

A YEAR OF PRAYER



試讀本

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试读本

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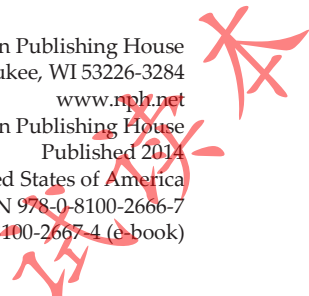
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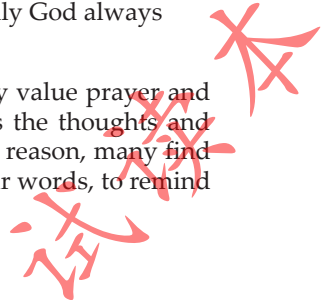
Preface

Friends naturally want to talk to one another. We like to hear one another's voices and are interested in what our friends have to say, even as they are interested in what we have to say. But it goes beyond that. With trusted friends we make not only small talk about trivial matters; with trusted friends we dare to reveal our personal thoughts and confide our inner feelings. Mutually engaging in conversation, sharing our thoughts and feelings with trusted friends enriches our lives.

What is true between human friends is just as true and much more so between Christians and God. God in his amazing love has made us his friends through Christ. Jesus said to his disciples, "I have called you friends, for everything that I learned from my Father I have made known to you" (John 15:15). A key aspect of God's friendship with us in Christ is that he has talked to us—in human language that we can understand and not just about trivial things. God has shared the most sacred thoughts of his heart with us—his plan of salvation for sinners. "God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16). That and much more God has shared with us in his written Word—the Bible.

In the Bible, God invites us as his friends, through faith in Christ, to engage in conversation with him, to come and talk to him in prayer, to share with him our deepest thoughts, our feelings, desires, needs, requests, and longings. And God's invitation comes with his promise: He promises that he is always there to listen and to respond as only God always can and does, always for our eternal good.

Many Christians find that as much as they value prayer and want to talk to God regularly, sometimes the thoughts and words do not always come easily. For that reason, many find value in prayer aids to help them with their words, to remind



them of blessings for which to thank God, to pray for the needs of others, and to pray for some of their own needs that they might otherwise overlook.

That is the purpose of this book. *A Year of Prayer* contains a brief prayer for every morning and evening for every day of the year. The prayers have been gathered from several volumes of the devotional periodical called *Meditations Daily Devotional*. These prayers offer a fine way to help you begin and close each day with private prayer conversations with God, your heavenly Friend.

試讀本

Week 1—Sunday

Morning Prayer

Lord God, heavenly Father, because of your tender mercy, I am privileged to open my eyes once again. Lord Jesus Christ, because of your amazing grace, I am privileged to enter your courts this day and give you thanks and praise. Lord God, Holy Spirit, because of your quiet work in me, I count it my privilege to hear and believe your Word. O Holy Trinity, bless my worship this day. Amen.

晨祷

主上帝，天上的父啊！因为你的温柔慈爱，我有幸再次睁开双眼。主耶稣基督啊！因为你奇妙的恩典，我今日得以进入你的院宇，向你献上感谢和赞美。主上帝，圣善的灵啊！因为你无声息地在我里面做工，我就将听到并相信你的话语，视为我的幸运。圣洁的三位一体神啊，请祝福我今天的敬拜。阿们！

Evening Prayer

Lord God, my eyes have seen your salvation once again. Your Son was crucified and raised again for me! Bury that truth deep in my heart this night. Let your gospel grow in me and produce fruits that are pleasing to you. Grant rest to my body tonight, just as you gave rest to my soul this morning. Amen.

晚祷

主上帝啊，我的双眼已再次看到你的救恩。你的儿子为我被钉在十字架上，为我复活。今夜，请将这真理深藏在我心中。让你的福音在我里面生长，并结出使你喜悦的果实。也请在今夜赐给我身体的安息，如同你在今晨赐予我灵魂的安息一样。阿们！

Week 1—Monday

Morning Prayer

敬拜本

Heavenly Father, I wake this morning to a new week of possibilities. There are so many ways to serve you, so many potential paths to take, so many people to meet! I seek your blessings upon my words and ways this day. Let my hands be dedicated to your service, my mouth to your message, and my heart to your glory. I enter this week as your child. Father, guide me! Amen.

晨祷

天上的父啊，我在今晨醒来，就要开始这充满各种可能的崭新的一天。有很多的方式可以服事你，有很多未知的道路需要选择，有很多的人我将要遇见。为此，今天我寻求你，请祝福我口中的话语和我的道路。让我的双手可以致力于你的工作；我的口可以传讲你的信息；而我的心，可以专注于你的荣耀。作为你的孩子，我进入这新的一周。父亲啊，请引导我！阿们！

Evening Prayer

Lord, the day is drawing to a close. But before I close my eyes tonight, I must open my heart for your examination. My hands were not always helping hands. My mouth was not always a messenger of peace. My heart was often divided—for you, yet at times against you. Forgive me. Renew me for your service. And grant me a good night's rest in the peace of your forgiveness. Amen.

晚祷

主啊！这一天即将结束。但是在今夜我合上双眼之前，我须要向你的察验敞开自己的心。我的双手并不总是带来帮助；我的口没有常常传讲和平的信息；而我的心，常常离你而去，总是要抵挡你。因此，请赦免我，为你的工作将我更新。请赐予我一夜在你赦免的平安中美好的睡眠。阿们！

试读本

Morning Prayer

Heavenly Father, you set the lonely persons in families. I praise you this day for the gift of my family and the role you have given me in it. Equip me for the challenges of family life. Give me eyes to see the blessings I have in my family. I entrust my family and all I love into your strong hands this day. In Jesus' name. Amen.

晨祷

天上的父啊！你将孤独的人安置在家庭中。因你将家庭这份礼物赐给了我，又给我在其中的角色，我要赞美你。请因着家庭生活的挑战而装备我。请赐给我可以看见家庭中各种祝福的眼睛。今天，我将我的家人和所有我爱的人，交托在你牢固的手中。奉耶稣的名。阿们！

Evening Prayer

Lord Jesus, when you hung upon the cross, you received the full wrath of your Father for me and my sins. I haven't always been the family member you have called me to be. But I know that because of your grace, I am now viewed by your Father as a perfect child. Grant that your forgiveness will settle upon my loved ones and give peace to our hearts as we journey toward our home in heaven. Amen.

晚祷

主耶稣啊！当你被悬挂在十字架上，你为我和我的罪承受了你父所有的愤怒。我并非总是如你呼召我的那样，成为家庭的一员。但是我知道因着你的恩典，如今在你父的眼中，我已经是完美的孩子。请将你的赦免赐给我所爱之人，在我们回到天家的旅程中，请赐给我们心中的平安。阿们！

Morning Prayer

Lord, your Word tells me that you appoint the exact times

and places that we are to live in this world. You have placed so many people into my life. I could not begin to count them even if I tried: family and friends, neighbors and strangers, fellow workers and acquaintances. Today help me view each and every face I meet as an opportunity to serve you. Amen.

晨祷

主啊！你的话语告诉我，你为我们在今世指定了生活的时间和地点。你也将很多人放在我的生命中。即使我试图去数算他们，却永远不能数算得清：我的家人、朋友，我的邻居和陌生的人们，我的同事和熟识的人。今天，请帮助我将每一个、所有我遇到的面容都视为一次服事你的机会。阿们！

Evening Prayer

Every face I meet is an opportunity to serve you. Forgive me for often turning my face away. Every person I speak to is in need of the message of your grace. Forgive my silence. Each man, woman, and child is a person for whom you died. Forgive me for being dead to their needs. In the power of your forgiveness, help me love my neighbor as myself. Amen.

晚祷

每一张我遇见的脸庞，都是一次服事你的机会。请饶恕我总是将我的脸转向别处。每个与我交谈的人，都需要知道你恩典的信息。请饶恕我的沉默。每个男人、女人，和每一个孩子，你都为他们死了。请饶恕我，对他们的需要无动于衷。在你赦免的大能之中，请帮助我爱人如己。阿们！

试读本

Morning Prayer

Lord Jesus, you are the Lord of the church. I can, therefore, confidently approach your throne this morning on behalf of my church. Allow my congregation, its members, and its staff to take a firm stand upon your Word and sacraments. Guide its every effort to reach people with your precious gospel. Bless us all with a zeal to work for you while it is still day!
Amen.

晨祷

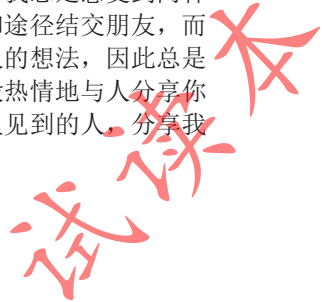
主耶稣啊，你是教会的主。因此，今天早上，作为教会的一员，我可以满有信心地来到你的宝座前。请允许我的教会，她的成员、同工，都可以在你的话语和圣礼上得以坚立。请引导她用你宝贵的福音得着人心的每一个努力。当白昼未尽的时候，请祝福我们所有人为你热忱的工作。阿们！

Evening Prayer

Lord Jesus, as I look at my congregation and at my heart, I have divided feelings. Instead of a rock-solid reliance upon your Word, we have often made friends with worldly ways and means. Instead of a burning zeal to share you, we have often barely whimpered your truth—fearful of what others might think. Renew me. Forgive me. Help me share the joy I find in you with many others at my church. Amen.

晚祷

主耶稣啊，当看着我的教会并扪心自问时，我总是感受到两种力量的撕扯。我们总是用属于世界的方式和途径结交朋友，而不是坚定地依靠你的话语。我们担心其他人的想法，因此总是不情愿地悄声传扬你的真理，而不是如火般热情地与人分享你自己。请赦免我！请帮助我与更多在教会里见到的人，分享我在你里面已经得着的喜乐。阿们！



Morning Prayer

O Holy Spirit, through your precious Word and sacrament, you have made my heart your home. How wonderful it is that you have placed me into the fellowship of thousands of like-minded brothers and sisters. Hinder every one of Satan's efforts to destroy this blessed fellowship. Keep our focus upon your message and your mission. Bless all the work we carry out together in your precious name. Amen.

晨祷

圣灵啊！藉着你宝贵的话语和圣礼，你已经住在我的心里。你已经将我放在成千上万有着同样想法的弟兄姐妹之间，使我们彼此联结，这是多么奇妙的事情啊！请拦阻撒旦每一个想要摧毁这联结中的祝福的努力。请保守我们聚焦于你的信息和你的使命之上。也请祝福我们一起因你宝贵的名做的所有工作。阿们。

Evening Prayer

Lord Jesus, send your holy angels to watch over our missionaries who serve for us in foreign lands. Send the Spirit of wisdom upon our professors who are busy training a new generation of gospel messengers. Guide and direct our

试读本

leadership so that they may use our resources to the greatest possible advantage. And grant us all a Spirit-given zeal for your work. Amen.

晚祷

主耶稣啊！请派遣你的圣天使，看顾那些在异国他乡为我们服事的宣教士们。请赐下智慧的灵给那些忙碌着培养又一代福音使者的教授、教师们。请引导和指引我们的带领者们，以至于他们可以使用我们现有的资源，成就最大可能的益处。最后，请你为你自己的工作，赐给我们所有人赐予的热情。阿们！

Week 1—Saturday

Morning Prayer

Heavenly Father, I come before you at the end of another week. May the passing of this week remind me of how quickly earthly life flies by. Forgive me for every wasted moment and every lost opportunity to serve you. By the power of your forgiveness, keep me focused on my future reward in Christ Jesus—a crown of life that will never pass away. Amen.

晨祷

天上的父啊！我在这又一周结束的时候来到你的面前。愿这过去的一周可以提醒我，属世的生命将会怎样眨眼间如飞而逝。请原谅我，因为我浪费了每一个服事你的时间，错过了每一次服事你的机会，而原谅我吧！因着你赦免的大能，请使我在耶稣基督里得到未来将要得到的赏赐——那不能朽坏的生命的光冕。阿们！

Evening Prayer

Lord Jesus, as I prepare to praise your name tomorrow morning, I am saddened by the knowledge that many of my brothers and sisters are making excuses to stay away from worship. Use me to reach them. Stir up the hearts of our members to reach out to those who are wandering and wavering in the faith. In the peace of your forgiveness, grant

me a good night's rest and awaken me for another Sunday celebration of your resurrection. Amen.

晚祷

主耶稣啊！当我预备自己在明天赞美你的名时，因为想到很多的弟兄姐妹们有各样的借口而远离敬拜，我感到难过。请使用我帮助他们。请你激动我们弟兄姐妹的心，去帮助那些在信心中徘徊和摇摆的人们。在你赦免的平安之中，请赐给我一宿完好的安息，并请为了在又一个周日庆祝你的复活而将我唤醒。阿们！

— My thoughtS for prayerS —

试读本

Week 2—Sunday

Morning Prayer

Lord Jesus, you are the everlasting Word who came to supply our salvation. On this day, we give thanks that you continue to come to us through your visible Word, by which you strengthen our faith. Prepare our hearts to hear what our pastor says today so that we might be empowered to put our confidence in you. Amen.

晨祷

主耶稣啊！你是那来赐给我们救赎的永存之道。今天，因你持续地通过你那可见的话语来到我们中间，并借此坚固我们的信心，我们向你献上感恩！请预备我们的心，倾听今天牧师所传讲的信息，以至我们得以坚信于你。阿们！

Evening Prayer

Lord and Father of all, we give thanks to you that you have joined us to your family and have made us heirs of eternal life. Lead us by your Holy Spirit also to appreciate and value our earthly families. Move us to live within the role you have designed for us and so let our families serve your faith-strengthening purposes. Amen.

晚祷

万有的主，万物的父啊！我们感谢你，因你使我们成为你的家人，又让我们承受永远的生命。也恳请你的圣灵带领我们，让我们能够感激并看重我们地上的家人。请感动我们，活出你原本为我们安置的角色，因此让我的家庭可以服事你，做你坚固人信心的工作。阿们！

Week 2—Monday

Morning Prayer

Lord Jesus, our Savior and protector, already in Eden our Father designed a plan for life that included labor. To his

disappointment and our disadvantage, sin often makes work dreary and burdensome. Work in us through your Word to think of our work as a blessing that you give and something that carries your blessings to us and our families. Trusting in your power, we pray. Amen.

晨祷

主耶稣，我们的救主和保护者！在伊甸园中，我们的父已然对生命的计划有所安排，其中也包括劳作。让神失望，又于我们有损的是，罪使得工作常常是变得枯燥和繁重。恳请你藉着你的话语在我们里面做工，使我们将自己的工作视为你所赐下的福份，一个可以带给我们和我们家人的祝福。我们这样祈求，是信靠你的大能。阿们！

Evening Prayer

Lord of wisdom, you created us to be people with emotions. With deep regret, we admit that Satan often takes those emotions and uses them for his purposes. Cleanse us of frustration, anger, doubt, and bitterness, and fill us with love, peace, joy, and contentment. We pray in the name of Jesus. Amen.

晚祷

智慧的主啊！你将我们创造为有情感的人。伴随着深深的懊悔，我们承认，撒旦常常掌控那些情感，并使之为他所用。恳请你洁净我们的挫败、愤怒、疑惑和怨恨，并使我们充满仁爱、和平、喜乐和满足。我们祷告是奉耶稣的名。阿们！

试读本

Week 2—TueSday

Morning Prayer

Lord Jesus, you are the Lord of our bodies and our souls. Teach us to care for the bodies you have given us, and remind us that they are temples of the Holy Spirit. Keep both our souls and bodies safe from all harm and danger today. In your name we pray. Amen.

晨祷

主耶稣啊！你是我们灵魂和身体的主。请教导我们照管你所赐给我们的身体，并提醒我们，身体是圣灵的殿。请保全我们的灵魂和身体，今天可以远离所有的伤害和危险。祷告奉你的名求。阿们！

Evening Prayer

Holy Spirit, you have joined us with believers on earth and in heaven. Teach us to long for our reunion with the saints in heaven and to value our fellowship with your followers on earth. Cleanse churches everywhere of sin and error so that we may find many more with whom we may join in the blessings of your Word and work. In the name of Jesus, the Lord of the church, we pray. Amen.

晚祷

圣善的灵，你使我们成为天上和地下信徒中的一员。请教导我们，使我们渴望与天上的圣徒重聚，又使我们看重与世上你的门徒间的团契。请洁净教会各处的罪和错谬，以至于我们能找到更多可以与之同享你话语和工作中祝福的人们。我们祷告是奉耶稣的名，他是教会的主。阿们！

Week 2—WedneSday

Morning Prayer

Lord Jesus, be with us today in all we do and say. Be in us today, and empower us to live and work for you. Be for us

today as you are every day with your forgiveness. Belong to us today and every day until we become yours eternally in heaven. Hear us for your name's sake. Amen.

晨祷

主耶稣啊！在今天所有的言行中，请你与我们同在。请你在我们里面，给我们力量为你而活，为你而工作。请你今天和以往的每一天一样，将你的赦免赐给我们。今天，每一天，都恳请你属于我们，直到我们在天上永远归属于你的日子。因你名的缘故请你垂听。阿们！

Evening Prayer

Praise be to you, Lord, our only guide and leader! Hear our thanksgiving because you have given and preserved for us your life-giving Word. Teach us to value your Word and believe that your Word is to our faith what food is to our bodies, and so let us daily be nourished and fed. For Jesus' sake we pray. Amen.

晚祷

主啊，唯一引导我们、带领我们的主啊！赞美归给你。因为你已经给了我们那赏赐生命的话语，因为你使你的话语在我们当中存留，就请你倾听我们感恩的声音。请教导我们明白，以致我们更重视你的话语，并相信你的话语之于我们的信心，正如食物之于身体，以至于我们可以每一天得到你的栽培和喂养。祷告是因耶稣的缘故。阿们！

试读本

Morning Prayer

Lord Jesus, our only Savior, we offer our sincere thanks to you! In love you came to earth, and in humility you presented to your Father your life and death as payment for our sins. Teach us each day to value your work for us as our most precious treasure, and lead us to rely on it with our entire hearts. Amen.

晨祷

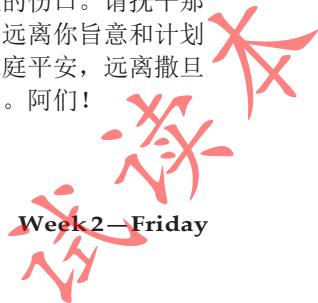
主耶稣，我们独一的救主啊！我们将最诚挚的感谢献给你！你在爱中来到世界，你谦卑地将你的生命和死亡，作为我们罪的赎价献给了你的父亲。每一天，都请你使我们明白，将你为我们所做的一切视为最珍贵的宝贝，并请带领我们全心地依靠这宝贝。阿们！

Evening Prayer

Holy Father, pour out your guidance and direction on the homes of our congregations. Heal the wounds that bleed because of disobedience and disloyalty. Bind up the hearts of those who have been forsaken and forgotten. Forgive the sins of those who have strayed from your will and design. Keep all families safe from Satan's attacks, and finally join us all in the family of heaven. Amen.

晚祷

圣洁的父啊，请将你的引导和带领浇灌在教会的每个家庭之中。请医治那些因为不顺服、不忠诚而流血的伤口。请抚平那些被遗弃、被遗忘的心灵。那些偏行己路，远离你旨意和计划的人，请你赦免他们的罪！请保守所有的家庭平安，远离撒旦的攻击，并最终可以来到我们在天上的家中。阿们！



Lord Jesus, you have promised that you will rule among your believers for all eternity. Comfort us again today with that promise. All around we see the enemies of your people on the attack. In your good time, break down the will and the wisdom of evildoers, and rescue your church from their threats. Because of your promise, we pray. Amen.

晨祷

主耶稣啊，你已应许说，你将会在你所有的信徒中掌权，直到永恒。请让这样的应许，今天再次地安慰我们。我们所能看见的，就是周遭攻击你子民的仇敌。待到你所定的时间，主啊！请击碎这些行恶之人的意念和智慧，并将你的教会从他们的威胁之中搭救出来。因着你的应许，我们向你祈求。阿们！

Evening Prayer

Lord, Father and protector of all, we pray for all the children of our congregations. Hold them in the hands of your wisdom! Teach them to see the beauty of discipline and order. Show them that your joys are joys that last. Keep all the dear children in your tender care, and take them to heaven to live with you there. Amen.

晚祷

主，父亲，万有的保护者啊！我们为教会所有的孩子向你祷告。请将他们持守在你智慧的手中。请教导他们，使他们可以看见管教和次序的美好。请向他们显明，你的喜乐是那持久的喜乐。请保守所有的孩子都在你温柔的照管中，并请将他们带到天家，在那里与你同住。阿们！

试读本

Morning Prayer

Lord Jesus, we have come to the end of another week of your grace. We confess to you that in our thinking, our speaking, and our doing, we have sinned against you. Forgive us, Savior! Work in us through your Word so that we might always repent of our sins willingly and amend our lives eagerly. Hear us, and answer us in your grace and power. Amen.

晨祷

主耶稣啊，在你的恩典中，我们又来到了一周的尽头。我们向你承认，在我们的思想、言语和行为上，我们都得罪了你。救赎主啊！请赦免我们！借着你的话语在我们里面做工，以至于我们总是可以甘心地悔改我们的罪，并渴望改变我们的生命。请垂听我们，请因着你的恩典和大能回应我们的祈求。阿们！

Evening Prayer

Lord God, give to our bodies quiet and peaceful rest this night so that tomorrow we may arise with bright and open minds. Guide our pastor as he prepares to preach your Word. May we together be strengthened and built up to believe what you say. We pray in the name of Jesus. Amen.

晚祷

主上帝啊！今夜，请将那安静和安稳的休息赐给我们的身体，以至于在明天，我们可以带着光明和开阔的思念醒来。当我们的牧师准备传讲你的话语时，请指引他们。愿我们一起得以坚立，得以建造以相信你口中的话语。我们奉耶稣的名祷告。阿们！

— My Thoughts For prayers —

试读本

Week 3—Sunday

Morning Prayer

Dear Lord, thank you for another day of worship. Whether in spirit or in person at church, I will pray to you, meditate on your Word, and sing your praises. Thank you for creating faith in my heart, a faith that trusts in Jesus and his forgiveness. Through him I have you as my Father and eternal life as my hope. Amen.

晨祷

亲爱的主啊，因你赐下新的一天可以敬拜你，我们感谢你。无论是来到教会的人们，还是灵里与我们同在的弟兄姐妹们，我都向你献上祷告，恳求他们可以默想你的话语，高声欢唱赞美你！感谢你在我心中创造了信心——就是信靠耶稣和他救赎的信心。藉着耶稣我可以拥有你作我的父亲，拥有永生作我的盼望。阿们！

Evening Prayer

Dear heavenly Father, I have been privileged to hear your Word today. Your Word of grace brought me to faith, and it has sustained me to this day. Thank you for preachers and teachers to whom you have given insights into your Word. Their teaching and preaching has been a blessing to me. Amen.

晚祷

亲爱的天上的父亲啊，今天，我有幸得以倾听你的话语。是你那恩典的话语使我相信，又使我可以存留至今日。因为你已经赐予牧师和教师们对你话语的领悟，我们向你献上感恩。他们的传讲和教导都已成为我的祝福。阿们！

Week 3—Monday

Morning Prayer

Dear Lord of grace and mercy, may your name be kept holy! I feel hurt as I think of the many who call themselves by your

name but who teach error, who claim to be preaching the gospel but are only heaping the burdens of the law on their hearers, who claim to be your spokesmen but whose words rob you of your glory. Forgive them; convert them; and lead them to a true understanding of your gospel. Amen.

晨祷

亲爱的充满恩惠和怜悯的主啊，愿你的名为圣！有些人声称奉你名而来，却传讲谬误；有些人口口声声说要传讲福音，却将律法的重担堆砌在听众的心中；有些人是你的代言人，但他们的言语却在掠夺你的荣耀。当我想到很多这样的人时，我感到痛心。请赦免他们；翻转他们；并请带领他们可以正确地领悟你的福音。阿们！

Evening Prayer

Merciful Lord, your name means more to me than I can say. When you brought me to the baptismal font, you made me one who bears your name. You washed away my sins, made me a child of the Lord of all creation, and sent the Spirit of life to dwell in me. Your name gives me peace of conscience, courage to pray, and the hope of eternal life. Because of your name, I will rest well tonight. Amen.

晚祷

满有怜悯的神啊，你的名对我的意义，是我无以言表的。当你使我领受洗礼时，你使我成为可以承受你名之人。你洗净我的罪孽，使我成为所有造物之主的孩子，并差派生命的灵住在我的里面。你的名给了我良心的平安，给了我祷告的勇气，给了我永生的希望。因为你的名字，今天我得以全然安息。阿们！

试读本

Morning Prayer

Dear heavenly King, may your kingdom come! As I listen to the promises of earthly kings, presidents, and governors, I realize that few will ever come true. And if they do, it is not because of the greatness of the earthly ruler but because of your mercy on the citizens of his country. How glad I am that you have made me a citizen of your kingdom where promises are never broken. Amen.

晨祷

亲爱的天上的君王啊，愿你的国度降临！当我听到这世上君王、元首和官员的承诺时，我知道它们之中只有少数可以成真。即使他们兑现了承诺，也不是因为那属世领袖的伟大，而是因为你对他统治之下的臣民的怜悯。我多么高兴快乐啊！因为你早已使我成为你国度的一员，那承诺永不落空之国的一员。阿们！

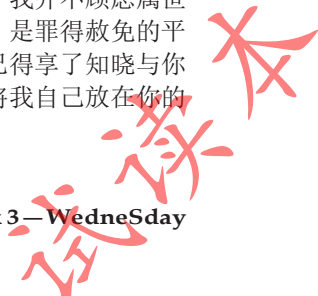
Evening Prayer

Dear Lord, thank you for another day of peace. I am not thinking of earthly peace, although I thank you for that peace also. I am thinking of the peace of sins forgiven that I have as a member of your kingdom. I have enjoyed another day of knowing peace with you. As I go to sleep this evening, I place myself into your hands, my King, and lie down in peace.

Amen.

晚祷

亲爱的主啊，感谢你再次赐下一天的平安。我并不顾虑属世的平安，但仍然为它向你感恩。我所思想的，是罪得赦免的平安，就是那让我成为你国度一员的平安。我已得享了知晓与你同在之平安的一天。当在今夜入睡时，我将我自己放在你的手中，我的王啊，我也会安然躺下。阿们！



Dear Lord, your will is to save all people. May your will be done! I do not presume to understand how your will to save all people can be thwarted by the hardness of their hearts. After all, you broke through the hardness of my heart. Your will was done by the power of your message of forgiveness and not because my heart was any better than the hearts of others. All I can ask is that you continue to cause your Word to be spread and to lead people to faith through it. Amen.

晨祷

亲爱的主啊，你的旨意是拯救所有的人。愿你的旨意成就！我测不透你拯救所有人的旨意是如何被他们心里的刚硬所拦阻。无论如何，你柔软了我刚硬的心。你的旨意成就，是靠着你的赦免之信息的大能，而不是因为我的心之于其他人的心有任何的长处。所有我能祈求的就是，愿你持续地使你的话语被传讲，并藉之带领人相信。阿们！

Evening Prayer

Dear Lord, I thank you that your Holy Spirit had his way with me. Your will was done, and I was brought to faith. May your Holy Spirit continue to dwell in my heart by faith.

试读本

Continue to overcome my sinful resistance, soften my heart by your Word, and keep me on the path that leads to eternal life. Amen.

晚祷

亲爱的主啊，感谢你，因你的圣灵已经得着了。你的旨意得以成就，我已被带入信心之中。愿你的圣灵持续地藉着信心住在我心中。恳求你持续地胜过我罪恶的抵挡，用你的话语使我的心柔软，并保守我的脚在那引向永生的路上。阿们！

Week 3—Thursday

Morning Prayer

Dear Lord, give me my daily bread. Even as I am conscious of my great spiritual needs, I come before you with a prayer for my physical needs. I can do so with confidence because you have told me to pray. Yet I come to you in the spirit you desire—a spirit that is content to ask only for the bread I need today. You know what I need. I put myself in your hands today, confident that you will fill all my needs. Amen.

晨祷

亲爱的主，请赐予我每日的饮食。正如我意识到属灵上极大的需求，我也在祷告中为我属世的需要来到你的面前。因为你已经教导我如此祷告，使我能够满怀信心地这样祈求。然而，我是在你所期望的灵里——就是满足于只是为今日我所需要的饮食向你祈求——来到你面前。你知道我的所需。今日，我将我自己放在你的手中，也相信你会满足我所有的需求。阿们！

Evening Prayer

Dear Lord, thank you for my daily bread. Often I take for granted all you have given me. Yet the food I have eaten today, the clothing that has kept me warm, the home that has served as my shelter, and the car that has transported me where I needed to go—all these are important and without them I would not be able to serve you and my fellowman as I should. Thank you for them, in Jesus' name, Amen.

晚祷

亲爱的主啊，感谢你赐予我今日的饮食。我总是将你赐给我的一切视为理所当然。然而，我今日所吃的食物，使我得以温暖的衣服，为我遮风挡雨的家，以及将我带到我需要去的地方的车辆——所有这些都如此重要，并且没有它们我将无法像本来应该的那样去服事你，服事我的同伴。我为这一切向你感恩，奉耶稣的名。阿们！

Week 3 — Friday

Morning Prayer

Dear Savior, forgive my many sins. I entered this week with high hopes, but my actions have not kept pace. My sinful nature showed itself more than once and in many different ways. Forgive me. Grant me pardon and peace. In you I hope. I rejoice that my sins cannot wag their fingers at me and condemn me. In Christ, your powerful right arm shields and defends me, for I am your forgiven child. Amen.

晨祷

亲爱的救主啊，请赦免我很多的罪过。我带着极高的期望开始这一周，但是我的行为并没有与之相符。我的罪性不止一次的、在很多不同的方面显露出来。请原谅我！请赐予我饶恕和平安。在你里面我满怀希望。因为我的众罪不能对我指指点，不能定我的不是，我为此充满喜悦。在基督里，你大能的右手护庇我，保护我，因为我是你罪得赦免的孩子。阿们！

试读本

Evening Prayer

Dear heavenly Father, I entered this week with high expectations that my friends would treat me better than they did last week. Yet I have been the object of their sinful actions. But how can I condemn them? Indeed, how can I treat them any differently than you treat me? I cannot. Help me forgive with all my heart those who have wronged me this week. Amen.

晚祷

亲爱的天上的父啊！我带着极高的期许开始这一周，希望我的朋友可以比上一周更好地待我。然而，我却是他们罪恶行为的对象。但是我如何能谴责他们呢？是的，我怎么能够用任何不同于你对待我那样的方式待他们呢？我不能。请帮助我全心地原谅那些这一周里冒犯了我的人们。阿们！

Week 3—Saturday

Morning Prayer

Dear Lord, the kingdom belongs to you. We praise and thank you that in Christ, our Lord, you established a kingdom in which we can find refuge. In that kingdom there is peace, for the one who died for us is also ruling as King. Today, if Satan tries to rear his head and claim us for his kingdom, reassure us that your kingdom is stronger. The prince of this world has been defeated, and you are in control of our lives. Amen.

晨祷

亲爱的主啊，那国度是属于你的。因为在基督我们的主里，你设立了我们能够寻得庇护的国度，我们赞美感谢你！在这个国度中有平安，因为那为我们死了的同样也像王一样统管治理我们。今天，如果撒旦企图昂起头来并宣告我们属于他的国度，请使我们确信你的国度更为强大。这个世界的王已经被打败，并且你掌管着我们的生命。阿们！

Evening Prayer

Dear Lord, thank you for making me a member of your

kingdom. I know that you remember me and that you listen to my prayers. What's more, I know that you are able to answer my prayers. Thank you for the blessings you have bestowed on me today, and keep me safe this night. Amen.
晚祷

亲爱的主啊，谢谢你使我成为你国度的一员。我知道你常常纪念我，并且听我的祷告。更重要的是，我知道你有能力回应我每一个祈求。因你今天已经赐下的祝福，我感谢你，也恳请你保守我今夜的安全。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

Dearest Jesus, as I again look upon your coming into the world to suffer and die for my sins, help me be like Mary, who pondered all these things in her heart; like Joseph, a righteous man who did what the angel of the Lord directed him; like the shepherds, who left their workloads to view the Messiah; like the wise men, who traveled great distances to worship the Christ and offer gifts to him. Let the awe of Christmas never leave my heart and soul. Use me and all my gifts to serve you, O Jesus, my Lord and my God. Amen.
晨祷

最亲爱的耶稣啊，当我再一次回顾你来到世间为我的罪受苦、受难，并帮助我像马丽亚将所有这些事情在她心里思想一样；像约瑟，一个义人，做天使指引他去做的事情一样；像牧羊人离开了他们的羊群去看弥赛亚一样；像那些博士行过漫漫旅程，去敬拜基督并献上礼物给他一样。请让圣诞的敬畏之情永远不离开我的心和灵魂。请使用我和我所有的恩赐来服事你，耶稣啊！我的主，我的上帝！阿们！

Evening Prayer

All good and perfect gifts come down from the Father of the heavenly lights. So you have told us in your Holy Word, O God. Teach us to appreciate everything we have as a trust and a treasure from you. When we behold these gifts, O Lord, let us see them with the eyes of faith. May we never lose sight of the prize of eternal life to which you have called us in Jesus. In faith we pray. Amen.
晚祷

各样美善的恩赐，和各样全备的赏赐，都是从上头来的，从众光之父那里降下来的。上帝啊，这是你已经你的圣言中指教我们的。恳请你教导我们，感激每一件我们拥有的，视其为从你而来的托付和财富。当我们看待这些恩赐时，主啊！请让我们用信心的眼睛看待它们。愿我们永远不至忽视永生的赏赐，就是你召我们在基督里要得的赏赐。我们在信心中祈求。

阿们！

Week 4—Monday

Morning Prayer

Dear Lord, as I begin another day, let me be reminded of the wonders of your creation. As I hear the birds sing and as I see the plants and trees grow, help me appreciate them as gifts from your hand. You have made me and all creation so perfectly. Help me not fail to appreciate the care and love you poured out in creating our world. Thank you, Lord, for all you have given us. Amen.

晨祷

亲爱的主啊，当我进入新的一天时，请使我铭记你创造的奇妙。当我听到百鸟歌唱，当我看到万物生长之时，请帮助我欣赏他们，视其为从你手而来的礼物。你曾如此完美地创造了我和万物。请帮助我不至背弃你，并且不再感激你在创造世界时，倾注在其间的眷顾和慈爱。感谢你，主啊，为你已然赐给我们的一切感谢你！阿们！

Evening Prayer

Dear God, as another day comes to a close, I thank you for being with me. In every step I took, every word I spoke,

试读本

every thought I had, you were there. Forgive me for the times I have failed in my walk with you. Let me always look to your Holy Word for the guidance I need for tomorrow. Let my sins be forgotten, and may you lead me in the paths of righteousness. When temptations come, remind me that I am a child of God through baptism, and help me drown the old Adam with its evil thoughts and desires. In the peace of your forgiveness, I close my eyes. Amen.

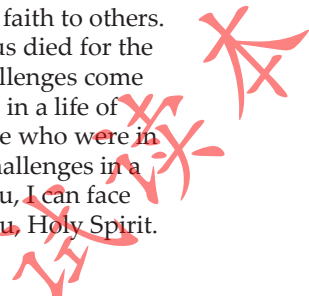
晚祷

亲爱的上帝啊，当又一天行将结束时，因你与我同在我感谢你。每一步我走过的路，每一句我说出的话，每一个我浮现的想法之中，你都在那里。请原谅我与你同行时那些失败的时刻。请让我总是仰望你的圣道，寻求我明日需要的指引。请让我的罪得以赦免，又愿你可以引领我行走义路。当试探来临时，请提醒我，藉着洗礼我是上帝的孩子；也请帮助我治死老亚当并他邪恶的念头和情欲。在你赦免的平安之中，我安然入眠。阿们！

Week 4—TueSday

Morning Prayer

As I get ready for another day, Holy Spirit, help me deal with the testing that will come today. There will be opportunities for me to be a light to the world and to share the good news with others. When those chances come, give me the right words to teach others about Jesus, the only answer to sin and damnation. Make me unafraid to witness my faith to others. Help me clearly express the simple truth: Jesus died for the world's sins; believe and be saved! When challenges come to my Christian living, guide me, Holy Spirit, in a life of holiness. Remind me of the people in the Bible who were in similar situations and who dealt with their challenges in a God-pleasing way. With this confidence in you, I can face any testing that may come my way. Thank you, Holy Spirit. Amen.



晨祷

当我已准备好开始新的一天时，圣灵啊，请帮助我面对今日将要来临的考验。那于我将是作这世界的光，并和其他人分享好消息的机会。当那些时机来到时，请赐予我当说的话，以便将关于耶稣的事，就是那罪和咒诅唯一的解答，指教给别人。请使我不至惧怕向其他人作我信心的见证。请帮助我可以清晰地表明那简单的真理：耶稣为世界的罪而死；相信就得拯救！当我作为基督徒的生活遇到挑战时，圣灵啊，请引领我，活出圣洁的生命。请用圣经中有相似遭遇之人的例子提醒我，并因着他们按着上帝所喜悦的方式对待他们的挑战，而激励我。带着这样在你里面的信心，我可以面对任何可能出现在我面前的考验。感谢你，圣灵！阿们！

Evening Prayer

Who is there in heaven but you, O Lord? I have been reminded of that fact many times. Without you, the world is a very cold place. I thank you for warming me and those around me with your peace. When I was distressed, I only needed to think of you. You heard my prayer and gave me guidance to deal with the difficulties I faced. You aided me when I needed help. You delivered me when I was in trouble. Thank you, dear Savior, for the blessings I received today. Amen.

晚祷

除你以外，主啊，在天上有谁呢？这个事实我已被提醒多次。没有你，世界则是极寒之地。我感谢你，因你使我和我周围的人在你的平安里得温暖。当我感到苦恼时，我唯独需要想到你。你倾听我的祷告，带领我解决我面对的困难。当我需要帮助时，你就施以援手。当我深陷麻烦之中时，你又将我救拔。亲爱的救主啊，感谢你，为我今日已蒙的祝福感谢你。阿们！

试读本

Morning Prayer

O God, Creator of all things, when I open my eyes and view the wonders of the world you have created, I am struck by two thoughts: How loving you are to give us such a wonderful place as earth; and how incredible heaven must be! There are so many things I fail to appreciate unless you call attention to them. You have blessed me with family, with a place to live, with clothing to cover my body, and with nourishing food to eat. Most of all, you have given me the sure hope of eternal life in heaven by faith in Jesus. When this world became polluted by sin, you were there to correct and encourage. You were there to forgive and to promise redemption. Let me see the marvels of your hand in the blessings around me. Amen.

晨祷

上帝啊，万物的创造者，当我睁开双眼，观看你所创造这奇妙的世界时，我因两个想法而惊叹：你是多么的慈爱，以致赐给我们世上这如此美妙的地方；那天堂又定是何等的非凡啊！只是，除非你唤起我对它们的关注，太多的事物我都视而不见。你已祝福我，使我拥有家庭，使我有居住之所，赐我衣服蔽体，又赐我食物可吃。最重要的是，你已藉我在基督里的信心，赐给我在天堂里永生那确然的盼望。当这个世界被罪所污染时，你就曾在那里纠正并激励。你曾在那里赦免，并承诺了救赎。在那围绕我的祝福里，恳请你让我看到你手所做的奇妙之事！阿们！

Evening Prayer

Lord God, now the stars have appeared in your sky. You have encouraged and uplifted me in my daily activities and have been my constant guide. Your holy angels have been with me. I come before you in prayer to thank you for the many blessings I experienced today, some of which I am not even aware of. How marvelous is your love and your creation. Give me a restful night's sleep to refresh my body, and let the peace that passes all understanding fill my dreams. Amen.

晚祷

主上帝啊，此时群星已在你的天空闪耀。你已在我日常所行之事中激励了我，又将我高举；你已作我恒久不变的指引。你的圣天使们都与我同在。我在祷告之中来到你的面前，为我今日所经历的这许多的祝福——有些我甚至未曾留意——向你感恩。你的创造和慈爱是何等奇妙啊！今夜，恳请你赐予我安稳的、使我身体得恢复的睡眠，又让那超越人所能了解的平安，充满我的梦乡。阿们！

Week 4—Thursday

Morning Prayer

Lord Jesus, give me a trusting heart today. I cannot face the world with my own strength, but I can rely on you. My sinful nature tells me to work harder; my spiritual nature tells me to trust stronger. Watch over me and all your believers everywhere. Give each of us a sense of direction to follow you wherever you may lead. Fill our hearts and feet with zeal

试读本

to carry out your will today and every day. With the inspiration and confidence you inspire, I start my day. Amen.

晨祷

主耶稣啊，今日请赐给我一颗信靠的心。我无法依靠自己的力量面对这个世界，但是我可以依靠你。我的罪性告诉我更努力地工作；属灵的我则告诉我要信靠强者。请为我和各处的信徒们守望。无论你可能领我们到哪里，恳请赐予我们每个人方向感来跟随你。今日和每一天，请你让我们的心和脚步满有激情地去施行你的旨意。帮助我带着你所浇灌的圣灵和信心，开始这新的一天。阿们！

Evening Prayer

Hear my prayer as I come before you, gracious Lord. Lord, I do not know what tomorrow will bring. Teach me not to worry since you have power over all things. Your wisdom is there to guide me. Your love is there to bless me. Spare me from the foolishness of losing sleep by worrying over things I cannot control. I place all things into your hands. Grant me a peaceful night so that I may be ready for the joys and challenges each day will bring. With sure confidence in you, I can say Amen—yes, so shall it be.

晚祷

满有恩慈的主啊，当我来到你面前时，请垂听我的祷告。主啊，我不知道明天会发生什么。请教导我不至忧虑，因你有掌管万有的能力。是你的智慧引领着我。你的爱祝福着我。将我从因担忧那不能控制的事情而导致的失眠的愚蠢中释放吧！我将所有的事情都放在你手中。请赐予我平安的夜，以至于我可以准备好迎接每一天的欢喜和挑战。带着在你里面的确信，我可以说阿们！是的，诚然如此。

Week 4—Friday

Morning Prayer

Gracious Lord, I thank you for your grace to me in Jesus throughout this week. Let me be faithful in my work today

and prosper the organization for which I labor. Work is also a gift from you. When I have done a job well, let me use my paycheck to provide for my family, my church, my government, and my less-fortunate neighbor. May my labors give me a sense of purpose here, as Jesus has given me purpose in the hereafter. Thank you, Lord, for the abilities you have given me. Amen.

晨祷

恩惠的主啊，为这一周自始至终你在耶稣里赐我的恩典，我感谢你。今日，请让我忠实于我的工作，使我所服务的团体兴盛。工作同样也是从你而来的礼物。当我很好地完成了工作，请让我用这薪水供养我的家庭，供应我的教会，支持我的政府，并帮助我时运不济的邻舍。愿我的劳作可以给我今世的目标，就像耶稣给了我自此至永恒的目标一样。主啊，感谢你！因你已赐予我的各种能力。阿们！

Evening Prayer

Dear Lord, thank you for being with me this day and shielding me by your power. You have kept me from Satan's grasp. Without your might I would have withered like old flowers. But you have renewed me as on eagle's wings. Be with me this night as you have been with me today. Praise the Lord! Amen.

晚祷

亲爱的主啊，感谢你今日与我同在，并用你的能力护庇我。你已经使我远离撒旦的魔爪。若没有你我必早已如残花般枯萎。但是你已经更新了我，如鹰展翅。如同今日你已与我同在一样，恳请你不离弃我。颂赞归于主。阿们！

试读本

Morning Prayer

Lord God, you have refreshed my body in sleep. As I spend today in activities with my family, my neighbors, or by myself, encourage me to appreciate the beauty of my surroundings. Each person and thing is a gift from you. Let me enjoy your recreation and accomplish the tasks that need to be performed. Let my actions be holy in your sight, Christ, my Redeemer. Amen.

晨祷

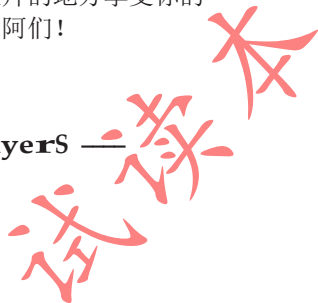
主上帝啊，你已藉着睡眠使我的身体恢复活力。当我今天与我的家人、邻舍或只是我自己，在各种活动中度过今日时，请鼓励我感激我们身边一切的美好。每个人，每件事都是从一个你而来的礼物。请让我享受你给我的休息时间，并可以完成需要完成的任务。基督啊，我的救赎主，请让我的行为举止在你的眼中成为圣洁。阿们！

Evening Prayer

Dear Jesus, you have brought me safely through another day. Should this be my last night on earth, awaken me in the neverending morning of heaven. If I do awaken on this earth, let me enjoy your glory in my house of worship. For all your blessings, I give you thanks. Amen.

晚祷

亲爱的耶稣啊，你已经安全地带我走完又一天的行程。若今天是在世的最后一天，请在那天上永无止境的早晨将我唤醒。如果我在今世醒来，恳请你让我在我敬拜的地方享受你的荣耀。因你所有的祝福，我向你献上感恩。阿们！



Morning Prayer

We begin another week, dear Lord, in your name and to your glory! Feed us with your Word of Truth as we worship you and study your Word throughout this week. Show us your love and forgiveness that we may live in peace. Strengthen us to follow you and to shine as lights in this dark world. We praise you, our gracious God, for your great goodness to us and all you have created. Amen.

晨祷

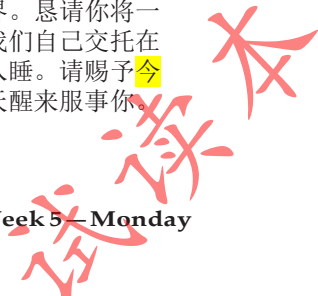
亲爱的主啊，奉你的名并为了你的荣耀，我们又开始了新的一周！当我们敬拜你，在这一周内学习你的话语时，请让我们因你真理的话语得饱足。请让我们看到你的爱和赦免，以至于我们可以活在平安之中。请坚固我们，使我们跟随你，并在这黑暗的世界上如明光照耀。我们恩慈的上帝啊，因所有你赐给我们极大的好处和你所创造的一切，我们赞美你。阿们！

Evening Prayer

Lord God Almighty, you are worthy of all praise! You rule this world in power and love for the good of your chosen people. Drive away all fear and doubt about the future. Lead us to entrust ourselves into your care, that we may sleep in peace and quietness. Grant us a good night's rest, that we may awake to serve you another day. Amen.

晚祷

全能的主上帝啊，你配得一切的赞美！你在能力和慈爱之中，为了你所拣选之人的益处治理着这个世界。恳请你将一切对未来的惧怕和疑惑驱散。请引领我们将我们自己交托在你的看顾之中，使我们可以平安和宁静中入睡。请赐予今夜我们美好的安歇，以至我们可以在新的一天醒来服事你。阿们！



I praise you, heavenly Father, because I am fearfully and wonderfully made! Enable me to use the talents and abilities you have given me to glorify your holy name. I thank you for the privilege of serving you. As I live for you, may those I meet see my joy and be led to see your love for all people. Amen.

晨祷

天上的父啊，我要称谢你，因我受造，奇妙可畏！恳请你使我能够运用你所赐给我的恩赐和能力，荣耀你圣洁的名。我感谢你，因你使我得以服事你。在我为你而活的时候，愿那些我所遇见的人可以看到我的喜乐，以至他们看见你对所有人的慈爱。阿们！

Evening Prayer

O Great Physician, your forgiveness brings us the healing we all need. Yet so many remain afflicted with sickness and disease. Strengthen doctors, nurses, and all who care for the sick, that they may use the skills you have given them to bring comfort and relief. Encourage all who are ill with your presence and love, that they may put their trust in you. Amen.

晚祷
噢，伟大的医生，你的赦免带给我们一切所需的医治。然而仍旧有很多人被疾病折磨。请坚固医生们、护士们和所有看顾病患的人们，使他们使用各样你赐予他们的技能，带来安慰和缓解。请用你的同在和慈爱，鼓励所有在病痛中的人们，使他们可以信靠于你。阿们！

试读本

Morning Prayer

Lord Jesus, you protect us through your representatives in our government. Grant our national, state, and local leaders the wisdom they need to rule for the good of all. We thank you for the freedoms we enjoy. Help us never to take these freedoms for granted but to take our earthly citizenship seriously in gratitude for the heavenly citizenship that you so graciously have given us. Amen.

晨祷

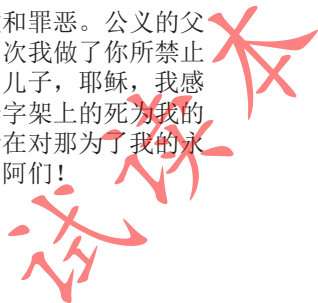
主耶稣啊，借着你在政府中的代表，你保护着我们。请将智慧赐予我们的国家、部门和地方的领袖，使他们可以为所有人的益处施行治理。为我们所享受的自由，我们感谢你。恳请你帮助我们永不将这自由视为理所当然的，反而带着对你满有恩惠地使我们成为天上的居民的感恩之情，认真地对待我们在这世上的居民身份。阿们！

Evening Prayer

As another day closes, I recognize my many failings and sins. Too often I haven't done what you command, righteous Father. Too often I have done what you have forbidden. Have mercy on me, a sinner. I thank you for your dear Son, Jesus, who fulfilled all your commandments and paid for my sins with his death on the cross. Strengthen me to live in love and gratitude for this Savior who lived, died, and rose again for my eternal life. Amen.

晚祷

在又一天行将结束时，我承认我的许多失败和罪恶。公义的父啊！太多次我没有做你让我做的事情。太多次我做了你所禁止之事。求你怜悯我，一个罪人。因你亲爱的儿子，耶稣，我感谢你；他履行了你所有的诫命，又用他在十字架上的死为我的罪付上代价。恳请你坚固我，活在爱中，活在对那为了我的永生而生、而死、而复活的救主的感恩之中。阿们！



Morning Prayer

Week 5—WedneSday

Today, our faithful God, we thank you for your promises. As you fulfilled every prophecy in the coming of the King of kings and Lord of lords, so you keep every promise you have made to us in your Holy Word. Forgive us for our doubts, and lead us to trust in you. Let your promises fill us with confidence as we go through life with you always at our side. Amen.

晨祷

信实的上帝啊，今天，因你各样的应许我感谢你。如同你实现了那万王之王，万主之主到来的每个预言一样，你也信守着你圣道中对我们所应许的每一个承诺。请赦免我们的疑惑，又请引领我们信靠你。当我们有你永远在我们这边而度过一生时，请让你各样的应许使我们满有信心。阿们！

Evening Prayer

Dear Savior, you remain the Way, the Truth, and the Life. Guide our steps, that we may walk in the way you would have us go. Feed our hungering souls with your Word of Truth, that we may grow in our love and knowledge of your

试读本

awesome deeds. Lead us to recognize that our days on this earth and our eternity in heaven depend on you. Confident of your answer, we rest in peace. Amen.

晚祷

亲爱的救主啊！你存留了道路、真理和生命。请引领我们的脚步，使我们可以行走在你要我们行走的道路之上。请你真理的话语滋养我们饥渴的灵魂，使我们可以^{在爱}和对你奇妙作为的认识中成长。请带领我们认识到，我们在今世的日子和我们在天上的永恒，都仰赖于你。^因确信你的答复，^我可以在平安中歇息。阿们！

Week 5 – Thursday

Morning Prayer

As students go to school today, O fount of knowledge, fill them with an eagerness to learn and to grow in knowledge of your wonderful ways and works. We thank you for teachers who shape our future generations. Give educators a passion for sharing their wisdom and a love for those they teach. All knowledge and truth come from you, our Lord and our God. Amen.

晨祷

当学生们今天返校的时候，知识的源泉啊！请让他们充满学习的渴慕，并在你奇妙带领和作为的认识中成长。我们为那些塑造我们未来世代的教师们向你感恩。请赐予教育者们分享他们智慧的激情，和爱那些他们所教之人的心。所有的认识和真理都来自于你，我们的主，我们的上帝。阿们！

Evening Prayer

Prince of peace, too often strife and divisions threaten the unity of your people. Guide us by your Word of Truth, that we may be one in faith. Show us the amazing blessings we share by your grace. Make us willing to love and forgive one another as you have loved and forgiven us. Grant us Christian unity today as a taste of the joy we will experience

together in heaven. Amen.

晚祷

和平之君啊！冲突和分裂总是威胁着你子民的合一。恳请你藉着真理的话语引导我们，使我们可以在信心之中成为一，显示出我们靠你的恩典而共享的那奇妙的祝福。请让我们乐意去爱别人，原谅别人，就如同你已经爱我们，赦免了我们一样。请你赐予我们这些今日的基督徒们合一，**使我们就像**尝到那将一同在天上经历的喜乐的滋味一样。阿们！

Week 5—Friday

Morning Prayer

As you blessed Adam and Eve with the joy of caring for the Garden of Eden, loving Creator, so you have given us the gift of work. Lead us to view all that we do in our occupations and for our families as a way to serve you. Strengthen us to work faithfully, using our talents and abilities **to our best** and all to your glory. Amen.

晨祷

正如你使照管伊甸园的喜乐成为亚当和夏娃的祝福一样，慈爱的造物主啊！你也同样赐予了我们工作的恩赐。请带领我们将我们的职业中，**和为我们的家人所做的一切，都视为服事你的途径。**请坚固我们，**使用我们的天赋和能力而忠诚地工作，为我们最大的益处，又将一切荣耀归于你。**阿们！

试读本

Evening Prayer

Lord Jesus, you provide rest for our souls through your gift of forgiveness. You give rest for our bodies through your gifts of relaxation and recreation. Help us use our leisure time this weekend in a way that honors you. May whatever we do, in word or deed, be done in your name, for we are grateful for your gifts of salvation and eternal life. Amen.

晚祷

主耶稣啊，藉着你赦罪这份礼物，你赐予了我们灵魂的安息；藉着你更新和复原的祝福，你给予我们身体的安息。在这个周末，请帮助我们用可以荣耀你的方式，使用我们的闲暇时间。无论我们做什么，无论是话语还是行为，都愿它们是奉你的名而行，因我们感激你如礼物般赐予的救赎和永生。阿们！

Week 5—Saturday

Morning Prayer

Guide pastors, missionaries, and teachers throughout the world as they study your message and prepare to share it with your people tomorrow, heavenly King. Touch their hearts, minds, and mouths as you use them as your messengers of joy and truth. Open our ears to listen to your Word, that we may grow in faith and love for you and in serving one another. Amen.

晨祷

天上的王啊！当遍布全世界的牧师们、宣教士和教师们学习你的话语，并预备在明天将那话语分享给你的子民时，恳请你指引他们。当你使用他们作为你喜乐和真理的传讲者时，请触摸他们的心，他们的思想和口。也请打开我们的耳朵，以倾听你的话语，以至于我们可以为你在信心和爱心上成长，并且彼此服侍。阿们！

Evening Prayer

As another week draws to a close, I thank you, gracious Father, for your goodness. You have watched over me and worked out all things for my good. Strengthen me that I may

continue to trust in you each day in every way. Help me live and share my faith, that others too may recognize your goodness and put their trust in you as their powerful and loving Lord. Amen.

晚祷

又一个星期就要结束了，赏赐丰盛的父亲啊，因你的美善我感谢你！你已为我守望，并为我的益处裁定万事。恳请你坚固我，使我可以每一天，在每一条路上都持续地信靠于你。请帮助我活出我的信心，分享我的信心，以至于其他人也可以认识到你的美善，并相信你是他们全能又慈爱的上帝。阿们！

— My ThoughtS For prayerS —

试读本

Morning Prayer

Heavenly Father, today your church commemorates the resurrection of your Son, my Savior Jesus Christ. Through him I have life, now and forever. Forgive me for all the times I forgot the wondrous opportunity to meet you through Word and sacrament. Pour out the Holy Spirit to make my worship today a true spiritual resurrection. Create in me a pure heart and a new life. Amen.

晨祷

天上的父啊！今天你的教会在庆祝你儿子，我的救主耶稣基督的复活。藉着他我得以在今日和永恒中存活。请原谅我，因我总是忘记那奇妙的时机，就是藉着你的话语和圣礼得见你的机会。请将你的灵浇灌，使我今天的敬拜成为真正的灵里的复活。请为我造一颗清洁的心和一个崭新的生命。阿们！

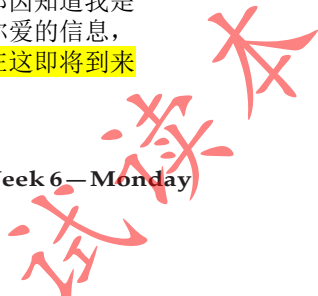
Evening Prayer

Lord Jesus Christ, you are the living Word made flesh. How grateful I am that you speak to me in your written Word. You fill me with the joy of knowing that I am a forgiven child of God. Let the message of your love, which I heard today, resonate in my heart and through my words during the week ahead. Amen.

