

祷告操练分享集（十三）



联合祷告训练中心

序言

禱告操練分享集的目的是從把「禱告操練與傳遞」一書，或該書的錄影課程 20 卷學習禱告操練後的感受寫成短文，和一些別的禱告操練和見證。我們把這些短文搜集起來變成禱告操練分享集。每一集以不超過 10 篇文章，期盼將來不斷的有分享文集出現。

每集的作者可以相同，但每集出版的日期前後不同，以顯示出我們操練的過程，有高有底，有不同的處境，但一直往前走。這些電子板的分享集就成為我們帶領弟兄姊妹并彼此鼓勵去學習禱告的生活往前走的激勵和動力，對作者本人也有自省的作用，省察我們自己的禱告生活在那方面有需要進步的地方去努力。這二方面對訓練達到禱告勇士 300 的目標有極大的幫助！

謝謝每位提供文章的禱告同工們，願神祝福你們，使用你們！

禱告訓練中心主任
黎廣傳 敬上
2023 年 10 月

牧者和同工对书本和书本录影课程的回应

对「祷告操练与传递」一书：

（黎）牧师的【祷告操练与传递】一书，我又读了两遍，得到极大、极大的帮助，感谢主，谢谢牧师。

对「祷告操练与传递」21 个视频：

黎老师好，平安！圣诞新年快乐蒙恩！仔细听了前面 5 课，也大致一直翻到最后，[Thumbs Up]非常不错！佩服您忠心的负担、信息、组织与毅力。正在思考如何应用在国内家中。。。[Heart]—

Thanks, John, for the links re: several video recordings.

I watched some of them and found that you have a very unique way to contribute to Chinese churches, beyond the Bay Area.

This is a missing aspect of Chinese churches: spiritual discipline and congregational mobilization in deeper life.

I pray that you will be able to mobilize the entire team locally and with video recording available to others globally.

激發禱告熱情，培植禱告同工使教會成為萬國萬民禱告的殿。

《禱告的操練與傳遞》這本書是一個火種。我們各位同工應該是把這個火種燒旺起來。實踐這個使教會成為萬國萬民禱告的殿。

先從我們同工開始。經過參加黎牧師這本書的操練課程，畢業后，可以分成二人一組，到各個教會去教導弟兄姊妹一起來學習禱告的操練。

禱告勇士 300 異象的實行計劃

我的禱告為何不蒙神答應？

我如何在很短的時刻 (quality time) 在禱告中與神相遇？

我如何使我的教會熱愛禱告？

如果上面是你的問題，這個計劃就適合你來參加！

內容

徵召並訓練全球禱告勇士 300 人，和徵召 300 篇個人禱告操練分享文章，使參與者每天有固定半個小時的禱告操練生活，使禱告的生命有長進，影響教會，實現主耶穌的異象：使教會成為萬民禱告殿！

報名可點擊以下鏈接：<https://forms.gle/gV9XVYiizVgrUfpz6>

為何要禱告半個小時？

主耶穌的教導

得着能力

禱告是互動

匆忙等於禱告死亡

四種方法

基本操練方式

主禱文的模式

讀禱慢板方式

讀禱快板方式

分工

小組人數 小組數目 達到目標

2 x 150 = 300

3 x 100 = 300

4 x 75 = 300

5 x 60 = 300

策略

四命：分享生命，扶持生命，影響生命，傳遞生命。

六動：與神互動，與人互動，大家來動，一直要動，靠神去動，必然轟動。

基本操练方式的訓練材料（推荐）：

为了配合上述的异象，黎廣傳牧師所著的「禱告的操練與傳遞」一書（繁體和簡體）可以在網上購買。並且有該書的國語和粵語視頻 20 課可以在 YouTube 免費下載，有教會已經開始採用這本書和視屏作為主日學，小組培訓教材之用。目的用來推動信徒每天禱告 30 分鐘的操練之用。歡迎大家使用！

購書鏈接：

<https://app.thebookpatch.com/BookStoreResults?search=Carol%20Ma&ddl=authors>

該書的國語 YouTube 視頻：

<https://www.youtube.com/watch?v=HaVdAGaQpgQ&list=PLi5apS71jX3C8PP0bSPEP4EibuanKVB8b>

