

紐奧良華人浸信會

New Orleans Chinese Baptist Church

3413 Continental Dr., Kenner, LA 70065

活水 双月刊

主後二零一一年·四月號 (第63期)

Living Water

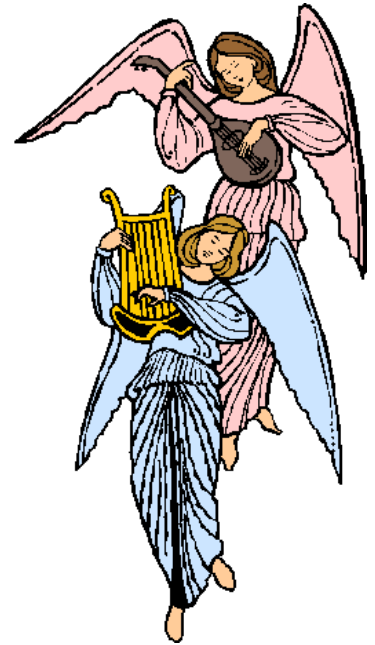
Bimonthly Newsletter April 2011

耶穌回答說、凡喝這水的、還要再渴。人若喝我所賜的水就永遠不渴。我所賜的水、要在他裏頭成為泉源、直湧到永生。節期的末日就是最大之日耶穌站著高聲說、人若渴了、可以到這裡來喝。信我的人、就如經上所說從他腹中要流出活水的江河來。(約翰福音4:13-14; 7:37-38)



心靈驛站

愛函



親愛的孩子：

我是創造你的主，我曾提你的名召你。你是屬我的，我看你為寶為尊，因我愛你。在我的手中有信實。

我將你銘刻在我掌上。為你的生命，我在先就作了計劃。向你所懷的意念，是賜平安的意念，不是降災禍的意念，要叫你末後有指望，所以你心中不要憂愁。

你越過生命的江河，水必不漫過你，因我與你同在。等候我的，我必引導，不使你蒙羞。你的主，你的上帝必在你旁邊護佑你，使你得勝，使你不再稱為被撇棄的，卻要稱為我所喜悅的，因你是我重價買來的。

我以永遠的愛愛你，以我的慈愛吸引你。在你軟弱疲憊之時，我必扶持你。直到你年老，直到你髮白，

我都帶領……我已造作，也必保抱。我總不撇下你，也不丟棄你。

來吧！卸下一切的重擔，我要賜給你力量，使你的臉龐滿有喜樂。為我唱首晨曦之歌，一首充滿讚美歡喜的新歌吧！

我所親愛的，你們要歡呼。看哪—你的王來到你這裏，祂是榮耀得勝的王，祂將一切都更新了。

來吧，我的孩子，將你的心歸我，你的眼目也要喜悅我的道路。我因你喜樂而歡呼，我要在愛中更新你，並且賜給你那生命的冠冕。

不要怕，只要信。(路加福音 8:50)

珠玉

- **當** 我們來到自我的盡頭時，才預備好進入上帝的安息中。

When we come to the end of ourselves, we are ready to enter God's rest.

- 沒有上帝，沒有平安。認識上帝，認識平安。No God, no Peace. Know God, know Peace.
- 明瞭上帝的藍圖，將使你的煩躁轉為靈感。Understanding God's big picture can turn irritations into inspirations.
- 對上帝的盼望，是走出絕望的天梯。Hope in God is the staircase out of despair.
- 上帝的平安是繫於祂的話語，而非我的情緒。The peace of God is hanged on his Word, not my emotions.
- 有規律地默想上帝的話語，它是你心靈的平靜溪水和青草地。

Meditate on God's Word regularly. It is still waters and green pastures to your soul.



如何應付壓力



1. 認清你是誰—自我的定位

生活裡很多壓力來自我們所戴的面具、對別人不真實、過著雙重生活、或試圖做一個不是自己的人。

其實，我是上帝的一個孩子；我生在世上並不是個偶然，而是有目的的；祂深愛著我、接納我，對我一生有一個計畫。因為是祂把我放在世上，我的生命是有意義的。



2. 認清想取悅誰

你不可能討好每一個人，因為幾乎每當你討好了某一群人，無形中就得罪了另一群人。

若是搞不清楚你要討誰的喜悅，遇到以下三種狀況就會屈服：批評（因為你太在乎別人對你的看法）、競爭（因為你憂心是否有人勝過你了）、以及衝突（因為當別人不同意你時，你就覺得受威脅）。

如果我專一討上帝的喜悅，我的生命會變得單純；無論別人想法如何，我會永遠做正確的事—討上帝喜悅的事。



3. 認清要完成什麼—辨明任務，良好的組織，妥善的準備

除非你對自己的一生有計畫，且設定好優先次序，不然別人認為重要的事就會給你壓力。

每天花幾分鐘禱告，與上帝交談。看看你當天時間表，作個決定：「我真的想這樣用我的一天嗎？願意用生命中二十四小時換取這些活動嗎？」



4. 一次專注一件事—集中火力，不分散

分散的光線造成模糊的光暈，集中的光線卻能產生火。如果我們一心二用，就會事倍功半。當我們集中心力時，就會產生果效。



5. 不要凡事一肩挑

為什麼我們總是緊張焦慮？因為我們以為每件事都得靠自己。然而當我真放手時，世界並不會崩

潰！

為什麼我們總是事必躬親？有兩個原因：第一個就是完美主義，怕別人做得不好。耶穌訓練了十二個門徒，讓他們分擔責任。你認為耶穌會不會做得比那十二個門徒更好呢？當然會，但祂仍然讓他們去做。我們需要容許別人犯些錯誤，別剝奪了別人學習的機會！

另一個原因就是缺乏安全感，怕別人做得比自己更好。但若清楚自己是誰，要討誰喜悅，想完成什麼，以及專心的焦點是那一件事，就不會受到這種想法的威脅。



6. 養成個人禱告的習慣—學習獨處、默想

我們很多問題是肇因於無法靜坐片刻。很多人跟別人處不好，是因為跟自己處不好。很多人一生沒命似地往前猛衝，卻根本不知道何去何從。

耶穌不論多忙碌，總是保持與上帝獨處的習慣。禱告能減輕很多壓力。在禱告中，我們向上帝傾心吐意，讓祂藉著聖經向我們說話；然後我們看看自己的時間表，評估優先次序，聆聽上帝指引。



