

祷告为何重要？(2)

Why Prayer Matters? (2)

路 11:3-4

Luke 11:3-4

上个主日我们看到了，真正的祈祷始于**尊崇神的名**，以及**愿意看见他爱与怜悯的统管临到居住各地的人**。

Last Sunday we saw that real prayer begins with **honoring the name of God**, and **a desire for his reign of love and mercy to come upon men and women everywhere**.

祷告是一项操练，它将我们从一个**以自我为中心的人**变为**更以神为中心的人**。

Prayer is a discipline that changes us from being **a self-centered person** to being **more God-centered**.

我们渴望他的名得荣耀，他的真理被传开，而不是我们的名和我们的影响力。

We want his name to be glorified and his truth to be spread, not our names and our influence.

但是耶稣也告诉我们要很实际的为自己祷告。

But Jesus also tells us to pray very practically for ourselves.

让我们来看**路加福音 11:3-4**。

Let's look at **Luke 11:3-4**.

路 11:3 我们日用的饮食，天天赐给我们。
4 赦免我们的罪，因为我们也赦免凡亏欠我们的人。不叫我们遇见试探；救我们脱离凶恶。」

Luke 11:3 Give us each day our daily bread.
4 Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.””

A. 仰望天父的供应 (11:3)

Look upon our Father to provide (11:3)

路 11:3 我们日用的饮食，天天赐给我们。

Luke 11:3 Give us each day our daily bread.

可能有人会想: 我没信主前都是靠自己养家，从来没有需要神帮助呀，怎么现在就须要依靠他呢？

Some people may think: I had always supported my family by my own strength and had never needed any help from God. Why do I need to rely on him now?

也有人会说：刚刚不是说我们不要以自我为中心吗？怎么现在就要为自己的需要来祈求啦？

Some people may say: didn't we just said that we should not be self-centered? How come we are asked to pray for our own needs now?

其实，耶稣不是说没有缺乏的人就不必祈求。

In fact, Jesus does not mean that people who are not lacking do not have to pray.

这个祈求乃是对神统管一切的权柄的**宣认**，是对神的一种**敬拜**和**仰望**。

This prayer is a **declaration** of God's authority over all things, it's a **worship** and a **looking up** to God.

所以，这项祈求不是要我们单单以我们的需要为中心，而是要我们在生活中也想到神。

So, this prayer is not that we should focus on our needs alone, but that we should also think of God in our daily life.

知道我无论是富足或有缺欠，神依然掌权，他必看顾。

Knowing that whether I am in abundance or I am lacking, God is still reigning over all, and he will watch over me.

这个祈求也是教导我们不要为我们不能掌控的生活事物**忧虑**，也不要**贪心**。

This prayer also teaches us not to **worry about the things we can't control in our life and not to be greedy.**

太 6:25 「所以我告诉你们，**不要**为生命**忧虑**吃什麼，喝什麼；为身体忧虑穿什麼。**生命**不**胜**於**饮食**吗？**身体**不**胜**於**衣裳**吗？

Matthew 6:25 ‘Therefore I tell you, **do not worry** about your life, what you will eat or drink; or about your body, what you will wear. **Is not life more than food, and the body more than clothes?**

给我们**生命和身体**的神也供应**饮食和衣裳**。

The God who gives us **life and body** also will supply us **food and clothes**.

神怎样供应我们呢？

How does God provide us?

透过我们的**劳力工作**：

Through our **working hard**：

创 3:19 你必汗流满面才得糊口，直到你归了土，因为你是从土而出的。你本是尘土，仍要归於尘土。

Gen 3:19 **By the sweat of your brow you will eat your food** until you return to the ground, since from it you were taken; for dust you are and to dust you will return.'

帖后 3:10 我们在你们那里的时候，曾吩咐你们说，**若有人不肯做工，就不可吃饭。**

2 Thess 3:10 For even when we were with you, we gave you this rule: 'The one who is unwilling to work shall not eat.'

提前 5:8 **人若不看顾亲属，就是背了真道**，比不信的人还不好，不看顾自己家里的人，更是如此。

1 Tim 5:8 **Anyone who does not provide for their relatives**, and especially for their own household, has denied the faith and is worse than an unbeliever.