粵語 YouTube 視頻：

https://www.youtube.com/playlist?list=PLi5apS71jX3D-7akoiPx99X1_x4CF-w6k

動力

（熱）情，（深）入，（廣）泛，（恆）久。

榜樣

（主耶穌，使徒保羅，但以理）

啓動

鼓勵弟兄姊妹參與每星期一禁食一餐來操練半個小時的禱告的時段。換句話說起碼一個禮拜有一天操練半個小時禱告，然後慢慢地在其他每天的禱告時間裡面有進步，成為每天有固定的半個小時禱告生活。

個人啟動：

禱告四操練 (ACTS)：

敬拜讚美 (五分鐘) + 認罪自省 (五分鐘) + 感謝主恩 (五分鐘) + 代禱 (十五分鐘) = 三十分鐘。

早上不同時刻 (二個五分鐘) + 中午不同時刻 (二個五分鐘) + 晚上不同時刻 (二個五分鐘) = 三十分鐘。

早上或中午不同時刻 (十五分鐘) + 晚上不同時刻 (十五分鐘) = 三十分鐘。

小組啟動：

另外開始禱告去尋找有心去學習禱告的肢體把們組合成一個門徒小組。這個小組 (可以從只有二人到五人都可以) 在不同的在大家許可的日期, 時間, 方式去學習「禱告操練與傳遞」這個視頻的課程, 和阅读「禱告操練分享文集」, 彼此激勵, 互相關懷, 和彼此代禱, 达到「两训启动, 心里跳动, 必有行动」的境界! 两训就是门训 (关心同工), 和教训 (分享主话), 像主耶稣带领以马忤斯两个灰心的门徒, 使他们生命有翻转一样 (路 24:13-35)。

完成了這 20 個課程后, 大家的禱告生命以及禱告時間的操練上定必有進步, 往前邁進, 會到達每天能夠用半個小時的時段去禱告, 而且禱告的生命會越來越豐盛, 滿足, 和盈溢!

启动的果效：

「活水江河」和「丰盛」的属灵生命, 就会呈现在我们的生活里, 包括: 神迹奇事, 灵命提升, 危机突破, 宣教异象。

透過上面從個人的禁食禱告操練到尋找成為立門徒小組的建立, 全球禱告勇士 300 的異象, 定必有靠著主的恩典, 假以時日能夠達到!

1970年夏天在越南的一次意外，我被炸傷了。一名女越共企圖襲擊美軍時，她扔的手榴彈炸傷了我的左手腳及肋旁。出院時左手雖然沒有被割去，但卻是總不如右手那樣有力。我心中時常問神：「為什麼您使我受這個苦呢？為什麼我不能如平常人一般呢？」然而主並沒有答覆我的祈禱。十六年後，當我們全家等待來美定居時，一天深夜公安人員前來強迫我去高原地帶為國家服務三年。雖然我拿出所有的證件，並告訴他們我隨時可能離開越南，定居美國，但他們卻嗤笑我：「等你有了機票以後，再送你回來。」我在槍桿子之下，無奈只有屈服順從。

在勞改營中，我的生活極為艱苦，每天出去到樹林中除草，約十多個小時。日曬，雨淋，仍要照常工作。我的身體逐漸支持不住，再加上很大的精神壓力，我開始將一切埋怨都放在神的身上。我問神：「若祢果真是信實的，為什麼要我受這樣的苦呢？為什麼把我從教會帶到這種地方呢？」我有一萬個「為什麼」想要神回答。

在勞改期間，除了把工作做完，我仍不斷地埋怨神。雖然內心知道自己應該好好地向神祈禱，無奈工作的壓力，肉體的痛苦，心中的怨憤，使我安靜不下來。但聖靈在內心不斷地催逼，使我看到自己的過犯，而過去所做的事，也一幕幕浮現在腦海中。

我記得在小時候，曾立志奉獻給主，將身心，甚至願意一生都奉獻給主。但我卻對神說：「我願意聽從你的話去行，不過不要我做傳道人，因我不配，而且傳道人的日子不容易過。」我眼見四周的傳道人，因主的名被迫害，無故地坐牢，改造，勞役…。這一切的事情，使我軟弱，幼小心靈，畏縮膽怯。因此，我對主說：「請您不要用我做您的僕人，但我願意過奉獻的生活！」

雖然聖靈在內心不斷催逼，硬心的我卻極力推辭。我眼見自己的身體日益軟弱，工作壓力日益增大，再加上我染上了惡疾，腹瀉不止。我想自己將要離開這個世界，要面對主了。我知道自己不能這樣快就死去，因為在神的國度中仍然有工作要做，無奈我的不順服使我陷入絕境，我的埋怨使我更加硬心。

