

## Our Prayer Life (Part 1) 我們禱告的生活(第一部)

Prayer need not be the weakest link in the body of believers or the weakest area in our lives. Not everyone knows how to pray therefore I have intentionally crafted this sermon using the Lord's prayer to teach us how to pray. If we are to use this format to pray then prayer or our conversation can either last for 10mins, 30 mins or even 2 hours. It is not about the amount time spend on one stretch but conversation that goes on throughout the day. The aim of this sermon is to give us a format so that those who wants to develop a prayer life during their devotion time can have something to follow.

**Matt 6:7-13 (NKJV)** And when you pray, **do not use vain repetitions** as the heathen *do*. For they think that they will be heard for their many words.<sup>8</sup> "Therefore do not be like them. **For your Father knows the things you have need of before you ask Him.**"<sup>9</sup> In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. <sup>10</sup>Your kingdom come. Your will be done On earth as *it is* in heaven. <sup>11</sup>Give us this day our daily bread. <sup>12</sup>And forgive us our debts, As we forgive our debtors. <sup>13</sup>And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

马太福音 6:7-13 (和合本)你们祷告，不可像外邦人，用许多重复话。他们以为话多了必蒙垂听。你们不可效法他们。因为你们没有祈求以先，你们所需用的，你们的父早已知道了。所以你们祷告，要这样说，我们在天上的父，愿人都尊你的名为圣。愿你的国降临，愿你的旨意行在地上，如同行在天上。我们日用的饮食，今日赐给我们。免我们的债，如同我们免了人的债。不叫我们遇见试探，救我们脱离凶恶，因为国度，权柄，荣耀，全是你的，直到永远，阿们。

### Vain repetitions 用许多重复话

What God desire is a close relationship rather than vain repetitive prayers. Repetitive petition is impersonal, empty and meaningless.

**V7.** And when you pray, **do not use vain repetitions** as the heathen *do*. For they think that they will be heard for their many words.

**第7节** 你们祷告，不可像外邦人，用许多重复话。他们以为话多了必蒙垂听。

While there will be people who will repeat the Lord's prayer in sincerity but it is never meant to be a repetitive or regurgitation of a prayer from memory. It will be a direct violation of what the Lord doesn't want us to do which is vain repetition. **What Jesus meant was He doesn't want meaningless, insincere and mechanical prayers. Can you imagine to have your child coming to you and have the same conversation daily for the next 50 years? He will just say the same words as if its memorized and then leave the room. There will be no conversation and you will feel as though he just comes into the room out of obligation and utter whatever he thinks you would love to hear. It is like an artificial intelligence being talking to you based on what he has been programmed to do or a standard answer required of him. Therefore, I would strongly encourage you not to vainly repeat the Lord's prayer unless it is truly done in sincerity and faith.**

耶稣指的是祂不要没有意义、没有诚意或机械性的祷告。你能想像你的孩子到你面前，每天都说一样的话直到 50 年后吗？他会只说一样的话好像先背好的，然后离开房间。没有交流，你会觉得他只是有义务来到房间说你想听的话。就像人工智能照着程式设定好的来跟你讲话，或

是回答标准答案。因此我强烈鼓励你不要用白白重复的主祷文，除非你发自内心，真诚凭信心来祷告。

If we are to put in simple terms then prayer is having a conversation with God. It is seeking the face of God. The very reason Jesus' blood was shed for us is for us to have our relationship with God restored. He wants us to know Him and for Him to journey with us in our lives. That close relationship is developed through our prayer life. It is a conversation that can be developed and continue where you left off in the last prayer. It is an update of a struggle, a pain, a journey and even to share the joy experienced.

**Romans 12:15(NKJV)** Rejoice with those who rejoice, and weep with those who weep.  
罗马书 12:15 (和合本) 与喜乐的人要同乐。与哀哭的人要同哭。

Let me share with you a testimony with permission that came through wechat when I was preparing this sermon. My wife and I were asked to pray for this problem some time back.

**Example:** This testimony has been given with permission to share.

There was a couple in our church who has adopted a son at birth and the boy was of another ethnic group. "We made a mistake for adopting our son without going through a proper adoption procedure. His birth certificate was issued base on us as the biological parents as requested by my wife. He also carried a valid passport as his valid travel documents. His birth certificate was later revoked by the registry department when he was 13 years old to apply for his ID. We realise our mistake and apply for his adoption process since 2013. We both accepted Christ in 2013 and pray for our adoption process to be approved and subsequently his Nationality will be given. 2014 we received the approval for our adoption by the Court Order. Submitted our application for citizenship in 2014. After going through many years of follow up and prayers, we finally received the good news for his citizenship is approved in Nov 2018. After that we submitted our application for the ID immediately and he received his Valid ID as a citizen".

