

40 日禱告歷程

40 DAY PRAYER ADVENTURE

(DAYS 29-35)

SUNDAY DAY 29 主日 (第二十九天)

LISTENING PRAYER: Hindrances To Hearing God

聆聽的禱告: 聆聽神的阻礙

Practicing God's Presence by reading, praying, listening and journaling.
透過閱讀, 禱告, 聆聽和靈程日記, 實踐與神同在

1. Have you ever found that this scientific, materialistic age works against your having intimacy with God? How have you dealt with it? Or, have you just let the "age of reason" cripple your walk with God? Why not make that a matter of prayer. "Lord, show me any ways that this secular and materialistic age has crippled my relationship with you. Renew my mind so I can hear your voice. I don't want to hear more than you are saying, but neither do I want to hear less."

你是否發覺在這科學和物質的世代, 阻礙了你與神有親密的關係? 你如何去面對它? 或者你讓“世代的理由”絆倒你與神同行? 何不為這事禱告。“主, 求你告訴我任何這俗世物質世代絆住我與你的關係的地方。讓我的思想能清晰地聽到你的聲音。我不要聽多過你所說的, 但也不要少聽。”

2. What do you think of the intuitive, heart-felt ways of knowing God? Ask God to help you synthesize, integrate and bring together your head and your heart. If you are split between your thinking and feeling being, ask Him to make you whole. Ask Him to open up for you a whole new vista of understanding His word and truth, and believe that He will. "Dear God, I want to come to you with my head in my heart and my heart in my head. Make me whole. Teach me to come to you intuitively. Touch my feeling being as well as my thinking being, and bring the two together."

你對直覺地, 衷心的方法認識神有何感想? 求神幫助你綜合, 完全地帶進你的腦海和心裏。若在你思維間和感到生命滑落, 求祂使你完全。求祂為你打開一個全新了解祂話和真理的展望, 並相信祂會成就。“親愛的神, 我要以我的頭在我心和我的心在我的頭裏來到你面前 使我完全。教導我直覺地來到你面前。觸摸我的感覺和我的思維, 將這兩者放在一起。”

3. Don't let the abuses and misuses of listening prayer keep you from really hearing God. Pray for an openness to hear and understand His voice. "O God, don't let the distortions and excesses of others cause me to be spiritually deaf."

不要讓我濫用或妄用聆聽真正來自神禱告。打開聆聽和了解祂聲音的禱告。“噢 神, 不要讓曲解和他人過度導致我屬靈的耳聾。”

-
-
-
4. How difficult is it for you to slow down in this hyped-up age of ours? Have you begun to learn the discipline of “super-slow reading?” Select a passage like the Prodigal Son (Luke 15:11-22), or the Transfiguration (Matthew 17:1-9), or the road to Emmaus experience with the risen Lord (Luke 24:13-33). Read it slowly and empathetically. That is, project yourself into the scene in your imagination and see what they saw; feel what they felt; hear what they heard. Most of all, listen to what God says to you.

“Lord, help me to slow down, rest and relax in this hustle-bustle society in which we live. Teach me how to slowly read passages of Scripture and how to project myself into the scene.” How has God spoken to you through super-slow reading of a passage?

在這高速的世代要你慢下來有多困難呢？你有否開始操練“超慢地閱讀”選一段如浪子回頭的經文(路 15:11-22), 或改變形像 (太 17:1-9), 或大馬色路上與復活的主相遇之經歷 (路 24:13-33). 慢慢地且入神地讀。就是，將你自己放在當時發生的情形，想像並與看他們所看的；感受他們所感受的；聽他們所聽的。最重要的是聽神要向你說些甚麼。

“主，幫助我緩慢下來，在我們生活在這繁忙的社會中，休息和放鬆.. 教我如何慢慢地去讀這些經文，如何將自己放在那些景況中。” 透過慢讀一段經文，神如何向你說話？”

Monday, Day 30

FOCUSING ON GOD: His Imminence

專注神: 祂的臨近

Practicing God's Presence by reading, praying, listening and journaling.