感謝主，在我窮途末路的時候，使我回轉。我終於被祂的愛所降服。我願意順服神的帶領，但又怕自己心志不堅，所以希望能夠很清楚地明白是神的呼召與帶領。我向主求一件事，就是讓我能夠回家，不是靠金錢或權勢，只靠神奇妙的作為，給我一個明確的證據。當我順服下來，願意跪在地上禱告，不理會他人(公安人員)的管轄(儘管這樣的禱告會帶來一場大禍)，我的心就平靜下來。我深信主必定會帶我回家，現在只有存心感謝，等待神奇妙作為的彰顯。

次日，我被叫到營中的總部，他們給我一張通行證，可以回家去居住，理由是我的健康不合乎勞動的體格。我拿到這張證件，心裡驚喜萬分，不斷地感謝神在我身上行的大事，也解開我十多年來的心結。原來左手的傷是為了使我現在可以安然回家，一切事情的發生都有神奇妙的作為及美意在其中，我的遭遇成為一項祝福，叫我經歷了神的大能。現在除了每天常存感恩的心，感謝神救我脫離苦難之外，我更願意將自己的生命，氣息全獻給祂，也盼望我能成為一塊泥土，在全能的陶匠手上，全憑祂的塑造與帶領。而我深知只有順服，倚靠才能蒙神的賜福。

如今，藉著神的恩惠，憐憫，我已踏上了全時間事奉的道路上，每日經歷到禱告中要等候神的美旨所帶來的能力，因為我知道祂掌管著我的明天，深信神的道路非同我們的道路，祂的意念非同我們的意念。而在每一個苦難的背後，都是神化裝的祝福！

初信耶稣的人，對於禱告，感到不知所措，我本人也不例外。常聽弟兄姊妹說：禱告是向天父講話，好像你向父母講話，你要甚麼，就甚麼。不錯，禱告是向天父上帝講話，但是，應有一些原則。通常可分為四個階段。

1. 讚美

神阿！祢是創造天地的主宰，是掌管萬有的主，永不改變的神，洪水氾濫的時候，

祢仍然坐着為王，祢是獨一真神，我讚美祢。

2. 感謝

神阿！祢是慈悲的神，滿有恩典和慈愛，世人都犯了罪，正走向滅亡，祢愛世人，就差

遣獨生子耶穌基督降世拯救罪人，使信者得永生。我感謝上帝，又感謝主耶穌，釘身在

十字架，拯救我們。

3. 認罪

神阿！祢是滿有憐憫的神，我們活在這罪惡的世界裡，一不小心，就行差踏錯，以致犯

罪。求神憐憫，赦免我一切的罪。

4. 祈求

神阿！祢是天地的主宰，全能萬有的神，求祢看顧帶領我人生的道路，賜我健康的身

體，平安過每天的生活-----（你的需要向神求），帶領我追求真理，賜我靈命長進，

給我力量過得勝生活，啊門！

見証：

在我的人生道路上，事奉神的過程裏，多次明顯的經歷神應允了祈禱。試舉一例：

在我事奉的教會裏，有一位姓關的姊妹，請我為她的姪女祈禱。這位小姪女

不到一歲，生病入了醫院，兩個多月在發燒，醫生查不出什麼原因，好像束手無策。小女的祖母很迷信，天天求神拜佛，病床上掛着很多不同的符咒。

一天我和師母到醫院探病，正好小女兒的祖母不在，只有她的母親在病房，我不客氣的問這位母親，你相信耶穌會醫好你的女兒嗎？她直說：「我相信」。（原來她在香港某教會學校讀書，曾經參加教會的團契，對真理略有認識，亦有點信心。但是，在嚴厲的家姑面前不敢表白。）於是我請她把所有的符咒除下，然後一同祈禱：求神施恩醫治這位小妹妹。奇妙得很，神果然應允了我們的祈禱，過兩天這位小妹妹果然好了出院，一直健康長大，後來進修教育，二十多年仍然在學校執教。感謝聽禱告的神，願一切榮耀頌讚歸於獨一真神。

感谢神的带领，让我们夫妇两人有机会参加「基督之家联合祷告训练中心」黎廣傳牧师教导的「祷告操练和传递」课程。求主記念黎牧師忠心事奉主的辛劳！

经过这段时间的学习，让我们更加明白，要如何才能达到合乎神心意的祷告，蒙神悦納，使教會成為万民祷告的殿。在圣灵引导下，我们愿意不断地学习和操练。我们都属长者的年纪和体力，我们知道做得还很不够，但有神的话語是我们的力量，因为「人若有願作的心必蒙悅納，乃是照他所有的，并不是照他所無的。」（林后 8:12）求上帝怜悯帮助。