晚祷

主耶稣基督啊！你是成了肉身的活泼的道。你在那写下的话语中对我说话，我是何等的感恩啊！你将那因知道我是得上帝赦免的孩子而来的喜乐充满我。请让你爱的信息，就是我今天所听到的，在我的心里鸣响，并在这即将到来的一周里在我的话语中彰显。阿们！

Morning Prayer



Heavenly Father, in the beginning you gave our first parents the joy of tending the garden. Their work was intended to be a blessing for them in which they could praise you by using the abilities with which you created them. Remind me today, as I begin a new workweek, that work is still a blessing you bestow. Thank you for the abilities you have given me, and remind me that through my labor I can praise you, the Creator of all. Amen.

晨祷

天上的父啊，起初，你赐给我们第一对父母照管伊甸园的喜乐。他们的工作本来是他们的祝福，他们可以在其中借着使用你创造他们时所具有的能力来赞美你。请在今日提醒我，当我开始新一周的工作时，这工作仍旧是你赐予的祝福。感谢你已经赐给我的各种能力，也恳请你提醒我，藉着我的劳作，我可以赞美你，万物的创造者。阿们！

Evening Prayer

Lord Jesus, how thrilled I am to follow a Savior who not only knows the past but guides the present and controls the future. Let me rest tonight in the confidence that tomorrow is in your loving hands. As I look back over my efforts today,

试读本

forgive all the sins and shortcomings. Cover them all with your precious and cleansing blood. Let me close my eyes in restful sleep, knowing that all is right with my Father in heaven. Amen.

晚祷

主耶稣啊，跟随一位不仅仅知道过去，还会指引现在并掌握未来的救主，我是何等的兴奋啊！今夜，请让我带着对你的确信，带着明天仍旧在你爱的手中的确信安息。当我回顾这一天的努力时，请原谅我所有的罪和过犯。请用你宝贵和无瑕的宝血将它们统统遮盖。请让我在安稳的睡眠中合上双眼，**知道所有的罪天上的父亲已不再纪念**。阿们！

Week 6—TueSday

Morning Prayer

Dearest Jesus, you are the Shepherd of tender youth. Remind me often of the wondrous privilege I have to reflect your love to children. Forgive me for all the times I was too preoccupied for the little ones. Give me the Holy Spirit to model your love to the next generation. Amen.

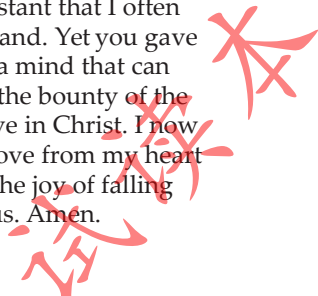
晨祷

最亲爱的耶稣啊，你是弱冠年幼者的牧人。请常常提醒我这非比寻常的特权，就是我须要将你的爱展现给孩子们。**请原谅我，因为我总是无暇关注小孩子们**。恳请你赐给我圣灵，使我在下一代人的面前作你爱的模范。阿们！

Evening Prayer

Heavenly Father, your blessings are so constant that I often forget to acknowledge your outstretched hand. Yet you gave me lungs to breath, a heart that beats, and a mind that can ponder your mercy. You have fed me with the bounty of the earth and comforted my soul with your love in Christ. I now thank you for the gift of restful sleep. Remove from my heart all the worries and cares, and fill me with the joy of falling asleep in the loving arms of my Savior Jesus. Amen.

晚祷



天上的父啊！你恒久地赐下你的祝福，以至于我们常常忘记感谢你伸展开的手臂。然而你给了我们可呼吸的胸膛，搏动的的心脏，和可以深思你怜悯的头脑。你用这世界的丰盛喂养我，又藉着你在基督里的爱安慰了我的灵魂。如今，为你给予我安享的睡眠，我感谢你。请你将所有的烦恼和挂虑从我的心中抹去，请你让我在救主耶稣慈爱的臂弯里入眠。阿们！

Week 6—WedneSday

Morning Prayer

Lord Jesus Christ, this autumn young men and women whom I know are attending the universities and colleges of our nation, seeking knowledge and wisdom. I pray for them this morning. Don't let Satan tempt them with the seduction of human wisdom that places the mind above the Messiah. Keep our young Christian adults in contact with your Word and with fellow Christians so that they receive the spiritual guidance and support they so desperately need. Keep them safe, body and soul, in your constant and loving care. Amen.

晨祷

主耶稣基督啊，这个秋天，那些我知道的少男少女们即将步入国内的高校和大学，寻求知识和智慧。这个清晨，我为他们祷告。请不要允许撒旦使那将理性凌驾于弥赛亚之上的人类智慧的诱惑试探他们。请保守我们年轻的基督徒们不至与你的话语和身边的基督徒们失去联系，使他们得到他们极其需要的，圣灵的指引和支持。在你持久和慈爱的眷顾中，请保守他们身体上和灵里的平安。阿们！

试读本

Evening Prayer

Lord God, heavenly Father, for the day now past I praise you. For all the laughter and joy I heard, I thank you. For all the sorrow or troubles I experienced, I thank you. Through such trials you teach me prayer and patience to rely on your mercy and strength. For all the perplexing problems I faced, I thank you. Through such challenges you sharpen my mental and physical abilities. Indeed, in everything today I can praise you. Through your Son, Jesus, even my offenses and sins are wiped away. Let me then go to bed saying with the apostle, "Rejoice in the Lord always." Amen.

晚祷

主上帝，天上的父啊！为刚刚逝去的今日我赞美你。为所有我听到的欢笑和欣喜，我感谢你。为所有我经历的伤心或麻烦，我感谢你。藉着这些试炼，你教会我祷告，教会我耐心地依赖你的怜悯和坚固。为所有我面对的难题，我感谢你。藉着这些挑战，你已磨砺了我精神和身体的能力。确实如此，今天在每件事情上，我都可以赞美你。藉着你的儿子，耶稣，甚至我的冒犯和罪恶都已被涂抹干净。请让我和使徒一起说：“要靠主常常喜乐！”并进入梦乡。阿们！

Week 6—Thursday

Morning Prayer

Lord Jesus Christ, because of your life and death, I can call the Almighty One my Father. Today I pray especially for parents. Give them excitement to answer the endless questions of a toddler's curiosity and so perpetuate the thrill of discovery. Give them a gentle word to soothe the tears of one insulted by classmates and so relive the power of Christ's love to heal. Let their children see them confess when they are wrong and so learn the cleansing of confession. Let their children hear full and free and quick forgiveness and so cherish the gift we all share through Christ Jesus. Amen.

晨祷

主耶稣基督啊，因为你的生和死，我可以称呼那全能者为我的父亲。今天，我特别为父母们祷告。恳请你赐给他们兴奋之情，去回答一个学步的孩子出于好奇的那些无止尽的问

题，又可以保有探索的激动。请赐予他们柔和的话语，可以擦去那被同学们孤立的孩子的眼泪，并可以再次体验基督的爱和医治的能力。当他们犯错的时候，请让他们的孩子们看到他们的忏悔，并可以学习到认罪带来的洁净。请让他们的孩子们听到完全、自由并毫不犹豫的赦免，并因此珍爱我们藉着基督耶稣共享的礼物。阿们！

Evening Prayer

Lord Jesus, I am forced to acknowledge the passing of another day. So quickly those days add up to years, and those years to decades. Lord, I confess that so often the duties of the day crowd you out. I plan for weekend activities, forgetting that you could return at any moment and call me from this life to the next. Forgive me for the sake of your perfect sacrifice on the cross. Remind me that time is a blessing I cannot take for granted. Let me use the time you grant me **this side of heaven** to praise your name. Amen.

晚祷

主耶稣啊，我不得不承认又一天结束了。那些逝去的日子转眼间累积成年，那些年岁也如飞而去。主啊，我承认常常将你排斥在每日的工作之外。在我计划周末的安排时，我也忘记了你会在任何一个时刻再次降临，并要将我从今生召入来生之中。请因着你在十字架上完美的赎罪祭而原谅我。请提醒我，时间是一份祝福，我不能视之为理所当然。请让我使用你所赐的在世上的时间，赞美你的名。阿们！

试读本

Morning Prayer

Heavenly Father, how grateful I am to awaken to another day, conscious of your love in Christ. As I begin my daily activities, I pray that you help me remember all those whose activities are now restricted by affliction or handicap. I pray for the shut-ins of my congregation. I pray that you fill their hearts with the comfort of knowing that in Christ they are still your precious children. Fill them with the peace of Christ and the contentment of his saving love. Amen.

晨祷

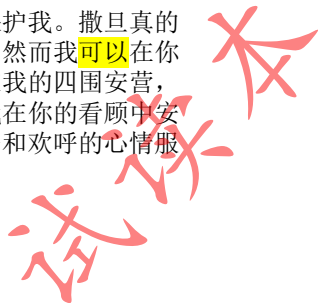
天上的父亲啊！无比的感谢你，你使我在新的一天醒来，意识到你在基督里的爱。在我要开始今天的各种事务时，我向你祷告，祈求你帮助我纪念那些因为苦难和障碍，如今行为受限的人们。我也为我的教会里那些无法外出活动的人们祷告。对于那些深知在基督里他们是你宝贵孩子的基督徒，我祈求你，将这安慰充满他们的心房。请使他们满有基督的平安，在他救赎之爱里得着满足。阿们！

Evening Prayer

Heavenly Father, send your holy angels to protect me this night. Satan is indeed a “roaring lion” who seeks to devour. Yet I rejoice in your power and protection. Encamp your angels around me as a divine security system that will never fail. Let me rest content in your care, and awaken me anew to serve you with a glad and cheerful heart. Amen.

晚祷

天上的父亲啊，今夜，请差派你的圣天使保护我。撒旦真的是一头寻找可吞吃之人的“吼叫的狮子”。然而我可以在你的能力和保护中欢喜快乐。请让你的天使在我的四围安营，作为我永远不会被攻破的神圣屏障。请让我在你的看顾中安心满足，并请在新的这一天唤醒我，带着快乐和欢呼的心情服事你。阿们！



Morning Prayer

Week 6—Saturday

Lord Jesus Christ, make today a day of joy for me. Thanks to your cross, I know all is right with God. Thanks to your empty tomb, I know my future is filled with eternal blessings. I pray that this weekend be a blessing from you and its time a cherished opportunity to refresh body and soul. As I review the week now past, I admit my shortcomings and sins. Lord, forgive me. I trust your glorious words, “Be of good cheer. Your sins are forgiven.” Amen.

晨祷

主耶稣基督啊，请让今天成为我欢喜的日子。感谢你的十字架，我深知神已全然赦免。感谢你的空坟墓，我深知我的未来充满着永恒的祝福。我向你祷告，祈求这个周末可以成为从你而来的祝福，祈求周末的时间将是更新身体和灵魂的宝贵时机。当我回顾这刚刚过去的一周时，我承认我的不足和罪过。主啊，请赦免我。我信靠你荣美的话语，“放心吧，你的罪得赦了。”阿们！

Evening Prayer

Lord Jesus, tomorrow we will again gather to celebrate your victory over sin and death. All over the globe the gospel message of forgiveness and life in you will echo in various

试读本

nations and in many languages. I pray tonight that your message be powerfully proclaimed so that the Spirit works faith in many people's hearts. Amen.

晚祷

主耶稣啊，明天，我们将再次聚集，庆祝你对死亡和罪的胜利。福音那赦免的信息和在你里面的生命将会在不同的国家，用不同的语言同声唱和，遍布整个世界。我今夜向你祈求，愿你的信息被有力地宣告，以至于圣灵可以在很多人的心中做信心的工作。阿们！

— My Thoughts For prayers —

试读本

Week 7—Sunday

Morning Prayer

As this new week begins, loving Savior, I ask for your blessing upon my reading and hearing of your Holy Word. Help me regard it for what it really is—your errorless message, given both to bring me to faith in you as my Savior and to keep me in that saving faith until I reach my heavenly home. In your name I ask. Amen.

晨祷

在这新的一周即将开始的时候，慈爱的救主啊，在我阅读你的圣言，听你话语的时候，恳请你施恩惠于我。请帮助我按着你的话语真实的样子重视它们，视之为你毫无错谬的信息；它们是为了使我相信你是我的救主，又将我保守在这得救的信心中，直到我抵达天上的家乡而赐下的。我这样祈求 是奉你的名。阿们！

Evening Prayer

Blessed Lord, I praise and thank you for using your Word not only to show me my sin and the punishment I deserve but also to reveal the message of full and free forgiveness, which I have through the perfect life and innocent death of your Son, Jesus Christ. In his name I pray. Amen.

晚祷

赐福的主啊，我赞美你，感谢你使用你的话语，不仅显明我的罪孽，显明我配得的惩罚，还启示了那全备和白白赦免的信息，就是藉着你的儿子，耶稣基督完美的生命和无辜的死亡我已然拥有的赦免。我是奉他的名祷告。阿们！

Week 7—Monday

Morning Prayer

Heavenly Father, as I face the trials, temptations, and uncertainties that are with me daily, help me remember and treasure my baptism. Keep me mindful that through Baptism

you have brought me to faith in my Savior and promised me your presence, guidance, and grace each and every day of my life. I am now your redeemed child for this life and for eternity. Amen.

晨祷

天上的父亲啊，当我直面每一天都伴随着我的那些磨练、试探和各种的不确定时，请帮助我回想起并珍视我已领受的洗礼。请保守我铭记，藉着洗礼，你使我相信了我的救主，并向我承诺了，在我生命的每一天中，都有你的同在、你的指引和你的恩典。如今，我是你今生和永世中已被赎回的孩子。阿们！

Evening Prayer

O Lord, again this day you have fulfilled the gracious promises made to me at my baptism. I praise you for guiding me, for protecting me, and, above all, for forgiving all my sins for Jesus' sake. As your redeemed child, help me live my life for you. Amen.

晚祷

主啊，这一天，你再一次印证了在我洗礼中你所作的丰盛的应许。因你引导我、保护我，不止如此，你因耶稣的缘故赦免我所有的罪，我赞美你。作为你被赎回的孩子，请帮助我为你而活。阿们！

试读本

Morning Prayer

Lord of all, I come to you, asking for your fatherly blessings upon my nation, my elected leaders, and all my fellow citizens. I ask you to forgive me for not appreciating the many blessings that I enjoy as a citizen and to show mercy upon this nation. Bless all those whom you have placed in positions of power and authority in government, and grant us times of peace, for Jesus' sake. Amen.

晨祷

万有的主啊，我来到你的面前，恳请你将那为父般的祝福赐予我的国家，赐予那被拣选的领袖们和所有与我一样的市民们。因那些作为一个市民我所享有的许多的祝福，我都未曾报以感激之情，我恳求你赦免我，并恳请你向这个国家显明你的恩慈。请祝福所有你在政府中赋予了能力和权柄各司其职的那些人们；又恳请你因耶稣基督的缘故，赐予我们和平。阿们！

Evening Prayer

Heavenly Father, forgive me for failing to thank you for the freedom of religion and the freedom of speech that I enjoy in my homeland. According to your will, use me and my witness to share the message of your Son with those around me. In his name I pray. Amen.

晚祷

天上的父啊，请赦免我，因我未曾对在自己的家园享受的宗教的自由和言论的自由，而感谢你。接着你的旨意，请使用我和我的见证，向我身边的人们分享你儿子的信息。祷告是奉他的名。阿们！

Morning Prayer

Lord Jesus, you have made me a member of my home

congregation. Although my congregation has its shortcomings, you have given us important work to do in your name — including the work of encouraging one another in our faith and reaching out to others with the good news of Jesus. Bless especially the efforts of all who publicly share your Word in my congregation and others: pastors, staff ministers, Bible class leaders, and those who teach in Christian schools and Sunday schools. Bless us all as we work together to spread your saving truth. Amen.

晨祷

主耶稣啊，你已经使我成为所在教会的一员。虽然我的教会有她的不足之处，你却已经赐予我们奉你的名而做的重要的工作——包括在我们的信心里彼此激励，以及将耶稣基督的好消息带给其他的人。请特别地祝福在我的教会中公开地宣讲你话语的所有人，请祝福牧师们、同工们、圣经课的老师，和那些在主日学和基督徒学校中教导者们各样的努力。当我们一起工作，传扬你救恩真理的时候，请祝福我们所有人。阿们！

Evening Prayer

Lord God, you give us wonderful blessings through our church body. We have the opportunity to celebrate and enjoy the unity of faith that you have established among us on the

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basis of your Holy Word. You help us work together to educate those who will someday serve as pastors, staff ministers, and teachers in our Christian schools. You make it possible for us to work together in sending forth missionaries throughout the world. Give us humble and thankful hearts as we work together and preserve the precious unity of faith you have established among us. Amen.

晚祷

主上帝啊，藉着我们所在教会，你已经赐给我们奇妙的恩典。我们有机会庆祝并享受你已经在我们中间设立的，在你神圣话语的根基之上那信心里的合一。你帮助我们一起工作，教导那些未来有一天将作为牧师、同工和我们基督徒学校的教师而服事的人们。你使我们在向外差派宣教士直到地极的事工上一起协作成为可能。当我们一起工作，并保持这难能可贵的，你已经在我们中间建立的这信心中的合一时，请赐予我们谦卑和感恩的心。阿们！

Week 7—Thursday

Morning Prayer

Savior, you have called upon me to let my light shine so that others may be drawn to you. But I must confess that my light has often been dim or even nonexistent. Forgive me for my failure. Help me use every opportunity by word and deed to share your love, especially with those who do not yet believe. I ask this in your name. Amen.

晨祷

救主啊！你已经呼召了我，让我如明光照耀，以至于其他人可以被你所吸引。但是我必须承认，我的光常常如此黯淡，甚至荡然无存。请赦免我的失败。恳请你帮助我使用每一次机会，藉着行为和话语去分享你的爱，尤其是向那些仍旧未信之人。我这样祈求奉你的名。阿们！

Evening Prayer

Gracious Savior, at the close of this day, I ask your forgiveness for all my sins. I seek the pardon that only you

can give, the pardon you provided through your perfect life and innocent death. Do not let my sins continue to trouble my conscience, but give me peace in believing that, for your sake alone, my sins are fully and eternally forgiven. Amen.

晚祷

恩慈的救主啊，在今天即将结束的时候，我恳求你赦免我所有的罪。我寻求那唯有你可以赐予的宽恕，就是藉着你完美的生命和无辜的死亡而预备的饶恕。恳请你不要让我的罪持续地烦扰我的良心，请给我唯独因你的缘故，相信我的罪已经被完全和永远地赦免中的平安。阿们！

Week 7 — Friday

Morning Prayer

O Holy Spirit, with all believers I confess that you are the Lord and giver of life. Through your Holy Word, you brought me to faith in Jesus. Through that Word, you feed my soul and guide me in living my life for Christ. Continue to use your Word in my life, O Spirit of the living God. Make me spiritually hungry so that I read, study, and hear your Word often and

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enthusiastically. And having heard it, cause me to take it to heart. Amen.

晨祷

圣善的灵啊，和所有的信徒们一起，我承认你是主，是赐予生命的主。藉着你神圣的话语，你使我相信耶稣。藉着那话语，你喂养我的灵魂，指引我的生命为主而活。永活上帝的灵啊，恳请你持续地在我的生命中使用你的话语！请让我感受到灵里的贫乏，以至于我常常满怀热忱地诵读、学习并聆听你的话语。并且当我听到你的话语时，请使我将它们铭记在心中。阿们！

Evening Prayer

Lord of life, you have given me spiritual life by your Holy Spirit working through the Word. Forgive me for the many times I have doubted the promises you give me in the Word and for the many times I have resisted the Spirit's guidance. In your mercy, take not your Holy Spirit from me. Amen.

晚祷

生命的主啊，你已经使用圣灵藉着道做工，赐给我属灵的生命。请赦免我，因很多次我质疑你在话语中赐给我的诸多应许，并且很多次我都抗拒圣灵的指引。因你的怜悯，请不要从我收回你的圣灵。阿们！

Week 7—Saturday

Morning Prayer

Jesus, my Shepherd and friend, you invite me to bring all my burdens, sorrows, and needs to you in prayer. And you have promised to hear and answer every one of my prayers in the way that is best for me. Give me joy and confidence so that I might come to you in prayer frequently throughout this day and all my days. In your name I ask it. Amen.

晨祷

耶稣啊，我的牧者，我的伙伴，你邀请我在祷告里将我所有的重担、哀愁和需要带到你的面前。并且你已经应许我会倾听和用那对我最好的方式答复我每一个祷告。请赐予我喜乐和信

心，以至于我今天从始至终，甚至每一天可以常常在祷告中来到你的面前。奉你的名我如此祈求。阿们！

Evening Prayer

Lord, you have brought me again to the end of another week. As this week comes to an end, I am mindful of the countless times I have failed to live my life for you. And yet I know that those failures are forgiven—not because I deserve your pardon—but because you died to bring me full forgiveness. Give me peace through the forgiveness you have won for me, and give me zeal to live my life for you. Amen.

晚祷

主啊，你再一次将我带到又一个星期的尽头。当这一周行将结束时，我留意到，无数次我没能够为你而活。然而我知道那些失败都已经被赦免——不是因为我配得你的原谅，而是因为你曾为了将我完全的饶恕而死去。请藉着你已经为我赢得的救恩赐予我平安，又请赐予我火热之心为你而活。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

Lord Jesus, you are the Good Shepherd of your Father's flock. By your grace I have a place among your sheep and lambs. Guide me today into the green pastures of your Word, refresh my weary soul, and lead me in the path **that is right for me**. Help me face life and death without fear, **knowing** that you have given me eternal life as a gift and you will not let anyone snatch me out of your strong hands. Amen.

晨祷

主耶稣啊，你是你父亲的羊群美好的牧者。藉着你的恩典，你已将我安置在你的羊群之中。今天，恳请你引导我进入你话语那青草之地，请更新我疲倦的灵魂，又请引导我走在适合我的道路之上。请你帮助我毫无惧怕地面对生命和死亡，知道你已赐给我永恒生命的礼物，并且你不会让任何人将我从你大能的手中夺走。阿们！

Evening Prayer

Father of the heavenly lights, another day is ending and the darkness around me deepens. You've promised that the sun will not harm me by day, nor the moon by night. Stay with me through the night, and when the darkness turns to light, let me rise rested and ready to serve you again. If my life should end before I wake, take me to heaven for my Savior's sake. Amen.

晚祷

天上众光之父啊，又一天即将结束，那围绕着我的黑暗愈来愈深。你已经应许说，白日太阳必不伤我，夜间月亮必不害我。恳请你在这夜间与我同在，并且当黑暗变为光明时，请让我精力充沛地醒来，并且再一次地预备好服事你。倘若我的生命在我醒来前就要结束，请因我救主的缘故，带我到天堂之中。阿们！

Morning Prayer

Holy Spirit, Counselor sent from heaven above, stand by me

in the week ahead. Guide me in your truth. Remind me of my Savior's words. Create a clean heart in me, restore to me the joy of your salvation, and grant me a willing spirit to sustain me in living faith and fervent love for my Savior through the temptations and trials that I'll face this week. Amen.

晨祷

圣灵，从高天上差派而来的保惠师啊，请在这开始的一周里扶持我。请在你的真理中引导我。请用我救主的话语提醒我。请在我的里面创造一颗清洁的心，请为我恢复你救赎的喜乐，并请赐予我乐意的灵，托住我，使我在活泼的信心中和对我救主炽热的爱中，**可以胜过**这一周我将面对的各样的试探和磨练。阿们！

Evening Prayer

Lord Jesus, Prince of Peace, grant me your peace as the end of this day of grace draws near. For the evil I did this day and the good I did not do, I deserve to be punished both here on earth and forever in hell. But you were punished for me. In your mercy grant me your peace so that my heart will not be troubled and so that I will not be afraid. Amen.

晚祷

主耶稣，和平之君啊，在这满有恩典的一天到达尾声的时候，请赐予我你的平安。因为这一天我所行的邪恶和我没有做的美善之事，我只配得到这世上和地狱里永恒的惩罚。但是你已经为我担当了刑罚。因你的怜悯，请赐予我平安，以至于我的心不再烦扰，以至于我不再担忧害怕。阿们！

试读本

Morning Prayer

Lord Jesus, you are the bright Morning Star. As the last star we see in the morning signals the dawn of a new day, so by your death and resurrection you caused a new day of grace to dawn for sinners. Let the light of your rising fill me with the joy of salvation, strength to serve you, confidence that you will turn evil into good, and the hope of living in your glory forever in heaven. Amen.

晨祷

主耶稣啊，你是那明亮的晨星。作为在清晨最后一课我们可以看到的星星，晨星代表了新的一天黎明的到来；所以藉着你的死和复活，你为罪人们带来了属于恩典的新的一天的黎明。请让你所升起的光明使我充满救恩的喜乐，坚固我来服事你，确信你会将邪恶翻转为美善，在你荣耀中存活的盼望永远安定在天。阿们！

Evening Prayer

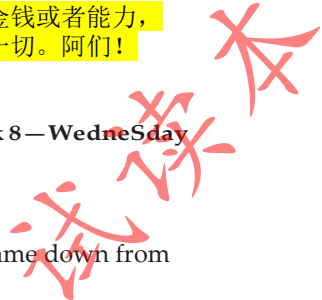
Lord Jesus, Savior of the world, you lived and died for all people. Give me a heart like yours to long for the salvation of others regardless of their abilities, their economic status, or their skin color. To that end help me make whatever sacrifice of time, money, or energy is needed to see that your Word of salvation goes out into all the world. Amen.

晚祷

主耶稣啊，世界的救赎主，你为所有人而活，为所有人而死。请赐予我一颗和你一样的心，让我渴望其他人可以得到救赎，无论他们的能力，他们的经济状况或者肤色如何。为了那个目的，请帮助我奉献出无论是时间、金钱或者能力，就是为了看到你救恩的话语传遍地极所需的一切。阿们！

Morning Prayer

Lord Jesus, you are the Bread of Life, who came down from



heaven. As I head for work today, keep me from working only for food that perishes, and help me work **instead for** the Bread that gives eternal life. Let me see my place of work as the pulpit in which you've placed me to proclaim your praise here, until by faith in your cross and shed blood, I proclaim your praise forever in heaven. Amen.

晨祷

主耶稣啊，你是从天降下的生命的粮食。当我要开始今天的工作时，请保守我不仅仅为了那会朽坏的食物而劳碌，请帮助我**单单**为了那赐予生命的粮食而工作。请让我看到我工作的场所如同祭坛，你将我安置在其间，要宣扬你的荣美，直到藉着你十字架和所流宝血中的信心，我永远在天上赞美你的日子。阿们！

Evening Prayer

Heavenly Father, Lord of hosts, the army of holy angels stands before your throne and speeds to do your will. Send your holy angel to watch over your people everywhere through the darkness of the coming night. In your mercy, grant us peaceful sleep and wake us refreshed and ready to do your will on earth as the angels do above. Amen.

晚祷

天上的父啊，万主之主，天使天军都站在你的宝座前，要速速去完成你的旨意。请差遣你的圣天使，守望你各处的子民，度过这即将到来的黑暗的夜晚。因着你的怜悯，请赐予我们平静安稳的睡眠，并请使我们精神充沛地醒来；如同天使们在天上所做的一样，请使我们预备好在地上去完成你的旨意。阿们！

试读本

Week 8—Thursday

Morning Prayer

Holy Spirit, breath of the Almighty, in the beginning you breathed life into every living thing, and you breathed into the prophets, evangelists, and apostles the very words they wrote in Holy Scripture. Breathe into me today through those words. Energize and empower me to serve you and those around me today with love and good deeds. Amen.

晨祷

圣灵啊，全能者的气息，在创始之初，你将生的气息吹入每个生命之中，并且你将那极妙的话语启示给先知们，使徒们，由他们将其书写在圣经之中。今天，也请藉着那些话语启示我。今天，请加添给我力量和能力，用爱和美善的行为去服事你，服事我身边的人。阿们！

Evening Prayer

Heavenly Father, eternal God, you have been the refuge of your people through all generations. Be the shield and refuge of your people through the darkness of the coming night. Guard and bless those who will be working and those who will be sleeping. Forgive the sins of your people for Jesus' sake, and when our earthly lives end, take us to live with you forever in heaven. Amen.

晚祷

天上的父啊，永恒的上帝，你已在万世万代作你子民的避难之所。请你仍旧作你子民的盾牌和庇护，使他们度过这将来的黑夜。请保护、祝福那些仍在工作和将要入睡的人们。因着耶稣的缘故，请赦免你子民的罪；并且当我们属世的生命结束时，请带我们到天上活在你的身旁。阿们！

Week 8—Friday

Morning Prayer

Holy Spirit, Comforter sent from heaven, bring your comfort and consolation to all whose hearts are heavy with sorrow,

whose bodies are hurting because of injury or disease, or whose souls are afflicted by sin and an evil conscience. Comfort them all with the joy and peace and hope that come from knowing Jesus, who knows our grief and healed our diseases. Amen.

晨祷

圣灵啊，奉差从天而来的安慰者，请将你的安抚和慰藉带给那些心里沉重和哀伤的人们，就是安慰那些因为伤害或疾病身体正遭受伤痛的人，又或是那些被罪和丑恶的良心所折磨的灵魂。请用因着知道耶稣——那知道我们忧伤又已医治我们疾病的耶稣——而来的喜乐、平安和希望，安慰他们所有人。阿们！

Evening Prayer

Lord Jesus, Lamb of God, you carried the sins of the world to the cross, and there you were crushed under your Father's wrath for them. Have mercy on me as I confess the sins of the week that now is nearly over. Grant me your peace and help me as your blood-bought lamb to live a pure and holy life here, until I live with you forever in heaven. Amen.

晚祷

主耶稣啊，上帝的羔羊，你将全世界的罪带到了十字架上，就是在那里你在你父对罪的列怒中破碎。当我承认这即将结束的一周里我所犯下的罪时，恳请你怜悯我。请赐予我你的平安，帮助我如同你宝血所购买的羊羔，在今世活出纯净和圣洁的生命，直到我在天上与你同住的日子。阿们！

试读本

Morning Prayer

Lord Jesus, you are the Alpha and the Omega, the Beginning and the End. I thank you for being with me at the end of this week as you were there when it began. Forgive my sins, bless my labor and my rest today, and lead me to respond with joy tomorrow to your gracious invitation: “Come to me, all you who are weary and burdened, and I will give you rest.” Amen.

晨祷

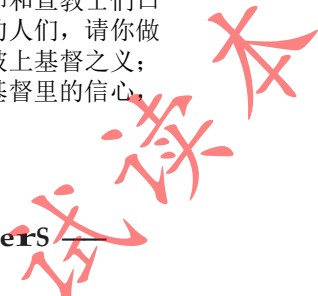
主耶稣啊，你是阿拉法，你是俄梅戛，你是初，你是终。我感谢你在这一周的尽头与我同在，就像你在其间与我同在一样。请赦免我的罪，请祝福我的努力和我今天的安歇，并请带领我在明天以喜乐回应你恩慈的邀请：“凡劳苦担重担的人，可以到我这里来，我就使你们得安息。”阿们！

Evening Prayer

Spirit of truth, our Savior’s gift from heaven, fill all those everywhere who speak the Word of Truth. Through the words of pastors, teachers, missionaries, and all who serve as witnesses of Christ, work to convict the world of sin, to clothe sinners in Christ’s righteousness, and to prepare your faithful people for the coming day of judgment by faith in Jesus Christ. Amen.

晚祷

真理的灵啊，我们救主从天赐下的礼物，请充满所有那些在各处宣讲你真理话语的人们。藉着牧师、教师和宣教士们口中的话语，和所有作为基督的见证人而服事的人们，请你做工以宣告这个世界的罪，请你做工为罪人们披上基督之义；并为了那将要到来的审判之日，藉着在耶稣基督里的信心，预备你忠诚的子民。阿们！



Week 9—Sunday

Morning Prayer

Lord Jesus, help us regard each Sunday as a reminder of your resurrection from the dead. May each Lord's day be a "little Easter" for your church. Let us approach you with real contrition and repentance. Cheer our hearts with the good news that we are forgiven on the basis of your perfect life and atoning death. We sing to you a new song, for you have done marvelous things. Amen.

晨祷

主耶稣啊，请帮助我将每一个星期天视为你从死里复活的提醒。愿每一个主日对你教会而言都成为一次“小复活节”。让我们带着真正的懊悔亲近你。请用那美好的消息，就是基于你完美的生命和赎罪之死我们已经被赦免了的消息，使我们的心倍感鼓舞。我们为你歌唱那新歌，因你已为我们做成了奇妙之事。阿们！

Evening Prayer

O triune God—Father, Son, and Holy Spirit—I praise you for your great mercy. You created me, but I have sinned. You redeemed me, but I have not deserved your mercy. You gave me faith, but too often I have strayed. Keep me in the saving faith until you bring me home to heaven. Amen.

晚祷

噢，三位一体的上帝——父、子、圣灵啊——因你极大地怜悯，我赞美你。你创造了我，但是我却犯了罪。你赎回了我，但是我却不配你的怜悯。你赐予我信心，但是太多次我如羊走迷。恳请你保守我在得救的信心之中，直到你带我回天家的日子。阿们！

Week 9—Monday

Morning Prayer

Lord Jesus, my Savior, help me remember that your Word is

the one thing I truly need. Bless me with a stronger faith as I continue to hear, read, and learn what you have revealed in the Bible. Shatter the common excuses that too often keep me from studying the Scriptures. I repent of my sins and trust only in you **for** forgiveness. Thank you for the gospel, Lord. Amen.

晨祷

主耶稣，我的救主啊，请帮助我铭记，你的话语是我唯一真正需要的。当我持续地倾听、诵读并学习你在圣经中启示之事时，请祝福我拥有坚定地信心。请击碎那些太多次使我远离圣经学习的惯常的借口。我为自己的罪忏悔，并信赖唯独**在你里面**有赦免。主啊，感谢你的福音。阿们！

Evening Prayer

O triune God, help me walk with you and follow your commands. I know that my sinful flesh hinders my obedience. With a broken and contrite heart, I renounce all my sins and thank you for your free gift of forgiveness through Jesus Christ. Let me never fall away from faith. I seek to run in the path of your commands, for you have set my heart free. Amen.

晚祷

三位一体的上帝啊，请帮助我与你同行，并遵从你的诫命。我也知道我的罪身**总是**拦阻我顺服**你**。带着一颗破碎和懊悔的心，我宣布拒绝我所有的罪，并且因你借着耶稣基督白白赐给我赦罪的礼物感谢你。请让我永不从信心中跌倒。我寻求在你诫命之路上奔跑，因你已经释放我的心得以自由。阿们！

试读本

Morning Prayer

O triune God, I begin this day remembering that you placed your name on me and called me to faith in the Sacrament of Holy Baptism. In the name of the Father and of the Son and of the Holy Spirit, you washed all my sins away. Help me daily drown my old Adam and live as your redeemed child, through faith in Christ Jesus. Amen.

晨祷

三位一体的上帝啊，铭记着你已将你的名赐予我，铭记着在圣洗礼中你已召我相信，我开始今天的生活。奉圣父、圣子和圣灵的名，你洗净了我所有的罪。恳求你帮助我，使我每日致死老亚当，并藉着在基督耶稣里的信心，作为你赎买回的孩子而活。阿们！

Evening Prayer

O triune God—Father, Son, and Holy Spirit—I thank you for all the blessings you have given me in Holy Baptism. This evening I seek to drown my old Adam by contrition and repentance. With my sins washed away in Baptism, cause my new nature to arise. Lead me to live a new life, as your believing child, in righteousness and purity now and forever. Amen.

晚祷

三位一体的神——父、子、圣灵啊——我感谢你，因为你已经在圣洗礼中赐给我所有的福份。这个夜晚，我寻求要借着痛悔的心致死老我。随着在洗礼中我的罪被清洗净尽，请使新的我苏醒。作为你已经相信的孩子，恳请你带领我现今和永恒都在公义和洁净之中，活出新的生命。阿们！

Morning Prayer

Thank you, Lord, for giving your church the ministry of the keys. How comforting it is to hear the absolution, "I forgive

you all your sins in the name of the Father and of the Son and of the Holy Spirit.” May we always repent of all sin and receive your words of forgiveness with firm confidence. Bless our called ministers, who serve us with your Word. Amen.

晨祷

上帝啊，感谢你，因你赐予你的教会“钥匙的职分”。听到宣赦的话语是何等的安慰啊！“我奉父、子和圣灵的名，赦免你所有的罪！”愿我们总是为所有的罪而懊悔，并带着坚定的信心领受你赦免的话语。请祝福我们被呼召的工人们，就是那些用你话语服事我们的人们。阿们！

Evening Prayer

In the name of the Father and of the Son and of the Holy Spirit. Amen. God, have mercy on me a sinner. Jesus, Savior, wash away all that I've done wrong today. I confess my sins, dear Lord, and thank you for your gracious words of pardon. May I always believe your Word and never waver. Move me to forgive as I have been forgiven. Help me carry your forgiving love to others. Amen.

晚祷

奉父、子和圣灵的名，阿们！上帝啊，请怜悯我这个罪人。耶稣，救主啊，请洗净我所有今日触犯过错。我承认我得罪了你，亲爱的上帝，因你宽恕的恩言我感谢你。惟愿我总是相信你的话语并永不动摇。请感动我原谅别人，如同我被原谅一样。请帮助我向其他人展现出你那赦免之爱。阿们！

试读本

Morning Prayer

On this Thursday, Lord Jesus, we recall your institution of the Sacrament of Holy Communion. In, with, and under the bread and wine, communicants receive your true body and blood for the forgiveness of sins. Teach us to treasure your words and find comfort and joy in your Holy Supper. Use it to strengthen our faith in you and increase our love for one another. Amen.

晨祷

主耶稣啊，在这个星期四，我们回想起你对圣餐礼的设立。在饼和酒之内，与饼和酒同在，在饼和酒之下，领餐者领受了你的赦免罪恶那真的身体和宝血。请教导我们珍视你的话语，并在你的圣餐礼中寻得安慰和喜乐。请使用圣餐礼坚固我们在你里面的信心，并使我们更加地彼此相爱。阿们！

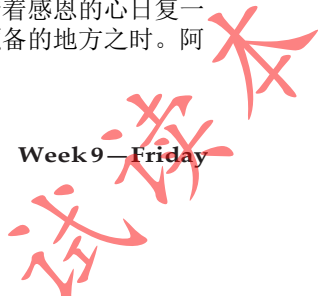
Evening Prayer

O my Savior, you humbled yourself to save a poor, miserable sinner like me. You stooped to wash feet. You suffered in the garden. You died on the cross to pay for my sins. Let me never fail to appreciate your deep love. May I serve you with a grateful heart day after day, until you take me to the place you have prepared for me in heaven. Amen.

晚祷

我的救主啊，你谦卑你自己来拯救一个可怜的、悲苦如我一样的罪人。你卑躬屈膝为门徒洗脚。你在客西马尼园中忍受痛苦。你在十字架上为我们的罪附上代价而死去。请让我永远不放弃去感谢你那辽阔高深的爱。愿我可以带着感恩的心日复一日地服事你，直到你带我到你在天上为我预备的地方之时。阿们！

Morning Prayer



With both sorrow and joy I begin this day, recalling your death, Lord Jesus, on that first Good Friday. My sorrow comes from knowing that my sins placed you on that cross and caused your death. My joy comes from knowing that you won my forgiveness there by paying my ransom price. May I never be ashamed of your cross or be unwilling to bear a cross for you. Amen.

晨祷

回想着你在第一个美好的星期五死去，主耶稣啊，同时带着哀伤和喜乐，我开始今天的生活。我的哀伤源于，我知道是我的众罪将你钉在十字架上，并导致你死亡。我的喜乐源于，我知道因着为我在十字架上付上赎价，你为我赢得了赦免。愿我永不以你的十字架为耻，愿我永远都不拒绝为你而背起十字架。阿们！

Evening Prayer

May I never boast, except in your cross, Lord Jesus. For on the cross you paid the full price for the sins of the whole world and won my forgiveness. Your believers will never perish. How can I thank and praise you enough for giving me eternal life as a gift? Not unto us, but to you be all glory forever! Amen.

晚祷

除了你的十字架，主耶稣啊，愿我永不夸口。因为在十字架上，你为整个世界的罪付上了全部的赎价，并赢得了我的赦免。相信你的人必永不灭亡。我如何能够为如礼物般赐给我的永生而感谢并赞美你呢？所有的荣耀都与无关，而是永远归于你。阿们！

试读本

Morning Prayer

Lord Jesus, you have said, “Come to me, all you who are weary and burdened, and I will give you rest” (Matthew 11:28). Since today was the Sabbath Day of the Old Testament, let this day and every day be our day of rest in your forgiveness. We praise you for fulfilling the Sabbath and giving us rest for our souls. May we serve you today and every day. Amen.

晨祷

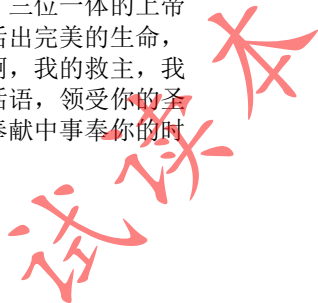
主耶稣啊，你曾说过“凡劳苦担重担的人，可以到我这里来，我就使你们得安息。”（马太福音 11：28）。既然今天是旧约时期的安息日，就请让今天，让每一天都成为我们在你的赦免中安息的日子。因你完全了安息日，并赐给我们灵魂的安息，我们赞美你。愿我们今天，以后，每一天都可以事奉你。阿们！

Evening Prayer

You have brought me to the end of another week in your grace, O triune God—Father, Son, and Holy Spirit. I confess that I have not lived perfectly this week, yet Christ’s righteousness covers all that I have done wrong. I long to be in your house of worship, O Lord, my Savior. I rejoice at the thought of receiving your Word and Sacrament and serving you with prayers, songs of praise, and thankful offerings. Amen.

晚祷

你已在你的恩典中，将我带到这一周的尽头。三位一体的上帝——父、子、圣灵啊，我承认这一周我没有活出完美的生命，然而耶稣的义遮盖我犯下的所有过错。上帝啊，我的救主，我渴望着到你的殿中敬拜你。一想起领受你的话语，领受你的圣礼，并在祷告中，在赞美的诗歌中和感恩的奉献中事奉你的时候，我就欢喜快乐。阿们！



— My Thoughts For prayers —

試讀本

Week 10—Sunday

Morning Prayer

Fill us with joy, O God, as we come into your presence today. As you rested from your work on the seventh day and took delight in what your hands had made, so may we come into your house to rejoice in the mighty works that you, O Lord, have done for our salvation. Bless us this day through Jesus Christ. Amen.

晨祷

上帝啊，当我们进入这与你同在的一天时，请使我们充满喜乐。如同你在第七日结束了所有的工作安息，并欣赏你手所创造的一切一样，愿我们进入你的殿中，为主你已经为我们的救恩所完成的工作而欢喜快乐。今天，请藉着耶稣基督祝福我们。阿们！

Evening Prayer

Lord Jesus Christ, head of the church, I thank you for my congregation—the family of believers you have given to me to be my companions as we travel toward our heavenly home. Move me to love them all and pray for them all. Give me words of encouragement to speak to them and ready hands to help them in every need. I pray in Jesus' name. Amen.

晚祷

主耶稣基督，教会的元首啊！因为我的教会——在我行走在通往天家的路上，你赐给我用来陪伴我的信徒之家——我感谢你。请感动我爱他们所有人，为他们所有人而祷告。请赐给我可以说给他们的鼓励之言，请使我在任何需要中可以向他们施以援手。奉耶稣的名祈求。阿们！

Week 10—Monday

Morning Prayer

Heavenly Father, as the highways again fill with the frantic

rush of life, fill me, your servant, with an inner peace that flows from your Spirit. Amid all the business and busy-ness, help me remember that the greatest work was done when your Son conquered sin, death, and hell, and made me an heir of eternal life. In his holy name, I pray. Amen.

晨祷

天上的父亲啊，当道路上再次充满了生命狂乱盲目的潮流时，请用从你的灵涌流而出的内心的平安充满我，充满你的仆人。在所有的事务和忙碌中，请帮助我铭记，当你的儿子胜过罪、胜过死亡、胜过地狱，又使我承受了永恒的生命时，那最伟大的工作已经完成了。奉你圣洁之名而祷告。阿们！

Evening Prayer

I thank you, O Spirit of Life, for the Word of God you have written and preserved for your people. Without its light we cannot see. Without its power we have no strength. Without its good news we have no hope or joy. Teach me to love your sacred Word and to make it my delight both day and night. Through Jesus Christ, the Word made flesh. Amen.

晚祷

生命之灵啊，因为你已经写下了上帝的话语，因为你为你的子民将其存留，我感谢你。没有那话语之光，我们将有眼如盲；没有那话语的能力，我们将软弱疲乏。没有那话语中美好的消息，我们将毫无盼望和快乐。请教导我，深爱你那神圣之言，使之成为我白昼和深夜中的欢乐。祷告是藉着那道成肉身的耶稣基督。阿们！

试读本

Morning Prayer

O God, you are the hope of the hopeless. As Satan attacks me again today, trying to lead me to despair, set your Son's triumphant cross and empty grave before my eyes. There I see your power and love, and there alone I find hope for every challenge. As you have filled me with eternal hope, fill others too, I pray, with the sure hope that comes through Jesus Christ. Amen.

晨祷

上主啊，你是那毫无盼望之人的盼望。当撒旦今天再次攻击我，试图将我引入绝望之中时，请让我的眼睛看到你儿子那得胜的十字架和空坟墓。在那里，我可以到你的权能和慈爱，并且唯独在那里，我可以寻得面对任何挑战的希望。就如同你已经用永恒的盼望充满我一样，请同样充满其他人。拥有从基督耶稣而来的确凿的希望，我如此祷告。阿们！

Evening Prayer

I thank you, Lord Jesus, head of the church, that you have so graciously and abundantly provided teachers of your Word. I thank you for pastors and Christian day school teachers, for Sunday school teachers and Christian preschool teachers. Lead me to be a lifelong student of the Scriptures, so that I may enjoy the blessings you give through your Word. Amen.

晚祷

主耶稣啊，教会的元首，我感谢你，因你如此仁慈，如此丰盛地差遣了你话语的教师们。为所有的牧师和基督徒学校的老师们，我感谢你。请引导我一生之久地学习圣经，以至于我可以得享那藉着你话语而赐下的每个祝福。阿们！

Morning Prayer

Dear Father in heaven, thank you for the quiet night of rest you gave me. Let me set about my work today with a quiet

and gentle spirit—the spirit of your Son, who is gentle and humble in heart. Let your love guide all my words and actions, so that others may clearly see the inner joy and peace you have given me through Jesus Christ. Amen.

晨祷

亲爱的天上的父啊，感谢你赐给我如此宁静安息的夜晚。请让我以安静和温和的灵——你那心里柔和、谦卑的儿子的灵——着手开始我今天的工作。请让你的慈爱在我所有的工作和活动中引领我，以至于其他人可以清楚地看到，你已经藉着耶稣基督赐予我的内心的欢喜和平安。阿们！

Evening Prayer

O holy God, as evening shadows fall, I am fully aware of my many sins against you. But I remember my baptism and thank you for that precious gift. Let me lie down in peace, knowing that you have washed all my failings away and that you have claimed me as your dear child and heir through your Water of Life. I commit my body and soul into your gracious hands tonight and always. Amen.

晚祷

圣洁的上帝啊，当夜幕降临，我全然地意识到我许多抵挡你的罪。但是我铭记着我的洗礼，并为那珍贵的礼物而感谢你。请让我在平安中躺卧，知道你已经洗净我所有的失败，知道藉着你生命之水，你已经宣告我是你亲爱的孩子和后嗣。我将我的身体和灵魂全然交托在你恩慈的手中，今夜直到永远。阿们！

试读本

Morning Prayer

Give me wisdom, O Lord—not the wisdom of this world, which manipulates and deceives for personal gain, but the true wisdom from heaven, which leads to eternal life. Teach me to capture all my thoughts and make them obedient to Jesus Christ, that I may live under the canopy of your blessing now and forever. Amen.

晨祷

主啊，请赐给我智慧——不是这个世界的智慧，不是为个人利益操纵和欺诈的智慧，而是那从天而来的真智慧，那引向永生的真智慧。请教导我得着我所有的心思意念，使它们顺服耶稣基督，以至于我可以活在你祝福的荫蔽之下，从今时直到永远。阿们！

Evening Prayer

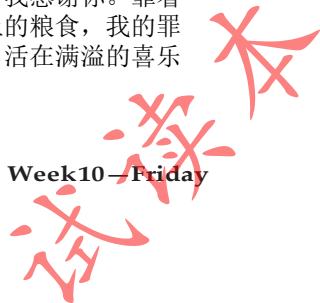
Dear God, how Satan accuses me because of my sins! Yet your Son lives, and he gives himself for our forgiveness in his Holy Supper. I thank you for your precious gift of Communion. By your Spirit help me always believe that through this heavenly meal my sins are forgiven, so that I may live in confident faith and increasing joy. Through Jesus Christ I pray. Amen.

晚祷

亲爱的上帝啊，因为我的罪，撒旦的控告何等猛烈！然而你的儿子活着，他又为我们的赦免，在他的圣餐中将他自己赐下。因这圣餐礼中你那何等宝贵的礼物，我感谢你。靠着你的圣灵，请帮助我总是相信，藉着这天上的粮食，我的罪已被赦免，以至于我可以满有信心地活着，活在满溢的喜悦中。奉耶稣基督的名祷告。阿们！

Week 10—Friday

Morning Prayer



How hard it is, O Lord, to be humble in a world that encourages pride and self-promotion. How easily we are tempted to raise our voices to boast about the things we have done. Teach me by your Spirit to boast in you, my Lord. Help me to follow meekly in the steps of your Son, who walked the path of humility while here on earth. In his name I pray. Amen.

晨祷

主啊，在这纵容骄傲和自我激励的世界中，心存谦卑是何等的艰难啊！我们是多么地容易被试探，以至高调地为我们所做之事而夸口啊！我的主啊！请教导我靠着你的灵，以你夸口。请帮助我温良地跟随你的儿子，当他在世上的时候，他走在一条何等谦卑的道路上。奉他的名祷告。阿们！

Evening Prayer

O ascended Lord Jesus, you reach down from God's right hand and shower your church with gifts. I thank you this evening for our congregational leaders, each a gift from you. Fill them with wisdom and love. Equip them for every good work through your Word. As they work and pray for us, prompt us to do the

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same for them. Help us all work together for the glory of your name. Amen.

晚祷

升高天的主耶稣啊！你从上帝的右边伸手，使你的教会充满各样的恩赐。今夜，因着我们教会的带领者们，为我们教会从你而来的每一个恩赐，我感谢你。恳请你使他们满有智慧和爱心。恳请你藉着你的话语，为每一个美善的工作而装备他们。当他们为我们劳作，为我们祷告的时候，请提醒我们也为他们做这同样的事情。请帮助我们所有人为了你荣耀之名携手事奉。阿们！

Week 10—Saturday

Morning Prayer

Heavenly Father, fill me with your love. My sinful nature knows only self-love and hatred for others. But through my baptism, you have put a new spirit in me, which is eager to do your will. Give me a greater portion of your Spirit, that I may love you with all my heart and love my neighbor as myself. Hear me, O Author and Source of all true love. Amen.

晨祷

天上的父啊，请使我充满你的爱心。我的罪性只知道自怜自爱，并憎恨他人。但是藉着我的洗礼，你已经将新灵，就是那渴慕行出你旨意的灵放在我的里面。恳请你将那更丰盛的灵赐予我，以至于我可以全心地爱你，并爱人如己。所有真正之爱的发起者和源头啊，请你垂听我的祷告。阿们！

Evening Prayer

Open my eyes, O Lord, to look for opportunities to serve you and others. Your Son did not come to earth to be waited on hand and foot. He came to serve others and to give his life as a ransom for many. Give me the Spirit of your Son, that in selfless service I may find joy in imitating Christ. Help me be a blessing to all people I know and meet. Amen.

晚祷

上主啊，请打开我的双眼，寻找可以服事你和他人的机会。你

的儿子来到世间，并非要衣来伸手，饭来张口，受人的服事。他来是要服事别人，将他的生命赐下作为多人的赎价。恳请你赐予我你儿子的灵，以至于在无私的服事中，我可以寻得效仿基督的喜乐。请你帮助我成为所有与我相识或相遇之人的祝福。阿们！

— My Thoughts For prayerS —

试读本

Morning Prayer

Dear God, help me be truly alive this week. Help me to live and cherish each minute and hour as a precious gift from you. Lead me to walk in the ways of my Lord. Make me willing to give of myself to others—to teach them to know you, to bring your life-saving message to them, and to care for their earthly needs. Amen.

晨祷

亲爱的上帝啊，这一周，请帮助我真实地生活。请帮助我活着，并珍视每一分钟，每一小时，视之为从你而来的宝贵的礼物。请引领我行走在你主的道路上。请使我真心愿意为其他人而舍弃自己——为要教导他们认识你，将你那拯救生命的信息带给他们；也请你使我真心愿意去照顾他们属世的需要。阿们！

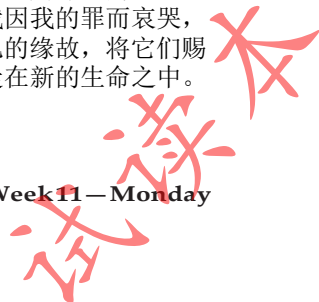
Evening Prayer

Each day, O Lord, that I hear your Word proclaimed to me, I see how I have spoiled my life with lack of confidence in you, by not walking in your paths and by tarnishing my life with evil thoughts, words, and deeds. Tonight, O Lord, I weep over my sins and I long for your word of forgiveness. Grant it to me for your sake, that on the morrow I may rise and walk in newness of life. Amen.

晚祷

主啊，每一天我听到那宣讲给你的你的话语，我就看到我是怎样怀疑你，放纵了我的生命，偏离你的道路，用邪恶的想法、言语和行为玷污我的生命。主啊，今夜，我因我的罪而哀哭，并且我渴望你赦免的言语。恳请你为你自己的缘故，将它们赐予我，以至于明天我醒来的时候，可以行走在新的生命之中。阿们！

Morning Prayer



Gracious Lord, as the pictures of other men's crimes leap at me from my television screen, may I never become so preoccupied with the mess the world is in that I fail to take personal inventory of my own sins. Against you have I sinned. And I too am part of the reason for the condition of the world. Wipe away my sins and start a reformation of the world with me—yes, with me, Lord. Amen.

晨祷

恩慈的主啊，当其他人犯罪的画面从我的电视屏幕中闪现时，愿我永远都不全神贯注于这个世界所陷于的混乱之中，导致我未能看清自己在其中的罪恶。我犯罪抵挡了你。并且这个世界变成如今这个样子也有我的原因。请涂抹我的罪，并使用我来开始对这个世界的变革，是的主啊，使用我！阿们！

Evening Prayer

Merciful God, sometimes I con myself into thinking that I have led a pretty good life and that you owe me a favor or two for doing so. Don't allow my little practices of piety to blind me. Forgive my pride and self-righteousness. Wipe out all my sins for the sake of my Savior. Lead me to see that in serving others I am really serving you. Amen.

晚祷

满有怜悯的上帝啊，有时候我使自己沉湎在我已经活出了相当美好的生命，并且因为我这样的行为，你就欠我些什么的想法之中。请不要让我那渺小的敬虔的实践使我变得盲目。请赦免我的骄傲和自以为义。请因我救主的缘故，涂抹我所有的罪。恳求你引领我看见，通过服事其他人我就是在服事你自己。阿们！

试读本

Morning Prayer

It's a good morning, Lord, because, as on every morning, you're here with your love. Thank you for another day of grace. Help me to walk in your paths. May I fully recognize and appreciate the love you have shown by laying down your life for me and by the way your guiding and protecting hands enfold me with your love. May my heart respond to your love by spreading your love in my little world today. Use me today to do your work here on earth and to put in a good word for you. Amen.

晨祷

主啊，和每一个清晨一样，在这个美好的清晨，你和你的爱都在这里。为了这新一天的恩典，我们感谢你。请帮助我行走走在你的道路上。你已为我舍弃你的生命，你引导和保护的爱将我围绕，愿我完全地意识到，并感激你藉着这一切已然显明的爱。愿我的心，藉着今日在我小小的世界中传扬你的爱，并以此来回应你的爱。恳请你今日使用我，在今世去做你的工作，**并为你带来荣耀**。阿们！

Evening Prayer

Dear God, thank you for helping me get through this day. I know that I am not alone tonight. Though fears and anxieties trouble my mind and heart, make me realize that your hand is upon me and that I walk through life with you at my side. Give me the constant confidence that all that I am and all that I have is safely in your hands. Amen.

