

PRAY
祷告



为什么祷告？
PRAY



1.因为耶稣说：

人要常常祷告，不可灰心。



2.因为圣经说：

要不住地祷告...



3. 因为圣经说：

你们要**靠著主，倚賴他的**
大能大力作**刚强**的人。



4. 因为圣经说：

你需要“随时多方祷告祈求；
并要在此警醒不倦...”



如何預備

禱告的心？



如何预备祷告的心？

PRAY

祷告



如何预备祷告的心？

P. Position 定位

R.
A.
Y.



如何预备祷告的心？

定位 P.R.A.Y

P. Position 定位

2Ch 代下 20:17

犹大和耶路撒冷人哪，这次你们不要争战，

要摆阵站著，看耶和華為你們施行拯救。不要恐懼，

也不要惊惶。明日当出去迎敌，因为耶和華與你們

同在。』』 You will not need to fight in this battle. **POSITION** yourselves, stand still and

see the salvation of the LORD, who is with you, O Judah and Jerusalem! Do not fear or be dismayed; tomorrow go out against them, for the LORD is with you."

如何预备祷告的心？

R. Reverence 敬畏



如何预备祷告的心？

敬畏

P.R.A.Y

R. Reverence 敬畏

Heb 希12:28

我们既得了不能震动的国、就当感恩、照神所喜

悦的、用虔诚敬畏的心事奉神。

Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we may serve God acceptably with **REVERENCE** and **GODLY FEAR**.

如何预备祷告的心？

A. Access 进入



如何预备祷告的心？

进入 P.R.A.Y

A. Access 进入

Rom 罗 5:2 - 我们又藉著他，因信得进入现在

所站的这恩典中，并且欢欢喜喜盼望神的

荣耀

○ through whom also we have ACCESS by faith into this grace in which we stand, and rejoice in hope of the glory of God.

如何预备祷告的心？

P.

R.

A.

Y Yield 归顺



如何预备祷告的心？

归
順 P.R.A.Y

Y. Yield 归順

2Ch 代下 30:8

现在 **不要** 像你们列祖 **硬著颈项**，

只要 **归順** 耶和华，进入他的圣所，就是永远成圣的

居所；又要 **事奉** 耶和华你们的神...

Now do not be stiff-necked, as your fathers were, but **YIELD** yourselves to the LORD; and enter His sanctuary, which He has sanctified forever, and serve the LORD your God, that the fierceness of His wrath may turn away from you.

如何预备祷告的心？

归
順
P.R.A.Y

Y. Yield 归順

2Ch 代下 30:9

你们若**转向**耶和华，你们的弟兄和儿女必在掳掠他们的人面前蒙怜恤，得以归回这地，因为耶和华你们的神有恩典、施怜悯。你们若**转向**他，他必不转脸不顾你们。

└ For if you return to the LORD, your brethren and your children will be treated with compassion by those who lead them captive, so that they may come back to this land; for the LORD your God is gracious and merciful, and will not turn His face from you if you return to Him."

如何预备祷告的心？

归
順 P.R.A.Y

Y. Yield 归順

英文字典：

给予或屈服于另一个人的
权利或权威。



P.

= 摆阵

定位

R.

= 虔诚

敬畏

A.

= 以信

进入

Y

= 听从

归顺



PRAY
祷告



如何祷告？

Php 腓 4:6-7

应当一无挂虑，只要凡事藉著祷告、祈求，和感谢

，将你们所要的告诉神。神所赐、出人意外的平安必在

基督耶稣里保守你们的心怀意念。 Be ANXIOUS FOR NOTHING,
but IN EVERYTHING by prayer and supplication, with thanksgiving, let your requests be
made known to God; and the PEACE of God, which SURPASSES ALL UNDERSTANDING,
will GUARD your HEARTS and MINDS through Christ Jesus.

如何

让平安充满
的祷告？



PEACE

平安



P.E.A.C.E

平安



如何让平安充满你的祷告？

P.

E.

A.

C.

E.



如何让平安充满你的祷告？

D. Pray In The Spirit

E.

A.

C.

E



如何让平安充满你的祷告？

P. Pray In The Spirit 在圣灵里祷告

*E.
A.
C.
E*



如何让平安充满你的祷告？

在圣灵
里祷告

P.E.A.C.E

Jud 犹 1:20

靠著圣灵，随时多方祷告祈求；并要在此警醒不倦，为

众圣徒祈求，**在圣灵里祷告**，

But you, beloved, building yourselves up on your most holy faith,

PRAYING in the HOLY SPIRIT,



如何让平安充满你的祷告？

在圣灵
里祷告

P.E.A.C.E

Eph 弗 6:18

靠著圣灵，随时多方祷告祈求；

并要在此警醒不倦，为众圣徒祈求，

praying always
with all prayer and supplication in the Spirit, being watchful to this end with all perseverance
and supplication for all the saints—



如何让平安充满你的祷告？

为何要靠
圣灵祷告？



如何让平安充满你的祷告？

- 人的能力有限
- 人的知识和理解有限
- 人活在有限的自然领域里



如何让平安充满你的祷告？

在圣灵
里祷告

P.E.A.C.E

1Co 林前 2:9-10

如经上所记：神为爱他的人所预备的是**眼睛未曾看见，耳朵未曾听见，人心也未曾想到的**。只有神**藉**

著圣灵向我们**显明**了，因为**圣灵参透万事**

，就是**神深奥的事也参透了**。 But as it is written: "EYE HAS NOT SEEN, NOR EAR HEARD, NOR HAVE ENTERED INTO THE HEART OF MAN THE THINGS WHICH GOD HAS PREPARED FOR THOSE WHO LOVE HIM." But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God.