祷告生活：

一. 祷告伙伴：

- (1) 夫妻二人每日一起同心祷告
- (2) 每月第三个主日全教会祷告会（团体）
- (3) 每周三晚教會祷告会（团体）
- (4) 每周三早十点 1-3-5 祷告（一组三个人，每人五分钟的祷告小组）与长青团契一对夫婦祷告

二. 祷告时间：

目前一次祷告时间还未能達到 30 分钟，求神帮助我们不断學習操练，與大家共同進步。

三. 祷告四种操练：

(1) 敬拜赞美：

遵照神的话，「当用詩章頌词，灵歌，彼此对說，口唱心和的赞美主。」

（弗 5:19）

在家中会选一首詩篇朗读，來赞美神，或选二首诗歌称颂神，有时也背诵圣经主祷文来开始祷告。

(2) 認罪：

「我們若認自己的罪，神是信實的，是公義的，必要赦免我們的罪，洗淨我們一切的不義。」約翰一書 1:9

懇求圣灵每天光照我们不被世界和罪惡所引誘，常常省察自己对神对人是否有过犯或有隱而未現的过错，如有就到主面前认罪悔改，祈求主耶穌的寶血洗净我们一切的不義。

(3) 感恩：

「凡事謝恩；因為這是神在基督耶穌裏向你們所定的旨意。」帖撒羅尼迦前書 5:18

每次的祷告都愿意向神献上感恩的心，永远牢记神伟大救贖的恩典。將一切尊貴，榮耀，讚美都歸給坐在宝座上的三一真神。

(4) 祈求：

「我勸你，第一要為萬人懇求、禱告、代求、祝謝；」

提摩太前書 2:1

在操練中，为万国万民，在上掌权的首領官員祷告，也为普世宣教士和教會短宣隊，及教会团契，肢体的身，心，灵的需要向神祷告，求神帮助，力上加力，恩上加恩，榮耀归主名！

黎牧师您好，主内平安！上次答应您把目前我每天的祷告情况写给您，今天终于可以提笔了。多谢您对我的关心！您说，您的要求是务求真实，不求成功失败。因此我愿意与您分享。您给我的印象是有丰盛的生命，又有丰富经验的牧者，更重要的，是您的谦和和真实的为人态度！感谢主，让我遇到您！关于我个人的祷告生活，就是私祷方面，真的没有什么可圈可点的地方。

每天都是为预备讲章、查经分享和各项服事占据了我几乎所有的时间。尽管我现在已经没有了实体的世界工作，还是感到时间不够用，因此在祷告上的投入时间比较少。我每天的私祷就是早上和晚上，每次祷告时间大约在 15 到 20 分钟之间，很少有超过 30 分钟的。

关于祷告的内容。晚上的祷告：1) 首先献上感恩和感谢，因为一天平平安安过来；2) 敬拜赞美神！称谢神的伟大创造，奇妙的救恩和不计代价的爱；3) 省察自己在一天之中，所有的亏欠和软弱，求主怜悯和赦免；4) 为教会的一些事工祷告，特别为一些突发事件或新的计划祷告。如：这次全教会推行的细胞小组的开展。也为一些软弱的肢体祷告；5) 最后为我自己和自己的家人祷告，特别为我的父母年纪老迈，健康欠佳祷告。

早上的祷告：1) 感谢神保守我一夜睡得平安，又赐给我新的一天；2) 敬拜神是创造天地的主，又统管万有，一切在祂的命令中有序进行；3) 感谢主的拣选成为祂的子民，又成为祂手中的器皿，服事祂荣耀的教会；4) 求主保守我，并带领我一天的工作，使我在服侍上有功效，无论言语行为都要荣耀神的名，尽量走在弟兄姊妹的前面；5) 求主除去一切撒旦的试探和诱惑，过得胜的生活，并把自己的身体灵魂交给主！关于祷告方面基本上都是这样。

HOW I MAINTAIN MY PRAYER LIFE

Rev. Douglas R. Vavrosky D. Min; PhD

Introduction

My life changed dramatically since I became a Christian. At the age of 21 years old, I entered the kingdom of God under an intense spiritual battle for my soul. The demons warned me that they would kill me if I believed in Jesus Christ. I decided to follow Jesus anyway and figured out that if they are trying this hard to keep me from entering the Kingdom of Light, then God must be greater and must have something for me. After I believed, the attacks and temptations magnified. But Satan's attacks in my life taught me how to pray. I had been looking for my salvation all of my life and did not find it in the Catholic Church. When I accepted Christ, I did it as quick as I could because I knew that I would probably lose my life without first believing in the Savior, Jesus Christ, my Lord. Prayer is my lifeline to God and I cannot live one day without praying.

