

## 祈 祷（陆）

### Prayer (VI)

#### 贰 如何祈祷（续）

#### II. How to Pray (continued)

（十六）‘禁食。’行传十三章三节，十四章二十三节。

#### 16. “Fasted” (Acts 13:3; see also 14:23).

遇到重大的事，也该禁食祷告。禁食的原则，是在神面前克己身，放弃合法的享受。有时我们也需要这样祷告。

When we encounter a desperate situation, we should fast and pray. The principle of fasting is that we are willing to endure physical suffering before God and give up our rightful enjoyment in order to pray for a particular matter. Sometimes we need to pray this way.

（十七）‘常常祷告，不可灰心。’十八章一节。

#### 17. “Always to pray and not lose heart” (Luke 18:1).

祷告需要常常作，不可时作时停。并且也需要坚持到底，不可中途灰心。

Our prayer needs to be constant; we should not pray intermittently. Furthermore, we need to hold out to the end in our prayer and not lose heart.

（十八）‘举起圣洁的手，随处祷告。’提前二章八节。

#### 18. “Pray in every place, lifting up holy hands” (1 Tim. 2:8).

祷告要随处都作，也要随处都能作。这需要我们生活圣洁。生活圣洁，才能有圣洁的手，随处可以举起祷告。举手，是向神作诚恳的表示。我们祷告，也该随处都能向神举起圣洁的手，诚恳的祷告。

We should pray in every place, and we can pray in every place. This requires a holy living. We must have a holy living to have holy hands that can be lifted up in every place. Lifting up our hands is a gesture of sincerity to God. In our prayer we should be able to lift up holy hands to God in every place, praying sincerely.

（十九）‘随时多方祷告祈求，…儆醒不倦。’以弗所六章十八至十九节。

#### 19. “By means of all prayer and petition, praying at every time in spirit and watching unto this in all perseverance” (Eph. 6:18).

祷告也需要 1 随时，2 多方，3 儆醒不倦。不该只在一时，只用一种方法，该随时，用多种方法祷告。并且该儆醒不倦，才能这样随时多方祷告。

Prayer also needs to be at every time, by means of all prayer and petition, and with watching in all perseverance. We should not pray for just a moment or pray in only one way. We should pray at every time by means of all prayer. Furthermore, we should watch in all perseverance in order to pray at every time by means of all prayer.

（二十）‘不住的祷告。’帖前五章十七节。

#### 20. “Unceasingly pray” (1 Thes. 5:17).

祷告对于我们属灵的生命，既像呼吸对于身体，就不可停止。我们祷告的灵能随时随地自然的祷告，一碰到事情，自然就祷告，就像眼睛一碰到东西，自然就眨一下一样。所以我们能不住的祷告。

Prayer is as essential for our spiritual life as breathing is for our physical body. It cannot cease. Our spirit of prayer can pray spontaneously at any time in any place. In any situation we can spontaneously pray. Unceasing prayer is like the spontaneous blinking of our eyes.

（二十一）‘趁天未亮呼求。’诗篇一百一十九篇一百四十七节，马可一章三十五节。

#### 21. “Anticipated the dawn and cried out” (Psa. 119:147; see also Mark 1:35).

早晨一切寂静，心魂清醒，是祷告最好的时候。所以我们也该趁天未亮早起祷告。

The morning is a quiet time, and our soul is alert, so it is the best time for prayer. Therefore, we should anticipate the dawn to get up and pray.

（二十二）‘一日三次双膝跪在…神面前。’但以理六章十节，诗篇五十五篇十七节。

**22. “Three times daily he knelt on his knees and prayed and gave thanks before his God” (Dan. 6:10; see also Ps. 55:17).**

但以理当日是一天三次，屈膝在神面前祷告。大卫也是晚上、早晨、晌午，一天三次祷告神。我们一天最少也该三次祷告神。并且若是方便，也该在神面前屈膝，恭敬诚恳的祷告。

Daniel prayed three times daily on his knees before God. David prayed to God in the morning, at noon, and in the evening. We should pray at least three times a day to God. Furthermore, if it is convenient, we should kneel before God, praying respectfully and sincerely.