如何让平安充满你的祷告？

在圣灵
里祷告

P.E.A.C.E

1Co 林前 2:11

除了在人里头的灵，谁知道人的事；像这样，除了**神的**
灵，也没有人**知道神的事**。 For what man knows

the things of a man except the spirit of the man which is in him? Even so no one knows the things of God except the Spirit of God.

如何让平安充满你的祷告？

在圣灵里祷告 P.E.A.C.E

Rom 罗 8:26

况且我们的软弱有**圣灵帮助**，我们本**不晓得**
得当怎样祷告，只是**圣灵**亲自用说不出的
叹息**替我们祷告**。

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.

如何让平安充满你的祷告？

在圣灵
里祷告

P.E.A.C.E

Rom 罗 8:27-28

监察人心的，晓得**圣灵的意思**，因为**圣灵**照
著神的旨意替圣徒祈求。我们晓得**万事都互相**
效力，叫**爱神的人得益处**，就是按他旨
意被召的人。

Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

如何让平安充满你的祷告？

为何靠着
圣灵祷告？



如何让平安充满你的祷告？

1Co 林前 14:2

那说方言的，原不是对人说，乃是对神说，
因为没有人听出来。然而，他在心灵
里却是讲说各样的奥秘。 For he who speaks in a
tongue does not speak to men but to God, for no one understands him; however, in
the spirit he speaks mysteries.

如何让平安充满你的祷告？

1Co 林前 14:14-15

我若用方言祷告，是我的灵祷告，但我的悟性没有果效。这却怎麽样呢？我要用灵祷告，也要用悟性祷告；我要用灵歌唱，也要用悟性歌唱。

For if I pray in a tongue, my spirit prays, but my understanding is unfruitful. What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding.

如何让平安充满你的祷告？

说方言

祷告的益处？



如何让平安充满你的祷告？

P.
E.
A.
C.
E



如何让平安充满你的祷告？

P.
E. Edify
A.
C.
E



如何让平安充满你的祷告？

P.
E. Edify 造就
A.
C.
E.



如何让平安充满你的祷告？

造就

P.E.A.C.E

1Co 林前 14:4

说方言的，是造就自己...

He who SPEAKS IN a TONGUE EDIFIES himself...



如何让平安充满你的祷告？

说方言

祷告的益处？



如何让平安充满你的祷告？

P.
E.
A.
C.
E



如何让平安充满你的祷告？

P.

E.

A. Abide

C.

E.



如何让平安充满你的祷告？

P.

E.

A. Abide 同在

C.

E.



如何让平安充满你的祷告？

同在 P.E.A.C.E

Joh 约 14:16-17

我要求父，父就另外赐给你们一位保惠师（或作：训慰师；下同），叫他

永远与你们同在，就是真理的圣灵，乃世人不能接受的；因为不见他，也不认识他。你们却认识他，因他常与你们同在，也要在你们里面。 And I will pray

the Father, and He will give you another Helper, that He may **ABIDE WITH YOU** forever—the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He **DWELLS WITH YOU** and will be **IN YOU**.

如何让平安充满你的祷告？

同在

P.E.A.C.E

1Jon 约一 4:4

小子们哪，你们是属神的，并且胜了他们；因为那

在你们里面的，比那在世界上的更

大。 You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.

如何让平安充满你的祷告？

说方言

祷告的益处？



如何让平安充满你的祷告？

P.
E.
A.
C.
E



如何让平安充满你的祷告？

P.
E.
A.
C. Cast
E



如何让平安充满你的祷告？

P.

E.

A.

C. Cast 卸下

E



如何让平安充满你的祷告？

卸下

P.E.A.C.E

1Pt 彼前 5:7

你们要将一切的忧虑卸给神，因为他
顾念你们。 CASTING all your CARE upon Him, for He cares for you.

如何让平安充满你的祷告？

卸下

P.E.A.C.E

1Pt 彼前 5:7 (扩充版)

将你一切的忧虑 - 你所有的焦虑、所有的
恼、所有的担忧，一次性地全部卸
给神；因为祂细心地顾念你们，看护保守你们。

如何让平安充满你的祷告？

说方言

祷告的益处？



如何让平安充满你的祷告？

P.
E.
A.
C.
E



如何让平安充满你的祷告？

P.
E.
A.
C.
E Easy



如何让平安充满你的祷告？

P.

E.

A.

C.

E Easy 容易



如何让平安充满你的祷告？

容易

P.E.A.C.E

Mat 太 11:30

因为我的轭是容易的，我的担子是轻省的。 」 For My yoke is **EASY** and My burden is light."



如何让平安充满你的祷告？

容易

P.E.A.C.E

Mat 太 11:28-29

凡劳苦担重担的人可以到我这里来，
我就使你们得安息。我心里柔和谦卑，你们
当负我的轭，学我的样式；这样，你们
心里就必得享安息。

○ Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.

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P.E.A.C.E

平安



P. Pray In = 在圣灵里祷告

E. Edify = 造就

A. Abide = 同在

C. Cast = 卸下

E. Easy = 容易