Spiritual warfare drove me to Christ and it also caused me to quickly enter into a prayer life that few new borne Babes in Christ have had to wage. One thing that I quickly learned is that I cannot just barge into God's presence and present my list in my prayer book! Over the years, I have learned through other leaders that when we enter into the presence of the Lord, there is protocol to follow. Just as when we meet a king or queen in real life, there is a protocol to follow. In the OT, there was always a special way to approach the king. The same applies to God. We do not barge into His presence but we enter with thanksgiving, then praise (Ps. 100). Once we do that, we are ready to confess the sins that the Holy Spirit wants us to deal with. Once we are "clean", then the Enemy has no case against us, accusing us before the throne of God. If he has a case against us, God won't hear our prayers. This is why Peter tells the husbands not to have anything against their wives because it will

hinder their prayers. This is all part of developing the fear of the Lord, to be mindful to obey God in all things.

Whenever our family has gone through crises, we always immediately remember how He helped us before. This gives us tremendous faith to persevere in prayer. Jesus taught us how to persevere, and sometimes, we give up before the Lord has set things in order to give us our miracle or answer to prayer. Those who wait upon the Lord will have their strength renewed. Strength in this case means power, might, overcome weariness, ability, able etc. (Isa. 40:31)

I keep a prayer diary to pray for things. This diary has accompanied me on my journey through life. I can look back on all the answers to prayer. It is my record and also my petitions that I bring to the Lord. Further on, I describe how I use my prayer book.

Here is how I conduct my prayer life

1. Come into the Presence with Thanksgiving

I like to enter His presence with thanksgiving because that is how we are to enter God' s presence according to Ps. 100 and enter His gates with praise. I think back to the events of the previous day, looking for how the Lord blessed me, helped me or came to my rescue. I don' t want to be like the 9 healed lepers who did not come back to thank the Lord! God loves it when we are thankful because it shows that we recognize His work in our lives and that we depend on Him. It is good to ask the Lord to prompt you and open your eyes to how He is working in your life. My wife likes to make a list of things to thank the Lord for the things she saw Him do the day before. She will write down five things where she saw the Lord bless or help her. A thankful heart leads to good mental health. Thankfulness shows gratitude and that you don' t take life for granted and don' t take for granted the things God does for us.

2. Praise and Worship

Here it is good to take the names of God and worship Him. If you feel stuck or do not know how to let the praises for the Lord flow from you, just begin to use the Psalms. King David was anointed by God to worship, so using the Psalms is a great way to start. Eventually, your own praise will begin to flow naturally. There are many books written on the names of God, so that is also a good resource. You can also use Strong's Concordance to see God's names. When you come across a verse that praises the Lord, write it down so that you can use it.

For example, I Sam 2:2 says, "There is no one holy like the LORD. There is no one besides you! And there is no rock like our God." You can expand on this verse in your praise to God. Use it as a template to begin your own praise to Him! I sometimes use my accordion to worship the Lord as well. King David used his harp. My wife worships the Lord by putting on a worship CD and sings along with it. King David even danced before the Lord and there are those in Christ who do this, but for me, I have never danced, so I have nothing to say on the subject!

3. Confession

- I like to move into confession of sins at this point. I ask the Lord to show me where I am grieving the Holy Spirit.
- Sometimes our sins are hidden from us, we are so familiar with our sin that it no longer offends us or some sins that we think are OK, the Holy Spirit is not OK with it. It grieves Him. We live in a culture that has blurred the truth from the lies, so ask the Holy Spirit if there is any offensive way in your heart. He will love to show you.
- I am always mindful that the Holy Spirit resides in my temple and therefore He needs a "clean" place to stay in. Paul says, "Do you not know that your body is the temple of the Holy Spirit who is in you?" (1 Cor. 6:19).

I am reminded of **James 4:8** "Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded."

Hebrew 10:19 “Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, 20 by the new and living way that he opened for us through the curtain, that is, through his flesh, 21 and since we have a great priest over the house of God, 22 let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.” These are all good reminders of keeping our lives free from sin.

