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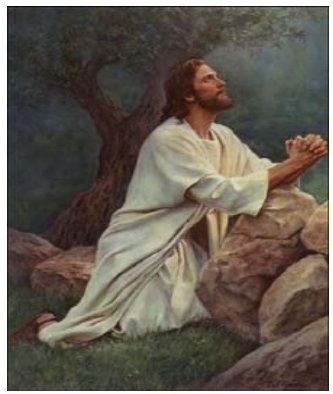
SEARCH FOR Certainty

How to Pray 怎么祷告

Talking with Jesus



What is prayer, and how can we pray effectively? Prayer is transparent dialogue. It is a conversation with God in which we address Him and in quiet are addressed by Him. Prayer is like talking with a friend. There are four components in a prayer, which are summarized by the acronym ACTS.
如何祷告？和耶稣讲话。什么是祷告，怎样才能使祷告的效果显著？祷告是一个透明的对话。是和上帝之间的谈话，在谈话中我们请求和他对话，在安静当中他也要求和我们对话。祷告就像和一个朋友讲话。在祷告中有4个部分，可以用ACTS来代表。

Adoration **崇拜**：appreciating God for who He is apart from what He has done for us.
对上帝为我们所作的感。

Confession **忏悔**：acknowledging to God our specific sin and seeking his pardon.
向上帝承认我们的罪，寻求他的原谅。

Thanksgiving **感谢**：appreciating God for His benefit to us.
感谢上帝，因为他让我们得益处。

Supplication **恳求**：interceding for ourselves or others according to God's will.
依照上帝的意愿为我们自己活着为别人向上帝祈求。

Prayer is the opening of the heart to God as to a friend.
祷告是对上帝打开你的心灵，就像对朋友一样。

Prayer is the opening of the heart to God as to a friend. Of course we do not need to tell God about ourselves, for He already knows everything. But we pray to help us know Him and be able to receive Him. Prayer does not bring God down to us; it brings us up to Him.

祷告是对上帝打开你的心灵，就是是对朋友一样。当然，我们不需要把我们自己的事情告诉上帝，因为他知道我们所有的一切。但是我们祷告是为了帮助我们了解他，然后接受他。祷告不是把上帝带到我们这里来，而是把我们提升到他那里去

When Jesus was on earth, He taught His disciples how to pray. He told them to present their needs to God and to lay all their cares on Him. He promised that their prayers would be heard. This promise is also for us. Jesus prayed often. He made Himself one of us when He was on earth. His needs were the same as ours, and He asked His Father for strength to meet the duties of each day. He knew He must have God's help to carry on His work. He is our example in all things.

当耶稣在世间的时候，他教导他的门徒如何祷告。他的需要和我们的需要是相同的，他向他的父亲寻求力量来完成每一天的任务。他知道他必须在上帝的帮助下才能进行他的工作。在所有的事情上他都是我们的榜样。

1. What is Jesus' example in prayer?
在祷告中耶稣的榜样是什么？
马太福音 **Matthew 14:23,** 马可福音 **Mark 1:35**

圣经答案 The Bible answers: _____

The Saviour, the Son of God, felt the need of prayer. How much more should we who are weak, sinful people feel the need to turn to God in prayer. 我们的救主，上帝的儿子，感到需要去祷告。对于我们这些软弱，罪恶的人来说，我们多么的需要在祷告中需求上帝的帮助。

2. What is the purpose of prayer?祷告的目的是什么？
启示录 **Revelation 3:20**

圣经答案 The Bible answers: _____

The purpose of prayer is to build a trusting relationship between us and God. 祷告的目的是在上帝和我们之间建立一个信任的关系。

14. Is faithfulness in prayer a condition for receiving?
在祷告当中，"忠诚"是得到上帝恩赐的条件么？
哥罗西书 **Colossians 4:2**

圣经答案 The Bible answers: _____

Condition #5 – We must pray always if we want to grow in faith. Regular prayer gives us an unbroken hold on God so that life from Him flows into us.

条件5：如果我们想使我们的信心增强的话，我们必须经常祷告。经常的祷告能够让我们紧紧地抓住上帝，从他而来的生命就会在我们身上永存。

15. What does God promise when we call to Him?
当我们哀求上帝的时候，上帝给了我们什么样的承诺？
耶利米书 **Jeremiah 33:3**

圣经答案 The Bible answers: _____

God's heart of love is touched by our sorrows and even by telling Him about them. We may take everything that troubles us to Him. Nothing is too great for Him to bear, for He holds up the worlds and rules the universe. Nothing that happens to us is too small for Him to notice. Nothing in our lives is too sinful for Him to know about. No problem is so great He cannot solve it. He shares our joys and our worries. Would you like to build a relationship through prayer with such a loving God?

上帝慈爱的心被我们的忧伤，甚至讲述的悲痛所感动。我们可以把所有伤心的事情告诉他。对他来说没有什么是承担不起的，因为他支撑着世界，掌控着万物。没有任何发生在我们身上的事情因为过于渺小而不能引起他的注意。没有任何罪恶的事情是他所不知道的。没有任何的问题因为太复杂使他不能够解决的。他和我们一起分享我们的欢乐和忧虑。你愿意通过祷告和这位慈爱的上帝建立起联系么？

我的决定 MY DECISION

☐ *I would like to make a commitment to talk with Jesus everyday through prayer.*

我愿意做一个承诺，要在每天通过祷告和耶稣说话。

Condition #2 – God will not hear us if we hold on to any known sin. But He always hears the prayers of a person who is sorry for sin.

