

个人与家庭常用祈祷文

历史上，宗教改革的教会在礼拜手册中都附有祈祷文，以及诗歌集和礼拜仪式。例如，日内瓦教会的《教会祈祷文和赞美诗集》（The Form of Church Prayers and Hymns）于1542年首次出版，英格兰教会的《公祷书》（The Book of Common Prayer）于1549年首次出版。

在改革宗传统中，达菲努斯（Petrus Dathenus）1556年的《诗篇和礼拜手册》中也包含一系列祈祷文。这些祷文首先被翻译成英语，并于1934年被基督教改革教会（Christian Reformed Church）的《诗篇赞美诗》收录，并被纳入1959年和1976年的版本。

以下的祈祷文中以URCNA的《[礼拜仪式与祷告文](#)》（Liturgical Forms and Prayers）的祷文版本为基准，由王一牧师翻译成中文，在适当的地方进行了缩减和修订，从更广泛的传统中汲取营养，包括古代教父、中世纪教会以及宗教改革传统（英格兰，日内瓦，海德堡，斯特拉斯堡以及马丁·路德），并考虑了礼拜仪式和信徒的个人需求。盼望这些祈祷文将改善信徒个人的祈祷生活。

主祷文

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。

晨祷 1: 大巴西流（Basil the Great, 330-379）

从睡梦中醒过来，我感谢你，哦，神圣的三一上帝，你如此良善和宽容，不因我的过失和罪恶而向我发怒，也没有因我的过犯而毁灭我；反而在你的怜悯中，当我陷入绝望时你抬升我，使我能歌颂你尊贵的荣耀。主啊，照亮我的眼睛，打开我的心来领受你的话语；教导我你的诫命，帮助我遵行你的旨意、从心里承认你、歌颂赞美你至圣的名：圣父、圣子、圣灵，从今日直到永远，永无穷尽，阿们！

晨祷 2: URCNA 晨祷文

慈悲的上帝，感谢你眷顾我们度过黑夜。当我们开始新的一天时，求你使我们始终定睛在基督身上，他是我们唯一的安慰，也叫我们始终都为了你的荣耀而活，这是我们存活的唯一目标。唯独你配得这荣耀，因为你是我们生命的创造者，你是一切存有的创造者和治理者。然而，我们最崇高的赞美是献给你伟大

的救赎之工，就是你为我们这些可怜的罪人所做成的。我们的罪极多，我们在不义中阻挡真理，按照本性而言我们与其他人一样都是可怒之子，然而你使我们听到了福音，就是你已经拯救我们脱离奴役，将我们从你公义律法的审判下释放，并赐给我们属天的生命。当我们面对今天所要做的日常工作时，求你使我们的的心回到你那不平常的应许的安慰中来。我们祈求你，赐下圣灵来坚固我们，好叫我们能履行你给我们的呼召。求你在今日，使用我们作为你合用的器皿，如同在你面前讨你喜悦的感恩的祭，如同在我们邻舍面前的盐和光。我们这样的祈求是奉你儿子的名，他曾教我们祷告说：“我们在天上的父，云云。”

晨祷 3：奥尔拜的哥特萨克 (Gottschalk of Obais, 808-868)

主，我的上帝，我的怜悯，全能的君王，你的怜悯无可比拟，你的智慧难以测度，你以无法估量的良善和忍耐待全人类。主啊，我们需要你，就如枝子需要树干才能结果，如同眼睛需要光亮才能看见，我们单单需要你。不然我们就如同干枯的树枝，被折断丢在火里焚烧；如同身在黑夜，睁眼确是一片黑暗。因此，主啊，我呼求你，全能、怜悯、荣耀的三一真神，愿你倾听我的祈祷，藉着你恩典的大能，让我能承认救恩是从你而来。阿们！

晚祷 1：王一牧师的短晚祷

全能的主上帝，感谢你带领我度过这一天！求你赐我平安的夜晚。因为白昼已过，黑夜将至，求你与我同在。慈悲天父，求你赦免我所犯一切的罪，拯救我今夜脱离一切试探。使我明晨起来向你献上敬拜和赞美，为你儿子的缘故，阿们！

晚祷 2：奥古斯丁的晚间代祷

主啊，求你看顾那些今夜依旧在工作、守望或哭泣的人，求你的使者保护那些入眠的人。主耶稣，求你照顾生病的人，安息疲倦的人，祝福将逝的人，抚慰痛苦的人，怜悯受难的人，保护喜乐的人，一切都为了你慈爱的缘故，阿们！