透過閱讀, 禱告, 聆聽和靈程日記, 實踐與神同在

1. Pray, not for peace, but that you will simply practice His presence throughout the day knowing that peace will come as a by-product. "Oh God, may I focus, not on your presents, but on your Presence." Read and meditate on Isaiah 26:3. "Dear Lord, may I practice your presence throughout this day, being both consciously and unconsciously aware of your nearness."

禱告, 不是為平安, 而是讓你簡單地去體驗有祂同在的日子而帶來的平安。「神阿, 讓我專注, 不在乎祢的禮物, 而在乎祢的同在」。讀並且思考以賽亞書二十六章三節「親愛的主, 讓我體驗有祢同在的日子, 在自覺或不自地留意祢的靠近。」

2. Can you think of specific times when God has drawn you unto Himself? Pray, "O Lord, draw me into your blessed presence," The words of a chorus are applicable: "Jesus draw me close, closer Lord to you. Let the world around me fade away."

你有沒有想過神在特定的時候使你更像祂嗎? 禱告, 「主阿, 帶我到有祢祝福的同在」, 有一句詩歌詞是合用的: 「耶穌把我拉近, 更加接近主。圍繞我的世界都褪去。」

3. Pray that God will never let your service for Him diminish your devotion to Him. Pray that you will be interested in Jesus alone. "Forgive me, O God, when I have been more devoted to your work than to you. I want to be undeviating in my love for you alone."

禱告神祂從未讓你減少服侍祂的獻身。禱告神你喜愛與耶穌單獨相處。「原諒我, 主阿, 當我獻身於祢的事工多過於祢時。我單獨的想是不離開我對祢的愛。」

Tuesday, Day 31 星期二(第三十一天)

FOCUSING ON GOD: His Transcendence

專注神: 祂的超越

Practicing God's Presence by reading, praying, listening and journaling.

透過閱讀, 禱告, 聆聽和靈程日記, 實踐與神同在

1. Thank God for His transcendence, His otherness. Thank Him for the unique quality of your relationship with Him. "O God, I thank you that you are transcendent. I praise you that you are the Wholly Other One. What an incredible reality—knowing you, the holy and true God."

感謝神祂的超越, 祂的與眾不同。感謝祂使你和祂有獨特的關係。「神阿, 因祢的超越我感謝祢。我稱頌祢因祢是完全的。難以置信的真實, 要認識祢是聖潔和真實的神。」

2. Pray that you as well as your church will keep its focus on God and not our personal needs or even the needs of others (Eph. 3:20-21). "God, may I keep my focus on you and not on my personal needs, nor even the needs of others. May our church strive to do likewise, always giving you the glory."

為你的教會專注於神而禱告, 不要單為我們個人的需要或別人的需要而禱告(以弗所書三章二十至二十一節)。「神, 求祢使我集中專注祢而不在我的個人需要, 甚至別人的需要。使我們的教會一同努力, 常常榮耀祢」。

3. Once you have refocused on God, ask Him to equip you to minister to others, to understand and effectively care for them. "Lord, with my focus on you alone, equip me now to serve others and to understand how to effectively care for them."

當你再次專注神的時候, 求祂好好裝備你去服侍別人, 了解和有效地關心他們。「主阿, 讓我單單的專注於祢, 現在裝備我去服侍別人和明白如何有效地關心他們。」

4. Ask God to use you in an additional or extended phase of the 40 Day Adventure by being a coach for two or three others. The "two-two" passage, II Tim. 2:2, is a scriptural promise for teaching others. Paul writes, "And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others." Paul is saying that we are to teach others, to teach others, to teach others. "Dear God, do you want to use me in the next phase of this 40 Day Adventure in prayer by being a coach for two or three others?"

