

學習主題

Effectual Prayer:
Our Communion with God

有功效的禱告 -
與神聯合相交

Lesson 1

神邀請我們禱告

God's Invitation to Pray

學習目的

學習禱告

Learn to pray,

喜愛禱告

Love to pray,

生活在禱告之中

Live in praying

課前探討

Survey Questions

1. What is prayer? 什麼是禱告?
2. What is an effective prayer? What are elements for an effective prayer?
什麼是有效的禱告？須有那些因素？
3. Write a WeChat to God, what would you write?
若您發個微信給上帝，您寫什麼？

I. 什麼是禱告？ What is prayer?

- 與神交談

Prayer is *conversation* with God

- 操練神的同在

Prayer is the *practice of the presence* of God.

- 向誰禱告？ To whom do we pray?

「所以，你們禱告要這樣說：『我們在天上的父，願人都尊你的名為聖…』（馬太 6：9）

“Our Father in heaven, hallowed be thine name...”

有功效的禱告 “Effectual” Prayer

義人祈禱所發的力量是大有功效的。雅各 5:16b

- The prayer of a righteous person is powerful and effective. (NIV) (James 5:16b)
- The prayer of a person living right with God is something powerful to be reckoned with. (Message)
- The heartfelt and persistent prayer of a righteous man (believer) can accomplish much [when put into action and made effective by God—it is dynamic and can have tremendous power]. (Amp)
- The earnest prayer of a righteous person has great power and produces wonderful results. (NLT)

II. God's Invitation to pray

1. Pray with *expectation*

有期盼的禱告

7 「你們祈求，就給你們；尋找，就尋見；叩門，就給你們開門。 8 因為凡祈求的，就得著；尋找的，就尋見；叩門的，就給他開門。 9 你們中間誰有兒子求餅，反給他石頭呢？ 10 求魚，反給他蛇呢？ 11 你們雖然不好，尚且知道拿好東西給兒女，何況你們在天上的父，豈不更把好東西給求他的人嗎？ 12 所以，無論何事，你們願意人怎樣待你們，你們也要怎樣待人，因為這就是律法和先知的道理。(Matt 7 馬太： 7－12)

2. Pray with *courage*

有勇氣的禱告

¹耶穌設一個比喻，是要人常常禱告，不可灰心。 ² 說：「某城裡有一個官，不懼怕神，也不尊重世人。 ³ 那城裡有個寡婦，常到他那裡，說：『我有一個對頭，求你給我申冤。』 ⁴ 他多日不准，後來心裡說：『我雖不懼怕神，也不尊重世人，⁵ 只因這寡婦煩擾我，我就給她申冤吧，免得她常來纏磨我。』」 ⁶ 主說：「你們聽這不義之官所說的話。 ⁷ 神的選民晝夜呼籲他，他縱然為他們忍了多時，豈不終久給他們申冤嗎？ ⁸ 我告訴你們：要快快地給他們申冤了。然而，人子來的時候，遇得見世上有信德(faith)嗎？」 (Luke 路加 18:1).

3. Pray with *confidence*

有把握的禱告

¹⁴ 我們既然有一位已經升入高天尊榮的大祭司，就是神的兒子耶穌，便當持定所承認的道。¹⁵ 因我們的大祭司並非不能體恤我們的軟弱，他也曾凡事受過試探，與我們一樣，只是他沒有犯罪。¹⁶ 所以我們只管坦然無懼地來到施恩的寶座前，為要得憐恤，蒙恩惠，做隨時的幫助。(Hebrew 希伯來 4:16)

4. Pray with *persistence*

有恆心的禱告

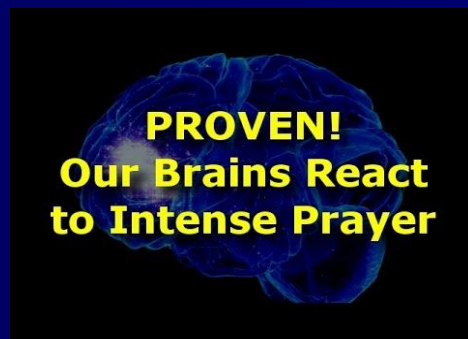
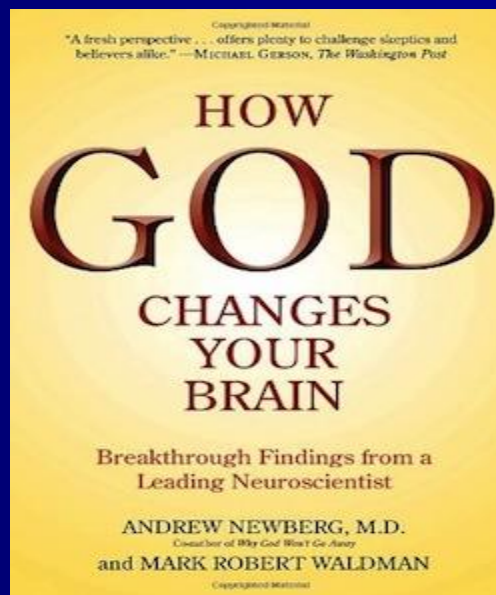
¹⁶ 要常常喜樂， ¹⁷ 不住地禱告， ¹⁸ 凡事謝恩，因為這是神在基督耶穌裡向你們所定的旨意。 (1 Thessalonians 帖前 5:17–18)

5. Pray in the Spirit and on *all occasions* 在聖靈裡隨時多方的禱告

¹⁶此外，又拿著信德當做藤牌，可以滅盡那惡者一切的火箭；¹⁷並戴上救恩的頭盔，拿著聖靈的寶劍，就是神的道。¹⁸靠著聖靈，隨時多方禱告祈求，並要在此警醒不倦，為眾聖徒祈求；(Ephesians 以弗所書 6:18)

¹⁶ In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; ¹⁷ and take the helmet of salvation, and the sword of the Spirit, which is the word of God, ¹⁸ praying at all times in the Spirit, with all prayer and supplication.

III. What does scientific research say about prayer? 禱告有科學根據嗎?



Eat, Pray, Move! 5-10-20

IV. What are the benefits of prayer?

禱告的益處

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|---|----------------|
| 1. Provides timely direction. | |
| 2. Prevents wrong decisions. | |
| 3. Eliminates worry and anxiety. | |
| 4. Produces peacefulness. | |
| 5. Invites God into our activity. | Self-Control |
| 6. Produces confidence. | Keep cool |
| 7. Eliminates fretting. (急躁) | Reduce stress |
| 8. Sharpens discernment. | More forgiving |
| 9. Gives us energy. | Increase trust |
| 10. Prevents distractions. | |
| 11. Reminds us to act now. | |
| 12. Protects us from discouragement. | |
| 13. Opens doors of opportunity. | |
| 14. Helps us discern between busyness and fruitfulness. | |

V. How to pray effectively? 有功效的祈禱

A: Adoration (worship) 敬拜讚美

C: Confession (of specific sins) 認罪悔改

T: Thanksgiving (gratitude) 感恩

S: Supplication (specific requests). 祈求

Base your request on God's character. 根據神的本質

Confess the sins of which you're aware. 認罪

Claim the promises of God. 宣告神的應許

Be very specific in what you ask for. 落實的祈求