

Fast & Pray 禁食禱告

Q: Fast & Pray 禁食禱告

你的重心在哪裡?

Where is your focus?

A: _____

I. What is fasting?

甚麼是禁食?

Illustration 1:

我們要把禁食禱告的重點放在後面的禱告親近神, 而不是放在前面的禁食:

We should put the focus of fasting and prayer on praying to get closer to God, not on fasting:

【賽 Isa 58:3~12】

當你的態度是為了要更親近神, 更討神的喜悅的時候, 你的禁食禱告當然蒙神垂聽. 你還會成為別人的祝福, 社會中的堵住破口的人.

When your attitude is to get closer to God and please God more, your fasting and prayer will certainly be heard by God. You will also be a blessing to others, and the repairer of the breach in the society.

II. The target of your fast:

禁食禱告的對象:

【太 Matt 6:16~18】

Illustration 2:

III. There will be spiritual battle during fasting.

禁食禱告的時候一定會有屬靈的爭戰.

【可 Mark 1:9~13】

Illustration 3:

IV. Fasting is to force us to look away from the temporary things and to look into the eternal things.

禁食時候, 會強迫我們把眼光從暫時的事務上移開, 讓我們有機會思想永恆的事物. (Eccl 3:18-22).

【傳 Eccl 3:18~22】

Conclusion 結論

⁸ 你們得救是本乎恩, 也因著信; 這並不是出於自己, 乃是神所賜的; ⁹ 也不是出於行為, 免得有人自誇。 ¹⁰ 我們原是他的工作, 在基督耶穌裡造成的, 為要叫我們行善, 就是神所預備叫我們行的。【弗 2:8~10】

⁸For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹not a result of works, so that no one may boast.

¹⁰For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

【Eph 2:8~10】

Reflections:

1. Have you participated in the congregation wide fasting and prayer? Why not give it a try by going to church web site bolgpc.org>>News>>Easter Church-wide Fasting Prayer Easter 全教會連鎖禁食禱告報名表 and register your name in the schedule? The following is the link: 你有參加全教會的禁食禱告活動嗎? 試著參加看看, 可以到教會的網頁上 bolgpc.org>>News>>Easter Church-wide Fasting Prayer Easter 全教會連鎖禁食禱告報名表 的連結上填寫你的名字:

<https://docs.google.com/spreadsheets/d/1OFD00YdSL1t3se1BBfQoDOPeViYY7hBgD0THwUIXns8/edit?usp=sharing>

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<https://docs.google.com/spreadsheets/d/1OFD00YdSL1t3se1BBfQoDOPeViYY7hBgD0THwUIXns8/edit?usp=sharing>