求神延長你 40 天的禱告歷程, 使你成為兩至三位禱告者的指導。提摩太後書二章二節中, 是一段有關教導的應許經文教。保羅寫, 「你在許多見證人面前聽見我所教訓的、也要交託那忠心能教導別

人的人。」保羅說我們教導別人、教導別人、教導別人。「親愛的主，祢會延長你 40 天的禱告歷程，使我成為兩至三位禱告者的指導？」

Wednesday, Day 32 星期三(第三十二天)

PRAYING FOR YOUR FAMILY

為你的家人禱告

Practicing God's Presence by reading, praying, listening and journaling.

透過閱讀, 禱告, 聆聽和靈程日記, 實踐與神同在

1. Read I Peter 3:1-7 and Eph. 5:22-23 as you pray for your spouse. First of all pray for your attitude toward your mate. If there is resentment, anger and bitterness, confess it. Get it all out and give it to God. Ask God to forgive you. Have you been harsh, indifferent, etc.? That needs to be dealt with also. "Here are some attitude problems I have concerning my spouse, O Lord."

讀彼得前書三章一至七節和腓立比書五章廿二至廿三節作為你為你的配偶之禱告。先為您的心態祈禱跟著為你的伴侶。如果有埋怨、憤怒和痛苦，為此悔改。把它全部交給神。求神寬恕你。你有否苛刻、冷漠等等？那是需要好好處理的。「主阿，這都是我關心我伴侶的心態問題。」

2. Now pray for your spouse. Ask God to show you your mate's needs and to equip you to meet them. (One of the best ways for God to show you is for your mate to tell you what those needs are. So, why not ask your spouse to share his or her needs with you?) "Dear Lord, help me to discern my spouse's needs and enable me to meet those needs. Give us an opportunity to discuss these things."

現在為你的配偶禱告。求問神使你知道你伴侶的需要和使你有能力供應那些需要。(其中一個最好的方法是讓神藉著你的伴侶讓你知道那麼需要是什麼。因此，為何不去問你的伴侶跟你分享他或她的需要呢?)「親愛的主，幫助我看出我配偶的需要和使我能夠滿足所需的。讓我們有機會一同商討這些事情。」

3. Pray for your needs as a single person. Thank God for His blessings and favor on your life, and know that He will bless and use you. "As a single person, Dear God, help me to know your favor and love. Use me in your service."

單身的你，為你所需的禱告。感謝神讓你有祂的祝福和厚待的生活，並且知道祂會保守你和使用你。

「作為一個單身的人，親愛的神，讓我知道祢的厚待和愛。使用我在祢的事工上。」

4. Pray for your children. You might want to use I Chron. 29:19 as your prayer for them. Remember, they were David's words: "Give my child, _____, the wholehearted devotion to keep your commands, requirements and decrees."

為你的子女禱告。你也許想用歷代誌上二十九章十九節為他們禱告。緊記，這都是大衛所說的：「求賜給我的孩子_____誠實的心遵守祢的命命、法度和律例。」

5. Pray for others in your expanded family circle.

為其他家人禱告。

Thursday, Day 33 星期四(第三十三天)

SELF—ACCEPTANCE: Godly Self-Love

自我接納: 神的自愛

Practicing God's Presence by reading, praying, listening and journaling.

透過閱讀, 禱告, 聆聽和靈程日記, 實踐與神同在

1. Ask God to help you love yourself according to Mark 12:31. Read Psalm 8 where it says, God created us “just a little lower than the angels, and hast crowned us with glory and honor” (v. 5). “Lord, I need to love and accept myself according to your word (Mark 12:31, Ps. 8:5). Give me an awareness of how I’ve failed in healthy-minded self-acceptance.”

求神幫助你去愛自己如馬可福音十二章三十一節。讀詩篇八篇，寫著神創造我們「你叫他比天使微小一點、並賜他榮耀尊貴為冠冕。」(第五節)。「主，我需要愛和接納自己正如祢所說的(馬可福音十二章三十一節、詩篇第八篇五節)。在我不能自我接納的地方，給我警醒。」

2. How does the “double meaning” idea of the commandment to love others and one’s self hit you? Can you think of those times where you were motivated by “selflessness” rather than “selfishness?” I confess my selfishness to you, O God. Teach me more selflessness so I can truly love myself and others.”