晚祷

亲爱的上帝啊，感谢你帮助我度过今日。我知道，今夜，我不是独自一人。虽然恐惧和焦虑侵袭我的思想和心灵，但恳请你使我意识到，你的手在我身上，并且我是在你的同在中生活。请赐予我不变的信心，以至于我的全人和我所拥有的一切都在你的手中得以安全。阿们！

Week 11—

Wednesday

Blessed Savior, keep this day from being merely routine, a thing of habit, of simply going through the motions and mouthing words. Make me see this day as a vital part of your grand design for my life. May I bring a word of yours into the life of every person I meet or associate with this day. Amen.

晨祷

赐福的救主啊，请使这一天不仅仅只是循规蹈矩，墨守成规，不仅仅只是简单地走走过场，说些装腔作势的话。恳求你使我视今天为你对我生命伟大计划中至关重要的一天。愿我可以将你的话语，带到每一个我今天所遇见或交往的人的生命之中。阿们！

Evening Prayer

Dear Lord, you know the thoughts and intents of my heart. You know how often I have been tempted and have fallen. You know that I often wear a pious mask that conceals my real motives and that I often do what is good simply because it serves my own interests. Lord, cleanse my heart. Renew a

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right spirit within me, that my motives may be pure and that the deeds I do may be done out of a real love for you and a vital concern for those who belong to you. May everything I do and say tell others that I belong to you. Amen.

晚祷

亲爱的主啊，你知道我心中的想法和意念。你知道我是怎样常常被试探，并且跌倒。你知道我总是带着敬虔的面具，隐藏起我真实的动机，并且我总是做那些美善的事，仅仅因为它们满足了我的喜好。主啊，求你洁净我的心。在我里面使我重新有正直的灵，以至于我的动机可以纯粹，我所做的每件事，可以出于对你那真实的爱，和对那属于你的其他人莫大的关心而做。愿我手中的每件事、每句话，都可以向人讲述我是属于你的。阿们！

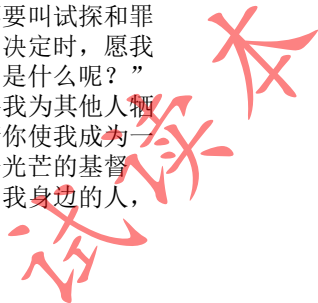
Week 11—Thursday

Morning Prayer

Father, Son, and Holy Spirit, lead me throughout this day. Keep temptations and the allurements of sin from finding a home in my heart. As I make the decisions I must, may I always remember to ask, "Lord, what would you have me do?" May the thought of Christ's sacrifice for me lead me to be ready to sacrifice myself for others. Make me a truly effective Christian who reflects the light of him who is the Light of the world in all I say or do. May I be a messenger of your Word to my fellowmen. Amen.

晨祷

父、子、圣灵啊，请引领我度过今日。请不要叫试探和罪的诱惑在我的心中扎营。当我作那必须做的决定时，愿我可以总是记得询问：“主啊，你想让我做的是什么呢？”愿基督为我而牺牲的想法总是引领我，预备我为其他人牺牲我自己。在我所有的言语和行为上，恳请你使我成为一个带来帮助的基督徒，一个可以反射出基督光芒的基督徒，因他自己是这个世界的光。愿我可以向我身边的人，作你话语的信使。阿们！



Evening Prayer

Almighty and everlasting God, you forgive all those who are truly sorry for their sins and turn to you in faith. Create in us new hearts and truly contrite spirits, that we, acknowledging our sins, may receive grace and forgiveness from you, for the sake of our Lord and Savior Jesus Christ. Amen.

晚祷

全能永在的上帝啊，你赦免所有那些真正因他们的罪而忧伤，又在信心中回转向你的人们。恳请你为我们造一颗新心和真正悔悟的灵，使我们既承认我们的罪后，可以得到从你而来的恩典和赦免，祷告是奉我们的主和救主耶稣基督的名求。阿们！

Week 11 — Friday

Morning Prayer

Lord God, we deserve to be punished for our many sins. Mercifully **look down upon us** for the sake of our Lord and Savior Jesus Christ. Stretch forth your right hand of power and majesty to guard, protect, and keep us from our enemies who seek the destruction of our souls. Grant us the gift of your peace. Give us strength to serve you gladly on this day and all the days to come. Amen.

晨祷

主上帝啊，因为我们许多的罪，我们只配得到惩罚。愿你满有怜悯地，因着我们的救主耶稣基督的缘故，眷顾我们。恳请你展开你大能和威严的右手，看顾、保护并持守我们远离我们的仇敌，就是那寻求破坏我们灵魂的仇敌。请赐予我们你平安的礼物。请赐予我们力量，在今天和所有将要到来的日子里，喜乐地服事你。阿们！

试读本

Evening Prayer

You know, O gracious God, that we are surrounded by great dangers that threaten to knock us down and overwhelm us because we are so spiritually weak. Grant us the necessary strength and protection to support us in all dangers and to carry us through all temptations. Be with us at all times to bless us from above, to surround us with your love, and to uphold and strengthen us with your grace. Amen.

晚祷

恩慈的上帝啊，你知道因为我们的灵如此的软弱，我们被那威胁要击倒并淹没我们的巨大危险所包围。恳求你赐予我们必须的力量和保护，在所有的危险之中支撑我们，并帮助我们度过所有的试探。每时每刻，请与我们同在，从上面祝福我们，使我们环绕在你的爱中，请你用你的恩典将我们高举，使我们得坚固。阿们！

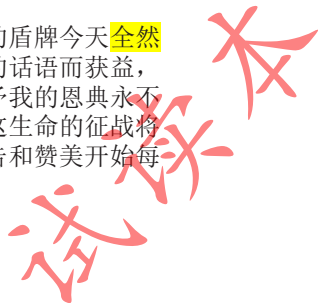
Week 11—Saturday

Morning Prayer

O blessed Holy Trinity, let your shield of love extend over me this day. Open my understanding, that I may read your Word with profit and that I may see your hand guiding my life. May your gifts to me never fail. Feed me today with the Bread of Life. Equip me for the battle that is life. Teach me to always turn to you and to begin each day with prayer and praise. Amen.

晨祷

配得称颂的圣三位一体真神啊！请让你的爱的盾牌今天全然守护我。请赐予我悟性，使我可以因诵读你的话语而获益，使我可以看到你引导我生命的手。愿你所赐予我的恩典永不落空。今日，请用你生命的粮喂养我。请为这生命的征战将我装备。请教导我总是回转向你，并且以祷告和赞美开始每一个新的日子。阿们！



Evening Prayer

O God, be with us, for the night is falling. Keep us in safety under the shadow of your wings. Watch over the sick. Help the poor. Rescue those about to fall. Show us where we have offended you and have faltered on the way. Be merciful to us and grant us forgiveness. Drive away all gloom and sorrow from our lives, and bless us with a glad tomorrow. Amen.

晚祷

上帝啊，请与我同在，因为夜晚已经降临。恳请你保守我在安全之中，保守我在你翅膀的荫下。恳请你为病患守望。恳请你帮助穷困之人。请你拯救那些将要沉沦者。请让我们知道何处我们冒犯了你，何处我们在路上动摇。恳求你施怜悯给我们，又赐予我们赦免之恩。请将忧郁和哀伤从我们的生命中驱除，又请你用欢喜快乐的明天祝福我们。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

Holy Spirit, prepare my heart for worship today. Remove distractions and doubts from my mind so my soul may be fully nourished. I come to worship expecting God to speak to me through his Word. I pray to you now, Holy Spirit, so that I will be ready to listen when I arrive at my church. Seeking your wisdom, I come to you. Amen.

晨祷

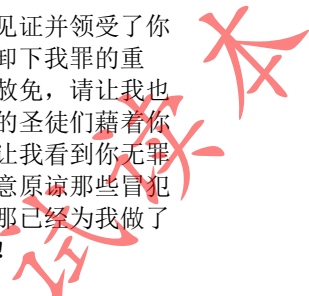
圣灵啊，请为今天的敬拜预备我的心。请将焦虑和怀疑从我的心思意念中清除，使我的灵魂可以全然地得以滋养。我前来敬拜，期待着上帝藉着他的话语对我说话。圣灵啊！现在，我向你祷告，以至于当我到达我的教会时，我可以准备好倾听你的话语。我来到你的面前，寻求你的智慧。阿们！

Evening Prayer

Dearest Jesus, I have again witnessed and received your forgiveness in church today. I am so thankful that I can come and unburden my sins at your feet. Having seen the forgiveness you have for me, let me also share it with those I need to forgive. As your saints saw your forgiveness through the wide-angle lens of your grace, let me see and be safe in your verdict of not guilty and be open to forgive those who have wronged me. May I live my life to please you, who have done so much for me. Thank you, dear Savior. Amen.

晚祷

最亲爱的耶稣啊，今日在教会里，我再一次见证并领受了你的赦免。我能够来到你的面前，在你的脚前卸下我罪的重担，我是如此地感恩。我看到了你赐予我的赦免，请让我也将这赦免与那些我需要原谅的人分享。当你的圣徒们藉着你恩典的这枚“广角镜”看到你的赦免时，请让我看到你无罪的裁决，让我在这裁决中得着保全，并且愿意原谅那些冒犯我的人。愿我用我活出的生命荣耀你，荣耀那已经为我做了如此之多的主。感谢你，亲爱的救主。阿们！



Week 12—Monday

Morning Prayer

Every day your mercies are new, O Lord. That was the sentiment of the psalmist. Our world is certainly a testimony to that thought. Even though Monday is usually the “down” day of the week, I can and will thank you for all you give me. Most importantly, I thank you that I am a child of God through Jesus Christ. Knowing that, I can face all the challenges that will come today and the rest of the week. I praise you for the abilities you have given me to support my family, my faith, and my future. Thank you, God of all! Amen.

晨祷

主啊，每一天你的怜悯都是新的。这正是诗篇作者的情感。而我们的世界也的确佐证了这个想法。即使星期一通常是一周中最低落的一天，我仍能够也愿意为你赐给我的一切感激你。更重要的是，我感谢你，借着耶稣基督我已经成为上帝的孩子。因为知道这点，我可以面对今天和这一周之中将要到来的所有的挑战。因为你已经赐予我支撑我的家庭、我的信心和我的未来的能力，我赞美你。感谢你，万有的神。阿们！

试读本

Evening Prayer

There is no one like you, merciful Savior. You bless me in countless ways and fill my life with joy. Just knowing that you are always with me comforts and encourages me. Be with me tonight. I place myself into your hands. Amen.

晚祷

怜悯的救主啊，没有人像你一样。你用无法计数的方式祝福我，你让我的生命充满喜乐。只是知道你总是与我同在，就足以安慰我，激励我。恳请你今夜与我同在。我将我自己放在你的手中。阿们！

Week 12—TueSday

Morning Prayer

Heavenly Father, on this day let me think about missionaries in the world who have gone out in your name to share the good news of Jesus. They have left behind their families and their culture. Lord, encourage them when they are lonely. Help them adjust to a new world and find friends and places to shop where they can feel comfortable. Most of all, let your Word take root in the hearts of those to whom they preach and get to know. May your message of salvation through faith ring out loud and clear. Amen.

晨祷

天上的父啊！今天，请让我思想那些奉你的名走出去分享耶稣的好消息的世上的宣教士们。他们为此离开他们自己的家人和他们的文化。主啊，当他们感到孤独时，请你鼓励他们。请帮助他们适应新的世界，并且找到朋友和购物的场所，使他们因此可以感到些安慰。更重要的是，对于那些他们向其宣讲并认识基督的人们，请将你的话语根植在他们心中。愿你救恩的信息藉着信心大声而清晰地鸣响。阿们！

Evening Prayer

This morning, Lord, I prayed for your missionaries. Tonight hear my prayer for their children, many of whom are away at school. What a struggle it is to put your son or daughter

on an airplane and send them back to the United States. The fear, isolation, and challenges that await students away from home for the first time would be unbearable without your providence. Remind these children that their families love them and that you will help them through all the joys and struggles ahead. Show us ways we can be of help in providing them with homes away from home. Keep them in your hands, heavenly Father. Amen.

晚祷

主啊，这个早晨，我曾为你的宣教士们祷告。今夜，请垂听我为他们的儿女们的祈祷，他们中的很多人都还在上学。请提醒这些孩子们，他们的家人爱着他们，并且你将会藉着未来所有的快乐和挣扎帮助他们。请向我们显明各样的方式和机会来帮助他们，在他们远离家园时为他们提供一个温暖的家。天上的父亲啊，请保守他们在你的手中。阿们！

试读本

Morning Prayer

O Holy Spirit, continue to support and lead the native laborers in our mission fields. You have not only led many people of many nations to the peace of Christ, you have motivated some of them to study for and be ordained into the holy ministry. Satan will continue to test and tempt people in mission fields to return to pagan ways. Violence may even be used to pressure them to renounce their faith. Give them dedication and resolve to remain faithful to Jesus and strong in their faith. Amen.

晨祷

圣灵啊，请持续地支持并带领在我们各样服事中的本地同工。你不仅仅要带领许多国家的人们进入基督的平安，你还激励了他们中的一些人为了神圣的事工而学习，并被按立而从事圣工。撒旦将不断地考验和试探那些在宣教领域的人们，使他们回到不信的路上。他们也可能被暴力逼迫着放弃他们的信仰。圣灵啊，恳请你赐给他们意志和决心，使他们仍旧忠诚于耶稣，坚固他们在对你的信心之中。阿们！

Evening Prayer

Dear Father, I know that I can talk to you in prayer because you have promised to hear me. I know too that no matter is too small for you. There are so many little things in life that can irritate me, like cranky coworkers, inconsiderate drivers, surly food servers, and rude people. When I am tempted to lash out at them, grant me extra patience and goodwill to deal with them in a Christlike manner. Help me to reflect your mercy in all I say and do. Hear your struggling servant. Amen.

晚祷

亲爱的父啊，我知道我可以在祷告中向你倾诉，因为你已经应许要听我的祷告。我也知道，对于你而言没有任何事情是小事。生命中有太多的小事刺激着我，比如暴躁的同事们，不负责任的司机们，乖戾的服务员们，以及其他粗鲁的人

们。当我被试探而痛斥他们的时候，父啊，请赐予我额外的耐心和善意，效仿基督的方式对待他们。请帮助我在所有的言行中可以显出你的怜悯来。求你垂听你那纠结中的仆人的祷告。阿们！

Week 12—Thursday

Morning Prayer

Lord of the nations, help me to see your face in the faces of those I meet today. Cause me to recognize your work in all that I see. From you I seek direction and guidance for life and help on my way to life eternal. I pray for renewed vision so I may clearly see that when I aid one of the least of your people, I do it unto you. May those around me sense the peace and joy I have in my heart because of you, so that they also may glorify you. Amen.

晨祷

万国之主啊，请帮助我在那所有我今天将遇到的面孔中，可以看到你。求你使我在所有我看到的事情中认出你的工作。我寻求从你而来的生命的指导和引领，在我通往永生的路上寻求你的帮助。我为了更新的异象而祈求，以至于我可以清楚地看到，当我帮助你子民中最小的一个时，我确是在为你而做。愿我身边的那些人们可以感觉到平安和喜乐，就是因为你我心里已经拥有的平安和喜乐，以至于他们也可以赞美你。阿们！

试读本

Evening Prayer

When I am cold, your love warms me. When I am lonely, your presence comforts me. When I am worried, you tell me not to fear. When I do fear, you promise to be there always. Thank you, Lord of lords, for these examples of your mercy and generosity. I pray to you in appreciation for all you've done and for your promise that I will someday join you in heaven. Amen.

晚祷

当我感到寒冷时，你的爱温暖着我。当我感到孤独时，你的同在安慰着我。当我感到忧虑时，你告诉我不要怕。当我真的感到恐惧时，你承诺你总会在那里。感谢你，万主之主，为这些所列举出的你的怜悯和慷慨，我感谢你。你已经成就了所有的事情，并应许我将在某一天与你同在天堂，在对你这应许的感激之中，我向你祈求。阿们！

Week 12 — Friday

Morning Prayer

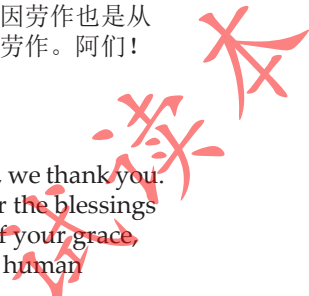
God, take my hands in yours and guide me in my work today. Accept my efforts as a token of my gratitude for your blessings. Let my labor be a blessing to me and those around me, for labor is another gift from you. Forgive my sins and bless my labors. Amen.

晨祷

上帝啊，将我的手放在你手中，并请你引领我今天的工作。请接纳我的努力，作为对你祝福的感激之情。恳请你让我的辛苦成为我的祝福，成为我身边之人的祝福，因劳作也是从你而来的礼物。请赦免我的罪，并请祝福我的劳作。阿们！

Evening Prayer

Heavenly Father, for the comfort of your arms, we thank you. For the Words of your Son, we praise you. For the blessings of health, we acknowledge you. For the gift of your grace, we bless you. For the peace that goes beyond human



understanding, we sing your praises. For all of your many and varied kindnesses, we will serve you now and in your eternal kingdom, O God, our God! Amen.

晚祷

天上的父啊，因你臂膀带来的安慰，我们感激你。因你儿子的话语，我们赞美你。因你赐下的身体健康的福份，我们想要报答你。因着你恩典的礼物，我们称颂你。因为那超乎人们理解的平安，我们高唱赞美你。因为你那许多和各样的恩慈，我们要在如今和你永恒的国度中事奉你。上帝啊，我们的神！阿们！

Week 12—SaTUrday

Morning Prayer

Give me a glimpse of your light, O Lord. How easily the darkness of sin makes me blind to your goodness. Grant me a vision like Saint Stephen had, to see you even when all around me are hostile. Let me see beyond the fog of doubt and the rain of problems. Show me your path by the lamp of your Word.

試讀本

Evening Prayer day into the path of your righteousness, for your name's sake. Amen.

晨祷

神啊！请让我瞥见你的光芒。罪的黑暗是多么容易地使我对你的美善熟视无睹啊。请赐给我如同圣司提反的眼光，即使当围绕我的尽都是仇敌时，仍能使我看到你。请让我穿越疑惑的迷雾，躲避苦难之雨。恳请你藉着你话语的灯光向我显明你的路径。求你在今天引领我在你的义路上，奉你的名求。阿们！

Evening Prayer

Gracious God, you sent your Son, Christ Jesus, into the world so that I and all believers might live eternally through faith in him. He became a human being like us. He suffered our pains and felt our fears. He was betrayed, scorned, rejected, and tempted. Yet Jesus did not give in to any sin. He experienced earthly death and spiritual punishment that we might be saved. **We can never hear that too many times.** Let confidence in Jesus rule our hearts and lives as we wait for his return. Amen.

晚祷

恩慈的上帝啊，你差派你的儿子，耶稣基督来到世上，以至于我和所有的信徒们可以借着在他里面的信心永远活着。他成为和我们一样的人。他忍受我们的痛苦，感受我们的恐惧。他被出卖，被嘲笑，被拒绝，面对试探。然而耶稣没有犯任何的罪。他经历了属世的死亡和属灵的代价，以至于我们可以得救。**这样的信息我们永远听不够。**当我们等候耶稣再来的时候，恳请你让那在他里面的信心治理我们的心和我们的生命。阿们！

— My ThoughtS For prayerS —

试读本

Morning Prayer

Dear God, our Father in heaven, on this first day of another week, we thank you for your goodness to us. You have made us and given us all we have and all that we are—our bodies and souls, our faculties, our health and strength—as well as all we need for our physical well-being. You have given us your Word to show us the way of truth, your Son to be our Savior, your forgiveness to wipe away our sins, as well as all we need for our spiritual well-being. For all these blessings we thank you. Continue to bless us, we pray you. Hear us in Jesus' name. Amen.

晨祷

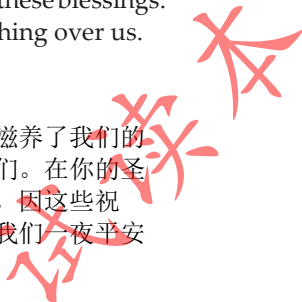
亲爱的上帝，我们在天上的父啊！在这又一周的开始，我们感谢你待我们的美善。你创造了我们，又赐给我们所拥有、所是的一切——我们的身体和灵魂，我们的能力，我们的健康和力量——就是我们身体健康所需要的一切。你已经赐予我们你的话语，向我们显明真理的道路，你的儿子成为我们的救主，你的赦免涂抹了我们的罪，就是赐予我们属灵福祉所需要的一切。为了这所有的祝福，我们感谢你。我们恳请你持续地祝福我们。因基督的名请垂听我们的祷告。阿们！

Evening Prayer

Dear heavenly Father, you have nourished our souls this day with Word and sacrament. In your Word you assure us that you love us. In your Supper you reach down to touch us, to forgive us individually. Thank you, Lord, for these blessings. Now grant us a night of peaceful rest by watching over us. Amen.

晚祷

亲爱的天上的父啊，你已经用你的话语和圣礼滋养了我们的灵魂。在你的话语中，你使我们确信你爱着我们。在你的圣餐中，你垂顾我们，赦免我们各人的罪。主啊，因这些祝福，我们感谢你。如今，请为我们守望，赐予我们一夜平安中的歇息。阿们！



Week 13—Monday

Morning Prayer

Lord Jesus Christ, we thank you for coming to this earth to be our Savior. We thank you for your willingness to leave your heavenly home, to take upon yourself the form of a servant, and to humble yourself and be our substitute. We thank you for your life of perfect obedience by which you set an example for us to follow. May we express our appreciation for all you have done for us by living this day and every day in you and for you. May we strive to please you by being true disciples in all we think and say and do. Amen.

晨祷

主耶稣基督啊，我们感谢你，因你来到这个世上成为我们的救主。我们感谢你，因你愿意离开你天上的家，使你自己取了奴仆的样式，谦卑己身，替我们**赎罪**。我们感谢你，因你完美顺服的生命，为我们设立了跟随你的模范。愿我们可以在你里面，在今天、在每一天为你而活，并借此表达对你为我们所做一切之事的感激之情。愿我们可以在我们所思、所言、所行中作真正的门徒，极力蒙你的喜悦。阿们！

试读本

Evening Prayer

O Lord Jesus Christ, thank you for the goodness you have shown us this day. Forgive all we have done wrong this day. Spread your protecting arm over us, and keep us and our loved ones this night. Amen.

晚祷

噢主耶稣基督啊，感谢你今天向我们显明的美善。请赦免我们今天所有犯下的罪过。恳请你今夜张开你看顾的臂膀环绕我们，保守我们和我们所爱之人。阿们！

Week 13—TueSday

Morning Prayer

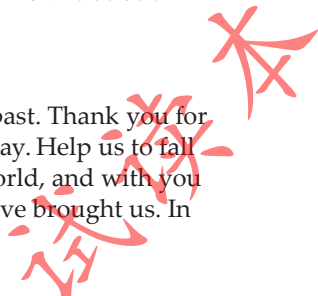
Holy Spirit, sanctify, cleanse, and renew my heart so that I might walk the way of righteousness and holiness. Grant me grace, I pray you, to overcome my sinful weakness and to live more fully as what you have called me to be, a child of God. Give me a deeper understanding of the redeeming work of the Lord Jesus Christ so that it may be my constant source of comfort, strength, joy, and hope. Amen.

晨祷

圣灵啊！求你使我的心成为圣洁，求你洁净、更新我的心，以至于我可以行走在正义和圣洁的道路上。我恳求你，赐予我恩典，使我胜过我罪恶的软弱，使我更完全地活出你召我要成为的样式，就是作上帝的孩子。请使我可以更深刻的明白主耶稣基督的救赎工作，以至于他所做的可以成为我永久安慰、力量、喜乐和盼望的源头。阿们！

Evening Prayer

Lord Jesus Christ, another day of grace is past. Thank you for your guidance and protection during the day. Help us to fall asleep at peace **with ourselves**, with the world, and with you through the forgiveness of sins that you have brought us. In your name we ask this. Amen.



晚祷

主耶稣基督啊，又一个充满恩典的日子结束了。因你在这一天中的引导和保护，我感谢你。请帮助我们藉着你已经带给我们的罪的赦免，与人们、与全世界、与你在平安中入睡。奉你的名我们如此祷告。阿们！

Week 13—Wednesday

Morning Prayer

Almighty God, your mercies are new every morning, and your compassions never fail. Let your fatherly hand go out to us, to our friends and acquaintances, and to our fellow Christians. Especially do we ask you, in your mercy, to remember our loved ones who are far from us. Watch over all who are lonely and distressed. Keep them at your side, and bless them in all their ways. Amen.

晨祷

全能的上帝啊，你的仁慈每一天都是新的，你的怜悯永不落空。请让你为父般的双手眷顾我们，看顾我们的朋友、熟识之人和我们的弟兄姐妹们。我们特别地向你恳求，因着你的怜悯，请纪念我们所爱的那些与我们相隔遥远的人们。请看顾所有在孤独和忧虑中的人们。请将他们持守在你的身旁，又请在他们所行的各样路上祝福他们。阿们！

试读本

Evening Prayer

O heavenly Father, hold your hand in protection and blessing over the members of my family—especially those who are absent. Protect those who fight for our country. Preserve them in good health, and keep them close to you and to their Savior, your Son, Jesus Christ. Amen.

晚祷

天上的父亲啊，请让你的手继续保护和祝福我的家人们——特别是那些不在我们身边之人。请保护那些为我们的国家征战之人。请保守他们身体健康，又请让他们与你、与他们的救主，你的儿子耶稣基督亲近。阿们！

Week 13—Thursday

Morning Prayer

To you, O Lord God of heaven and earth, the God of our salvation in Christ, belong all the hours of this day. Help us to use them to your glory and to our neighbor's good. Bless our work this day so that we may provide the necessities of life to our loved ones and we may all live and grow in the knowledge of you and our Savior. In the name of Christ we ask this. Amen.

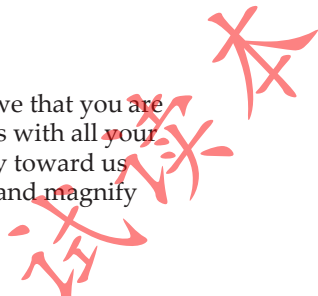
晨祷

造天地的主上帝啊，在基督里救赎我们的神，这一天的每时每刻都属于你。请帮助我们使用这些时间去荣耀你，为我们的邻舍谋求益处。请祝福我们今天的工作，以至于我们可以向我们所爱之人供应生活的所需，使我们都可以在对你和我们的救主的认识中生活和成长。奉基督之名我们如此祷告。阿们！

Evening Prayer

O Lord, God of heaven and earth, what are we that you are mindful of us and that every day you visit us with all your goodness and your saving truth? Your mercy toward us sinners passes all understanding. We praise and magnify you, our Father, in Christ Jesus. Amen.

晚祷



主啊，创造天地的神，我们算什么？你竟顾念我们，你每一天都在你所有的美善和救恩的真理中眷顾我们！你向我们显明是出人意料的怜悯。我们的父啊，我们在基督里称颂赞美你。阿们！

Week13—Friday

Morning Prayer

Blessed Savior, give us grace this day to bear witness to you by showing ourselves as loving, kind, considerate, and helpful toward our families, our fellow workers, and all with whom we come into contact. Amen.

晨祷

配得称颂的救主啊，今天，请赐给我们恩典，使我们可以因着向我们的家人、同事和所有我们相遇之人，显明我们的爱、友善、关心和帮助，而成为你的见证人。阿们！

Evening Prayer

Spirit of God, fill our hearts and souls with peace this night. Take away the sins of the past day. Give us **a calm trust** in our

試譯本

Lord. Bless us this night with the rest that comes from being right with our God. Amen.

晚祷

上帝之灵啊，请在今夜使我的心灵装满你的平安。请将这刚刚过去一天的罪带走。请你使我安稳信靠我们的主。又恳求你今夜祝福我们，使我们得着那从你右边而来的安息。阿们！

Week 13—Saturday

Morning Prayer

O Spirit of all grace, we need your help if we are to live our lives as children of God. We thank you for entering our hearts, for working faith there, for making us believers. Now, O Holy Spirit, remain with us. Keep our faith active and alive. Keep us strong and true to our **confession** every day. Help us to make use of the means of grace, the Word and sacraments. Grant that no temptation may rob us of the treasures that we have in our Savior, Jesus Christ. Amen.

晨祷

满有恩典的灵啊，若我们要活出上帝儿子的样式，我们需要你的帮助。因你进入我们的心，因你在那里做信心的工作，因你使我们成为信徒，我们感谢你。圣灵啊，如今，请你与我们同住。请你使我们的信心积极并充满活力。恳求你使我们在我们每天的认信中坚强并真实。请帮助我们使用那施恩之具，就是圣道和圣礼。请赐福给我们，使得没有试探可以将我们在我们救主耶稣基督里拥有的珍宝抢走。阿们！

Evening Prayer

How can we thank you, Lord God, for all the blessings that you have given us this week? To you we now turn in honor and **devotion** as night closes in. We have walked with you today. We have been blessed with your guidance and protection. Stay by us this night. Keep us safe from harm and danger. We ask this in Jesus' name. Amen.

主上帝啊，为这一周你已经赐予我们所有的祝福，我们该如

何感谢你呢？当夜幕降临，我们此时将尊荣和颂赞归于你。我们今日已经与你同行。我们已经在你的引领和保护中得蒙祝福。恳求你今夜与我们同在。请保守我们安全，远离伤害和危险。我们祈求是奉耶稣的名。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

“Hallowed be your name,” I pray. And holy is your name! Your Word proclaims it. The saints and angels in heaven praise it. The wonder of creation testifies to it. The demons in hell run in terror from it. Heavenly Father, keep me firmly grounded in the truth of your Word so that I may confess your saving name all the days of my life. In Jesus’ name, I pray. Amen.

晨祷

“愿人都尊你的名为圣，”我如此祷告。而你的名确是圣洁的！你的话语如此宣告。众圣徒和天上的天使们颂赞你的名。你奇妙的受造之物见证着你的名。地狱中的魔鬼们在惧怕中逃离你的名。天上的父亲啊，请使我们坚定地在你话语的真理中奠定根基，以至于我可以在生命中的每一天承认你救恩的名。我这样祷告是奉耶稣的名。阿们！

Evening Prayer

Lord Jesus, I thank you for your precious Word that I heard in your house this morning. I thank you for the blessing of pastors and teachers who preach and teach your Word to me. Bless my church’s ministry so that many more people might come to know you as their Savior while there still is time. Still the tongues of those who preach false things, and let the truth of your Word ring out in the world. Amen.

晚祷

主耶稣啊，为今天清晨在你的殿中所听到的你宝贵的话语，我感谢你。为那向我传讲和教导你话语的牧师和教师，我感谢你。恳求你祝福我的教会的事工，以至于更多的人可以来到这里，趁着还有时日，认识你是他们的救主。恳求你止息那些宣讲错误教导之人的言语，并让你话语的真理响彻全地。阿们！

“Your kingdom come,” I pray. And how your kingdom does come! One heart at a time—throughout time—your kingdom has been marching forward until the day when you will take us into your heavenly kingdom. Use me as your tool in the world. Let your kingdom continue to come to me and to others through me. In Jesus’ name. Amen.

晨祷

“愿你的国降临”我如此祷告。并且你的国确然已经降临！你的国度已经一次次行进在一颗又一颗心灵之中，从亘古直到你要将我们带你天上国度的那一天为止。请使用我在世上作你的器皿。请让你的国度不断地降临在我的身上，又藉着我降临在其他人的身上。奉耶稣的名祈求。阿们！

Evening Prayer

Heavenly Father, I know your kingdom comes, yet I doubt. I desire to hear your Word, but my heart is often a poor listener. I want to live as your child in the world, but all too often I act like a child of the world. I want your kingdom to expand and flourish, yet my faith is often weak and troubled. Forgive me.

试读本

Restore to me the joy of your salvation. And send me out into the world once again with the peace of your forgiveness.

Amen.

晚祷

天上的父啊，我知道你的国降临了，然而我总是怀疑。我盼着听到你的话语，但是我的心常常不听你的话。我想要在这世上像你的孩子那样生活，但是太多次我像是这个世界的孩子。我希望你的国度扩张并兴旺，然而我的信心总是软弱和混乱。请你赦免我。请恢复我在你救恩中的喜乐。又请你差派我再一次带着你赦免的平安进入世界之中。阿们！

Week 14—TueSday

Morning Prayer

“Your will be done on earth as in heaven,” I pray. I know that your will often happens in spite of me. I pray, however, that my words and actions would always be in agreement with your will. Give me ears to hear your Word, a mind that understands it, a heart that loves it, and a body that lives it. To your great glory, dear Father. Amen.

晨祷

“愿你的旨意行在地上，如同行在天上”，我如此祷告。我知道，不管我怎样，你的旨意总是成就。然而，我祈求我的言语和行为可以总是与你的旨意步调一致。请赐给我可以听你话语的耳朵，可明白你话语的思想，可以爱你话语的心灵，和可以活出你话语的身体。亲爱的父啊，赞美你那极其伟大的荣耀。阿们！

Evening Prayer

Heavenly Father, as I look back on this day, I can think of many times when I sinned against your will. I look around me and see those who live in open defiance of your will. Forgive my sins for the sake of your Son. Let the message of your grace defeat the world's defiance so that many more might find joy and peace in your service. Amen.

晚祷

天上的父亲啊，当我回首这一天时，我能够想起很多次

我犯罪抵挡你的旨意。我看着我的周边，看到那些公然抵挡你旨意的人们。请因你儿子的缘故赦免我的罪。请让你恩典的信息击溃这世界的嘲讽，以至于越来越多的人可以在你对这个世界的服事中找到喜乐和平安。阿们！

Week 14—WedneSday

Morning Prayer

“Give us today our daily bread,” I pray. Lord, you have been so good to me. You have not only blessed me with today’s bread, but bread is already in the cupboard for tomorrow. Your blessings in my life truly amaze me. I do not even deserve bread and water, but you have given me infinitely more than I need. Give me a thankful heart for all your blessings. Amen.

晨祷

“我们日用的饮食，今日赐给我们。”主啊，我向你祷告，你已然对我如此之好。你从不曾只是祝福我今日的饮食，也已将那明天的饮食放入我的仓房。你在我生命中的各样祝福实在使我惊奇。我甚至不配得到饮食，你却无限量地供应给我，超过我的所需所求。因此，恳请你赐给我感谢你恩典的心。阿们！

Evening Prayer

Lord, I see fantastic worldly wealth all around me. Forgive me for the times I have assumed that I deserve all this. Give

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me a heart for the poor and needy. Use me to keep others warm and well fed. Use my treasure and my talents to further your work in the world. In Jesus' name. Amen.

晚祷

主啊，我看到那五光十色的属世财富将我环绕。恳请你原谅我，为那些我认为我配得所有这一切的时刻原谅我。请赐给我关怀穷苦之人的心，关心那些有需要之人的心。请使用我使得别人得以温暖、饱足。请使用我的财富和恩赐，去成就你在世上更为长远的工作。奉耶稣的名。阿们！

Week 14—Thursday

Morning Prayer

“Forgive us our sins, as we forgive those who sin against us,” I pray. I have so much that needs forgiving, dear Father. If you kept a record of all my sins, I would blush with shame and die forever! But you are merciful. Your Son took ownership of my sin and shame. In Christ I am forgiven—my trespasses are forgotten. I praise you for your precious forgiveness. Amen.

晨祷

“免我们的债，如同我们免了人的债。”我如此祷告。亲爱的父啊，我有太多需要被原谅的地方。如果你纪念我所有的罪，我将无比羞愧并且进入永死！但是你满有怜悯！你的儿子已担当了我的罪和羞愧。在基督里，我得赦免——我的罪过不被纪念。因你这极宝贵的赦免，我赞美你。阿们！

Evening Prayer

Father, I have been forgiven so much. Yet I find it difficult to forgive others who sin against me. This is sure proof that my sinful flesh is still alive. Bathe my heart in your mercy so that I, in turn, may be merciful to those who sin against me. Through the power of your Spirit, create in me a new, loving, forgiving heart. Amen.

晚祷

天父啊，我已被如此地原谅。然而我发现原谅那些得罪我的人

难而又难。这显然表明我的罪性仍旧活着。请让我的心沐浴在你的怜悯之中吧，以至于我可以向那些冒犯我的人们施以怜悯，并以此作为对你爱的回应。求你藉着你大能的灵，在我里面再造一颗新的、充满爱并赦免人的心。阿们！

Week14—Friday

Morning Prayer

“Lead us not into temptation,” I pray. Father, this world is a supermarket of temptation. The devil encourages me with his false promises. My own flesh entertains thoughts that are sinful and should rightly shock me. Defend me, Lord, from the world and the devil. Protect me from myself! Keep my heart and mind firm in your Word of forgiveness. Amen.

晨祷

“不叫我遇见试探”，我如此祷告。天父啊，这个世界陈列着琳琅满目的试探。魔鬼用他虚假的应许怂恿我。我自己的肉身也欢迎罪恶和使我震惊的念头。主啊，请保护我，远离这个世界和魔鬼。请保护我，远离我自己！请保守我的心思意念在你的赦罪的话语之中得以坚定。阿们！

Evening Prayer

Lord Jesus, I confess freely that I have listened to temptation's voice this day. In spite of my best efforts, sin has been my

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companion yet again. But I know you have won the victory. You never listened to the devil's tempting voice. You never once craved the world's vices. You triumphed over my sin by your cross. Keep me safe in your grace until I taste your victory forever. Amen.

晚祷

主耶稣啊，我愿意承认，我今天听从了试探的声音。尽管我极其努力，罪仍然伴随着我。但是我知道你已经赢得了胜利。你从不会听魔鬼试探的声音。你从未曾沾染这个世界的恶习。你在你的十字架上胜过了我的罪。主啊，求你保守我在你的恩典之中得以安全，直到我永远尝到你胜利滋味的日子。阿们！

Week 14—Saturday

Morning Prayer

“Deliver us from evil,” I pray. Lord, we live in a fallen world. Sin seems to become more shocking with each passing year. The devil is bold in his attacks against your church. Your people are often openly persecuted. But you, dear Lord, are our rock and fortress. Continue to keep us safe from every evil attack that threatens our bodies or souls. Amen.

晨祷

“救我们脱离凶恶”我如此祷告。我们生活在一个堕落的世界中。罪像是变得一年比一年更让人震惊。魔鬼明目张胆地用他的攻击抵挡你的教会。你的子民总是公然地陷入逼迫。但是你，亲爱的主啊，你是我们的岩石，是我们的壁垒。恳请你持续地看顾我们的安全，远离魔鬼的攻击，就是那些威胁我们身体和灵魂的攻击。阿们！

Evening Prayer

Evil is everywhere, but you, Lord, are everywhere too. The forces of darkness are powerful, but you alone are almighty. The guilt of my sin is great, but not as great as your grace! I praise you, Lord, for keeping me safe this day. Guard me

this night. And continue to work all things together for my eternal good, just as you promised. Amen.

晚祷

魔鬼无处不在，但是你，主啊，你同样遍布宇宙。那黑暗
的势力固然强大，但是唯独你是全能的。罪的愧疚是如此之
猛烈，但是却大不过你的恩惠！我赞美你，上主，因你今日
保守我的安全。恳求你今夜保护着我。并让万事万物互相
效力于我永恒的益处，正如你所应许的那样。阿们！

— My Thoughts For prayers —

试读本

Week 15—Sunday

Morning Prayer

Lord God, you are the Lord of every day, but on this day we take special time to hear your will and your way for our lives. Bless our pastor, our organist, and all those who will assist us in our worship this morning. Be with us so that with attention and eagerness we might hear your Word and be strengthened in faith. Amen.

晨祷

主上帝啊，你是岁首到年终的主，但是今天，我们用这特别的时间来聆听你的旨意，和你为我们生命预备的道路。请祝福我们的牧师，我们的司琴，和所有那些今日清晨在我们的敬拜中服事的人们。请与我们同在，以至于我们可以全然投入并渴望听到你的话语，并在信心中得以坚固。阿们！

Evening Prayer

Dearest Lord Jesus, you rule your holy church. Through the power of the Spirit you feed and preserve it. Bless your church and all its members with your heavenly light so that together we might carry your message into all the world. In your name, we pray. Amen.

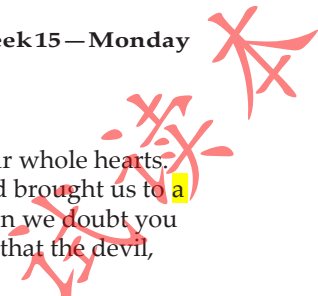
晚祷

最亲爱的主耶稣啊，你治理着你圣洁的教会。藉着圣灵的能力，你哺育她并使其存留。请用你属天的光芒祝福你的教会，和所有你教会中的人们，使我们可以一起将你的信息传遍整个世界。奉你的名，我们如此祷告，阿们！

Week 15—Monday

Morning Prayer

Blessed Holy Trinity, we trust in you with our whole hearts. We believe that you created us, saved us, and brought us to a firm conviction of your love. Forgive us when we doubt you and your Word. Strengthen our believing so that the devil,



the world, and our own sinful flesh may never lead us away from you. Amen.

晨祷

配得称颂的圣三位一体真神啊，我们全心的倚靠你。我们相信你创造了我们，拯救了我们，带领我们坚定确信你的爱。当我们怀疑你和你话语的时候，恳请你赦免我们。求你也坚固我们的信心，以至于魔鬼、世界和我们自己的罪性永远不能领我们与你分离。阿们！

Evening Prayer

Holy Spirit, Counselor and Preserver of the church of God, you use the means of grace to awaken and strengthen faith all over the earth. Guide the events of our world so that your Word may be preached and your sacraments used for the benefit of people everywhere. Defeat and destroy the hindrances that Satan places before these blessed means. Use your gospel in all its forms to bring many more to know Christ, the only Savior of mankind. In the name of that Savior, we pray. Amen.

晚祷

圣灵啊，上帝教会的劝慰和保守者，你藉着施恩之具在整个世界上唤醒并坚固信心。请引领我们这个世界的事务，以至于你的话语可以被传讲，你的圣礼为各处子民的益处而施行。请击退并拆毁撒旦放置在那祝福之具前面的各种拦阻。请使用你的福音，运用福音各样的形式，带领更多的人认识基督，认识人类唯一的救主。我们祷告是奉那救主之名。阿们！

试读本

Morning Prayer

Almighty God, heavenly Father, in eternity you chose us to be your own so that, believing in you, we might have eternal life. Give us a firm and victorious faith so that we might stand against the evil one and all his evil deeds and devices. Use our strength to strengthen others, and let us together with them stand as a mighty fortress for all to see. In the name of him who is our mighty fortress, Jesus Christ, we pray. Amen.

晨祷

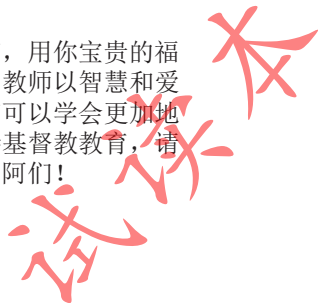
万能的上帝，天上的父亲啊，你在永恒之中拣选我们归属于你，相信你，以至于我们可以拥有永生。恳求你赐给我们坚定并得胜的信心，使我们可以得以站立，抵挡那恶者和所有他邪恶的行为和图谋。请使用我们的能力去帮助其他的人，请让我们和他们一起，如同坚固的壁垒一样坚立，使所有人得以看见。祷告是奉耶稣基督，就是我们坚固保障者之名。阿们！

Evening Prayer

Jesus, friend of children, you have commanded us to feed your lambs with your precious gospel. Give wisdom and love to all the teachers in our congregation so that by word and example, our children might learn to love you more and more. Lead us to support Christian education in whatever ways we can, and bless our schools with both temporal and spiritual blessings. Amen.

晚祷

耶稣，你是孩子们的朋友，你已经命令我们，用你宝贵的福音喂养你的小羊。请赐给我们教会里所有的教师以智慧和爱心，以至于藉着话语和榜样，我们的孩子们可以学会更加地爱你。请引领我们用各样可能的方式，支持基督教教育，请将那属世和属灵的祝福，赐给我们的学校。阿们！



Dearest Lord Jesus, it is part of your plan for our lives that we live for you and serve you forever. Use your power to rid us of false and improper priorities. Forgive us for living for ourselves so often. Fill us and make us imitators of God as his dear children; then our light will shine before all people. Hear us as we pray. Amen.

晨祷

最亲爱的主耶稣啊，请让我们为你而活，永远服事于你，这是你为我们生命所定的美意。请用你的能力使我们摆脱谬误，使我们能知道什么是最重要的。恳求你赦免我们，因我们总是为自己而活。请你充满我们，使我们作为上帝亲爱的孩子而效仿他。使我们的光可以照在所有人的面前。请垂听我们的祷告。阿们！

Evening Prayer

Holy Spirit, giver of all wisdom, hear us as we pray for the young men and women who are studying to enter the public ministry of our church. Cheer them during the difficult days of school, point them to the day when they will work in your

試讀本

vineyard, and move them with your promise that judgment day will show a rich harvest because of their labors and ministry. Amen.

晚祷

圣灵啊，赐下所有智慧的那位，当我们为那些正在学习，预备进入我们教会的公众服事中的年轻的弟兄姐妹们祷告时，恳请你垂听。求你使他们可以在学校中那些困难的日子里欢呼，让他们看见将要在你的葡萄园中工作的那一天，又请你用你的应许，就是审判的日子因为他们的劳苦和事工，将要显明的丰收之景，感动他们。阿们！

Week 15—Thursday

Morning Prayer

Ascended Lord Jesus, you have given gifts to all your people, which you intend to be used for ministry and mission. Help us use those gifts as you would have them used. More and more, free the use of our hands and our feet from the devil's purposes and put them into action for your plans and goals. Hear us as we pray. Amen.

晨祷

升入高天的主耶稣啊，你已将各样的恩赐，就是你愿意用于事工和使命中的恩赐，赐给你的子民。请帮助我们按你喜悦的方式运用那些恩赐。越来越多地将我们的手、我们的脚，从魔鬼的企图中释放出来，并使它们付诸于为完成你的计划和目标的行动之上。请垂听我的祷告。阿们！

Evening Prayer

Savior and Lord, in your name all who serve at our parish are called and appointed. Give to our lay leaders the necessary gifts and abilities to guide and administer well the affairs and work of our congregation. We pray this for our own sake and for your glory. Amen.

晚祷

主和救主啊，所有在我们教会服事的人们，都是奉你的名被呼召和差遣。请赐给我们的平信徒领袖们必要的恩赐和能力，使

他们能很好地带领和管理我们教会的事务和工作。为我们自己的缘故，并为了你的荣耀我们如此祷告。阿们！

Week15—Friday

Morning Prayer

For all our fellow believers who are in trouble or distress of body or soul, hear our prayer, heavenly protector. Comfort those in sorrow, guide those in doubt, strengthen those in weakness, and give courage to those who are frustrated. Hear their prayers for mercy and deliverance for Jesus' sake. Amen.

晨祷

为所有在困难和危难中的我们的弟兄姐妹们的身体和灵魂，天上的保护者啊！请你垂听我们的祷告。请安慰那些在哀伤之中的人们，请引导那些在疑惑中的人们，请坚固那些在软弱中的人们，也请你赐给那些感到挫败之人以勇气。因着那由于耶稣的缘故而来的怜悯和救赎，请垂听他们的祷告。阿们！

Evening Prayer

Holy Spirit, we beg you to turn the hearts of those who have forsaken the faith and follow the desires of their own making. Before their last hour comes, call them to repentance and

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restore them to their former place as your people. Hear us for the sake of the Shepherd who seeks all the lost, Jesus Christ. Amen.

晚祷

圣灵啊，那些已经放弃了信仰，并开始跟随自己欲望的人们，我们恳求你使他们的心回转。在他们最后的时刻到来之前，请呼唤他们悔改，并且复兴他们，使他们重新站在你子民当中。因为那寻找所有迷失之人的牧者耶稣基督的缘故，请垂听我们的祷告。阿们！

Week 15—Saturday

Morning Prayer

We give thanks to you, Lord, for the times you give us to spend with our families and friends. Permit us to use our leisure time profitably and according to your plan lest we lose it through our own misuse. Lead us into relaxation and fun that pleases and honors you and your Son, in whose name we pray. Amen.

晨祷

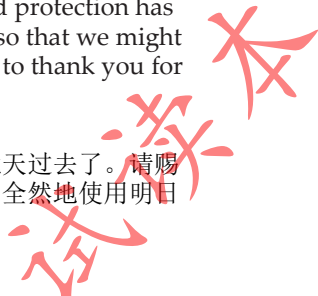
上主啊，因为你赐给我们与家人和朋友们同在的时光，我们感谢你。恳请你允许我们满有益处地使用我们的闲暇时光，按着你的计划使用，以免我们因为自己的滥用而浪费它们。恳请你引领我们完全地放松和快乐，就是那蒙你的喜悦和尊崇你和和你儿子的快乐。奉你各样的名我们如此祷告。阿们！

Evening Prayer

Lord Jesus, another week of your grace and protection has passed. Give us restful and peaceful sleep so that we might make full use of tomorrow's opportunities to thank you for your mercy. Amen.

晚祷

主耶稣啊，又一次在你恩典和保守之中的七天过去了。请赐予我们安稳和平和的睡眠，以至于我们可以全然地使用明日的时机，感谢你所有的怜悯。阿们！



— My ThoughtS For prayerS —

試讀本

Morning Prayer

Dear Lord God, let us enter your gates with praise and song! We have come to hear your Word and to be strengthened in our faith. May our praises be heartfelt and our voices strong, because you alone are God. There is no other name by which we must be saved. Let the words our pastors deliver be directed by the Holy Spirit. Then let us live according to our faith. Hear our prayer, and bless our worship. Amen.

晨祷

亲爱的主上帝啊，请让我们带着赞美和歌声进入教会的门！我们已经来到这里倾听你的话语，为要在信心中得坚固。愿我们的赞美是衷心的，愿我们的声音也刚强，因为唯有你是上帝。普天之下，没有赐下别的名我们可以靠着得救。请让圣灵引导我们牧师所传讲的话语。也让我们可以遵照我们的信心而生活。请垂听我们的祷告，也请祝福我们的敬拜。阿们！

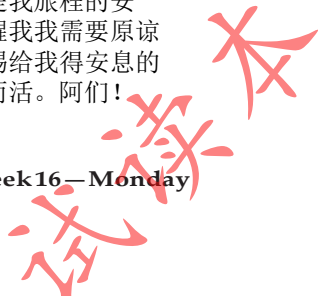
Evening Prayer

Another day comes to a close, my Maker. Your presence comforted me in my trials; your love soothed me when I was wronged. You have reminded me of my need to forgive others as you have forgiven me. **What a difference those thoughts have made in my day!** Give me restful sleep tonight so that I may be refreshed and live tomorrow for you. Amen.

晚祷

又一天行将结束，我的创造者啊！你的同在是我旅程的安慰；当我犯错时，你的爱抚慰我。你已经提醒我需要原谅他人，就如同你已经原谅我那样。今夜，请赐给我得安息的睡眠，以至于明天我可以重新得力，并为你而活。阿们！

Morning Prayer



Heavenly Father, we come to you for guidance. We are loaded down with the cares of this life and often forget the life to come. Direct our paths today so that we may see Jesus as the only way to true and lasting peace. Be with us and our loved ones as we journey here till we reach the gates of heaven through faith in Jesus. Amen.

晨祷

天上的父亲啊，我们来到你面前寻求引领。我们已经在今生的挂虑中如负千斤重担，并常常忘记那将要到来的生命。请引导我们今天的道路，以至于我们可以视耶稣为那唯一通往真实和长久平安的道路。当我们行走在今生的旅程中时，恳请你与我们同在，与我们所爱的人同在，直到我们藉着在耶稣里的信心抵达天堂之门的日子。阿们！。

Evening Prayer

Dear Lord, thank you for being with me this day. In every step I took, every word I spoke, every thought I had, you were there. Forgive me for the many times **I have failed in my walk with you.** May your gospel refresh my new man so that I bring forth the fruits of righteousness. When temptations come, remind me that I am your child through

試讀本

Baptism and help me drown my old Adam with its evil thoughts and desires. In the peace of your forgiveness, I can close my eyes. Amen.

晚祷

亲爱的主啊，感谢你这一天中与我同在。在我所走的每一步，我所发出的每一句言语，每一个我一闪而过的念头中，你都与我同在。请原谅我，因为很多次我没能与你同行。愿你的福音恢复那个新我，以至于我可以从此结出公义的果实。当试探来临时，请提醒我借着洗礼我是你的孩子，并且请你帮助我将我的老亚当和他邪恶的想法和欲望一同溺毙。在你赦免的平安之中，我得以合上我的双眼入眠。阿们！

Week 16—TueSday

Morning Prayer

Dear Lord Jesus, we thank you that you have called us to faith and made us your people. Help us respond to your grace with thanks and joy. Guide our thoughts as we seek to live our days according to your direction. Let our thankfulness be evident to all. May the witness of our lives lead others to find you as their Savior. Be with us with your blessings. Amen.

晨祷

亲爱的主耶稣啊，我们感谢你，因你已召我们相信，使我们成为你的子民。恳请你帮助我们用感恩和喜乐回应你的恩惠。当我们寻求要按着你的引领而活之时，求你引领我们的心思意念。请让我们的感激成为所有人的明证。愿我们生命中的见证可以带领其他人找到你，作他们的救主。恳请你在你的恩典里与我们同在。阿们！

Evening Prayer

Dear Jesus, what a privilege it is to come to you with all our needs and troubles. Your Word has given us answers to our troubles and concerns. Help us remember to come to you often in prayer and in the study of your Word so that we

might be ever closer to you. Thank you for using people like the disciples, the prophets, pastors, teachers, and even people like me to convey the message of the Savior. Lead me to a greater trust in you. Give me a willing heart to be ready to follow wherever you lead. Amen.

晚祷

亲爱的耶稣啊，带着我们所有的需求和困难来到你的面前，是何等的特权啊。你的话语已经给出了我们苦难和挂虑的答案。请帮助我们铭记，常常在祷告中来到你的面前，在你话语的学习中来见你，以至于我们可以更加亲近你。感谢你使用门徒们、先知们、牧师和教师们，甚至像我一样的人们，去传扬救主的消息。恳求你带领我更加地信靠你。请赐给我愿意的心，无论你带领我到哪里，都预备好跟随你。阿们！

Week 16—Wednesday

Morning Prayer

Dear Father in heaven, let this day remind me of the special bond I have with you. You have invited me to call you my Father and to have a close **personal** relationship with you. Let that bond grow stronger every day. Let me live as your child; you have done so much for me. Let my life be an offering of thanks. Amen.

晨祷

亲爱的在天上的父亲啊，请让今天成为我与你之间那特别的联合的提醒。你已经邀请我，称呼你为我的父，并与你拥有亲密的关系。请让这联合每一天都更加牢固。请让我像你的孩子那样生活。你已经为我做了如此之多。就请让我的生命成为感恩的祭物。阿们！

试读本

Evening Prayer

Dear Jesus, how privileged I am to bear your name. Let me joyfully tell others of the sacrifice you made for all people. Let me support pastors, teachers, and missionaries with my prayers and offerings. Remind me that people all over the world need you just as much as I do. Prevent me from thinking only of myself and my own little corner of the world. Finally, keep me confident that you have graciously forgiven me and will love me to the end. Amen.

晚祷

亲爱的耶稣啊，我可以承受你的名，这是多么的蒙恩啊！请让我欢喜快乐地告诉别人，你已经为所有人所做的牺牲。请让我用祷告和奉献，支持牧师们、教师们和宣教士们。恳求你提醒我世界上所有的人都需要你，如同我需要你一样。求你使我不再只是思想我自己和我个人那小小世界的角落。最后，恳求你持守我的信心，就是你已经恩慈地赦免了我，并要爱我直到永远。阿们！

Week 16—Thursday

Morning Prayer

Graciously take me by the hand, dear Father, and walk with me this day. Be with me as I face the hardships, irritations, temptations, and joys of life. Support me when my work becomes tedious; prevent me from being overconfident in myself. Bring praise to my lips in moments of trial, as well as in happy times. I pray also for those who bear emotional and physical burdens. Give them the comfort I have in you, O Savior. In your hope I go forward. Amen.

