



SERMON
on the
MOUNT

登山宝训

Part 8

**Digging Deeper
Into Prayer**

Part 8

更深地祷告

Matthew 6:9 - NIV

This, then, is how you should pray:

**‘Our Father who is in heaven,
hallowed be your name,**

马太福音 6:9 – 和合本

你们应当这样祷告，
“我们天上的父：
愿人都尊你的名为圣。

Matthew 6:10

**your kingdom come,
your will be done on earth
as it is in heaven.**

马太福音 6:10 – 和合本

愿你的国降临，
愿你的旨意行在地上，
如同行在天上。

Matthew 6:11

Give us today our daily bread.

马太福音 6:11 – 和合本

我们日用的饮食，
今日赐给我们。

Matthew 6:12

**And forgive us our debts,
as we also have forgiven
our debtors.**

马太福音 6:12 – 和合本

免我们的债，
如同我们免了人的债。

Matthew 6:13

**And lead us not into temptation,
but deliver us from the evil one.**

马太福音 6:13 – 和合本

不叫我们遇见试探；
救我们脱离凶恶。因为国度、
权柄、荣耀，全是你的，直
到永远。阿们！

Matthew 6:14

For if you forgive other people when they sin against you, your heavenly Father will also forgive you.

马太福音 6:14 – 和合本

你们饶恕人的过犯，
你们的天父也必饶恕你们的过犯；

Matthew 6:15

**But if you do not forgive others
their sins, your Father will not
forgive your sins.**

马太福音 6:15 – 和合本

你们不饶恕人的过犯，
你们的天父也必不饶恕
你们的过犯；

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更深地祷告

What is prayer?

什么是祷告？

**What is the
purpose of prayer?**

什么是祷告的目的？

Principle #1

When we pray, God looks beyond our words and into our hearts, because what He values is the connection and communion between us, even as those things exist in a state that goes beyond what words can describe.

Principle #1

当我们祈祷时，上帝会超越我们的言语，进入我们的内心，因为祂看重的是我们和祂之间的链接和交流，即使这种链接和交流是存在于一种超越言语所能描述的状态之中。

- **Communication**
- **Connection**
- **Fellowship**
- **Sharing**
- **Participation**
- **Contribution**
- **Giving**
- **Receiving**
- **Intimacy**
- **Community**



- 交通
- 链接
- 团契
- 分享
- 参与
- 贡献
- 奉献
- 接受
- 亲密关系
- 社区



Principle #1

When we pray, God looks beyond our words and into our hearts, because what He values is the communication and communion between us, even as that communion goes beyond what words can describe.

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当我们祈祷时，上帝会超越我们的言语，进入我们的内心，因为祂看重的是我们和祂之间的链接和交流，即使这种链接和交流是存在于一种超越言语所能描述的状态之中。

What should you do when your prayer time is interrupted by distractions within your own mind or heart regarding the pressures of your day or loved ones or something you've done wrong etcetera?

当你的祷告时间被自己的思想或内心的杂念打断时，你该怎么办？
比如因着一天的压力、你所爱的人、
做错的事等等。

Principle #2

Sometimes the distractions we face when we are trying to focus on prayer can actually be the most pressing items we need to address with God in prayer.

Principle #2

有时，当我们努力集中精力祷告时，所面临的干扰挥之不去，实际上这个干扰可能是我们需要在祷告中与神一起解决的最紧迫的问题。

Principle #3

When our prayers are fueled by our love for God and other proper motives; their value, power, and effectiveness multiply exponentially.

Principle #3

如果我们的祷告是出于对上帝的爱和其他正确的动机，那么祷告的价值、力量和效果就会成倍增长。

Principle #4

A healthy and ever-growing prayer life does wonders for our heart, mind, soul, and body. It feeds, nurtures, grounds, focuses, and connects us with God in ways that you must experience to believe.

Principle #4

健康和不断成长的祷告生活对我们的**心思、意念、灵魂和身体**都有奇效。它将**喂养、培育、稳固、专注我们与神的关系**，并以你必须亲身经历才能相信的方式将我们与上帝联系在一起。

Principle #5

There are many ways to pray through Scripture and many ways to utilize the Lord's prayer so that it serves us as a powerful tool that aids our spiritual growth and transformation, daily.

Principle #5

通过经文祷告的方法有很多，利用主祷文的方法也有很多，因此，主祷文可以作为一个强有力的工具，每天帮助我们的灵性成长和转变。

Praying through Scripture Thematically

按主题通过经文祷告

**Receive Your Heavenly
Daddy's Embrace**

接受天父的拥抱

Matthew 6:9b

'Our Father who is in heaven,

马太福音 6:9a – 和合本

‘我们天上的父，

**Dwell on the wondrous fact that Jesus invites us to call God our “Father.”
Come to God openly, as a child that runs to embrace their father and mother first thing in the morning.**

沉浸在耶稣邀请我们称上帝为“父”的奇妙事实中。敞开心扉，来到上帝面前，就像孩子每天早上第一件事就是跑去拥抱他们的父亲和母亲一样。

Adoration, Praise, Honor and Thanksgiving

崇拜、赞美、尊荣和感恩

Matthew 6:9c

hallowed be your name,

马太福音 6:9c – 和合本

愿人尊你的名为圣，

**We praise God for who He is;
we thank God for what He does.
Our blessings are beyond what we can
imagine; take the time to thank God
now for family, friends, health, life,
grace. Ponder each blessing until you
are filled with gratitude.**

我们因着上帝的所是而赞美祂；
我们因着上帝的作为而感谢祂。
我们的蒙福超乎我们的想象；现
在就花时间为家人、朋友、健康、
生命、恩惠来感谢神。思想每一
个在你生命中的祝福，直到你内
心充满感激。

**Focus on the Mission:
This is NOT our home**

关注使命：
这里不是我们的家

Matthew 6:10a

your kingdom come,

马太福音 6:10a – 和合本

愿你的国降临，

**Your will be done,
not mine.**

祢的旨意成就，
不是我的旨意。

Matthew 6:10b

**your will be done on earth
as it is in heaven.**

马太福音 6:10 b- 和合本

愿你的旨意行在地上，
如同行在天上。

**Prayers of Need for
Others and for Ourselves**

为他人和自己的需要祷告

Matthew 6:11

Give us today our daily bread.

马太福音 6:11 – 和合本

我们日用的饮食，
今日赐给我们。

Confession, Forgiveness, and Repentance

忏悔、宽恕和悔改

Matthew 6:12

**And forgive us our debts,
as we also have forgiven
our debtors.**

马太福音 6:12 – 和合本

免我们的债，
如同我们免了人的债。

Deliverance and Empowerment

救赎和赋权

Matthew 6:13

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but deliver us from the evil one.**

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不叫我们遇见试探；
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因为国度、权柄、荣耀，
全是你的，直到永远。阿们！

**Forgive or You Will Not
Be Forgiven**

饶恕，
否则你将得不到饶恕

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Principle #6

You will know you are praying God's will, you will know you are aligning yourself with God's will when you are changed by that process; when your heart starts to change, your thoughts start to change, your character changes, your will changes, your expectations and your values change – and they are not just changing for changing sake – they are becoming more Christlike and they are easily identifiable in the Scriptures.

Principle #6

当你的心开始改变，你的思想开始改变，你的品格开始改变，你的意志开始改变，你的期望和你的价值观开始改变时，你就会知道你在祷告上帝的旨意，你就会知道你在使自己与上帝的旨意保持一致。

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