**If this is what is required of us to journey with our friends and loved ones then God would love to do the same for us. Do you remember one of the roles of the Holy Spirit?**

若这是对我们陪伴朋友和所爱的人的要求，那么神会愿意以一样的方式对待我们。你记得圣灵的其中一个角色吗？He is our comforter. We need comfort when we are discouraged, down trodden, depressed and faced a setback. That's the time when the Holy Spirit groan within us and He intercedes for us. We are to come before the Lord in prayer. Every challenge that we face in life is an opportunity to experience God in a deeper manner.

We share with our Heavenly Father regarding our struggles and pain. We tell him specifically what we are facing and offload our burden to Him. We might be struggling from temptation. We might be going through a trial or tribulation. We might even be tested and sifted for our faith. **It will be meaningless to regurgitate the Lord's prayer at this moment.** 此刻反复念主祷文是没有意义的。However, we can use the Lord's prayer as a format to approach God if we are someone who needs some structure to say our prayers through a format.

**Our Heavenly Father** 我们在天上的父

There are a lot of people who struggles regarding how to pray especially young believers therefore, I would like to teach them how to use the Lord's prayer as a format.

**V9.** In this manner, therefore, pray: **Our Father in heaven, Hallowed be Your name.**

**V9.** 所以你们祷告，要这样说，我们在天上的父，愿人都尊你的名为圣。

There is definitely a sense of closeness as we address our Heavenly Father at the start of the conversation. I am sure all of us have good earthly father although the way that they used to express love might not be the love language that we appreciate. We also live in an imperfect world so they will be some who do not have a very good relationship or impression of a father. We need to clear and good understanding that we definitely have a good Heavenly Father who love us unconditionally.

**Hebrews 4:16 (NKJV)** Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

希伯来书 4:16 (和合本)所以我们只管坦然无惧地，来到施恩的宝座前，为要得怜恤，蒙恩惠作随时的帮助。

One of the privileges of being a child of God is the ability to come before the Heavenly Father throughout the day no matter where we are. We have been encouraged to come boldly to the throne of grace. Every child wouldn't have any fear when he or she comes before his earthly father therefore there shouldn't be any fear as we come before the Heavenly Father.

We need to be mindful that we have been given the robe of righteousness when we came into the family of God. We blessed with all the spiritual blessings IN CHRIST. Therefore, we do not approach God based on who we are nor what we have done. We are able to come before the Father based on all that Christ has done for us. We are redeemed, forgiven and accepted in the beloved therefore God see who we are In Christ rather than based on the human weaknesses in this present time. **This position that Christ has obtained for us grant us direct access though we are still imperfect in our ways and we will never be perfect until we reach heaven. Therefore, never allow any condemnation nor things in the past nor recent experience hinder you from coming to the presence of the Father.** Remember, it is between you and the Heavenly Father even if you have stumbled, fumbled or sinned against God and **never allow the devil to talk you out or make you feel condemned that you are not worthy before the Heavenly Father.**

虽然我们仍然行事为人不完美，并且我们到天上前也永远不会完美。基督赐给我们的位份给了我们直接的渠道。因此，永远不要让定罪或是过去现在的任何经验拦阻你来到天父的面前。要记得，即使你跌倒、做错、或是得罪了神，永远都是你与神之间的事，绝对不要允许恶者带你离开或是感到被定罪、认为自己不配到天父面前。

**You and I have a mediator who mediates for us in Heaven and that Jesus Christ.**  
你我有位中保，在天上為我們代求，就是耶穌基督。

**1 Timothy 2:5 (NKJV)** For *there is* one God and one Mediator between God and men, *the* Man Christ Jesus,  
提摩太前书 2:5 (和合本)因为只有一位神，在神和人中间，只有一位中保，乃是降世为人的基督耶稣。

Jesus mediate for us because He has shed His blood to purchase our redemption and the forgiveness of our sins. Christ death on the cross has brought peace between God and men. Therefore, we can rightfully approach God based on Christ's achievement and not our own works. We cannot approach God based on our self- righteousness because that's filthy rags in the sight of God. We are to approach God based on the righteousness that He has given us. We have the imputed righteousness because it was given to us at the time when we received and believed in Jesus Christ.