条件2: 如果我们继续犯我们知道的罪，上帝是不听我们的祷告的。但是他总是在聆听人们忏悔的祷告。



12. What ingredient is required when we pray? 当我们祷告的时候，有哪些内容是需要的？ 马可福音 **Mark 11:24**

圣经答案 The Bible answers: _____

_____

Condition #3 – We also need faith or belief when we pray. Do we take God at His word? God is faithful in keeping His many promises. We may sometimes ask and not receive at once the things we ask for. But we are still to believe that the Lord hears and that He will answer our prayers.

条件3: 在我们祷告的时候我们也需要信心和信赖。我们接受上帝的话语么？上帝忠心地保守着他的承诺。有的时候，我们可能要求，但并不能在同一时间得到我们要求的东西。但是我们仍然相信上帝有在听，而且他会回复我们的祷告。



13. What should be our attitude when we pray? 但我们祷告的时候我们的态度应该是什么？ 马太福音 **Matthew 6:12**

圣经答案 The Bible answers: _____

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Condition #4 – We must have love and forgiveness in our own hearts when we come to God asking for mercy and blessings. How can we pray if we have an unforgiving spirit? We must forgive others if we expect our prayers to be heard. We will be forgiven as we forgive.

条件4: 在我们来到上帝的面前寻求慈爱和恩典的时候，我们必须心中有爱和宽恕。如果我们有一个不会宽恕的心灵，那么我们怎么祷告呢？如果我们期望上帝听到我们的祷告的话，我们必须原谅起其他的人。我们也会被宽恕，就像我们宽恕别人一样。

There is no better place to begin to learn to pray than to study the prayer that was a response to Jesus' disciples' request, "Lord, teach us to pray." Luke 11:1

当你开始学习祷告的时候，没有比学习回复耶稣门徒的请求的祷告更好的方法了："主啊，告诉我们如何的祷告。"路加福音 11：1



3. Did Jesus teach us how we should pray? 耶稣有教会我们如何的祷告么？ 马太福音 **Matthew 6:9-13**

圣经答案 The Bible answers: _____

_____

The Lord's prayer is set in Matthew 6, where Jesus contrasts true and false ways of showing devotion to God. This prayer is an expression of true love for God.

上帝的祷告出现在马太福音第6章， 在这一章耶稣对向上帝显示忠心的正确和错误的方法进行了对比。这个祷告是对上帝真诚的爱的表示。



4. Why do we start with 'Our Father in heaven'? 为什么我们在祷告时要以"我们在天上的父"为开始？
马太福音 **Matthew 6:9,** 罗马书 **Romans 8:14-15**

圣经答案 The Bible answers: _____

_____

Our heavenly Father waits to give us His full blessing. In prayer we can feel His boundless love. God is like a father Who is ready and willing to hear the sincere prayer of even the most humble child.

我们在天上的父在等待着给我们他全部的恩典。在祷告中我们可以感受到他无限的爱。上帝就像一个父亲一样，他已经准备并且愿意聆听最谦卑的孩子真诚的祷告。



5. How often should we pray? 我们应该多久祷告一次？
马太福音 **Matthew 6:11,**
帖撒罗尼迦前书 **1 Thessalonians 5:17**

圣经答案 The Bible answers: _____

_____

God has a great storehouse of blessings, and prayer is the key in the hand of faith that unlocks heaven's storehouse. Unless we pray often, we are in danger of growing careless. We may be led to turn from the right path.

上帝在天国存贮了大量恩典，而祷告是那把信心的钥匙，这把钥匙可以打开天国的门。如果我们没有经常的祷告，我们就会处于不断忽视的危险当中。我们可能会被带离正确的方向。



6. What are the components in an effective prayer?
效果显著的祷告有哪些部分组成的？
马太福音 **Read Matthew 6:9-13**

List the 4 components and corresponding verses:
列出这4个部分，和他们相对应的章节：

Adoration 崇拜: _____

Confession 忏悔: _____

Thanksgiving 感谢: _____

Supplication 恳求 : _____



7. When is a good time to pray? 什么是祷告的最好时候？
诗篇 **Psalms 5:3**

圣经答案 The Bible answers: _____

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8. Why do we pray 'in Jesus name'? 为什么我们在祷告的时候，要说："奉耶稣的名"？ 约翰福音 **John 14:13-14**

圣经答案 The Bible answers: _____

_____



9. Why do we say 'Amen' at the close of a prayer? What does 'Amen' mean? 为什么我们要说"阿门"用来结束祷告？"阿门"是什么意思？ 诗篇 **Psalms 106:48**

圣经答案 The Bible answers: _____

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Amen is a solemn affirmation. When we say 'Amen' we are saying, 'Yes before God', 'I agree with that', 'I believe that to be true', 'I want that to be so'. Jeremiah a prophet of God paraphrased in his statement 'Amen, the Lord do so' (Jeremiah 28:6)

"阿门"是一个严肃的肯定。但我们说到"阿门"的时候，我们说: "是的，在上帝面前，我同意，我相信这是真理，我希望就像祷告中的一样。 耶利米，上帝的先知，在他的陈述中解释说：阿门，愿耶和华如此行。



10. What are the conditions for prayer? 祷告的条件是什么？
马太福音 **Matthew 7:7-8**

圣经答案 The Bible answers: _____

_____

Condition #1 - We can expect God to answer our prayer, but we must meet certain conditions. One of our first conditions is that we must feel our need of help from Him.

条件1：我们可以期望上帝回答我们的祷告，但是我们必须满足一些条件。第一个需要满足的条件就是我们感到有需要上帝的帮助。



11. What causes God not to hear us when we pray?
当我们祷告的时候，有什么原因导致上帝不听我们的祷告呢？
诗篇 **Psalms 66:18**

圣经答案 The Bible answers: _____

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