晨祷

亲爱的父啊，今天，你满有恩慈的将我握在手中，与我同行。当我面对诸多的艰难、令人恼火之事、试探和人生的快乐之时，求你与我同在。当我的工作变得乏味时，请你扶持我；请拦阻我过于相信我自己。在试炼来临的时刻请让我的嘴可以赞美，如同在欢乐的时刻一样。我也为那些忍受着情绪和身体重担的人们祷告。救主啊！请赐给他们安慰，就是我在你里面所拥有的安慰。在你的希望中我得以前行。阿

们！

Evening Prayer

Lord, I do not know what tomorrow will bring. Teach me not to worry since you have power over all things. Give me the same calm as Daniel had when he was in the lions' den. Save me from the folly of losing sleep from worrying about those things over which I have no control. If someone has wronged me, let me not dwell on it but forgive them with your love. I place all things under your mighty wings. Amen.

晚祷

主啊，我不知道明天会是怎样。请教导我不至忧虑，因为你有能力统管万事。但以理在狮子坑中所拥有的平安，恳请你也赐给我。请救我脱离因为担忧那些我无法掌控之事而无法入眠的愚蠢。如果什么人得罪我，请让我不要纠结于此，而是在你的爱里原谅他们。我将万事都放在你全能的翅膀荫下。阿们！

Week16—Friday

Morning Prayer

Jesus, you said to me, "I am with you always, to the very end of the age." Ascended Lord, I believe your promise. Even

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though I do not know what the day may hold, I know who holds the day. Your abiding love will be with me every step I take. Make me aware of your presence all day long, and confirm your promises to me, not because I have earned or deserved your love but because you are love in your Son, Jesus. Father, into your hands I commit my spirit. Amen.

晨祷

耶稣啊，你曾对我说：“我就常与你们同在，直到世界的末了。”升入高天的主啊，我相信你的应许。即使我不知道这一天将会怎样，但我知道是谁掌握着今天。在我所走的每一步上，你那长久的爱将与我同在。请让我从始至终都意识到你的同在，并坚信你对我的承诺，不是因为我赚得或者配得你的爱，仅仅因为在你的儿子耶稣里，你就是爱。父啊，我将我的灵魂交在你的手里。阿们！

Evening Prayer

As another frantic week comes to a close, my King, I look forward to the rest of Saturday and the worship of Sunday. I feel secure because you are in control of all things, even when my life seems so crazy. Bless my family, friends, coworkers, our community, and our nations with your protection and presence. Tomorrow when I awake, let me do what I can to make ours a better world through preaching and living the gospel. If you decide to bring the world to an end today, take me and all believers safely into eternal life. Come, Lord Jesus. Amen.

晚祷

我的王啊，又一次忙乱的一周行将结束，我切切盼望着周六的休息和周日的敬拜。是你掌控着万事，我因此感到安稳，即使当我的生活看起来如此疯狂。请用你的保护和同在，祝福我的家庭、朋友们、同事们，祝福我的社区，和我们的国家。明天，当我醒来之时，请让我尽我所能地藉着传讲和活出福音的生命，为我们创造一个更好的世界。如果你决定今日就要终结这个世界，请将我和所有的信徒安全地带到永生之中。主耶稣啊，愿你快来！阿们！

Morning Prayer

Week 16—

SaTurday

Keep me as the apple of your eye. Hide me in the shadow of your wings. I pray those words as I face another day. I thank you for this day of leisure and catching up. I need this time to slow down, to get my priorities straight. Let me refocus on your love so that I can strengthen my resolve to serve you and others. Amen.

晨祷

恳请你像保护你眼中的瞳仁一样保护我。将我隐藏在你翅膀的荫下。当我面对新的一天时，我如此向你祷告。我感谢你，赐给我今天的闲暇时光，使我缓过神来。我需要这样的时间慢下来，明确我生命的优先次序。请让我再次聚焦在你的爱上，以至于我可以有更加坚决的心服事你和其他人。阿们！

Evening Prayer

Dear Spirit, help me prepare for worship tomorrow by working in me a repentant heart. Forgive my misdeeds and my missed deeds. I confess that in the blood of Jesus I have redemption and forgiveness for all my wrongdoings. Thank you for the day I have enjoyed. Amen.

晚祷

亲爱的圣灵啊，请藉着使我里面有一颗悔改的心，而帮助我预备好明天的敬拜。请原谅我的过失，原谅我错失的善行。我确信在基督的宝血中我已经拥有赎价和对我所有错谬的赦免。因我已享受的这一天，我感谢你。阿们！

试读本

— My **ThoughtS** For **prayerS** —

試讀本

Morning Prayer

Heavenly Father, if possible, I will get dressed for worship in your house today. Along with my Sunday best, help me put on the armor I need for my daily battle against sin and Satan, beginning with the belt of truth. Keep hypocritical and formalistic worship far from me. Help me draw near with a true heart to worship my Savior with a sincere confession of sin and true faith in his redeeming work. Amen.

晨祷

天上的父啊，若你许可，今天我要穿戴好在你的家中敬拜你。和我周日穿上最好的衣服一样，请帮助我也穿戴好我每日与罪和撒旦征战所需的铠甲，首先是那真理的腰带。请使我远离那虚假的和徒有其表的敬拜。恳请你帮助我存着诚心，和在他救赎的工作中真诚的对罪和真理的确认，来敬拜我的救主。阿们！

Evening Prayer

Spirit of truth, you search all things, even the deep things of God, so the thoughts of my heart lie open before you. You desire truth in the inmost place, but I confess that I have worshiped with my lips and words alone while my heart is far away. Wash away my sins in Jesus' blood and help me serve you sincerely in the week ahead. Amen.

晚祷

真理的灵啊，你参透万事，就是神深奥的事也参透了，而我心里的意念也敞开陈列在你的面前。你所喜爱的，是内里诚实，但是我承认我只是用我的嘴唇和言语敬拜你，而我的心早已不知去向。唯独恳请你在耶稣的宝血中将我洗净，并帮助我在这将要到来的一周里，忠诚地服事你。阿们！

Morning Prayer

Lord, as I wake and head for work or school and the

spiritual struggle I will face there, don't let me forget to put on the breastplate of righteousness. You redeemed me with your blood to be your own child and to live before you in righteousness, innocence, and blessedness. Strengthen me to do what is right in your sight **from a heart filled with love for you who loved me first.** Amen.

晨祷

主啊，当我醒来，面对那些我将要开始的工作、学习和经历的属灵征战时，请让我不至忘记穿戴上公义的护心镜。你用你的宝血赎回了我，让我作你自己的孩子，并在你面前活在公义、清洁和毫无指摘之中。恳请你坚固我的心，使其因你先爱了我而充满对你的爱，并作你眼中正确的事情。阿们！

Evening Prayer

Heavenly Father, as I look back on the spiritual warfare that I waged today, I see **skirmishes**—in some of them I conquered by your might, in others I fell by my own fault. Keep me from glorying in my victories since even my righteous acts are only filthy rags, and cover my failures with the

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righteousness of your sinless Son, my crucified and risen Savior, Jesus Christ. Amen.

晚祷

天上的父啊，当我回顾今天我所经历的属灵的征战时，我看到胜负参半——在某些事上我靠着你的能力，在其他的方面我则因我自己的失误而跌倒。请使我远离得意于自己的胜利，因为即使我的义行也是污秽破败的，恳求你用你无罪之子的义，就是用我那被钉十字架又复活的救主耶稣基督的义，将我的错谬遮盖起来吧。阿们！

Week 17—TueSday

Morning Prayer

Lord, I'd never leave home without shoes—don't let me leave without slipping on my feet the readiness that comes from the gospel of peace. Should the opportunity arise today at school, work, or play for me to tell others about you and your saving work, make me ready to respond to that opportunity with a clear confession of my faith. Amen.

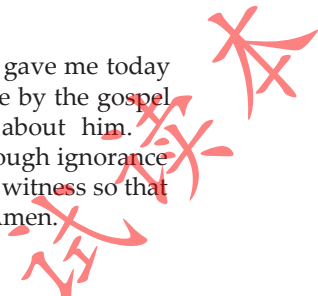
晨祷

主啊，我从来没有不穿鞋就离开家门的——请不要让我没有穿上那从平安的福音而来的，预备走路的鞋就出门。愿今天在学校里，工作中可以遇见机会，让我能向别人讲述你和你救赎的工作，请使我预备好用我清晰的信仰告白，去回应那机会。阿们！

Evening Prayer

Father, thank you for the opportunities you gave me today to talk about my Savior and for inspiring me by the gospel of peace in Jesus to answer those who asked about him. Forgive me when I was not ready either through ignorance or embarrassment. Make me a more faithful witness so that others may share the peace I have in Jesus. Amen.

晚祷



父啊，感谢你，因你今天所赐给我的机会，感谢你用在耶稣里和平的福音启示我，使我可以回答那些想了解他的人，告诉他们我的救主。当我或者出于无知，或者出于窘迫而没有预备好之时，恳求你原谅我。请使我成为信心更加坚定的见证人，以至于其他人可以分享到我在基督里已经拥有的平安。阿们！

Week 17 — Wednesday

Morning Prayer

It's a dangerous world out there, Lord; equip me for my spiritual combat with the shield of faith. The devil with his lies, my lazy flesh, and the wicked world will launch the fiery arrows of temptation at me all day long. Help me extinguish their deadly darts by clinging to Christ and his Word of Truth and by tapping into his power by faith. Amen.

晨祷

主啊，外面是何等危险的世界啊。请用信德的盾牌装备我，使我面对属灵的战役。魔鬼和他的谎言、我懒惰的身体和这个邪恶的世界，整日之久向我射出试探的火箭。恳求你帮助我，藉着依赖基督和他真理的话语，藉着因为信心而在他的力量之中，就灭尽他们致人死命的火箭。阿们！

Evening Prayer

O eternal Spirit, I'll lie down to sleep soon, but the enemies of my soul never rest. By night and by day they seek to destroy me. Preserve and strengthen my faith in Jesus through your

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means of grace and shield me from the tempter's power so that when the hour comes, I may die in peace and wake in your presence. Amen.

晚祷

永恒的灵啊，我即将入睡，但是我灵魂的仇敌永不止息。在夜里，在白天，他们都寻求要毁掉我。藉着你施恩之具，请保守并坚固我在耶稣里的信心，请守护我远离魔鬼的势力，以至于当时候来到时，我可以在平安之中躺卧，在你的同在中醒来。阿们！

Week 17 – Thursday

Morning Prayer

Lord, as I leave home today, keep me from forgetting the helmet of salvation. Though I go to school to learn how to make an earthly living and I go to work to earn it, never let me forget the hope I have of living with you in heaven. Help me set my mind not on earthly things but on things above where you are seated at the right hand of the Father. Amen.

晨祷

主啊，当我今天离开家的时候，请让我不至忘记那救恩的头盔。尽管我在学校里学习了如何在世上谋生，尽管我外出做工赚得生计，请永远不要让我忘记我所拥有的与你同在天堂的盼望。请帮助我，使我的思念不在这属世的事务之上，而在那高天之上，在那里你就坐在天父的右边。阿们！

Evening Prayer

Father, at times the spiritual battle to which you have called me as a follower of Christ is long and the warfare is hard. I grow weary, and I'm tempted to surrender. Keep before me and all who go into battle beside me the promised crown of eternal life in heaven, which is ours through Jesus Christ and which he will award to me and all believers when he appears. Amen.

晚祷

天父啊，有时那属灵的征战，就是你召了我作基督的门徒而面对的征战，真是旷日持久，猛烈异常。我有些厌倦了，并

且我要动心投降了。请在我面前持守，在所有那些在我身边投入战斗的人面前持守，所应许的天上那永生的冠冕，就是借着耶稣基督我们所拥有的，并且他要在显现之时奖赏给我和所有信徒的那冠冕。阿们！

Week 17 — Friday

Morning Prayer

Thank you, Lord, for giving me everything I need to defend myself in my daily struggle with sin. Thank you also for putting in my hand the sword of the Spirit, which is the Word of God. Help me hear that Word and learn it so that I can **draw out its truths like a** sword from its scabbard and overcome the devil's lies with Spirit-inspired truth. Amen.

晨祷

主啊，因你赐给了我在我每天的罪的挣扎中保护我自己所需要的一切，我要感谢你。也感谢你将圣灵的宝剑，就是神的道，放在我的手中。请帮助我聆听那道、学会那道，以至于我可以运用其中的真理如同宝剑出鞘一样，并可以用圣灵所默示的真理，胜过魔鬼的谎言。阿们！

Evening Prayer

Father, forgive me for growing complacent about my spiritual growth. In your Word I have a powerful weapon,

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the sword of the Spirit, and with it I can free others from the shackles of sin and Satan. But I cannot wield that weapon if I do not know it. Lead me to study and grow, and by your Spirit supply the words I need so that others may hear, believe, and live. Amen.

晚祷

父啊，请原谅我属灵成长中总是滋长的自满。在你的话语中我拥有这大能的武器，圣灵的宝剑；使用它我可以使别人从魔鬼和罪的镣铐中得以释放。但是如果我不知道它，我就不能挥舞这兵器。恳求你引导我去学习，带领我成长，并且借着你的灵供应我所需的话语，以至于其他人可以听到、相信，并且得以存活。阿们！

Week 17—Saturday

Morning Prayer

Heavenly Father, I thank you for the full armor you have furnished for me to wear in my spiritual warfare. One more wonderful weapon you have given me: the privilege of prayer. Help me to watch for temptation and to seek your strength in prayer, lest by trying to stand in the presence of evil by my own strength I fall from the place you have given me by grace as your child and heir. Amen.

晨祷

天上的父啊，因为你已经为我提供了在属灵征战中所穿戴的全套军装，我感谢你。此外，你还赐给了我另一件奇妙的武器：祷告的特权。请帮助我为试探而守望，也请帮助我在祷告中去寻求你的坚固，免得因试着靠我自己的力量站在魔鬼的境地，我就从你已经藉着恩典赐给我，作你的孩子和后裔的地方全然跌倒。阿们！

Evening Prayer

Dear Lord, I thank you for all the saints who have gone before me into battle and by faith in Jesus Christ have conquered in the strife and gained the crown of life. Inspire me by their courage to fight the good fight of the faith. To

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that end, **fit me** with your full armor, defend me from my foes, and make me strong in battle so that at last I may wear the crown of life eternal. Amen.

晚祷

亲爱的主啊，因所有那些在我之前就进入这场战争，又藉着在耶稣基督里的信心，已然在征战中得胜并获得那生命之冠冕的所有的圣徒们，我感谢你。请藉着他们的勇气启迪我，去打那信心之美好的仗。为了那个目的，请让我穿戴上你那全副的军装，防范我远离我的仇敌，并且使我在征战中坚强，以至于最后我可以戴上永生的冠冕。阿们！

— My Thoughts For prayers —

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Morning Prayer

Lord Jesus, Bread of Life, feed my faith as I hear your Word today. Your saving message satisfies my every spiritual need. Grant the messengers who share your Word of Truth the wisdom to do so faithfully and boldly, that the souls of many may be nourished. As you have fed me, so enable me to feed others, that they too may know you as their life-giving Savior. Amen.

晨祷

主耶稣，生命之粮啊，当我今日听到你话语的时候，请使我的信心饱足。你救赎的信息满足了我所有属灵的需要。请赐给那传递信息之人，就是赐给分享你真理的话语之人以智慧，更加忠实和大胆地传讲你的话语，让许多的灵魂可以得到滋养。就像你已经喂养了我一样，请使我可以喂养其他人，使他们也可以认识你，看你为赐予他们生命的救主。阿们！

Evening Prayer

Dearest Savior, many in the world today are hungering and thirsting to know the truth. Reveal yourself to them in your Holy Word. Pour out your Spirit to create faith in their hearts, that they may confess you as their God and Lord. O Bread of Life, feed my faith, that as I live for you this week, my words and my actions may testify to your love and grace. Amen.

晚祷

最亲爱的救主啊，今天，世上许多的人正如饥似渴地想要知道真理。请在你神圣的话语中，将你自己启示给他们。请丰盛浇灌你的圣灵，在他们的心中创造信心，使他们可以承认他们是他们的上帝和主。生命的粮食啊，请喂养我的信心，以至于当我这一周为你而活的时候，我的言语和行为可以为你的爱和恩典作见证。阿们！

Lord Jesus, you are the Light of the world. Shine in our hearts through your Word, that we may give you glory. Open our eyes to see the brilliance of your love and power. Lead us to trust in you to guide us to the path that you would have us follow. When the darkness of fear and doubt clouds our souls, forgive and restore us, that we may walk in your light forever. Amen.

晨祷

主耶稣啊，你是这世界的光。请藉着你的话语，照耀我们的心吧！使我们可以归荣耀于你。请打开我们的眼睛，看到无以计数的你的爱和能力。请引导我们信靠你，相信你引导着我们走你愿意我们跟随的道路。当恐惧的黑暗降临时，当怀疑的阴云笼罩我们的灵魂时，请赦免我们，复兴我们，以至于我们可以永远行走在你的光芒之中。阿们！

Evening Prayer

Eternal Son of God, you have called me to be a light in this world so darkened by sin. Yet often my light shines dimly, if at all. Forgive me for my lack of faith. As you shine in my heart through your saving message, enable me to reflect your glory to everyone I meet. Bless my efforts to live a Christian

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life, that those around me may see your light and give you glory. Amen.

晚祷

永恒的上帝的儿子啊！你已经呼召我在这个被罪所污染的世界里做一束光芒。然而即使闪耀过，我的光也常常是微弱不堪。请原谅我的小信。当你藉着你救恩的信息在我心中闪耀你的光芒时，请使我可以向我所遇见之人也显耀出你的荣耀来。请祝福我活出基督徒生命的每个努力，以至于在那些我身边的人们可以看到你的光，又归荣耀于你。阿们！

Week 18—TueSday

Morning Prayer

Lord Jesus, you are the gate that leads to eternal life. You have come to give us a full life, both today and for eternity. Yet so often we chase after empty pleasures and covet material items that will not last. Keep our focus on your saving truth, where you give us the greatest gift of all, the gift of faith in Jesus by which you open the gate of heaven to us. Amen.

晨祷

主耶稣啊，你是那通往永生的大门。你已经到来，赐给我们完全的生命，在今天和永恒之中的生命。然而我们却常常追逐那些虚空的快乐，贪恋那些短暂的物质。恳求你使我们聚焦在你得救的真理之上，在这真理之中，你给了我们那超乎万有的最伟大的礼物，就是在耶稣里面的信心，藉着他你为我们打开了天堂的大门。阿们！

Evening Prayer

Fling open the floodgates of your mercy, O Lord, and have pity on this world of sinners. Bless the efforts of pastors, teachers, and missionaries to share your mercy and love. Pour out your Spirit on those who hear their message, that they may be led to faith to walk together with us on the path to heaven, where we will enter into your presence forever. Amen.

晚祷

主啊，请敞开你流淌怜悯的闸门，怜悯这世界上的罪人们。请祝福牧者、教师和宣教士们的辛苦，使他们分享你的怜悯和慈爱。那些听到他们信息的人们，请你将你的灵浇灌在他们身上，以至于他们可以相信，并与我们同行在通往天堂的路上，在那里，我们将要进入你永远的同在。阿们！

Week 18 — Wednesday

Morning Prayer

Lord Jesus, you are the Good Shepherd who laid down your life for your sheep. As I hear your voice, I rejoice to follow you. I thank you for knowing all that is happening in my life and for caring enough about me to lead me to where I can find safety. When I wander, restore me, that I may belong to your flock forever. Amen.

晨祷

主耶稣啊，你是好牧人，你为了你的羊群放弃了自己的生命。当我听到你的声音时，我就欢喜快乐地跟随你。因为知道我生命中正发生的一切，和对我充足的眷顾，是要带领我到那可以找到安全的地方，我感谢你。当我徘徊的时候，请复兴我，使我可以属于你的羊群直到永远。阿们！

Evening Prayer

Dear Savior, you have gathered your flock from the four corners of the world. We praise you for your mercy in

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establishing the holy Christian church. Lead us to accept and welcome Christians who are different from us. May we see and treasure your gifts of forgiveness and faith that unite us. As we walk together and follow you, make us one, Good Shepherd, **with you and one another.** Amen.

晚祷

亲爱的救主啊，你已经从地的四极聚集了你的羊群。因为你在设立这神圣的基督教会中所显示的怜悯，我们赞美你。恳求你带领我们接纳、欢迎那些与我们自己不同的基督徒们。愿我们看到并珍视你救恩的礼物和使我们合一的信心。当我们一同行走并跟随你的时候，请使我们如同一人，好牧者啊，使我们与你，彼此之间都合而为一。阿们！

Week 18—Thursday

Morning Prayer

Lord Jesus, you are the Resurrection and the Life. When you burst from the tomb on Easter morning, you conquered death and removed its sting. Remove our fear of death as you assure us of your promise of eternal life. Teach us to number our days, that we may always be ready to meet you and to give you glory forever. Amen.

晨祷

主耶稣啊，你是复活的主，你是生命。当你在复活的清晨从坟墓中冲出时，你胜过了死亡，挪去了他的毒钩。当你使我们确信你永生的应许时，请移去我们对死亡的恐惧。恳求你教导我们数算我们的日子，以至于我们可以总是预备好去见你，并将荣耀归于你，直到永远。阿们！

Evening Prayer

O Son of God, you experienced the pain of death and mourning as you wept at the grave of your friend Lazarus. Comfort all who grieve the loss of a loved one or friend. Point us to your Easter victory and to your promise "Because I live, you also will live." Though we mourn, fill us with the hope of a joyful reunion with you and our Christian brothers

and sisters who have gone ahead of us to heaven. Amen.

晚祷

上帝的儿子啊，你经历了死亡的痛苦，当你在你朋友拉撒路的坟墓前哭泣时你也经历了哀伤之痛。所有因那些失去了所爱之人或朋友而哀痛的人们，恳求你安慰他们。请让我们看到你复活的胜利，看到你所应许的“因为我活着，你们也要活着。”即使我们哀痛，也请让我们充满与你，与那些在我们以先去了天堂、我们在基督里的弟兄姐妹们再次喜乐相聚的盼望。阿们！

Week18—Friday

Morning Prayer

Lord Jesus, you are the Way, the Truth, and the Life. We often become distracted with the cares and concerns of this world. Keep our focus on you and shine the light of your Word on our path as we journey through life. Strengthen us to follow your message of truth, that we may have your gift of life and have it to the full. Amen.

晨祷

主耶稣啊，你是道路、真理、生命。我们常常变得因关注和挂虑这个世界而心思涣散。恳求你使我们聚焦在你的身上，并且当我们行走过今生的旅程时，使我们在所经过的路上闪耀出你话语的光芒。请坚固我们，使我们跟随你真理的信息，以至于我们可以拥有你生命的礼物，并完完全全地拥有它。阿们！

试读本

Evening Prayer

My Lord and Savior, so many messages and tasks compete and vie for my attention. Too often I have lost my focus and turned my back on you. Forgive me for my sins. Turn me back to your message of power and love and remind me of how you gave your life for me. Stir up my heart, dear Jesus, that I may respond by living my life for you and your glory. Amen.

晚祷

我的主和救主啊，如此之多的信息和工作争相抢夺我的注意力。太多次我失去了我的焦点，并转脸不看你。求你赦免我的罪恶。求你使我回头转向你大能和慈爱的信息，求你提醒我你是如何将自己的生命给了我。亲爱的耶稣啊，唤醒我的心灵，使我可以借着为你和你的荣耀而活，来回应你。阿们！

Week 18—Saturday

Morning Prayer

Lord Jesus, you remain our life-giving vine. We are the branches, made strong and fruitful by our connection to you. Increase our faith through your Word and sacraments, that we may bear fruit for you. Though our deeds of love and gratitude will not be perfect this side of heaven, accept them as our gift to you in loving response to your grace for us. Amen.

晨祷

主耶稣啊，你为我们存留了给予生命的葡萄树。我们是枝子，因为与你连接，我们变得殷实并果实累累。请藉着你的话语和圣礼加添我们的信心，使我们可以为你结出果子来。尽管我们爱的行为和感恩的心在今世总不会完美，但恳求你还是接纳他们，作为我们为你献上的，在爱里回应你对我们恩典的礼物。阿们！

Evening Prayer

As another week ends, heavenly Father, we thank you for your gracious working in our lives. We praise you for the fruits of faith you have produced in us these past seven

days. As we come into your presence in a worship service tomorrow, cause our faith to grow, that we may continue to love and serve you as your dear children. Amen.

晚祷

又一个七天结束了，天上的父啊，因你在我们生命中所作恩慈的工作，我们感谢你。因着在过去的这七天之中，你在我们里面所造信心的果实，我们赞美你。当我们明天在敬拜中进入你的同在之时，请让我们的信心增长，使我们作为你亲爱的孩子，可以继续去爱你，服事你。阿们！

试读本

— My ThoughtS For prayerS —

試讀本

Morning Prayer

Heavenly Father, with a rich measure of your Spirit, bless the pastors who proclaim your message of law and gospel this morning. Let all who hear believe in Jesus Christ as the Way, the Truth, and the Life. Then fill us with the psalmist's joy, "I was glad when they said to me, let us go to the house of the Lord." Amen.

晨祷

天上的父啊，请用你充充满满的圣灵，祝福那在今天清晨传讲你律法和福音信息的牧师们。请让所有听到的人都相信耶稣基督就是那道路、真理和生命。也请你用诗人的那份喜乐充满我们——“人对我说，我们往耶和华的殿去，我就欢喜。”阿们！

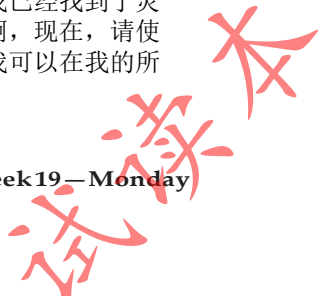
Evening Prayer

Lord Jesus Christ, I thank you for the rest you bestowed this day. You have kept your promise. I came to you burdened and heavy laden with sin, and you provided pardon and the peace of forgiveness. In your gospel I have found rest for my soul! Thank you, dearest Savior. Now, Lord Christ, use this rest to renew me for the day ahead, that I might live your praise in all I do and say. Amen.

晚祷

主耶稣基督啊，因这一天你所赐予的安息，我感谢你。你已全然持守了你的应许。我带着罪的劳苦重担来见你，而你已供应了饶恕和赦免的平安。在你的福音中，我已经找到了灵魂的安息！感谢你，最亲爱的救主。主基督啊，现在，请使用这份安息在那未来的日子里将我更新，使我可以我的所行、所言中活着赞美你。阿们！

Morning Prayer



Heavenly Father, I rise to begin this day in your name. Grant me joy, for I know your name as the name that saves. Grant me joy, for your name is also my name. Through Holy Baptism you have washed me clean, united me to your Son, Jesus, and placed your name upon me. I ask that you now enable me to joyfully live your name to others. In Jesus, the name that saves, I pray. Amen.

晨祷

天上的父啊，我是奉你的名醒转开始今天的生活。请赐给我喜乐，因为我知道你的名就是拯救之名。请赐给我喜乐，因为你的名也是我的名字。藉着圣洗礼你已经将我洗净，使我与你的儿子耶稣联合，并将你的名赐给了我。我恳求你如今使我能够欢喜快乐地向其他人活出你的名。祷告是奉耶稣之名，就是那救贖主之名。阿们！

Evening Prayer

Lord God, my Father in heaven, I close this day in your name. Grant me joy to retire knowing that all the wrongs and sins of this day, which **rightly** offend you, have been covered by the blood of Jesus. Because of Jesus your name no longer terrifies but comforts and cheers me. Let me fall asleep with your

試譯本

name on my lips, confident of your loving presence this night. Therefore, in your name I pray. Amen.

晚祷

主上帝啊，我那在天上的父亲，我奉你的名结束这一天的生活。请赐给我喜乐以安歇，知道今日所有的过犯和罪，就是那些冒犯了你的罪，已经被耶稣的宝血所遮盖。因为耶稣，你的名不再是威慑，而是要安慰我，使我振作。请让我的口奉你的名而入睡，确信你今夜慈爱的同在。因此，我奉你的名祷告。阿们！

Week 19—TueSday

Morning Prayer

Lord God Almighty, you are the source of every good gift. Make me aware of those less fortunate than I. During this time of year, many are exposed to **the harshness of the elements** without benefit of shelter or sustenance. Open my eyes to see the countless opportunities to share the blessings I have richly received with others less fortunate, especially the one thing needful. Amen.

晨祷

全能的主上帝啊，你是所有美善之事的泉源。请你使我意识到那些没有我幸运之人。在一年的此时，很多人经历着严酷的遭遇，上无片瓦，食不果腹。恳求你擦亮我的双眼使我看见这数不胜数的机会，与其他那些不幸的人分享我已经丰盛领受到的祝福，尤其是那不可缺少的赦免的祝福。阿们！

Evening Prayer

Lord Jesus, forgive me for hurrying through this day, intent only on doing my duties and checking off my schedule. Today was a gift of grace, a time to grow in you. Each day is a sermon of your love. **Have I not eaten and been filled? Have I not conversed with friends and family? Have I not been able to gainfully earn a living?** Am I not able to prepare for a restful night? Truly you satisfy the desires of every living thing. Fill my heart more and more with gratitude for your gifts, and let

me be content in you! Amen.

晚祷

主耶稣啊，请原谅我碌碌无为的一天，只是专心致志在我自己的职责上，履行我自己的日程表。今天本是一份恩典的礼物，是在你里面成长的时光。每一天都是你在宣讲你的爱。我没有吃喝并且吃饱吗？我不曾与家人和朋友们畅谈吗？我未曾蛮有成效地养家糊口吗？我没能预备好进入安息的夜晚吗？你真的使有生气的都随愿饱足。请让我的心里越来越多地充满对你所赐之物的感激，又请你使我以你为我的满足。阿们！

Week 19—Wednesday

Morning Prayer

Lord Jesus, teach me today to rely more fully upon you. Frequently my life displays sins against the First Commandment. Rather than **stand secure** in the arms of your love, I seek to build my own security through wealth or health, gain or fame. Rather than seek an ever closer relationship with you, I often devote more time to earthly relationships. Lord, forgive me for such sins. **Let me stand**

試讀本

humbled in confession and comforted in the glorious news
“My grace is sufficient for you.” Amen.

晨祷

主耶稣啊，今天，请教导我愈发全然地依靠你。我的生命常常显出罪来，抵挡第一条诫命。我不是在你爱的臂弯中安稳站立，而是寻求藉着财富和健康、利润和名望，建立我自己的保障。我不是寻求一个与你之间更紧密的关系，而是常常将更多地时间花在属世的关系之上。主啊，请原谅我的这些罪恶。请让我在认罪中谦卑站立，又请让我站在那满有荣耀之讯息的安慰中，就是你说“我的恩典够你用”。阿们！

Evening Prayer

Lord Almighty, to you day and night are the same. Stand watch this night and guard your people everywhere. Assign your holy angels to protect me from Satan and the spiritual forces of evil. Preserve me, my loved ones near and far, and all others. For Jesus' sake, awaken me to a new day of grace or to the new dawn of glory. Whatever your will for me, I rest safe in your care. Amen.

晚祷

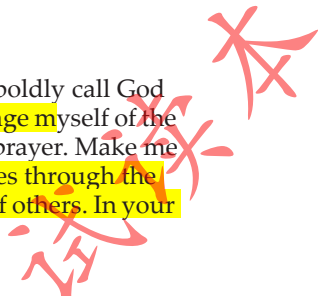
全能的主啊，对你而言日夜并没有不同。请在今夜警醒守望，并引导你各处的子民。请使你的圣天使们保护我远离撒旦和各样邪恶之灵的力量。请保护我，保护近处和远处的我那所爱之人和所有人。因着耶稣的缘故，请使我在新的恩典的一天，或是在那崭新的荣耀的清晨中醒来。无论你对我的旨意如何，我都在你的看顾中安稳歇息。阿们！

Week 19—Thursday

Morning Prayer

Dearest Lord Christ, because of you we can boldly call God our Father. I confess that too often I **shortchange** myself of the wonderful blessings you work out through prayer. Make me a bold priest before God, **one who approaches through the blood of Christ and intercedes for the needs of others.** In your name I pray. Amen.

晨祷



最亲爱的主基督啊，因为你，我们可以大胆地称呼上帝为我们的父亲。我承认有太多次我窃取你藉着祷告所施行的奇妙祝福。请使我在神面前成为一个勇敢的祭司，使我成为一个藉着耶稣的宝血得以与人接近，并为其他人的需要代求之人。祷告是奉你的名求。阿们！

Evening Prayer

Lord Jesus, the Good Shepherd, safeguard your flock this night. Protect your people from that roaring lion who seeks to capture and devour souls. Watch over us with your powerful care. Make us lie down in your loving arms, a secure and safe shelter from the turmoil and tumult of the wicked world. Grant us your peace, which brings rest to the soul and joy to the heart. Amen.

晚祷

主耶稣，好牧人啊！请在今夜保护你的羊群。请守护你的子民远离那遍地游行要捕获并吞吃灵魂的吼叫的狮子。请你大能的看顾为我们守望。请使我们躺卧在你爱的臂弯之中，远离这个罪恶世界的混乱和躁动，躺卧在保全和安稳的避难所内。请赐给我们你的平安，就是那带给我们灵安息、心欢喜的平安。阿们！

Week19—Friday

Morning Prayer

Lord Jesus, you are Emmanuel! God is with us! As I begin this new day, let me find confidence in your words "I am

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with you always." When assailed by anxiety, let me hear your voice soothing my soul, "Do not fear for I am with you." Wherever I go today, reassure me with your presence. Direct my path and lead me not into temptation. You are the Way, and in your name I pray. Amen.

晨祷

主耶稣啊，你是以马内利！上帝与我们同在！当我开始这新的一天之时，请让我在你的话语中找到信心，就是你说“我就常与你们同在。”当我被焦虑所侵扰的时候，请让我听到你抚平我灵魂的声音，你说“你不要害怕，因我与你同在。”无论我今天行至何处，请用你的同在使我心安稳。请指引我的路径，引领我使我不至进入试探。你是道路，而我这样祈求正是奉你的名。阿们！

Evening Prayer

Lord Jesus, you hold the world in your powerful right hand. Even while I sleep this night, you control your universe. If it be your gracious will, allow my body to find rest even while you allow it to breathe and beat with the vitality of life. Let me sleep comfortable in the knowledge that your love shields me from calamities of nature and disease of body. If it should be your will to bring an end this night to the universe or to my life, remind me that your life and death and resurrection guarantee that I will live eternally. Thank you, dear Jesus. Amen.

晚祷

主耶稣啊，你用你大能的右手托住这个世界。即使在我今夜入睡之时，你也掌管着你的宇宙。如果那是你恩慈的旨意，请允许我的身体，借着让它充满生命的活力而呼吸和跳动的时日得以安歇。你爱的盾牌护卫我，免受自然灾害和身体的疾病，在这样的知识中请你让我舒适地睡着。如果你的旨意是今夜就要结束整个宇宙，或结束我的生命，请提醒我你的生命、死亡和复活，确保我会永远活着。感谢你，亲爱的耶稣。阿们！

Week 19 - Saturday

Morning Prayer

Lord God, our heavenly Father, for many people this day is filled with travel and activity. I pray that you command your angels to keep your people in all their ways. Whether traveling for leisure or running errands, keep your people safe today. And touch their hearts, dear Lord, eagerly to look ahead and plan for that spiritual rest we receive in hearing your Word and receiving your Sacrament. In Jesus, who invites us to such rest, I pray. Amen.

晨祷

主上帝，我们在天上的父啊，对很多人而言，今天会有各种出行和活动。我祈祷你可以命令你的众天使，在你子民所行的各样事情上保守他们。无论是休闲之旅，或者办理事务，请今日保守你的子民们平安。亲爱的主啊，也请你触摸他们的心，使他们渴慕那将要到来的事情，为那属灵的安息而筹划，就是我们在听到你的话语、领受你的圣餐时所得到的属灵的安息。奉那邀请我们进入这安息的耶稣之名，我如此祷告。阿们！

Evening Prayer

Heavenly Father, thank you for the week now drawing to a close. Once again I marvel at all the gifts of grace I experienced these past seven days. Above all, I thank you for the Word of life, which unites me with Jesus, the Savior. Make me hungry for your Word so that I thrill to awaken tomorrow and eagerly

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join your people to hear and learn the Holy Scriptures. They alone can make me wise for salvation. In Jesus, the Word Incarnate, I pray. Amen.

晚祷

天上的父亲啊，因这一周行将结束，我们感谢你。再一次，我惊奇于这过去的七天中所经历的所有恩典的礼物。更重要的是，为这生命的道，就是使我与救主耶稣联合的道，我感谢你。请使我渴慕你的话语，以至于我欢喜地在明天醒来，并切慕地和人们一起倾听并领会那神圣的话语。唯独这些话语可以使我有得救的智慧。奉那道成肉身的耶稣之名，我如此祷告。阿们！

— My Thoughts For prayers —

试读本

Week 20— Sunday

Morning Prayer

As I begin a new week of your grace, dear Father, I ask you to bless my study of your Holy Word. May the message of the law strike my heart with full force, showing me my sins and the punishment I deserve. And may the sweet message of the gospel bring me peace, assuring me that for your Son's sake, my sins have been eternally forgiven. Amen.

晨祷

亲爱的父亲啊，当我开始你恩典中新的一天时，我恳求你祝福我对你圣言的学习。愿律法的信息可以全力刺痛我的心灵，显出我的罪和我所配得的惩罚。也愿那甘甜之福音的信息可以带给我平安，使我确信因你儿子的缘故，我的罪已经被永远地赦免了。阿们！。

Evening Prayer

Gracious Father, you use your Holy Word to give me the greatest of all gifts—forgiveness of sins through your Son's holy life and innocent suffering and death in my place. Help me always treasure this gift above all others as I strive to live each day as your forgiven child. Amen.

晚祷

恩慈的父啊，你用你的圣道赐给我所有礼物中最伟大的那个——藉着你儿子圣洁的生命和替我的罪无辜的受难、受死而得的罪的赦免。当我作为你所饶恕的孩子每天努力生活时，请帮助我总是珍惜这个礼物，超越其他万事。阿们！

Week 20— Monday

Morning Prayer

O Lord, the pace and busyness of daily life sometimes overwhelm me, making me feel that there are not enough hours in a day for me to do all the things I need to do. Bless my stewardship of your gift of time, so that I may fulfill my

duties and responsibilities, always remembering that my relationship to you as my Lord and Savior is my first priority, even at the busiest of times. Amen.

晨祷

主啊，每一天生活的步伐和琐事总是将我淹没，使我觉得对我而言，一天里并没有足够的时间去做所有我需要做的事情。请祝福我管理好你时间的恩赐，以至于我可以履行我的职分和责任，使我总是铭记和你的关系，即，视你——我的主和救主为首要的事，即使在那最忙乱的时刻。阿们！

Evening Prayer

Lord Jesus, as this day closes, I confess my sins and ask you to forgive me for the sake of your death in my place on Calvary. Give me confidence in the salvation you won for me, so that I may now commit my body and soul into your keeping and fall asleep in peace. Amen.

晚祷

主耶稣啊，当今天就要结束之时，我承认我的罪，并恳求你因你替我而死在髑髅地上的缘故，赦免我。请赐给我信心，相信你为我赢得的救赎，以至于我如今可以将我的身体和灵魂全然地交托在你的看管之中，并且在平安中躺卧入睡。阿们！

试读本

Morning Prayer

Merciful Lord, living in this world necessitates coping with constant change. As I adjust to change in my life, I ask you to help me remember that you never change. While other things may be in a state of flux, your love for me, your forgiveness, and your promise to guide my footsteps are promises that will never change. Amen.

晨祷

怜悯的主啊，活在这个世界上就意味着必然要应对不断的改变。当我为我生命中的改变而调整时，我恳求你帮助我，铭记着你是那永远不改变的。虽然其他的事情可以不断地变迁，你对我的爱，你的赦免和你承诺要引导我脚步，都是那永远不会改变的应许。阿们！

Evening Prayer

O eternal and unchanging Lord, you have brought me safely to the end of another day. You have, as you promise me in your Word, remained by my side, guarding and protecting my body and soul. I ask now for pardon for all my sins for the sake of your Son, Jesus Christ. Grant me peaceful sleep so that I may arise tomorrow refreshed and eager to serve you as your redeemed child. Amen.

晚祷

永恒、永不改变的主啊，你已经使我安全地度过这又一个日子。就如同你在你话语中应许我的那样，你已与我同在，守卫并保护着我的身体和灵魂。我如今向你祈求，请因你儿子耶稣基督的缘故，原谅我所有的罪。请赐给我平安的睡眠，以至于我可以明日全然更新地醒来，并渴慕作为你所赎回的孩子而服事你。阿们！

Morning Prayer

Holy Spirit, help me make the most of my opportunities to

witness to others. Give me strength to lead my life in thankful dedication to my Savior so that my words and actions reflect the pardoning love that Jesus has shown to me. And give me courage and confidence to tell those around me the good news of Jesus' saving love for them. Amen.

晨祷

圣灵啊，请帮助我充分把握时机，向他人作见证。请赐给我力量，引领我的生命可以**感激地献于我的救主**，以至于我的言语和行为可以显出赦免的爱来，就是耶稣已然显示给我的爱。又请你赐给我勇气和信心，向我身边之人传讲那美好的消息，就是耶稣对他们的救赎之爱。阿们！

Evening Prayer

O Spirit of the living God, I praise you for your saving work in my life. Through Baptism you brought me to faith in Jesus. Through the Scriptures you sustain and strengthen my faith. In the Holy Supper you feed my soul with the Lord's true body and blood, assuring me that they were given and shed for me. I pray that you will use these precious means of grace to preserve my faith until I reach my heavenly home. Amen.

晚祷

永活之神的灵啊，因你在我生命中所做那救赎之工，我赞美你。藉着洗礼你使我相信耶稣。藉着圣经你持守并坚固我的信心。在圣餐中你用主那真实的身体和宝血喂养我的灵魂，使我确信那是赐给我，为我而流淌的。我祈求你可以使用这些珍贵的施恩之具，保守我的信心，直到我抵达天家之时。阿们！

试读本

Week 20—Thursday

Morning Prayer

Gracious Father, as I begin this day, I ask for your help in dedicating all my thoughts, words, and actions to your service and praise. I know how important and precious I am to you because you sacrificed your own Son to bring me forgiveness and eternal life in heaven. Guide me this day and every day to live my life for you. Amen.

晨祷

恩慈的父啊，当我开始今天的时候，我恳求你帮助我，使我将我所有的思念、言语和行为都用于服事和赞美你。我知道对你而言，我是何等的重要和宝贵，因为你牺牲了你自己的儿子，为要赐给我赦免和天上永恒的生命。恳请你今日和每一天都引导我，使我为你而活。阿们！

Evening Prayer

Dear Lord, I ask you to grant me peace as this day comes to a close. Forgive my sins for Jesus' sake. Remove any doubts that trouble my heart so that I firmly believe that God's anger has been removed forever and that every sin has been paid for in full. **Trusting in the salvation that is mine in Christ,** may I rest this night in peace. Amen.

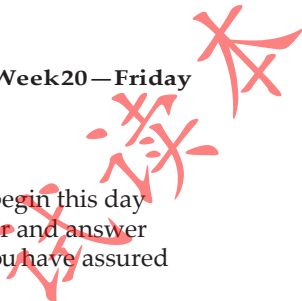
晚祷

亲爱的主啊，在今天行将结束的时候，我恳求你赐给我平安。请因耶稣的缘故赦免我的罪。将移走所有困扰我心的疑惑，以至于我可以坚定地相信上帝的烈怒已经永远地清除，并且每一个罪都被全然地偿还。相信在在基督里我所拥有的救恩，愿今夜我可以在平安中歇息。阿们！

Week 20—Friday

Morning Prayer

Welcoming Savior, what a privilege it is to begin this day with prayer! You have promised to both hear and answer every prayer I offer in your saving name. You have assured



me that all my burdens, problems, and challenges — great and small — are important to you. I ask you to fill this day and all my days with prayers offered with confidence and childlike faith. Amen.

晨祷

满心迎接我的救主啊！在今天的开始可以向你祷告是何等的蒙福啊！你已经应许会倾听并答复我奉你救恩之名所献上的每一个祷告。你已经使我确信，我所有的重担、困难和挑战，无论大小，对你而言都是重要的。我恳求你使今日，使我所有的日子，都让我在如同孩子般的信心中，成为向你献上祷告的日子。阿们！

Evening Prayer

Lord Jesus, you are so patient with me! Even though your Word reveals your demands for holiness and perfection on my part, I continue to sin against you and against those around me. And still you bear with me and forgive me for the sake of your suffering and death. May I treasure this forgiveness above all else, and may I reflect your patience and forgiveness to those who sin against me. Amen.

晚祷

主耶稣啊，你对我何等的忍耐！即使你的话语显明了你对我圣洁和完美的要求，我仍旧持续地犯罪抵挡你，抵挡我身边之人。而你仍然忍耐我，因你受苦和受死的缘故而赦免我。愿我可以珍惜这超乎一切的赦免，又愿我可以向那些得罪我的人，彰显出你的忍耐和赦免。阿们！

试读本

Morning Prayer

Merciful Lord, I live my life in your grace, enjoying the priceless blessing of your undeserved, faithful, and forgiving love, despite my complete unworthiness. In grace, you chose me in eternity to be your child. In grace, you brought me to faith in Jesus as my Redeemer. In grace, you promise to sustain my faith until I sit at Jesus' feet in heaven. I take comfort in knowing that my salvation is all your gracious working and not dependent on my worthiness or works. Accept my thanks for the salvation you have so graciously provided to me. Amen.

晨祷

怜悯的主啊，我在你的恩典之中生活，得享你那人配得的、信实又赦罪之爱中无价的祝福，尽管我是完全不配。在恩典中，你拣选我在永恒中作你的孩子。在恩典中，你使我相信耶稣是我的救赎者。在恩典中，你应许持守我的信心，直到我在天上坐在耶稣的脚边。因确知我的救赎是你全然仁慈的工作，而不是取决于我的价值或作为，我感到安慰。因你已经如此丰盛供应给我的救恩，请接纳我的感恩。阿们！

Evening Prayer

As this week comes to an end, I thank you for all the blessings I have received from you, O loving Father. You have fulfilled every promise you made to me—protecting me and guiding my footsteps, hearing and answering every prayer, and forgiving every sin for Jesus' sake. For these and all your blessings, may I love you above all others and praise you with my whole being. Amen.

晚祷

当这一周接近尾声时，慈爱的父啊，为所有我已经从你那里得到的祝福，我感谢你！你已经兑现了每一个你向我许下的承诺——保护我，引导我的脚步，倾听并回应我的每一个祷告，并因耶稣的缘故赦免我每一个罪过。因为这些，也因为你所有的祝福，愿我爱你超越一切，并用我的所有来赞美你。阿们！

— My **ThoughtS** For **prayerS** —

試讀本

Morning Prayer

Dear Lord of the church, thank you for servants to care for your people. Thank you for instilling in their hearts a desire to train for the work of the ministry. Give them physical strength to stand before your people and speak clearly. Give them spiritual insight so their words convey your truth. Give them boldness to preach in the face of any opposition they may be facing. Amen.

晨祷

亲爱的教会之主啊，为那照管你子民的仆人们，我们感谢你。感谢你，将那为事工而培训的渴望浇灌在他们的心田。请赐给他们身体以康健，使他们站在你子民之前，清晰地讲论。请赐给他们属灵的洞察力，以至于他们的话语可以传达你的真理。请赐给他们勇气，使他们在可能面对的任何敌对面前放胆传讲。阿们！

Evening Prayer

Dear Lord, as our pastor enters another week of service and study, give him your strength and grace. Draw his heart into your Word so that he may draw his flock into that Word. Increase his insight so that he may have insights to share. Renew in him a knowledge of your love in Christ, so that next week he may be filled with zeal to share that love with us. Amen.

晚祷

亲爱的主啊，当我们的牧师开始新一周的事服和学习时，请赐给他们你的坚固和恩典。请将他们的心带到你的话语之中，以至于他们也可以引领他们的羊群进入那话语。请增长他们的见识，以至于他们可以将见识分享。请在他们里面更新在基督里你爱的知识，使得下一周，他们可以满有热情地与我们分享那份爱。阿们！

Week 21—

Monday

Dear Lord, may your name be kept holy! You have blessed me with the name Christian. What a wonderful name that is. Help me to bear that name well today. Give me a keen sense of awareness that what I do will either bring glory to your name or cause people to honor it less. **May all I do reflect well on you.** May your name that I bear be kept pure and holy in my life. Amen.

晨祷

亲爱的主啊，愿人都尊你的名为圣！你已经使基督徒这个名称成为我的祝福。这是多么美好的名字啊！请帮助我今日可以完好地承受这称呼。恳求你赐给我敏锐的意识，**知道**我所做的要么为你的名带来荣耀，要么则会使人们**辱没你的名**。愿所有我所做的都很好地**将你彰显**。愿我所承受的你的名字，可以在我的生命中保有纯净和圣洁。阿们！

Evening Prayer

Dear Lord, this morning I prayed that my actions today would reflect well on your name. Thank you for answering my prayer. Forgive my shortcomings. I know I have sinned. My tempter flared up; I did not act with tact as I should

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have; I was not as industrious as I should have been; I did not always offer help when I was called upon to do so. Forgive me by your name and enable me to carry it better tomorrow. Amen.

晚祷

亲爱的主啊，今天清晨我曾祈祷，希望我今天的行为可以将你的名彰显。感谢你回应我的祷告。也请你原谅我的过犯。我知道我已经犯了罪。诱惑我的此起彼伏；我没有像应该的样子行事老练；我没有如同本应的那样勤勉；当有人召唤我有所作为时，我未曾总是予以协助。请因你的名而赦免我，并使我可以明天做得更好。阿们！

Week 21 — TueSday

Morning Prayer

Dear Heavenly Father, may your kingdom come! John the Baptist described how we are to prepare for your kingdom of grace and love. He set the pattern for all time when he told the people of his day to repent and believe the gospel. I come before you, Lord, as a sinner by nature. How clear that lesson is driven home when I see the fruits of my sinful nature. I repent, and I believe that you sent your Son to die for my sins. Accept me into your kingdom. Amen.

晨祷

亲爱的天上的父啊，愿你的国降临！施洗约翰讲论国，我们如何可以为你那恩典和慈爱的国度而预备。当他告诉他那个时代的人们，要悔改并相信福音时，他为所有时代的人们立了模范。主啊，作为一个本性中的罪人，我来到你的面前。当我看到我罪恶本性的果实时，这一课是多么清晰地深入骨髓啊！我痛悔，并且我相信你曾差派你的儿子，为我的罪而死。恳请你接纳我进入你的国度。阿们！

Evening Prayer

Dear Heavenly King, you have kept me safe throughout this day. For this I thank you. I do not deserve to be a member of your kingdom, but you have bestowed that honor on me

nonetheless. As I enter the hours of darkness and sleep, send your holy angels to guard and protect me. Amen.

晚祷

亲爱的天上的君王啊，你在今天自始至终地保守了我的安全。为此我要感谢你。我不配作为你国度中的一员，但是尽管如此，你还是赋予我那份荣耀。当我走入这夜晚的时光睡下时，请差派你的圣天使，守卫并保护我。阿们！

Week 21 — WedneSday

Morning Prayer

Dear Heavenly Father, may your will be done! The false teachings of many in the outward Christian church are leading people away from the truth of your gospel. The sinful lives of many who claim to be your spokespeople are giving unbelievers the chance to slander your name. The non-Christian religions of the world are keeping many in the camp of Satan. Overcome these obstacles for the sake of your name. Amen.

晨祷

亲爱的天上的父啊，愿你的旨意成就！许多在有形教会中持错误教导的人正在带领人们远离你福音的真理。那些宣称作你代言人的，他们中许多人罪恶的生活，正为不信之人提供羞辱你名的机会。世界上非基督的信仰，正让很多人仍旧在撒旦的家中。恳求你因你的名，胜过这些拦阻吧！阿们！

试读本

Evening Prayer

Dear Lord, I see many forces of evil in this world that seem to be keeping your will from being done. Many would say you are not in control. But I rest secure in the knowledge that your elect will come to faith, and the power of your Word in their lives will not be overcome. I rejoice to count myself among them. Amen.

晚祷

亲爱的主啊，我看到这个世界上很多邪恶的力量，要拦阻你旨意的成就。很多人会说，你没有掌管一切。但是我确知你所拣选的必会相信，并且在他们的生命中，你话语的能力绝不会落空。我为自己就在这些人中间欢喜快乐。阿们！

Week 21—Thursday

Morning Prayer

Dear Lord, give me my daily bread. You have blessed me beyond what I, a sinner, could have ever expected. I have enough; what is more, I am content. Bless those who have little. Many are starving; many are without clothing and shelter. Provide for them today. Open your hand and satisfy their desires. If you place before me an opportunity to help them, open my heart and enable me to respond generously and single-mindedly. Amen.

晨祷

亲爱的主啊，请赐给我们日用的饮食。你已赐福给我，远超过我这样一个罪人所指望的。我拥有的已经足够；并且我已然满足。请祝福那些缺乏之人。很多人在忍受饥饿；很多人衣不蔽体，居无定所。请你今天供应他们的所需。请张开你的手臂，并满足他们的心愿。如若你赐给我一个帮助他们的机会，也请使我敞开心扉，使我能慷慨并全心全意地予以回应。阿们！

Evening Prayer

Dear Lord, many are finishing their day without the abundance I have received from your gracious hand. Many

do not have enough to feed their families. Many must sleep out **in the elements**. Be with them. Care for them, and, if it is your will, turn their fortunes and richly provide for their needs. In Jesus' name I pray. Amen.

晚祷

亲爱的主啊，很多人结束了他们今日的时光，却不曾像我一样从你恩慈的手中获得如此丰盛的**恩典**。很多人没有足够的食物供应他们的家人。很多人**不能在舒适的房间入睡**。请与他们同在。请照管他们，并且，如果那是你的旨意，请翻转他们的时运，丰盛供应他们的所需。我这样祷告，是奉耶稣的名。阿们！

Week21—Friday

Morning Prayer

Dear Lord, forgive my many sins. If you counted my sins and held them against me, you know that I could not stand before you, O Lord. I would quickly be destroyed. But with you there is forgiveness, and for this reason I can love and fear you. You

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have promised that I can come boldly before your throne of grace and find help in time of need. I do that now. Grant me forgiveness and help me deal with the temptations a new day will bring. Amen.

晨祷

亲爱的主啊，请赦免我诸多的罪。如果你数算我的罪恶，并抓住它们报应我，你知道我将不能站在你的面前。主啊，我将速速地灭亡。但是在你有赦免之恩，因这个缘故我得以爱你，敬畏你。你已经赐下应许，就是我可以坦然无惧地来到你恩典的宝座前，寻得需要之时的帮助。现在，我就这样祈求。请赐给我赦免，请帮助我在即将到来的一天里应对各样的试探。阿们！

Evening Prayer

Dear Lord, how grateful I am that you have sent your Son Jesus Christ to be my Savior. If I could not now look at the cross, I would have to shut my eyes in terror at your anger and wrath, for I have sinned today. Grant me forgiveness, and help me forgive those who have wronged me. Amen.

晚祷

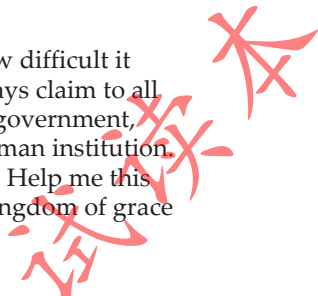
亲爱的主啊，你已经差遣你的儿子耶稣基督作我的救主，我是何等的感激啊！如果如今我不能仰望十字架，因我今天所犯的罪，我将不得不在你怒气和烈怒的恐惧中合上双眼。请赐给我赦免之恩，也请帮助我原谅那些得罪我的人们。阿们！

Week 21—Saturday

Morning Prayer

Dear Lord, the kingdom belongs to you. How difficult it sometimes is to accept that fact. The world lays claim to all power. People around me put their hope in government, science, education, laws, and every other human institution. Others even put their hope in Satan's power. Help me this day to remember that I am a child of your kingdom of grace and mercy. Amen.

晨祷



亲爱的主啊，愿那国度归属于你。接受现实有时候是多么困难的事情啊。世界宣称有万有的能力。那围绕我之人将他们的希望寄托在政府、科学、教育、法律和其他那些人所设立的事物上。另有一些人甚至将希望寄托于撒旦的权势。主啊，今日，请你帮助我铭记，我是归属于你恩典和怜悯国度的孩子。阿们！

Evening Prayer

Dear Lord, thank you for being with me this day and shielding me in your kingdom. If you had not been with me, Satan would have had his way. My faith in you would be gone, and all kinds of evil would have touched my life. Be with me this night as you have been with me today. Amen.