**John 1:12 (NKJV)** But as many as received Him, to them **He gave the right to become children of God**, to those who believe in His name:

约翰福音 1:12 (和合本) 凡接待他的，就是信他名的人，他就赐他们权柄，作神的儿女。

Call out Heavenly Father in boldness because you are a child of the living God!!!

We have come to a place knowing that the Heavenly Father accepts us and welcome us into His presence. We know that we have come into His presence with confidence not based on our own ability but the spiritual position that is given to us by His grace. We are in a very comfortable position in prayers.

**Hallowed be your name. 愿人都尊你的名为圣**

**Hallowed:** means treated as holy, dedicated, consecrated, set apart, sanctified.

神圣：意味着被视为圣洁、委身、洁净、分别为圣、成圣

We acknowledge God is holy, righteous, and just. We revel God for who He is. The names of God speak of his character and attributes. **While we enter into His presence with boldness but we still hold Him in honor in reverential awe. We know that He is holy thus we have a reverential fear of Him. It is a form of honor and respect for who God is.** 当我们坦然无惧进入祂的同在时，我们仍然对祂抱着敬畏的心。我们知道祂是圣洁，因此我们存着敬畏的心。这是对上帝是谁所表现的敬重和尊敬。

As we honor the name of God, it will also remind us that He is indeed Almighty God. He is able and nothing is impossible for Him. We are also reminded of His covenant names. He is Jehovah Rapha, our healer. He is Jehovah Jireh, our provider. He is Jehovah Nissi, our victory banner. He is Jehovah Tsidkenu, Our righteousness. He is Jehovah Shalom, our peace. He is El Shaddai, the many breasted one. We are reminded of the awesomeness of God when we begin to meditate on the names of God or mentioned His name in prayer. He is the great I AM. He is all that we need Him to be. He is the inexhaustible one. He has no beginning and the end.

It is good to memorize the names of God so that the Holy Spirit is able to bring into your remembrance when you need it.

**You will be done on earth as it is in heaven.**

愿祢的旨意行在地上，如同行在天上

**V10.** Your kingdom come. Your will be done on earth as *it is* in heaven.

**V10.**愿你的国降临，愿你的旨意行在地上，如同行在天上。

**Often times, we make the same mistake of going straight to our needs and demands without having the Kingdom of God in mind.** 常常，我们只追求自己的需要和想法而犯一样的错，没有把神的国度放在心里。 These few verses especially this verse helps us to put God and His Kingdom as top priority in our lives. It helps us not to concentrate on the temporal but the eternal in mind. There is a higher calling beside what we are trying to struggle for on this earth and for our own lives. **Honestly, majority of us are not living in lack or in want but probably a desire to maintain a lifestyle.** 老实说，我们大多数都没有缺乏，可能只是想要维持住一种生活方式而已。

As matured believers, we are aware that this place is temporal and there will be a new heaven and earth. While the time for this earth to be redeemed is not ready yet because it has been given to the devil due to the sin of Adam and Eve. There will come a time when we will enjoy a new heaven and earth. All of us are longing for the day to arrive including the whole creation.

However, we do long for the time when we see God reign forever and the devil is thrown into the pit of hell. The Kingdom of God is the sphere in which God is acknowledged as King in the hearts of those giving Him loving obedience. This is the Kingdom in its present form. It is the God's desire for as many people as possible to get into His Kingdom. **God is ruling in the lives of the believers today!** 神在今日的信徒生命中掌权!

**Your will be done on earth as it is in heaven.** 祢的旨意行在地上，如同行在天上。

This is our acknowledgement that God knows what is best and that we surrender our will to His. **It is choosing to lay down our lives and allow God to dictate what we should do with our lives.** 这是舍下自己的生命，允许神主宰我们的生命该做什么。We intentionally yoked ourselves with Him so that we are walking in His plan for our lives. It has to do with the Lordship of Christ in our lives. Honestly, life can be much easier and simpler when we are yoked with God and carrying out His will for our lives. He will definitely help us when we are yoked with His will.

