

# 祷告操练分享集（十七）



联合祷告训练中心

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  
2024 年 2 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。

基本操練方式的訓練材料（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-7akoiPx99Xl\\_x4CF-w6k](https://www.youtube.com/playlist?list=PLi5apS71jX3D-7akoiPx99Xl_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, 達到「兩訓啟動, 心里跳動, 必有行動」的境界! 兩訓就是門訓 (關心同工), 和教訓 (分享主話), 像主耶穌帶領以馬忤斯兩個灰心的門徒, 使他們生命有翻轉一樣 (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!

啟動的果效：

「活水江河」和「丰盛」的屬靈生命, 就會呈現在我們的生活里, 包括: 神迹奇事, 靈命提升, 危機突破, 宣教異象。

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!

宣教的工人要走出宣教的工場，出國境難，拿簽證難，特別是要進入穆民第三世界創啟地區的簽證更難。但是，要把福音傳給每一個族群，傳到普天下卻是主耶穌給的命令，我們相信主必幫助我們完成使命。祂也必有恩典和應許賜給我們。因此，我們要向主求應許，也要憑信心抓住主的應許來禱告，支取祂應許的應驗。

### 1/ 叩門的禱告 (馬太福音 7:7-8)

“「你們祈求，就給你們；尋找，就尋見；叩門，就給你們開門。因為凡祈求的，就得着；尋找的，就尋見；叩門的，就給他開門。」今天大部分華人教會，都專注向同文化同胞傳福音，努力向華人佈道植堂，希望建立人數眾多的大型教會。

要將普世跨文化宣教的使命傳給教會，要將向 20 億佔了世界 1/4 人口的穆斯林群體傳福音的異象傳給教會，要推動華人教會承擔普世跨文化宣教，是件不容易的事。因為一般教會不是沒有負擔，就是太忙於自己內部許多的事工；宣教士或宣教的團隊往往不得教會其門而入。全球創啟地區的國家，貧窮落後，飢荒瘟疫病患，地震水患，天災連連；政治動盪，抗議暴動內戰，戰亂不斷；國門緊閉，簽證收費越來越貴，簽證給予居留時間只簽 1-3 個月，越來越短，宣教工人難以長久停留。

過去 18 年，我們只能抓著主的應許，在世界各地叩華人教會的大門，叩普世宣教工場的大門…。主是信實的，祂打開了很多教會的大門，也在世界多處國家工場打開了門縫給工人們得以進去。我們要繼續憑信心，用迫切的禱告繼續把門叩下去，祂是聽禱告的神，祂開的門沒有人能關！

### 2/ 使列國降服的祈禱 (賽 45:1-3)

“我－耶和華所膏的塞魯士(古列王)；我攙扶他的右手，使列國降伏在他面前。我也要放鬆列王的腰帶，使城門在他面前敞開，不得關閉。我對他如此說：我必在你前面行，修平崎嶇之地。我必打破銅門，砍斷鐵門。我要將暗

中的寶物和隱密的財寶賜給你，使你知道提名召你的，就是我一耶和華、以色列的神。”這是上帝給波斯君王塞魯士(古列)的應許；上帝要興起使用他，應驗上帝對以色列人的應許，要他釋放以色列人在被擄 70 年之後歸回，他使以斯拉帶領第一批以色列人回歸耶路撒冷重建聖殿。

因為他願意成為上帝使用的器皿，上帝應許賜福他，使他征服列國，打開一切銅門，砍斷一切鐵門，填平一切崎嶇山洼之地，使被擄的人得以釋放回歸自由。這是主在 1982 年藉著一位西國已退休的老宣教士，為我禱告了半年，特別為我向天父求得的應許；還特別叮囑我說：要我等待，這是為了有一天當中國人的教會要參與普世宣教事工，上帝所給的應許；我等了 25 年才開始參與跨文化宣教事工，才開始使用這個應許。

這應許，成為了我們團隊和工人的信心，我們抓住上帝的應許祈求：• 祈求上帝在行在宣教士們的前面. • 求上帝使列國降服於主的大使命之下. • 祈求天父打開列國的銅門使工人可以進出. • 祈求天父砍斷一切的鐵門，使被擄的靈魂得以釋放得救. • 祈求天父為宣教工人修平崎嶇山涯之地. • 祈求天父賜下隱藏的財寶作宣教工人的供應. 18 年來，我們成立不同差會平台，訓練差派了超過 80 位華人宣教工人，前後前往 17 個國家地區服侍，至今還有 60 多位仍在工場. 祂是守約施慈愛的神，祂的信實永不改變！

### 3/ 向山舉目的禱告 (詩 121:1-2)

“我要向山舉目；我的幫助從何而來？我的幫助從造天地的耶和華而來。”宣教的工人眾多和各地宣教工作需要建構平台，龐大的經費那裡來？簽證的問題如何解決？工人如何照顧？要倚靠什麼？當宗派不能成為宣教士的靠山，當宣教士的教會不能成為他們的供應，我們的幫助從何而來？

有一次我上山祈禱的時候，祈求上帝賜下應許和印證. 主賜下這處聖經，聖靈感動我的心：“你為什麼尋找地上的靠山？所有的山不都是我造的嗎？你為什麼不尋求那位造山的耶和華？”噢，是的！山都是祂創造的，祂比一切的山都大。祂安定在天，永不改變。祂是最可信可靠的，倚靠祂的人必不至於羞愧！

為了宣教事工和工人的安全，我們沒有設立網站宣傳，很少參加大型公開的國際宣教會議，盡量低調專心以祈禱傳道為事。我們經歷了上帝的看顧，18 年來祂給祂的宣教工人們恩典神蹟的供應一無所缺，感恩讚美！叨餅和肉供應以利亞的烏鴉不是一隻，聖經原文裡是眾數的。我們仰望的不是那一隻烏鴉，而是



差派這些烏鴉背後的上帝，祂是宣教的上帝！我們要向祂仰望祈求，我們要向祂俯伏敬拜！

【弗 6:17】并戴上救恩的头盔，拿着圣灵的宝剑，就是 神的道。【弗 6:18】靠着圣灵，随时多方祷告祈求

祷告就是在和神说话，在向神倾诉，我所理解的祷告，并没有特定的方式和统一的字词，是我们在向神真心吐露。从一开始的不会说，不知道如何说，也不知道说什么，估计大家应该都有过这样的经历。

随着我们不断学习，对神的认识越来越深入，就有了对神的渴慕。也经历了从一开始为着自己生活中的事情求，为着自己的不如意求，为着自己的困苦求，总之，都是为着自己所愁烦的事情祷告祈求，不是听神说什么，（我字当头，心不降伏，也听不见神说话）还总是求神按照自己认为的，自己心里所想的成就我所求的事，祷告之后，看不见果效就会困惑，心想神听见我的祷告了吗？

【雅 4:3】你们求也得不到，是因为你们妄求

神带领我们每个人的方式不同，只要我们自己想进入与神的同在，进入祷告的生活中，我们就要下决心操练祷告，首先，我们要选择一个自己最不被人打扰的时间段，一开始最好是固定的时间，时间长度也由一开始的短时间慢慢加长，主要是坚持，慢慢就让这不太自然的定规成为了一种自然的行为，形成了习惯，只要到了祷告的时间，你一定是放下手中的一切。来，进入祷告等候中