晚祷

亲爱的主啊，感谢你今天与我同在，将我遮蔽在你的国度之中。倘若你不曾与我同在，撒旦必将放纵恣肆。我在你里面的信心也会退却，并且那全部的邪恶之事将染指我的生命。主啊，如同这一天你与我同行一样，请你今夜与我同在。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

O triune God, your First Commandment has revealed that we should fear, love, and trust in you above all things. We confess that we have failed to keep even the first of your commandments. Thank you for washing our sins away in the blood of Jesus Christ our Savior. Use your Word to sanctify our hearts today. Enable us to always put you first in our lives. Amen.

晨祷

三位一体的上帝啊，你的第一条诫命已启示，我们应敬畏你、爱你，并信靠你超越万事。我们承认，我们甚至没有能够持守你的第一条诫命。感谢你，因你用耶稣基督我们救主的血，洗净了我们的罪。今天，恳求你使用你的话语，使们的心成为圣洁。请使我们总是能够将你放在我们生命的首位。阿们！

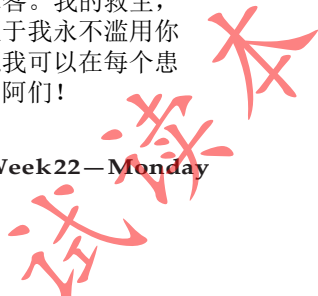
Evening Prayer

O holy and most merciful God, how glorious is your name in all the earth! I confessed my sins to you, Lord, and you forgave my guilt. May I fear and love you, my Savior-God, so that I never misuse your name to curse, swear, lie, or deceive. But may I call upon your name in every trouble, pray, praise, and give thanks. Amen.

晚祷

那圣洁又满有怜悯的上帝啊，你的名在全地有何等的荣耀！我向你承认我的罪，主啊，你就赦免我的罪咎。我的救主，我的上帝啊，愿我可以敬畏你，爱你，以至于我永不滥用你的名，去诅咒、发誓、说谎或欺骗。但是愿我可以在每个患难、祈祷、赞美和感恩之中呼唤你的名字。阿们！

Morning Prayer



Lord of the Sabbath, we praise you for giving rest to our souls. Motivate us by your redeeming love so that we do not despise your Word, whether it is preached, taught at church, or read at home. Guard our hearts so that we always regard the Bible as your holy, inspired, and inerrant Word. Increase our faith so that we gladly hear and learn your Word. Amen.

晨祷

安息日的主啊，因你给了我们灵魂的安息，我们赞美你。请你救赎之爱激励我们，以至于无论是在教会的讲道和教导中，又或是在家中阅读的时候，我们都不再轻视你的话语。请保守我们的心，使我们总是视圣经为你神圣、默示并毫无谬误的话语。请使我们在信心中成长，使我们可以欢然倾听并领会你的话语。阿们！

Evening Prayer

Have mercy on me, dear God, according to your unfailing love. Erase my transgressions. Wash away my iniquity. Cleanse me from my sins. Let me rest securely this evening knowing that your Son lived my life and died my death and was raised **because** he had won my forgiveness. May I always believe this and never waver. Bless my loved ones

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with repentance and saving faith in Jesus, in whose name I pray. Amen.

晚祷

亲爱的上帝啊，请按着你那从不落空的爱怜悯我。请涂抹我的过犯。洗净我的邪恶。将我从罪中洁净。因知道你的儿子为我而活、为我而死，并且因他已经为我赢得了救恩而升天，就请让我今夜安然入眠。愿我总是相信这一点并从不动摇。请祝福我所爱之人，赐给他们悔改和在耶稣里得救的信心，奉你的名我如此祷告。阿们！

Week 22—TueSday

Morning Prayer

Almighty God, you have authority and power over all, yet you have decided to commit some authority to your representatives in the home, church, and government. We repent of our disobedience. Jesus obeyed each commandment perfectly for us and took our sins away when he died on the cross. Help us to honor your representatives and in this way show how thankful we are for all you have given to us.

Amen.

晨祷

全能的神啊，你有权柄和能力统管万有，然而你决定将一些权柄托付给家庭、教会和政府。我们为自己的不顺服而懊悔。耶稣为我们完美地遵从了每条诫命，并且当他死在十字架上的时候，他就将我们的罪拿走了。恳求你帮助我们尊重你**权柄**的代表们，并且用这样的方式显示出，我们为你已经赐下的一切是何等的感恩。阿们！

Evening Prayer

Wise and eternal God, my times are in your hands. **It pains me to hear of all the sins of murder committed by hatred, abuse, abortion, and suicide.** I too have sinned by failing to always help and befriend my neighbor in every bodily need. I plead only the perfect life and substitutionary death of Jesus Christ, the Lord of life. He is my Savior and my Good

Shepherd. Amen.

晚祷

智慧并永恒之上帝啊，我的时日在你手中。听到借由怨恨、虐待、堕胎和自杀犯下的所有谋杀之罪让我心如刀绞。我也因总是未能在每个属世需求上帮助我的邻舍，待人如己而犯了罪。我唯有耶稣基督，生命之主那完美的生命和代赎的死亡为我辩护。他是我的救主，是我的好牧人。阿们！

Week 22 — Wednesday

Morning Prayer

I begin a new day, heavenly Father, asking for your grace that I may lead a pure and decent life in words and actions. May I always honor marriage as a divine institution. Keep me from sinful thoughts and temptations. Help me to be loving, selfless, kind, and helpful to my spouse and neighbor. Help me to forgive others as you have forgiven me through Jesus Christ. Amen.

晨祷

天上的父亲啊，在寻求你的恩典，以至于我可以在言语和行为上活出纯净和端正的生命之下，我开始这新的一天。愿我总是尊重婚姻，视其为神圣的设立。请保守我远离罪恶的想法和试探。请帮助我能以仁爱、无私、友善和乐于相助对待我的配偶和邻舍。请帮助我赦免其他人，如同你已经藉着耶稣基督赦免我一样。阿们！

试读本

Evening Prayer

O triune God, I have all failed to live perfect lives in the stations to which you have appointed me. I repent of my sins, especially selfishness and sinful thoughts. **Against you, you only, have** I sinned and done what is evil in your sight. You washed away all my sin in Holy Baptism. Now I am whiter than snow. Lead me to live to your glory. Amen.

晚祷

三位一体的上帝啊，在你安置我的地方，我全然未能活出完美的生命。我为自己的罪懊悔，尤其是自私的罪和罪恶的思想。我犯了罪，作你眼中看为恶的事情，我在一切所行的事上都抵挡你，并唯独抵挡了你。你在圣洗礼中洗净了我所有的罪。现在我比雪还洁白。恳请你引领我活出你的荣耀来。阿们！

Week 22—Thursday

Morning Prayer

Heavenly Father, I seek to live as your child this day. Keep me from harm and temptation. Lord Jesus, I desire to express my gratitude for your salvation. May I walk in your footsteps. Holy Spirit, work powerfully in my heart through your Word again today. Enlighten my heart and mind so that I understand what I read, believe it, and apply it to my daily life. Preserve my faith. Amen.

晨祷

天上的父啊，今日，我寻求像你的孩子一般生活。请保守我远离伤害和试探。主耶稣啊，我想要表达对你救赎的感激之情。愿我可以跟随你的脚踪。圣灵啊，今日请再一次藉着你的话语，在我的心中做那大能的工作。请光照我的心灵和思念，以至于我可以明白我所阅读的经文，相信它，并且将之应用于我每日的生活。请保守我的信心。阿们！

Evening Prayer

O holy God, with you no sin can dwell. The more I examine myself in the light of your commandments, the more I see my

sin. You have commanded that I must not covet or steal what you have entrusted to my neighbor. Grant me contentment with what you have entrusted to me. Remind me that, having the gift of your forgiveness through Christ, I have the greatest treasure. Amen.

晚祷

圣洁的上帝啊，罪不能与你同住。我越是在你诫命的光下省察我自己，就愈发看到我的罪。你已经命令我，不得贪婪、偷窃那些你已经交托给我邻舍之物。请赐给我满足，满足于你已经交托给我的一切。请提醒我，因拥有借着耶稣你赦免的礼物，我就拥有最美好的财宝。阿们！

Week 22 — Friday

Morning Prayer

Lord Jesus, our way, truth, and life, help us this day so that we do not tell lies about anyone or give anyone a bad name. **Move us to defend our neighbors when they are absent.** Lead us to speak well of them and put the best construction on

试读本

whatever we hear about them. Help us to love our neighbors as you have loved us, dear Savior. Amen.

晨祷

主耶稣啊，我们的道路、真理、生命，请你今日帮助我们，以至于我们不说任何人的谣言，或败坏人的名声。当我们的邻舍不在场的时候，请感动我们为他们辩护。请引领我们说他们的好话，无论我们听到关于他们的什么，都用最积极的方式去理解。亲爱的主啊！请帮助我们爱我们的邻舍，如同你已爱了我们。阿们！

Evening Prayer

Thank you, dear Father, for bringing me safely through this week. Keep me and my loved ones safe this weekend. Provide opportunities for me to share your Word with others. Let me enjoy the freedom and joy you have given me, as a redeemed child of yours. Not my will, but your will be done in my life. Amen.

晚祷

亲爱的父啊，感谢你，因你带我安全地度过这个星期。这个周末，恳请你保守我和我所爱之人的安全。请为我创造与他人分享你话语的机会。请让我享受你已经赐给我们的，作为你被赎回的孩子的自由和喜乐。愿你不是照我的意愿，而是照你的旨意成就在我的生命中。阿们！

Week 22—Saturday

Morning Prayer

In the name of God the Father, the Son, and the Holy Spirit, I begin this new day. Give me peace and joy, knowing that you have made me a saint by virtue of the redeeming work of Jesus my Savior. Enable me to live with confidence as I move through this life, surrounded by your grace and justified by faith in Christ. Amen.

晨祷

奉圣父上帝、圣子和圣灵的名，我开始这新的一天。请赐给

我平安和喜乐，知道藉着我的救主耶稣救赎工作的果效，你已经使我成为圣徒。在我度过今生之时，恳求你使我能以充满信心地生活，被你的恩典所围绕，并且在基督里因信心而得以称义。阿们！

Evening Prayer

O almighty God, merciful Father, at the end of another week, I confess all my sins of thought, word, and deed. I have not always done what you have commanded. I have not always avoided what you have forbidden. Assure me of your forgiveness. I long to be in church to receive your forgiveness in the absolution, the Scripture lessons, the sermon, and the Lord's Supper. May many more attend worship tomorrow to hear that we have been redeemed by Christ, in whose name I pray. Amen.

晚祷

全能的上帝，怜悯的父啊，在这又一周的尽头，我承认所有我思想、言语和行为上的罪。我没有总是按着你所命令的去做。我没有总是躲避开你禁止之事。恳求你使我确信你的赦免。我渴望进入教会之中，去领受宣赦中你的赦免，领受圣经的学习和讲道，领受主的圣餐。愿有更多的人参加明天的敬拜，听到我们已经因基督被赎回的信息。奉他的名，我如此祷告。阿们！

试读本

— My ThoughtS For prayerS —

試讀本

Morning Prayer

O triune God, how marvelous is your name in all the earth! You created man to worship and praise you. As I go to your house today, speak to my heart and comfort me with your gospel of peace. By your Spirit, help me continue my worship throughout the week by living to your glory in all I do. In Jesus' name I pray. Amen.

晨祷

三位一体的上帝啊，你的名在全地是何等的美！你创造了我们，来敬拜和赞美你。当我今天走进你的圣殿时，请对我的心说话，请用你平安的福音安慰我。藉着你的圣灵，请帮助我，藉着在一切我所做之事上活出你的荣耀，在这一周自始至终地来继续我的敬拜。奉耶稣的命，我如此祷告。阿们！

Evening Prayer

In the quiet evening hours of this, the Lord's Day, we thank you, dear Father, for the gift of music. You have given it to us to cheer our hearts. Bless us always with gifted musicians who can lead us to lift our voices to rejoice in your grace. May the new song of salvation always be found on our lips, for you are worthy of praise, O Lord our God. Amen.

晚祷

在这安静夜晚的时光，在主的日子，天父啊，我们感谢你，为**你所赐**音乐的礼物感谢你。你已经将音乐赐给我们，使我的心欢呼。请总是使那些有天赋的音乐家们成为我们的祝福，使他们带领我们高声在你的恩典中欢唱。愿我们的嘴总是唱出救恩的新歌，主我们的上帝啊，因你是配得赞美的。阿们！

Morning Prayer

O Lord of the nations, send your light into all the world that

the world may enjoy true peace. Through your mighty hand, cause wars and strife, threats and attacks, to cease. **As far as I am able,** let me live in peace with all people, especially with my fellow believers in Christ. In your Son's name, I pray.

Amen.

晨祷

万国的主啊，请使你的光照耀整个世界，使世界可以享受真正的平安。藉着你大能的手，使战争和冲突，使威胁和攻击得以停息。尽我所能，请让我与所有人和平共处，特别是与我在基督里的弟兄姐妹们。奉你儿子的名，我如此祷告。阿们！

Evening Prayer

Thank you, heavenly Father, for allowing us to live at this time in the world's history and for placing us in this country. Let your hand of blessing rest upon our nation. Give us peace that we may live in security and that we may freely go about the work you have given us to do—the work of sharing the good news of Jesus Christ with a world that desperately needs to hear it. For your name's sake, I pray. Amen.

晚祷

天上的父啊，感谢你，因在世界的历史中，你许可我们活在这个世代；感谢你将我们安置在这个国家。请让你施恩的手停留在我们的国家之上。请赐给我们平安，使我们可以在安全中生活，使我们可以自由地从事你赐给我们去做的工作，就是与这极度需要听到耶稣基督好消息的世界，分享你福音的工作。为你名的缘故，我如此祷告。阿们！

试读本

Morning Prayer

O Lord God, our Creator, you gave us the gift of work, that we might glorify you by using our talents and abilities. Bless all those who are at work today. Let them find joy and satisfaction in doing their tasks well. According to your wisdom, provide work for the unemployed, that they in turn might thank and praise you for your goodness. Hear me, Father, through Jesus Christ. Amen.

晨祷

主上帝啊，我们的创造者，你给了我们工作的恩赐，使我们可以藉着使用我们的才华和能力，来荣耀你。请祝福所有今天在工作中的人们。请让他们在优异地完成他们职责之中得到喜乐和满足。依照你的智慧，请让那些失业者找到工作，以至于他们可以转而因你的美善而感谢和赞美你。父啊，藉着耶稣基督，请垂听我的祷告。阿们！

Evening Prayer

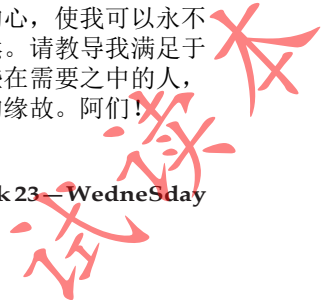
Dear Father in heaven, how richly you provide all I need day after day! Give me a thankful heart by your Holy Spirit, that I may never take for granted these blessings that sustain my daily life. Teach me to be content with the blessings your hand provides, and help me reach into my rich storehouse to be generous toward those in need. For Jesus' sake I pray.

Amen.

晚祷

亲爱的天上的父亲啊，日复一日，你是何等丰盛地赐予我所有的需要啊！请因着你的圣灵，赐给我感恩的心，使我可以永不将这些供应我每日生命的祝福当做理所当然。请教导我满足于你手所提供的诸多祝福，也请帮助我向那些在需要之中的人，慷慨地敞开我富足的仓储。祷告是因耶稣的缘故。阿们！

Morning Prayer



Lord God, Maker of all, how tragic it is that so many people have turned their backs on you in unbelief and cut themselves off from your eternal blessings in Christ. Be merciful, I pray, to those still walking in darkness. Send out the light of your Word that they too may walk in the daylight of your grace. Open my mouth so that they may hear and believe the good news of Jesus Christ. Amen.

晨祷

主上帝啊，万有的造物主，如此多的人们在不信之中背离你，并且将他们自己从基督里你永恒的恩典之中割绝，这是多么悲惨之事啊！我向你祷告，请你向那些仍旧在黑暗中行走的人施以怜悯。请差遣你话语的光芒，使他们也可以行走在你恩典的日光之中。请张开我的口，以至于他们可以听到并相信耶稣基督的好消息。阿们！

Evening Prayer

I thank you, merciful God, for sending the Holy Spirit into my heart. Through his work I have been rescued from eternal death and saved for all eternity. Prepare a permanent dwelling place for your Spirit within my heart so that he may equip me

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for every good work and preserve me in my Christian faith to the end. In Jesus' name I pray. Amen.

晚祷

满有怜悯的上帝啊，我感谢你，因你差遣圣灵在我的心中。藉着他的工作，我已经从永恒的死亡之中逃离，得救进入永恒。请在我的心中为圣灵预备一个永远的居所，以至于他可以为我装备我，并保守我在基督的信心中直到末日。祷告是奉耶稣的名。阿们！

Week 23—Thursday

Morning Prayer

This morning, O Lord, I pray on behalf of the government that you have established as a blessing for us. Give us wise and just leaders and judges. Protect our police officers so that they in turn may protect others. Lead each of us to be conscientious citizens who work not only for your glory but also for the common good. Hear me for Jesus' sake. Amen.

晨祷

主啊，这个早晨，我为了政府的益处向你祈求，就是你已经设立并作我们祝福的政府。请赐给我们智慧和公正的领袖和法官。请保护我们的警官，以至于他们转而可以保护其他人。请带领我们每个人成为尽职尽责的市民，使我们不单单归荣耀于你，更可以为公共利益而工作。因基督的缘故请垂听我的祷告。阿们！

Evening Prayer

Today again, almighty God, the sun rose and the night fell. I praise you for your mighty and perfect rule of all things in heaven and earth. Help me see always that you are in control of all things, including my own life. Help me trust you more and more in every situation in life. Through Jesus Christ I pray. Amen.

晚祷

全能的上帝啊，今日，又一次太阳升起随后夜幕降临。因你权能和完美的统管天上地下的万物法则，我赞美你。请帮助

我总是看见，你是那万物的掌管者，你也掌管着我自己的生命。请帮助我在生命的每一个景况中越来越信靠你。我这样祷告是藉着耶稣基督的名。阿们！

Week23—Friday

Morning Prayer

Let justice rule in our country, O Lord, that our nation may live under your blessing. Be the friend and defender of the poor and a terror to the wicked. Protect your children and your holy church throughout the world, and make the name of your Son to be praised to the ends of the earth. In his name I pray. Amen.

晨祷

上主啊，请让正义治理我们的国家，使我们的国度可以活在你的祝福之下。请成为那可怜之人的朋友和维护者，请成为那邪恶之人的威吓。请保护你的孩子们，保护世界各处你圣洁的教会，又使得你儿子的名直到地极都被传颂。祷告是奉他的名求。阿们！

Evening Prayer

I thank you, my faithful Father, for disciplining me as one of your children. Your discipline is a sure sign of your eternal love. Whenever I wander, recall me. When I repent, forgive me.

试读本

Through your discipline drive me back to your Word, where I find the assurance that I truly am your own dear child through faith in Jesus Christ, **my brother**. Amen.

晚祷

我那信实的父啊，我感谢你，因你管教我作为你孩子中的一员。你的管教是你永恒之爱确实的印记。无论我什么时候迷失，请唤醒我。当我悔改的时候，请你赦免我。藉着你的管教，请带我回到你的话语里，回到耶稣基督、**我的兄长那里，****得着信心**，这话语确保了我真是你自己亲爱的孩子。阿们！

Week 23—SaTurday

Morning Prayer

How cluttered our homes have become, O Lord—proof that you give more than we need. Yet in our sinful weakness, we often want more and more. Forgive us, Lord, for our discontent, and teach us by your Spirit to receive with thanksgiving every blessing that comes from your gracious hand. Surely we have deserved none of your blessings. Hear us for Jesus' sake. Amen.

晨祷

我们的家因着太多的东西变得何等的杂乱无序，主啊，这证明你所赐予的，远远超过了我们的所需。然而在我们罪性的软弱中，我们常常想要得到更多，更多。我们当然不配得到你任何的祝福。主啊，但请赦免我们，赦免我们的不满足，并请你藉着圣灵教导我们，带着感恩接纳每一个来自于你恩惠之手的祝福。因耶稣的缘故请垂听我们的祷告。阿们！

Evening Prayer

Dear Lord, on this weekend I thank you for giving me rest from my work. Renew my body as I enjoy this break from my routine, and revive my soul as I enter your house tomorrow for worship. Grant me a quiet night of sleep, and when I rise, let me glorify you in all I do. Amen.

晚祷

亲爱的主啊，在这个周末，因你赐予我工作**之余的休息**，我感

谢你。当我享受这个日程之外的歇息时，请更新我的身体，并且当我明日进入你的家中敬拜时，请复兴我的灵魂。请赐给我一夜安静的睡眠，并且当我醒来，请让我在所有所做之事中都归荣耀于你。阿们！

— My ThoughtS For prayerS —

试读本

Morning Prayer

Almighty God, each new week you place new challenges and opportunities before me. So often I am afraid to take them up and go forward in your name. Give me confidence in knowing that the Holy Spirit works with me and through me. Give me the nerve to respond to your orders with openness and trust. Give me the courage, conviction, and zeal to carry them through. Give me power to perform the tasks you have called me to perform. Amen.

晨祷

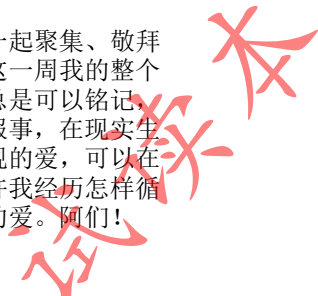
全能的上帝啊，每一个新的星期里，你都为我安置新的挑战 and 机遇。太多次我害怕面对它们，害怕在你的名中前行。请赐给我信心，知道圣灵在我的里面，并藉着我做工。请赐给我以直率和信赖回应你命令的勇气。请赐给我胆量、确信和热情，自始至终都**遵守你的命令**。请赐给我能力，履行你已经呼召我去完成的任务。阿们！

Evening Prayer

Gracious Lord, today I had the privilege of gathering with my fellow Christians to worship you and praise your holy name. Grant that my whole life this week may continue to reflect your praise. May I always remember — though the church service is over for this day — that my service for you, in reality, has just begun. May the love you have shown me be reflected in the love I show to whatever circle of life you allow me to walk in this week. Amen.

晚祷

恩慈的主啊，今天，我拥有与我的弟兄姐妹一起聚集、敬拜并赞美你圣洁之名的特权。请赐**福于我**，使这一周我的整个生命都可以持续地彰显出**对**你的颂赞。愿我总是可以铭记，虽然教会的敬拜今天已经结束，而我对你的服事，在现实生活中的服事，才刚刚开始。愿你已经向我显现的爱，可以在我显现出的爱中得以彰显，无论这一周你允许我经历怎样循环往复的生活，我都可以因爱它们而彰显你的爱。阿们！



Morning Prayer

Lord, on this day set my mind and heart on things that really count. Teach me to appreciate the fact that what affects my eternal soul is clearly more important than what affects my body. Hold your cross before my eyes, that I may continually walk in thanksgiving for the sacrifice you offered there—the sacrifice of your life, which grants me that most precious gift: the forgiveness of my sins, my passport into eternal life with you. Amen.

晨祷

主啊，今天，请让我的思念和心意聚焦在那真正有价值的事情上。请教导我感激这个事实，即那影响我永恒灵魂的事情，相比那些影响我身体的事情，明显要更加地重要。请在我的眼前持守你的十字架，以至于我可以持续地行走在对十字架——你牺牲之地的感恩中，你在此的牺牲赐给我最珍贵的礼物：我罪的赦免，我进入永生与你同在的护照。阿们！

Evening Prayer

Merciful God, so often life seems to come apart at the seams. Nothing seems to work. Chaos, confusion, and doubt reign

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everywhere. My thoughts, goals, and desires seem to be at war with one another. Show me your mighty and ruling hand. Tear the doubts and despair from my heart. Replace them with a vital, trusting faith in you and your gracious providence. Guide me through the evils of this world until I reach the peace and safety of your eternal home. Amen.

晚祷

满有怜悯的上帝啊，太多次生命看起来像是要前功尽弃。诸事不顺。混乱、困惑和疑虑占领着一切。我的思念、目标和欲望看来好像彼此争竞、交战。恳求你向我显明你权能并治理的手。请从我的心中摧毁疑虑和绝望。请以充满活力、坚定在你和你恩慈供应中的信心取而代之。恳求你引领我度过这个世界的邪恶，直到我抵达你永恒之家的平安和保全之中。阿们！

Week 24—TueSday

Morning Prayer

Precious Savior, feed me each day with the Word of God. As I meditate on that Word, may I absorb your will into my life. **Take my wavering faith** and strengthen and enlarge it until my heart and soul rest on the sure conviction that you are mine and I am yours. Amen.

晨祷

宝贵的救主啊，请用上帝的话语每一天喂养我。当我思想那话语之时，愿我将你的旨意融入我的生命。请将我起伏不定的信心予以坚固和加增，直到我的心、我的灵魂都安息于对你属于我而我属于你的确信之中。阿们！

Evening Prayer

For the happiness of this day, for your presence and your blessings, for the forgiveness of my sins, for the warmth of true friendship, for the love that others have extended to me, for another opportunity to grow in grace and knowledge, for the chance to extend a helping hand to others, for the blessing of my family, and for the greater blessing of being a

member of your family — thank you, Lord, thank you. Amen.

晚祷

因着这一天的快乐，因着你的同在和你的祝福，因着我罪得以赦免，因着真挚情谊的温暖，因着其他人给予我的爱，因着又一个在恩典和知识中长进的机遇，因着对他人施以援手的机会，因着对我家庭的祝福，因着作为你家中一员那更大的祝福，**我们**感谢你，主啊，**我们**感谢你。阿们！

Week 24—Wednesday

Morning Prayer

As Noah walked alone in a crowd and did not fear to be ridiculed; as Abraham believed the seemingly impossible promises you made to him; as Jacob was led to realize that no matter where he was, that place was the house of God and the very gate of heaven because you were present; as Joseph, enslaved and imprisoned, was led to realize that all things work together for good to those who love God; so, almighty

试读本

God, help me learn from these fellow believers, and grant me the strength to follow in their footsteps. Amen.

晨祷

如同挪亚独自行走在人群中，而不惧怕被嘲笑；如同亚伯拉罕相信你向他许下的那表面上看起来毫无希望的应许；如同雅各在你的引领下意识到，无论他在哪里，因为你的同在，那个地方就是上帝的居所和通往天堂唯一的大门；如同约瑟被奴役，被下到监里，在指引下明白万事万物互相效力，叫爱神的人得益处；那么，全能的上帝啊，恳求你帮助我向这些信徒们学习，并请赐给我力量追随他们的脚踪。阿们！

Evening Prayer

As I come to the end of this day, O Lord, erase all envy from my heart. Teach me to be content and to realize that I have been richly blessed, even though others may have that which I do not. Stifle the anger that so easily distorts my life. Shield my eyes from the evil in the world, which appears so attractive and alluring. Above all, grant me forgiveness for all my sins. Amen.

晚祷

当我来到这一天的尾声中时，主啊，请将所有的嫉妒从我的心中涂抹。恳求你教导我使我感到心满意足，并且意识到即使其他人可能得到我未曾拥有的，而我已得到如此丰盛的祝福。请遏制那极容易扭曲我生命的愤怒。请守护我的眼睛远离这个世界的邪恶，就是那显示出美丽极具诱惑之事。除此之外，请赐给我所有罪的赦免。阿们！

Week 24—Thursday

Morning Prayer

Blessed Lord, grant me this day a true vision of myself and your world—that I may see myself in the perspective of all creation, of all that has come forth from your hands. Let me see myself as but one of your many creatures—so that I do not think too highly of myself or attach too much importance

to my own little world. Nevertheless—weak and frail as I am—do not let me lose sight of the fact that you died for me. You care for me. You listen to my prayers and hold me safe in the palm of your hand. Amen.

晨祷

可称颂的主啊，今日，请让我能够真实地看待我自己和你所创造的世界——使我可以从受造物的视角看待我自己，知道这一切都是出于你创造的大能。请让我视我自己为你许多创造之中的一个——以至于我不过高地看待自己，或让我自己小小的世界变得太过重要。虽然如此——作为一个如此软弱和脆弱的人——请让我不要忽视你已为我死去这个事实。你关心我。你倾听我的祷告，并且持守我在你的手掌心中。阿们！

Evening Prayer

Lord God, help us realize how life ought to be lived while we are still in the world, walking by faith and not by sight. Help us walk as God's men and women until we come to the end of the path, where your heavenly hand awaits us to take us home. Amen.

晚祷

主上帝啊，请帮助我们意识到，当我们仍旧在世界上时，我们应该如何生活，意识到靠着信心前行而不是靠着眼见。请帮助我们作为上帝的男人和女人而前行，知道我们走到这路径的尽头，就是在那里，你天国的手等待着我们，要带我们回家。阿们！

试读本

Morning Prayer

O Holy Spirit, strengthen our faith. Teach us to see that true faith always produces results and shows itself through love. Teach us that the Word is always the final authority, for it was written under your inspiration. May our bodies always be temples where you reside. And may we, through you, always be a blessing for all people. Amen.

晨祷

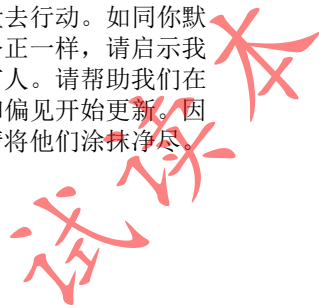
圣灵啊，请坚固我们的信心。恳求你教导我们，让我们看到真正的信心总是结出果实，并且借着爱显现出来。请教导我们，圣道总是最高的权威，因它是在你的默示下写成的。愿我们的身体总是你居住的殿宇。并且，愿我们藉着你成为所有人的祝福。阿们！

Evening Prayer

Gracious God, as we look out upon the world in which we live, give us the courage to care and the power to act. As you inspired your holy prophets to speak out boldly against evil and injustice, inspire us to raise our voices and bring your word of sin and grace to all humankind. Help us start our reformation and renewal at home, with our sins and prejudices. Wipe them all away for the sake of the suffering and death of your Son, our Lord. Amen.

晚祷

恩赐的上帝啊，当我们放眼望向我们所生存的这个世界时，请赐给我们勇气去关心它，并请赐给我们力量去行动。如同你默示你神圣的先知放胆讲论以抵挡邪恶和不公正一样，请启示我们，使我们扬声将罪和恩典的话语带给所有人。请帮助我们在家中开始我们的变革和复兴，从我们的罪和偏见开始更新。因你那受苦、受死的儿子，我们主的缘故，请将他们涂抹净尽。阿们！



O Lord, open my ears to the words you would speak to me. Open my mind to the truths you would teach me. Open my heart to the love and joy that are mine because of what you have done for me. Open my mouth to speak your words of salvation. Open my hands to give of myself to others, as you have given yourself for me. Amen.

晨祷

主啊，请使我的耳朵张开，听到你要对我说的话；请打开我的思念，明白你要对我传讲的真理。请敞开我的心，感受因为你为我所做的一切而属于我的爱和喜乐。请张开我的嘴，去讲说你救恩的话语。请摊开我的双手，向别人献出我自己，如同你已将你自己献给了我一样。阿们！

Evening Prayer

Merciful Lord, give me a truly Spirit-filled life. Let him move me to walk with a real sense of goal and purpose. Fill my heart with burning flames of dedication, commitment, and love. May I burn myself out in the joy of serving you. Amen.

晚祷

怜悯的主啊，请赐给我真正被圣灵充满的生命。让他感动我向着真正意义上的目标和目的前行。恳求你使我的心充满奉献、委身和爱的热忱。愿我可以在服事你的喜乐之中燃尽自己。阿们！

试读本

— My **ThoughtS** For **prayerS** —

試讀本

Morning Prayer

“Speak, for your servant is listening” (1 Samuel 3:10). Samuel spoke those words when you called to him. I come to worship with the same desire. Speak to me in the sermon today, Lord. I will listen to your words and will try to live them in my life. Amen.

晨祷

“请说，仆人敬听。”（撒母耳记上 3:10）。当你呼召撒母耳的时候，他说了这样的话。带着同样的愿望，我来敬拜你。主啊，请在今日的讲道中对我说话。我将要倾听你的话语，将要尝试在我的生命中按照它们而活。阿们！

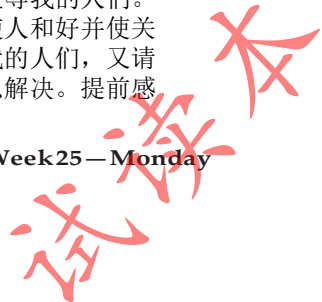
Evening Prayer

This morning I heard again about your wonderful forgiveness in Jesus. You forgive me, even though I don't deserve it. Christ Jesus, help me to love my enemies, to turn the other cheek to those who abuse me. Let me be the one to make the first move, to extend my hand toward reconciliation and restored relationships. Protect me from those who would take advantage of me, and give me your wisdom to present solutions to the problems we face. Thank you **in advance**, my Redeemer. Amen.

晚祷

这个清晨，我再一次听到了你在耶稣里美妙的赦免。你赦免了我，即使我不配得到这赦免。基督耶稣啊，请帮助我去爱我的仇敌，将我的另一侧面颊转向那羞辱我的人们。请让我成为那最先行动的人，伸出我的手使人和好并使关系得以修复。请保护我远离那些想要利用我的人们，又请你赐给我你的智慧，使我所面对的问题得以解决。提前感谢你，我的救贖主。阿们！

Morning Prayer



As I rise to start another week, let me be reminded of your resurrection from the dead. I look to you for reassurance and guidance. Teach me how to love others. Teach me how to be kind. Teach me to be your disciple. You are the Way, the Truth, and the Life. I begin my Monday and continue my life in your name, dear Jesus. Amen.

晨祷

当我醒来要开始另一周的时候，请以你从死亡之中的复活提醒我。我指望着你的保障和指引。恳求你教导我如何去爱其他的人们。请教导我如何保持良善。请教导我作你的门徒。你是道路、真理和生命。亲爱的耶稣啊，我是奉你的名开始我周一和接下来的生活。阿们！

Evening Prayer

As I look forward to restful sleep and rejuvenation, I thank you for the day now past. Give me renewed strength through the blessing of rest. Perhaps you cause our bodies to need rest so that we do not become so busy with our lives that we forget about you. In this moment of quiet, I glorify your name

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and ask that you guide me in all my ways. Bless me, my God and Lord. Amen.

当我期待着安稳的睡眠和再次恢复活力时，我为这过去的一天感谢你。藉着休息的祝福，请赐给我更新的力量。可能你使我们的身体需要休息，使我们不至于变得忙于生计，而遗忘了你。在这安静的时刻，我称颂你的名，并恳求你在我所有的路径上引导我。我的上帝，我的主啊，请祝福我。阿们！

Week 25—TueSday

Morning Prayer

Creator of all things, you have given me life, a family, love, and life eternal. In your generosity, you have blessed me beyond compare. Let me give myself to you. I can say thank you by the way I conduct my life. May all my words and actions truly reflect the fact that you dwell in me. Help me serve others by my actions, so that they may see you in me. Amen.

晨祷

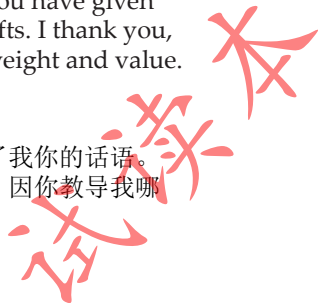
万物的创造者啊，你赐予了我生命、家庭、慈爱和永远的生命。在你的慷慨之中，你已经无与伦比地赐福于我。恳求你让我将自己献给你。我能够以管理自己生命的方式向你诉说我的感谢。愿所有我的言语和行为真实地显示出，你就住在我里面这个事实。请帮助我用我的行为服事其他人，以至于他们可以在我里面看到你。阿们！

Evening Prayer

Dear Lord, you have given me money and you have given me your Word. Bless my use of both these gifts. I thank you, Lord, for teaching me which one has more weight and value. Amen.

晚祷

亲爱的主啊，你已经给了我金钱，你已经给了我你的话语。请祝福我使用这两样恩赐。我感谢你，主啊，因你教导我哪一个才是更重要，哪一个才更有价值。阿们！



Morning Prayer

Dear Jesus, the weather can affect my mood so strongly. The weather today may be cloudy or sunny, cold or warm, clear or hazy, but it will not change your love for me and my love for you. Goodness from you shines in my life every day. Forgiveness from your blood covers all my sins. Promises from your lips encourage and comfort me on my journey. Glory be to you, my Savior! I will one day sing praises with the angels in heaven. I have that confidence because you have given me faith. Amen.

晨祷

亲爱的耶稣啊，天气会强烈地影响我的情绪。今天的天气可能是阴天，可能是晴天，可能寒冷可能酷热，可能明亮可能被薄雾笼罩，但是这都不会改变你对我的爱，和我对你的爱。从你而来的美善每一天都在我的生命中闪耀。从你宝血而来的赦免遮盖了我所有的罪。你亲口许下的承诺在我的旅程中激励并安慰着我。愿荣耀归于你，我的救主！有一天我终将在天上与天使们一起高唱赞美。因为你已经给我的信心，我是如此地确信。阿们！

Evening Prayer

God, Father in heaven, you have given me so much! In my hands I hold earthly treasures that bring me joy. In my relationships I hold other treasures: my family, my friends,

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my job, my church. In my heart I hold your celestial treasures: love, faith, hope, peace, and Jesus' righteousness. All these come from your loving hand. All these enrich me in many ways. As I consider all your blessings, I glorify your name and ask you to let me be your servant here and hereafter. Amen.

晚祷

上帝，天上的父啊，你已经赐予我如此之多！在我的手中，我拥有那带给我快乐的属世的财富。在我与人之间的联结里，我拥有其他的财宝：我的家人、我的朋友、我的工作和我的教会。在我的心中，我拥有你属天的珍宝：爱、信心、希望、平安和耶稣的公义。所有这一切都出自你慈爱之手。所有这些都以各样的方式使我富足。当我思想你所有的祝福时，我称颂你的名，并恳求你让我此时并从今以后都作你的仆人。阿们！

Week 25—Thursday

Morning Prayer

Holy Spirit, I ask you today to help me be more kind and forgiving to others. It seems so easy to see the failures and sins of others. I can be quick to judge and harsh in my words. Grant me the wisdom to see the plank in my own eye before I see the sliver of wood in another's eye. Let me accept my own failures and the failures of others with dignity, forgiveness, and love. Enable me to set an example of grace and love and to give you the credit so that I have the opportunity to tell others of your salvation by grace through faith. Amen.

晨祷

圣灵啊，我今日祈求你帮助我，使我更为和善并赦免别人的罪。看起来太容易就看到其他人的失败和罪。我能够非常快就开始言辞激烈地论断别人。恳请你赐给我智慧，在我看到其他人眼中的刺之前，让我看到自己眼中的梁木。也请使我以尊重、饶恕和爱，去接纳我自己的失败和其他人的失败。请使我能够成为恩典和慈爱的榜样，并归荣耀于你，以至于我得以有机会去告诉其他人，那本乎恩、因着信的你的救恩。阿们！

Evening Prayer

Holy Spirit, you caused the writers of the Bible to remind us to run the straight race and to finish the course. Spirit, as I race against evil, as I run past anger, as I sprint so as not to be caught by the devil, I need your strength. I so easily become weary of doing good. Temptations chase after me. My sinful flesh wants to give in. "Renew my strength as on eagle's wings." Let me hear you calling my name. Let me see the finish line of heaven waiting for me. Lead me to my heavenly goal. Amen.

晚祷

圣灵啊，你使圣经的作者们来提醒我们**向着标杆直跑**，并完成这场**赛跑**。圣灵啊，当我与邪恶赛跑时，当我奔跑着经过愤怒时，当我冲刺为的是不被魔鬼虏获时，我需要你的坚固。我如此容易变得厌倦去行善。试探总是追逐着我。我的罪身也希望就此放弃。请更新我的力量，如鹰将我们背负在翅膀之上。请让我们听到你呼唤着我的名字。请让我看到天上等待着我的终点线。请引领我走向我天上的目的地。阿们！

Week 25 — Friday

Morning Prayer

Kind Lord, have patience with us. Too often we build walls of hostility and hatred. We spread seeds of scorn. We fail to love

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our neighbors as ourselves. We close doors by failing to repent and forgive. Show us, Lord Jesus, how to love as you have loved us. Show us how to build one another up. Let us examine our hearts and see where we can do better. Guide us in living for you, dear Christ. Amen.

晨祷

和善的主啊，请向我们显明你的忍耐。太多次我们筑建起敌意和憎恨之墙。我们撒播着轻慢的种子。我们没能爱我们的邻舍如同爱我们自己。我们因无法悔改和饶恕而关上了一个爱的门。主耶稣啊，请向我们显明如何向你爱我们那样去爱。向我们显明如何彼此建造。请让我们省察我们自己的心，看到在哪些地方我们可以做得更好。亲爱的基督啊，恳求你引领我们为你而活。阿们！

Evening Prayer

Dear Lord in heaven, hear our prayers and answer them in the ways that are best for us. Train our hearts to listen carefully to your Word, and give us the wisdom to apply it to our everyday lives. When we are tempted by the world and our sinful desires, point us back to your way, the best way. Keep us strong in our faith, and bless us that we may always sing your praises and lift your name on high. Amen.

晚祷

亲爱的天上的主啊，请垂听我们的祷告，又请用最好的方式回应这些祷告。请操练我们的心，去仔细地倾听你的言语，又请赐给我们智慧将之应用于我们每一天的生活。当我们被世界和我们的罪欲所诱惑时，请指明我们回到你的道路，那最好的道路上。请使我们在信心中坚固，又请祝福我们，使我们得以总是高唱赞美你，并高举你的名。阿们！

Week 25—Saturday

Morning Prayer

Lord God, Creator of all things seen and unseen, I am the clay in your hands. You mold me and shape me by your

Word. You send people into my life to encourage me and support me when I am troubled. I am a fragile vessel, but I can always depend on you to repair the cracks of my sins and foolish ideas. How reassuring it is to know that I am always in your hands. Amen.

晨祷

主上帝啊，有形无形之万物的创造者，我就是你手中的泥土。你已藉着你的话语塑造了我。你差派人们来到我的生命中，要在我遇到麻烦时激励我、支持我。我真是那易碎的器皿，但是我总是能依靠你，修复我罪的裂痕，修正我愚蠢的念头。知道我总是在你的手掌之中，这是多么让人安心的事情啊。阿们！

Evening Prayer

Christ Jesus, you are the ambassador of my soul. Without you there would be no reconciliation with God. But because of your sacrifice, I have the sure and certain hope of eternal life in heaven through faith in you. Fill my life with the joy of your presence and the desire to serve you all my days. I know you intercede with the Father and are giving me the privilege to come to him in this prayer. In your name I pray. Amen.

晚祷

基督耶稣啊，你是我灵魂的大使。没有你在那里，就不会有与神之间的和好。但是因为你的牺牲，藉着在你里面的信心，我就确然拥有天上永恒生命的盼望。请让我的生命充满你同在的喜乐，请让我的生命充满用一生来服事你的愿望。我知道你在神那里为我调解，并赐给我在这祷告之中来到神面前的特权。祷告是奉你的名求。阿们！

试读本

— My ThoughtS For prayerS —

試讀本

Morning Prayer

Heavenly Father, you are the giver of all good things. All that I am and all that I have comes from you. You are the owner—I am only the caretaker, the steward, the manager. Fill my heart with joy at all the goodness you have shown to me. Create in me a burning desire to manage well every gift you have entrusted to my care. Empower me to be not only your blessed servant but also your faithful servant. Amen.

晨祷

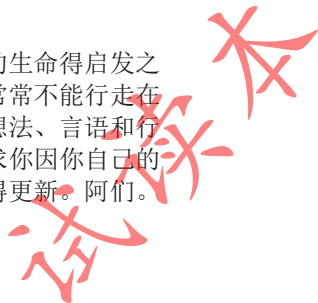
我们在天上的父啊，你是那一切美善之事的赐予者。我自己和我所有的一切都从你而来。你是万物的拥有者，我只是那负责照看、监管、经营之人。你时时向我显示你的良善美意，求你使我对此满怀喜乐，求你使我心里充满渴望去管理你已向我显明的这一切。求你赐给我力量，使我不但成为蒙福的仆人，同时也是忠心的仆人。阿们。

Evening Prayer

Each day, O Lord, as I hear your Word proclaimed to me and take inventory of my life, I see how I have failed to place my confidence fully in you, have failed to walk in your paths, and have stained my life with evil thoughts, words, and deeds. Tonight, O Lord, I long for your word of forgiveness. Grant it to me for your sake so that in the morning I may rise and walk in newness of life. Amen.

晚祷

主啊，每一天当我听见你的话语被传讲，我的生命得启发之时，我也发现我常常不能全心全意相信你，常常不能行走在你的路径上，常常使我自己的生活被邪恶的想法、言语和行为玷污。主啊，今夜我渴望你赦罪的话语，求你因你自己的缘故将它们赐给我，使我在清晨醒来时生命得更新。阿们。



Morning Prayer

O God of boundless grace and mercy, today a new week of work begins. As we face the struggles that daily life in this sin-filled world brings, help us remember the beautiful words of David, “The Lord is my shepherd, I shall not be in want” (Psalm 23:1). The problems we face are big, but you are bigger. The trials we face are great, but you are greater. No matter what our situation in life may be, help us always to “fix our eyes on Jesus, the author and perfecter of our faith” (Hebrews 12:2). Then we can rest assured that your power, grace, and blessing will rest upon us as we labor in the vineyard of life. Amen.

晨祷

赐下无限恩典和怜悯的上帝啊，今天新一周的工作要开始了。当我们面对这个充满罪恶世界中每日生活所带来的挣扎时，请帮助我们铭记大卫那美妙的话语：“耶和华是我的牧者，我不至缺乏。”（诗篇 23:1）我们所面对的麻烦很大，但是你更加的大。无论生活中我们的情况如何，都恳求你帮助我们总是“仰望为我们信心创始成终的耶稣。”（希伯来书 12:2）因此我们能够确信无疑，就是当我们在生命的葡萄园中劳碌时，相信你的能力、恩典和祝福，将存留在我们的身上。阿们！

试读本

Evening Prayer

Dear Savior, I thank you for your care this day. I ask you to forgive all my errors and sins. Wash me clean in your blood, and make me acceptable to my Father in heaven so I might sleep this night in peace. Amen.

晚祷

亲爱的救主啊，我感谢你，因你今日看顾我。我恳求你赦免我所有的错误和罪恶。请在你的宝血中将我洗净，并使我可被天上的父亲所接纳，以至于我可以今夜在平安中入睡。阿们！

Week 26—TueSday

Morning Prayer

Gracious Lord, in your love you want all people to be saved and to come to the knowledge of the truth. Use me as one of the instruments of your grace in this dying society. Fill me with your Spirit so that the light of Jesus found in my heart may shine brightly before the lost who cross my path. Let me ever be a channel of your love. Amen.

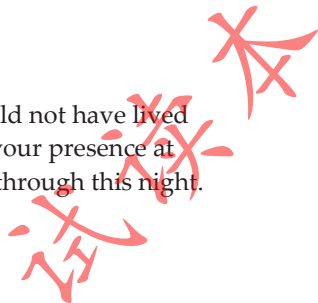
晨祷

仁慈的主啊，在你的爱里，你愿意万人得救，并得以认识真理。请使用我，在这个将死的社会中，作为你恩典的器皿。请用你的灵充满我，以至于在我心中寻得基督之光，可以闪亮在那些出现在我旅途中，迷失之人的面前。请让我永远作你爱的管道。阿们！

Evening Prayer

Another day has passed, dear Savior. I could not have lived it without you. Therefore, I thank you for your presence at my side. I ask you also to remain with me through this night. With you I am safe and secure. Amen.

晚祷



亲爱的救主啊，又一天已经过去。没有你，我几乎无法走完它。然而，我感谢你，因你在我身边，与我同在。我也恳求你，留在我身边，陪我度过今夜。和你在一起，我才能安稳无忧。阿们！

Week 26—WedneSday

Morning Prayer

It's a good morning, Lord, because, as on every morning, you are here with your love. Thank you for another day of grace. Help me to walk in your paths. Help me to renounce everything that drives me away from you and to pursue only that which draws me to you. May my heart respond to your love by sharing and spreading your love in my little world today. Amen.

晨祷

主啊，这真是个美好的早晨，和每个早晨一样，你在这里，带着你的慈爱。因你又一天的恩典，我感谢你。请帮助我走在你的路径之上。请帮助我与每一件将驱使我远离你的事物断绝关系，并追寻那唯独将我拉向你之事。愿我的心可以借着在我今日小小的世界中，分享和传扬你的爱，来回应你的爱。阿们！

试读本

Evening Prayer

O Lord Jesus Christ, this world can be so dark and dismal at times. As I face the uncertainties of life, help me remember that it is your truth alone that can release me from the worries and anxieties that arise in my heart. Lead me to seek, believe, and live the wisdom found in your Word. During this day that is now over, I was often tempted and often fell into sin. I disappointed you and my heavenly Father. Lord, cleanse my heart and renew a right spirit within me. Give me peace and hope in you as I now lay down to sleep. Amen.

晚祷

主耶稣基督啊，有时，这个世界可能如此的黑暗和凄凉。当我面对人生中各样的不确定时，请帮助我铭记，唯独你的真理可以将我从那自心底升起的忧虑和焦躁之中释放。请引领我去寻求、相信并活在那来自你话语的智慧里。在这现在已经结束的一天之中，我常常被诱惑并常常陷入罪中。我使你，使我天上的父亲失望了。主啊，请你清洁我的心吧！并让我里面有正直的灵！当我此时躺下并入睡时，请赐给我在你里面的平安和希望。阿们！

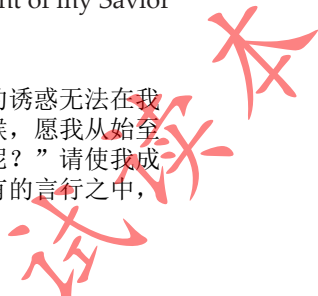
Week 26—Thursday

Morning Prayer

Father, lead me throughout this day. Keep temptations and the allurements of sin from finding a home in my heart. As I make decisions throughout this day, may I always remember to ask, “Lord, what will you have me do?” Make me a truly effective Christian—that I may reflect the light of my Savior Jesus Christ in all that I say or do. Amen.

晨祷

父啊，请引导我度过今日。请使那试探和罪的诱惑无法在我心中找到落脚之地。今天，当我做决定的时候，愿我从始至终总是记得求问说：“主啊，你要我做什么呢？”请使我成为真正有用的基督徒，以至于我可以在我所有的言行之中，反射出我的救主耶稣基督的光芒。阿们！



Evening Prayer

Savior, thank you for keeping me safe throughout this day. I ask that you would grant me a night of restful sleep. Curb the violence of wicked men, and abide with me. Be present this night with all your care and blessings. Amen.

晚祷

救主啊，感谢你，因你今日从始至终保守我的平安。我恳求你可以赐给我一夜安歇的睡眠。请你抑制邪恶之人的暴力行径，并与我同在。请你今夜也与所有你眷顾和祝福之人同在。阿们！

Week26—Friday

Morning Prayer

Blessed Savior, be with us this day. In your mercy, look upon us and forgive our sins. Be with those near and dear to us. Guide them. Stretch forth your hand, and guard and protect them from all who seek their harm. Watch over those who are already yours. Work in the hearts of those who don't yet

试读本

know you. Without you we have nothing. With you we are saved eternally. Thank you, dear Lord, thank you. Amen.

晨祷

可称颂的救主啊，请你今天与我同在。求你在你的怜悯之中向我们仰脸，赦免我们的罪。请与那些在我们身边，对我们极其重要的人同在。请引导他们。请你伸展开双手，守卫并保护他们远离所有寻求要伤害他们之人。请为那些已然属于你的人们守望。请你在那些还不知道你之人的心中动工。没有你，我们一无所有。有了你，我们才得到永远的救赎。感谢你，亲爱的主，感谢你。阿们！

Evening Prayer

This day, dear Savior, has been filled with good and evil. For the good I give you thanks. I did not really deserve it. For the evil I ask forgiveness. Take away my sins. Give me the peace I desperately need. Be with me at all times. Bless me from above. Surround me with your love. Strengthen me with your grace. Amen.

晚祷

亲爱的救主啊，今天充满了美善与邪恶。为那些美善之事，我感谢你。我真的不配得到它们。为那些邪恶的事情，我祈求你的赦免。请拿走我的罪孽。请赐给我极其需要的平安。请永远与我同在。请从天上赐福于我。请用你的爱围绕我。请用你的恩典使我坚强。阿们！

Week 26—Saturday

Morning Prayer

Lord Jesus Christ, you are our one and only Savior. Let your shield of protecting love extend over us. Equip us for the battle that is life. We need the blessings you have procured for us. Give us this day and every day the assurance of the forgiveness of our sins, the promise of eternal life in heaven with you, and strong faith that always looks to you. Amen.

晨祷

主耶稣基督啊，你是我们独一无二、唯一的救主。请让你那爱

的、保护的盾牌护庇我们。请为这生命的战役装备我们。我们需要你那已经为我们赢得的祝福。今天，每一天，请赐给我们罪得赦免的确信，赐给我们在天上与你在一起永恒生命的应许，以及总是指望于你的坚定的信心。阿们！

Evening Prayer

O God, be with us, for the night is falling. Keep us safely under the shadow of your wings. Watch over the sick. Help the poor. Rescue those about to fall. We have offended you. We have faltered over and over again this day. Be merciful to us. Grant us your forgiveness. Drive away all gloom and sorrow from our lives. Bless us with a glad tomorrow. Amen.
晚祷

上帝啊，请与我们同在，因这夜晚将至。请使我们在你翅膀的荫下安然无忧。恳求你看顾病患之中的人们。请帮助那些穷困的人们。请救赎那些就要跌倒之人。我们已然冒犯了你。我们今天一次又一次地动摇。请向我们施以怜悯。请赐给我们你的赦免。请驱散所有的来自我们生命的阴郁和哀伤。请用一个欢喜快乐的明日祝福我们。阿们！

— My ThoughtS For prayers —

试读本

Morning Prayer

The psalmist wrote, “This is the day the Lord has made; let us rejoice and be glad in it.” Yes, Lord, today is a day to rejoice. Today I have the opportunity to gather together with my fellow believers in your house of worship. I pray that your Word touches my heart. I look forward to singing hymns of praise and thanksgiving. What a privilege it is to worship you. May your name be praised! Amen.

晨祷

诗篇的作者写道：“这是耶和华所定的日子，我们在其中要高兴欢喜。”主啊，是的，今天是欢喜快乐的一天。今天，我有机会与我的弟兄姐妹们在你敬拜的家中相聚在一起。我向你祈祷，恳求你的话语触摸我的心灵。我期待着高唱赞美和感恩的诗歌。敬拜你是何等的特权啊。愿你的名被称颂。阿们！

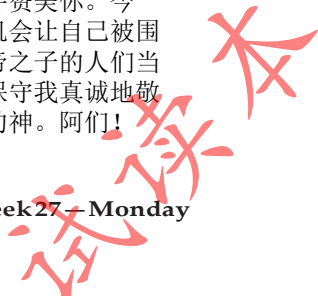
Evening Prayer

Lord, I want to thank and praise you for the blessings I have received. Today I had the opportunity to worship and praise you. I had the opportunity to surround myself with those who believe as I do, that you are the Christ, the Son of the living God. May I never take these blessings for granted. Keep me faithful in worship, faithful in prayer, and faithful to you, my Lord and my God. Amen.

晚祷

主啊，因为我已经得到的祝福，我想要感谢并赞美你。今天，我拥有了敬拜和称颂你的机会。我拥有机会让自己被围绕在那些和我一样相信你是基督，是永活上帝之子的人们当中。愿我永不再将这些祝福视为理所当然。请保守我真诚地敬拜，忠实地祈祷，并忠诚于你，我的主，我的神。阿们！

Morning Prayer



Dear Lord, give me the ability and the confidence to face this new day without fear. I know that the devil is prowling around like a roaring lion looking to trap me in sin. I know that it is his desire to lead me away from you. Lord, may it never be! When temptations come, give me the ability to turn from them and turn toward you, for you are my source of comfort and strength. Amen.

晨祷

亲爱的主啊，请赐给我能力和信心，使我毫无畏惧地面对这新的一天。我知道魔鬼如同吼叫的狮子，正遍地游行要使我陷入罪中。我知道带我远离你，是魔鬼的企图。主啊，愿这永远不会发生！当试探来临时，请给我能力转离它们，并转向你，因为你才是我安慰和力量的源泉。阿们！

Evening Prayer

Jesus, at the close of this day, I cannot help but think that one of my greatest blessings is my family. I thank you Lord that I have a family to care for and someone to care for me. Continue to guard and keep my spouse, children, and

试读本

grandchildren. Keep them healthy. Keep us all in faith until the time comes when we all join you in heaven above. In your name I pray. Amen.