晚祷 3：公祷书短晚祷

主啊，愿你在黑暗中作我们的光明，保护我们免于今夜一切急难与危险；为了你儿子、我们的救主耶稣基督的缘故。阿们！

晚祷 4：诗篇第 4 篇

¹ 显我为义的神啊，我呼吁的时候，求你应允我。我在困苦中，你曾使我宽广；现在求你怜恤我，听我的祷告。

² 你们这上流人哪，你们将我的尊荣变为羞辱，要到几时呢？你们喜爱虚妄，寻找虚假，要到几时呢？（细拉）

³ 你们要知道，耶和华已经分别虔诚人归他自己，我求告耶和华，他必听我。

⁴ 你们应当畏惧，不可犯罪；在床上的时候要心里思想，并要肃静。（细拉）

⁵ 当献上公义的祭，又当倚靠耶和华。

⁶ 有许多人说：“谁能指示我们什么好处？”耶和华啊，求你仰起脸来，光照我们！

⁷ 你使我心里快乐，胜过那丰收五谷、新酒的人。

⁸ 我必安然躺下睡觉，因为独有你耶和華使我安然居住。

儿童晚祷 1：取自路德《小要理问答》

亲爱的天父，感谢你在今天保护我。请赦免我所有的罪。在今晚保守我的身体和灵魂，赐给我安息。奉耶稣的名。阿们！

饭前祈祷

我们慈爱的天父，万有的眼目都仰望你，你按时给他们食物。你张口，使一切有生命的都随愿饱足（参诗篇 145:15-16）。你藉着自己造的万物满足了我们的一切需求，通过我们邻舍的工作，把这些饮食摆在我们的餐桌上。因此，我们特别感谢那些为我们准备了这些饮食的人。若你不允许，没有麻雀可以从天上掉下来，我们的头发一根也不会从我们的头上掉下，因你父般的关怀和智慧，我们单单在你里面寻求生命的保障，不但是在今生，还是在将来的世代。因此，赐给我们感恩的心，说：“我们在天上的父，云云。”

儿童饭前祈祷 1：马丁·路德

耶稣来与我同坐，
面前饮食请赐福，
愿我灵被你喂养，
赐我生命的食粮。阿们！

儿童饭前祈祷 2：约翰·哈伯曼（Johann Haberman）

耶稣祝福所赐之物，
天上灵粮喂我饱足，
亲自指教我行义路，
引我一切所言所行。阿们！

饭后祈祷

主啊，我们称谢你，因你是良善的，你赐食物给凡有血气的，因为他的慈爱永远长存。上帝，我们感谢你提供的饮食。感谢你的护理，使草生长为牲畜食用，赐庄稼供人类耕种。我们也感谢所有预备这饮食给我们的人。当我们为饮食感恩时，我们要赞美你赐给我们那高于一切的礼物，你的儿子耶稣基督，他是供养我们灵魂的食粮。[可以增加特定的祈祷] 阿们。

儿童饭后祈祷：约翰·哈伯曼（Johann Haberman, 1516-1590）

主，我们为这食物感谢你，
更为耶稣的宝血而感谢，
求你赐吗哪喂养我们的灵魂，
就是那从天而降的生命之粮。阿们！

（诗体翻译）

谢主厚赐桌上餐，
耶稣宝血恩更深，

求赐吗哪喂我灵，
从天降下生命粮。阿们！

The Lord' s Prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come; thy will be done; on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who trespass
against us.
And lead us not into temptation; but deliver us from evil.
For thine is the kingdom, the power and the glory, for ever and ever.
Amen.

Morning Prayer 1: Basil the Great, 330–379

Having arisen from sleep, I thank You, O Holy Trinity, for in Your great goodness and forbearance You have not become angry with me in my negligence and sinfulness, nor have You destroyed me in my transgressions, but in Your compassion You have raised me up as I lay in despair that I might sing the glories of Your majesty. Enlighten the eyes of my understanding; open my heart to receive Your words; teach me Your commandments and help me to do Your will, confessing You from my heart, singing and praising Your all-holy Name: of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Morning Prayer 2: URCNA Prayers

Merciful God, thank You for keeping watch over us last night. As we face a new day, may we fix our eyes on Christ as our only hope and Your glory as our only aim. You alone are worthy of this glory because You are the very author of our life, the Creator and Sustainer of all that exists. The heavens declare to all Your wisdom, power, goodness, and faithfulness. Yet our highest praise is reserved for the great deeds of redemption that You have worked for us poor sinners. Bound in our sin, suppressing the truth in unrighteousness, by nature children of wrath even as the rest, we have nevertheless heard the good news that You have delivered us from slavery, freed us from the condemnation of Your just law, and brought us new life from above. Even as we face our ordinary tasks this day, recall to our hearts the extraordinary comfort of Your promise. Grant also, we pray, the strength of Your Spirit to live out the callings You have given to us and all people as creatures made in Your image. Make us fit vessels for Your work in this world this day—a sacrifice of

thanksgiving, well pleasing in Your sight and a light that shines before our neighbors. All of this we ask in the name of Your Son, who taught us to pray, saying: “Our Father …”