7. 抽閒享受人生—休息，調劑，增進創意與色彩



休息與調劑並非可有可無。

上帝在十誡中規定人每週要休息一天，因為祂很清楚，我們的身、心、靈都需要有間歇的休息。耶穌時常到山上或曠野裡去，只是為了舒展身心。平衡的生活乃是處理壓力的鎖鑰。

8. 把壓力交給基督—與和平之君建立關係，享受完全平安



最大的壓力來源是想要離開那位造我們的獨一上帝而過活，偏行己路，試圖做自己的主宰。耶穌說：凡勞苦擔重擔的人可以到我這裏來，我就使你們得安息。我心裏柔和謙卑，你們當負我的軛，學我的樣式；這樣，你們心裏就必得享安息。因為我的軛是容易的，我的擔子是輕省的。（馬太福音 11:28-30）

藉著禱告將壓力交託給基督，接受祂為你的生命所安排的計畫（軛），這將改變你的生活型態，從壓力重重變為安息輕省、滿意可喜。

◎參考資料：破繭而出，Richard Warren，7-17 頁



編織者



我的一生猶如一幅織錦，織在我主與我之間。

我無法挑選祂一路所採用的顏色。

多時候祂織入憂傷，而我，因著愚昧的驕傲，竟忘記了祂所看的是正面，而我看到的是背面。

在織者的巧手，和祂巧思設計的圖樣中，
那灰暗的紡線，如同

金色和銀色的紡線，都是需要的。

直到一天，當紡織機歸於寂靜，紡梭不再飛舞，那時上帝將展開這幅織錦，

並解明一切的奧秘。



你們要謹慎行事，不要像愚昧人，當像智慧人。要贖回光陰，因為現今的世代邪惡。不要作糊塗人，要明白主的旨意如何。

（以弗所書 5:15-17）



我們一生的年日是七十歲，若是強壯可到八十歲；但其中所矜誇的不過是勞苦愁煩，轉眼成空，我們便如飛而去。誰曉得你怒氣的權勢？誰按著你該受的敬畏曉得你的忿怒呢？求你指教我們怎樣數算自己的日子，好叫我們得著智慧的心。

（詩篇 90:10-12）

雖然



雖然鬧鐘響時我會懊惱，會拉棉被蓋住頭，我要感謝上帝，因為我能聽得到。有許多人耳聾。

雖然我還是閉著眼睛，厭惡清晨的陽光，我要感謝上帝，因為我能看到。有許多人眼瞎。

雖然我賴床不想起身，感謝上帝，我有能力站起來。有

好多人需終生睡在床上。

雖然這一天剛開始就一塌糊塗，襪子找不到，稀飯溢得到處都是，小孩又吵又鬧，每個人火氣都很大。感謝上帝，我有一個家。孤寂的人到處都是。

雖然我們的餐桌從來沒有像雜誌的圖片那樣，早餐也是拼拼湊湊，感謝上帝賜給我們食物。飢餓的人是那麼多。

雖然我的工作枯燥乏味，常常千篇一律，我還是要感謝上帝，我有工作機會。失業的人好多好多。

雖然我常抱怨、感嘆命運不好，感謝上帝，賜給了我生命。



生命

生理學諾貝爾獎得主卡愛斯博士（Dr. Alexis Carrel）說：「**禱告**是一個人所能獲得的最大能源。禱告對人心理和生理的影響，就像腺體分泌對人的影響一樣，可茲查證。它增強了愉快的活力，促進了智力上的生機，道德上的堅持力，加深了人際關係的了解。禱告是人格全面發展不可或缺的要素。只有透過禱告，我們才能獲致身心靈的和諧，而這種全人的和諧，就是我們的力量。當我們禱告，我們就與掌管宇宙的無窮生命力結合。」

所以：當生命的詩章冰結，禱告使旋律再現！當生命的喜悅逝去，禱告使歡欣復臨！當生命的活力消退，禱告使生機蓬勃！當生命的趣味減淡，禱告使靈魂甦醒！

耶利米書 33:3—你呼求我，我就應允你，並將你所不知道、又大又難的事指示你。

羅馬書 10:11-13—「信祂的人不至於失

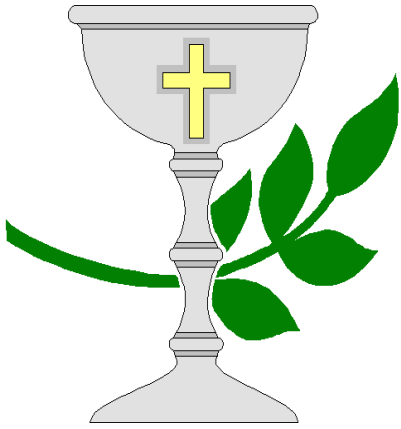
望。」……上帝是萬人的主，祂要豐豐富富地賜福給所有呼求祂的人。正像聖經所說的：「凡呼求主名的人必定得救。」

以賽亞書 40:29-31—祂賜力量給疲乏的人；祂賜力氣給困倦的人。年輕人會疲乏；強壯的青年也會困倦。但是倚靠上主的人，必從新得力。他們必如鷹展翅上騰；他們奔跑不疲乏，他們行走不困倦。



耶利米書 17:7-8—倚靠耶和華、以耶和華為可靠的，那人有福了！他必像樹栽於水旁，在河邊扎根，炎熱來到，並不懼怕，葉子仍必青翠，在乾旱之年毫無掛慮，而且結果不止。

◎參考資料：再充電，李順長，基督教論壇報，第 1636 期，第 9 版。



未遇見的成果

文 = 李懋平 / 譯 = 張秀賢師母

我們活在後現代主義的世界裡，有一個最大的問題是人人都渴望“快速的得到回應”。我們想要立刻得到結果。我們希望在很短的時間內就看到工作的果效。基督徒也無法避免這個社會趨勢的影響。假定我們在教會默默的事奉卻無人記念，我們的感覺就好像我們的事奉對世界毫無影響。我們可能在教會的嬰兒房事奉，照顧小嬰兒。我們所聽到的全是嬰兒的哭聲，有時我們會驚覺這是事奉主？或只是一般的嬰兒看護者？最糟糕的是，當試煉與困難來臨時，發覺我們正處於最黑暗的幽谷裡。我們可能變得灰心喪志，失去信心，甚至否認神的存在。我們忘記了神在詩篇 23 篇裡的應許：“我雖然行過死陰的幽谷，也不怕遭害。因為祢與我同在。祢的杖、祢的竿，都安慰我”。

“主如牧人餵養自己的羊群，用膀臂聚集羊羔抱在懷中...”（以賽亞書 40:11），“你們這小羊群，不要懼怕，因為你們的天父，已應許把國賜給你們。”（路加福音 12:32）。只要相信！只要相信！在神凡事都能。無論如何，我們必須等候神的時間，而不是我們自己所定的時間。