随着神的喂养，我们的生命不断被提高，我们的眼目也被打开了，不像罗得只看肉眼所看见的，和自己认为好的，而是像亚伯拉罕一样顺服神的旨意，并在神的指引下，向东西南北观看，就得到了属天的祝福，具备了属天的眼光，还没有看见他的后代得着应许之地，因着信神，就认定是得着了，而且是必定得着了。

随着祷告伴随着我们的生活，我们与神的亲密互动，我们的生命不断的被提升，我们的祷告发生了变化，不是有了事情才去祷告，而是时刻活在祷告中，我们就有了属灵的敏感。随时领受圣灵给我们的祷告内容。随时随地进入祷告

之中。因着神的同在，我们的祷告也带来了极大的果效。因为我们所祷告的事件不是自己要做的，是神把他的心意传递给了我们，我们所要做的事情，也不是自己的意思要做的，而是神指示我们去做的。我们如同耶稣一样，是被神差遣的。

**【约 5:19】** 耶稣对他们说：“我实实在在地告诉你们：子凭着自己不能作什么，惟有看见父所作的，子才能作；父所作的事，子也照样作。

**【约 12:49】** 因为我没有凭着自己讲，惟有差我来的父已经给我命令，叫我说什么，讲什么。

以上是我从不会祷告，经过操练之后到活在祷告中，活在神的同在中，浸泡在神生命的活水中，我的生命发生了质的变化，越来越顺服神，要在这弯曲悖谬的世代，做神无瑕疵的儿女宣扬那召我们出黑暗、入奇妙光明者的美德。

2023年，神帶領我走過一趟「突如其來」的翻譯之旅。一開始，明白到《禱告操練及傳遞》是一本關乎禱告的書，心裡懇求聖靈幫助我做醒倚靠祂的能力完成。我愛禱告；能夠隨時隨地與主我的神同行和對話，與丈夫和主內一家同心仰望神，參加禱告聚會，都是重生生命中的重要祝福。可是，信主多年來，我都沒有認真操練過一個人每天用長時間禱告的行動。狂傲的我以為每天定時靈修禱告容易淪為律法主義；加上本來的生活已經忙碌不已，怎能恆常地早一兩個小時起床！這種態度成了我屬靈昏睡的藉口。然而，憐憫的神竟然用這趟翻譯旅程，改變了我的心，更彰顯祂奇妙的時機，祝福我所屬的團契群體！

2023年一月至九月，我一頁一頁地翻譯著這本「突如其來」的書，一天一天地行走著一段痛苦掙扎的路程：因著種種「突如其來」的震動，包括二十多年沒有在身邊的父母移民來美所帶來的張力，校園事工踏入傳承季節而衍生的不確定和壓抑，工作中認識的難民朋友所遇到的創傷與危機。。。到了七月份，越來越感到力不能勝，困在憂鬱和絕望中，看不見前面的路，甚至開始影響我和丈夫的溝通和信任。一開始，我並沒有意識到，神透過《禱告操練及傳遞》每一章的遞進，要與我的心對話。

首先，我發現這並不是一本「關於禱告的工具書」，而是藉著黎牧師謙卑真誠的分享來到主面前的\*敬拜\*。禱告是以敬畏又期待的心，與愛我們的神親近，以祂為神。首先我要仰望耶穌自己，得力於祂專心禱告及順服的生命。然後與井旁的婦人、東方博士、約拿單、大衛、保羅、馬可、巴拿巴等眾聖徒一同俯伏、一同歸榮耀給神。頭幾章讓我不想再停留在字句口號裡，或者沉醉在神學概念的認知中。相反，我要更快地順服神，在此時此刻的關係和處境裡，活出認罪、饒恕，代求，扶持、謙讓。

感謝我們信實的上帝！在祂裡面並沒有「突如其來」，一切都彰顯著祂的智慧與豐盛。漸漸我發現眼前有待翻譯的內容，整整呼應著自己靈程上的掙扎，催逼我馬上行動：開始每天30分鐘的禱告操練。原來一切只等著我願意！透過充裕的禱告時間，才有足夠的空間讓我的心可以靜下來，聆聽聖靈的帶領，去為自己和眾人的需要祈求。如此，半小時、一小時其實不是難事，很快就過去，根本不夠！每天期待下一個清晨，禱告親近神，拾取嗎那，迎接新的一天與神同行。

另外，為了準確地翻譯書中提及的名字，我得在網上找出幾個教會(例如基督之家第六家)和牧者(例如沈保羅牧師)的英文名稱。神使用這些「正常翻譯程序」，帶領我遇上兩個的網上講道，刺入並光照被我小心翼翼包裹著的傷口。主復活的大能洗淨我頑梗叛逆的罪，催促我不得不認罪、悔改、饒恕。神要我寬恕我的同工、摔碎偶像、認清真正的敵人，宣告祂的主權，煉淨我的信心向前走。

最後來到這本書的終結：「二人四要」——有關門訓和傳承的部分。再思約拿單慷慨地成全大衛、巴拿巴扶持馬可又肯定保羅、保羅勉勵和交托提摩太，都是因著對神的信靠和愛！而這種尊神為大、以祂做主的態度和行動，是傳遞的基礎，也是敵人攻擊的位置，我們要切切地守護！奇妙地，這本書不但翻轉了我的個人禱告生活，更在最關鍵的時刻祝福了我所屬的團契，讓代與代得以合一地靠著主昂然邁步向前，勇敢地打屬於神的爭戰！記得九月份把文稿校對好的那一天，也是心裡的掙扎完全得釋放的一天。深哉！神的智慧和豐盛永恆的旨意！

圣经是神默示的，读圣经是神对我们说话，神的话是我们安身立命的根本，是我们灵命的食量。祷告是我们对神说话，就像空气一样重要。祷告能使我们跟神建立亲密的关系，能够明白神的旨意，遵照神的旨意而行，必能成事。凡事信靠神必得胜有余。

记得有一次主日崇拜结束后，发现外面正下着大雨，我不由自主地说：“主啊，我没有雨具，如何回家？”不一会儿，雨停了，公交车就停在教会门口，我和丈夫喜出望外，赶快坐上公交车，刚坐稳，雨又开始哗哗地下起来。我俩该转车的时候，我对主说：“主啊，我该改乘一路车了”，雨第二次停了，等我俩坐上一路车，雨又开始下起来。很快到了离家最近的站口，需要步行6分钟方可到家，我默默的祷告，求主看顾，雨又奇迹般的停了，我俩快步流星地赶回家，雨又开始下了，下得很大很大。我俩感动极了，我们的神是活神，是真神，他就在我们身边，看着我们，爱着我们，沐浴在主的爱中，是何等幸福啊！

