我的祈祷 MY PRAYER

"Dear Jesus, I know that I am a sinner, lost without You, My sins have separated me from You. I lack inner peace and security. I feel guilty at times. Today, I open my heart to You. I confess my sins. I am sorry that I have disobeyed You. I accept Your gift of eternal life today, and believe that Your forgiveness, peace, and grace are mine right now. In Jesus' name, amen."

亲爱的耶稣，我知道我是一个罪人，因没有你而迷失。我的罪使我与你分离。我失去了内心的平静与安全。我时常感到有罪。今天我向你敞开心门。我承认我的罪。请原谅我过往的反叛. 我今天接受你永生的礼物并相信你的饶恕，平安和恩典已属于我，奉耶稣的名求。阿们。

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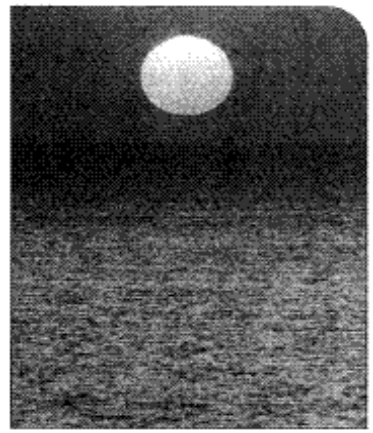
SEARCH FOR Certainty

How to Find Personal Peace?
如何找到平安?

Peace For Today



Have you ever felt as though something was missing in your life? Have you ever asked, "How can I find deeper meaning? How can I find peace of mind?" Have you ever wondered, "Is there anything more to life than getting up in the morning and going to work every day and coming home and eating supper and watching television and going to bed, getting up and doing the same thing the next day and the next? Is there anything more to life than the humdrum of the daily routine?"

Suppose someone discovered a pill that would guarantee permanent peace of mind. Its producer would probably become a multimillionaire overnight. Everywhere people are looking for personal peace. Multitudes are burdened with guilt. Feeling insecure, emotionally troubled, and unaccepted produces an inner void. Mind-related diseases such as stomach ulcers, heart attacks, and nervous breakdowns are the scourge of our society. One root cause of these diseases is an inner sense of restlessness.

Our lesson today focuses on God's solution to the problem of guilt. It presents the only real answer to the problem of how to find peace of mind.

你是否感到生活中缺少什么？你是否问过自己："我怎样寻到更深的人生意义？我怎么样获得内心的平安？ "你曾明白，"我们的生活是否就是早上起床上班，然后下班回家看电视，最后上床睡觉。 "是否有一此东西比这日复一日的生活更有意义？是否有此东西比这日常的例行公事更有意义？ 假如有人发明一颗永保心灵平安的药丸那肯定这位发明者将会一夜变为亿万富豪。每个地方，人们都在寻找个人的平安。很多人被罪的重担所压，感到不安全，情感受困扰，以及被拒绝而产生的内心空虚。胃溃疡，心脏病和神经错乱，都是和人的心情思想有关的病患也折磨着社会。其中引起这些疾病的最大因素是内心的不平安。本课文着重于上帝如何解决罪的问题。只有上帝才有真的答案，及解答内心平安的问题。

1. What is our status with God as the result of sin?
上帝看我们在罪之下的状况如何? 罗马书 **Romans 3:19**

圣经答案 The Bible answers: _____

The reason we lack inner peace is a sense of guilt. Whether we always realize it or not, there is something eating away at us inside. Unless we deal with the problem of guilt, we will never have real peace.

我们缺乏内心平安的理由是因为犯罪。不论我们是否经常注意到，总是有一些东西在蚕食我们的内心。除非我们解决了罪的问题，否则我们无法找到真平安。

2. How universal is the problem of sin, which produces guilt? 为什么罪是普遍性的问题并使人产生罪咎感?
罗马书 **Romans 3:23**

圣经答案 The Bible answers: _____

3. What are the wages or consequences of sin?
罪的工价是什么? 罗马书 **Romans 6:23 (first part)**

圣经答案 The Bible answers: _____

Left to ourselves, we are caught in a vicious cycle. We are separated from God. Our hearts are filled with guilt. We are restless and lack inner peace. We feel guilty, unaccepted and unloved.