晚祷

耶稣啊！在这一天结束之时，我禁不住想到我最大的祝福之一，就是我的家庭。主啊，我感谢你，因我有要可照顾的家人，也有家人照顾我。恳求你持续地保护、保守我的配偶、孩子们和孙子孙女们。请保守他们的健康；保守我们在信心中，直到我们所有人要进入你在天上居所的时刻到来之时。我祷告是奉你的名求。阿们！

Week 27—TueSday

Morning Prayer

Dear Jesus, as I begin my day, I pray that you keep me safe as I travel to and from work. Watch over me as I interact with others so that in all I say and do, your name is glorified. Allow me to seize the opportunities you provide to let my light shine. I ask for all of these blessings confident that you will hear and answer my prayer. In your name I pray. Amen.

晨祷

亲爱的耶稣啊，当我开始这一天的时候，当我往返于工作之间时，我祈求你可以保守我平安。当我与其他人互相影响的时候请照管我，以至于在我所有的言行之中，你的名可以得荣耀。请允许我抓住你所提供的机遇，让我的光芒闪亮。我恳求所有这些福份，**确信**你会垂听并回应我的祷告。奉你的名我如此祷告。阿们！

Evening Prayer

Lord, it seems as if there is always something going on in my life that requires your help. Lord, please forgive me for the times when I get upset that your time schedule doesn't always agree with mine. Lead me to see again that you will always **work out** everything for your glory and my good. And when I pray, may I always remember to say, "Not as I

will, Lord, but yours be done.” Amen.

晚祷

主啊，看起来好像总是有什么正发生在我生命中的事情，需要你的帮助。主啊，当我因为你的时间表并不总是与我的一致而感到不安烦躁的那些时刻，都恳求你赦免我。请引领我再次看到，你的旨意总是为了你自己的荣耀和我的益处而解决每一件事情。并且当我祷告的时候，愿我总是记得说：

“不要按着我的旨意，主啊，按着你的旨意成就”。阿们！

Week 27—WedneSday

Morning Prayer

Dear Lord, as I begin my day, I want to thank you for the health I enjoy. Please be with those who are not as fortunate as I am. Strengthen those who suffer from sickness and pain. Console those who are physically unable to do the things they would like to do. Let them find comfort in knowing that in the life to come there will be no more sorrow or pain, only happiness and joy. Amen.

晨祷

亲爱的主啊，当我开始这一天的时候，因为我得享的健康我想要感谢你。请你与那些不如我幸运的人们同在。请坚固那些忍受病患和痛苦的人们。请安慰那些身体不能如他们自己所愿，去做他们喜欢之事的人们。在那将要到来的生命里，将不再有哀伤和疼痛，只有幸福和喜乐，请让他们因知道这一切而得到安慰。阿们！

试读本

Evening Prayer

Almighty God, everlasting Father, I want to thank you for providing me with everything I need to know for salvation. Lord, I pray that I might grow in my knowledge and understanding of you and what you have done for me. I pray that you give me the strength to recommit myself to the study of your Word through an organized Bible study or through personal reading on my own. I ask this in Jesus' name. Amen.

晚祷

全能的上帝，永在的父啊！我想要感谢你，因你供应我所有我需要知道的关于救恩的知识。主啊，我祈求我可以在我的对你和你已经为我所做之事的知识和认识中成长。我祈求你赐予我力量再一次藉着组织好的圣经学习，或藉着我自己的读经，将自己委身在对你话语的学习之中。我如此祈求，是奉耶稣的名。阿们！

Week 27 – Thursday

Morning Prayer

Dear Lord, as I offer this prayer, I can't help but admit that my prayer life isn't always what it could be. Please forgive me. Prayer is my opportunity to talk to you, to share my hopes and dreams as well as my fears and failures. Please give me the zeal to keep sending my prayers to your throne of grace, knowing that you hear every one for Jesus' sake. Amen.

晨祷

亲爱的主啊，当我献上如此的祈祷时，我不得不承认，我的祷告生活并不总是如它本应的样子。请赦免我。祷告是我与你倾诉的机会，分享我的盼望和梦想，同样也是分享我的惧怕和失败的机会。请赐给我持续将祷告献在你施恩宝座前的热情，知晓你因耶稣的缘故，垂听每一个祷告。阿们！

Evening Prayer

Merciful Lord, with the close of this day, I pray that you

continue to be with me. Stay by my side during the night. Watch over me. Guard and keep me so that the wicked foe has no power over me. And as the new day approaches, give me the confidence to know that you will stay by my side. In Jesus' name I pray. Amen.

晚祷

怜悯的主啊，在今天结束的时候，我祈求你可以继续与我同在。在这夜间待在我的旁边。看顾我。守卫并守护我，以至于邪恶的仇敌不能动我分毫。并且当新的一天临近之时，请赐给我信心，知道你必将会站在我的身边。奉耶稣之名祈求。阿们！

Week27—Friday

Morning Prayer

Lord Jesus Christ, you are my Lord and Savior. You bought me from sin, death, and the power of the devil with your holy precious blood and your innocent suffering and death.

试读本

Amazingly, you did all these things for me even though I don't deserve it. As you have lived and died for me, may I now live this day for you. Amen.

晨祷

主耶稣基督啊，你是我的主，是我的救主！你从罪、死亡和魔鬼的权势中，藉着你圣洁的宝血和你无辜的受难和死亡，将我得着。何等奇妙，你为我做了这所有的一切，即使我不配得到它们。如同你已经为我而活，为我而死，愿我可以在今天为你而活。阿们！

Evening Prayer

Dear Lord Jesus, you are my rock and my shield. You are my very great reward. Whenever the wind and waves of sin seem ready to overwhelm me, there you are to pick me up and hold me. In your arms I am safe and secure. Let me rest secure in your care this night so that I might rise again tomorrow ready to live my life for you. Amen.

晚祷

亲爱的主耶稣啊，你是我的磐石，是我的盾牌。你是我极大的奖赏。无论什么时候罪的狂风巨浪看起来准备好要吞没我时，你都在那里拉起我来，为我持守。在你的臂膀中我才是安全稳妥。请让我今夜无忧无虑地安歇在你的眷顾之中，直我明天可以再次醒来，预备好为你而活。阿们！

Week 27—Sa**T**urday

Morning Prayer

Dear Lord Jesus, I am nothing, and you are everything. I am a sinful human being who deserves death and eternal damnation. You are the almighty God, maker of heaven and earth. And yet, in your infinite wisdom, you have seen fit to entrust your gospel promise to me. Use me, Lord, as you see fit. Use me to share your Word with those I know and with those I meet today. Amen.

晨祷

亲爱的主耶稣啊！我一无所有，而你拥有一切。我是个有罪

的人，配得死亡和永恒的咒诅。你是全能的上帝，是天和地的创造者。然而，在你无止尽的智慧之中，你已将你福音的应许交托于我，视之为合宜。主啊，恳求你使用我，按你视为合适的方式使用我。请使用我与那些我认识，和我今天将要相遇的人们分享你的话语。阿们！

Evening Prayer

Merciful Father in heaven, all too often I keep quiet when I should speak. All too often I fail to seize the opportunities you provide to share with others what I believe. I know that Jesus Christ is the only way to salvation. Give me another chance. Give me another opportunity to tell someone about Jesus. When that opportunity comes, let me be ready and able to share the truth. In his name I pray. Amen.

晚祷

满有怜悯的天上的父啊，太多次我应该讲话我却保持着沉默。太多次我没有能够抓住你给予的与他人分享我信仰的机会。我知道耶稣基督是得救的唯一道路。请赐给我另外的机会，向他人讲述耶稣。当机会来到时，请让我预备好，并能够分享这真理。奉他的名我如此祷告。阿们！

试读本

— My **ThoughtS** For **prayerS** —

試讀本

Week 28—Sunday

Morning Prayer

Lord Jesus, we pray this morning that you would bless our hearing, our praising, our praying, and our confessing as we attend church. Especially bless our pastor as he proclaims to us the truth of your Word. Give him wisdom and courage so that he does not fall to the temptation to follow worldly wisdom as so many preachers do today. May his words—your words—take root in our hearts. Amen.

晨祷

主耶稣啊，我们今晨祈求，当我们今天前往教会倾听、赞美、祈祷，并认信之时，愿你可以祝福我们。尤其当牧师向我们传讲你话语的真理时，恳求你祝福他。请赐予他智慧和勇气，使他不至于如同今天很多的牧师一样，陷入到跟随属世智慧的试探之中。愿他的言语——你的话语——在我们心中扎根。阿们！

Evening Prayer

Holy Spirit, use the message of the law and the gospel we have heard today to strengthen our believing, to improve our living, to confirm our confidence, and to point us to eternal life. In Jesus' name we pray. Amen.

晚祷

圣灵啊，请使用我们今天已经听到的律法和福音的信息，坚固我们所信，改善我们的生命，承认我们的信念，并让我们注目那永远的生命。奉耶稣的名我如此祷告。阿们！

Week 28—Monday

Morning Prayer

Lord, you are the Creator and the Preserver of the whole earth. Send to our world good weather, a bright sun, and warm rains, and let crops and animals grow strong for food for your people. Teach us to use wisely the food you give so

that we may always have some to give to those in need. Hear us and answer our prayers. Amen.

晨祷

主啊，你是整个世界的创造者和供应者。请你将美妙的天气，明亮的阳光与和暖的雨水赐给我们的世界，并让农作物和动物可以茁壮生长，好作你子民的食物。恳求你教导我们，智慧地使用你所赐给我们的食物，以至于我们可以总是有食物可以给予那些需要之人。恳求你垂听并回应我们的祷告。阿们！

Evening Prayer

Lord and King, you are the giver of every good and perfect gift. Give us strength to drown daily our sinful flesh, so that, with firm faith, we may use according to your will those gifts you have given us. Teach us to be good managers of all we have. Amen.

晚祷

主啊，王啊！你是每样美善和完美恩赐的赐予者。恳求你赐给我们力量，将我么每日的罪身淹没，从而我们可以带着坚固的信心，按着你的旨意使用你已经赐予我们的那些恩赐。请你教导我们作一个好管家，管理我们所拥有的一切。阿们！

试读本

Morning Prayer

Lord, it saddens us to see so many unemployed in our land. We know how well Satan uses the lack of work for his aims and goals. Give wisdom to the leaders of government, business, and labor, so that many more might have the opportunity to be gainfully employed and to support their families to the best of their abilities. Hear our prayer. Amen.

晨祷

主啊，看到在我们的国家，有如此之多的失业之人，让我们如此伤心。我们知道撒旦多么擅长于使用缺乏的工作机会来达到他的目的。恳求你赐给政府、企业和**劳务部门**的领袖们以智慧，以至于更多的人可以有机会被雇佣并得到收入，竭尽全力地去支持他们的家庭。请垂听我们的祷告。阿们！

Evening Prayer

Lord Jesus, you have promised to present our prayers and requests before your Father's throne. You have encouraged us to pray with boldness, eagerness, and complete confidence. Now hear us when we pray! Forgive us for the worldliness of our prayers. Answer us according to your wisdom and love. In your name we pray. Amen.

晚祷

主耶稣啊，你已应许要将我们的祷告和请求献在你父的宝座前。你已然激励我们大胆、渴慕地并带着完全的信心去祈求。现在，当我们祷告的时候请你垂听！请赦免我们祷告中的世俗之气。请你按着你的智慧和慈爱回应我们。奉你的名我们如此祈求。阿们！

Morning Prayer

Lord of all nations and of our nation, we beg you to forgive

us for the many times we have failed to appreciate all the blessings we receive through our government. Today we pray that you would remind us every day of the chaos that would exist without rule and order, of the difficult business of governing, and of our duty to support the efforts of those who lead us. Hear us and strengthen us. Amen.

晨祷

主啊！你是万国的神，也是我们国家的神，我们求你赦免我们的罪，因为我们很多时候都没有感激你藉着我们的政府赐给我们的祝福。今天我们向你祷告，求你每天都提醒我们如果没有规则与秩序，世界将充满混乱，当我们的政府面临困境时，求你提醒我们有责任去支援那些政府领导人所付出的努力。请听我们的祷告，坚固我们。阿们。

Evening Prayer

Savior and friend, you know the cares and the pressures that surround us every day. You know how these things weigh on our minds and how they sometimes leave us almost breathless. In the midst of our fast-moving lives and world, give us those quiet times we need for reflection and rest and keep our minds at peace. Amen.

晚祷

我的救主，我的良友啊！你知道我们每天都被关注和压力所围绕，你知道这些事情对我有多么大的思想压力，有时几乎让我窒息。我们身处在这快节奏的世界里，求你赐给我们所需要的安静的时间，使我们默想、休息、并使我们的思绪得享安宁。阿们。

试读本

Morning Prayer

Lord, our Savior and protector, you have guided the course of our lives so that we are free from persecution and personal attack as we confess you. Yet there are quiet enemies who draw their mental swords against us and our faith. Teach us to forgive our enemies for their cruelty; teach us to portray to them our firm confidence in you; teach us to let our lights shine so that, seeing our good works, they might be drawn to search for the answers that lead them to share our faith and confidence. Amen.

晨祷

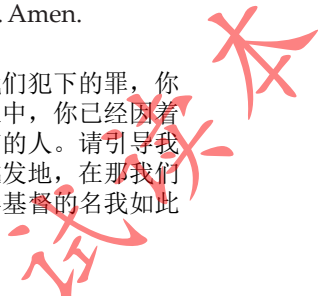
主啊，我们的救主和保护者，你已经引领了我们生命的路程，以至于当我们承认你时，我们不会被逼迫和个人的攻击所影响。然而，确有些敌人，他们用精神上的利剑攻击我们和我们的信心。恳求你教导我们，去原谅我们的仇敌，原谅他们的残忍；请教导我们向他们展现出在你里面的确信。请教导我们，让我们发出光来，以至于当他们看到我们的好行为时，他们可以被吸引因而寻求解答，使他们可以分享我们的信仰和信心。阿们！

Evening Prayer

Lord God, in perfect justice you have condemned us all for the sins we have committed. In perfect love you have forgiven us all for the sake of the life and death of Jesus. Lead us more and more to respect and fear your righteous judgment. Lead us more and more to stand firm in the righteousness we have in Christ. In the name of that Christ we pray. Amen.

晚祷

主上帝啊，在完美的公义之中，因为所有我们犯下的罪，你已经定了我们所有人的罪。在完美的慈爱之中，你已经因着耶稣的生命和死亡的缘故，赦免了我们所有的人。请引导我们越发地敬畏你公义的审判。请引导我们越发地，在那我们已经在耶稣里拥有的公义之中站立得稳。奉基督的名我如此祷告。阿们！



Morning Prayer

Heavenly Father, pour out your spiritual and physical blessings on our family. Keep tragedy and evil away from our door. Bring forgiveness and faith to our hearts and to the hearts of those we love so that we might remain members of your family as well. Amen.

晨祷

天上的父啊，请你将你的灵和属世的福份浇灌在我的家庭之中。请使悲剧和邪恶远离我们的家门。请将赦免和信心放入我们心中，放入那些我们所爱之人的心中，以至于我们同样可以作你家中的一员。阿们！

Evening Prayer

Savior, use the setting of the evening sun to remind us each day that as the sun sets, so our lives slowly draw to a close. Teach us to be prepared for your coming each day, and point us to your promise of an eternal life with you. In Jesus' name. Amen.

晚祷

救主啊，请用这慢慢落下的傍晚的斜阳提醒我们，每一天，如同落日一样，我们的生命也慢慢地走向结束。请教导我们每一天都为你的到来做好准备；请让我们看见那与你同在的永恒生命的应许。奉耶稣的名。阿们！

Morning Prayer

Lord God, you look with favor as young men and women prepare for marriage. Bestow your blessings upon those who are being joined in marriage, and lead these young couples to reflect your love for them in all they do. In Jesus' name. Amen.

晨祷

主上帝啊，当年轻的男女预备婚姻时，恳求你的垂青。请赐下你的祝福，赐给那些正进入婚姻之人，又恳请你带领这些年轻的夫妻，在他们所行的一切事上可以显出你的爱来。奉耶稣的名。阿们！

Evening Prayer

Savior and Redeemer, forgive us for all the sins we have committed during the past week: those wrong thoughts, words, and actions we have done and those right ones we have failed to do. Fill us with true sorrow, lead us to true faith, and by these give us strength to live our lives more and more according to your will. In your name we pray. Amen.

晚祷

救赎主啊，请赦免我们在这过去的一周之中所有犯下的罪恶：就是那些我们拥有的错误的想法，所说的错误的话，所做的错误的行径，以及那些我们没有履行出的正确的事情。恳求你用真实的哀伤充满我们，请引领我们进入真正的信心，并请藉着这一切赐给我们越发地按着你的旨意活出我们生命的力量。奉你的名我们如此祈求。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

Lord, we thank you for the times we've shared together in your name. May all the baptisms, Communion services, weddings, and funerals not be forgotten but live in our minds as constant reminders of your love for us. We thank you for pastors, teachers, missionaries, and dedicated laity everywhere. We pray for your continued blessings upon their service in your name. Keep all of us mindful of our status as baptized heirs of eternal life in Jesus Christ. Amen.

晨祷

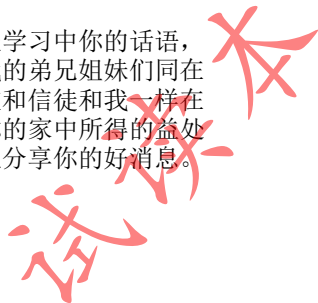
主啊，因着我们已经奉你的名共享的时光，我们感谢你。愿所有的洗礼，圣餐礼，婚礼和追思礼拜不至于被遗忘，而是作为你对我们慈爱的不断的提醒，存留在我们的脑海之中。我们为牧师们、教师们、宣教士们和各处献身服事的普通信徒，感谢你。我们为你持续的祝福他们奉你名的服事而向你祈祷。请保守我们所有人铭记着我们是谁，我们是作为已经领受洗礼的在基督耶稣里永恒生命的承受者，阿们！

Evening Prayer

Heavenly Father, how much I benefited today from your Word in worship and Bible study. The time I spent with you and my fellow believers strengthened my faith. May every visitor and member be as spiritually uplifted as I was. Help me get rid of the distractions that lessen the benefits I receive at your house, and grant me power to share the Good News with others. Amen.

晚祷

天上的父亲啊，今天，因着在敬拜中和圣经学习中你的话语，我是多么的受益啊。我所度过的与你，与我的弟兄姐妹们同在的时间，坚固了我的信心。愿每一个慕道友和信徒和我一样在灵里被高举。请帮助我除去那些消减我从你的家中所得的益处的杂念，并请你赐给我力量，得以与其他人分享你的好消息。阿们！



Morning Prayer

Week 29—Monday

You have said, O Lord, that we are saved by faith in your grace in Christ. How simple that statement is, but how many things compete with it, not the least of which are the doubts and sins that come from my old nature. As your child, help me recognize your faithfulness and, in return, use my gifts faithfully. Holy Spirit, I ask you to guide me in sharing the good news of Jesus' death and resurrection with all people. Let me never be afraid to tell others about your grace—the joy of forgiveness—that you've given me. Amen.

晨祷

主啊，你曾说过我们靠着在基督恩典里的信心得救。这话是多么简单，可是很多事物尤其是来自于老我的怀疑和罪行，使我常常忽视这话。主啊，作为你的孩子，求你帮助我知晓你的信实，作为回应，也求你帮助我忠实地使用我的恩赐。圣灵啊，求你引导我向所有人分享耶稣为我们死和复活的好消息，求你使我永远也不害怕向别人讲述你的恩典——那你已经赐给我的罪得赦免的喜乐。阿们。

Evening Prayer

Dear Lord, I find it very comforting when the Bible reminds me that you are watching over me with your holy angels.

试读本

Thank you for the health and safety you have given me today. Guard me this and every day from sin and every evil. Blessed be you for protecting my family and all I have. I know that even if earthly calamity should occur, it is all according to your plan and for my good. Knowing that, I can lay my head on my pillow and be content, for you are with me. Amen.

晚祷

亲爱的主啊，你使用你的圣天使看顾我，当圣经让我知道这一点时我是多么的安慰啊！感谢你今天赐给我健康和平安，求你保护我每天都远离各样的罪和邪恶。感谢你保护我的家人和我所拥有的一切。即使在世上可能会发生灾难，但是我知道所有的事都是依照你的计划，都是为了我们的益处。想到这些，我就能在满足中安然入睡，因为你与我同在。阿们。

Week 29—TueSday

Morning Prayer

Dear Jesus, what a privilege it is to come to you with all my needs and questions. Your Word answers my difficulties. Help me remember to pray often and study your Word regularly so that I might come ever closer to you. Lead me to know how I might grow in my Christian living. Lead me to a greater trust in you and a desire to serve you in everything I do. Amen.

晨祷

亲爱的耶稣啊，带着我所有的需要和疑问来到你的面前，是何等的特权啊。你的话语总是解答我的难题。请帮助我铭记着，常常祷告，并定时地学习你的话语，以至于我可以逐渐地接近你。请引领我明白，该如何我得以在我基督徒的生活中成长。请引导我更大地信靠于你，并且渴慕在我所做的每一件事情上服事你。阿们！

Evening Prayer

Dear Lord, you warned that false prophets would come into the world to deceive many. Many have swallowed the hook that Satan has baited with the ideas of humanism and sinful

reason. **How** it must hurt you to see people being led away from you. Please help me be true to your Word. Continue to guide me to speak your Word faithfully to an unfaithful world. Amen.

晚祷

亲爱的主啊，你警告说假先知会来到这个世界，欺骗很多人。很多人已然吞下了撒旦在人文主义和有罪的理性的理念中所洒下的钓饵。看到人们被误导远离你，一定伤你很深。请帮助我忠实于你的话语。恳求你持续地引领我忠诚地，向一个不信的世界讲说你的话语。阿们！

Week 29 — WedneSday

Morning Prayer

O risen Jesus, accept my praise and thanksgiving as the first expression of my love today. As morning begins with light, so let the light of your love guide my every step. Show me how to be loving and forgiving so that others may see you through me. May I never cloud your light by giving a bad example. Amen.

晨祷

复活的耶稣啊，请接纳我的赞美和感恩，作为我今天第一个爱的表达。也请让你爱的光芒引领我的每一个步伐。请向我显明如何可以相爱和饶恕，使得其他人可以借着我看你。愿我永不因作了那不好的榜样而遮盖你的光芒。阿们！

试读本

Evening Prayer

Dear Holy Spirit, reassure me that you have forgiven all my sins and that the sure hope of heaven is mine through your forgiveness. Help me, O Comforter from heaven, to learn to rely on you every day and to take comfort and encouragement in the fact that from eternity you have chosen me to be saved. Let me not take false assurance in my own deeds. Amen.

晚祷

亲爱的圣灵啊，请让我再次确信，你已经赦免了我所有的罪，并且借着你的赦免那天上确实的希望是属于我的。天上的安慰者啊，恳求你帮助我，学会每一天都依靠你，学会在你已经拣选我得救并进入永恒的事实之中，得着安慰和激励。请让我不要从我自己的行为之中得到那虚假的确据。阿们！

Week 29—Thursday

Morning Prayer

“Speak, Lord, for your servant is listening.” So Samuel prayed when you called to him. Dear Savior, I often have so many things on my mind that I am unable to really listen to you. I am sorry for those times. There is no excuse for the neglect of your Word; but because of your promise to forgive sinners, I know you will not bring me into judgment. Amen.

晨祷

“耶和華啊，請說，僕人敬聽。”當你呼召撒母耳的時候，他曾如此祈禱。親愛的救主啊，常常有如此之多的事情充斥着我的腦海，使我不能真正地傾聽你的聲音。我為那些時刻而感到抱歉。從沒有任何可以去忽視你話語的借口；但是因為你赦免罪人的應許，我知道你不會帶我到審判之中。阿們！

Evening Prayer

Jesus, my Messiah, throughout the Old Testament the thought of you brought comfort and hope. Parents prayed that the Promised One might be born into their family. Yet you came

to an unassuming virgin named Mary. Keep me away from the desire for greatness and use me however you wish. Give me a humble heart to serve you tomorrow and all the days of my life. Hear my prayer, O God. Amen.

晚祷

耶稣，我的弥赛亚啊，贯穿整个旧约，那对你的期望带来安慰和希望。父母们曾祈祷着，应许中的那一位可以诞生在他们的家庭之中。然而你使那卑微的童女马利亚蒙恩。恳求你保守我远离成就伟大之事的欲望，并且请按着你的期许使用我。请赐给我一颗谦卑的心，在明日和我生命中的每一天服事你。上帝啊，请垂听我的祷告。阿们！

Week 29—Friday

Morning Prayer

Precious Lord, thank you for giving me another day. May my abilities, gifts, and opportunities be used to glorify your name. If I see someone in need today, may I display the love of the Good Samaritan. Keep me focused on the reality of

试读本

your presence and may I, as an ambassador of Christ, serve him faithfully. Encourage me as I perform the tasks you set before me today. When I falter, give me guidance to do what is right. In your name, I pray. Amen.

晨祷

宝贵的主啊，感谢你赐给我新的一天。愿我的各样能力、恩赐和时机可以用来荣耀你的名。如果今天我看到那在需要之中的什么人，愿我可以显示出好撒玛利亚人的那份爱。请保守我聚焦在你同在的事实之中，并且，愿这作基督代言人的我，可以真诚地服事于他。当我履行你今日为我安排的任务时，请你激励我。当我有所犹豫时，请赐给我指引，去做那正确之事。奉你的名我如此祈求。阿们！

Evening Prayer

Dear Jesus, you have come so that I might have hope. You encouraged your Old Testament people with your Word, and you encourage me with that same Word. Let me block out worldly pressures and Satan's temptations that hinder the joy you have brought me. Remind me of your peace, which is something the world cannot give. Amen.

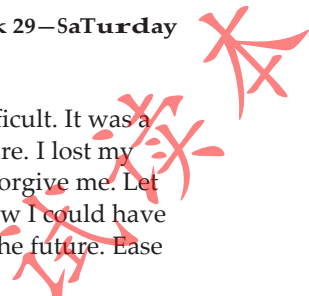
晚祷

亲爱的耶稣啊，你已经来过，使我可以拥有希望。你曾藉着你的话语鼓励你旧约时期的子民，你也常用那同样的话语激励着我。请让我抵挡属世的压力和撒旦的试探，抵挡那拦阻你已经带给我喜乐的一切。请提醒我你的平安，就是那世界不能给我的平安。阿们！

Week 29—SaTUrday

Morning Prayer

Lord, I am tired and worn. The week was difficult. It was a constant battle to fight against my sinful nature. I lost my patience with others more than once. Please forgive me. Let me use the weekend as a time to reflect on how I could have been more godly and how I can do better in the future. Ease



the tiredness I feel, and restore me in your good grace for Jesus' sake. Amen.

晨祷

主啊，我如此疲倦劳累。这过去的一周困难重重。与我的罪性征战是一场旷日持久的战争。我不止一次地对其他人失去耐心。请你赦免我。请让我使用周末的时间，来反省我该如何才能更加的敬虔，并且如何我才能在未来做的更好。请减轻我所感受到的劳累，并且在你因耶稣缘故的美好恩典中使我得以复原。阿们！

Evening Prayer

O Holy Spirit, through the gospel you have given us the gift of faith. You have told us that this gift must continue to grow. Let my faith always be planted in Jesus the Savior, who died to pay for my sins. Let me be watered with the continued blessing of the sacraments and your precious Word. Amen.

晚祷

圣灵啊，藉着福音你已经赐给我们信心的恩典。你已经告诉我们，这信心必然持续加增。请让我的信心总是植根于救主耶稣之上，就是那为我的罪付上代价而死的耶稣之上。请让我在持续不断的圣礼和你宝贵话语的祝福中得以滋养。阿们！

试读本

— My ThoughtS For prayerS —

試讀本

Week 30—Sunday

Morning Prayer

Lord Jesus Christ, King of kings and Lord of lords, I stand in awe of your majesty and might. Yet, your greatest act as King came not in power but in weakness. Now I stand with all your saints as a righteous subject of your royal household. In the days ahead, help me to **retain the vision of you as the glorious and gracious King.** Amen.

晨祷

主耶稣基督啊，万王之王，万主之主，我站在对你威严和大能的敬畏之中。然而，你如国王一样最伟大的行为不是在大能中，而是在软弱中到来。如今，我和你所有的圣徒同列，作你尊贵家族中公义的国民。在那将来的日子里，请帮助我**长久**视你为荣耀和恩惠的君王。阿们！

Evening Prayer

Lord Jesus Christ, the prophet Micah described you as both a King and a Shepherd. Surely I am a wandering sheep in need of a shepherd. How comforting it is to hear your voice calling me back through your Word. Give me of your Spirit that I may faithfully follow you through this pasture of tears to the abundant fields of heaven. Amen.

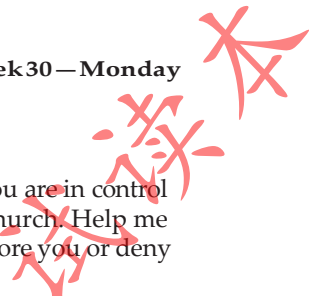
晚祷

主耶稣基督啊，先知弥迦将你描述为国王和牧者。我是一只迷茫的小羊，需要一位牧者。听到你藉着你话语，呼唤我回家的声音，是何等的安慰啊。请赐给我你的灵，使我可以衷心地跟随你，穿过流泪谷，进入天上那丰盛之地。阿们！

Week 30—Monday

Morning Prayer

Lord Jesus Christ, your Word proclaims that you are in control of all things for the well-being of your holy church. Help me to resist the voices around me that want to ignore you or deny



your existence. Lead me to trust that you continue to exert your divine power with the best interests of my spiritual life in mind. Amen.

晨祷

主耶稣基督啊，你的话语宣告，为了你圣洁教会的益处，你在万事之中掌权。请帮助我抵挡那围绕着我的想要让我忽视你，或否认你存在的声音。请引导我确信，你持续地施展你神圣的能力，将我属灵最大的益处放在心中。阿们！

Evening Prayer

Lord Jesus Christ, not only do you rule the vast universe, you also maintain dominion in my heart. Though you control the world with power, in my heart you rule with grace. I am afraid that sin not only lurks deep within the hidden corridors of my heart, but, all too often, it stands unashamedly out in the open. Yet, you chose me. Forgive my sins and strengthen me to share your forgiveness with all I know. Amen.

晚祷

主耶稣基督啊，你不仅仅治理着广袤的宇宙，你也治理我的内心。虽然你用权能掌管着世界，你却用恩典在我的心中掌权。我的罪不仅仅在我心中隐秘的角落深深地躲藏，甚至太多次，厚颜无耻地袒露出来。然而，你拣选了我。请赦免我的罪，并坚固我与所有我认识的人分享你的赦免。阿们！

试读本

Morning Prayer

Lord Jesus Christ, has there ever been a king like you? We are accustomed to kings who dominate their subjects, but you came to serve and give your life as a ransom for many. Lead me to exercise whatever authority I have been given with the same humility and love that you did. I pray these things trusting your power to bring them to pass. Amen.

晨祷

主耶稣基督啊，这世上曾经有过任何国王象你一样吗？我们习惯于那些统治他们臣民的国王们，但是你来是要服事，将你的生命当作多人的赎价。无论我被赋予怎样的权柄，恳求你引领我用你曾经表率的谦卑和慈爱行使它们。我为这些事而求告，是因信靠你的能力将让它们得以成真。阿们！

Evening Prayer

Lord Jesus Christ, during your passion your accusers would not accept your kingship. They sent you to the cross and crucified their King. Give me the eyes of faith that I may recognize your gracious rule of love. Lead me to see you as my King on the cross, exerting your greatest power and love for me through your sacrifice of atonement. Amen.

晚祷

主耶稣基督啊，在你受难过程中，那控告你的人们没有视你为国王。他们送你上了十字架，在十字架上钉死了他们的王。恳请你赐给我信心的眼睛，以至于我可以认出你慈爱恩惠的治理。请引领我看你为我十字架上的王，藉着你赎罪的牺牲，为我施展着你的大能和慈爱。阿们！

Morning Prayer

Lord Jesus Christ, was ever a king so mistreated as you? Wash

me clean of those times when I have mistreated you. Forgive me for those times I have failed to see your glory in your cross. Blot out from your sight those times when I have desired the path of glory instead of the path of humility. Only a King such as you could hear and answer my prayer. Amen.

晨祷

主耶稣基督啊，曾有哪个国王如你一样遭受如此苦待吗？当我猜疑你的时候，请你将我洗净。请赦免我无法在十字架上看到你荣耀的那些时刻。那些我渴求荣耀之路而不是谦卑之路的时刻，求你在你的眼中清除净尽。只有如你一样的王可以听到并回答我的祷告。阿们！

Evening Prayer

Lord Jesus Christ, has ever a king been given the authority that you have right now? The apostle Paul reminds his readers that everything has been placed under your feet. At those times when I am tempted to despair, help me to recall that you rule all things for my good and the good of your people, the church. Amen.

晚祷

主耶稣基督啊，曾有哪个国王被赋予了你如今所拥有的权柄吗？使徒保罗提醒他的读者们，万事万物都伏在了你的脚下。当我被试探以致绝望的时刻，恳求你帮助我回想起，你正为我的益处和你子民、教会的益处，治理着万事。阿们！

试读本

Week 30—Thursday

Morning Prayer

Lord Jesus Christ, when you first came, you came in humility. Remind us that in Bethlehem the King of glory was born, who is the Lord strong and mighty, the Lord mighty in battle. Lead us to worship and praise you for your gracious first coming now and always. Amen.

晨祷

主耶稣基督啊，当你第一次降临时，你取了谦卑的样式。请提醒我，荣耀的君王曾降生在伯利恒，就是那强大和威严的主，是有权能征战的主。恳求你引领我们今时并直到永远，都敬拜和赞美你曾满有荣耀的降临。阿们！

Evening Prayer

Lord Jesus Christ, you were born in humility, but you will return in glory. You lived in meekness, but you will return in judgment. While I wait for your return, mold my attitude to be like yours, one of service above self and humility before glory, so that I may run the race marked out for me. Amen.

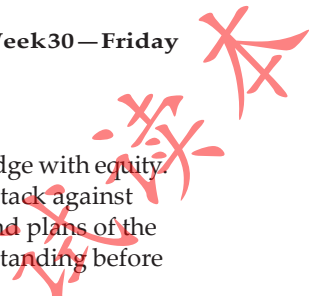
晚祷

主耶稣基督啊，你曾在卑微之中降生，但是你要在荣耀中再来。你曾温纯柔和地活着，但是你将要再在审判中再次降临。当我等候你的再临时，请将我的心塑造成如你的样式，一颗忘我的服事，并在荣耀前谦卑的心，以至于我可以跑完我当跑的路。阿们！

Week 30—Friday

Morning Prayer

Lord Jesus Christ, you rule righteously and judge with equity. In your righteousness stamp out every evil attack against your church and bring to nothing the plots and plans of the devil. As a sinner, I tremble at the thought of standing before



you in judgment, for you are perfect and your judgments are just. Forgive me, Lord, because of your suffering and death. Amen.

晨祷

主耶稣基督啊，你公义地治理并公平地审判。在你的公义中，你践踏抵挡你教会的每一个邪恶的攻击，并将魔鬼的图谋和计划化为乌有。作为一个罪人，我因思想将来的审判而战栗，因为你是完美的，并且你的审判是公正的。恳求你赦免我，主啊，因为你受苦和受死的缘故，我如此祈求。阿们！

Evening Prayer

Lord Jesus Christ, your rule is not only righteous but also gracious. Continue to preserve this world and spare it from any natural disasters. Keep providing a pleasant mixture of sun and rain. Above all, see to it that the Word and sacraments remain among us, so that by them we might strengthen our own faith in you and lead others into your kingdom. Amen.

晚祷

主耶稣基督啊，你的治理不仅仅是公义的，而且是满有恩惠的。恳请你继续使这世界留存，并且使她远离任何自然灾害。请你继续使那让人欢欣的雨季和晴朗交替。更重要的是，请你务必让道和圣礼在我们中间存留，以致于因着它们，我们可以坚固我们自己在你里面的信心，并且带领其他人进入你的国度。阿们！

试读本

Morning Prayer

Dear Father in heaven, you so loved the world that you gave your one and only Son. I praise you for the wisdom of your divine plan to save me. I thank you for forsaking your Son that you might not forsake me. I adore you for the guarantee of life everlasting you have given me in the empty tomb. I look forward to the day when I will see you on your throne with your Son at your right hand in glory. Amen.

晨祷

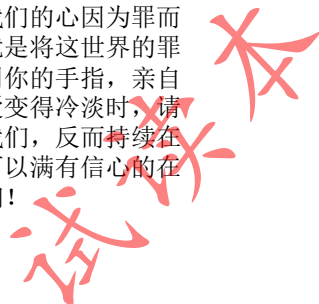
亲爱的天上的父啊，你如此深爱世人，以至于你赐下你的独生子。因你神圣的拯救我的计划的智慧，我赞美你。因你舍弃了你的儿子，使你可以不遗弃我，我感谢你。因为你已经在空坟墓之中赐给我永恒生命的确据，我尊崇你。我渴慕着将来某一天，在荣耀中见到你，那里有你的儿子坐在你的右边。阿们！

Evening Prayer

O Holy Spirit, without you we would not know Christ. When our hearts are weighed down by sin, point us back to the Lamb of God, who takes away the sin of the world. When we are tempted to despair, inscribe on our hearts, with your own finger, the gospel of peace. When our love grows cold, pour into our hearts the love of Christ. Do not leave us, but continue to strengthen us in the true Christian faith so that we may confidently stand before our King on the Last Day. Amen.

晚祷

圣灵啊，没有你我们将无法认识基督。当我们的内心因为罪而肩负重担时，请向我们指明上帝的羔羊，就是将这世界的罪带走的羔羊。当我们因试探要放弃时，请用你的手指，亲自在我们心中铭刻下和平的福音。当我们的爱变得冷淡时，请将基督的爱浇灌在我们心中。请不要离弃我们，反而持续在真基督的信心之中坚固我们，以至于我们可以满有信心在那末后的日子站立在我们的君王面前。阿们！



— My ThoughtS For prayerS —

試讀本

Morning Prayer

As we begin another week, dear Lord, help us realize that every moment of every day remains a precious gift from you. Strengthen us through your Word that we may spend our time this week serving you and the people you have placed around us. Draw us closer to you as you feed our faith in worship today, for in you alone we find joy and gladness! Amen.

晨祷

当我们开始又一个星期时，亲爱的主啊，请帮助我们意识到，每一天的每一刻都留存着从你而来珍贵的礼物。请藉着你的话语坚固我们，使我们这一周可以将时间用来服事你和你安置在我们身边的邻舍。在今天的敬拜中，当你滋养我们的信心时，请让我们更加地靠近你，因为唯独在你里面我们可以找到喜乐和欢欣。阿们！

Evening Prayer

Another day draws to a close, my Savior. I have failed and fallen short of your will in so many ways. Forgive me for all my sins. Lead me to be confident that you will never fail me, but will continue to strengthen and uphold me in every challenge. Keep me in your care, dear Jesus, that I might live for you today and with you forever. Amen.

晚祷

我的救主啊，又一天行将结束。在很多方面，我都失败了，达不到你的旨意的要求。请赦免我所有的罪。请引领我满有信心，就是你永远都不会舍弃我，而是要持续地坚固我，在每一个挑战之中将我高举。请在你的看顾中将我保守，亲爱的耶稣啊，使我可以在今天为你而活，永远与你同在。阿们！

Holy Spirit, you alone can teach us what true love is. Show us our Savior and his great love for us that led him to the cross and empty tomb. Work in our hearts that we may love you above all things. Enable us to show our faith in the way we love our neighbor. Work through us, dear Comforter, that others may learn to know and love you as their Lord. Amen.

晨祷

圣灵啊，唯独你可以教导我们何为真爱。请让我们看到我们的救主和他给我们的伟大的爱，就是带领着他走向十字架和空坟墓的爱。请在我们的心里工作，使我们可以爱你高过一切。请让我们在我们对邻舍爱的方式上能够显示出我们的信心。请借着我们做工，亲爱的保惠师，使其他人可以学习知道并且爱你作他们的主。阿们！

Evening Prayer

I praise you, Lord Jesus, for you alone can bring lasting joy to my heart. Yet, too often I go through life in fear, worry, and sadness. For such forgetfulness, forgive me, dear Savior! Teach me to turn to you to find joy in every circumstance of my life. Drive away every fear and doubt, for I trust in you for all that I need for today and forever. Amen.

晚祷

主耶稣啊，我赞美你，因为唯独你可以将持久的喜乐注入我心。然而，太多次我经历生活中的恐惧、忧虑和沮丧。因为这样的健忘，请你原谅我，亲爱的救主。请教导在我生命各样的环境中转向你去寻得喜乐。请驱散每一次的恐惧和疑惑，**因为我在今日和永远的需要中信靠于你**。阿们！

试读本

Morning Prayer

Almighty Father, the world appears to be in such turmoil. In our own lives, we feel **the crushing effect of sin**. We yearn for peace and security. Thank you for sending your Son to restore our relationship to you. When our sins trouble us, fill us with the peace that can only come from your forgiveness. Enable us to live at peace with others, **as we reflect your peace that surpasses all understanding**. Amen.

晨祷

全能的父啊，世界显得如此的混乱。在我们自己的生命中，我们感到罪的碾压。我们渴望着和平和安全。因你差派你的儿子，来恢复我们与你之间的关系，我们感谢你。当我们的罪烦扰我们的时候，请用唯独能从你的赦免而来的平安充满我们。当我们反射出你那超越任何理解的和平的光芒时，请使我们能够经历与他人的和睦。阿们！

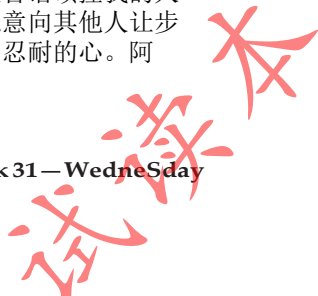
Evening Prayer

Dear Lord, in your mercy you have remained patient with me in spite of my many failings. Too often I am quick to lash out at those who speak against me. Forgive me for my lack of patience. Grant me a spirit that is willing to yield to others and a patient heart that relies on you to meet my every need. Amen.

晚祷

亲爱的主啊，在你的怜悯之中，尽管我有许多的失败，你已为我存留了忍耐。太多次我迅速地回击那些言语顶撞我的人。请赦免我这样的没有耐心。请赐给我愿意向其他人让步的灵，和一颗依靠你去满足我每一个需要的忍耐的心。阿们！

Morning Prayer



We thank you, merciful Father, for the kindness you show us every day. You continue to shower us with every good and perfect gift that we need for our spiritual and physical life. Move us to be kind to others. Enable us to share your forgiveness with those who are hurting. Lead us to share of your bounty with all who are needy. Let your kindness flow through us to a world that desperately needs it. Amen.

晨祷

怜悯的父啊，我们感谢你，因你每天向我们所显明的仁慈。我们持续地沐浴在每个美善和完美的恩赐中，就是我们属灵和属世生命所需要的各样恩赐之中。请感动我们对别人可以友善。请使我们能够向那些在伤害中的人们分享你的赦免。请带领我们与所有需要之人分享你的丰盛。请让你的仁慈借着我们流淌进入那急需它的世界之中。阿们！

Evening Prayer

Holy Spirit, too often I focus on the bad in this world around me. I have not kept myself pure but too easily have given in to temptation. Create in me a clean heart that loves what is good, **as I treasure** your forgiveness. Help me to see the good in those around me, that I may not criticize them but build

试读本

them up as we join to serve you and glorify your name.
Amen.

晚祷

圣灵啊，太多次我瞩目在这个世上围绕着我的恶事上。我没有让我自己保持纯净，反而太容易就在试探面前妥协。恳请你在我里面造一颗清洁的心，爱慕那美善之事，因为我珍爱你的赦免。请帮助我看到我身边那些美好的事物，使我可以不再指责他们，而是当我们一起服事你并荣耀你名的时候使他们得着建造。阿们！

Week 31—Thursday

Morning Prayer

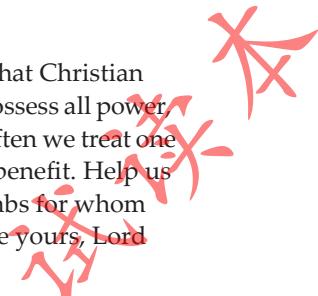
I praise you, heavenly Father, for remaining faithful to every promise you make in your Holy Word. I stand secure in your saving message, for you always remain true to your word. Help me to be faithful in honoring and serving you. Lead me to keep my word and remain true to every promise I make. Lord, make me holy through your truth; your Word is truth. Amen.

晨祷

天上的父啊，我赞美你，因你圣言中的每一个应许，你都持守信实。我在你救恩的信息中安然站立，因你总是恒守你的话语。请帮助我忠诚地尊崇你、服事你。请引领我信守我说过话，并恒守我所做的每个承诺。主啊，藉着你的真理，请使我圣洁；你的话语就是真理。阿们！

Evening Prayer

Dear Savior, by your example you teach us that Christian gentleness is never weakness. Though you possess all power you lead us with a gentle, loving hand. Too often we treat one another harshly as we look out for our own benefit. Help us view others as you see them, as precious lambs for whom you gave your life. Give us a gentle heart like yours, Lord Jesus. Amen.



晚祷

亲爱的救主啊，藉着你的模范，你教导我们基督徒的温柔永远不是柔弱。纵使你拥有全部的能力，你却用温柔、慈爱的手引领我们。当我们只留意我们自己的益处时，太多次我们以严厉彼此对待。请帮助我们像你看别人一样看待他们，看他们如同你为之舍命的珍贵的羊羔。主耶稣啊，请赐给我们如你一样温柔的心。阿们！

Week31—Friday

Morning Prayer

Every day, Lord Jesus, I struggle. My sinful nature strives to pull me away from you, while my new heart of faith remains eager to serve you. Grant me the self-control to say no to the temptations thrust upon me by the devil, the world, and my own sinful nature. Point me to your cross, where I find forgiveness for my sins and the motivation to live for you. Amen.

晨祷

主耶稣啊，每一天，我都在挣扎。我的罪性努力要使我远离你，然而我信心中的新心仍旧存留着服事你的渴慕。请赐给我自制的福份，对魔鬼、世界和我自己的罪性强加于我的试探说不。请让我仰望你的十字架，那是我可以找到罪得赦免和为你而活的动力的地方。阿们！

试读本

Evening Prayer

Holy Spirit, I can only produce your fruit as you strengthen and nourish my faith. Keep my connection to Jesus my Savior strong as you feed my faith with your Word and sacraments. As I bear fruit for your glory, work through my words and actions to strengthen and encourage everyone I meet to know and worship Jesus as their Lord and King. Amen.

晚祷

圣灵啊，唯有当你坚固并滋养我的信心时，我才能够结出你的果实来。当你藉着你的话语和圣礼坚固我的信心时，请使我与耶稣我的救主**愈发亲密**。当我为你的荣耀而结出果实时，请藉着我的话语和行为做工，去坚固和鼓励我所遇到的每一个人，使他们明白并敬拜耶稣，作他们的主和君王。阿们！

Week 31—Sa**T**urday

Morning Prayer

We praise you, dear God, for your great love and mercy that remain new every morning. You have given us the gift of another day and have promised to provide for our every physical and spiritual need. Thank you for your loving care! Bless us in all we do today, and keep our focus on your power and guidance as we live for you. Amen.

晨祷

亲爱的主啊，因那伟大的爱和怜悯每早晨都是新的，我们赞美你。你已经赐予我们新一天的恩赐，并应许供应我们每一个身体和属灵的需要。因你慈爱的眷顾，我们感谢你。恳求你在今日所有我们的工作中祝福我们，当我们为你而活的时候，也使我们聚焦在你的能力和引领之上。阿们！

Evening Prayer

Stay with us, dear Lord, for it is evening. As we lie down to rest, grant us hearts that remain at peace with you and the world. Refresh our souls with your forgiveness and love, as you carry every burden for us. Refresh our bodies as we sleep

tonight, that we may awake renewed and ready to serve you another day. We entrust ourselves into your care. Amen.

晚祷

亲爱的主啊，请与我们同在，因为夜晚将至。当我们躺下入睡时，请赐给我们与你、与世界都和睦相处的心。当你为我们背负所有重担的时候，也请用你的赦免和慈爱更新我们的灵魂。当我们今夜入睡时，请更新我们的身体，使我们可以焕然一新地醒来，并预备好在新的一天里服事你。我们将我们自己交托在你的眷顾之中。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

On this day, heavenly Father, you began your work of creating the heavens and the earth and everything in them. By your Word you created all things; you formed the earth and filled it with life-giving light. Today I have the opportunity to hear your powerful Word. By it, create in me a clean heart, let Christ be formed within me again by faith, and fill me with his light and life. Amen.

晨祷

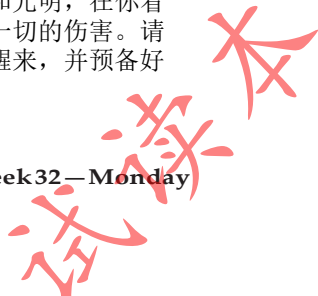
天上的父啊，在这一天，你曾开始你创造天地和其间万物的工作。藉着你的话语你创造了万有；你使地成为她的形状，让给予生命的光芒普照其间。今天，我有机会听到你有能力的话语。藉着这话语，请在我里面再造一颗清洁的心。请让基督藉着信心再次地住在我里面，并且，请让他的光芒和生命将我充满。阿们！

Evening Prayer

Lord God, my Maker, as the light you created fades away into night, grant me the comfort of knowing that while I grow weary and fall asleep, you never do. Darkness and light are both alike to you, and you will watch over me and keep me from all harm. Grant me restful sleep so that I wake up refreshed and ready to serve my Savior. Amen.

晚祷

主上帝啊，我的创造者，当你所创造的光芒渐渐消退，夜晚降临时，请赐给我安慰，就是因知道当我渐渐疲倦并躺下入睡的时候，你却从不打盹而有的安慰。黑暗和光明，在你看都是一样，并且你要为我守望，保守我脱离一切的伤害。请赐给我可安歇的睡眠，以至于我可以更新而醒来，并预备好服事我的救主。阿们！



Almighty God, on this day in the beginning you created the expanse of the sky that separates clouds above from the waters on the face of the earth. That expanse contains the air I breathe. It reminds me that my earthly life is but a breath so frail and fleeting. Lead me to use my few days here on earth to serve you until I live with you in heaven for Jesus' sake. Amen.

全能的上帝啊，起初也是在这一天，你使苍穹与地面上的水分开，创造了广阔的天空。这苍穹之中充满着我呼吸的空气。这提醒着我，我属世的生命不过是一声叹息，转瞬就如风而逝。请引领我使用我世上有限的年日来服事你，直到我因耶稣的缘故，在天上与你同住的时候。阿们！

Evening Prayer

Heavenly Father, the expanse you created between the sky above and the earth below reminds me that my sins once separated me from you. Though I could not bridge that gap, I am reconciled to you through the blood of your Son, Jesus Christ. Let me rest secure in the knowledge that now I am your child and you are my loving Father. Amen.

晚祷

天上的父亲啊，你所创造的在天上的天和地上的地之间的苍穹，提醒我，我的罪曾经让我与你远离。虽然我不能弥补这个裂痕，但是藉着你儿子，耶稣基督的血，我得以与你和好。如今我是你的孩子，并且你是我慈爱的天父，请让我在对这一点的确知当中安息。阿们！

试读本

Morning Prayer

In the beginning, Lord God, you caused the dry ground to appear and gathered the waters together into the seas. It amazes me to think that while the mighty mountains may be shaken, your love for me will never be shaken. **Should the waters of the sea roar and foam**, comfort me with the knowledge that they still obey my ascended Savior, who ruled them **while** he lived here on earth. Amen.

晨祷

主上帝啊，起初，你使干地显露出来，将水聚集一起成为海。当我想到，山虽摇动，但你对我的爱却永不摇动时，这让我感到奇妙。海水虽砰訇翻腾，但藉着知道他们仍要顺从我高升的救主，就是那曾在世上活过并平静过它的救主，请你安慰我。阿们！

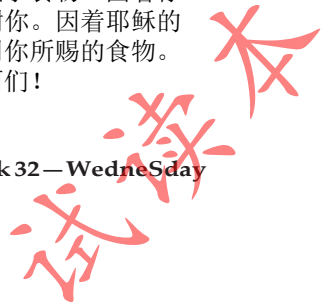
Evening Prayer

Loving Lord, in the beginning you made the earth come alive with plants and trees of all kinds. In this way you provided food for the people who would inhabit the earth. Thank you for the abundance and variety of food you give me. For Jesus' sake, forgive me for taking the food you provide for granted. Help me receive all of your blessings with thanksgiving. Amen.

晚祷

慈爱的主啊，起初你使地生出植物和各从其类的树木。藉着这样的方式，你为那将要继承世界的人提供了食物。因着你赐给我们这丰盛并种类不同的食物，我感谢你。因着耶稣的缘故，请赦免我，因为常常理所当然地取用你所赐的食物。请帮助我用感恩的心领受你所有的祝福。阿们！

Morning Prayer



Lord Jesus, Light of the world, in the beginning you set the sun and moon, the planets and stars in the sky. Those heavenly bodies proclaim your power and love. While you created them and called them into being, you did much more for me. You sent your own dear Son to live and die for me. Inspire me to live for him until I die, and then take me to live with him in heaven. Amen.

晨祷

主耶稣啊，世界的光，创造之初你将太阳、月亮和群星安设
在天。这些天上的星体宣告着你的能力和慈爱。当你创造它们，
你使它们成形之时，你为我做了何等之多。你也曾差派你自
己的爱子为我而活，为我而死。请启示我直到死亡都为他而活，
并且那时，请带我到天上活在他的身边。阿们！

Evening Prayer

As the light fades away and the stars you created decorate the sky, dear Lord, I am reminded of your love. Like a shepherd you lead those stars out each night and call them each by name. You are my Good Shepherd too. You lead me in the

试读本

right path and feed me with your Word. With you at hand I need not fear, for I will dwell in your house forever. Amen.

晚祷

当光芒退去，你所创造的群星闪耀天际之时，亲爱的主啊，这再次提醒我想起你的爱。你如同一个牧者引领着群星每晚显现，并按着名字称呼它们。你也是我的好牧者。你带领我走在正确的路上，用你的话语滋养着我。在你的手中我无须惧怕，因为我将要住在你的殿中，直到永远。阿们！

Week 32—Thursday

Morning Prayer

On this day in the beginning, Almighty God, you filled the sky with the birds that fly above us. They tell me of your love. Like the eagle that catches its young when it falls and carries it safely home, so you have **carried me to this day** on eagles' wings. As I go on my way today, keep me as the apple of your eye, and hide me in the shadow of your wings. Amen.

晨祷

在起初的这一天，全能的上帝啊，你使天空充满了在我们之上飞翔的鸟儿。它们向我讲述着你的爱。就像老鹰会接住那些掉落的雏鹰并把它们安全带回巢中一样，你也已如鹰将我们背在翅膀上，度过今天。当我开始继续行走今天的道路时，请保守我作你眼中的瞳仁，请将我隐藏在你翅膀的荫下。阿们！

Evening Prayer

Heavenly Father, you created the heavens and the earth, the sea and everything in it. You made the many fish and the mighty creatures of the sea. To me they are wild and uncontrollable, but you tame them and toy with them as a child does a cuddly pet. Let me rest in peace, confident that nothing will be able to harm me. Amen.

晚祷

天上的父啊，你创造了天和地，以及其中充满的万物。你创造了许多鱼和海中有能的活物。对于我来说他们是野

兽，并不受控制，但是你却驯服了它们，并如同孩子对待一个招人喜爱的宠物一样对待它们。请让我在平静中安歇，确信没有任何事情能够动我分毫。阿们！

Week32—Friday

Morning Prayer

Almighty God, our Maker and Creator, on this day you called into being the multitude of animals that live on the land and you made human beings. Then the animals were subject to mankind, but sin destroyed that perfect dominion. Thank you for taking away my sin and for promising that in heaven I will live and reign with my Savior who lives and reigns forever. Amen.