还有一次小组团契查经，在查到约12：2-3节时，大家提出疑问：拉撒路坐在耶稣身边，什么也没说，如何显出他对主的爱？“马大伺候”简简单单四个字，怎样表达马大对主的爱？玛利亚为什么用极贵的香膏抹主的脚？圣灵运行使我一下联想起路10：41-42节的经文，脑子里出现一幅画面：玛利亚安静地坐在主耶稣的脚前听道，眼目从没离开主。马大因服侍的事多，心里烦乱，就埋怨玛利亚不帮忙，埋怨主不介意，可主耶稣却说，玛利亚选择了那上好的福分是不能夺去的。继而又出现了约11章拉撒路复活画面，我一下子明白了：1，拉撒路已经死了4天并埋葬，尸首都腐烂了，可他却活生生地坐在主耶稣身旁，这不就是极好的见证吗？主耶稣就是生命，就是复活，就是真理和道路。2，马大伺候，不再埋怨，全心仰望主，爱主。玛利亚得到了那上好的福分是听到了主耶稣有关十字架的救赎大计，记在心中，准备了真哪哒香膏抹主的脚，又用头发去擦，这是对主及贵重的爱。难怪主耶稣如此嘱咐我们：“普天之下，无论在什么地方传这福音，也要述说这女人所作的以为纪念。”

另外在日常生活中，无论大事小事，千千万万事都要通过祷告向主倾心吐意，一大早醒来，第一件事就是感谢赞美神的爱，感谢赞美主的同在，求主带

领当做的事。我对主说：“主啊，你若愿意就赐给我火热爱主的心，祝福我在灵晨灵粮的团契中，明白你的旨意，顺从牧者的带领，并把你的话语落实在生活中，讨主喜悦，荣耀父神。还要鼓励牧者，为牧者代祷，为所有兄弟姊妹代祷，使大家切实相爱，彼此关怀，共同建造教会”。接下来就是灵修，做早餐等等，一整天的事物都与主同在，喜乐平安，吃饭香，睡觉甜。睡觉前更要回顾一天所行的事，恳求圣灵光照，看看有没有得罪神的地方，及时悔改向主。这样下来，所做的每件事，都会不由自主地感谢赞美神的大爱，主的看顾，不住的祷告，凡事感恩，必蒙主喜悦，阿们！

## Day1 一切都是神美好的安排 Ruiqin

辞职不用去上班的第一周的，第一天，礼拜一。全新的开始，最近我总在想如何开始才是**最好的开始**？

作为决志信主已经9年半的基督徒，我不能再说自己是个属灵Baby了；加上超级on Fire的“实用派神学院”两年的学习，经历过超自然“属天生活”的基督徒，如何才能更好地为主做工，让更多的人去品尝主恩的滋味，一直是我的负担。

于是，恰巧上周六在本村宋老师家的团契上认识了黎牧师，第2天也就是周日的晚上他发我“邀请函”，邀请我一起参与他的《祷告训练营》，原本没很在乎，但是今早晨祷的时候，真的被圣灵感动到，他说：

“你看我多懂你，这难道不是你要的**最好的开始**吗？”因为根据我这个超级“实用派”+“经验派”近10年的经验，真的没有什么比：万事交给他，让他做主，借着祷告让他带领你，与他同工，更多地经历他……更奇妙的事情了。所以我接受了此邀请，借着每天一早30分钟的晨祷，来指引我的前进的脚步，等待下一个奇迹的发生，并按黎牧师的要求，把它记录下来，为神做见证，这不也是我一直在祷告的：“主啊，用我我please use me吗”，为世界上为伟大的领袖工作，能被他人命，使用，我想这个“工资”一定是大大的。（原谅我的实用主义，其实我真的很不属灵哈哈）。

况且从另一个实用角度出发，以前参加的训练营，动不动几百美金，牧师也不会亲自发信息给你，督促你，鼓励你，牧养你……这次能被牧师“邀请”还被“代祷”岂不是好幸运的说？！！况且若能坚持下来，从对人的角度来说收获一定是要比付出多很多的！其实，今天借着祷告，还有感动（我也不想很属灵地说：噢，又是圣灵告诉我说……），我觉得神要我更多的经历他的奇妙恩典，让我更好地为他做见证，所以他要把我祷告的历程记录下来说不定可以激励更多的dxjm，其实估计这里的dxjm很有可能仅是=自己，但也很好啊？！Why not!

综上，一句话：无论对神还是对人，今早的晨祷后我都觉得我该接受这个“邀请”，并好好完成“任务”。

与我之前的20分钟相比，今天的30分钟居然过得更快



之前我每天一早起床做好咖啡第一件事就是“和神约会”，之前我的RGP喜欢说“your private time with God”，“hang out with Jesus”……有人说叫做“亲近神”，也有人说“晨祷”或祷告。9年前当我还是一个Baby的时候看了一本书，叫做《等候神》，从此每天一早有了20分钟的与神共处的美好晨光，这个生活习惯几乎一天不落地延续了下来。因为我总记得一句话：“我们的身体是身心灵三位一体的，你读书吃饭喂养了你的身体和大脑，请问你用什么来喂养你的灵魂？”，于是我很在乎每天清晨我灵里最清澈的辰光，用寻找到的最优质的“灵粮”喂养我饥渴的灵，因为经上还说：“饥渴慕义的人有福了”！

每天一早20分钟的晨祷很自由，很美好，很被爱，像在蜜罐里被天父爸爸泡着抱着。我会发自内心“赞美”他，说爸爸你真的太棒了，你会这，会那，你真的无所不会……然后不停地感谢他昨天我跟他说要的棉花糖，巧克力，棒棒糖……他这么快就给我了，它太太太好吃了，颜色也好好看；我会跟他撒娇我喜欢的那个男生你为什么不能给我机会见他……后来我才知道他要给我的都是最好的，最适合我的（无论是人、是物、还要要我经历的故事，要我走的路）。

有的时候，我会跟他说我昨天哪哪哪做得多多不好，求爸爸原谅，但每次爸爸都会鼓励我，给我智慧教我未来该如何进步，如何处理。比如，嗯～最近的一个吧：在一个聚会中，有人没有手机静音，手机时不时发出的BB声，让我很受打扰与忧伤……结果会议结束，我没有很诚恳地去找当事人说出心中的不愉快，反而还跟别人不停道歉说都是自己不好，希望今后可以有很多的“操练”在公共场合能不受手机BB声打扰……但祷告的时候神就安慰我说：这不是你的错，不要自责，你也无需道歉，你要学会爱你自己，学会勇敢表达，这也是对大家的尊重，这样未来别人才会知道如何respect你，如何在公共场合behave better这样对对方也是很好的帮助与提高……其实这一趴，从小我们不是都被告诫“吾日三省吾心”，但现在或许我每天三次也好，三方面也罢，全面省察的应该更是要从圣经的角度出发，从真理出发，因为我们承认我们的sin，我们的罪，我们的错，我们的不足，真正从真理出发，就可以更让我们得自由，在光明中获得平安，不会在暗搓搓的角落担心恐惧害怕或是有shame了！

所以有的时候，晨祷时，被爱触摸到，还会经不住唱出来，用别人写好的歌来赞美他，常常也会因为他对我的好，让我感动到泪流满面！但有时，我也会不够用心专心，觉得20分钟好长，像个要去秋游，早饭也不想跟爸妈好好吃，不停四处张望等School Bus来接去玩的小孩！所以那20分钟就觉得好难熬！