愛別人和愛自己這誠命的「雙重意思」怎樣衝擊你的想法？你想想什麼時候你是出於「無私」而不是「自私」的呢？神阿，我要因我的自私而向祢認罪。教導我學習更多的無私，以至我可以真實地愛自己和別人。」

3. What does it mean to you to know that God accepts you in Christ? Do you need to “accept your acceptance” and let yourself be loved? Thank God for His blessed acceptance. “Lord, help me to “accept my acceptance” and to allow myself to be loved by you. I thank you, dear Father, for your unconditional love and acceptance.”

主基督接納你，這能讓你明白什麼？你是否需要「接受你的接納」並且讓你自己被愛？感謝神，蒙祂祝福的接納。「主，幫助我去「接受我的接納」和容許自己能被祢所愛。我感謝祢，親愛的父，給我祢那您無條件的愛和接納。」

4. How would you describe the environment of your upbringing? Where you accepted for the most part? Or did your parents and/or siblings and peers reject you? "I thank you, dear Lord, for the environment in which I was brought up. It was not perfect. I was/was not fully accepted and loved. Regardless of the case, resupply me with your love, O God."

你會怎樣描述你成長的環境？那裡是你大部份接納的？你的父母兄弟姐妹和朋輩排斥你嗎？「我感謝祢，親愛的主，為著我成長的環境。雖然它不是完善的。我是不是完全地被接受及愛。不論怎樣，神阿，請把祢的愛再次供給我吧。」

5. Probably all of us have memories of some degree of rejection. Now let Jesus be the "upside source" implanting His healing presence in your heart. "Jesus you are my 'upside source' of acceptance (Rom. 15:7). Jesus, you know me just as I am, and you love me anyway. I can and do love you with a full and complete love."

大概我們都有一定程度被排斥的記憶。現在讓耶穌成為「從上而來」的醫治植入你的心裡。「耶穌你接納是『從上而來』的(羅馬書十五章七節)。耶穌，你知道我是一個怎樣的人，你無論怎樣都愛我。我願意完全的愛你。」

6. Begin praying for the continuation of the 40 Day Adventure. More leaders will be needed to guide new participants through the next cycle. Pray for your role in this ministry.

繼續為四十天禱告歷程禱告。在下一個階段更多領袖需要引導新的參加者完成。為你在這個事工上的角色禱告。

SELF-ACCEPTANCE: The Beginning of Growth

自我接納: 成長的開始

Practicing God's Presence by reading, praying, listening and journaling.

透過閱讀, 禱告, 聆聽和靈程日記, 實踐與神同在

1. Read Jer. 18:1-6 about Jeremiah's visit to the potter's house. Even though the message here was originally for the inhabitants of Israel, you can apply it to your own life by praying:

讀耶利米書十八章一至六節，是有關耶利到窯匠的家。即使這訊息最初是給以色列的居民，你也可以在你藉著禱告而在你的生命中應用：

Have thine own way, Lord! Have thine own way!

Thou art the potter, I am the clay!

Mold me and make me after thy will,

While I am waiting, yielded and still

有祢自己的方法，主！有祢自己的方法，主！

祢是陶匠，我是黏土！

陶造我並且照祢旨意塑造做我，

我在等待，順服。 .

2. Go through the seven steps to self-acceptance and self-love in this lesson:
(1) Exchange, (2) Collaborate, (3) Confess, (4) Renounce, (5) Listen, (6) Receive and (7) Seek.
As you have gone through the seven steps of self-acceptance, currently where are you, and where does God want you to be?

再看一次自我接納和自愛的七個步驟：

(1)交換，(2)合作，(3)認罪，(4)放棄，(5)聆聽，(6)接受和(7)尋求。你已再看一次自我接納和自愛的七個步驟，你現在在那個階段呢，神希望你在那個呢？

3. Spend a few moments reading over some of the verses on the following page regarding "Who I am in Christ."

Be strengthened and encouraged by God's words.

