

「跟隨祂的腳蹤行」(4)：

耶穌所立的榜樣(1)－耶穌的禱告

「Follow Jesus in His Steps」(4)：

The Model Set By Jesus (1)－Jesus' Prayers

經文：太14:23 (路5:16，6:12，9:18，28-29，11:1，22:39-46，可1:35, 6:46)，路3:21，太26:36，太6:6，太17:21，17:1，(太4:12，可3:7，約6:15)

Scripture: Matthew 14:23 (Luke 5:16, 6:12, 9:18, 28-29, 11:1, 22:39-60, Mark 1:35, 6:46), Luke 3:31, Matthew 26:36, Matthew 6:6, Matthew 17:21, 17:1, (Matthew 4:12, Luke 3:7, John 6:15)

背誦經文：你禱告的時候，要進你的內屋，關上門，禱告你在暗中的父；你父在暗中察看，必然報答你。(太6:6)

Memorization Verse: But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. (Matthew 6:6)

(A) 禱告是耶穌一切生活與事奉的根基

(A) Prayer is the foundation of every part of Jesus' life and service

❖ 耶穌經常退到野地、海邊、山上去禱告

❖ Jesus often retreats to the wilderness, the seaside, or the mountain to pray

▪ 散了眾人以後，他就獨自上山去禱告。到了晚上，只有他一人在那裏(太14:23)

▪ And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. (Matthew 14:23)

▪ 次日早晨，天未亮的時候，耶穌起來，到曠野地方去，在那裏禱告(可1:35)

▪ Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed. (Mark 1:35)

❖ 在重要關口上耶穌不僅禱告，甚至是整夜、或是禁食禱告

❖ At important junctures, Jesus not only prayed, but prayed through the night or fasted and prayed

▪ ...耶穌也受了洗。正禱告的時候，天就開了...(路3:21)

▪ ... Jesus also was baptized; and while He prayed, the heaven was opened... (Luke 3:21)

▪ 那時(挑選門徒前)，耶穌出去，上山禱告，整夜禱告神...(路6:12)

▪ Now it came to pass in those days (before picking His disciples) that He went out to the mountain to pray, and continued all night in prayer to God... (Luke 6:12)

▪ 耶穌...上山去禱告。正禱告的時候，他的面貌就改變了，衣服潔白放光(路9:28)

▪ Jesus... went up on the mountain to pray. As He prayed, the appearance of His face was altered, and His robe became white and glistening. (Luke 9:28)

▪ 他們來到一個地方，名叫客西馬尼。耶穌對門徒說：「你們坐在這裏，等我禱告。」(可14:32)

▪ Then they came to a place which was named Gethsemane; and He said to His disciples, 「Sit here while I pray.」 (Mark 14:32)

▪ 至於這一類的鬼，若不禱告、禁食，牠就不出來(太17:21)

▪ However, this kind does not go out except by prayer and fasting. (Matthew 17:21)

❖ 甚至連被釘在十字架上，耶穌仍為罪人禱告

❖ Even when nailed on the cross, Jesus prayed for the sinners

耶穌說：「父啊！赦免他們；因為他們所做的，他們不曉得。」兵丁就拈鬮分他的衣服。百姓站在那裏觀看。官府也嗤笑他... 兵丁也戲弄他...(路23:34-36)

Then Jesus said, 「Father, forgive them, for they do not know what they do. 」

And they divided His garments and cast lots. And the people stood looking on. But even the rulers with them sneered... The soldiers also mocked Him... (Luke 23:34-36)

(B) 耶穌所教導的禱告內容－曠世不朽的主禱文

(B) The contents of prayer as taught by Jesus – An everlasting masterpiece - The Lord's Prayer

我們在天上的父：願人都尊你的名為聖。10 願你的國降臨；願你的旨意行在地上，如同行在天上。11 我們日用的飲食，今日賜給我們。12 免我們的債，如同我們免了人的債。13 不叫我們遇見試探；救我們脫離兇惡（或譯：脫離惡者）。因為國度、權柄、榮耀，全是你的，直到永遠。阿們！（太6:9-13）

Our Father in heaven: Hallowed be Your name. 10 Your kingdom come. Your will be done, on earth as it is in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, as we forgive our debtors. 13 And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen! (Matthew 6:9-13)

(C) 耶穌所教導的禱告方法－進入內室、與神相會

(C) The way of prayer as taught by Jesus – Go into the inner chambers and meet God

你禱告的時候，要進你的內屋，關上門，禱告你在暗中的父；你父在暗中察看，必然報答你（太6:6）

But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. (Matthew 6:6)