因此，这次黎牧师要我们设置的时间定为30分钟，对我来说其实是个小小挑战。作为“实用派”，也自认为是一个很好的时间管理者的我，总是在现实生活中喜欢Multitasking觉得管理时间与管理金钱一样，喜欢“花最少的钱办最多的事情”。但同时也知道神的国里，时间与金钱的概念并不是如地上一样，可惜我有属地的肉体，所以常常软弱。把与神hang out的时间当作是对自己的恩Tiao宠Zhan，但至少今天下来时间是飞快的，也download了好多属天的信息。比如：

背诵经文，我这些年都没有好好系统地操练了，所以借着21天的《祷告训练营》好吧，我自己定的21天，通常属灵操练喜欢用40天而21天是一个习惯能否养成，在科学上认定的平均时间；另外因为刚好21天后是2024年1月1号，以此来辞旧迎新还有什么比这个更好的呢？）所以今早在敬拜的时，一句来自我昨天灵修的devotional book的经文开始在脑中回想“正如黎牧的PPT中强调，多多用圣经来敬拜神”。其实我是可以轻松“背出”语义的那种孩子，从小到大最不喜欢的就是背书，尤其是叫我逐字逐句背，但所以正如经上说：“你在哪里软弱就要在哪里刚强”。所以今天我试着要把它背出来时I failed，同时神让我意识到乖乖逐字背他说的话的重要性。比如那句经文，通常祷告中，我就脑子里过一下就算数了：

“以弗所书：？？？……神给你的一切远超你的所思所求所想”，

可今天，前面还有半句怎么也想不起来……然后开始在手机上关键字搜索“远超”，结果出来了3句：1.远超万神；2.远超……执政掌权的……；3.远超过天使，  
好吧，对人的所求所想，没有“远超”的经文吗？于是重新搜索“more than”，哈哈出来了：以弗所书3:20-21

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。

当我这种喜欢咬文嚼字的人，开始认真背书的时候，奇妙的事就发生了！  
What?！“运行在我们心里的大力”？是什么力，“大力”而且我们心里都有，是自己的力吗？这力哪里来的？来自于神吗？不是?! 因为神说是“照着”，所以是我们自己的。会不会是来自“圣灵的”？有可能……神是三位一

体的，说不定是借着祷告来自圣灵；但神的创造又是伟大的，他也有可能创造了我们的“内力”，而且这里面的内里是非常强大的，是神照着的，不是神给

的，而是我们要与神同工，那才能“成就”——“all”，而且只是“超过”，没有“远  
超”所以我们可以dream bigger，在他的国里，可以大大的发梦……  
然后再参照英文版本，又有很多思考与感悟！

总之，以上就是今天开始参与黎牧师《30分钟祷告训练营》Day1的记录，满满的收获与恩典。相信这个30分钟训练营无论是第一次参加的还是像我这样自以为总在祷告的“老人家”，一定有神美好的旨意，一切不是巧合与偶然，而是行在他美好的计划中，都是为了丰丰盛盛，充充足足成就那超过我们所求所想的一切。借着祷告，降下平安，在他真的没有难成的事，一切都将变得更加美好！

参与“祷告训练营”第二天。

想到第一天时老公下班回家，我很开心跟他说今天我操练了 30 分钟，并写下了黎牧师布置的作业。老公说：“噢，我也有，早餐时读经 10 分钟，上班路上开车 10 分钟，中午边吃午饭边祷告 10 分钟；加在一起也算约 30 分钟了吧！那个文章，牧师不是说写的是 share 你祷告后的 testimony 吗？我现在刚开始祷告，哪里有 testimony？等我有了再写看，不急啊……”这是我家老公对黎牧师布置的“作业”的回应。

好吧，今天第二天的“30 分钟祷告”，我就把老公也受邀参与“30 分钟祷告训练营”，要写的“见证”与祷告连起来，为他有一颗 willing 的心代导！

我的看法是：见证是无需等待的：

1.当然有奇妙的事情，被神立刻回应，是“美好的见证”，但是我们祷告岂不是借着信心去祷告，当我们祷告的时候天国就已经降下，超过你所求所想的很好的旨意已经在你生命当中实现。只不过是在神的时间，不是在我们的时间。就像神说，你在 35 岁时祷告要一个敬虔的丈夫，神已经回应你在你 39 岁时就将会遇见你的丈夫，凭着信在你等待的这 4 年中，你只要每天开开心心地生活，做个神的好女儿就好了不是？所以你的见证就是 35 岁那年，而不是 39 岁那年啊。但从属地的眼光来看，你还是会 39 岁那年写这个见证的。这是人的思维，但我们若是与神的国对齐，或许写那见证的日期，就会试着往前移。比如，今早的祷告，我听见神说，你就是我美好的见证，你就是 my living testimony，那我就觉得我开始祷告时，美好的见证就在不停的发生，难道非要很具体地去等待吗？更何况我的祷告，并没有非常非常具体求什么，祷告一定要那么急功近利吗？难道一些细小的火花，细微的感受，心里的平和，与神共处后充满的希望与爱，就不能是我很好的“见证”吗？

好吧，我只能在心里回应我老公，神总是在回应我的 prayers，或许在你眼中太小了不值得写下来。但我就写写我的感受吧：）再说牧师短信里说分享“祷告操练的经历”，我想这也算是经历吧！

2.如果真要讲 testimony，我还真有一个“见证盒”里面装满了大大小小的见

证，因为当年怕自己健忘，每天各种见证，不写下来会忘掉祷告多厉害，特意在圣诞节我的房东问我要什么礼物的时候，我跟他们说我要一个盒子，来收集神给我的见证。



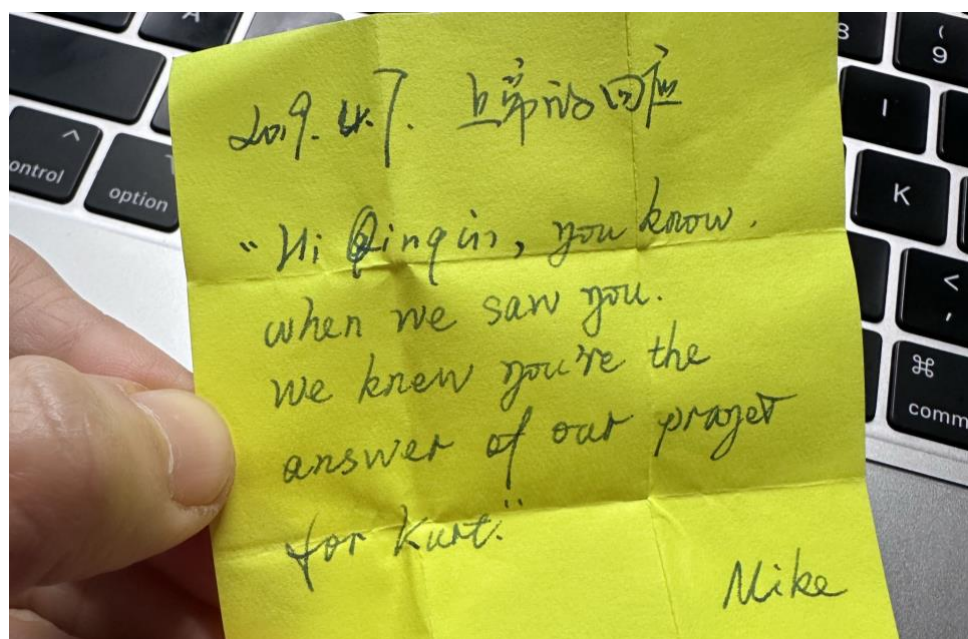
WE BELIEVE FOR MANY,  
MANY TESTIMONIES OF  
GOD'S FAITHFULNESS + LOVE  
+ MIRACLES FOR  
You @inging  
With much love, Jenn, David + Hannah