Billy Graham taught a great truth, before you go sleep at night, confess any sins that you committed during the day. Ask the Lord to show you where you erred. As my wife likes to teach, then your sleep will be sweet. She adds, when we do this, we wake up to a clean slate. Also, because the Lord’ s mercies are new every morning (Lam. 3:22-23), we want to wake up refreshed in the Lord. This way, you do not accumulate days, weeks, months or even years of sin. Keep short accounts with God.

4. Prayer for the Government, our family, friends and Church

We are urged to pray for our Government. I pray that God will give our leaders wisdom to rule righteously and be a blessing to us. Yes, this does not always happen, but nevertheless we must pray for them. The early Church also had evil leaders and still prayed for them. I have no clue how God is using my prayers for the Government leaders and will only know once I get to heaven.

My prayer book helps me remember all the people that I want to intercede for. As the Lord answers those prayers, I date the answer. This also contains all our prayer partners and all our supporters, some have walked with us for 42 years (that is how long we have been with OMF International).

I use that to add to my thanksgiving from time to time. It also helps to grow my faith and it brings glory to the Lord as I remember how He

answered that prayer for them. In prayer, we never insist on our own way, because anything outside of God's will, could result in leanness of soul. This is why we pray, "Lead us not into temptation but deliver us from evil." Insisting on our own way in prayer will allow the Lord to grant that petition!

For those who are sick:

I pray Scripture over them. For example, I will pray Ps. 103:3 like this, "Father, please forgive their sins, whatever sins they have committed against you, others and themselves and heal their illness or disease in Jesus name. Lift all judgments off them too. Thank you, Lord that hear my prayer on their behalf. Raise them up again so that they may do your will and fulfill the work you have given them to do."

I like to use The Lord's Prayer to pray for them. For example, "Father, I ask that your name will be hallowed in my sons' life and may your will be done in their life as your will is done in heaven." I go through the entire prayer applying it to their life. You do not have to pray this every day, but I would be consistent in praying this if the son or daughter or someone else is in dire need of this prayer. If your family member or friend or church is walking consistently with the Lord, then pray as the Lord leads.

For my immediate family:

- Pray Scripture over their lives which also becomes a declaration of God's Word over their lives.
- What do I want to see in their lives? Pray that into fruition if you are discerning that you are praying according to God's will. Remember, anything that is written in the Word, any promise for us we may pray into that for them and for ourselves.
- If your son or daughter or anyone else is struggling to break through to God, I like to ask the Holy Spirit to separate the lies

from the truth and enable them to believe truth. The Spirit is Truth, so we are praying according to the Word. (See I John 4:6)

- We also like to pray blessings over our sons. Even when they were grown up, they would call their Mom to ask her to pray a blessing over them. They still call now that they are married with children to ask for prayer or blessings, either for themselves, wives or kids. We are never too old to receive a blessing from our parents. This is Biblical to bless our families.
- One of our sons has severe digestive issues that prevented him from even eating pizza. We began to thank God that he enjoys good health. We were practicing Heb. 11:1 and 6, by faith. A month later, he informed us that for the first time in 8 years, he enjoyed his first pizza again! We are now encouraged to keep on praying for his full healing this way.
- When our sons wanted to get married, we just simply thanked God for their godly wives who would come. They came! Since they were four years old, my wife began to fast and pray for them that they would stay close to God and never leave Him. She was alarmed at all the missionary kids and pastors' kids who left God. At that time, she also began to pray for their future wives, that God would keep them safe from harm and that they would find God when they were young. God honored her fasting and praying.
- Our family has gone through many crises, but we stand firm, declare the truth of Scripture and remember what the Lord has already done for us. We always get through it.

4. Praying for my own needs

Here I bring my own needs before the Lord. If I need more faith, I ask for it. If I discern that I need a greater anointing for my ministry, I ask for it. For example, the needs of the people in Taiwan when we first got there, were so great, that I would ask God regularly to give me a greater gift of evangelism. I would even ask senior missionaries to pray for me to get a

greater gift of evangelism! God heard those earnest desires and I led many to the Lord.

Reflecting back on how I prayed for my own needs, it always was in relation to ministry. If I got sick, I would pray for myself or have someone pray for me, but the Lord kept me safe and I was rarely ill while I was on active duty for the Lord. The one time in Kaohsiung, Taiwan, I got dengue fever and was out for 6 weeks and it took me 6 months to recover. That illness side-lined me from ministry because I was helping Operation Mobilization, The Doulos Ship that came to Taiwan for ministry. I was the main interpreter for those missionaries on board the ship. I was also the only one out of 260 people from the ship who got side-lined. I believe that was an attack from Satan. From this experience, I learned that I needed to pray for my safety while ministering.