**EM Bounds:** “As prayer is the condition of full consecration, so prayer is the habit, the rule, of him who has dedicated himself wholly to God. **Prayer is becoming in the consecrated life.** Prayer is no strange thing in such a life. **There is a peculiar affinity between prayer and consecration, for both recognize God, both submit to God, and both have their aim and end in God.** Prayer is part and parcel of the consecrated life. **Prayer is the constant, the inseparable, the intimate companion of consecration.”**

**爱德华·麦肯德里·邦兹**“因为祷告是完全成圣的条件，所以祷告是完全委身于上帝的人的习惯和原则。祷告构成了成圣的生命。如此的生命中，祷告并不奇怪。祷告与成圣之间有着特殊的相似之处，因为两者都认识神，也都顺服于神，并且各自以上帝为目标和终点。祷告是成圣生命中的重要组成部分。祷告是成圣的信实、不可分割的亲密伙伴。”

**People who are consecrated are known by their praying habits. Consecration thus expresses itself in prayer.** He who is not interested in prayer has no interest in consecration. **Prayer creates an interest in consecration, then prayer brings one into a state of heart where consecration is a subject of delight, bringing joy of heart, satisfaction of soul, contentment of spirit. The consecrated soul is the happiest soul.**

分别为圣的人会因为祷告的习惯而为人所知。成圣因此借着祷告而表现出来了。没有兴趣祷告的人也不会有兴趣成圣。祷告引起成圣的意愿，而祷告使人的心态感到，成圣是令人喜悦的，带来心中的喜乐，在魂里得满足，灵里感到知足。成圣的灵魂是快乐的灵魂。

There is no friction whatever between him who is fully given over to God and God's will. There is perfect harmony between the will of such a man and God, and his will. And the two wills being in perfect accord, this brings rest of soul, absence of friction, and the presence of perfect peace.

**Have you been in a situation when you do not know the will of God? How should you pray?** 你是否曾处在不明白神旨意的状况中？你应该如何祷告？

We are asking for God's blueprint for our lives to be done when we pray thy will be done on earth as it is in heaven for our lives. Honestly, I would always love to be living in the will of God for my life because that is where grace for the living is available, faith can be established in prayer and peace in the midst of the storm because you know that Christ is in your vessel!!!

当我们祷告祢的旨意在地如在天地成就在我们生命中时，我们就是求问神对我们生命的蓝图。坦白说，我总是喜欢活在神定意给我的生命当中，因为里面有生命所需的恩典，信心和平安也能在风暴中借着祷告而建立，因为你知道基督住在你的瓦器里。

**1 John 5:14-15 (NKJV)** Now this is the confidence that we have in Him, that **if we ask anything according to His will, He hears us.** <sup>15</sup> And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

约翰一书 5:14-15(和合本) 我们若照他的旨意求什么，他就听我们。这是我们向他所存坦然无惧的心。既然知道他听我们一切所求的，就知道我们所求于他的无不得着。

It keeps us in a posture of seeking first the Kingdom of God and His righteousness.

**Give us our daily bread** 赐给我们日用的饮食

**V11** Give us this day our daily bread.

**V11** 我们日用的饮食，今日赐给我们。

This scripture might sound as though it is a cry from someone who is living daily from hand to mouth. Many of us are not in this state of life but it is definitely a daily reminder that God is the source of all our provision in life. He is the source of all form of blessings regardless whether it is the job that we have or the prosperity that comes about from the business.

**V8.** “Therefore do not be like them. **For your Father knows the things you have need of before you ask Him.**

**V8.** 你们不可效法他们。因为你们没有祈求以先，你们所需用的，你们的父早已知道了

Why do we need to ask since the Father knows the things that we need even before we ask of Him? I believe it's a good reminder to be humble and have a constant dependent on God to provide the business contacts, the sales target that need to be met and the business presentation that will be done to bring in the business. We are dependent on God's wisdom and favor with men. We acknowledge that it is God who has blessed us with everything in life because He honors the covenant with us. He is the one who has given us the power to get wealth.