下面這見證是出於紐約辛傑米牧師所寫的“風火大能”裡的一個真實故事。在 1921 年有一對瑞典(Swedish) 宣教士夫婦，名叫大衛和絲美雅·傅拉德 (David & Svea Flood)，他們回應神的呼召到非洲(Africa) 的中心，向比利時所屬的殖民地剛果的土著 (Belgian Congo) 傳福音。他們到了那裡的宣教中心，認識了另一對宣教士夫婦叫艾瑞生 (Ericksons)。主帶領這兩對宣教士進到偏遠的鄉村，是個拜偶像又是瘧疾以及其他熱帶疾病入侵的地方。這兩對宣教士們就在北多勒拉 (N'dolera) 附近安頓下來，但是當地的酋長因為怕惹他們森林的神明們發怒而不准他們入村。唯一允許能跟這兩對宣教士聯繫

的，只有一個小男孩每星期賣兩次雞和雞蛋給他們。於是他們集中他們的努力教育這個小男孩，最後成功的帶領他歸向基督。

然而，由於艱難的叢林生活，加上不斷的瘧疾侵擾，造成他們巨大的痛苦，最後艾瑞生受夠了，無法再留在那裡，於是就回宣教中心站去了，丟下大衛和絲美雅夫婦繼續那艱難的宣教工作。後來絲美雅懷孕了，在剛生完一個小女嬰後 17 天，由於耗盡體力又加上瘧疾的攻擊而過世了。大衛面臨如此巨大的危機，整個人變得灰心沮喪。他想到自己把生命完全的奉獻給神，所得到的只看到一個男孩得救，卻是附上極大的代價：在叢林中受盡痛苦與煎熬，甚至最後連妻子也失去了。因此，他丟棄了神對他的呼召，甚至否認神。他把小女兒給了艾瑞生然後自行回瑞典去了。過了八個月以後，艾瑞生也過世了，死因不明。於是這個小女孩被一個美國宣教士領養，後來回國住在南達科他州 (South Dakota)。

這小女孩就在傳道環境中長大，嫁給了一個年青人，名叫杜威·賀斯特 (Dewey Hurst)。後來杜威成為當地一所基督教大學的校長。這女孩子一直渴望知道她瑞典親生父母的消息，但一點資料都沒有，無法知道他們發生了什麼事。有一天，竟然有一份瑞典語的雜誌在她家的信箱裡。當她翻開雜誌時，突然看到一張照片上的墓碑有一個白色的十字架，上面寫著“絲美雅·傅拉德”。她認得這是她母親的名字，於是立刻到基督教大學找朋友幫她翻譯。那篇文章談到多年前的第一批宣教士在北多勒拉的情形。當那些白人宣教士都離開那裡以後，那個唯一得救的小男孩長大後在那村莊建立學校，他把從宣教士們所學到的去教導那些學生們，並帶領所有的學生歸向基督。然後這些學生們又帶領他們的父母信了基

督一甚至那位酋長也成為了基督徒。如今那個村莊有六百位基督徒，都是因為當年傅拉德家庭的犧牲而產生的。

後來賀斯特全家到瑞典去找他們的父親大衛、傅拉德。他們告訴他，當年他和他妻子帶領得救的小男孩如今如何把救恩傳遍全村。大衛聽了之後，向神認罪悔改，如迷失的羊重新回轉歸向基督。過了幾年以後，賀斯特全家到倫敦參加一個宣教會議，遇見了一位撒伊 (Zaire)【是比利時之殖民地剛果 (Belgian Congo) 的前身】的國家教會的總會督，他牧養了一個有十一萬受過浸的信徒的教會。他們發現這位總會督就是當年帶食物去給大衛和絲美雅、傅拉德的那個小男孩。他是當年傅拉德家流淚所撒的種子。

詩篇 126:5-6: “流淚撒種的，必歡呼收割。那帶種子流淚出去的，必要歡歡樂樂的帶禾捆回來。”約翰福音 12:24: “一粒麥子不落在地裡死了，仍舊一粒；若是

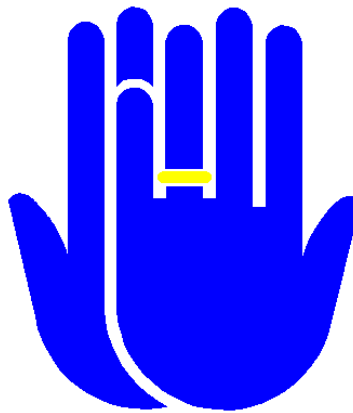
死了，就結出許多子粒來。”哦！主啊！求祢赦免我們的短見！求祢赦免我們在試煉中的軟弱！求祢施恩憐憫我們，因為我們不認祢的次數比彼得還多！然而，我知道祢在十字架上所流的寶血已洗淨我們一切的罪。祢的恩典大過我們所能承認的眾過犯。我們必須作的就是信靠順服祢！

神對我們的一生都有奇妙的計劃。在祂的眼中，任何一個計畫都是寶貴的。我們都是基督身體的一部份，都是重要功能的事奉。在教堂的打掃、抹地與牧師在講台上講道一樣寶貴。我們的事奉都是神隨著自己的旨意用不同的方法，把種子撒在不同的心田與境遇上。神已經應許了，有一天我們將歡呼收割。我們既聽到這個見證—小小的福音種子栽在一個小男孩身上，卻帶來全村的人悔改得救恩。我們就必須全心轉向神，徹底的信靠順服祂的命令，因為有一天祂的榮耀將會向祂謙卑的僕人顯現。

UNFORESEEN FRUIT

By David Lee

One of the biggest problems in the postmodern world we live in is that everyone desires instant gratification. We want to see results right now. We want to see the fruits of our labor in a relatively short period. Christians are not immune from this societal trend. Perhaps we serve silently in the church and yet no one else seems to notice, as if our labors have no effects in this world. We may be serving in the church nursery, caring for infants. All we hear are baby cries and sometimes we wonder if all this matters or we are just a regular baby sitter. Worst of all, when obstacles and trials come our way, we find ourselves in the darkest valley. We may become discouraged, losing our faith and worst of all, denying our God. We forget the promise of



Psalm 23: “Even when I walk through a dark valley, I fear no harm for you are at my side; your rod and staff give me courage.”

The Lord feeds his flock like a shepherd. He gathers the lambs in his arms (Isaiah 40:11). Fear not, little flock, for the heavenly Father has promised you the kingdom (Luke 12:32). Only believe, only believe! All things are possible. However, we must wait for God’s time, not our time.