晨祷

全能的上帝啊，造成我们的创造者，这一天，你曾创造了在陆地生活的各样的动物，并且你也创造了人类。随后，动物们接受人类的管理，但是，罪破坏了完美的治理。因你拿走了我的罪，因你应许说在天上我会活着，又将和那永远活着并掌权的救主一起统治，我感谢你。阿们！

Evening Prayer

Heavenly Father, you created mankind male and female, you made them fearfully and wonderfully with body and

试读本

soul, mind, members, and abilities. You created mankind to live in love and fellowship with you, but sin destroyed that bliss. Thank you for the Savior you sent to set me free from Satan. Help me live to my Savior's glory until I live in his glory forever. Amen.

晚祷

天上的父啊，你创造了男人和女人，你创造他们的身体、灵魂、心智、肢体和能力，奇妙可畏。你创造了人类，使他们活在与你之间的爱和联结之中，但是罪破坏了这天赐之福。感谢你，因你差遣救主使我脱离撒旦的权柄。请帮助我为我救主的荣耀而活，直到我在他荣耀中永活的日子。阿们！

Week 32—SaTurday

Morning Prayer

Heavenly Father, on this day you rested from your work of creating. You didn't rest because you were tired but because your work of creating was finished. My work sometimes seems like it will never end, and I grow tired and weary. Refresh my body and soul to serve you here, knowing that through Jesus you have prepared a place of true and eternal rest for me in heaven. Amen.

晨祷

天上的父啊，这一天，你曾歇了你创造的工作。你并非因为疲劳而休息，而是因你创造的工作已经完结而安歇。我的工作有时候看起来永无止境，并且我越来越疲劳和厌倦。请更新我的身体和灵魂，在这里服事你，知道藉着耶稣，你已经为我在天上预备好了真实和永恒安息居所。阿们！

Evening Prayer

Heavenly Father, you bless us with days of rest and leisure to refresh our weary bodies, but the best rest comes from your Son who took away the burden of our sin and guilt by dying on the cross. Tomorrow in your house, he will offer me that rest through his Holy Word and sacrament. Open the lips of those who speak your Word, and open my ears to hear and

believe it. Amen.

晚祷

天上的父亲啊，你在休息和闲暇的日子里，祝福我们，更新我们疲倦的身体，但是最好的安息来自你的儿子，耶稣基督，他藉着在十字架上的死，拿走了我们罪的重担和罪咎。明天在你的殿中，他要藉着他的圣言和圣礼赐给我安息。请打开那些传讲你话语之人的口，并请敞开我的耳朵听到并相信你的话语。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

Good morning Blessed Lord, your holy and errorless Word is rich nourishment for my soul, a spiritual banquet for me to enjoy throughout my life. As food for my spirit, your Word guides my footsteps, shows me my sin and the punishment I deserve, and, most important, reveals your plan of salvation through the payment your Son made for me through his death in my place. Give me a real hunger for your Word so that I might feast upon it this day and every day. Amen.

晨祷

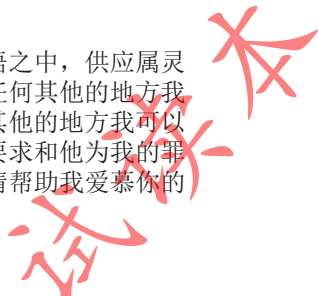
可称颂的主啊，早安，你圣洁和无误的话语是我灵魂丰盛的滋养，对我而言是一生之久享用的属灵的盛宴。作为我灵魂的粮食，你的话语指引我的脚步，显明我的罪和配得的惩罚，并且更重要的是，藉着你儿子为我的罪付上的代价，你的话语启示了你救恩的计划。请赐给我真正对你话语的渴慕，以至于我可以在今天和每一天都尽情的享受。阿们！

Evening Prayer

Holy Spirit, you provide spiritual truth and reveal God's plan of salvation to us sinners only in the precious Word that you yourself inspired and caused to be written. Nowhere else can I find a sure foundation for what I believe. Nowhere else can I learn of the forgiveness that is mine solely for the sake of Jesus' fulfillment of the law in my place and his payment for my sins on Golgotha. Help me to love your Word, for it alone is my foundation in life and death. Amen.

晚祷

圣灵啊，你唯独在你自己所默示的宝贵的话语之中，供应属灵的真理和上帝对我等罪人救恩的启示。没有任何其他的地方我可以找到我所相信之确实的根基。没有任何其他的地方我可以获悉，救恩唯独因着耶稣替我完成了律法的要求和他为我的罪在各各他付上赎价的缘故，已经属于我了。请帮助我爱慕你的话语，或活或死，唯独它是我的根基。阿们！



Morning Prayer

Dear Jesus, I ask you to fill my heart with hope for the future. As my loving Savior, you have promised me wonderful blessings: your guidance, your forgiveness, and eternal life in heaven. May my hope rest on the unchanging promises you have made to me. Amen.

晨祷

亲爱的耶稣啊，我祈求你将对未来的盼望充满我的心。如同我慈爱的救主，你已经应许给我美妙的福份：你的指引，你的赦免，和天上永恒的生命。愿我的盼望安置在你已经赐给我那永不变更的应许之上。阿们！

Evening Prayer

Lord, while all the world seems ever changing, your gracious promises to me can never change. Although I cannot know with certainty what tomorrow will bring into my life, may I fall asleep in hope, knowing that your promises of strength,

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protection, and forgiveness will once again be fulfilled in my life tomorrow and all my days. Amen.

晚祷

主啊，当整个世界看起来总是变化时，你对我恩慈的应许永不变更。虽然我不十分确定明天将要发生在我生命中的事情，愿我可以在希望之中入眠，因知道你对我加添力量、保护和赦免的应许，会再一次在明天和我所有的时日，充满我的生命。阿们！

Week 33—TueSday

Morning Prayer

Father, apart from you I would have no reason for joy. But through your Son I enjoy complete forgiveness for my sins and the certainty of eternal life with him in heaven. Help me experience the true joy that Jesus brings me, and help me show forth that joy as I serve him this day. Amen.

晨祷

父亲啊，远离你我将毫无快乐可言。但是藉着你的儿子，我享受着罪完全的赦免，并享受与他在天上永恒生命的确据。请帮助我经历耶稣带给我的真正的快乐，也请帮助我今天服事你的时候，彰显出那份喜乐。阿们！

Evening Prayer

Lord Jesus, forgive me for the many times I have allowed personal problems and burdens to rob me of the joy you give me as a sinner redeemed by your precious blood. May the knowledge of your forgiveness fill me with joy even when my life seems filled with challenges and difficulties. Amen.

晚祷

主耶稣啊，请赦免我，因太多次我允许个人问题和重担夺走你已经赐给我，赐给一个藉着你的宝血被赎回的罪人的喜乐。愿你赦免的知识充满我的喜乐，即使我的生命看起来充满了挑战和困难。阿们！

试读本

Loving Father, there is so much strife in this world: nations engage in wars, neighbors hold grudges, and all people strive against your authority as the Lord and Creator of all things. Despite such strife, you alone give me genuine peace—the peace that surpasses understanding, the peace that is mine because your Son died in my place on a cross. Fill my heart with your peace! Amen.

晨祷

慈爱的父亲啊，世上有如此之多的冲突：国家陷入战争，邻舍彼此争吵，并且所有的人反抗你作为主和创造万物者的权柄。尽管有这样的冲突，唯有你赐给我真正的平安——超越理解的平安，因为你的儿子替我死在十字架上而属于我的平安。请让我的心灵充满你的平安。阿们！

Evening Prayer

As this day draws to a close, grant me your peace, dear Savior, knowing that your death on the cross has forever removed the Father's righteous anger against me as a sinner and that I have, for your sake alone, complete peace with my God and Lord. Amen.

晚祷

当今天行将结束之时，请赐给我你的平安，亲爱的救主，知道你在十字架上的死亡已经永远移走了天父**审判**我这罪人的义怒，并且唯独因你的缘故，我拥有和我的上帝我的主之间完全的和睦。阿们！

试读本

Morning Prayer

Almighty God, even though I so often fail to realize it, your Word reminds me of the temptations I face each day. If I rely on my own strength and wisdom, the temptations of Satan, the world around me, and my own sinful flesh would most certainly destroy my faith. Guard me against relying upon my own strength and wisdom. Use your mighty Word to keep me safe from every temptation of soul and body. In Jesus' name I pray. Amen.

晨祷

全能的上帝啊，虽然我如此经常地否认，你的话语总是提醒我每天所面对的试探。如果我依靠我自己的力量和智慧，撒旦的试探，我身边的世界和我自己的罪性将肯定摧毁我的信心。恳求你守护我，而不依靠我自己的力量和智慧。请使用你权能的话语，使我安全远离灵魂和身体的每一个试探。奉耶稣的名我如此祷告。阿们！

Evening Prayer

I praise your holy name, O Savior, as this day comes to an end. You have kept me safe from the snares of Satan, the world, and my sinful flesh. Forgive the sins of this day and all my sins, and grant me quiet sleep knowing that I am at peace with you. Amen.

晚祷

救主啊，在这一天临近尾声时，我要赞美你圣洁之名。你已经使我安全远离撒旦、世界和我罪性的各样陷阱。恳求你赦免今日和我所有的罪，并求你赐给我安静的睡眠，知道我已与你和好。阿们！

Morning Prayer

Father, each day you give me many opportunities to be a

blessing to those around me. Help me see those opportunities to serve you by serving others. May I encourage those who are facing adversity in their lives, may I humbly warn those who are straying from your side, and may I offer godly counsel to those who are in need of help. May all that I say and do this day reflect your forgiveness to me and your saving love for every sinner. Amen.

晨祷

父啊，每一天，你都赐给我很多的机会，成为我身边之人的祝福。请帮助我看到那些机会，通过服事其他人来服事你。愿我可以鼓励那些正面对他们人生中逆境的人们；愿我可以谦卑地警告那些正远离你的人们；又愿我可以向那些需要帮助的人们，提供敬虔的辅导。愿今日我所有的言语和行为，都反映出你对我的赦免和你对每个罪人的救赎之爱。阿们！

Evening Prayer

Dear Redeemer, you have chosen to extend and strengthen your kingdom through the witness of your people, witness in both word and deed. I confess that I have often failed to be a clear witness for you and your salvation to those around me.

试读本

For my sin, I ask for your pardon for the sake of your suffering and death on a cross. Give me your strength so that I may reflect your saving love each day by what I say and what I do. Amen.

晚祷

亲爱的救赎主啊，你已经选择要藉着你子民的见证人，用话语和行为的见证，来扩张并坚固你的国度。我承认，我常常没有为你和你对我身边之人所做的救恩作清晰的见证。我恳求你因你在十字架上受苦和受死的缘故而原谅我。请赐给我你的力量，以至于我可以每一天藉着我所言、所行，反映出你那救恩之爱。阿们！

Week 33—Saturday

Morning Prayer

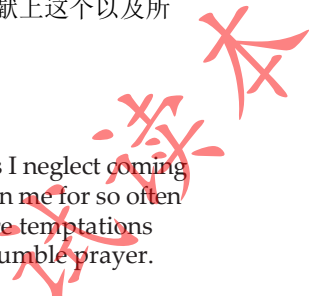
Faithful Shepherd, you have given me the gift of prayer as a priceless treasure. According to your gracious promises, I know that you both hear and answer every prayer I offer in your saving name. Each time I pray, help me trust your promise to answer in exactly the manner and at exactly the time that are best for me as your child. In your name I offer this prayer and all my prayers. Amen.

晨祷

信实的牧者啊，你已经赐给我祷告这份礼物，如同无价之宝。按着你丰盛的应许，我知道你既会倾听，也会答复我奉你救恩之名所献上的每一个祷告。每一次我祷告，恳求你帮助我信靠你的应许，用最精确的方式和对你的孩子最好的正确的时间，来回应我的祷告。奉你的名我献上这个以及所有我的祷告。阿们！

Evening Prayer

Father in heaven, forgive me for all the times I neglect coming to you in prayer for others and myself. Pardon me for so often trying to solve my own problems and to face temptations without first bringing my needs to you in humble prayer.



Despite my unworthiness, forgive me for the sake of your Son's sacrifice on a cross. Help me remember to bring every need to you in prayer, as a needy child comes to a gracious and welcoming Father. Amen.

晚祷

天上的父亲啊，请赦免我所有忽视来到你面前为其他人和我自己祷告的时刻。请原谅我如此经常地尝试自己解决我的问题，请原谅我不在谦卑的祷告之中，第一时间带着我的需要来见你，而是独自面对试探。尽管我如此不配，恳求你因你儿子在十字架上牺牲的缘故赦免我。请帮助我铭记，将我的每个需要在祷告中带到你的面前，如同一个有需要的孩子来见恩惠亲切的父亲一样。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

Lord Jesus Christ, you are the Truth. This morning as I join your people to gather around the Word, let me hear God's divine truth. In the Word you show me how serious sin is, and you show me the Father's love to rescue lost sinners. Let me listen to you in the Scriptures so that I may learn what God wants me to know. Dear Jesus, hear me, for you are the one who said, "I am the Truth." Amen.

晨祷

主耶稣基督啊，你就是真理。今晨，当我加入你的子民，在真道周围聚集时，请让我听到上帝神圣的真理。在真道中，你向我显明我何等的有罪，也让我看到天父拯救迷失罪人的慈爱。请让我在经文之中倾听你的声音，以至于我可以知道，上帝希望我知道的是什么。亲爱的耶稣啊，请你垂听我的声音，因为你就是如此说“我是真理”的那一位。阿们！

Evening Prayer

Heavenly Father, thank you for letting me hear your Word of truth today. I pray that you continue to watch over me so that I never doubt your Word and so ignore the truth of salvation, which is only in Christ. Keep me safe against the deceit of the father of lies. Let me wield the sword of the Spirit to defeat that old evil foe. If I know Jesus, then I know the Truth, and the truth will set me free. Amen.

晚祷

天上的父亲啊，感谢你让我今天听到你真理的道。我祈求，愿你持续为我守望，以至于我永不怀疑你的话语，并且因此忽视救恩的真理，就是唯独在基督里的真理。请保守我的平安，抵挡谎言之父的欺骗。请让我使用圣灵的宝剑，以击败古老邪恶的敌人。当我知道耶稣，我就知道真理，并且这真理让我得以自由。阿们！

Week 34—

Monday

Lord Jesus Christ, you are the Alpha and Omega, the Beginning and the End. As I begin this new day and new work week, how confident I can be of your changeless love! What joy for a Christian to know that every beginning is in the hands of the One who knows the end result! O eternal Savior, walk with me this day and bless my efforts to bring you praise in all I do. Amen.

晨祷

主耶稣基督啊，你是阿拉法，你是俄梅戛，是那创始成终的。当我开始这新的一天和新的一周的工作时，对你永不变更的爱我是何等的确信啊。对于基督徒而言，知道每一个开始都在那知道最后结局者的手中，是多么的喜乐啊。永恒的救主啊，请在今天与我同行，请祝福我在我所行的每件事上为你带来荣耀的努力。阿们！

Evening Prayer

Lord Jesus Christ, I end this day as I began it, safe in the arms of the one who is the First and the Last. Whatever I have done today to offend you—my anger and anxiety, my greed and grumbling, my lies and lust—all these sins rightly offend your

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holy majesty. O Savior, cover my sin and guilt with your holy and sufficient blood. Bring me into the joy of forgiveness, that peace which surpasses all understanding. Amen.

晚祷

主耶稣基督啊，我如同开始这一天那样，在那创始成终者的臂弯中安全地结束这一天。无论我今天在什么事情上冒犯了你——我的怒气和焦虑，我的贪婪和抱怨，我的谎言和情欲——所有这些罪恰恰冒犯了你圣洁的威严。救主啊，请用你的圣洁和充足的宝血，遮盖我的罪和愧疚。请带我进入那赦免的喜乐中，这平安超越一切的理解。阿们！

Week 34—TueSday

Morning Prayer

Lord Jesus, you are the Light of the world. Not only do I awaken this morning to see the light of a new day but my eyes have been opened by the Spirit to see you, the Light of salvation. In what I say today, may others hear the warmth of your love. In what I do, may others experience the sensitivity of your compassion. In how I live, may others receive a measure of your generosity. In all these ways, dearest Jesus, make me a reflector of you and your love. Amen.

晨祷

主耶稣啊，你是世界的光。不仅仅是这个清晨我醒来看到新一天的光明，更是圣灵已然打开我的眼睛，可以看到你，救恩之光。在我今天所说的话语之中，愿其他人听到你慈爱的温暖。在我今天所做的事情之中，愿其他人经历到你的怜悯。在我活出来的样子中，愿其他人得到某些你的慷慨。在这所有一切的方式中，最亲爱的耶稣啊，请使我反映出你和你的慈爱。阿们！

Evening Prayer

Lord Jesus Christ, in ancient times you led your people in a pillar of cloud by day and a fiery pillar at night. Your visible presence reassured your people in time of danger and brought comfort to them. Each evening they could retire knowing that

the Holy One of Israel stood watch. This evening reassure me of your presence as well. Let me remember your calming words: “As the mountains surround Jerusalem, so the Lord surrounds his people both now and forevermore.” Amen.

晚祷

主耶稣基督啊，在上古之时，你在白昼的云柱和夜间的火柱中带领你的子民。你那眼见的同在在危急之时救赎了你的子民，带给他们安慰。每个晚上，他们可以安歇，确知以色列的圣者站立守望。这个晚上，恳求你使我确信你同样的同在。请让我铭记着你所宣告的话语：众山怎样围绕耶路撒冷，主也照样围绕他的百姓，今时直到永远。阿们！

Week 34—Wednesday

Morning Prayer

Lord Jesus, you are the Good Shepherd who guides the flock into true and lasting pasture and who lovingly calls each member of your flock by name. Dear Shepherd of souls, safeguard my soul today. Wherever I go and whatever I do, defend me from the roaring lion who seeks to devour and destroy. Pull me out of the thickets of temptation. Carry me

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when I am exhausted and weak. Let me find comfort in your arms, for you are the Shepherd who laid down his life for the sheep. Amen.

晨祷

主耶稣啊，你是那引领羊群进入真实和永恒之草场，并按着名字慈爱的呼唤你羊群中的每只羊的好牧人。亲爱的灵魂的牧者啊，请你今日守护我的灵魂。无论我去往那里，去做什么，恳求你守护我远离那遍地游行要吞吃并毁灭的吼叫的狮子。请将我从试探丛生之中救援出来。当我疲倦软弱之时，请带领我。让我在你的臂弯之中得着安慰，因为你是那为羊群而舍弃生命的牧者。阿们！

Evening Prayer

Jesus Christ, the Good Shepherd, I rejoice when I recall your words: "My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one can snatch them out of my hand." Let me fall asleep confident that I am safe with you beside me. Amen.

晚祷

耶稣基督，好牧人啊，当我回想起你的话语：“我的羊听我的声音，我也认识他们，他们也跟着我。我又赐给他们永生。他们永不灭亡，谁也不能从我手里把他们夺去。”那时我就欢喜快乐。请让我躺卧入睡，确信有你在你身边我会安枕无忧。阿们！

Week 34—Thursday

Morning Prayer

Lord Jesus Christ, you are the Vine; I am a branch. Apart from you I can do nothing but wither and die. But in you is life. I pray for your blessing today, that I might indeed produce the fruit of faith: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Plant the gospel in my heart, and so plant me in you. Then let others harvest the fruit of your love from my life. Amen.

晨祷

主耶稣基督啊，你是葡萄树；我是枝子。离开你不能做什

么，只有枯干死亡。但是在你里面有生命。我祈求你今日的祝福，使我可以真的结出信心的果实，就是：仁爱、喜乐、和平、忍耐、恩慈、良善、信实、温柔、节制。请将福音根植在我心中，也让我扎根在你的里面。然后，请让别人可以在我的生命中收获你爱的果实。阿们！

Evening Prayer

Heavenly Father, I thank you for your tender care in nurturing my faith. You prune away anything that saps my spiritual strength. You **cut off blessings** when they become temptations. You trim away pride by using misfortune and trial to bring me to my knees in search of your help. Dear Father, remind me that such pruning is necessary to keep me firmly grafted in the Vine of life, your Son Jesus. Amen.

晚祷

天上的父亲啊，因你温柔的看顾，浇灌我的信心，我感谢你。你将那使我属灵生命衰竭的一切事物修剪净尽。当祝福成为试探时，你便将之剪除。你用灾祸和苦难拿走我的骄傲，你带领我顺服于你并寻找你的帮助。亲爱的父啊，请提醒我这样的修剪对我而言如此必要，使我可以坚定地联结在生命的葡萄树，你的儿子耶稣之上。阿们！

Week34—Friday

Morning Prayer

Dearest Savior, you are the Way. No one comes to the Father, except through you. Do not let me be detoured by the world's

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glittering signs pointing to a path for wealth or a road for success. All such avenues are spiritual dead ends and end in death. Please send the Holy Spirit to keep me clearly seeing you as the only Way to happiness and contentment, to forgiveness and salvation. Forgive my constant wandering along other paths, and lead me back to you. Amen.

晨祷

最亲爱的救主啊，你就是道路。除非藉着你，没有人可以到父那里去。请不要让我淹没在引向富有那闪闪发光的道路或成功的路上。所有这些路径都是属灵的死路并以死亡为结局。请差遣圣灵，清晰地使我看到你是唯一的通往幸福和满足，赦免和救赎的道路。请原谅我总是沿着其他的路径徘徊，又恳求你引我回归你自己。阿们！

Evening Prayer

Dear Savior, thank you for walking with me this past week. No matter where I was, you were with me—according to your wonderful promise. What comfort to travel the journey of life hand in hand with one who knows the way, one who is the Way. You experienced every kind of temptation, yet you did not sin. You journeyed through death itself. Reassure me that you will not ask me to travel through anything you did not already overcome. Amen.

晚祷

亲爱的救主啊，因你在这过去的一周与我同行，我感谢你。无论我在什么地方，你都按着你美妙的应许，与我在一起。与那识途者——他自己就是道路——手挽着手走过人生的旅程，这是何等的安慰啊！你曾经历了各样的试探，然而你没有犯罪。你曾行过死亡之地。恳求你使我放心，你不会让我行过任何你未曾胜过的道路。阿们！

Week 34—SaTurday

Morning Prayer

Lord Jesus Christ, you said, "I am the bread of life." Without you there is famine in my soul. Remind me today to feast on your love, to drink of your mercy. You alone satisfy the hunger

and thirst of my soul for forgiveness and peace, for purpose and hope, and for joy and happiness. Keep me hungry for you, for “blessed are those who hunger and thirst for righteousness, for they will be filled.” Amen.

晨祷

主耶稣基督啊，你曾说过：“我是生命的粮。”没有你，我将遭遇灵魂的饥荒。恳求你今日提醒我，享受你爱的宴席，饱饮你的怜悯。唯独你满足我灵魂对赦免和平安、前途和希望、喜乐和幸福的渴慕。请使我渴慕你，因为“那饥渴慕义的人是有福的，他们必得饱足。”阿们！

Evening Prayer

Lord Jesus, with joy I look forward to worship tomorrow and to receiving nourishment from you, the Bread of life. I pray tonight that you fill all the members of my family and my congregation with a deep hunger for the Word of God. Move each of us eagerly to gather together around the means of grace and be filled by the Spirit with the joy of salvation. Use me to encourage others with the gospel of Jesus, who

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declared, "I am the bread of life. He who comes to me will never go hungry." Amen.

晚祷

主耶稣啊，带着欢喜快乐，我期待着明天的敬拜，期待着领受从你，从生命的粮而来的喂养。我今夜祈祷，愿你让我所有的家人和所有教会的弟兄姐妹们深深地渴慕上帝的话语。请感动我们每个人，渴望在施恩之具的周围聚集，并且被喜乐和救赎的圣灵所充满。请帮助我用耶稣的福音鼓励其他人，他曾宣告说：“我就是生命的粮，到我这里来的，必定不饿。”阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

God the Father Almighty, Maker of heaven and earth, I believe that you created the whole world and every creature in only six days. Just as you rested and rejoiced on the seventh day, bless me with rest in your forgiveness and joy in your love. You showed your love by sending your only begotten Son to be the atoning sacrifice for sin. Accept my worship for Jesus' sake. Amen.

晨祷

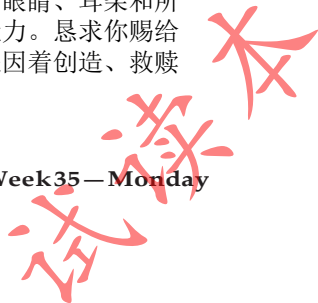
全能的天父上帝啊，天地的创造者，我相信你仅仅在六天之中，就创造了整个世界和每一个受造之物。正如你在第七天里歇下了工，并欢呼庆祝一样，恳求你赐下祝福让我安息在你爱的赦免和喜乐之中。你已然藉着差遣你的独生子，为罪献上挽回祭而显明了你的慈爱。请因耶稣的缘故接纳我的敬拜。阿们！

Evening Prayer

I praise you, O triune God, because I am wonderfully made. Your works are wonderful in every way. I thank you for giving me my body and soul, eyes, ears, and all my members, my mind, and all my abilities. Give me the strength to serve you all my days. May I always thank and praise you for creating, redeeming, and sanctifying me. Amen.

晚祷

三位一体的上帝啊，我赞美你，因我受造实在奇妙。你的作为全然美妙。我感谢你赐给我身体和灵魂、眼睛、耳朵和所有的肢体，感谢你赐给我思想和我所有的能力。恳求你赐给我能力用我所有的时日来服事你。愿我总是因着创造、救赎和使我成圣而感谢赞美你。阿们！



I would not be able to wake up or take one more breath without your preserving power, heavenly Father. Thank you for providing for my daily needs, defending me against all danger, and protecting me from all evil. I have not earned any of your blessings or deserved your love. Let me thank, praise, serve, and obey you today for all of your temporal and eternal gifts. Amen.

晨祷

没有你存留力量，天上的父亲啊，我将无法醒转过来或有哪怕多一口的呼吸。感谢你供应我每日所需，守卫我抵挡各样的危险，并保护我远离所有的邪恶。我未曾赚得任何你的祝福，也不配得你的爱。恳请你让我今日因着你所有暂时和永恒的礼物，而感谢、赞美、服事，并顺服你。阿们

Evening Prayer

Dear Father in heaven, without your grace and love, I would be eternally lost. Lord Jesus, without your perfect life and sacrificial death as my substitute, I could never escape the fires of hell and enter eternal glory. O Holy Spirit, without your silent, but powerful, work through your Word, I would

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not have saving faith. O triune God, you saved me. You are worthy of my praise forever. Amen.

晚祷

亲爱的天上的父啊，没有你的恩典和慈爱，我将在永恒中迷失。主耶稣啊，没有你的完美的生命和替我献上死亡为祭，我永远都无法逃脱地狱之火，并进入永恒的荣耀之中。圣洁的灵啊，没有你那安静但却满有力量的藉着话语的工作，我不会拥有得救的信心。三位一体的上帝啊，你拯救了我。你永远配得我的赞美。阿们！

Week 35 — TueSday

Morning Prayer

Jesus Christ, eternal Son of the Father and my Lord, I believe that you were conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, were crucified, and died on the cross to save me from sin, death, and the power of the devil. Thank you for humbling yourself, living, and dying for me. Give me courage to always confess you before others. Amen.

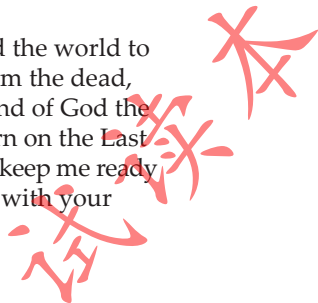
晨祷

耶稣基督，我主和父永恒的儿子啊，我相信你是由圣灵感孕，由童贞女马利亚所生，在本丢彼拉多手下受难，被钉在十字架上，受死为要将我从罪、死亡和魔鬼的权势中救赎。感谢你使你自己卑微，为我而活，为我而死。恳求你赐给我勇气，总是在其他人面前承认你。阿们！

Evening Prayer

Lord Jesus, I believe that after you reconciled the world to God by your death on the cross, you rose from the dead, ascended into heaven, and sit at the right hand of God the Father Almighty. I believe that you will return on the Last Day to judge the living and the dead. Always keep me ready for judgment day. Enable me to reach others with your gospel. Amen.

晚祷



主耶稣啊，我相信在你藉着你在十字架上的死亡，使这世界与神和好之后，你从死亡之中复活，升到高天之上，并坐在全能者天父上帝的右边。我相信你会在末日审判活人死人之时再次降临。恳求你总是使我准备好迎接审判之日。请使我能够将你的福音传给其他的人。阿们！

Week 35 — Wednesday

Morning Prayer

Lord Jesus, eternal Son of God, you are my Lord. You found me, a lost and condemned creature, and you redeemed me by shedding your blood on the cross. May I be your own, living under your gracious reign and serving you forever. Whatever your Word declares is most certainly true. As I go through the activities of this day, help me glorify you in everything I say and do. Amen.

晨祷

主耶稣啊，上帝那永恒之子，你是我的主。你寻得我，一个迷失的被定罪的受造物，并且你藉着在十字架上所流之血将我赎回。愿我归于你自己，在你恩惠的治理中而活，并永远事奉你。无论你的话语如何宣告，都是最确然之事。当我行走在今日的事务中时，请帮助我在每一个言行之中将荣耀归于你。阿们！

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Evening Prayer

Jesus my Savior, wash away all the sins that I have committed this day. Help me be more like you every day. As I hear, read, and learn the Scriptures, teach me to follow you more closely. Lord, you are my Shepherd. With you, I lack nothing. I fear no evil, for you are with me. Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever. Amen.

晚祷

耶稣我的救主啊，请洗净我今日所犯的所有的罪。请帮助我每一天更像你。当我倾听、诵读和学习圣经的时候，请教导我更紧密地跟随你。主啊，你是我的牧者。与你同在，我毫无缺乏。我不惧怕邪恶，因你与我同在。我一生一世必有恩惠慈爱随着我，我且要住在耶和华的殿中，直到永远。阿们！

Week 35—Thursday

Morning Prayer

Holy Spirit, Counselor and Comforter, I believe that you created faith in my heart. I believe that I cannot decide to believe in Jesus by my own strength or come to him by my own power. I praise and thank you for bringing me to faith by the gospel. I glorify you for keeping me and all believers in the true faith. Increase my faith in Jesus as I study your Word today. Amen.

晨祷

圣灵啊，保惠师和安慰者，我相信你在我心中生发了信心。我相信我不能藉着我自己的力量决定相信耶稣，或用我自己的能力来到耶稣面前。因你藉着福音使我相信，我感谢赞美你。因你保守我和所有的信徒在真信心之中，我将荣耀归于你。当我今日学习你话语之时，请增长我在耶稣里的信心。阿们！

Evening Prayer

I praise you, Lord God Almighty, for you daily forgive all

sins to me and all believers. I know that this forgiveness is mine because your gospel declares it. You empower me to believe and confess that Jesus lived for me, died for me, and was raised, having won my acquittal. Keep me this night, and finally take me to be with you in heaven. Amen.

晚祷

主全能的上帝啊，我赞美你，因你每日赦免我和所有信徒们所有的罪。我知道这赦免是属于我的，因为你的福音正是如此宣告。你使我有能力相信并承认，耶稣为我而活，为我而死，并且死里复活，为我赢得了赦免。请在今夜保守我，并最终将我带到天堂之中与你同在。阿们！

Week35—Friday

Morning Prayer

I rise this morning praising you, O triune God, with the invisible church of all true believers all around the world. I cannot look into hearts to know who is in the communion of saints, but you do search hearts, and you know those who are

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genuinely your believers. Guard and increase my faith. Spread your gospel into all the world, according to your will. Amen.

晨祷

三位一体的上帝啊，我在今晨醒来，与世界各处所有真信徒的无形教会一同赞美你。我不能看透人心，以知道谁在这圣徒相通之中，但是你察验人心，并且知道那些真是你信徒之人。恳请你保护并增加我的信心。按着你的旨意，请将你的福音传遍地极。阿们！

Evening Prayer

O Lord, I am not afraid to go to sleep at night, because I trust that I will wake up in the morning, if it is your will. Strengthen my faith so that I do not fear death any more **than I fear sleep.** Help me to trust that when the time is right, you will close my eyes in death and open them in the perfect world of heaven. Amen.

晚祷

主啊，我不担忧今夜沉沉入睡，因为我相信，如果那是你的旨意，我将会在清晨醒来。恳求你坚固我的信心，使我不再惧怕入睡，更使我不再惧怕死亡。请帮助我相信，当时候满足，你会在死亡中阖上我的双眼，并在天上完美的世界中使它们再次张开。阿们！

Week 35—SaTUrday

Morning Prayer

Risen Savior, because you rose from death, I too will rise to live with you forever. May I live each day ready for your return. Use me to reach out to others with the saving gospel, through generous mission offerings and personal mission work. Replace my excuses with courage so that I speak the gospel while there is still time. Amen.

晨祷

复活的救主啊，因为你从死里复活，我也要复活，永远活在与你同在之中。愿我度过每一天，预备好迎接你的再来。请使用我，藉着丰盛的宣教奉献和个人的宣教事工，将救赎的

福音传给其他的人。请移走我的借口，代之以勇气，以至于我可以借着还有的时间，传讲你的福音。阿们！

Evening Prayer

O triune God, at the end of another week, I repent of all my sins. Give me lasting comfort and joy in your forgiveness. Make me glad to go to your house of worship. I want to confess my sins and hear your forgiveness again. I want to sing your praises and pray with my congregation. I want to give my mission offering, and I want to thank you for saving me. Amen.

晚祷

三位一体的上帝啊，在又一个星期结束之际，我为所有的罪而懊悔。请赐给我在你赦免之中持久的安慰和喜乐。请使我快乐地到你的殿中敬拜。我想要再次承认我的罪，并倾听你赦免的信息。我想要高歌赞美你，并和我的弟兄姐妹们一起向你祈求。我想要献上我宣教的奉献，我想要感谢你救赎了我。阿们！

— My Thoughts For prayers —

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Morning Prayer

Dear God, as I worship today with my brothers and sisters in Christ, fill us with a sense of awe. You are the Almighty One, the Lord of heaven and earth. You had no beginning, and you will have no end. Accept our thanks and praise that you chose to dwell with and redeem lowly sinners. We marvel at your goodness and praise you with thankful hearts. Amen.

晨祷

亲爱的上帝啊，今天，我和我的弟兄姐妹们在基督里一同敬拜你，请让我满有敬畏之心。你是那位全能者，天地之主。在你也没有始终。恳求你接纳我们的感恩和赞美，因你选择与卑微罪人同住，并救赎他们。我们感叹你的美善，并用感恩的心赞美你。阿们！

Evening Prayer

Thank you, heavenly Father, for sending your holy angels to watch over me day and night. Through them you provide powerful and unfailing care, a testament to your great love for me. Grant me a quiet night, O Lord. And if this night should be my last, send your angels to carry me home to your side in heaven. For Jesus' sake I pray. Amen.

晚祷

天上的父亲啊，感谢你差遣你的圣天使，日夜为我守望。藉着他们你供应着大能并永不落空的看顾，见证了你对我伟大的爱怜。主啊，请赐予我安静的夜晚。并且如果今夜是我最后的时刻，请差遣你的天使带我回家，回到天堂里你的身边。因耶稣的缘故我如此祷告。阿们！

Morning Prayer

Let me find enjoyment in life, O God. Satan would rob me of joy by pointing me to all the troubles I have and by reminding me of my sins against you. But you have washed

my sins away and have promised to help me in every earthly need. Help me remember your goodness and power today, for then I will find the true joy no one can take from me.

Amen.

晨祷

上帝啊，请让我找到生命的乐趣。撒旦藉着向我指明我所有的困难，藉着让我看到我抵挡你各样的罪，而夺走我的喜乐。但是你已经洗净我的罪，并承诺要在我每个地上的需要中帮助我。请你帮助我今日铭记你的美善和能力，因此我会找到真正的喜乐，没人可以从我夺走的喜乐。阿们！

Evening Prayer

I thank you, gracious Lord, for all those who serve others. I thank you for those who tend to the sick and elderly, those who guard and protect this country, and those who work behind the scenes for the improvement of our earthly lives. Give me the attitude of the Servant of servants, your Son, Jesus, who humbled himself that we might be eternally exalted. In his holy name I pray. Amen.

晚祷

恩慈的主啊，因那所有服事其他人们的人们，我感谢你。因那些照料病患和孤老的人们，那些守卫、保护这个国家的人们，那些在幕后为提高我们地上生活质量而工作的人们，我感谢你。恳求你赐给我和众仆之仆，你的儿子耶稣一样的心态，他曾存心卑微己身使我们可以永远地被高举。奉他圣洁之名我如此祷告。阿们！

试读本

Morning Prayer

O Lord, give parents wisdom, patience, and love, so that they may raise their children according to your will. Help single people realize fulfillment in their lives as they live for you and others before themselves. Give the elderly the courage to live out their lives and to face death. Give young people the wisdom to temper youthful energy and ambition with sober restraint. Bless all people, O triune God, in their various walks of life. Amen.

晨祷

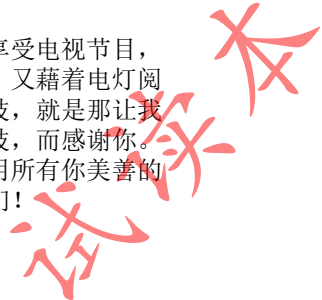
主啊，请你赐给父母们以智慧、忍耐和仁爱，以至于他们可以按着你的旨意抚养他们的孩子长大。请帮助单身的人们，在他们为你和他们邻舍而活的时候，让他们意识到你应许的应验。请赐给那些年长者以勇气，活出他们的生命，并勇于面对死亡。请赐给年轻之人以智慧，使他们的血气方刚和野心得以磨练，以致冷静克制。三位一体的上帝啊，请你祝福所有在不同的人生旅程中的人们。阿们！

Evening Prayer

Tonight as I cook my food, lock up my house, watch my TV, work at my computer, adjust the temperature of my house, and read your Word by electric light, I thank you for all the wonders of technology that you have given to ease the burden of living in a sinful world. These are signs of your gracious care. May I always use all your good gifts to your glory. In Jesus' name I pray. Amen.

晚祷

今夜，当我预备饮食之时，当我锁好门窗，享受电视节目，在我的电脑前工作，享受着可以降温的空调，又藉着电灯阅读你的话语时，我为这所有你赐给我们的科技，就是那让我们在这罪恶的世界里可以减轻生命重担的科技，而感谢你。这一切都是你恩慈眷顾的印记。愿我总是使用所有你美善的礼物而荣耀你。奉耶稣的名我如此祷告。阿们！



Morning Prayer

Increase my faith, O Lord, by your Holy Spirit. Come to me through your Word today, and deepen my trust as you remind me of your power and love, which accomplished my salvation. Help me overcome my sinful nature, which despises your Word. May I be found weekly in your house, frequently **at your Table, and** daily in your Holy Word, that I may grow in faith. Amen.

晨祷

主啊，藉着你的圣灵，请使我的信心加增。请你今日让我在你的话语中见你的面，当你提醒我你的能力和慈爱，就是为我带来救赎的能力和慈爱时，请你让我深信不疑。请帮助我胜过我的罪性，正是它轻视你的话语。愿我每周都出现在你的殿中，常常在你的面前，并且每一天都在你的圣道之中，使我可以在信心中成长。阿们！

Evening Prayer

Thank you, Lord God, for your life-giving Word. I often rob myself of joy and peace by finding a hundred other things to do rather than reading again and again the history of your

試讀本

love for me. Teach me to treasure your Word and to share its message of eternal hope with all I know and meet. In Jesus' name I pray. Amen.

晚祷

主上帝啊，因你给予生命的话语，我感谢你。我常常因为找到上百件其他的事情忙碌，却不愿一次次阅读记载着你对我慈爱的“史记”，这夺走了我自己的喜乐。请教导我珍视你的话语，并且将这永恒盼望的信息分享给所有我们认识并遇见的人们。奉耶稣的名我如此祷告。阿们！

Week 36—Thursday

Morning Prayer

Give me, I pray, the heart of a servant. How sluggish I am to be generous with my time, my talents, and my treasures. Forgive me for my selfishness. Let me find satisfaction and joy in humbly serving others, which glorifies your name. Hear me for Jesus' sake. Amen.

晨祷

我祈求，请你赐给我作仆人的心志。在慷慨地分享我的时间、我的恩赐和我的财富上，我是多么的迟钝啊。请赦免我的自私。请让我在谦卑地服事他人上面寻得满足和喜乐，荣耀你的名。因耶稣的缘故请垂听我的祷告。阿们！

Evening Prayer

As evening falls, I thank you, my gracious God, for the gift of health. How often I take this precious gift for granted, and how often I take foolish risks that endanger my health. Help me remember that my body is your temple, and that caring for it is one way I can show my thanks to you, who gives all good things. Amen.

晚祷

满有恩惠的上帝啊，当夜晚降临时，因着你所赐的健康，我感谢你。有多少次我将这珍贵的礼物视为理所当然啊，多少次我冒着愚蠢的风险，危及我的健康啊！恳求你帮助我铭记，我的身体是你的殿，并且照顾好我的身体是我能够向

你，向那赐给我一切美善之事的你献上感恩的途径之一。阿们！

Week36—Friday

Morning Prayer

Help me today, O Lord God, to be a loyal and faithful friend to all. Guard my lips from gossip and slander. May my faithfulness to my friends reflect the perfect faithfulness you show to us and to your everlasting promises. Help me be a blessing to my friends and, yes, to my enemies as well, that they may be won over by Christian love. Through Jesus Christ I pray. Amen.

晨祷

主上帝啊，请你今日帮助我，成为所有人忠心和诚实的朋友。请保守我的嘴唇远离流言蜚语。愿我们对朋友们的信实，可以反映出你向我们显明的，并向你永远的应许显明的完美的信实。请帮助我成为我朋友们的祝福，当然，同样成为我敌人们的祝福，使他们可以被基督的爱所赢得。藉着耶稣基督我如此祷告。阿们！

Evening Prayer

Thank you, heavenly Father, for the precious gift of family. Thank you for my immediate family. Help me always put my

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love into practice on their behalf. Thank you also for my extended family and my church family—people you have given to support and encourage me. Let peace rule in all these families, just as your family of believers lives in peace under Jesus Christ. Amen.

晚祷

天上的父亲啊，因着家庭这珍贵的礼物，我感谢你。为我最亲近的家人，我感谢你。请帮助我总是为他们的益处，将我的爱付诸实践。同样为我的大家庭和我教会的家人，就是为那些你已经赐给我，支持和鼓励我的人们，我感谢你。请让平安统治所有这些家庭，正如你那信徒之家活在耶稣基督的平安之中。阿们！

Week 36—Saturday

Morning Prayer

Give me a compassionate heart, dear Lord—the kind of heart you have for your creatures. Make me sensitive to other people’s needs, and give me hands that are ready to help. Teach me to weep with those who weep and to rejoice with those who rejoice, that our bonds of Christian love may grow. In Jesus’ name I pray. Amen.

晨祷

亲爱的主啊，请赐给我怜悯心肠——就是你为你的受造物而拥有的那样的心肠。请让我敏感于其他人的需要，并且请赐予我随时准备施以援手的心。请教导我与那些哀哭的人同哀哭，与那喜乐的人同喜乐，使我们基督徒爱的锁链可以愈发坚固。奉耶稣的名我如此祈求。阿们！

Evening Prayer

As I take inventory of my blessings, O Lord, I especially thank you for the greatest gift of all—forgiveness of my sins and salvation through Jesus Christ my Savior. Help me, by your Spirit, to grow in thankful living. May I never abuse the freedom to which you have called me by indulging in sin. Let me glorify you in all I say and do. Hear me, dear

Father in heaven! Amen.

晚祷

主啊，当我详细察看我的祝福时，为所有祝福中那极其伟大的礼物，就是藉着耶稣基督我的救主而来的罪得赦免和救赎，我特别感激你。恳求你帮助我，藉着你的圣灵，使我在感恩的生命中成长。愿我总不滥用这份自由，就是你将从罪的沉迷之中呼召而得的自由。请让我在我所有的言行之中荣耀你，亲爱的天上的父！阿们！

— My Thoughts For prayers —

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Morning Prayer

Father God, we have become your children through the faith your Holy Spirit has worked in us. Fill our hearts with gladness as we hear your lifesaving Word proclaimed to us today. Top them off with joy! Accept our heartfelt worship as we speak to you through liturgy, hymns, and prayers. Impress upon us that it is your voice that is speaking to us as your Word is read and expounded. And as we hear you speaking to us, help us listen, believe, and obey. Amen.

晨祷

父上帝啊，借着你的圣灵在我们里面的工作而得的信心，我们已然成为你的儿女。当我们听到你赋予生命的话语今日向我们传讲之时，请让我们的心充满快乐。当我们藉着礼拜程序、赞美诗和祷告向你述说之时，请接纳我们衷心的敬拜。使我们牢牢的铭记，当你的话语被诵读并加以解释时，那就是你的声音正在对我们讲论。并且当我们听到你对我们所说的话时，请帮助我们倾听、相信并遵从。阿们！

Evening Prayer

Gracious Lord, we thank you for the love you have extended to us in granting us the gift of life, providing for us, protecting us, and especially in sending Jesus Christ into death that we might have forgiveness for our sins, the sure hope of eternal life with you, and lives that can be lived, even now, without fear. Amen.

晚祷

满有恩惠的主啊，你赋予我们生命的恩赐，供应我们，保护我们并特别地差派耶稣基督进入死地，使我们可以拥有罪的赦免，拥有与你同在永恒生命中确然的盼望，并且活出应该的样式，即使现在，也没有惧怕，为你藉着这些作为所给予我们的爱，我们感谢你。阿们！

Week 37—

Monday

Lord God, be with us in our daily calling as we proceed on our journey through life. Supply all that we need to sustain us on our trip to eternity. Bring us, at the end of our journey, to our heavenly home—through Jesus Christ who lived and died to pay the admission price that will enable us to walk joyfully through the gates of your eternal kingdom. Amen.

晨祷

主上帝啊，当我们行进在人生旅程中的时候，请你在我们每日的呼召中与我们同在。恳求你供应通往永恒的路途中我们需要的一切。在这旅程的终点，恳求你藉着耶稣基督，那用生命和死亡付上了代价，又赐给我们能够欢喜快乐地通过你永恒国度大门的通行证的主，带我们进入我们天上的家。阿们！

Evening Prayer

Merciful God, the world we live in seems to be in a state of constant disruption. Even our personal lives are filled with frustrations and seemingly insurmountable difficulties. Help us in our weakness so that the tumult all around us does not cause us to despair or cause our faith to falter. Teach us to

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appreciate fully what your Son, Jesus Christ, has done for us—to see what new light his sacrificial death throws upon all our cares and troubles. Amen.

晚祷

满有怜悯的上帝啊，我们所生活其间的世界，看起来像是一个永远败坏的国度。甚至我们个人的生命也充斥着挫败和看起来无法克服的困难。请你在我们的软弱之上帮助我们，以至于我们四围的喧嚷不至于使我们绝望，不至于使我们的信念摇摇欲坠。恳求你教导我们完全地感激于你的儿子，耶稣基督已经为我们成就的一切，以致看到他献上为祭的死亡，为我们的忧虑和苦难带来何等崭新的光亮。阿们！

Week 37—TueSday

Morning Prayer

O Lord our God, give us the courage and the vision to risk great things for you and your kingdom. Stir our hearts that we may live lives of service and sacrifice. May our personal concerns never get in the way of the tasks you have entrusted to us. Keep us from being blinded by our own self-serving goals. Grant us the ability to carry on the work of your kingdom in your name. Amen.

晨祷

主我们的上帝啊，请赐给我们勇气和异象，使我们可以为你和你的国度赴那极大的风险。请搅动我们的心肠，使我们可以活出服事和牺牲的生命。愿我们个人的挂虑永不成为你已经交托给我们之事的拦阻。请保守我们不至因我们服务于自己的目的而成为瞎眼的。请赐给我们能力，可以奉你的名继续承担你国度的工作。阿们！

Evening Prayer

Gratefully we thank you, our Father in Christ, that you have given us another day of grace. Thank you for all the blessings of this day. Help us recognize them as gifts from your hand so that we will not be tempted to overlook them or use them for our own purposes. Where we have failed to use this day

fully in loving service to you, we ask you to forgive us for the sake of Jesus, our Redeemer. Amen.

晚祷

我们在基督里的父啊，我们无比感激称谢于你，因你已经赐给我们又一天的恩典。为今日所有的祝福，我们感谢你。请帮助我们意识到它们是从你手而来的礼物，以至于我们不会被试探，而忽视它们，或使用它们来完成我们的一己私欲。无论在何处，我们未能完全地在爱中服事于你，来使用今天，我们的救赎主啊，我们恳求你为着耶稣的缘故赦免我们。阿们！

Week 37 — Wednesday

Morning Prayer

Our Savior Jesus Christ, fulfill all your promises to us this day by giving us the strength, courage, patience, and faithfulness that we need to carry out the calling into which you have placed us. Prosper our efforts to hear and to heal, to solve the problems that plague our lives and our society. Amen.

晨祷

我们的救主耶稣基督啊，今天，请求你赐予我们力量、勇气、耐心和忠诚，好使我们能够履行你将我们安置其中的呼召，请向我们实现所有你的应许。请帮助我们努力地倾听、安慰，以解决使我们的生命和社会倍感痛苦的问题。阿们！

试读本

Evening Prayer

Our God and Father, in Jesus' name we thank and praise you for your guidance and protection during this day. Spread your hands over us this night. Give us restful slumber. Keep us from all evil. Reach out with your blessed presence to give hope to all who grieve, trust and confidence to all who are bewildered and perplexed, and guidance to those who are traveling through life without a sure chart and compass.

Amen.

晚祷

我们的上帝和父亲啊，因你这一天始终引导和保护，我们奉耶稣之名感谢你。今夜，请伸展你的手臂遮盖我们。请赐给我们安稳的睡眠。请保守我们远离所有的邪恶。请让你的祝福同在，临到所有悲痛之人，并带给他们希望，临到有困惑和无措之人，并带给他们信靠和确信，又为那些一生奔波行走却没有确定的蓝图和方向之人，带来引导。阿们！

Week 37—Thursday

Morning Prayer

Our Father in heaven, cause our ways to be your ways. Guide us as we walk this earth as your adopted children through faith in Christ Jesus. Frustrate our desires when they are corrupt, and stifle our impulses to live as we please. Empower us by your Holy Spirit to rise and walk before you in newness of life. Amen.

晨祷

我们在天上的父啊，请使我们的道路成为你的道路。当我们藉着在基督耶稣里的信心，作为被你接纳的孩子而行走在今世时，请引领我们。当我们的欲望败坏时，请你拦阻它们，并请在我们按着自己的喜悦而活时，扼杀我们的冲动。请藉着你的圣灵赐给我们力量，让我们得以在崭新的生命中，兴起并行走在你面前。阿们！

Evening Prayer

Our beloved Redeemer, Jesus Christ, we confess that we are

not worthy of all the goodness that you shower upon us day after day. Give us grace to love you more deeply and to serve you more fruitfully. Walk with us on every path of life. Teach us to be content with what we have and to truly appreciate what it means to be one of your own. Amen.

晚祷

我们挚爱的救世主耶稣基督啊，我们承认，我们不配得到你日复一日向我们显明的所有美善。恳请你赐给我们恩典，使我们更深地爱你，并更有果效地服事你。请在每一条人生的路径中与我们同行。请教导我们因我们已经拥有的而满足，并教导我们真正地感激于成为属你的一员。阿们！

Week37—Friday

Morning Prayer

Most gracious God—by whom we have been given the gift of life and, with that gift, a reason and purpose for living—we thank you for the grace and mercy that you have shown us. We especially thank you for the love given to us in your Son,

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our Lord and Savior Jesus Christ. Grant that we may always recognize him as the Lord of our life, and may nothing ever distract us from serving him. Amen.

晨祷

极为恩慈的上帝啊——因着你我们已经被赐予生命的礼物，并且，藉着这礼物，我们得到那生活的理由和目标——为着你已经向我们显明的恩典和怜悯，我们感谢你。因着在你儿子，我们的主和救主耶稣基督里所赐给我们的爱，我们特别的向你献上感恩。请赐恩使我们可以总是认识到他是我们生命的主，并且愿任何事物都不能让我们转离而不去服事他。阿们！

Evening Prayer

Our Savior Jesus Christ, we thank you that you left your home in heaven to come to earth and die that we might live. For your victory over death, we offer you our praise, knowing that in your death and resurrection lies our hope not only for this life but also for that which is to come. Amen.

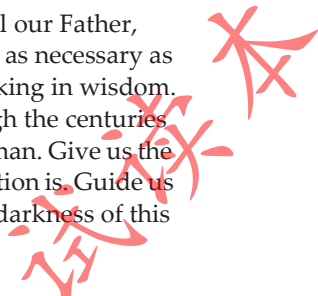
晚祷

我们的救主耶稣基督啊，我们感谢你，因你离开你天上的家，来到世间，受死使我们可以存活。因你胜过死亡，我们向你献上赞美，确知在你的死亡和复活中，有着我们那不仅是今生，同样也是来生的盼望。阿们！

Week 37—SaTurday

Morning Prayer

Eternal God, whom we are privileged to call our Father, our need for your help and blessing remains as necessary as ever. It's abundantly clear that we're still lacking in wisdom. Problems that have plagued us down through the centuries have not been solved—even by present-day man. Give us the gift of wisdom to understand what your solution is. Guide us that the light of your truth may shine in the darkness of this world. Amen.



晨祷

永恒的上帝啊，称呼你作我们的父是我们的特权，我们对你帮助和祝福的需要总是一如既往地不可或缺。我们仍旧缺乏智慧，这是极其明显的。数个世纪困扰我们的问题都没有得到解决——即使今天的人们也是如此无能。恳求你赐给我们智慧的礼物，使我们明白你的解决办法是什么。请引导我们，以至于你真理的光芒可以在这个世界上的黑暗中照亮。阿们！

Evening Prayer

As we look back on the past week, O Lord, forgive us for those moments in which we lived almost entirely for ourselves, as if you did not exist. Forgive us for not living for others and not following your example as you lived for us. Break into our lives that the law might bring about a crushing realization of how we have failed you. Break into our lives that we might truly appreciate your love in laying down your life for us. Break into our lives, and give us the grace to **rededicate** ourselves to serving you in righteousness and holiness all the rest of our lives. Amen.

晚祷

当我们回首这过去的一周时，主啊，请赦免我们那些总是完全地为自己而活，就好像你不曾存在的时刻。请赦免我们没有为别人而活，并且没有效仿你曾为我们而活的榜样。请进入我们的生命，使律法可以带来破碎中的领悟，使我们知道我们是如何地使你失望。请进入我们的生命，使我们可以真的感激你的爱，你为我们舍去自己生命的爱。请进入我们的生命，并赐给我们恩典使我们再次献出我们自己，在公义和圣洁中，用我们所有余下的时间来服事你。阿们！

试读本

— My ThoughtS For prayerS —

試讀本

Morning Prayer

Thank you, dear Father, for making me into a living stone and a part of your temple, the church. Because of your love, I am not cold and dead in sin but alive and free in Christ. What joy there is in belonging to the army of believers. I am privileged to come before your throne of grace. May my feelings toward you in worship always be joyful. Keep me from being complacent. Remind me today of the joy of belonging to you. Amen.

晨祷

亲爱的父啊，因你使我成为活石并成为你圣殿，就是你教会的一份子，我要感谢你。因为你的爱，我不再在罪的寒冷和死亡中，而是活的，是在基督里得自由的。属于信徒的军队是何等的喜乐啊！我有如此特权可以来到你的施恩宝座前。愿我在敬拜中向你总是充满喜乐。恳求你保守我远离自满。请提醒我今天那属于你的快乐。阿们！

Evening Prayer

Eternal God and Father, give me your Holy Spirit and write the spoken Word I heard today in my heart. May I receive and believe it. May I be cheered and comforted by it into eternity. Strengthen your Word in my heart. May it give me peace. May I find pleasure in it. Help me, through your Holy Spirit, to think what is right. By your power, fulfill your promises to me for the sake of Jesus Christ, your Son, my Lord. Amen.

晚祷

永恒的上帝和父亲啊，请赐给我你的圣灵，并将今天我所听到的那被宣讲的信息写在我的心上。愿我接受并牢记你的话语。愿我因着你的话语满心欢喜并饱得安慰，得以进入永恒。请在我们心中坚固你的话语。愿这话语赐给我们平安。愿我在其中可以寻得快乐。恳求你帮助我，藉着你的圣灵，来思想什么是正确的事情。藉着你的大能，因耶稣基督，你的儿子，我的主的缘故，请向我印证你的应许。阿们！

Morning Prayer

Lord God, we thank and praise you for your great goodness. We especially thank you for leading us to the knowledge of your Son, the Savior of all, Jesus Christ. The Holy Spirit has enabled us to believe your plan of salvation with our hearts and to confess it with our mouths. Grant that each of us brings forth the fruits of faith and continues steadfast in your Word. Amen.