**Let us remind ourselves that men do tend to forget once we are doing very well in life. God did mention about it in the Old Testament.** 让我们彼此提醒，只要生活一帆风顺，人们就变得健忘。神在旧约里有提到。We need to remember Jesus was ministering to His people and operating in the two covenants namely the Abrahamic and the Mosaic covenants. We worship a jealous God who wants 100% of our worship therefore it is applicable for us today. **Idolatry can be in the form of worshipping mammon.** 拜偶像的形式也可以是敬拜玛门。

**Deut 8:11-18 (NKJV)** “Beware that you do not forget the Lord your God by not keeping His commandments, His judgments, and His statutes which I command you today, <sup>12</sup>lest— *when you have eaten and are full, and have built beautiful houses and dwell in them;* <sup>13</sup>and *when your herds and your flocks multiply, and your silver and your gold are multiplied, and all that you have is multiplied;* <sup>14</sup>when your heart is lifted up, and you forget the Lord your God who brought you out of the land of Egypt, from the house of bondage; <sup>15</sup>who led you through that great and terrible wilderness, *in which were* fiery serpents and scorpions and thirsty land where there was no water; who brought water for you out of the flinty rock; <sup>16</sup>who fed you in the wilderness with manna, which your fathers did not know, that He might humble you and that He might test you, to do you good in the end— <sup>17</sup>**then you say in your heart, ‘My power and the might of my hand have gained**

me this wealth.' <sup>18</sup> "And you shall remember the Lord your God, for *it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as *it is this day.**

申命记 8: 11-18 (和合本) 你要谨慎, 免得忘记耶和華你的神, 不守他的诫命, 典章, 律例, 就是我今日所吩咐你的。恐怕你吃得饱足, 建造美好的房屋居住, 你的牛羊加多, 你的金银增添, 并你所有的全都加增, 你就心高气傲, 忘记耶和華你的神, 就是将你从埃及地为奴之家领出来的, 引你经过那大而可怕的旷野, 那里有火蛇, 蝎子, 干旱无水之地。他曾为你使水从坚硬的磐石中流出来, 又在旷野将你列祖所不认识的吗哪赐给你吃, 是要苦炼你, 试验你, 叫你终久享福。恐怕你心里说, 这货财是我力量, 我能力得来的。你要记念耶和華你的神, 因为得货财的力量是他给你的, 为要坚定他向你列祖起誓所立的约, 像今日一样。

Men can easily live in deception thinking that they are the master of their own destiny and has the "midas" touch to create wealth on their own. It is especially true that in the modern version of this verses where one lives in big bungalows, fly in first class or chartered flights, mix around in the high society, all their investments are doing well, there is a bull run in the stock market and they are holding high positions in the corporate world then the way they talk and walk are different. They have an attitude. They begin to think that they are gods and are invincible. Nothing can touch them. I am referring to Christians. Beware!

人很容易活在自欺当中, 认为自己是命运的主宰, 有"点石成金"的能力创造自己的财富。现代译文的经节又特别真实, 讲到我们生活在大房子里、搭头等舱、包机航班, 交际在上流社会中、所有的投资都获利, 股票市场也是牛市, 在职场上位居高阶, 然后他们说话和走路的方式就不同了。他们有一种态度。他们开始认为自己是神, 而且是打不倒的。什么都害不了他们。我指的是基督徒。要小心!

**Proverbs 16:18-19 (NKJV) Pride goes before destruction, And a haughty spirit before a fall.** <sup>19</sup> Better to be of a humble spirit with the lowly, Than to divide the spoil with the proud.  
箴言 16: 18-19 (和合本) 骄傲在败坏以先, 狂心在跌倒之前。心里谦卑与穷乏人来往, 强如将掳物与骄傲人同分。

There is a tendency for us to stop attending church, quit serving, no prayer life and distant away from God once we feel that we have arrived. The only time when we come back after to God when we are faced with a crisis in life. Honestly, it will be a time of brokenness and the faith level is weak thus it makes life even tougher. We don't realize it when we are full of pride. 一旦我们觉得自己成功了, 便倾向不去教会、停止服事、不祷告并且远离神。我们回到神面前的唯一时刻, 就是自己面临生命中的危机的时候。坦白说, 这会是个破碎的时候, 信心的层次也是软弱的, 因此生命就更加困难。我们若充满骄傲就无法发现这点。

It will be a very good habit to pause and remind ourselves not to take God's blessings and goodness for granted. It will also be very good to take stock whether do we acknowledge that God is the source of all our blessings. **Have we elevated ourselves above God in our hearts? Are we full of pride? Do we think that we are able to do just as well without God? Have we drifted away from walking with God and His ways? Honestly, I have seen and heard too many Christian who have gone away from the Lord the moment they experience some success in life. They have compromise with the world and felt that their lives will just be as good without**

God. They think that they are god. 我们是否在心里将自己提升到高过于神的位置了？我们是不是充满骄傲？我们是否认为没有神我们仍能做得很好？我们是否已经不再与神同行又偏离祂的道路了？坦白说，我看过听过太多基督徒一旦经历了生命中的些许成功，就远离了神的道路。他们向世界妥协，认为自己的生命没有神也相当地好。他们认为自己是神。