The following testimony was told by Pastor Jim Cymbala in the book, “Fresh Power.” In 1921, a Swedish missionary couple, David and Svea Flood, was called by God to bring the good news to the heart of Africa –then Belgian Congo. They met another missionary couple, the Ericksons, at the central mission station. The Lord led them to take

the gospel to a remote village of idol worshipers, an area infested with malaria and other tropical diseases. They settled near the village of N'dolera, but the local chief would not allow them to enter, fearing that forest gods would be angered. The only contact these two couples had was a young boy, who was allowed to sell chickens and eggs to them twice a week. They concentrated their efforts in educating the young boy and succeeded in leading the young boy to Christ.

However, the hardship of the jungle and repeated infestation with malaria took a huge toll on them. The Ericksons had enough and returned to the central mission station, leaving the David and Svea to continue the mission. Svea became pregnant and gave birth to a baby girl—only to die seventeen days later due to exhaustion and malaria. Faced with this enormous crisis, David became discouraged. He devoted his life to God and all he could see was one boy saved at the cost of suffering in the jungle, eventually losing his wife. He rejected his calling and later denied God. He gave the baby girl to the Ericksons and returned to Sweden. Eight months later, the Ericksons mysteriously died, and the baby girl was adopted by American missionaries who later returned to South Dakota.

The little girl grew up in the ministry and married a young man named Dewey Hurst who later became the president of a local Christian college. She was always curious about her Swedish birth parents and did not have any information about what happened to them. One day a Swedish magazine appeared in her mailbox. As she turned the pages, she suddenly saw a picture of a grave with a white cross written with the words "Svea Flood." She recognized her mother's name and immediately went to the Christian college to ask a friend to translate the Swedish text. The magazine article talked about the first missionaries in N'dolera long ago. After the white missionaries had all left, the young boy grew up and built a school in the village using the education he received from the missionaries. He won all his students to Christ. Then children led their parents to Christ—even the chief had become a Christian. Today there were 600 Christians in that village, all because of the sacrifice made by the Flood family.

Later the Hursts went to Sweden to visit their father, David Flood. They told him how the one boy he and his wife led to Christ had brought salvation to the entire village. David repented and returned to Christ like a lost sheep. Few years later, while attending a conference in London, the Hursts met the superintendent of the national church of Zaire (the former Belgian Congo) who spoke about the 110,000 baptized believers in the church. They found out that the superintendent was the little boy who brought food to David and Svea Flood. He was the seed that was sown with tears by the Flood family.

Those who sow in tears will reap with cries of joy. Those who go forth weeping, carrying sacks of seed, will return with cries of joy, carrying their bundled sheaves (Psalm 126: 5-6). Jesus said that unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit (John 12:24). O Lord, forgive our shortsightedness! Forgive our weakness in times of trials! Have mercy on us for we have denied you many times more than Peter! Yet your precious blood shed on the cross has washed our sins away. Your grace is far greater than the sins that we ever confess in ourselves. All we need to do is trust and obey!



God has a marvelous plan for each of us. In his eyes, all plans are precious. We are all parts of the One Body of Christ, each serving a critical function. Cleaning and mopping the floor of the church is just as precious as preaching from the pulpit. Seeds are sown many ways in different soils and weathers according to God's will. God has promised that we will one day reap with cries of joy. We have heard the testimony that a small seed of the Gospel planted in a small boy has led to the salvation of an entire village of sinners. We must turn our heart to trust God completely and obeys his commands for his glory shall be revealed to his humble servants one day.

詩歌賞析



整編：編輯部

重擔皆脫下在各各地 Burrdens Are Lifted at Calvary

(教會聖詩第 45 首)

1. 日日充滿憂傷掛慮，心裏寂寞苦悶；重擔皆脫下在各各地，耶穌何等親近。
2. 你掛慮速交托耶穌，放下懼怕憂傷；重擔皆脫下在各各地，耶穌何等親近。
3. 困苦者你憂傷眼淚，救主已經看見；重擔皆脫下在各各地，耶穌何等親近。
4. (副歌) 重擔皆脫下在各各地，各各他，各各他；重擔皆脫下在各各地，耶穌何等親近。

這首詞曲都是加拿大多倫多浸信會牧師穆約翰 (John M. Moore, 1925-) 所作。

穆約翰在蘇格蘭的格拉斯哥福音派浸禮會聖經學院教育。並在蘇格蘭格拉斯哥的海員教會任助理。之後在弗內斯施洗約翰教堂做了五年的牧師;並於 1985 年在加拿大的安大略做牧師至今。

關於這首詩的寫作，對穆約翰來說是一個難忘的故事，他說：「1952 年我在蘇格蘭格拉斯哥的海員教會任助理。一日接到當地一家大航運公司秘書來電，

請我去當地醫院探訪一位病危的年輕水手。獲醫院許可後，我和這位青年談片刻，隨手自手提包中取了一張單張給他。這是一張天路歷程的傳單，上面印著天路客背負重擔來就十架的圖片。我對這位年輕人簡述了這故事，又見證了我自己的經驗，告訴他，當我走向基督的十架，卸下了我的重擔時，神也清除了我心中的罪疚感。我問他：「你今天是否也有重擔在肩頭？」於是我們一起禱告。我永不會忘記他禱告後臉上的笑容，重擔已解脫後的平安和釋放。當晚我坐在火爐旁，心中難忘日間的境遇，就寫下了這首詩歌。」

天父必看顧你 God Will Take Care of You

(教會聖詩第 46 首)

1. 任遭何事不要驚怕，天父必看顧你；必將你藏祂恩翅下，天父必看顧你。
2. 有時勞苦心中失望，天父必看顧你；危險臨到無處躲藏，天父必看顧你。
3. 你雖缺乏祂是豐富，天父必看顧你；你受試煉祂必開路，天父必看顧你。
4. 無論遇見何等試煉，天父必看顧你；軟弱困倦靠祂胸前，天父必看顧你。

(副歌) 天父必看顧你，時時看顧，處處看顧；祂必要看顧你，天父必看顧你



這

是廿世紀最受喜愛之一首聖詩。因一個孩子對神單純的信心油然而產生。

這首歌是由史蒂門馬丁牧師 (W. Stillman Martin 1862-

1935, 妻子馬珊薇 (Civilla D. Martin, 1869-1948 共同合作的一首名詩。1904 年他帶了妻子和九歲的兒子去紐約的一所聖經學院作為期數週的訪客，同時協助院長編一歌集。他答應了鄰城教會的邀請，在主日講道。到了主日，師母突然得了急病，牧師十分擔憂，擬取消赴會，正拿起電話時，他兒子對他說：「爸爸，如果神要你今天去講道，難道祂就不能在你不在家時照顧媽媽嗎？」馬丁牧師聽了，內心深受譴責，於是遵約前往，那天他的講壇特別受祝福，引領多人決志歸主。