用一些時間閱讀以下有關「在基督我是誰」的一些經文。

WHO I AM IN CHRIST

在基督裡我是誰

The following are excellent passages of Scripture that deal with our identity in Christ. Be strengthened and encouraged by God's words. You might want to commit to memory the verses that especially bless you.

下列是極美好的經文來確認你的身份。用神的話來堅強和鼓勵。你也許會把特別能祝福你的經節記下來的。

I AM SIGNIFICANT 我是重要的

| | |
|------------------|--|
| Matthew 5:13 | I am the salt of the earth. |
| 馬太福音五章十三節 | 你們是世上的鹽。 |
| Matthew 5:14 | I am the light of the earth. |
| 馬太福音五章十四節 | 你們是世上的光。 |
| John 1:12 | I am God's child. (I John 3:1-3) |
| 約翰福音一章十二節 | 我們是神的兒女。(約翰一書三章一至三節) |
| John 15:1, 5 | I am a branch of the true vine, a channel of His life. |
| 約翰福音十五章一,五節 | 我們是葡萄樹的枝子,是祂的管子。 |
| John 15:16 | I have been chosen and appointed to bear fruit. |
| 約翰福音十五章十六節 | 我被揀選和派去結果子。 |
| Acts 1:8 | I am a personal witness of Christ. |
| 使徒行傳一章八節 | 我是基督的見證。 |
| I Cor. 3:16 | I am God's temple. |
| 哥林多前書三章十六節 | 我是神的殿。 |
| I Cor. 12:27 | I am a member of Christ's body. |
| 哥林多前書十二章廿七節 | 我是基督身子的肢體。 |
| II Cor. 5:17, 18 | I am a minister of reconciliation for God. |
| 哥林多後書五章十七,十八節 | 我是勸人與神和好的祭司。 |
| II Cor. 6:1 | I am God's co-worker. (I Cor. 3:9) |
| 哥林多後書六章一節 | 我是神的同工。(哥林多前書三章九節) |
| Eph. 1:1 | I am a saint. |
| 以弗所書一章一節 | 我是聖徒。 |
| Eph. 2:6 | I have been raised up, and I am seated with Christ. |
| 以弗所書二章六節 | 我已復活,並與基督同坐。 |
| Eph. 2:10 | I am God's workmanship. |
| 以弗所書二章十節 | 我們原是祂的工作。 |
| Phil. 3:20 | I am a citizen of heaven. (Eph. 2:6) |
| 腓立比書三章二十節 | 我是天上的國民。(以弗所書二章六節) |

I AM ACCEPTED 我被接納

John 15:15

約翰福音十五章十五節

Rom. 5:1

羅馬書五章一節

I Cor. 6:17

哥林多前書六章十七節

I Cor. 6:20

哥林多前書六章二十節

I Cor. 12:27

哥林多前書十二章廿七節

II Cor. 5:21

哥林多後書五章廿一節

Eph. 1:5

以弗所書一章五節

Eph. 2:18

以弗所書二章十八節

Eph. 2:19

以弗所書二章十九節

Eph. 3:12

以弗所書三章十二節

Col. 1:14

歌羅西書一章十四節

Col. 2:10

歌羅西書二章十節

I am Christ's friend.

我是基督的朋友。

I have been justified.

我已與神和好。

I am joined to the Lord and I am one spirit with Him.

我與主聯合的，與主成為一靈。

I have been bought with a price. I belong to God.

我是重價買來的。是屬於神。

I am a member of Christ's body.

我是基督身子的肢體。

I have been made righteous.

我成為了神的義。

I have been adopted as God's child.

我是神的兒女。

I have direct access to God through the Holy Spirit.

我可以藉著聖靈到神那裡去。

I am a fellow citizen with the rest of the saints.

我與聖徒同國，是神家裡的人。

I may approach God with boldness and confidence.

我可以放膽無懼、篤信不疑的來到神面前。

I have been redeemed and forgiven of all my sins.

我們在愛子裏得蒙救贖、罪過得以赦免。

I am complete in Christ.