Note: One wrong investment can wipe out all our wealth. Any external factors that beyond our control can easily reduce one from riches to rags. We have seen that in many of the economic crisis. We have also seen how poor health and death comes all of a sudden. All these circumstances that's beyond the ability of men will only remind us that we are fragile and finite beings. We need to know that we cannot even give ourselves life nor an extra breath when death calls upon us one day. 一次錯誤的投資可能讓我們傾家蕩產。任何超越我們能控制的外在因素可以輕易使有錢人變成乞丐。我們已經在經濟危機中看到太多次了。我們也看過健康問題和死亡突然臨到人們。這些所有的環境都超越了人的能力，只能提醒我們是軟弱而有限的人類。我們需要知道當死亡來到時，自己甚至無法讓自己多呼一口氣。

It is important to stay humble no matter how successful we are by acknowledging that every good and perfect gift is from the Heavenly Father. **One of the ways for us to for us to keep our heart in check regarding the worship of mammon is to honor the Lord with the tithe monthly. The amount will get bigger when we get richer and are blessed.** **If we cannot part with the 10% and live on 90% then honestly our trust is not in God.**

保持谦卑很重要，无论我们有多成功，都要知道所有的美善的恩赐都是从天父而来的。**检视我们内心是否敬拜玛门的一个方式就是以十一奉献的方式尊荣神。我们越富有越蒙福时，奉献的金额就会越高。**若我们无法将 10% 分别出来而靠 90% 而活，那么坦白说我们的信靠就不在于神。

### Walk in forgiveness

活出饶恕

**V12.** And forgive us our debts, AS we forgive our debtors.

**V12.** 免我们的债，如同我们免了人的债。

We are not perfect even though we are seen as righteous and holy in Christ. There will still be the flesh that we need to deal with on a daily basis. Our flesh would want us to live independent of God. If we are to succumb to our flesh which is part of our soul then we will sin against God in our words and action. **We will have the tendency to take offense by what is being said and done towards us. We will hold grudges and might not choose to walk in forgiveness. There will be some who might not want to forgive their debtors. The pre-requisite is for us to forgive our debtors so that God will forgive us.** 我们倾向被别人所说和所做的事情冒犯。我们心里不原谅也不愿意选择饶恕。有些人或许不愿意免了人的债。先决条件是我们必须饶恕别人，神才会饶恕我们。

**1 Peter 3:7 (NKJV)** Husbands, likewise, **dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.**

彼得前书 3: 7 (和合本) 你们作丈夫的, 也要按情理和妻子同住。因她比你软弱 (比你软弱原文作是软弱的器皿), 与你一同承受生命之恩的, 所以要敬重她。这样便叫你们的祷告没有阻碍。

This is especially true when it comes to how we treat our spouse who is our marriage covenant partner. If we do not take time to talk about the roles, responsibilities and expectations then we tend to be disappointed and even angry. The scripture did reveal to us that our prayers will be hindered if we do not treat our wife well or give the honor that's due to her in the relationship. Therefore, it will be wise to check how is our relationship with our wife when we realized that the answer to our prayers have been delayed or unanswered! Let us walk in forgiveness in our marriage relationship. We are to die a thousand death and to forgive seventy times seven times which means continuous grace and forgiveness.

谈论到如何对待自己的配偶, 这点特别真实, 配偶是婚约伙伴。若我们没有花时间讨论角色、责任和期待, 那么我们容易感到失望甚至生气。这段经文指出若我们没有好好对待自己的妻子、或在关系中尊荣她, 这会拦阻我们的祷告。因此, 若我们发现祷告一直迟迟没有回应或没有得应允, 检视自己和妻子的关系是有智慧的。我们要无数次向着自己死, 七十七次的饶恕对方, 其中的意义是持续的恩典和饶恕。

The Holy Spirit will convict us if we are still holding onto any habitual sin and unforgiveness in our lives.