傍晚，馬丁牧師抵家時，他的兒子在門口拿給他一個舊信封，上面是馬丁師母因兒子的信心而得靈感寫下的「天父必看顧你」。馬丁牧師閱後立

刻走到琴旁，數分鐘內就配好了曲譜。當晚馬丁師母的病情也大有進步。



史蒂門馬丁畢業于哈佛大學，由浸信會按立為牧師。他是一位被神重用的佈道家，他的聖經講座聞名全國。馬珊薇婚前是教師並研習音樂，婚後隨馬丁牧師到處旅行佈道，是他的好幫手。他們二人合寫許多聖詩。這首歌安慰振奮了許多人，使無數的信徒在遭遇困境，纏綿病榻，心靈疲乏時得安慰和幫助。教會在歡送會中，也常唱此歌。

有一個眾所熟知的故事：有一個基督徒夢見自己與神同行，在平坦的沙灘上顯出二行腳印，漸漸地他發現，當他走在崎嶇的險徑上，祇見一行足跡。因此他問神道：「你應允我，我若跟隨你，你必與我同行。為什麼在我最艱難時，你由我獨行？」天父回答他說：「孩子，我從未離棄你，在你遇危難時，我懷抱著你而行，因此你祇見一行腳印。」我們雖有時會自付孤單無依，但神的應許永不落空，祂隨時隨地看顧我們。

NOW Mine eye Seeth thee

BY SHIRLEY

Dear XX,

Thanks for showing your care and concern. I'm doing much better. And I consider myself as fully recovered. No, I don't mind telling you. But it is a long story. I was going to share my story with you in Boston. But I will share it with you here instead. Bare with me, it will be long...

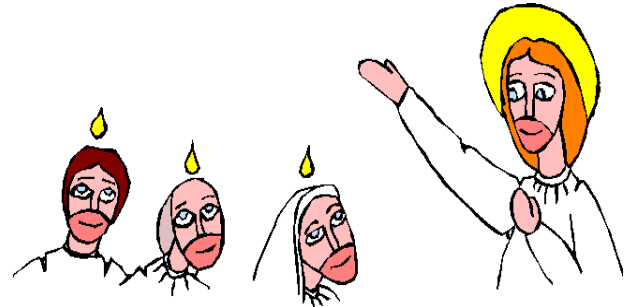
1st surgery

Approx. one and a half year ago, I was diagnosed w/ breast cancer. At first, I was very worried about who's going to take care of my child if I were to leave this world. I told my daughter the truth. She cried for 2 nights but she came to realize that God will cure me. She is such a young child, she actually encouraged me with Bible verses and prayed with me every night. This is exactly why I told her. I want her to experience God with me and grow in His words. I brought all my worries to God in prayers. He really answered my prayers! Every time I open the Bible after I prayed, he encouraged me w/ His words such as:

詩篇 Psalms 23 篇 —

- 1 [大衛的詩。] 耶和華是我的牧者·我必不至缺乏。
- 2 他使我躺臥在青草地上、領我在可安歇的水邊。
- 3 他使我的靈魂甦醒、為自己的名引導我走義路。
- 4 我雖然行過死蔭的幽谷、也不怕遭害·因為你與我同在·你的杖、你的竿、都安慰我。
- 5 在我敵人(devil or sickness in this case)面前、你為我擺設筵席·你用油膏了我的頭、使我的福杯滿溢。
- 6 我一生一世必有恩惠慈愛隨著我·我且要住在耶和華的殿中、直到永遠。

The LORD is my shepherd; I shall not want.
He maketh me to lie down in green pastures: he leadeth me beside the still waters.
He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil:



for thou art with me; thy rod and thy staff they comfort me.
Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

I don't know if you remember I posted the song on fb around the time called 詩篇 23 篇

<http://www.youtube.com/watch?v=oA4n0NFY79M>

My first surgery was done on 11/23. ((Coincidence or what, realized the number 23))

I came home after surgery for Thanksgiving to give thanks to God.

More Bible verses relate to this:

馬可福音 Mark 5:27-28, 5:34 —

- 27 他聽見耶穌的事、就從後頭來、雜在眾人中間、摸耶穌的衣裳。
- 28 意思說、我只摸他的衣裳、就必痊愈。
- 34 耶穌對他說、女兒、你的信救了你、平平安安的回去罷。你的災病痊愈了。

When she had heard of **Jesus**, came in the press behind, and touched his garment.
For she said, If I may touch but his clothes, I shall be whole. And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.

耶利米書 Jeremiah 29:11-13 —

11 耶和華說、我知道我向你們所懷的意念、是賜平安的意念、不是降災禍的意念、要叫你們末後有指望。

12 你們要呼求我、禱告我、我就應允你們。

13 你們尋求我、若專心尋求我、就必尋見。

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.

And ye shall seek me, and find me, when ye shall search for me with all your heart.

And many more that I cannot finish in this letter...

2nd surgery

My pathology report showed that my cancer cells had spread to my lymph nodes. 3 of the 4 lymph nodes they removed showed cancerous cells. I need to have another surgery to remove all my lymph nodes on one side. But I don't know why I have this strong feeling from God that this time they would not find any cancer cells, not even one. I remember in a prayer with my mom, she was hoping for no cancerous cells to be found in the second surgery and I spoke out to her that there will not be a single cancer cell because I have a very strong feeling about it. Praise the Lord, on the 2nd surgery, 14 lymph nodes were removed and they did not find any cancerous cells!!! I came home after the surgery for Christmas.