当我们自己来处置罪，我们就会在恶性循环中，我们现在与上帝分离。深感内疚，无法安宁内心得不到平安。觉得自己是被遗弃，被厌恶。

4. Why is death the natural result of sin?
为什么死是罪的自然结果? 以赛亚书 **Isaiah 59:2**

圣经答案 The Bible answers: _____

13. What promise does Jesus give to those who open their hearts to believe in Jesus and accept Him as their personal Saviour?
耶稣为那些愿意打开心门相信耶稣和接受他为个人救主的人赐下什么应许? 约翰一书 **1 John 5:11-13**

圣经答案 The Bible answers: _____

To receive Jesus is to receive His gift of eternal life. If we have accepted Jesus and by faith believe He is our personal Savior, we can have the assurance of eternal life. Guilt is gone. According to God's Word, we are "accepted in the beloved" (Ephesians 1:6). We have redemption through His blood (Ephesians 1:7). We are adopted into the family of God and are now part of the royal family of heaven. Would you like to open your heart right now and receive the gift of eternal life Christ so freely offers?

接受耶稣就是接受他永生的礼物。假如我们接受耶稣以及相信他为我们个人的救主，我们便会有永生的保证。罪已被赦免。根据上帝的话语， 我们'在爱子中被接受。"（以弗所书1：6）。我们因他的宝血被赎回（以弗所书1：7）。我们被上帝的家所收养，现在是天上家庭的一分子。你现在是否打开心门来接受耶稣免费赐予的永生礼物?

我的决定 MY DECISION

☐ *I once accepted Christ, but I have drifted away. Just now, I desire to re-commit my life to Him.*
我曾接受基督，但我离开过，现在我渴望重新将我的生命交给他。

☐ *Although I am a committed Christian, I sense the need for a new experience with God.*
虽然我是一个基督徒，我愿意感受与上帝有新的经验。

☐ *I have never fully accepted Christ into my life, but today, I choose to give my life to Christ.*
我从来没有接受基督进入我的生命，今天我选择将我的生命交给基督。

Step 1: Believe-John 3:16
第一步：相信—约翰福音 3：16

"For God so loved the world that He gave his only begotten Son, that whoever believes in Him should not perish but have everlasting life" (NKJV).
"上帝爱世人，甚至将他的独生子赐给他们，叫一切信他的不至灭亡，反得永生。"

Step 2: Repent-Acts 3:19
第二步：悔改—使徒行传 3：19

"Repent therefore and be converted, that your sins may be blotted out" (NKJV).
"所以你们当悔改归正，使你们的罪得以涂抹。"

Step 3: Confess-1 John 1:9
第三步：认罪—约翰一书 1：19

"If we confess sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (NKJV).
"我们若认自己的罪，上帝是信实的，是公义的，必要赦免我们的罪，洗净我们一切的不义。"

Step 4:Receive-Revelation 3:20
第四步：接受—启示录 3：20

"Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him" (NKJV).
"看哪，我站在门外叩门，若有听见我声就开门的，我要进到他那里去。"

The Bible teaches us four simple steps of salvation. First, believe that God loves you and wants to save you through Jesus Christ. Second, let the Holy Spirit lead you to repentance. Repentance is to turn away in sorrow from sin that separates you from God. Third, confess your sins and admit you are a sinner and need Jesus Christ. And fourth, receive Jesus into your heart today. Believe He has come, because He has promised to do it when we sincerely ask Him. Don't doubt it. Don't question it. Believe that Jesus Christ now reigns in your heart because in simple faith and commitment you asked him to come in. As you believe, repent, confess and receive Jesus Christ into your life you will have personal peace.

圣经教导我们四个简单的得救步骤。
第一，相信上帝爱你并通过耶稣基督拯救你。
第二，让圣灵引导你去悔改。悔改是因罪使你与上帝隔离而引起的忧伤。
第三，承认你的罪以及你是一个罪人，并需要耶稣基督的拯救。
今天就接受耶稣进入你的心。相信他会再来，因为在我们恳求他时，他已答应了我们。不要困惑，不要疑问。（借着简单的信心和恳求他的进入）相信基督耶稣现正掌管你的心。当你相信，悔改，认罪和接受耶稣基督进入你的生命时，你将会得到个人的平安。

God is the source of life. Sin separates us from God. It has separated us from the only source of life. The plan of salvation is God's process to bridge the gap caused by sin. Through Christ we are reunited with God.