WE BELIEVE FOR MANY,  
MANY TESTIMONIES OF  
GOD'S FAITHFULNESS + LOVE  
+ MIRACLES FOR  
You @inging  
With much love, Jenn, David + Hannah





这一张记得是跟未婚夫去他的教会，有人第一次见到我，就盯着我看说：“你就



是上帝对我们祷告的回应”……后来才知道 Kurt 曾让很多人为他未来的妻子祷告！

21

还有一次我为要不要去买最新的 iPhone 祷告，没想到神说好好爱自己，我要你 dream bigger；我想 bigger? what about 我在美国买房子？神说：好呀，如果这是你想的……跟神有这样的一段对话后，从学校的“祷告殿”出来，我心里有非常的确性，还在殿门口超开心地跟恰巧遇见的同学说这个祷告“异象”，我说我很确性这是来自于神而非我自己！分享完这个祷告异象后，于是当天晚上，我就买了新 iPhone；第二天开始在 Redding 看房。可后来这个“异象”无疾而终，因为打听了一圈，才发现外籍学生身份在美国买房很难，最后我只好放弃了。可一年多后，当我和 Kurt 在 Chico 开始为我们的新房装修时，我突然想到了神对我说的话：“我不单要给你一个手机，我还要给你一幢房子”！霎那间，我泪流满面：“神啊，你的话真的一句不落空啊！你如此回应我的祷告，竟用如此的方式，我不用花一份钱却拥有了一幢房子，你所给的真的远超我的所求所想，并且是在你的时间列表中完全”……是的，那年一心想靠自己的力量在美国买房，没想到神却用这样的方式在美国给了我一幢房、一个家！

最近的特别值得一提的祷告是在国内一个小县城，参加一个主日，我们不认识教堂里的一个人，但准备离开时，我和我先生有感动为你位大姐的心肺疾病祷告，她苦于手术后的辛苦无法正常呼吸还会胸痛失眠。祷告后我们交换了微信，没想到一个多月后，这位大姐给我发来见证说：我们为她接手祷告后，至今她的病痛如抽丝而去，她问你们是怎么祷告的，能不能教教她？！我觉得特别有趣，我只能对她说：感谢主，在她身上做的美好的工作，我们只是有心意



愿意为你代祷而已。而对我自己而言，我现在也更加愿意 be vulnerabled 有困难邀请身边的兄弟姐妹彼此代祷了；也更加愿意大胆地问人：“请问，我可以为你祷告吗？”来借着祷告 bring the kingdom to the earth, let his kingdom come, let his will be done! 不要因为别人的嘲笑，而失去了事奉神服事人的心。很多事情他们不懂，而我们的天父爸爸都懂！

.....

生命中像这样有关的祷告的“见证”真的数也数不清，尽管我才认识神 10 年不到！但尝过主恩滋味的，谁能不好好敬畏我们 mighty God 呢？谁能不好好祷告呢？

所以 Day2 在 ACTS 的 C 环节中，我很惭愧，在过去的三个月两次回中国的时候

## 22

间里，我没有每天好好祷告，感谢主在 2023 年剩下最后 21 天的时候，派了黎牧师来踢了我一脚，让我要好好亲近神？！神真的太了解我了，我就是要有人踢才回跑的那种人！我祷告在接下来的日子里我能向着标杆直跑，walk with God and work for God!

PS:

今天祷告时，神 highlight 我说，你要把昨天那句话背清楚：

神能照着运行在我们心里的大力，充充足足地成就一切，超过我们的所求所想。Eph3:20

Now to him who is able to do far more abundantly than all we ask or think, according to the power at work within us.

我还继续思索我们心里的大力来自哪？我一直以为是来自圣灵，不是自己内里就有的，于是寻根溯源看完了以弗所书 3 章，读到第 17 节时，找到我觉得本章中最为正确的回答：

使基督因你们的信，住在你们心里，叫你们的爱心有根基。Eph3:17

没错，我们“心里的大力”是凭着我们的信，有神的同在，有爱为根感谢神，今早又是非常 fleeting 的 30 分钟，感谢神亲自带我查经，满满的恩典！

On November 18, 2023, I drove to Genesee Mountain, Colorado. It is not too high (about 8,000 ft above sea level) and a short drive from my home (about 25 minutes). I knew this place from the last time I did a half-day prayer retreat which was part of the Ministry Formation class. It is a quiet and beautiful spot with pine trees and rock formations.

As I said, I have done this type of retreat before, but I forgot how great it is to have this type of time alone with God and how much I need it. So, I got to the place just before 10 am. I took a notebook and climbed a nearby small rock formation. I sat down on it and spent a few minutes in solitude, enjoying the view and clean mountain air. After some time, my attention was attracted by the dry grass patches around me. I found Psalm 103 and started reading a few verses starting with verse 15, where it says, "As for man, his days are like grass, he flourishes like a flower of the field; the wind blows over it and it is gone."

The rest of the three hours were spent in a lectio divina manner. I started by copying the verses from the Bible to my notebook. I noticed

when I do that it stimulates my thinking process. I pay better attention to individual words. For example, the psalmist talks about life in days, not in years or decades. I quickly calculated how many days I had left to live if I were to die at the age of 80. After that, I started thinking about how many productive days I have left. Next, I asked myself a question about what if I were to die much earlier. What if I had only one week left? Would I change anything in the way I live currently?

This was a great opportunity to express my thoughts and feelings out loud to the Father. I brought to His attention different items that I consider the “winds” in my current situation. Verse 17 brought me much peace. It says, “But from everlasting to everlasting the Lord’s love is for those who fear Him”. I looked at the phone and it was already 11:16 am. I made a note in my journal, “Time with You passes so quickly! This is why we need an eternity to be together”.

24

The more time was passing by the more peace was filling my heart. My mind gradually started switching from my worries to Him and His peace. Another thought that came to me was, “That is probably how it will be in the place where I am going! God, His love, perfect peace, and no place for tears, worries, or winds”. It started to be a bit chilly and I spent the rest of the time walking around the forest, contemplating a bit more on what I had read and pouring my heart to God.

I left the mountain at about 1:30 pm with a feeling of being very refreshed. I took a picture of my face at the beginning of the retreat and at the end. Even my face was reflecting His love and peace.

When I took my prayer retreat I had a lot of concerns on my mind. I had many concerns, particularly regarding matters with my church. I find that when I am swamped in worry, it never does me any good. I find that spending time with the Lord and giving Him time to work on my heart and calm nerves helps immensely. Therefore I decided to take my prayer retreat on this particular day.