我在基督裡得豐盛。

I AM SECURE 我是安全的

John 1:12

約翰福音一章十二節

Rom. 8:28

羅馬書八章廿八節

Rom. 8:35

羅馬書八章三十五節

Rom. 8:1

羅馬書八章一節

Rom. 8:33

羅馬書八章三十三節

II Cor. 1:21

哥林多後書一章廿一節

Eph. 1:13, 14

I am a child of God. (Gal. 3:26-28)

我是神的兒女。(加拉太書三章廿六至廿八節)

I am assured that all things work together for my good.

我們曉得萬事都互相效力。

I cannot be separated from the love of God.

我不能與基督的愛隔絕。

I am free forever from condemnation.

我永遠不被定罪。

I am free from any condemning charges against me.

我不再被控告。

I have been established, anointed, & sealed by God.

神堅固我，膏我，與我同坐。

I have been given the Holy Spirit as a pledge, guaranteeing my inheritance to come.

| | |
|--------------|---|
| 以弗所書一章十三,十四節 | 我有聖靈為印記. |
| Col. 1:13 | I have been delivered from the domain of darkness and transferred to the kingdom of Christ. |
| 歌羅西書一章十三節 | 我被救了脫離黑暗的權勢、把我遷到祂愛子的國裏. |
| Col. 3:3 | I am hidden with Christ in God. |
| 歌羅西書三章三節 | 我與基督一同藏在神裏面. |
| Phil. 1:6 | I am confident that the good work that God has begun in me will be perfected. |
| 腓立比書一章六節 | 我深信神在我心裏動了善工的、必成全這工. |
| Phil. 4:13 | I can do all things through Him who strengthens me. |
| 腓立比書四章十三節 | 我靠著那加給我力量的、凡事都能作. |
| II Tim. 1:7 | I have not been given a spirit of fear, but of power, love and a sound mind. |
| 提摩太後書一章七節 | 神賜給我、不是膽怯的心、乃是剛強、仁愛、謹守的心. |
| Heb. 4:16 | I can find grace and mercy in time of need. |
| 希伯來書四章十六節 | 我得憐恤、蒙恩惠作隨時的幫助. |
| I John 5:18 | I am born of God and the evil one cannot touch me. |
| 約翰一書五章十八節 | 我是神所生的, 惡者無法害我. |

Here is how God spoke to my heart as I reviewed the verses about who I am in Christ.
當我回顧了有關在基督裡我是誰的經文後，神真的向我心裡說話。

4. Yes, Jesus has accepted me just as I am, but here are some areas He wants to shape and develop in my life.
對, 耶穌已接納我. 但仍有一些地方, 他希望塑造及發展我的生命.

THE HEALING OF MEMORIES

記憶的醫治

Practicing God's Presence by reading, praying, listening and journaling.

透過閱讀, 禱告, 聆聽和靈程日記, 實踐與神同在

1. Ask God to lead you as you make a list of the offenses done against you and the persons you need to forgive. Ask God to remove any kind of bitterness that may have developed (Heb. 12:15). List the offenses God wants you to forgive.

求神帶領你寫出一張曾經得罪你而又需要你原諒他們的名單。求神消除任何造成的苦痛(希伯來書十二章十五節)。列出那些得罪的事情是神想你原諒的。

2. Let God's example of forgiveness prompt you to forgive your offenders meditating on Eph. 4:32. Note what God has shown you.

在以弗所書四章三十二節中, 讓神成為你原諒別人的例子。注意神顯示了什麼給你。

3. Read again the admonitions of Jesus concerning the necessity to forgive in order to be forgiven (Matt. 6:14-15).

再讀耶穌有關原諒(相對被原諒)是必要的勸告(馬太福音六章十四至十五節)。

4. Read Gen. 50:15-21 and learn from the experiences of Joseph. Ask God to help you forgive and trust Him to supply you with supernatural power to forgive.