（二十三）‘终日求。’诗篇八十六篇三节。

**23. “Call out all day long” (Psa. 86:3).**

终日祷告，也是应该的。特别是在有重大危难之事的时候，应该这样祷告。

We should pray daily. We should call out, especially when we are in great and heavy danger or difficulty.

（二十四）‘上山祷告；整夜祷告。’路加六章十二节。

**24. “Went out to the mountain to pray, and He spent the whole night in prayer to God” (Luke 6:12).**

这是说到主耶稣如何祷告。上山祷告，心灵超脱，比在家中祷告，觉得与神更近。夜间祷告，心灵静寂，比在白天祷告，觉得摸着神更深。有时，我们也该这样祷告，并且有时，我们也需要整夜这样祷告。

This verse speaks of the Lord Jesus’ prayer. When we go to a mountain to pray, our heart can be free, and we will feel closer to God than when we pray in our home. When we pray at night, our heart and spirit also can be quiet, and we can touch God more deeply than when we pray during the day. Sometimes, we should pray in this way, and sometimes we should spend the whole night in prayer.

（二十五）‘祷告、祈求、和感谢。’腓立比四章六节。

**25. “Prayer and petition with thanksgiving” (Phil. 4:6).**

不只该祷告，还该祈求，还该感谢。祷告是普通的，祈求是专一的，有时光普通祷告，还不够，还得专一祈求。此外还得配上感谢，感谢神顾念我们，给我们祷告的权利，并垂听我们的祷告。

We should not only pray but also petition with thanksgiving. Prayer is general, and petition is specific. Sometimes general prayer is not enough, so we need specific petition. In addition to these, we should add thanksgiving. We should thank God for caring for us, giving us the authority to pray, and hearing our prayer.

（二十六）‘求你（神）…照你所说的而行。’撒下七章二十五节。

**26. “The word which You have spoken...Do as You have spoken” (2 Sam. 7:25).**

祷告，最好能照神的话而求，能抓住神的话，求神照祂的话为我们成全。

Prayer is best when we ask according to God’s word. If we grasp God’s word and pray to Him, He will accomplish His word for us.

（二十七）‘要先求祂的国和祂的义。’马太六章三十三节。

**27. “Seek first His kingdom and His righteousness” (Matt. 6:33).**

祷告，首要的是要顾到神的权利和旨意，所以需要先求神的国和神的义。求神的国和神的义，就是顾到神的权利和旨意。我们如果是这样，神必为我们成全我们所求的。

The most important point of prayer is to care for God's rights and God's will. Therefore, we should seek His kingdom and His righteousness. Seeking His kingdom and His righteousness is to care for God's rights and God's will. If we do this, He will accomplish what we seek.

（二十八）‘吩咐’神。以赛亚四十五章十一节原文。

**28. "Command" (Isa. 45:11).**

我们的祷告，可以高到一个地步吩咐神。有时，我们不只该祷告、该祈求、该感谢，还该吩咐。神把祂自己，在祂的话里交给我们，要我们吩咐祂作祂所要我们同意祂作的事。有时我们不只该照神的话或神的意思，吩咐神作事，还该吩咐环境改变，难处退去，疾病离开。当日摩西吩咐红海的水分开，和主耶稣吩咐风和海平静，都是这样作。我们的祷告达到最高峰，就能吩咐，也就是吩咐。这是我们该操练达到的，是我们该有的权柄祷告。

Our prayer can be so high that we command God. Sometimes we should not merely pray. We can petition, offer thanksgiving, and also command God. God has committed Himself to us in His Word; He wants us to command Him to do the things that we agree with according to His desire. We should command God to do things according to His Word, or His will. We should command our circumstances to change, our troubles to retreat, and our sicknesses to leave. Moses commanded the Red Sea to part, and the Lord Jesus commanded the wind and waves to be calm. When our prayer arrives at this highest peak, we can command, and it becomes a command. We should exercise to arrive at this level of authoritative prayer.

参读：圣经要道，三十二题：祷告

Reference: Crucial Truths in the Holy Scriptures, Vol. 3, Ch. 32 Reading the Bible