Chemotherapy

The next procedure I had to do was chemotherapy. I had to receive 2 sets of drugs because I had 2 different types of tumor. I start the first set of drug the week before Jessica came to New Orleans for a conference. Only at the beginning, I had a fever higher than 103 F. I was fine when Jessica came. So, I took her for tours and brought her home for dinner with my family those 2 days. I lost a bit of my hair in the pictures that I posted on fb, but I think you can barely tell from it. I lost all my hair the week after she left. The very next thing I realized is that I'm not alone in doing chemotherapy. Some patients were nervous the first time they did it. So, I made bookmarks to share with other chemotherapy patients. The bookmarks included the Bible verse that God encouraged me during this process:

以賽亞 Isaiah 40:31

31 但那等候耶和華的、必從新得力、他們必如鷹展翅上騰、他們奔跑卻不困倦、行走卻不疲乏。

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

3rd surgery

While on chemotherapy, I found out that I had another tumor in my soft palate (in my mouth, between the space of my nose and the space of my mouth). It is an inch long and ½ inch in depths. I think this is scarier than the breast surgery because the doctor told me that removing the tumor in my mouth may cause me to speak unclearly in the future. I was crying to God that I'm not a very talented person on any specific area but the only talent I have and enjoy the most is singing. This is worse than taking away my life. Every time after I pray, I opened the Bible (the Bible is 2 inches in depth with millions of verses, you say it is coincidence or what, but I called it the work of God), the very words lay in front of me says:

詩篇 Psalms 40 篇

3 他使我口唱新歌、就是讚美我們 神的話。

And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.

以賽亞 Isaiah 12:5

5 你們要向耶和華唱歌、因他所行的甚是美好、但願這事普傳天下。

Sing unto the LORD; for he hath done excellent things: this is known in all the earth.

詩篇 Psalms 30 篇

4 耶和華的聖民哪、你們要歌頌他、稱讚他可記念的聖名

5 因為他的怒氣不過是轉眼之間、他的恩典乃是一生之久、一宿雖然有哭泣、早晨便必歡呼。

6 至於我、我凡事平順、便說、我永不動搖。

7 耶和華阿、你曾施恩、叫我的江山穩固、你掩了面、我就驚惶。

8 耶和華阿、我曾求告你、我向耶和華懇求、說、

9 我被害流血、下到坑中、有甚麼益處呢·塵土豈能稱讚你、傳說你的誠實麼。

10 耶和華阿、求你應允我、憐恤我。耶和華阿、求你幫助我。

11 你已將我的哀哭變為跳舞、將我的麻衣脫去、給我披上喜樂·

12 好叫我的靈〔原文作榮耀〕歌頌你、並不住聲。耶和華我的 神阿、我要稱謝你、直到永遠。

Sing unto the LORD, O ye saints of his, and give thanks at the remembrance of his holiness.

For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.

And in my prosperity I said, I shall never be moved.

LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, and I was troubled.

I cried to thee, O LORD; and unto the LORD I made supplication.

What profit is there in my blood, when I go down to the pit? Shall the dust praise thee? shall it declare thy truth?

Hear, O LORD, and have mercy upon me: LORD, be thou my helper.

Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;

To the end that my glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee for ever.

Then I felt very peaceful going into the surgery. Every time before my surgeries, I would pray with my doctors and the whole health team and there's no exception for this time. The very first words my surgeon told me after the surgery was, "You can still sing." Praise the Lord! My tumor was benign. I told God that I will join the choirs once all my treatments are completed. During this time, my hair started to grow back.

Gospel camp

About 2 weeks after recovering from my oral surgery, few churches gathered for a gospel camp. The day before the camp, I saw this Bible verse:

以賽亞 Isaiah 43:1-2

1 雅各 阿、創造你的耶和華、以色列 阿、造成你的那位、現在如此說、你不要害怕、因為我救贖了你。我曾提你的名召你、你是屬我的。

2 你從水中經過、我必與你同在。你趟過江河、水必不漫過你。你從火中行過、必不被燒、火焰也不着在你身上。

But now thus saith the LORD that created thee, O **Jacob**, and he that formed thee, O **Israel**, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.

When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.

I felt that God is always protecting me. I really want to share this verse w/my friend, however, the day was too busy and I told my friend that I would show this Bible verse to him when I have time. Coincidentally, the Pastor at the camp spoke out this verse at the sermon. Wow...I felt that God is really talking to me.

Back to chemotherapy

I had to start my 2nd set of chemotherapy drugs after recovering from my oral surgery and after the gospel camp. This is the most painful experience of all these incidents. This drug caused me to run a fever of higher than 104.9 F. I felt hot for one minute and cold for another minute and it remains this way throughout the whole treatment. My heart was pounding most of the time and it felt as if it would jump out of my mouth. I threw up more than I took in. So, all my nutrients depend on just few sips of bone soup or broth. My best friends throughout the time were my toilet and my bed. I experienced loosing all my hair once again. Imagine...this is only the first time of taking this second set of drugs, there's 3 more to go!! Later on, I came to realize that the doctor almost doubled my dose of a normal American size person!!! Thank God, I didn't die from it. The first time was very painful but it's okay, I was still brave enough to go into my second round. The doctor cut down 45% from the first dose this time. However, the side effects were still very strong except without the fever. My experience of the second round was worse than the first because my body has been weakened by the first round of the drug already. I still threw up more than I took in. I was too weak to do anything, which includes walking. I was too tired to pray or to read the Bible. There were moments when I knelt down just crying about my suffering. I felt very helpless. Quitting chemotherapy is just what I desired at the time. So, I called an auntie that had 鼻煙癌 before. She told me not to quit and gave me the same

Bible verse (你從水中經過、我必與你同在·你趟過江河、水必不漫過你·你從火中行過、必不被燒、火焰也不着在你身上 **When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.**) to encourage me!!! Don't tell me this is not God talking to me! My strength came back after praying with her. I proceeded into my third round with courage from God. This time was even worse! I started throwing up once I saw the drug! This had become a psychological issue! Side effects of the third round were the same as the first and the second round except that this time, I was very afraid of the drugs. I felt nauseated just by looking at the color red because one of the drugs that were injected into my heart was red! I felt dirty inside my body because of the medication circulating in me. Once again, I dealt with not only physical weakness at this point, but also the psychological aspect of the issue. I prayed to God that I had reached my max of tolerance to this suffering and I asked him to give my doctor the wisdom to tell me whether or not I should do my last round of treatment. If God wants me to do it, I will do it no matter how painful it is. But I felt that what I need to experience I had already experienced. All I know is that God loves me. So, what He plans for me will be the best for me. I prepared myself into my last round of treatment. I stepped into the doctor's office and she told me I don't need to do my last treatment. I was extremely excited! I was very curious and asked her why. She told me that because of the high dose from the first round, it should have the same effect for doing the fourth treatment. God is good...