讀創世記五十章十五至廿一節並且從約瑟的經驗學習。求神幫助你原諒和深信祂會將原諒的不可思議力量供給你。

5. Here are three steps to clear your conscience in these matters:

Go through the "Statement of Release" (next page) where you declare your forgiveness. If there are deep hurts in your past, this process will probably take some time and should not be rushed. Be open to the ways God may lead you and be willing to spend more time allowing Him to heal your memories in the coming days.

Then, pray a prayer similar to the one at the end of the statement of release.

Sometimes you need to call, visit or write the person who has offended you and tell him or her of your forgiveness. If the person is unaware of their offense to you, then this may prove counterproductive (see Day 8). Be very cautious at this point. The offender may feel he has not done anything wrong to you and you will just stir up needless contention.

After going through the three steps to clear your conscience of each offensive episode God has brought to your mind, record your thoughts and impressions.

這是清除你心中不安的三步：

看看在「釋放聲明」(下頁)中你寫的寬恕。如果你過去有深刻的創傷，這個過程大概將花一些時間並且不用心急的。開放的讓神帶領你和願意讓神在未來的日子醫治你的記憶。

然後，以「釋放聲明」的結尾為禱告。

有時候你需要告訴、找或者寫給得罪了你的人和告訴他或者她你的原諒。如果那人不知道自己得罪了你，這就證明了產生不良結果(參見第八天)。這點是非常謹慎的。冒犯者可能覺得沒有對你做得不對和覺得你只是過於敏感。

以清除令你心中不安的三步來審閱每件冒犯你的事後，神有什麼帶到給你，寫出你的感受和想法。

6. You are only five days from finishing this prayer adventure. Continue to pray about coaching two or more others through the 40 Day Adventure. Make a list of four or five people you might ask. Your group leader may have some names to give you.

還有五天你就能完成這次禱告歷程。繼續為將會為兩個或多個人步上四十天禱告歷程而禱告。列出一張寫上你想邀請的四或五人名單。你的小組組長也許有些名字給你的。

STATEMENT OF RELEASE

HERE IS A STATEMENT OF RELEASE that is an adaptation from the writings of Leanne Payne in which you declare you no longer hold the offender in condemnation. It in no way denies the reality of evil done by the offender but at the same time accepts that person. Acknowledge the presence and witness of God as you do this. This is not a prayer per se but a declaration you ask God to witness. You are not saying this face-to-face to the one who has offended you, but you speak this out for your own good.

A lot of wounded Christians do not know how to “love the sinner and hate the sin.” They think that “forgiveness” means they must deny the heinousness of evil. Thus, they cannot forgive.

In this statement you are not judging the offender, but you are judging the sin. You are not making light of the sin nor denying its consequences.

Not every phrase of this release will apply to every situation. Select the parts that apply to your need. The complete statement is for those who have been severely abused by someone who refuses to acknowledge his sin, its horrific effect on others and is unwilling to change.

PRAY: “Oh God, I’m tired of the anger and bitterness I feel toward _____ (offender). Take that root sin out of my heart, I give it all to you. Please hear me as I declare release from the evil and shame that was done against me.”

RELEASE THE OFFENDER: “I forgive you, _____ (offender), for _____ (offense). I face the results of what you have sown, and I name it as the evil it is, as an evil with the power to wound and entrap.”

“I forgive you that you could never see or treat me as a person, that you could not affirm the life that was given to me, but could only see everything in terms of your own small and even perverted desires.”

“I forgive you for not becoming all God created you to become; I accept you as you have chosen to be, but I don’t condone your sin, and I will no longer strive to uselessly demand that you change, demand that you love me, that you recognize me as a person with needs, feelings, aspirations and desires. But because I can now truly forgive you, I will no longer give you the power to wound my loved ones or me.”

(You name the evil. And in the name of him who is your light and life, you surmount it; you transcend it in the power of the Spirit.)

CONTINUE YOUR RELEASE: “I do not accept your attempts to scapegoat me, but with the word of truth, that wisdom that comes from God, I turn your accusations and projections back upon your own head, and I leave you to deal with them.”