在特殊的情况下，神会有特殊供应的方式。

In unusual circumstances, God provides in unusual ways.

两名少年无意中听到一名老妇窗户开着的大声祈祷。

Two teenagers overheard an elderly woman praying aloud with her window opened.

她求神供应钱或食物让她不必挨饿。

She asked God to supply money or food so that she did not have to go hungry.

少年决定要嘲弄妇人的信仰。

The boys decided to mock her faith.

他们买了一条面包和一瓶牛奶，偷偷地将牛奶和面包从窗户偷送了进去。

They bought a loaf of bread and a bottle of milk and stealthily slipped the milk and bread through the window.

当妇人睁开眼睛时，她看到了地板上的食物。

When the lady opened her eyes she saw the food on the floor.

她赞美神聆听并回答她的祈祷。

She praised God for hearing and answering her prayers.

这时，两个少年把头抬到窗台上面说，“妇人，你傻瓜。神没有送你那些东西，是我们。我们这样做只为了向你证明你是多么愚蠢。”

Then the two boys stuck their heads up above the window sill and said, “Woman, you are stupid. God didn’t send those things, we did. We did it just to prove to you how dumb you are.”

在这种情况下你会怎么回应呢？

What would you say at a time like that?

妇人笑了笑，感谢男孩们的食物，然后说，
“也许是魔鬼把这些东西带来，但是，是神差派牠们送来的。”

The lady smiled, thanks the boys for the food, and then said, “*Maybe the devil brought these things, but God sent them.*”

B. 纪念天父的赦罪恩典 (11:4a)

**Remember our Father's grace of forgiving us
our sin (11:4a)**

路 11:4a 赦免我们的罪，因为我们也赦免凡亏欠我们的人。

Luke 11:4 Forgive us our sins, for we also forgive everyone who sins against us.

所有的罪都是**对神负债**。

All sin incurs **a debt in God**.

当耶稣在十字架上受苦和受死时，他就是为这笔罪的债务付出代价。

This debt is what Jesus paid as he suffered and died on the cross.

每当我们犯罪，我们对上帝负债越来越深。

Every time we sin, we go deeper and deeper in debt to God.

多少的善行都不能弥补我们对神的负债，因为善行不是上帝所接受的偿付币值。

No amount of good deeds make up for the debt we owe God because good deeds is not the currency God accepts in payment.

上帝接受支付我们罪债的唯一币值是**基督的血**。

The only currency God accepts to pay our sin debt is **the blood of Christ**.

我们必须不断祷告祈求神赦免我们的罪。

We must continually pray and ask God to forgive us.

我们还必须与神同工，追求圣洁，以便我们可以减少所犯的罪。

We must also partner with God in working toward holiness so that we are able to commit less and less sin.

在这个祈求中，我们从神那里得到赦免，也要将蒙赦免的恩典施给那些冒犯我们的人。

In this prayer, we pray to receive forgiveness from God, and we are also extending forgiveness to those who have offended us.

一颗不能饶恕别人的心也是一颗经历不到神的饶恕的心。

A heart that cannot forgive others is also a heart that does not experience God's forgiveness.

一个人如果经历不到神的饶恕，他不但是个心里得不到平安的人，他与神的关系也会每况愈下。

If a person does not experience God's forgiveness, he is not only a person who does not have peace in his heart, but his relationship with God will also go from bad to worse.

饶恕 **不是** 不记得了。

Forgiving **is not** forgetting.

太 **18:21** 那时，彼得进前来，对耶稣说：「主啊，我弟兄得罪我，我当饶恕他**几次**呢？到**七次**可以吗？」

Mat 18:21 Then Peter came to Jesus and asked, 'Lord, **how many times** shall I forgive my brother or sister who sins against me? Up to **seven times**?'

如果忘记了就永远都是第一次的冒犯，而且很快就连一次冒犯都没有了，因为都忘记了嘛！

If you forget, it would always be first time offense, and soon it would not be any offense, because you have forgotten it!