Dear XX, I know exactly why I have this disease from the beginning, so, I never asked God why. I need to go through this in order to have a real understanding of how others are suffering. God is using me to be his strong tool to witness Him. He uses me to comfort those who have similar situations especially because I work in a hospital, my words will be stronger in comforting patients than ever before. Although someone may have sympathy on a sick person, not unless he/she experienced it, otherwise, it is almost impossible for someone to understand what that ill person is going through. And this is why Jesus, Son of God who came to this world born in a stable where horses and sheep stayed, betrayed by one of his followers, whipped by rope with spikes, forced on a crown with thorns, and demanded by his own people to crucify Him and made him to carry the cross to the

mountaintop for later usage of nailing him on it. Imagine...each nail that nails into the very flesh of this innocent man who commits no sin, who does not have to go through all this because He is the Son of God. How much did Jesus suffer.... just to pay for the penalty of our sins so we can go to heaven one day. Sins are not just killing or setting a fire, but also saying a bad word that can hurt someone or even just thinking about committing a bad act. There's only one purpose that Jesus went through all this: He loves you. He wants to let us know that he understands our pain and wants to save us from eternal damnation. God is an absolute value. He is absolutely clean. We cannot enter heaven unless our sins are cleansed. He loves us so much that He sent His only begotten Son to die on the cross and shed His blood to pay for our penalty of sins, so we can go to Heaven.

約翰福音 John 3:16—

16 神愛世人、甚至將他的獨生子賜給他們、叫一切信他的、不至滅亡、反得永生。

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

I was a sinner, I'm now cleansed. I was ill, but I am now cured. I was blind, but now I can see.

約伯記 42:5—

5 我從前風聞有你、現在親眼看見你。

I have heard of thee by the hearing of the ear: but now mine eye seeth thee.

Remember the Christian Church we went to in 大同村. This is the same God that planted the seeds in you and me when we were little. I really wish that you will learn about God and receive Him as your Savior. Take your husband and the kids to a Baptist Church. May the Lord bless your family! K.I.T.

With love in Christ,

Shirley





聖經中的禱告

文 = 楊腓力 (Philip Yancey)

推薦 = 編輯部

你知道，是哪一卷書教導了耶穌禱告的功課？你知道，神學大師保羅，同時也是新約裡的禱告大師？你知道，如何向舊約的歷史書、大小先知書學習禱告嗎？

有好長一段時間，楊腓力都不太知道怎麼禱告，沒想到最後竟然是聖經開啟了他的禱告眼目……。

不是我的牧者、不是我的老師，是我。噢，主啊，需要禱告的是我。學習禱告，像學習講話、閱讀和走路一樣，需要花時間，並且要反覆練習。這個過程毫無疑問會伴隨著數不清多少次的挫折和難為情。禱告的「規則」像文法一樣，其最終目的是要使禱告成為一種自然而然的舉動。

你滿懷希望地決定開始一個經常禱告的習慣。你在一個早晨抽出時間，找到一本聖經，打算閱讀一些經文作為禱告的焦點——神的話豈不是可以幫助我們與神溝通嗎？你隨意翻開聖經，讀了幾節經文。不行——這是在數點人口，裡面有一大串的支派；於是你跳到別的地方，翻到一卷冗長的先知書——這麼多外國名字！你粗略地看一看，在幾頁經文之後看到關於大屠殺和饑荒的描述。你默想的情操頓時消失，隨之而來的是激動和困惑。用聖經來學禱告，難道錯了嗎？

一個不熟悉聖經的人，很可能會覺得聖經裡少有可能增進敬拜和禱告氣氛的經文。我們的世界和經文作者的世界相差了幾千年的時間，這大大地減少了彼此「情投意合」的機率。除非你能熟悉聖經整體的架構，否則隨手翻的方法，並無法為你的禱告帶來什麼正面的效果。正因這個緣故，我們最好從專門討論禱告的經文開始。聖經中大概有六百五十個禱告，有長有短，反映

了各種不同的環境和感受。總括來說，它們為想學禱告的人提供了很好的指引。

詩篇——耶穌的禱告書

詩篇為我們提供了怎樣禱告的實習課程。加爾文曾經這樣寫道：「我習慣稱此書為《靈魂的解剖學》（An Anatomy of All the Parts of the Soul），因為任何人可能經歷到的情緒和感受，沒有一樣不被這面鏡子給反映出來。」人類的每一種情緒和經歷，都在詩篇的禱告中表露無遺。

基督教會從很早開始，便在敬拜中採用了這些猶太禱文，一起在禱告中向神吟詠詩篇。耶穌本人也在最後晚餐與門徒一起唱詩；當祂掛在十字架上垂死的時候，也引述了詩篇。

基督徒和猶太人今天仍在使用的這本禱告詩篇，在某些地方的回教徒亦然。這些禱文不分國界種族，把全人類的靈魂展露在神面前。加爾文說：「當我們向神禱告，無論需要怎樣的啟發，這本書都能教導我們。」

詩篇作者有很多作品都是從日常生活中得到啟發：觀賞星星、山邊的羊、家庭問題、戰爭和戰爭的謠言、意志消沈或志氣高昂。把詩篇一篇一篇地讀下去，你會向神抱怨、感謝神的信實、求死、為自然界的華美發出讚嘆、祈求得到更好的生命、咒詛敵人。

詩篇為我提供了真誠的語言，幫助我禱告能夠更誠實。若不是有詩篇的提示，我不會這樣禱告。藉著閱讀詩篇並且把詩篇當作我的禱告，我學會如何更人性化

地禱告。當我讀到憤怒和想報復的詩篇，我也需要面對自己同樣的傾向。詩篇把久已埋藏的反感和創傷顯露出來。神歡迎，甚至鼓勵我在禱告中面對我的黑暗面，令我如釋重負。我可以把我的秘密交給神。

我也從詩篇中學會，如何使用我跟老闆、朋友、妻子交談的方式，來跟神交談。簡言之，就是把神當作人一般地與祂對話。以前我會認為禱告是一種責任，不是個可以隨意表達自己感受的地方。詩篇把我從這種想法中釋放出來，讓我進入更深的領域。

很多人也發現，用自己的話來重寫詩篇，是件非常有收穫的事情。他們站在詩篇的基礎上，訴說自己的感謝、苦惱和懇求。畢德生（Eugene Peterson）曾用現代的語言重寫幾篇詩篇，發表在雜誌上，結果讀者的熱烈反應，鼓勵了他把整本聖經改寫（也就是《信息版聖經》）。對他來說，詩篇確實回答了我們應該怎樣禱告的問題。詩篇是由一群充滿熱情，但也具有人性軟弱的人所寫成的，他們把神視為他們生活的中心，他們的文字，涵括了全人類的經歷：

秘訣在此：把我們的聖經翻到詩篇，用詩篇來禱告——按著次序、規律且忠心地你的生命中，以此來禱告。許多世紀以來，有數不清的基督徒，都是利用這個方法，而在禱告上有所成長。沒有什麼技巧。這樣做就對了。