祷告操练 包建雪

黎牧师您好：我平时都是明天早晚祷告。现在在您那里学了祷告密集课程，让我感触最深的是尼希米的默祷，我现在就是有碰到需要祷告的马上默祷，比如8月15我们BARI教会培灵会，牧师讲道的时候，坐在我旁边的姊妹想睡觉，我就祷告神，求主除去她沉睡的灵，开启她的心窍赐给她悟性，使她能听懂您宝贝的话语。

在家除了早晚祷告以外就是遇到了困难就祷告，时间也不长，最多十来分钟，不过现在我学会了经常默祷，也经常思想神的话语，就是神的话语何等甘甜，越想越喜乐！就像有一首诗歌一样：《神的好儿女天天唱着过》。我们三姊妹就是在操练读经，然后一起讨论经意，讨论大卫是如何祷告的。请您再教我每天半小时的祷告，谢谢。

学员每天 30 分钟祷告操练的报告 吴家松

在祷告方面，我可以算是一位得过且过的人，以前没有太注重祷告，很多的时候会在人多的时候表现一下，在没有人的情况下基本上是很随便的敷衍一下。对于一位已经受洗多年的信徒，而且也多年在事奉岗位上的我，简直是无可理喻，可见我的属灵生命已经软弱无力到相当可怕的地步。当我开始意识到问题的严重性，我就开始鼓励自己，我应该要有所改变不应该继续这样软弱下去。感谢主藉着意大利华人神学院的祷告与灵修的密集课程，透过学习，使我对祷告的认识有翻转性的改变。重新认识祷告是属灵双翼中不可缺的一翼。

圣经的话语是我们属灵的灵粮，祷告是我们属灵的呼吸，也是我们与神建立美好关系的桥梁。我开始从忙碌的生活中渐渐的调整出时间，与神之间建立独处祷告。以致终达到每一天都有固定的时间点与神独处。献上感恩，献上赞美，将自己的心里话向神倾述，耐心等候神是指引与启示。经过这段时间的慢慢在祷告上面的操练。使我体会到上帝的无限的智慧与大能不断的引导我。使我在祷告的过程中，经历圣灵不断启示，使我领悟到自己的局限性。使我不再盲目的，自以为是的去看问题，使我学会无论大事小事都要仰望主，寻求主。

我开始每天有 30 分钟的祷告，从理性进入到悟性的祷告，在祷告中充满喜乐。使我不再惧怕祷告，因为我重新认识到，有这位这么爱我的神，我有什么理由去逃避祂呢？我应当天天都要与神有亲密的接触。

30 分钟祷告心得

朱怡熙

感谢神的恩典，让我有机会参加罗马神学院开办的祷告操练与灵修课程，感谢黎老师的讲解与付出。

从前祷告时有时无，遇到了困难就想到了我们的主，经过这一周的培训课程，让我对祷告有了重新的认识，认识祷告的重要性，是与主亲近交通的唯一途径，认识祷告的先后次序。之前祷告三到五分钟就结束了，但是经过黎老师的讲解和最后一天的 2 小时祷告操练，居然祷告时间超过了三十分钟，我突破了。感谢神，我的祷告内容好像比以前多了，除了敬拜赞美感恩我们的上帝之外，代祷的内容与范围也增加了，除了向主祷告，也学习在祷告中听神的声音。原来对祷告不重视，现在工作之余会向神默祷，会静下心来思想今日所读的经文或某一句话。每当思想神的话语时，我常常觉得自己深深的沉浸在他的慈爱里，很平安很平安！

以前碰到困难挫折时会心里埋怨神没看顾帮助我。现在我学会了平和的看待发生的事情，凡事交托给神，我想主会看顾我的一切。只要心态端正，专注祈求，神会听我的祷告，会保守我的心思和意念及我的生活与工作。

只是求神怜悯，这一个月 30 分钟操练是断断续续的，没有天天坚持。求神加我力量，更加追求向神祷告，更加的亲近神。

感谢神，保守我的心，让我平时生活中没有不虔诚，却有一颗愿意的心去做神国的事情，特别是看圣经和祷告。可是我一直处在心里愿意，肉体软弱的光景！我体贴肉体的疲惫，因为天天上班回家要把一堆事情摸完，到了十一点或者十二点已经精疲力竭了，所以，跪下来就感到累，经过几分钟就趴在床上祷告，包括早上也是。由于一睡觉就是做梦，所以早上醒来那刻也是觉得很累，一祷告也是疲惫的，也是经过几分钟就要趴在床上祷告的。