上帝是生命的源头。罪使我们与上帝隔离了。它使我们与唯一真正生命的源头隔离了。救赎计划是上帝为罪的鸿沟所架设的桥梁。借着基督我们得以与上帝连接。

5. What is God's solution to the problem of sin?
上帝解决罪的方法是什么？ 约翰福音 **John 3:16**

圣经答案 The Bible answers: _____

_____

6. Why did Jesus have to come to this world and die for our sins? Was His death necessary?
耶稣为何要来这个世界为我们的罪而死？他的死是必须的吗？希伯来书 **Hebrews 2:9, 14**

圣经答案 The Bible answers: _____

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Because God's nature is love, He would not leave us to perish without hope. He took the penalty of sin upon Himself. In His death on the cross He broke the stronghold of death.

因为上帝就是爱，他不愿意我们在失望中毁灭。他替我们担当了罪的刑罚。借着他被钉死在十架上，他打碎了死亡的束缚。

7. How can Christ's life take the place of my imperfect life? What does His death have to do with my eternal death?
基督的生活怎样取代我不完全的生活?他的死对我的永死又作了些什么呢？ 以赛亚书 **Isaiah 53:4-6, 12**

圣经答案 The Bible answers: _____

_____

The Old Testament prophet Isaiah uses these expressions declaring Christ was "wounded for our transgressions," "bruised for our iniquities [sins]," "numbered with the transgressors," and He "bore the sins of many." In the plan of salvation, Jesus bears the guilt of our sins. He credits His perfect righteousness to our account. We owe a sin debt that we can never pay. Jesus paid the enormous debt through the shedding of His blood. He died the death we deserve so we might live the life He deserves.

旧约先知以赛亚描述基督，"为我们的罪孽压伤。 "为我们的过犯受害， "被列在罪犯中 "，以及上帝"使众人的罪孽都归在他身上。 "在救赎的计划中，耶稣背负了我们的罪，他使我们称义。我们欠下了难以偿还的罪债。耶稣流血偿还了这个巨债。他为我们应得的死而死，以使我们因他的活而活。

8. How does the apostle Paul describe Jesus bearing our sin? 使徒保罗怎样描述耶稣背负我们的重担。
哥林多后书 **2 Corinthians 5:21**

圣经答案 The Bible answers: _____

Jesus never sinned. He became sin or accepted the guilt of our sin voluntarily. When Christ died on Calvary's cross, He willingly assumed all the guilt of our sins. As the divine Son of God He became a human being, lived the perfect life we should have lived, and died the death we should have died. He is our loving Savior.

耶稣从来没有犯罪。他甘心情愿承担我们的罪而自己成为罪。当耶稣死在加略山的十字架上，他愿意但当我们所有的罪。当上帝的儿子取了人性，以完全的榜样活在我们当中，同样尝了我们要死的滋味。他是我们敬爱的救主。

9. What does the Bible say Jesus became for us?
圣经描述耶稣替我们承担了什么？加拉太书 **Galatians 3:13**

圣经答案 The Bible answers: _____

Jesus became a curse for us. All of the guilt of sin rested upon Him when He died on the cross. He bore sins' curse of condemnation. Everything I deserved, He received.

耶稣替我们受诅咒。当他死在十字架上，所有的罪都加在他身上。他承担了被定罪的诅咒，我们所应得的诅咒，他都担当了。他的生与我们的死交换了，他是我们可爱的救主。

10. How does God save us? Is salvation something we earn by our good works?
上帝怎样拯救我们？救恩是靠我们的好行为赚取的么？
以弗所书 **Ephesians 2:8**

圣经答案 The Bible answers: _____

11. What question did a heathen jailer ask Paul and Silas 2,000 years ago that speaks for all of us?
两千年前一个外邦的狱卒，代我们向保罗和西拉提出什么问题？ 使徒行传 **Acts 16:30**

圣经答案 The Bible answers: _____

12. What answer did Paul give the Philippian jailer regarding his salvation?
保罗根据他得救的经历，给这位腓立比狱卒一个什么答案？
使徒行传 **Acts 16:31**

圣经答案 The Bible answers: _____

Believing is simply receiving the grace God so freely offers. God's plan for saving us is simple. It is so simple that anyone can understand it. Often it has been made so complicated that few can understand it. There are four basic steps in receiving Christ. Let's look at each one of them.

"相信 "就是指着单单接受上帝白白赐给人的恩典。上帝救赎我们的计划是十分简单，简单的任何人都可以明白。但是它常常被误以为十分复杂，以致很少人可以明白它。接受基督有4个简单步骤。让我们看看每一步。