“I know now that this is love, the love that ‘is more stern and splendid than mere kindness.’ It is the love, this word of truth that will help you overcome the evil that binds you to yourself. I do not judge you, _____, but I do judge the evil that has wounded us all. I love you, but despise your sin.”

NOW PRAY: “And now, Heavenly Father, I thank you for hearing and witnessing this statement of release, for enabling me to no longer subjectively flail under the evil that has afflicted us all, but to rise into that true release that will perhaps someday enable me to be a channel of your healing love to _____.”

You can rephrase the old hymn, “Love Lifted Me” to say:

“I was sinking deep in sin-the hurt of someone else’s sin against me.
Very deeply hurt within, sinking to rise no more.
But the Master of the sea heard my despairing cry, from the waters lifted me,
Now safe am I.
Love (Jesus) lifted me.”

釋放聲明

這是釋放聲明是從 Leanne Payne 的文章中改編的，是讓你聲明你將不再譴責那些冒犯者。它不是否認那些冒犯者像惡者的事情，同時也代表將接納那人。承認神的存在和祂的見證是你應當做的。這就其本身而言不是禱告，而是你求神做你聲明的見證人。雖然你不會面對面的對冒犯你的人說，但是你毫無保留地說出來對你也是好的。

很多受過傷害的基督徒不懂「愛罪人和恨罪惡」。他們認為「寬恕」是對窮兇極惡惡者的否認。因此，他們不可能原諒。

在這個聲明中你不是判斷那些冒犯者，而是你判斷罪惡。你不是輕視罪惡亦不是否認它的結果。

在這個聲明不是每部份都能在每個現實情況上使用的。你需要選擇適用的部份。完全的聲明是為那些遭人嚴重地傷害，而傷人者拒絕承認他的罪惡的情況下，它可怕的結果顯在其他人和那些不願去改的人身上。

禱告：「神阿，我對_____ (冒犯者)的憤怒和痛苦已經疲累了。請把我心中的罪根拔出來，我把它全部給祢。請聽我的，我宣告我要釋放那因惡者和羞辱於我身上所做的事。」

把冒犯者釋放：「_____ (冒犯者)，因_____ (得罪的事情)，我原諒你。我會面對你所做的後果，並且它是罪惡，就是有能力令人受傷和欺騙的罪惡。」

「我原諒你，因你不把我看作為人，你不可能肯定你給了我什麼的生命，但是可能你只看到一些小小和墮落的慾望的事情。」

「我原諒你，不是因所有事物都是神所造的；我接納你，就算你選擇這樣做，但是我不寬恕你的罪惡，並且我不再毫無意思地要求你改變，要求你愛我，你應該視為一個人，有需要的、有感覺、有志向和慾望。但是，因為我現在真的原諒你，我不再讓你有能力去傷害我或我所愛的人。」

(你為那罪惡命名。並且藉祂的名就是我的光 and 生命，你戰勝它；你以聖靈的能力超越它。)

繼續釋放：「我不接受你試圖使我成為代罪羔羊，但真理上說，就是來自神的智慧，我對你的指責改變了和投射到你的身後了，讓你來對付它。」

「我知道，這就是愛，這愛是『比仁慈更多精采』。這是愛，是真實地幫助你克服把你蒙蔽的罪惡。我不判斷你，_____，但是我會判斷使我們全部受傷的罪惡。我愛你，但是藐視你的罪孽。」

現在禱告：「現在，天上的父，我感謝祢垂聽和見證我這個聲明，讓我不再主觀地在罪惡之下受折磨，而是昇華至真正的釋放，也許有天能使我成為醫治你_____的渠道行。」

你能修改這道讚美詩「愛救贖我」：

「我遠離平安之岸，沉溺罪中漂蕩，
被罪惡重重纏絆，溺既深絕生望，
幸蒙海洋大主宰，聽我呼救慘況，
恩手救我離苦海，免我淪喪。

愛救贖我，愛救贖我，當我淒涼絕望，愛救贖我。」