但最近有很大的突破，老师说耶稣在客西马尼园祷告那刻几乎要死，耶稣仍然坚持祷告来拖住钉十字架的事工。主耶稣给我们「心里愿意，肉体却软弱」的光景做了一个很好解决的榜样，这让我一下子醒悟过来！我早上晚上祷告虽然还没有达到我自己那种理想的要求，但我已经突破了！「等候耶和华的必如鹰展翅上腾」，求上帝让我经历那种自我突破的力量，超越自我那种力量！我要掌握得着神给我力量的应许，还有就是「导读方式」的祷告，让我更加深刻的铭记圣经的话语，让每句神话语的能力在我身上彰显出来！

在坚持这样祷告操练的时候，我过去在困境中的周旋的灵修生活一下子得着释放了。上帝给了我智慧，过去圣经的话语虽然知道，但却是在不能记住的光景，现在我先把我脑子里有印象的圣经一句一句拿出来，一段一段的拿出来到上帝的面前领受和消化，成为我属灵战争的武器。灵修时，我紧紧记住以弗所书 6 章 10 节所讲的我们要穿戴神的全部军装，天天提醒和强调自己的意念，我是否穿上帝了全副军装，把上帝的话语好好的领受明白，直到祂的话语和真理成为自己的主观理念，不仅仅停留在圣经里，而是不假思索地我可以随时复数出来，一到环境里就能听到圣灵用这经文的带领，使我经历得胜！

我特别喜爱这节圣经：【彼前 2:2】就要爱慕那纯净的灵奶，像才生的婴孩爱慕奶一样，叫你们因此渐长，以致得救。这节圣经成为我的帮助和经历，我要不断的渴慕和消化熟练神的话语，这样我祷告生命就藉着神的话语不断成长和得胜，感谢神！

在香港讀神學院的暑假，我在一間基層教會實習。教會在油麻地的辦公室要搬家，我和另一位實習生及教會傳道人一起同工，把不要的舊家具拿到垃圾站回收。因為一些家具體積很大，我們向隔壁的公司借了他們的鐵製台車搬運。

我們把家具先搬上台車，再推入電梯，出了電梯之後，一個人在前面拉著台車，兩個人在後面扶著家具，一路從窩打老道拉到山東街的垃圾站。此時正是熾熱的仲夏天，來回幾趟以後，三人都汗流浹背。接著有了一個麻煩：台車和拉桿之間的螺絲組件不見了。

少了一個螺絲組的台車雖然不穩，勉強還可以使用。可這車是跟人借的，如果螺絲組找不回來，那肯定要到附近的五金行買一組新的，這給我們緊湊的搬家行程增添了變數；此外，買不買得到適合的螺絲組裝回去，又是一個未知數。所以最好能找回掉落的螺絲組，問題是：油麻地是鬧區，人來人往，車水馬龍；掉在路上的螺絲組，可能早被行人或車輛帶到了不曉得什麼地方。大海撈針，怎麼找？

不得已，三個人圍成了一圈禱告：「主啊！求你領我哋搵到呢樣嘢。奉耶穌名，阿們！」

禱告完後繼續搬東西。我記得非常清楚——大概兩三趟之後，我們照例拉著台車，站在窩打老道和山東街的十字路口等紅綠燈。等待的時候，突然之間不曉得為什麼三人的目光一起望向同一處，就是人行道和馬路之間的夾縫，然後三人幾乎同時叫了出來：「係度！」原來整組螺絲就掉在夾縫裏，螺絲、螺帽、墊片，一個都不少。

耶穌曾經這樣對門徒說：

「你們奉我的名無論求甚麼，我必成全，為了使父因兒子得榮耀。你們若奉我的名向我求甚麼，我必成全。」（約十四 13~14）

朋友們，你曾經奉耶穌的名求過嗎？祂如何回答你的祈求呢？

如果你從來沒有奉耶穌的名求過，你不妨試祂一試。試試祂的信實，試試祂的恩惠。不管是多麼微不足道的芝麻小事，你不妨試試祂，看看祂是否鉅細靡遺、精確回應。

讓我們一起禱告：主耶穌啊，謝謝祢的信實！謝謝祢的可靠！無論大事小事，只要是交託給祢的事，祢都垂聽，祢都看顧。我們感謝讚美祢！阿們！