Initially I went into the assignment hoping to sort out the answers to the concerns I had. I was really hoping for God to lay out some answers in front of me by the end of the prayer time. I think I spent the first 30 minutes just trying to stop worrying (although I was not looking at my phone, I just set a timer for 3 hours).

Finally after my anxiety began to fade, I felt quiet and peace in my heart. And slowly I began to feel a deep sense of intimacy, comfort, and adoration for God. I'm not quite sure how to describe it, but I felt a very real sense of God's greatness and how incomprehensible it is. His attributes are so grand that I can't comprehend it. Yet I know it's true, and knowing His greatness

brought a great sense of peace and security. I usually don't pray audibly, so in silence I praised God for who He is and enjoyed this immense feeling of peace, calm, and love.

I spent some time in confession as I realized the ways in which I didn't trust God or began to walk astray from His path. And afterwards I found myself beginning casually discuss with God the things that have been on my mind. Except, unlike the beginning of my prayer retreat, I was calm and something about it felt different. I was basically praying about the same things, but I no longer worried; I no longer had a feeling of fear or despair. It was almost as if I was talking about things that already happened, because of how matter of fact I was praying about the same concerns I had just an hour or two ago. Perhaps after aligning my heart with God petition becomes truly petition and not merely complaining or worrying.

I then opened my prayer list on my phone and then prayed for the people

26

on my prayer list, and before I knew it 3 hours had passed. The hardest part of the prayer retreat for me was the beginning. Getting into the right 'mind' or 'heart' to pray. But once that happened, prayer was enjoyable and time flew by. I think taking regular prayer retreats is amazing and reaps great benefits.

I think its reproducibility amongst all disciples is possible. However, I think for most people they need to take baby steps. Receive teaching and training on prayer. Build habits on prayer. Then slowly take shorter prayer retreats and increase the time over time. I think doing 3 hours from the start will be overwhelming and a bit too dreadful. But as they slowly experience the joy of prayer, they will be more open to it and willing to put in the time.

## Testimony of Wilson Young 12/30/23

Wilson Young was born in Hong Kong. He immigrated to California in 1975. During his senior year in high school and 2<sup>nd</sup> year in U.S., he accepted Christ in 1976 at Oakland Chinese Independent Baptist Church. Currently, he is actively serving in his church and board members of different Christian organizations.

**Wilson subsequently formed 3 more companies. At the prime of real estate activities, the 4 companies handled a total volume of around \$100 million in real estate in 2005.**

**In 2007 during the subprime crisis, Wilson and his family lost just about their entire wealth and had to sell their home under a short sale arrangement in 2008.**

**What happened between 2006 to 2010**

**2007-nightmare started** when the term subprime crisis caused by Countrywide Bank showed up in news. And the subprime crisis “arrived” quietly like a thief at night

**The price of the real estate had dropped drastically, and same as the value of around 100 properties** that we held at that time.

As a result of that, the loss at the 2<sup>nd</sup> half in 2007 in our company had totally wiped out the profits of the 1<sup>st</sup> half year (just like the 7 bad years had wiped out the 7 good years in Egypt as recorded in Joseph’s time). This is the 1<sup>st</sup> time that our companies lost money, since its inception.

**As a result of the subprime, our company got 4 very serious problems in 2008.**

1. Since the landlord then was not willing to give us a break in rent, we had to move out from our office in February 2008 because we could no longer afford the rent of more than \$10,000 a month.

With God's grace, we moved into a warehouse/office in the same month and it had greatly reduced our rent. Of course, there was a consequence of moving out from our previous office in such a short time; our previous landlord subsequently **sued our companies for around \$1 million of unpaid rent** because we still had a 5 more-year active lease in contract.

2. During our quick expansion, we had borrowed from our private creditors to invest in real estate from 2002 to 2007. The total loan was around **\$4.5 million** and the collateral we used to secure our creditors' loan was worth more than 5.5 million dollars, before the subprime crisis, and we were comfortable about the loan amount.

**Actually, we could have filed bankruptcy to "take care" of our debts/creditors because all loans were under the LLCs, not under our personal names.**

**We prayed about it and chose not to file bankruptcy because it would insult God's name.**

28

3. Even though we had laid off some co-workers (we had never laid off any co-workers in our companies' history and it was sad for us to do that in 2007) and moved to a warehouse-converted-office to reduce our rent, **there was an estimated deficit of more than \$700,000.00 if we would choose to continue our operation in 2008** (we still need some co-workers in order to operate.) And we needed to stay in operation in order to sell all of the properties in hand, for the best possible price in order to protect our investors' investment.
4. Some investors that got used to good earning of their investment in our companies had turned around and gave me a very bad time. Remember we had 12 good years and they made good profits from 1995 to 2006. In addition, nobody could envision the subprime crisis before 2007, without even mentioned about the worldwide financial tsunami arrived in 2008. Thus, few investors were pointing their fingers at me because I was the major partner of my companies. Enough to cause me tremendous stress. **Because of that, I was even hesitating to pick up the phone whenever it rang, in fear of those nasty phone calls.**

At that time, I understand that I still had to face these investors, even though emotionally I was about to break down.

**My wife helped me to reply to some very nasty investors. My children behaved so well at home and that helped me a lot.**

So, problems of landlord suing us, negative cash flow, creditors to take care of, investors after us and a one partner betrayed us **had led me into 3-week of almost no-sleep nights in 2008.**

Personally, our family had suffered a lot too. **We lost our lifetime saving, we need to sell our home under a short sale arrangement in 2008.** The children had lost their college fund. Most importantly, I could not see how we can get our ends meet in my family.

**As a result of that, I almost could not sleep for 3 weeks in early 2008 because of stress from this drastic change and all of the above major issues.** Praise the Lord, God helped me by providing me with a good praying partner and that is, my wife, Imelda. **During that 3 week of almost no sleep night, it was only when my wife held my hand and prayed with me, then I could go to sleep eventually.**

After 3 weeks, I could stand on my own feet and go back to sleep again. Then I started to write a faith journal and make a very unique prayer composed of 3 requests:

It is not to win a lottery but urging my Lord to provide me:

1. **passion in my work.**
2. **“Unlimited” Creativity in my work.**
3. **Courage to face adversities, may them be severe.**

**Then miracles, one after another started happening since 2008**

**Abundant blessings from our Lord:**

## 29

1. By God’s grace, in August 2008, we were told that our previous vacant office was successfully rented out to a big company. **Subsequently, our previous landlord was willing to settle with us, for 50% of the 6-month unpaid rent during the vacancy.** We could see God’s finger in renting out the office in August 2008. Anybody remembered what happen in September 2008?
2. In 2008, God had **granted me some creativity (remember I asked for “unlimited” creativity from our Lord)** to plead to our investors to support our companies with 4% of their investment amount in 2008, so that we could continue in operation and have a chance to sell the remaining properties (close to 100 of them) for the best price.

More than 80% of investors supported this proposal. At the end of 2008, when the situation improved, **our companies took only 2.5%**, instead of originally agreed 4% of the investment fund from our investors. Nevertheless, it had saved our companies in 2008 and allowed us to move on to 2009.