Morning Prayer 3: Gottschalk’ s Opening Prayer in his *Long Confession*

Master, Lord, my God, my mercy, all powerful king, incomparably clement, and also patient with inestimable kindness toward the human race and deeply wise with unsearchable depth, whom all of your elect truly always need, that is, in order that they may be able to please you from yourself alone, as branches need a vine so that they can bear fruit or as air and eyes need light in order that it may be bright and they may see. Otherwise, branches without their vine dry up and consequently, having been thrown into fire, are burned. And without light air is dark, and eyes are open in vain. Therefore, as a suppliant, I call upon you, Lord God, most almighty, most merciful, and most glorious, three and one, … that I may now truthfully and simply confess with my mouth unto salvation what from you, through you, and in you I have long believed in my heart unto righteousness…Amen.

Evening Prayer 1: Rev. Yi Wang’ s short evening prayer

Lord Almighty, thank you for leading me through this day! Now grant me a peaceful night. Because the day is over, and the night is coming, stay with me, I pray. Merciful Father, forgive me for all my sins, and preserve me from all temptations tonight so that tomorrow morning I will offer you my worship and praise again, for the sake of your Son, Amen.

Evening Prayer 2: Augustine’ s short intercession prayer

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give thine angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for thy love’ s sake. Amen.

Evening Prayer 3: A Collect from the Book of Common Prayer

Be our light in the darkness, O Lord, and in your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. *Amen.*

Evening Prayer 4: Psalm 4

¹ Answer me when I call, O God of my righteousness!

You have given me relief when I was in distress.
Be gracious to me and hear my prayer!

² O men, how long shall my honor be turned into shame?
How long will you love vain words and seek after lies? Selah

³ But know that the Lord has set apart the godly for himself;
the Lord hears when I call to him.

⁴ Be angry, and do not sin;
ponder in your own hearts on your beds, and be silent. Selah

⁵ Offer right sacrifices,
and put your trust in the Lord.

⁶ There are many who say, “Who will show us some good?
Lift up the light of your face upon us, O Lord!”

⁷ You have put more joy in my heart
than they have when their grain and wine abound.

⁸ In peace I will both lie down and sleep;
for you alone, O Lord, make me dwell in safety.

A Child’ s Prayer at Bed—1

adapted from Luther’ s *Small Catechism*

Dear heavenly Father, I thank You for protecting me today. Please forgive all my sins. Preserve my body and soul tonight, and give me rest. In Jesus’ name. Amen.

Prayer before Meals

Our gracious heavenly Father, the eyes of all look to You, and You give them their food in due season. You open Your hand; You satisfy the desire of every living thing. You attend to our every need through the creatures You have made, especially through our neighbors, whose vocations serve to bring these provisions to our table, and so we ask a special blessing on those who have prepared it for us. If not even a sparrow can fall from the sky or a hair fall from our head, apart from Your fatherly care and wisdom, we cannot fail to look to You alone for security in this life, as also in the life to come. So give us grateful hearts as we pray, saying: “Our Father ...”

A Child’ s Prayer before Meals — 1

Martin Luther

Come, Lord Jesus, be our guest,
and let these gifts to us be blessed.

May our souls by You be fed,
ever on the living bread. Amen.

A Child' s Prayer before Meals — 2

Johann Habermann (1516 - 1590)

Jesus, bless what You have given,
Feed our souls with bread from heaven;
Guide and lead us all the way,
In all that we may do and say. Amen.

Prayer after Meals

Give thanks to the Lord, for He is good, who gives food to all flesh,
for His steadfast love endures forever. We thank You, Lord, for Your
good gifts of food and drink. We thank You for Your providential care
that causes the grass to grow for the livestock and plants for man to
cultivate. And so we give thanks for all those who have served us by
preparing what we have just enjoyed. And as we give thanks for the
gift of this food, we praise You above all else for Your greatest
gift, Your Son, Jesus Christ, who is the food and drink of our souls.
[Specific prayers may be added.] Amen.

A Child' s Prayer after Meals

Johann Habermann (1516 - 1590)

We thank You, Lord, for this our food,
We thank You more for Jesus' blood;
Let manna to our souls be given,
The bread of life sent down from heaven. Amen.