告时都极其痛苦。尽管圣经没有把耶稣祷告的细节全部记载下来，我们仍然可以根据已经启示的经文断定，耶稣祷告始终都是如此地迫切。当我们从圣经中读到耶稣去橄榄山上彻夜祷告，他那种迫切祷告的心，的确是我们知之甚少的。

——约翰·麦克阿瑟

15. What does Jesus teach as a requirement for answered prayer (John 15:7)?

在约翰福音 15:7 中，耶稣教导门徒祷告蒙神垂听的前提是什么？

16. According to 1 John 5:14, what is our confidence as we pray?

根据约翰一书 5:14，我们祷告时应存怎样的信心？

Jesus' Pattern for Prayer: Matthew 6:9-13 耶稣给门徒的祷告示范: 马太福音

6:9-13

Pray to God: "Our Father which art in heaven" 向神祷告: 我们在天上的父

Exalt Him saying: "Hallowed be Thy name" 赞美神: 愿人都尊你的名为圣

Submit to Him praying: "Thy Kingdom come, Thy will be done" 顺服神: 愿你的国降临, 愿你的旨意 (成就)

Look to Him seeking: "Our daily bread" (sustenance) 求神供应: 我们日用的饮食 (日常所需)

Confess to Him pleading: "Forgive us our debts" (sins) 向神悔罪: 免我们的债 (罪)

Depend on Him asking: "Lead us not into temptation" 靠神保守: 不叫我们遇见试探

Trust in Him requesting: "Deliver us from evil" 信靠得胜: 救我们脱离凶恶

17. Look up the following verses and list some of the hindrances to answered prayer.

查考以下经文, 列出祷告不蒙垂听的原因:

- a. Psalm 66:18 诗篇 66:18 _____
- b. James 4:3 雅各书 4:3 _____
- c. 1 Peter 3:7 彼得前书 3:7 _____

Four Important Areas of Prayer 祷告四要素

Adoration 赞美

Reflect on God Himself. Praise Him for His attributes, His majesty, His gift of Christ. 默想神, 赞美他的属性和威严, 赞美他赐下耶稣基督。

Confession 认罪

Admit to God you have sinned. Be honest and humble. Remember, He knows you and loves you. 向神诚实、谦卑, 坦然承认自己的罪。记住: 神了解你、爱你。

Thanksgiving 感恩

Tell God how grateful you are for everything He has given you, even the unpleasant things. Your thankfulness will help you see His purposes. 告诉神, 你是多么地为他所赐的一切——甚至包括苦难而感恩。你的感恩能帮助你明白神的旨意。

Supplication 祈求

Make specific requests. Pray for others first, then for yourself. 先为别人的需要代求, 再为自己求。

Notice the first letters of these four words form the word "ACTS." Use them as a mental guide to maintain balance as you pray.

“赞美、认罪、感恩、祈求”这四要素的英文缩写为 ACTS, 可用来引导、提醒自己, 以求祷告周全。

III. The Struggle of Prayer 祷告的难处

A. Prayer can be hard work, but that should not keep us from praying, even when it requires sacrifice.

祷告并非易事。然而，祷告的难处不应让我们望而却步。即使我们必须为祷告付出代价，也要坚持。

18. How long did Jesus pray before He selected the twelve apostles (Luke 6:12)?

根据路加福音 6:12，耶稣在拣选十二门徒之前祷告了多久？

19. Describe the intensity of Jesus as He prayed in the garden (Luke 22:44).

根据路加福音 22:44，耶稣如何在客西马尼园迫切地祷告？

20. What should believers be careful to do when we devote ourselves to prayer (Colossians 4:2)?

根据歌罗西书 4:2，我们恒切祷告时当注意什么？

B. Even when we are *frustrated* or *discouraged*, we can still approach God in prayer.

即使在沮丧、失望时，我们仍然能够借着祷告到神面前。

21. Why was David discouraged (Psalm 13:1-2)? 在诗篇 13:1-2 中，大卫为什么失望？

22. What was David's complaint in Psalm 22:2? 在诗篇 22:2 中，大卫如何向神诉苦？

C. Prayer is governed by *God's sovereignty*, and His purpose determines His answer to our prayers.

祷告的结果由神的主权决定。神的旨意决定他会给我们怎样的结果。

23. Read 2 Corinthians 12:7-9. 读哥林多后书 12:7-9，回答下列问题：

a. What did Paul pray for? 保罗在祷告中求什么？ _____

b. How many times did he pray for it? 他为此祷告了多少次？ _____

c. Did he receive what he asked for? Why or why not? 保罗得到他所求的了吗？为什么？ _____

24. Read Mark 14:35-36. 读马可福音 14:35-36，回答下列问题：

a. What did Jesus ask of the Father concerning His "hour" of suffering? 面对受难的时刻，耶稣怎样向神祷告？ _____

b. But what was He willing to do? 然而，耶稣愿意怎样做？ _____

IV. Personal Application 个人操练

25. Compose a simple prayer of about one paragraph, following the ACTS model on page 60.

根据 ACTS 祷告四要素写一段祷告 页 60。

Surrender your requests to God's wise and loving plan, acknowledging your willingness to receive His answer with thankfulness

将你的所求交托在神美好的旨意和计划中，告诉神你愿意以感恩的心接受祷告的结果。