3. This is the main key for our turnaround: By selling the properties in hand and cut losses in 2008, we were able to use the remaining proceeds to buy properties at a very good price in 2009 because of the changing policy of the banks.

**As a result of the above bank’s policy change, we were able to buy and sell more than 200 properties in 2009 alone, and started our turnaround journey.**

**What have I learned during this crisis?**



1. **God is in control.** During the whole world financial tsunami, it is very difficult for me to plan anything, especially I am in business. Many people who work for big company might still lose a good portion of their pension and forced to work beyond my original retirement age.
2. God do expect us to honor Him with our financial resource and many other resources. If we put God as our 1<sup>st</sup> priority, God will take care of us. **Had we chosen to find excuse not to contribute my share, in money and time and service during my bad time, I am not sure if God would allow such a quick recovery.**

This turnaround is much faster than I originally planned (**a big turnover basically from 2009 to 2010, a short 2 year.**) Imelda and I originally dare not to think about buying a house or our new home again until many years later. **Yet, God had surprise us by granting us a new home in 2010.**

3. Imelda and I pray that, our testimony and our experiencing with God can strengthen your relationship with Him.

## Introduction

Prayer is a divine connection with God through Jesus, where Christians communicate with Him about their prospects, beliefs, fears, faiths, and commitments in life. Christians use prayer to ask for help, surrender to His will, thank Him, or worship Him. It is an essential tool of devotion.

God answers to prayers. Therefore, prayer is very important to a Christian since God meets His children at their point of needs. It is only through prayer that Christians turn to God, develop stronger relationship with Him, receive amicable solutions to their challenges, and gain power and grace to lead a Godly life in all spheres of their life. A life without prayers is lifeless and unfruitful.

Prayer is not supposed to be conducted simply as a customary routine, but in a manner that the presence of the Lord is felt and honored. Thus, Christians have evolved different forms of prayers and locations of prayer in their quest to ensure that prayers are conducted in an ambiance that befits the presence of the God.

One form of prayer power point that is increasingly gaining popularity

around the world is miracle retreats. The purpose of this paper is to explore the concept of prayer through retreats from a Christian perspective. The paper therefore discusses the definition of retreats, the importance of prayer retreats in Christianity, the attitude of a Christian during prayer retreats, and the conclusion.

### Christian retreats

Christian retreats are aimed at fostering positive relationships among Christians and between Christians and Jesus through social interactions, worship, sharing, and enjoying Christian life in a favorable setting. A retreat is a time set aside for a definite activity away from people's daily activities and surroundings.

Prayer retreats go beyond these to concentrate on spending time with God to be renewed in His will. The purpose of prayer retreats is to dwell in the divine presence of God and create an enclave where Christians can meet

### 31

their Master in exceptional ways. During this period, Christians remain spiritually engaged through Bible study, special meetings, fellowship, prayers, communion, worship, among other activities.

Prayer retreats are geared towards addressing and solving some of the most fundamental questions relating to Christian faith, humanity, and life as a whole, for instance searching for purpose in life, expansion of Biblical knowledge, or grappling with a social evil. Such questions require the rare, undistracted, and serene environment that a prayer retreat affords. During prayer retreats, Christians get transformed so that they can go back and transform their families, neighborhoods, cities, countries, and the entire world.

The only requirement of a prayer retreat is that participants set enough time to be alone with God in an environment that is peaceful and less pre-emptive in order to seek the face of the Lord, hear from Him, worship Him, and wait to receive new revelations from Him. Therefore, prayer retreat can be held in any setting, as long it is personal, private, quieter, with no interruptions and distractions. Examples of such settings include houses, churches, mountains, forests, and beaches. The success of retreats depends on the attitude of the participants and the Holy Spirit's direction.

## Why Christians need retreats

Christians need prayer retreats because they accord them the opportunity to spend special moments with Him in His presence, in seclusion from the world that is full of people, chores, noises, and hustles of life. The purpose of God creating man was that people could spend time with Him and manifest His righteousness in the whole earth, through enjoyment of life that is supported by material, spiritual, and social value.

To this end, God uses retreats to communicate and reveal Himself to Christians, help them to transform, enhance their prayer lives, commission, or minister to them in other special ways. In volition to the above, Christian retreats inspired the interventions of God in Christianity, as illustrated in the Bible. Instances include when God signed a covenant with Noah to never again destroy flesh through the floods and Jesus' 40-days fasting retreat in the wilderness.

Prayer retreats rejuvenate and recharge Christians. People expect to receive

## 32

from God, through prayers, personal devotion, Bible study, worship, and other formal and informal interventions. However, at times, such expectations might be frustrated, leading to strain on prayer life. The effectiveness of prayers requires a Christian to be thoroughly charged both physically and spiritually.

They therefore need a special time free from world preoccupations to confront God and seek His face, refresh their spirit, shed off life's burdens, renew their vision, and rekindle their prayer lives to meet the Lord afresh and powerfully. Retreats inspire them to devote themselves intently to prayers, just as Jesus did.

Prayer retreats restore Christians to their places of calling, especially when they are at the brink of giving up and reneging away from their faith. They enable them to gain insights about themselves, God's plans for their lives, purpose of life on earth, factors and behaviors that hinder realization of purpose, and the possible solutions of such factors.

Christians at times get tempted to detour from their divine paths by the seemingly attractive material things of the world that end up devalue their spirituality.

This is because Christians are surrounded by a world that is wicked, full of perversions, and flagitious in conducting its affairs. It is therefore very

important for Christians to attend retreats to implore for rescue and protection from fleshly desires of sin and wickedness of the world. Prayer retreats are forums of declaration of personal or collective issues, for instance bondage, barrenness, sickness, and curses. Since humans have been given free will by God, they can sin, and as a result be victims of injustice, wickedness, illnesses that are rooted in sin, curses, or bondages. The latter can be inherited or earned through individual sins or association with sinful societies or families. However, God has the power to break such bonds and effectively subdue demons that are behind such retrogressive forces that destroy Christian's lives. Christians need to attend retreats to hear instructions from the Lord about various issues that affect them on personal, family, church, social, and occupational spheres. Absence of retreating to hear from God misdirects the thoughts of Christians on both social and personal level, thus leading to frustrations, insecurities, and inability to succeed in their aspirations. Prayer retreats are avenues of receiving spiritual guidance to realize

### 33

personal or collective visions or obtain answers from God. They give the Lord an individual ample time to interact with Him personally, ask Him questions, and get clarity on the Bible, situations faced, doctrinal issues, or walkthrough the valley of doubts and fears that assail Christians. Such concerns cannot be adequately addressed in normal church meetings.

#### Christians who should retreat

Retreats are Christian meetings that target Christians who are able to seek the face of the Lord, wait on Him, hear from Him, and communicate to Him discernibly. Such meetings require spiritual and emotional preparedness, the ability to bear with solitude nature of retreats, and the ability to keep Privacy of what is disclosed from the retreats. They are strongly discouraged for Christians who have weak prayer lives.

Christians with weak prayer lives are likely to be soaked in the worldly values, discourses and biases, thus finding it difficult to come to the calm, private atmosphere that is characterized in retreats. It is probable that they can easily be distracted out of the retreat by core world issues that are attractive and immediate. However, such Christians can still attend retreats with the aim of building their prayer lives.