**Ephesians 4:30 (NKJV) And do not grieve the Holy Spirit of God**, by whom you were sealed for the day of redemption.

以弗所书 4: 30 (和合本) 不要叫神的圣灵担忧。你们原是受了他的印记, 等候得赎的日子来到。

**Our hearts will be hardened and we will live in rebellion if we do not deal with those things that are revealed by the Holy Spirit.**

若不处理这些圣灵显明的事情, 我们的心会刚硬, 过悖逆的生活。

**1 John 1:9 (NKJV) If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.**

约翰一书 1: 9 (和合本) 我们若认自己的罪, 神是信实的, 是公义的, 必要赦免我们的罪, 洗净我们一切的不义。

This is the reason why this part of the Lord's prayer helps us to deal with unforgiveness and bitterness in our lives. When come before the Lord and be reminded of His grace and His mercy. Therefore, we need to deal with bitterness or unforgiveness as we seek the forgiveness of God for the wrong that we have done.

**I believe the Lord knows that it is a very healthy for us when we do this portion of releasing those debtors in our lives rather than tormenting them in our minds and hearts on a daily basis because it is really bad for the soul. It is a daily reminder that If God is gracious and merciful towards us then we should do likewise to those who have sinned against us in words and action. We will live happier and be filled with joy daily.**

我相信主知道这对我们是很健康的, 当我们天天去免了人的债, 而不在心思意念里折磨对方, 因为这样做对灵魂不好。这是个天天的提醒, 若神对待我们是恩慈又有怜悯的, 我们就应该对话语和行为里得罪我们的人也这样做。

**Deliver us from evil** 救我们脱离凶恶

**V13a.** And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

**V13** 不叫我们遇见试探，救我们脱离凶恶，因为国度，权柄，荣耀，全是你的，直到永远，阿们

We wouldn't want to offend God again when we have been forgiven. It is a good reminder for us not to succumb to temptation nor fall into foolish decisions.

The word **temptation** can be translated as trial, testing or evil seduction. **The trial and testing are a test of our moral and character to bring out the BEST in us in a difficult situation whereas an evil seduction is to lure us to bring out the WORST in us.** WE should be able to divide between what is good and evil as a good student of the word.

**试探** 这个字可以翻译成考验、测试或是邪恶的引诱。考验和测试是对我们的道德和品格的考试，在困难的情况中引出最好的自己，而邪恶的引诱则是迷惑我们带出最坏的自己。身为神话语的好学生，我们应该能够分别何为善恶。

**James 1:13-14 (NKJV)** Let no one say when he is tempted, "I am tempted by God"; for God cannot be tempted by evil, nor does He Himself tempt anyone. <sup>14</sup>**But each one is tempted when he is drawn away by his own desires and enticed.**

雅各书 1: 13-14 (和合本) 人被试探，不可说，我是被神试探。因为神不能被恶试探，他也不试探人。但各人被试探，乃是被自己的私欲牵引诱惑的。

God cannot be tempted by evil. He is a good God therefore there is no darkness in God at all. As a believer, we should rightly divide what is right and wrong including what is the work of the devil. The devil kills, steal and destroy and God gives us an abundant life. We need to deal with our flesh and carnal inclinations daily. The Lord's prayer is a good daily reminder regarding who we are in Christ, what we can do in and through Him who lives in us.

**We will face temptation just as Jesus was tempted in the wilderness. Temptation can be a way of luring us to do something evil and wrong. We can ask God to keep us away and empower us from within to walk away from people who tempt us or places of temptation. We are able to walk in victory through the empowerment of the Holy Spirit and the new creation in our spirit being.**

我们会面对试探就像耶稣在旷野受试探一样。试探可以是种迷惑我们做坏事或错事的方式。我们可以求神使我们远离恶事，在当中加添我们力量远离试探我们的人们或地方。借着圣灵加添力量以及灵里新造的人，我们能够得胜。

**1 Cor 10:13 (NKJV)** No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.

哥林多前书 10: 13 (和合本) 你们所遇见的试探，无非是人所能受的。神是信实的，必不叫你们受试探过于所能受的。在受试探的时候，总要给你们开一条出路，叫你们能忍受得住。

**This will be a good time to share about temptation that we are facing in the office or at home. It could be a weakness that we have in that specific area of our lives.**

这会是个好时机来分享在办公室或家里所面临的试探。可能是我们在生命中特定领域的软弱。

There will always be a way out of the temptation if we are to yield to the Holy Spirit and remind ourselves that we are to live through the law of the Spirit of life in Christ Jesus that has set us free from the law of sin and death.

### **Conclusion**

For Yours is the kingdom and the power and the glory forever. Amen. God is the sovereign God and He will rule for eternity though we live on this temporal place for now.