耶稣是怎样回答彼得的问题呢？

How did Jesus answer Peter's question?

饶恕和忘记吗？不！

Forgive and forget? No!

太 18:22 耶稣说：「我对你说，不是到七次，乃是到七十个七次。」

Mat 18:22 Jesus answered, 'I tell you, **not seven times, but seventy-seven times.**

这不是关乎计算被冒犯的次数，也不是关乎记不记得被冒犯。

It's not about counting the number of times one is being offended, nor is it about forgetting one had been offended.

这是关乎 **不断的饶恕**，就像我们每次祈求神的饶恕时他都一直饶恕我们一样。

It's about **keep on forgiving** just as God keeps on forgiving us each time we ask him to.

在一种情况下，一个人会不能饶恕他人：

Under one situation an individual would find it impossible to forgive others:

那就是他**没有真正的接受和经历主的饶恕**。

That is, he **has not really accepted and experienced the forgiveness of the Lord**.

你接受和经历了神的饶恕了吗？

Have you received and experienced God's forgiveness?

C. 祈求天父的保守 (11:4b)

Pray for the preservation of our Father (11:4b)

路 11:4b 不叫我们遇见**试探**；救我们脱离凶恶。」

Luke 11:4 And lead us not into **temptation.**”

英文圣经在这里是说“不**引导我们**陷入试探”。

Here, the English Bible says “**lead us** not into temptation.”

难道说如果我们不求神不引导我们陷入试探，他就真的会引导我们陷入试探吗？

Does it mean that if we do not ask God not to lead us into temptation, he will really lead us into temptation?

雅 1:13 人被试探，不可说：「我是被神试探」；
因为神不能被恶试探，他也不试探人。

James 1:13 When tempted, no one should say, 'God is tempting me.' **For God cannot be tempted by evil, nor does he tempt anyone;**

雅 1:14 但各人被试探，**乃是被自己的私欲牵引诱惑的。**

James 1:14 but each person is tempted when **they are dragged away by their own evil desire and enticed.**

耶稣在这里是应用了否定式修辞法。例如，“不少”意味着“很多”。

Here, Jesus applied a negative rhetoric. For example, “not a few” means “many”.

所以，“引导我们不陷入试探”的意思是**神非但不引导我们陷入试探，而且是会引导我们进入他的义路，免得我们犯罪。**

So, “Lead us not into temptation” means ***far from leading us into temptation, God would lead us into his righteous way where we will be kept from sin.***

这个祷告是谦卑的承认神要是撤回他施恩的手，我们就会马上陷入罪中。

This prayer is a humble admission that if God were to withdraw his gracious hand, we would fall into sin immediately.

有人把这句祈求这样很生动的意译为：

“主啊，如果出现了诱人犯罪的情况，求你使我心中不存犯罪的欲望；如果我心中有犯罪的意念，求你不让我遇见可以犯罪的情况出现。”

It has been vividly paraphrased as,

“Lord, if the occasion of sinning presents itself, grant that the desire may not be found in me; if the desire is there, grant that the occasion may not present itself.”

结语 Conclusion:

主祷文这后半段的祈求是整个人全面需要的祷告。

The second half of the Lord's Prayer is a prayer for the whole of a man.

它涵盖了人的身体，灵魂和精神上的需要。

It covers the needs of a man's **body, soul, and spirit.**

神对人的关心和顾念触及我们生活的每一层面。

God's interest and love for man touches the whole of our lives.

所以保罗鼓励我们说：

帖前 5:17 不住的祷告， **18** 凡事谢恩；因为这是神在基督耶稣里向你们所定的旨意。

That's why Paul encourages us, saying:

1 Thes 5:17 pray continually, **18** give thanks in all circumstances; for this is God's will for you in Christ Jesus.

在2019年里，让我们每一个人学习祷告、常常祷告。

In 2019, let each of us learn to pray and pray continually.

透过我们的祷告生活，让我们更加的亲近主，他也更亲近我们。

Through our prayer life, let us be drawn closer to the Lord, and he to us.