Prayer retreats are not only meant for emotionally and spiritually distressed Christians, but for all Christians in order to meet the Lord in person, transact individual matters, and advance deeper into His divine grace. However, seriously distressed or troubled Christians and those who are transitioning into new offices, family circumstances, job situations, moving to new houses, or churches would find prayer retreats of more crucial in reinforcing their hope, energy, faith, and self-motivation.

**Attitudes, beliefs, and expectant of Christians in retreats**

Christian dynamism Since Christianity is not a mere religion, but a way of life guided by the Holy Spirit, retreats, which are a forum of effecting or seeking out a divine plan and objectives, should be accompanied by Christians with certain attitudes and behaviors. Participating Christians should be ready to effectively and efficiently utilize their time in retreats, and creating the most ideal environment for both the Holy Spirit's presence and engaging Him.

34

Giftedness Christians should believe that each retreat is a unique appointment with the Lord that requires them to bring in themselves positively for a successful and impactful meeting to be established. Through the anointing that comes through obedience, prayer, and belief in the Lord Jesus, Christians are spiritually gifted.

They should be willing to offer their spiritual gifts and other resources that God has given them richly for the success of the retreat. It is therefore the desire of every Attendee to offer something for profitable utilization of the available time and resources. In addition, they should acknowledge diverse spiritual gifts given to other Christians, and respect and provide) a forum for them to grow and serve the Lord in their diversity.

**Attitudes and Anchors** Christians should anchor their prayer retreats on the following premises that identify who they really are in Christ, namely sonship, identity, intimacy, and authority. Christians, through prayer, are co-heirs of salvation that is jovial and full of zeal and pleasure.

They are more than conquerors since they have power over heartbreaks, sickness, witches, demons, curses, betrayers, and poverty. They have authority to tread over all forces of evil. Due to their sinful nature, they are expected to transact every area of their lives in a submissive, but joyful act of repentance. This gives them hope to be in the extramundane, eternal

kingdom of God.

A Christian's authority is not only authenticated by his behavior, but by the reality of demonic forces that Christians overwhelm through the Holy Spirit and faith in Jesus Christ. Retreats should therefore be marked with spirits of victory, joy, abundance of grace, dominion, and hope that are provided in the Kingdom of God.

Relevance of prayer retreats Christians in retreats should be ready to completely and unreservedly submit to the providential will of the Lord, awaiting to be convicted, sanctified, broken, encouraged, or built up. In retreats, it is the Lord who provides, and as an act of faith, it is up to the Christians to eat from the table of the Lord without difficulties, restraint or superficial amity.

They should be willing, submissive, and greedy to wait for the Lord and be satisfied in His presence. They should come to the retreats without personal attachments, statutory presumptions, religious orders, and the wisdoms of the world in order to obtain what He desires to give them.

35

## Prayers

Christians should approach prayers before, during, and after retreats differently from other forms of praying. They should uproot every negative inner attitudes, habits, arrogant behaviors, and desecrations, and consciously take authority on the Name of Jesus and the Bible to sanctify and invoke the anointing of the Holy Spirit for the prayers to be compliant to the will of God. During Retreats, Christians should not take retreats lightly.

They should make the most out of retreats, since they meet Jesus in person and directly glorify Him. They should avoid formalities, a cloud of humanly assumed concealments, pretenses, carried forward issues that hinder free movement of the Holy Spirit and their ability to hear from Jesus. Prayers should aim at seeking the Lord, drawing Him closer, with absolute inclination towards God, and anticipation of a divine answer.

The Holy Spirit moving God moves Christians to offer personal or collective deliverance prayers or make special offerings in the course of a prayer retreat. At times, He speaks directly to them on matters that require commitments, dedication, repentance, or reconciliatory actions. They should be willing to hear and act accordingly to obtain their blessings.

## Importance of prayers in retreats

Miracles and retreats of Prayer According to Martin Luther, retreats are the backbones of Christian faith that strengthen, empower, and nurture beliefs of Christians in Jesus. Experience demonstrates and theological frameworks affirm that powerful encounters with the Lord through His anointing and presence are very critical in the life of any Christian who is eager to remain resilient to His call and precepts.

Powerful encounters require appropriateness and unconventionality of the place and the meeting itself. Such meetings cannot be inspired in human logic and prudence, but in God's power and anointing. As a result, people obtain healing, break through barriers that block the advancement of God's kingdom or individual aspects of life, emerge victorious in life's atrociousness and bondages, gain discomfiture among spiritual dominions,

36

gain authority over demonic forces that bother their spirit, or mend broken Christian relationships.

God specializes in breaking, transforming, imparting, calling, delivering, and wiping away tears of His children when they meet with Him physically, but in a wider realm spiritually. Prayers that are inspired and implemented in retreats serve humanity by reaching beyond the sick, the hungry, or the prisoners, but to the underlining causes of sufferings and sins that keep humanity away from its creator.

Retreats and life-changing The above by themselves are not ordinary as they touch on the eternal wellbeing of workers and believers alike. Christian retreats also transfer Christians from darkness to the light of Jesus and from the power of satan to the will of God. Retreats are the only ways of facilitating Christians to encounter Jesus in inspired miracles that His presence always affords for the betterment of their faith, jobs, ministries, and communities.

Retreats broaden the personal and collective horizon of Christians to appreciate the egalitarian nature of God's kingdom that has spaces and places for all, and spiritual ranking and identification that is not by the nature of birth or merits of physical caste, but on Jesus as the only ladder

of relationship with God.

In the retreats, the Holy Spirit is able to provide spiritual inventory to Christians and gift them according to their roles in His kingdom. Prayer retreats and prayers in retreats inspire ordinary Christians to encounter extra-ordinary miracles of God and imparts them with His power and anointing.

Any era of the church history that needs to remain devoted in its divine mission and vision must embrace the core dynamism of prayer retreats and the spiritual encounters that Christians get when they retreat, so that believers do not render themselves ineffective and irrelevant in their pursuits.

Prayer actions Retreat prayers that form collective voices of seeking the Lord are very effective in dealing with corporate challenges, beyond human comprehension, control, or manipulation.

The Lord translated His covenantal love with believers through prayers in retreats because He honors retreats with the functionalities of the ardent,

## 37

unending compassion that draws Christians to Him. Christians that earnestly and humbly seek Him and wait on Him in retreats are truly rewarded by supernatural revelations, experiences, and positive changes in their lives that greatly transform their beings in ways that inspire them to rededicate their lives and support the extension of His kingdom.

### Conclusion

Christian retreats are aimed at fostering positive relationships among Christians and between Christians and Jesus through social interactions, worship, sharing, and enjoying Christian life in a favorable setting. A prayer retreat is a gathering of Christians who come together away from their daily routines to seek for the Lord, hear from Him and wait to receive new revelations from Him.

God uses retreats to instill righteousness in His children, fuse people with Christ, restore Christians blessings and gifts, strengthen them to face their challenges and expand the territory of the kingdom through eternal methodologies. They are characterized by sanctified conversations of flow



of the Holy Spirit and Prophetical actions. Christians in retreats should come with unique attitudes, gifts, approaches to prayers and expectations.