保羅——禱告的大師

保羅的所有書信，除了提多書外，最少都包含了一個禱告。保羅為帖撒羅尼加人祈求更多的愛，為哥林多人祈求更成熟的行為，在他的讀者學習抵擋邪惡之際，為他們祈求力量、順服和合一的心。保羅為腓立比人的祈求，總結了他的願望：「那在你們心裡動了善工的、必成全這工、直到耶穌基督的日子」。（腓一 6）

我發現，仔細思量這些禱告，也是一個很有用的操練，因為它們幫助我超越了以自己為中心的祈求。保羅擴展了我的視野。大馬色路上的經歷，在一剎那間使保羅確信耶穌基督是宇宙的中心，我們應該與基督在地上的力量聯合。保羅告訴以弗所人，我們是與「管轄這幽暗世界的，以及天空屬靈氣的惡魔爭戰」。（弗六 12）他的禱告反映出他真的相信這一點。

保羅的禱告往往以感恩開始，為他讀者的長進獻上感謝。這樣的禱告顯示保羅關心，而且是真的關心他

們的信心有沒有長進。我讀保羅的書信，最大的感覺就是，他關心別人比關心自己還多。我對我朋友和家人的屬靈景況，有沒有同樣的熱情呢？與保羅的禱告相比，我常在教會聚會中所聽到的禱告（包括了我自己的禱告在內）就顯得多麼不成熟。這些禱告往往環繞著自己的身體健康和經濟方面的好處。

然而，保羅也會為實際的事情禱告，為有病的朋友、旅行計畫、勇氣和安全祈求。有時候在一段複雜的神學討論過後，保羅的思路會自動地轉向禱告。保羅的思路從不遠離神。每當有好的事情發生，他便會想到感恩和讚美。他藉著把功勞歸給神，不歸功自己，實踐與神同在的操練。

保羅的禱告，像詩篇一樣，為我自己的禱告提供了一個模式。我可以把一個心懷疑惑的大學生名字，加插進保羅為以弗所人一連串的禱告中。保羅會在禱告中為他所喜愛的教會感到欣慰，也會在禱告中，向那些走錯路的信徒，發出嚴厲的警告，種種這些都可以讓我用來檢視我自己。我的愛心有沒有如保羅在為腓立比人禱告時所說的一樣，在知識和各樣見識上多而又多呢？我有沒有像保羅在為哥林多人禱告時所求的那樣，會去安慰那些在患難中的人呢？

我從保羅的禱告學會不把自己放在首位；我開始先從宇宙的觀點考量，然後再從這個角度看待我的朋友、家人、我的生命、教會、還有整個人類歷史。

聖經中其他的禱告

在編纂《學生版聖經》（The Student Bible）的時候，我和我的同事從聖經中選了些偉大的禱告，每天如果讀一個，兩星期內可以把我們所選的這幾個禱告讀完一遍。這些禱告，有的是私底下個人的禱告，有的則是在公開場合中所做的禱告。每一個禱告都關乎一個重要的主題，我們可以從中學習與神交談的藝術，並且更深明白禱告這門獨特的功課：

創世記十八章：亞伯拉罕為所多瑪祈求

出埃及記十五章：摩西獻給主之歌

出埃及記三十三章：摩西與神會面

撒母耳記下七章：大衛對神應許的反應

列王記上八章：所羅門獻聖殿

歷代志下二十章：約沙法祈求得勝

以斯拉記九章：以斯拉為百姓的罪禱告

詩篇二十二篇：向神呼求幫助

詩篇一百〇四篇：讚美的禱告

但以理書九章：但以理為耶路撒冷的拯救祈求

哈巴谷書三章：先知接受神旨意的禱告

馬太福音六章：主禱文

約翰福音十七章：耶穌為門徒禱告

歌羅西書一章：保羅的感恩禱告

除了教導我們禱告的「語法」外，研讀聖經也讓我們瞥見神在整個歷史中的行動。這會讓我不再以我自己的生命為中心。我將學會更有智慧地觀看整個畫面，把我自己的小故事放在神的故事裡。我認識到，自己並非惟一一個與神摔角，或是忍受曠野經歷與試探的人。我還學會怎樣愛慕神，這對我來說，特別不容易。禱告若基於聖經，還可以幫助我辨認出神的聲音。

有些人建議，除了閱讀聖經中的禱告外，應該更進一步，把它們背起來，讓我們可以隨時想起來。蕊恩把這個過程稱為「儲存」聖經的話語，「讓聖靈對你講話的時候，有更多的辭彙；讓你的公佈欄上有更多的磁鐵。」有一位朋友利用每天坐地鐵到護校的時間，把



合適的詩篇背下。她發現這些經文幫助她減輕因重大工作壓力而來的焦慮。對於背誦經文，派特森也有他的看法：

保羅的禱告特別適合背誦。舉例說，他為以弗所人祈求神「照明你們心中的眼睛，使你們知道祂的恩召有何等指望。祂在聖徒中得的基業有何等豐盛的榮耀」，又「叫神一切所充滿的，充滿了你們」。靠背誦禱文來成就靈命追求這般重要的事情，似乎是不自然、矯揉造作的做法，不過我們可以想一想拉比赫歇爾的例子。當有人在他的猶太會堂抱怨，他們所使用的祈禱文，並不能表達他們真正的感受時，赫歇爾告訴他們，祈禱文並不需要表達他們的感受，反而是他們，應該努力學習感受祈禱文所表達出來的內容。如果我們忠心地加以背誦，這些以出色的話語表達的偉大思想，就可以幫助我們辦到赫歇爾所說的境界……背誦經文與我們追求神的關係，就正如練習樂器與演出間的關係，這是靈魂的發音練習。

*（本文摘自校園書房出版社新書《禱告》第十三章）

《禱告》作者：楊腓力（Philip Yancey）《今日基督教》（Christianity Today）雜誌特約編輯，著作豐富，是美國暢銷作家，作品更屢獲美國 ECPA 年度書籍金牌獎。中譯本除本書外，另有《無語問上帝》、《恩典多奇異》、《耶穌真貌》、《生命總有傷痛時》、《尋神啟事》、《另一世界的傳言》（校園）、《有話問蒼天》（天道）等。

主禱告文

我們在天上的父
願人都尊你的名為聖
願你的國降臨
願你的旨意行在地上 如同行在天上
我們日用的飲食 今日賜給我們
免我們的債 如同我們免了人的債
不叫我們遇見試探 救我們脫離兇惡
因為國度、權柄、榮耀 全是你的
直到永遠
阿門