晨祷

主上帝啊，因你极大的美善，我们感谢赞美你。因你引领我们认识你的儿子，万有的救主耶稣基督，我们要特别地感谢你。圣灵已经使我们能可以在我们的心里相信你救赎的计划，并且用我们的口承认它。请使我们每个人可以结出信心的果实，并且继续在你的话语中坚定不移。阿们！

Evening Prayer

Merciful Jesus, when you come again, let me receive the reward of the faithful: eternal life. What a glorious day it will

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be when you come with all your angels! Help me to fight the good fight of faith and to receive the crown of righteousness. With your guidance and power, I can overcome the assaults of all my enemies. Keep my gaze heavenward. Amen.

晚祷

怜悯的耶稣啊，当你再来的时候，请让我得到那信实的奖赏：永远的生命。当你和所有你的天使降临的时候，那将是怎样一个荣耀的日子啊！请帮助我为信心打那美好的仗，并且得到那公义的冠冕。因着你的引导和大能，我能以胜过所有我仇敌的攻击。请使我注目在天国的方向。阿们！

Week 38—TueSday

Morning Prayer

Dear Creator, let my first thoughts of the day be of you. I know I will need your guiding hand throughout this day. When I arrive at work or school or start my duties, help me to see those I meet as people whom you love and for whom you have died. Let my labors be guided by the thought that all I do is a service to your glory. Give me patience and understanding to guide my work and play. Amen.

晨祷

亲爱的造物主啊，请让我在一天里第一个想到的是你。我知道这一天自始至终我都需要你带领的手。当我抵达公司或学校，或开始履行我的职责时，请帮助我视那些我所遇见的人，都是你所爱的人，你为他们而死。请让我思想到，所有我做的都是为服事于你的荣耀，并让这样的想法引领我的劳作。请赐给我耐心和理解，来引领我的工作和娱乐。阿们！

Evening Prayer

Dear God, I am so thankful that I can come to you in prayer at any time. Prayer is a significant part of my Christian life. Jesus himself taught us to pray when he prayed to you in the Garden of Gethsemane and when he gave us the Lord's Prayer. I know I can pour out my heart to you at any time. Whether my prayer is written by someone else or comes from my heart, hear me, O God, for the sake of your Son.

Wash away my sins, and keep me close to you. Amen.

晚祷

亲爱的上帝啊，我是如此感激于我能够在祷告中，随时随地来到你面前。祷告是我基督徒生命中意义非常的一部分。当耶稣在客西马尼园中向你祷告的时候，当他赐给我们主祷文的时候，他亲自教导我们祈祷。我知道我可以随时向你倾心吐意。无论我的祷告是由其他什么人所写下的，或者发自内心的，上帝啊，都请你因着你儿子的缘故垂听我的祷告。请洗净我所有的罪，并使我与你亲近。阿们！

Week 38 — Wednesday

Morning Prayer

I am sometimes afraid, Lord, to ask you for help. I think that you are too busy to be concerned with my small needs and problems. Hear me, Father. I come to you in obedience, for you have told me to ask and have promised that I will receive. I ask you, Lord, for your blessing. I ask you for your help in difficult times and in happy times. Provide for my welfare and for the welfare of all people. Amen.

晨祷

主啊，我有时不敢向你寻求帮助。我觉得你太忙了以至于不会关心我那微不足道的需要和麻烦。天父啊，请垂听我，我因着顺服来到你的面前，因为你已经告诉我如此祈求，并承诺说我会得到答复。主啊，我恳求你，因你赐下祝福。我在艰难的时刻和幸福的时刻，都寻求你的帮助。请赐予我和所有其他人以福气。阿们！

试读本

Evening Prayer

We rely on you, God, our Savior. You make us secure. Your work is the foundation of everything we do. Like Martin Luther, we endure all things, since you are our guardian and guide. May we be as faithful to you as you have been to us. You have promised to be with your chosen people; that thought comforts me. Praise be to the Lord! Amen.

晚祷

上帝，我们的救主啊，我们依靠你。你使我们得以保全。你的工作是我们所做的每件事的前提。因你是我们的守卫和引领者，如同马丁路德一样，我们可以忍受万事。愿我们可以向你对我们的信实一样，对你忠实。你已经应许说，与你所拣选的人同在；这个念头安慰着我。愿颂赞都归给主。阿们！

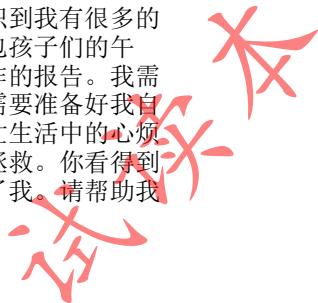
Week 38—Thursday

Morning Prayer

Dear God, as I begin this day, I realize that I have many needs. I need to eat a healthy breakfast. I need to pack the kids' lunches and get them off to school. I need to prepare my presentation for work. I need to get ready for Bible class. But most of all, I need to prepare myself for a day with you. Don't let the distractions of my busy life make you secondary. You are my life and my salvation. You saw my greatest need—redemption—and you gave it to me. Help me to keep my busy life in perspective. Amen.

晨祷

亲爱的上帝啊，当我开始今天的时候，我意识到我有很多的需要。我需要吃一顿健康的早餐，我需要打包孩子们的午餐，并动身送他们去学校。我需要准备我工作的报告。我需要预备好查经的资料。但是最重要的是，我需要准备好我自己，开始这与你同在的一天。请不要让我繁忙生活中的心烦意乱使你退居次位。你是我的生命，是我的拯救。你看得到我最大的需要——救赎——并且你将它赐给了我。请帮助我繁忙的生命可以有更长久的愿景。阿们！



Evening Prayer

Dear Lord, thank you for the memories of my childhood. I can see the many times you aided and guided me in spite of my foolishness and carelessness. Thank you for giving me a childlike faith. Even if some periods of my life were not happy, when things did not go the way I wanted them to, you were always there to see me through my difficulties. How good it is to know that when I knock, you will open a door for me. Thank you for giving me the life I have. Amen.

晚祷

亲爱的主啊，因着我童年的回忆，我感谢你。我能看到你无数次对我施以援手，并且虽然我是愚蠢的、粗心大意的，你却引领我。因你赐给我做你儿女的信心，我感谢你。即使我生命中某些时刻，就是当事情不是按着我期望的那样发生时，我是如此的不快乐，你却总是在那里，总能在我的困难中看到我。知道当我敲门，你就会为我开门，这是多么美妙的一件事啊。感谢你赐给我所拥有的这生命。阿们！

Week38—Friday

Morning Prayer

O Lord, help me listen to you with an open mind. Correct my will so that I say at all times what Jesus said in

试读本

Gethsemane, “Not my will but yours be done.” Let my faith never be shaken but, according to your will, let me see the plan you have laid out for me. Be with me this last day of the workweek, and renew my strength during the weekend to come. Amen.

晨祷

主啊，求你帮助我聆听你的话语，开启我的心智。求你纠正我的意念，使我可以像主耶稣在客西马尼园中祷告时那样说，“然而不要照我的意思，只要照你的意思”。求你让我的信心永远不致动摇，按照你的旨意，求你让我看到你为我安排的计划。在这一周工作日的最后一天，求你与我同在，在即将到来的周末里，也请使我重新得力。阿们。

Evening Prayer

Dear Jesus, in the famous hymn “Rock of Ages,” the writer asks you, “Let me hide myself in thee” (CW 389:1). I ask the same thing, my Redeemer. So many temptations come into my life, especially on the weekend. Shield me by your wisdom. Help me not only know the words of the Bible, but also live them. May my soul find refuge in you, so that the storms of sin may pass over without harming me. Let me hide myself in you! Amen.

晚祷

亲爱的耶稣啊，在那首著名的赞美诗《万古磐石为我开》里，作者向你祈求，“容我藏身在主怀”。我的救赎主啊，我也同样向你祈求。生活里有如此多的试探，尤其在周末的时光里。求你用智慧护庇我，求你帮助我不仅知道圣经的话语，还能活出圣经的话语。愿我的灵魂在你里面得护庇，使罪的风暴越过我、不伤害我。容我藏身在主怀！阿们。

Week 38—Saturday

Morning Prayer

“Amazing Grace” is more than a famous hymn. It is the

way to eternal life for us sinners. Lord, **your grace extends beyond all human boundaries and limits**. You saved all of us, undeserving though we are. You died for us on the cross. You rose again and guaranteed that we would live forever with you. The promise you made to prepare mansions for us spurs us to love you and our fellow people. Be with us all our lives, Lord Jesus. Amen.

晨祷

“奇异恩典”不仅仅是一首为人熟知的赞美诗。那是为我们罪人预备的永生的道路。主啊，你的恩典超越所有人的境界和局限。纵然我们不配，你却拯救了我们所有人。你为我们死在十字架上。你又从死里复活，并确保我们将永远与你同住。你对我们许下预备天上居所的承诺，激励着我们去爱你，爱我们的弟兄姐妹们。主耶稣啊，请一生之久与我们同在。阿们！

Evening Prayer

Lord Jesus, your plan of salvation has been compared to a doctor who is treating a terminally ill patient. Faith is the syringe that holds the serum of Jesus' blood and righteousness. Faith gives the miracle cure. There is only one antidote for sin—your sacrifice for us. We can never praise you enough for all you've done for us and for all you continue to do for us. Thank you, Redeemer! Amen.

晚祷

主耶稣啊，你救恩的计划就好比是那治疗绝症患者疾病的医生。信心就好像承载着耶稣宝血和公义的血清的注射器。信心赋予我们奇迹般的医治。对于罪而言只有一剂解药——你为我们的牺牲。因着所有你为我们所做的，因着你持续为我们所做的一切，我们对你的赞美永远都不足够。救赎主啊，感谢你。阿们！

试读本

— My **ThoughtS** For **prayerS** —

試讀本

Morning Prayer

My Savior and my Lord, this is the day you rose from the dead. This is the day that declares your victory and our victory over sin, death, and Satan. Accept our heartfelt worship as we gather in your name. Fill our hearts with joy and gladness. Set them on fire for you and the mission you have entrusted to each of us. Amen.

晨祷

我的救主我的神啊，今天正是你死里复活的日子。这是你宣告你得胜的日子，也是我们胜过罪、死亡和撒旦的日子。当我们奉你的名聚集的时候，请接纳我们衷心的敬拜。请让我们的心中充满欢喜和快乐。请让我们的心为你和你所交托给我们每个人的使命而火热。阿们！

Evening Prayer

Gracious Lord, we thank you for the love you have extended to us. In granting us the gift of life. In providing for us. In protecting us. And especially in sending Jesus Christ into death, that we might have forgiveness for our sins, the sure hope of eternal life with you, and lives that can be lived, even here and now, without fear. Amen.

晚祷

仁慈的主啊，因你已经给予我们的爱，我们感谢你。你赐予我们生命的恩赐。供应我们。保护我们。特别是差派耶稣基督走向死亡，使我们可以拥有罪的赦免，拥有与你同在的永恒生命中确然的希望，并活出可以活出的样式，甚至就在这里，在今时今日，而没有任何惧怕。阿们！

Morning Prayer

Lord God, be with us in our daily callings as we proceed on our journeys through life. Supply all that we need to

sustain us on our trips to eternity. Bring us, at the end of our journeys, to our heavenly home, through Jesus Christ, who lived and died to pay the admission price that will enable us to walk joyfully through the gates of your eternal kingdom.

Amen.

晨祷

主上帝啊，当我们前行在人生旅途中时，请你与我们每一天的呼召同在。请供应所有我们在通往永恒的旅程中所需要的给养。在我们旅行的终点，请带我们进入那天上的家中，就是藉着耶稣基督，他曾为我们活，曾为我们死，他为着我们可以喜乐地走入你永恒国度大门而附上了代价。阿们！

Evening Prayer

Merciful God, the world in which I live is a mess. Frustrations and difficulties cause my temper to flare and breed trouble and conflict in my own personal, cloistered world of family and friends. Help me in my weakness so that the tumult all around me does not cause me to despair or cause my faith to falter. Teach me to fully appreciate what

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your Son has done for me. Teach me to see what new light his sacrificial death throws upon all my cares and troubles. Amen.

晚祷

满有怜悯的上帝啊，我所生活其中的世界如此的混乱不堪。挫败和困难让我的脾气更加暴躁，也在我自己里面孕育着麻烦和冲突。恳求你帮助我的软弱，以至于围绕我的所有骚乱不至于使我绝望，或使我的信心摇摇欲坠。请教导我完全地为你的儿子已经为我所成就的事情而感恩。请教导我看到新的亮光，就是他牺牲的死将我的挂虑和烦扰一抛而尽。阿们！

Week 39—TueSday

Morning Prayer

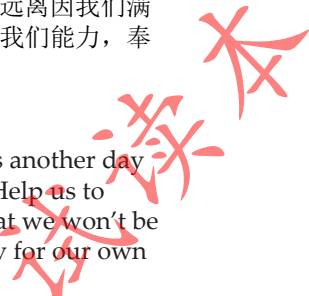
O Lord our God, give us the courage and the vision to risk great things for you and your kingdom. Stir our hearts so that, following in your footsteps, we may live lives of service and sacrifice to you. May our personal concerns never get in the way of the tasks you have entrusted to us. Keep us from being blinded or distracted by our own self-serving goals. Grant us the ability to carry on the work of your kingdom in your name. Amen.

晨祷

主我们的上帝啊，请赐给我们勇气和异象，敢于为你和你的国度赴汤蹈火。请唤醒我们的心灵，以至于跟随着你的脚步，我们可以向你活出服事和牺牲的生命。愿我们个人的挂虑永不阻挡你已交托给我们的使命。请使我们远离因我们满足自己的目标而来的盲目和心思涣散。请赐给我们能力，奉你的名继续履行你国度的工作。阿们！

Evening Prayer

Thank you, our Father in Christ, for giving us another day of grace and for all the blessings of this day. Help us to recognize them as gifts from your hand so that we won't be tempted to overlook them or use them merely for our own



purposes. Where we have failed to use this day fully in loving service to you, forgive us. To you, our Father who neither slumbers nor sleeps, we commit our families and ourselves. Watch over us this night as we sleep, and keep harm away. Let us arise in the morning refreshed in body and renewed in spirit, ready to meet the challenges and to perform the duties of the day. In our Savior's name, we pray. Amen.

晚祷

我们在基督里的父啊，因你赐给我们每一天的恩典，和今天那所有的祝福，我们感谢你。请帮助我们意识到这一切都是从你手而来的恩赐，以至于我们不会被试探而忽视它们，或仅仅为我们自己的目标而使用它们。那些我们未能使用这一天完全在爱中服事你的地方，请赦免我们。我们从不打盹也不睡觉的父亲，我们将我们的家人和我们自己交托给你。请在今夜，在我们入睡的时候为我们守望，请使伤害远离我们。恳请你让我们清晨醒来，身体得以恢复，灵魂得以更新，并预备好迎接挑战，履行新一天的职责。奉我们救主的名我们如此祈求。阿们！

Week 39 — Wednesday

Morning Prayer

Lord Jesus, in faith I reach out my hand to yours. Hold it firmly. Lead me safely through the dangers and temptations

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of the day. Remind me of your presence every step of the way. Give me the strength, courage, patience, and faithfulness that I need to carry out the calling into which you have placed me. Prosper my efforts to help and to heal, to solve the problems that plague my life and the lives of so many others in the world around me. Amen.

晨祷

主耶稣啊，在信心之中，我伸手拉住你的手臂。并牢牢的抓住它们。恳求你今天带我安全地度过危险和试探。请提醒我，在我路途的每一步中你都与我同在。请赐给我力量、勇气、耐心和忠诚，使我得以履行你将我放置在其中的呼召。请使我的努力得以成就，就是那帮助、医治的努力，使我能借此成为别人的祝福。阿们！

Evening Prayer

Our God and Father, in Jesus' name we thank and praise you for your guidance and protection during this day. Spread your hands over us this night. Give us restful slumber. Keep us from all evil. Reach out with your blessed presence to give hope to all who grieve, trust and confidence to all who are bewildered and perplexed, and guidance to all those who are traveling through life without a sure chart and compass. Amen.

晚祷

我们的上帝和父啊，因你今天的引领和保护，奉耶稣的名我们感谢并赞美你。请使你的臂膀今夜将我们环绕。请赐给我们安稳的睡眠。请使我们远离邪恶。请你祝福的同在施以援手，赐予所有在痛苦中的人以希望，赐予所有迷茫和不知所措之人以信靠和信心，赐予所有行走在人生旅程中却没有确然的地图和方向之人以引领。阿们！

Week 39—Thursday

Morning Prayer

Dear God, let me this day, and every day, walk beneath the umbrella of your love. Shelter me from all who would harm

me. Shield me from all danger. Defend me against every temptation. Help me to walk before you in newness of life. Empower me to serve you joyfully, vigorously, and steadfastly in great wisdom, love, and faith. In Jesus' name, I pray. Amen.

晨祷

亲爱的上帝啊，请让我今天，每一天都行走在你爱的荫蔽之下。请保护我远离所有伤害我之人。请保护我远离所有的危险。恳求你保守我免受各样的试探。帮助我用新的生命行走在你面前。请赐给我力量，喜乐地、精力充沛地并永不改变地，在极大的智慧、慈爱和信心之中来服事你。奉耶稣的名我如此祷告。阿们！

Evening Prayer

Our beloved Redeemer, Jesus Christ, we confess that we aren't worthy of all the blessings that you shower upon us day after day. Give us grace to love you more deeply, to serve you more fruitfully. Walk with us on every path of life. Help us improve where we need to improve. Teach us to be content with what we have and to truly appreciate what it means to be one of your own. We rest tonight, confident of your love. Amen.

晚祷

配得爱戴的救赎主耶稣基督啊，我们向你承认，我们不配得到你日复一日向我们所显明的这所有的祝福。请赐给我们恩典，使我们爱你更深，更有果效地服事你。请陪我们走过人生的每一处路径。请帮助我们在需要改进的地方成长。请教导我们因我们拥有的而知足，并为成为属于你的人所意味的一切而真诚地感激你。确信你的爱我们今夜安然入睡。阿们！

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Morning Prayer

Most gracious God, by whom we have been given the gift of life and, with that gift, a reason and purpose for living: we thank you for the grace and the mercy you have shown us. Especially do we thank you for the love you have given us in your Son, our Lord and Savior Jesus Christ. Grant that we may always recognize him as the Lord of our lives and that nothing may ever distract us from serving him fully and freely. Amen.

晨祷

满有恩惠的上帝啊，因着你我们得以拥有这生命的礼物，因着这礼物，我们得以拥有活着的理由和目的：因着你已经向我们显明的恩典和怜悯，我们向你感恩。因着你已经藉着你的儿子，我们的主和救主耶稣基督赐给我们的爱，我们特别地感谢你。请赐福给我们，以至于我们可以总是承认他是我们生命的主，并且没有任何事情可以夺走我们全然、自由服事他的心。阿们！

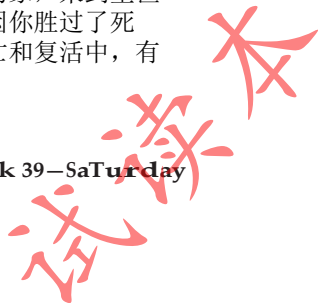
Evening Prayer

Our Savior Jesus Christ, we thank you that you left your home in heaven to come to earth to die so that we might live. For your victory over death, we offer you our praise, knowing that in your death and resurrection lays our hope, not only for this life but also for that which is to come. Amen.

晚祷

我们的救主耶稣基督啊，因你离开了你天上的家，来到尘世死去，以至于我们可以活着，我们感谢你。因你胜过了死亡，我们向你献上感恩的祭，确知在你的死亡和复活中，有我们不仅是今生，更是来生的希望。阿们！

Morning Prayer



My God, another week of trial and temptation is ending. Another day of recounting your blessings is here. Let me lift my eyes above the things that are difficult, the things that hurt, the things that made me fear or caused me to shed some tears. Have me remember with joy all the things I received from your love. I praise you for these, and even for the bad things, knowing that they too work for my good through Jesus. Amen.

晨祷

我的上帝啊，又一周的试炼和试探已接近尾声。这是又一天再次数算你恩典的日子。请让我的眼目可以越过那困难之事，伤害之事，使我畏惧之事，或让我流泪伤心之事。所有我得到的都来自于你的爱，请让我记住这份喜乐。为这些事情我要赞美你，甚至为那些不好的事情，因我知道它们同样可以藉着耶稣使我得益处。阿们！

Evening Prayer

As we look back on the past week, O Lord, forgive us for those moments in which we lived almost entirely for ourselves, as if you did not exist. Forgive us for not living for others and not following your example, as you lived for

试炼本

us. Break into our lives that your law might bring about a crushing realization of how we have failed you. Break into our lives that we might truly appreciate your love in laying down your life for us. Break into our lives, and give us the grace to rededicate ourselves to serving you in righteousness and holiness all the rest of our lives. Amen.

晚祷

当我回首这过去的一周时，主啊，请赦免我们，就是赦免那些我们差不多完全是为自己而活，就如同你不存在一样的时刻。请原谅我们没有为他人而活，没有效仿你为我们而活的样式。请进入我们的生命，是你的律法可以带来破碎的领悟，使我们知道我们是如何使你失望。请进入我们的生命，以致我们可以真的感谢你为我们而死的爱。请进入我们的生命，并赐给我们恩典使我们再一次献上我们自己，在公义和圣洁中，用我们的余生来服事你。阿们！

— My ThoughtS For prayerS —

试读本

Morning Prayer

Dear Lord God, heavenly Father, at the beginning of this new day, I thank you for your numerous blessings. Thank you for food, clothing, and shelter. Thank you for my family and for my health. But most of all, I thank you for the gift of your Son, whose sacrificial death has paid for all my sins and won for me a crown of life. To him be the glory both now and forever. Amen.

晨祷

亲爱的主上帝，天上的父啊，在这新一天即将开始的时候，因你无以计数的祝福，我感谢你。因着食物、衣物和庇护，我感谢你。因着我的家人，我的健康我感谢你。更重要的是，因着你儿子的礼物，他牺牲的死亡已为我所有的罪付上了代价，并为我赢得生命的冠冕，为此我感谢你。愿荣耀归于他，从今直到永远。阿们！

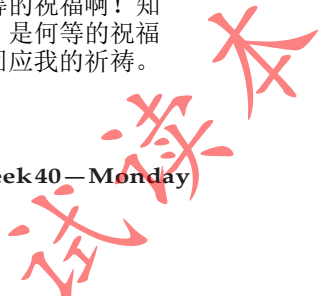
Evening Prayer

Dear Lord, as I approach your throne of grace, I thank you for hearing and answering my prayers. What a blessing to know that I can talk to you at any time. What a blessing to know that you already know my needs and have promised to meet them. Continue to answer my prayers according to your good and gracious will. I ask for these blessings in your name. Amen.

晚祷

亲爱的主啊，我来到你施恩宝座前，感谢你垂听并回应我的祷告。知道我可以在任何时刻与你交谈是何等的祝福啊！知道你总是知晓我的需要并应许你会满足它们，是何等的祝福啊！恳求你继续按着你的美善和恩慈的旨意回应我的祈祷。我奉你的名祈求如此的祝福。阿们！

Morning Prayer



Dear Savior Jesus Christ, you suffered and died in payment for all my sins. As a result of your redeeming work, I am justified by grace through faith. I pray, Lord, that you now work through me. Use the best of my gifts and abilities so that I may share your saving name with all those I meet. Let my life serve as a witness of your amazing grace. Amen.

晨祷

亲爱的救主耶稣基督啊，你忍受了苦难，并为我所有罪的代价而死。作为你救赎工作的成果，本乎恩，因着信，我得以被称为义。主啊，我祈求，你如今可以藉着我工作。请使用我最好的恩赐和能力，以至于我可以和所有我遇见之人分享你救恩的名。请让我的生命，作为你奇异恩典的见证人而服事你。阿们！

Evening Prayer

O Lord Jesus Christ, I live in a world where sin and temptation surround me. Never let me worry. Never let me feel as if I am lost and all alone. I pray, Lord, never let me doubt your goodness to me. I know that you have promised to be my comfort, for you are my Savior and my only hope for eternal life. Let me hide myself in you! Amen.

晚祷

主耶稣基督啊，我生活在一个被罪和试探所围绕的世界中。请永远不要使我担忧。永远不要使我觉得好像我已被遗弃并形单影只。主啊，我祈求，请你永远不要让我疑惑你对我的美善。我知道你已经向我承诺，作我的安慰，因你是我的救主，并且是我永恒生命的唯一指望。请让我将自己隐藏在你的里面。阿们！

试读本

Morning Prayer

Dear Lord, as I begin the day, I see that there is so much to do. There is so much to do that at times I feel as if I am being pulled in many different directions. I now ask, Lord, that you lead me through this day. Lead me where you would want me to go. Once I surrender myself to you, I know that wherever I go, you are leading me by the hand. I ask for this continued blessing in your name. Amen.

晨祷

亲爱的主啊，当我开始这一天的时候，我看到有如此多的事情要做，以致有时我觉得就像我被带往不同的方向。主啊，如今我向你祈求，愿你带我度过今日。引领我到你希望我去的地方。每一次我将我自己交付于你，我知道无论我到哪里，你都在亲手引领着我。奉你的名，我祈求你赐下这持续的祝福。阿们！

Evening Prayer

Merciful Father in heaven, I recognize that you know and see everything. Nothing takes place without your knowledge. You know every sin I've committed today. Forgive me, Lord, of my sins. Wash me clean by the blood of your Son, Jesus, who gave his life so that one day I might live with you in heaven. And as your forgiven child, let me rise in the morning light and live my life for you. Amen.

晚祷

高天上满有恩慈的父啊，我承认你知道并看得见万事。没有一件发生的事情是你不晓得的。你知道我今天所犯的每一个罪。主啊，恳求你赦免我的罪。藉着你儿子，那将自己的生命赐下以至于又一天我可以在天上与你同住的耶稣的血，将我清洗洁净。作为你得赦免的孩子，请让我在清晨的阳光中醒来，并为你而活。阿们！

Week 40—

WedneSday

Dear Jesus, there are so many people in the world who do not yet know you as their Lord and Savior. There are unchurched in my community. I have family members who have begun to stray from the faith. Bless the work of those who share the gospel promise here and throughout the world. Let your Word spread to every nation, tribe, language, and people. Bless this work until we see you face-to-face. Amen.

晨祷

亲爱的耶稣啊，这个世界上有如此多的人，还不知道你是他们的主和救主。在我的身边也还有不去教会的人们。我的家人里仍然有徘徊在信心之外的人。恳求你祝福在这里，和在全世界分享你福音的工作。请让你的话语传遍每个国度、民族和人群。请祝福这个工作，直到我们见你面的日子。阿们！

Evening Prayer

As another day draws to a close, I can't help but thank you once again, Lord, for all your blessings. Here I am, a sinful human being who doesn't deserve anything, and yet you shower me with blessings day after day. Thank you, Lord

试读本

Jesus. And now as I close my eyes in sleep, let my thoughts be of you—of your grace and goodness. I ask this in your name. Amen.

晚祷

当又一天即将结束时，我情不自禁要再一次地感谢你，主啊，因你所有的祝福感谢你。我就在这儿，一个罪人，一个什么都不配得到的人，然而你却使我日复一日地沐浴在祝福之中。主耶稣啊，我感谢你。现在，当我闭上双眼躺下入睡时，请让我思想着你，思想着你的恩典和美善。我奉你的名如此祈求。阿们！

Week 40—Thursday

Morning Prayer

Lord, as I begin my day, I pray that I notice the beauty that is around me. The birds of the air, the trees in the forest, the mountains and the plains, all give evidence of your creating hand and almighty power. Thank you, Lord, for such a wonderful place in which to live. As I go about my day, I pray that I notice some of this beauty and give you thanks. In your name I pray. Amen.

晨祷

主啊，当我开始这一天的时候，我祈求，愿我可以注意到我身边的美好。空中的飞鸟，林里的树木，高山和平原，所有这一切都是你创造之手和全能的证明。主啊，因着如此美妙的我们生存的地方，我感谢你。当我着手开始这一天的时候，我祈求，愿我注意到些许美善并向你感恩。奉你的名我如此祈求。阿们！

Evening Prayer

Lord of life, I continue to be amazed that you love me enough to come to earth, to suffer and die so that one day I might live with you in heaven. Such selfless and unconditional love is difficult to comprehend. I pray, Lord, that I now follow your example and love others as you love me. Let this kind of love be evident for all to see. I ask this in your name. Amen.

晚祷

生命的主啊，你是如此的爱我，以至来到这个世界，受苦并受死，使得又一天我可以与你同住在天上，为此我不断地感叹。如此无私和无条件的爱是如此地难以理解。主啊，我祈求，就是我如今追随你的模范并如你爱我一样，爱其他的人们。请让这样的爱，成为所有人都看到的见证。奉你的名，我如此祈求。阿们！

Week40—Friday

Morning Prayer

Lord Jesus Christ, in your Word I find everything necessary for salvation. Scripture tells me of my sin and need for a Savior. It tells me that those who believe in you will one day live with you. Dear Lord, give me a greater desire to be in your Word, whether in a Bible class or through personal study. As I study your Word, send your Holy Spirit so that my faith grows stronger day after day. In your name, I pray. Amen.

晨祷

主耶稣基督啊，在你的话语中，我寻得救赎所必须的一切。圣经告诉我我的罪，以及我需要一个救主。它告诉我那些相信你的人有一天将要和你同住。亲爱的主啊，或者是藉着一次圣经学习，又或者藉着我自己的学习，请赐给我极其渴慕的心，沉浸在你的话语中。当我学习你话语的时候，差遣你的圣灵，以至于我的信心可以日复一日的成长健壮。奉你的名我如此祈求。阿们！

试读本

Evening Prayer

O Lord, I have noticed that there are many times in my life when I am hesitant to call upon you for help. Unfortunately, those times are usually when I would rather depend on myself than on you. Forgive me, Lord, for the times when I mistakenly think that I possess the ability to determine my own future. Rather, let me humbly, yet confidently, turn my entire life over to you. In Jesus' name I pray. Amen.

晚祷

主啊，我注意到生命里有太多次，我对向你呼喊寻求帮助犹豫不决。不幸的是，当我宁愿依靠我自己，而不是你的时候，这样的时刻变成惯常。主啊，因为那些我错误地认为我拥有能力来决定自己未来的时刻，请赦免我。请让我谦卑，并拥有信心将我的全部生命转向你。奉耶稣的名我如此祷告。阿们！

Week 40—SaTurday

Morning Prayer

Lord, we live in a world of uncertainty. Terror, war, violence, and injustice are all around us. Fear and apprehension want to grip our hearts and lives. Yet, O Lord, with you there is hope. We know this to be true: you have promised to be with us, to care for us, and to provide for us. We have nothing to fear. Calm our fears and apprehension so that we may rest secure knowing that you will work out everything for your glory and our good. Amen.

晨祷

主啊，我们活在一个充满不确定的世界里。恐怖、战争、暴力和不公全都围绕着我们。恐惧想要牢牢的禁锢我们的心和生命。然而主啊，有你在就有希望。我们知道这是真的，你已经应许与我们同在，照顾我们，供应我们。我们毫无惧怕。恳求你平息我们的恐惧，以至于我们可以在你的保障中歇息，知道你将会为你的荣耀，为我们的益处解决万事。阿们！

Evening Prayer

Dear Lord Jesus, I look forward to the day when you will call me home to live with you in heaven. I wait with eager expectation for heaven, where there is no sickness, sorrow, or pain. I know that in heaven I will live with you forever. Until that day does come, I pray that I use this period of grace you have given me here on earth to share your name with others. Amen.

晚祷

亲爱的主耶稣啊，我期待着你将要召唤我回家，与你同住在天上的那天。我带着渴望和对天堂，就是那没有邪恶、哀伤和痛苦的地方的期许等待着。我知道在天上我要永远与你同活。直到那天确实到来，我祈祷我可以使用你已经赐给我在地上的恩典的时间，与其他人分享你的名。阿们！

试读本

— My **ThoughtS** For **prayerS** —

試讀本

Week 41 — Sunday

Morning Prayer

I rejoiced with those who said to me, “Let us go to the house of the Lord.” This is also my confession, O Savior. Open my mind and heart today to hear what my pastor tells me from your Word. Empower me to live in the light of this message all through the week. Hear me as I pray. Amen.

晨祷

我与那对我说“让我们去主的殿中吧”的人一同欢喜。救主啊，这也是我的认信。今日，请敞开我的思维和心灵，以倾听我的牧师从你话语中要告诉我的一切。请赐给我力量，使我在这一周的每一天，活在这信息的光芒中。请垂听我的祷告。阿们！

Evening Prayer

Lord, you hold the whole world in your hands. If it is your will, bring a settled peace among the nations at war and preserve innocent lives. By this peace and through this preservation, allow your gospel to be preached to many more throughout the world. In the name of the Prince of lasting peace, I pray. Amen.

晚祷

主啊，你将整个世界托在你的手中。如果那是你的旨意，请在那些征战的国家中带来和平，并保守那无辜之人的生命。藉着这样的和平和保护，请允许你的福音在全世界被更多地传讲。奉那带来持久和平的国王之名，我如此祷告。阿们！

Week 41 — Monday

Morning Prayer

“Your Word is a lamp to my feet and a light to my path,” O Savior. Help me today as I walk on a road that is so often uncharted. Let me find my way with the guidance that comes from your Word and your will. If I stumble, lift me up with

your forgiveness and point me again to the end of my walk, my home in heaven. In your name, I ask this. Amen.

晨祷

救主啊，“你的话是我脚前的灯，路上的光。”今天，当我行走在那充满未知的路上时，请你帮助我。请让我因着从你话语和你旨意而来的引领中，寻得我的道路。如果我犹豫不决，请用你赦免的手将我高举，并再次向我指明我路程的重点，我在天上的家乡。奉你的名，我如此祈求。阿们！

Evening Prayer

For those who are elderly, I pray, Lord. For those whose sight has dimmed, whose walk has slowed, whose strength has weakened, hear my prayer. Keep them from bitterness and despair; guard them against self-pity and stubbornness. As you give me opportunity, let them be the objects of my love. In Jesus' name, I pray. Amen.

晚祷

为那些已经年纪老迈之人，主啊，我向你祈求。为那些眼神已然昏花之人，那些行走蹒跚之人，那些力量衰微之人，请垂听我的祷告。请使他们远离苦楚和绝望，请保守他们不至自怜和倔强顽固。当你赐给我机会时，请让他们成为我爱的对象。奉耶稣的名，我如此祈求。阿们！

试读本

Morning Prayer

“Through the law we become conscious of sin.” This you have spoken, O righteous Lord and King. Give me a deep and lasting respect for your law. When my heart fills with pride and self-contentment, strike me down with your unchanging commands. Give me that true sorrow which honestly regrets my sins. Then raise me up with the comforting message of forgiveness in Christ. This is my prayer. Amen.

晨祷

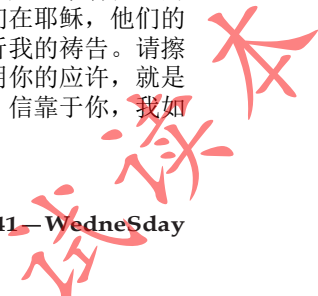
“因为律法本是叫人知罪。”公义的主和君王啊，这是你已经说出的话。请你赐给我对你律法发自内心并持久的尊敬。当我的心充满了骄傲和自满时，请用你不变的诫命击打我。请赐给我真正的哀愁，真心地懊悔我的罪。然后，恳求你用那在基督里赦免的安慰的信息将我再次高举。这是我的祈祷。阿们！

Evening Prayer

I know that in my congregation and in my neighborhood there are many who are closing this day with heavy hearts. Hear my prayer, Lord, as I ask you to bring them comfort and peace in Jesus, their Savior. Dry their tears, and quiet their apprehension. Point them to your promise that in everything you work for the good of those who love you. Trusting in you, I pray. Amen.

晚祷

我知道在我的教会里，在我的邻里间，有很多人是带着沉重的心情结束这一天的时光。当我恳求你带给他们在耶稣，他们的救主里面的安慰和平安时，主啊，恳求你垂听我的祷告。请擦干他们的眼泪，平复他们忧惧。请向他们指明你的应许，就是你藉着万事互相效力，叫那爱你的人得益处。信靠于你，我如此祷告。阿们！



Holy Spirit, let me grow in the grace and knowledge of my Lord Jesus Christ! Fill and expand my mind with concepts and ideas that come from your Word and through your power. Then I will have gained real wisdom and understand the fear of the Lord. Amen.

晨祷

圣灵啊，请让我在我主耶稣基督的恩典和知识上长进吧！请用那来自于你话语并藉着你的能力的观念和主意，充满并蔓布在我的脑海之中吧。那样，我就会得到真实的智慧，并知晓对主的敬畏。阿们！

Evening Prayer

Lord, news stories report the tragedies that are befalling so many children of my country. They are so often neglected, abused, ignored, and forgotten. Protect these children from danger, guard them from all evil people, and lead them to see in your Son, Jesus, their true friend and Savior. In his name, I pray. Amen.

晚祷

主啊，新闻里的故事讲述着那在我的国家中，降临在如此之多的孩子们身上的悲剧。他们总是常常被忽视，被辱骂，不被理会并且被人遗忘。请保护这些孩子们脱离危险，请保护他们远离所有邪恶之人，并请带领他们看见你的儿子，耶稣，他们真正的朋友和救主。奉你的名我如此祷告。阿们！

试读本

Morning Prayer

Lord Jesus Christ, you have brought life and immortality to light through the gospel. I admit there are times when I take your gospel for granted, times when I treat it as common. Forgive this coldness that sometimes conquers my heart. Warm me with your Word so that I may treasure that glorious good news every day. I pray with deepest trust in your promises, O Savior. Amen.

晨祷

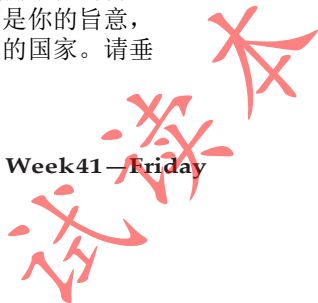
主耶稣基督啊，你已经藉着福音，将不能坏的生命彰显出来。我承认，有很多次我将福音视为理所当然，有很多时候我把它当做寻常之物。请赦免时时占据我心肠的这样的冷漠。请用你的话语使我火热，以至于我可以每一天珍视那满有荣耀的好消息。救主啊，带着对你应许最深切的信靠，我如此祷告。阿们！

Evening Prayer

O Lord, you are the creator of all the beauty and the bounty of our land. But too often our people have abused and misused the abundance of our natural resources. Forgive us for this robbery, and if it is your will, continue to bestow upon us and our nation your richest blessings. Hear me as I pray. Amen.

晚祷

主啊，你是所有美善之事和我们家园里一切丰盛的创造者。但是太多次我们这些人滥用并误用了我们丰富的自然资源。请赦免我们这样的掠夺，并且如果那是你的旨意，请持续地将你丰盛的祝福，给予我们和我们的国家。请垂听我这样的祷告。阿们！



I am trusting you, Lord Jesus, trusting only you. You have invited me to do this and by your grace and with your power this I have done. Keep my sinful flesh from doubt and wondering; keep me from putting my trust in that which changes and decays. Let me lean on you for all things, both spiritual and earthly. Amen.

晨祷

主耶稣啊！我信靠你，单单信靠你。你邀请我信靠你，并且藉着你的恩典和大能，我得以遵行。求你使我的罪身远离疑虑和犹豫，求你不要让我的信心建立在那些必将改变和朽坏的事物上。无论是属灵还是属世的事情，都请你让我全然地依靠你。阿们。

Evening Prayer

I believe your words, O Savior, that you have other sheep, sheep which I do not see because they are in hospitals, prisons, and all kinds of institutions. Protect these forgotten ones, Lord. Remind me of their needs. And keep in your care those who have been called to serve those other sheep with your precious gospel. Amen.

晚祷

救主啊，我相信你的话语，就是你说你有其他的羊，因为他们正在医院中、监狱里和各种情形下，而没有被我看见的羊。主啊！请保护这些被遗忘的人们。请提醒我看到他们的需要。并且，请持续地眷顾那些被呼召来，用你宝贵的福音来服事其他的羊的人们。阿们！

试读本

Morning Prayer

Every good and perfect gift comes from you, Father, and what you give you command to be used and managed according to your will. Forgive me for my frequent mismanagement of your blessings, for my eagerness to keep what you have showered upon me. Let my offerings for the ministry of my church reflect my faith in your commands and promises. For Jesus' sake. Amen.

晨祷

父啊，所有美善和完美的恩赐都来自于你，并且你所赐的你又命令我们去使用它们，按着你的旨意去管理它们。请赦免我，因为我常常滥用你的祝福，因为我想要将你显明于我的据为己有。请让我对我教会事工的奉献，反映出我在你命令和应许之中的信心。因耶稣的缘故祈求。阿们！

Evening Prayer

Thank you, Lord, for another week of your grace, another period of time to prepare for your coming. Turn my thoughts to tomorrow and awaken in me the eager desire to hear your Word and to proclaim your praises. Now give me a quiet and peaceful sleep. These and all my prayers I bring in Jesus' name. Amen.

晚祷

主啊，因着又一周你的恩典，又一段等候你再来的时光，我们感谢你。请让我的思绪聚焦在明天，请唤醒我里面渴望听到你话语，宣扬对你的赞美的心意。现在，请赐给我平静和安稳的睡眠。这些和所有我的祈求，都是奉耶稣之名。阿们！

Morning Prayer

Dear heavenly Father, you have called men and women to serve as teachers in our Lutheran elementary schools. You have created in them a desire to nurture our children in the Word and to prepare our young ones for lives of service in society and in your church. Bless their work this morning as they lead your children in song or fulfill other responsibilities connected with the worship service. Amen.

晨祷

亲爱的天上的父亲啊，你已然呼召了男人和女人，在我们的路德宗教会学校作为教师而服事。你已经使他们心里愿意，在圣道中培育我们的孩子们，并使我们的年青一代，为了在社会和你的教会中服事的生命做好准备。当他们带着你的孩子们唱诗时，或履行其他与敬拜聚会有关的职责时，请祝福他们今晨手中的服事。阿们！

Evening Prayer

Dear Lord, as our Lutheran elementary school teachers prepare for another week of teaching, give them the stamina they need to carry out their teaching and administrative duties. Fill them with love for the eternal souls under their care. Give them wisdom to discipline, skill to teach, insight to deal with parents and children, and trust that their work is not in vain. Amen.

晚祷

亲爱的主啊，当我们的路德宗学校的教师们预备另一周的教学工作时，请赐给他们为了完成他们的教学和管理职责所需要的精力。请使他们充满对在他们的照顾下的永恒灵魂的仁爱。请赐给他们管教的智慧，教导的技能，处理家长和孩子事务的洞悉力，请你使他们相信，他们的工作绝不是徒然的。阿们！

Week 42—

Monday

Dear Lord of the church, may you keep your name holy among us. It would be so easy to judge those around me who teach error if I did not see the roots of that same error in my sinful heart. So I pray, turn false teachers from their errors and restore them to a certain knowledge of your name. And when I am tempted to stray into error, strike me down with your law and lift me up with your love in Christ. Amen.

晨祷

亲爱的教会的主啊，愿你使你的名在我们中间圣洁。如果我不能看到我罪恶的内心里有同样错谬的根源，那么去论断那些围绕着我的教导错谬之人是何等容易之事啊。因此我祈求，请你使假教师转离他们的错误，并使对你宝贵之名那确然的知识在他们那里失而复得。并且，当我被试探偏离正路时，请用你的律法击打我，并因你在基督里的爱将我高举。阿们！

Evening Prayer

Dear Lord, the false teachings of this world twist and pervert a clear understanding of your holy name. They turn your forgiveness into something that must be earned, and in so doing, they keep souls out of heaven. Let your people see

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through the errors of men so that all may know and praise your name. May the glory of your forgiveness shine ever more clearly in our darkened world. Amen.

晚祷

亲爱的主啊，这个世界上错误的教导扭曲并败坏着你圣洁之名清楚的认识。他们将你的赦免曲解成必须赚得的事情，并且在这样的行径中，他们正在使灵魂远离天堂。请让你的子民看穿人的错谬，以至于所有人都可以知道并赞美你的名。愿你赦免的荣耀在我们黑暗的世界中，发出更耀眼的光芒。阿们！

Week 42—TueSday

Morning Prayer

Dear Lord of mercy and grace, may your kingdom come. All power belongs to you in heaven and on earth. How quickly I am tempted to forget that! I am often afraid of powerful people, powerful governments, the powers of nature, and the power that Satan still has at his disposal. Help me overcome these fears by remembering that you tower above all powers and that any authority these other powers possess are theirs only because you have given it to them. Help me this day to rest in your forgiveness and to experience the peace of being a member of your kingdom. Amen.

晨祷

亲爱的怜悯和恩惠的主啊，愿你的国度降临。天上、地下所有的权能都属于你。我是多么快地被诱惑而忘记这一点啊！我常常害怕有权能的人和政府，害怕大自然的能力，惧怕撒旦仍然拥有并可以使用的力量。请帮助我因着铭记你远远超越一切的能力，就胜过这些惧怕，并且我知道，这些能力之所以属于他们，仅仅是因为你将之赋予了他们。今天，请帮助我在你的赦免中安歇，请帮助我经历作为你天国的一员而有的平安。阿们。

Evening Prayer

Dear heavenly Father, how great you are! I praise and thank

you for sending your kingdom to me. Your grace and mercy have surrounded me and kept me safe. May many more people have the same peace I have. Help me be an instrument to make that happen. Amen.

晚祷

亲爱的天上的父亲啊，你真伟大！因你使你的国度降临在我的生命中，我赞美并感谢你。你的恩典和怜悯将我围绕，并且将我保全。愿更多的人们拥有和我一样的平安。请帮助我成为使之实现的器皿。阿们！

Week 42 — WedneSday

Morning Prayer

Dear Lord of the heavenly hosts, may your will be done among us as it is done among them. Your angels are always in your presence. They know you, and they know your glory. They are overjoyed to worship you and do your bidding. Yet we Christians, who are destined for even greater glory than the angels, often fail to give you the honor, praise, and service you deserve. Daily convert our hearts, give us a

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vision of your glory through your Word of pardon and grace, and lead us to serve you in greater measure. Amen.

晨祷

亲爱的天上诸军的主啊，愿你的旨意成就在我们中间，如同它们成就在你的诸军之中。你的天使们总是在你的面前。他们知道你，他们知道你的荣耀。他们欣喜万分地敬拜你，并遵循你的命令。然而我们这些基督徒，那命定要比天使享受更大的荣耀的我们，常常不能按你应得的那样，归荣耀于你、赞美你、服事你。请你日日翻转我们的心肠，藉着你赦免的话语和恩惠，赐给我们你荣耀的异象，并请带领我们用尽全力去服事你。阿们！

Evening Prayer

Dear Lord, thank you for another day of opportunities to serve you. Your will is the salvation of all people. May more and more people come to faith. Enable me to live my life without being centered on myself and filled only with thoughts of my own well-being. Give me a heart for others that yearns for their salvation and is willing to give of myself to that end. Amen.

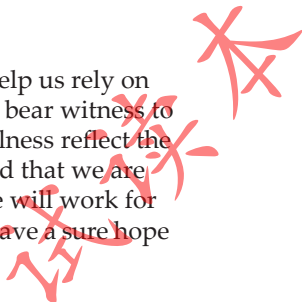
晚祷

亲爱的主啊，为这又一天服事你的机会，我感谢你。你的旨意是愿意万民得救。愿越来越多的人可以相信。请使我能以活出我的生命，却可以不再以自我为中心，并只思虑我自己的益处。请赐给我为别人而活的心肠，为他们的救赎而呼喊，并愿意为了那个目的而献出我自己。阿们！

Week 42—Thursday

Morning Prayer

Dear Lord, give us today our daily bread. Help us rely on you in all things. Open our mouths today to bear witness to your love and faithfulness. May our cheerfulness reflect the fact that you provide us with all we need and that we are confident of the future. Yes, even misfortune will work for our good. May those around us see that we have a sure hope in your promises, now and forever. Amen.



晨祷

亲爱的主啊，我们日用的饮食，今日请赐给我们。请帮我们凡事依靠你。今天，也请你使我们张开口，见证你的爱和信实。愿我们的欢呼反映出你供应我们一切所需的事实，也反映出我们对未来的确信。是的，甚至不幸之事也会给我们带来益处。愿那些我们身边之人看到，我们在你的应许之中有确然的盼望，从今直到永远。阿们！

Evening Prayer

Dear provider of all good things, you have been good to us again. Yes, many of us have experienced losses, setbacks, and perhaps even deprivation. But we continue to open our hands, knowing that you **u satisfy the desires of all** your creatures. Never let us be ashamed **that** we have put our trust in you. Amen.

晚祷

亲爱的所有美好之事的供应者啊，你已再次向我们显示了你的美善，我们中的很多人曾经历过迷失、挫折，并且可能甚至是曾被掠夺。但是我们持续地张开我们的双手，知道你使所有你的造物都随愿满足。请永远不要让我们蒙受羞耻，使我们完全信靠于你。阿们！

Week 42 — Friday

Morning Prayer

Dear Father of glory and power, your believers struggle against all the evil that Satan throws at us. The lusts of the

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flesh, pride, ambition, persecution, and many other ills threaten our faith. But you have told us to ask you for help to overcome the evil schemes of Satan. With your power on our side, we cannot be overcome. You are greater than Satan. Grant us forgiveness and a rich measure of your power as we carry on our struggle in your name. Amen.

晨祷

亲爱的荣耀和权能的父啊，你的信徒们挣扎着抵挡所有撒旦丢向我们的邪恶。肉体的情欲、骄傲、野心、逼迫和很多其它威胁我们信仰的疾病。但是你已经告诉我们，可以向你寻求帮助，以胜过撒旦的邪恶阴谋。有你的权能与我们同在，我们可以得胜。你比撒旦更大。当我们奉你的名继续我们的奋斗时，请赐给我们赦免和你丰盛的能力。阿们！

Evening Prayer

Dear Lord, thank you for your gracious help. If you had turned your face from me for a second and withheld your promise of mercy, I would have been overcome instantly. Thank you for being with me and your entire church on earth. Keep us in the one, true faith in your Son, Jesus Christ. Amen.

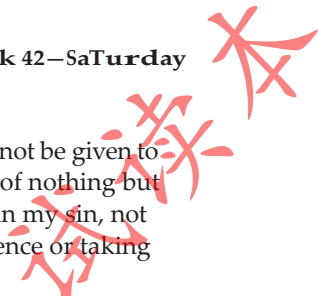
晚祷

亲爱的主啊，因你恩慈的帮助，我们感谢你。如果你有一秒钟转脸不看我，并保留你怜悯的应许不给我，我将立刻就被击败。因你与我同在，与你世上的整个教会同在，我们感谢你。请使我们合而为一，合一在你儿子耶稣基督真正的信心之中。阿们！

Week 42—Saturday

Morning Prayer

Dear Lord, to you be the glory. How can glory not be given to you? Here I was, a rebellious sinner, worthy of nothing but eternal death. I was quite content to remain in my sin, not even listening to the testimony of my conscience or taking



stock of the fact that only a perfect, divine being could have created the world in which I live. Yet you led me to repentance and faith in the work of your Son, Jesus. You made me your child and a member of your kingdom. To you be the glory! Amen.

晨祷

亲爱的主啊，愿荣耀都归于你。荣耀怎能不归于你呢？我是一个悖逆的罪人，只配得到永死。有时我很满足地停留在我的罪中，甚至不愿意倾听我自己良心的见证，不愿意承认只有一位完美的圣者才能创造我所居住的这个世界。但是你仍然引领我悔改，带领我相信你的爱子耶稣的工作。你使我成为你的孩子，成为你的国度中的一员。愿荣耀都归于你！阿们。

Evening Prayer

Dear Lord, another day has passed. I have experienced blessings I did not deserve, and your pardon and peace have been with me. Thank you for enabling me to live for your glory. Forgive my many failings and strengthen me with your gracious mercy in Christ. Amen.

晚祷

亲爱的主啊，又一天过去了。我已然经历了我不配有的祝福，你的赦免和平安都与我同在。感谢你使我能为了你的荣耀而活。求你赦免我很多的失败，求你藉着在基督里丰盛的怜悯坚固我。阿们。

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— My ThoughtS For prayerS —

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Morning Prayer

Lord Jesus, I am going to church to hear your Word so that I can grow in faith toward you as my Savior from sin. Help me concentrate on your message in the readings, the hymns, and the sermon. Then, when I leave my house of worship, please go with me and help me walk in your paths all week. May your Word be on my lips and in my life. Amen.

晨祷

主耶稣啊，我正要前往教会，去倾听你的话语，以至于我可以在对你的确信中，就是相信你是赦免我罪的救主的信心中成长。请帮助我专注在你的信息之上，就是在诵读经文、赞美诗和证道中你的信息上。然后，当我离开敬拜之所时，请与我同行，帮助我一周都行走在你的路径之上。愿你的话语充满我的言语，充满我的生活。阿们！

Evening Prayer

I thank and praise you, loving Spirit, that you have again revealed to me the plan of salvation in worship today. It will lead me to grow in my faith. I still have questions and doubts in my sinful nature, so Holy Spirit, reassure me that nothing in all creation can separate me from your grasp. Illuminate my path, silence my doubts, eliminate my fears. Give me the wisdom from above. In this confidence I fall asleep at ease. Amen.

晚祷

慈爱的圣灵啊，我感谢、赞美你，因你已又一次在今天的敬拜中，向我启明了救恩的计划。这将会带领我在信心中成长。圣灵啊，我仍然有时因罪性而疑问和怀疑，因此请使我消除疑虑，确信所有的受造之物都不能使我与你的爱隔绝。请照亮我的路径，止息我的疑虑，除去我的惧怕。请赐给我从上面而来的智慧。带着如此的确信，我安然入睡。阿们！

Week 43—

Monday

Teach me, good Lord, to serve you this week as you deserve to be served: to give and not count the cost; to fight the good fight of faith and pay no attention to the wounds; to work diligently and not seek for rest; to labor and not ask for any reward except that of knowing that I do your will. As one of your disciples, I long to hear these words when I am called heavenward: "Well done, good and faithful servant!" Amen.

晨祷

美善的主啊，请你教导我在这一周可以如你配得服事那样服事你：使我给予，而不计算得失；使我为信心打那美好的仗，并且不在意任何的伤痛；使我辛勤地做工，并且不贪求歇息；使我劳苦，并且除了知道我所做的是按着你的旨意，而不苛求任何的回报。作为你门徒中的一员，当我被呼召前往天国之时，我渴望听到这样的话语：“做得好，你这又衷心又良善的仆人！”阿们！

Evening Prayer

In your still, quiet voice, O Lord, let me hear your promise to be with me to the very end of the age. Let me know there are other believers in the world, and let me know of your peace that goes beyond human understanding. Amen.

晚祷

主啊，在你安稳宁静的声音中，请让我听到你的应许，就是你在这末世时代与我同在的应许。请让我知晓，世上仍有相信的人们，并且，请让我确知你的平安超越世人所能理解的一切。阿们！

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Morning Prayer

Sometimes, Lord, as I face another week of duties and labors and responsibilities, I want to go right back to bed and stay there. Remind me that every day of my life is made holy by your presence. Enable me, in whatever I do, to do all to your glory and for the welfare of my neighbor. In Jesus' name I pray. Amen.

晨祷

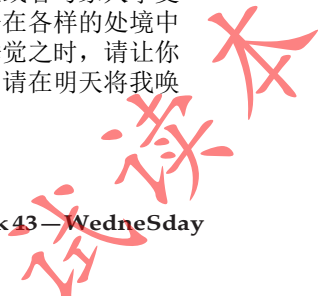
主啊，有时候当我面对又一周的任务、劳碌和职责之时，我只想要一头倒在床上一动不动。恳求你提醒我，我生命中的每一天都因你的同在而圣洁。无论我做什么，都请你使我为你的荣耀而做，为我身边之人的福祉而做。祷告是奉耶稣的名。阿们！

Evening Prayer

God in heaven, you have directed me to meditate on your Word day and night. I thank you for the guidance I found in your Word today. It **directed me at work**, when I spoke on the phone, as I drove through traffic, and while I relaxed with my family. What a difference it makes in all situations. Now, as I sleep, fill my thoughts with your Word. If it is your will, wake me tomorrow to serve you with joy. Amen.

晚祷

高天上的神啊，你已指示我昼夜思想你的话语。因今日我在你话语之中寻得的引领，我感谢你。当我在工作中，在与人通电话的时候，或穿梭在拥挤的人流中，又或者与家人享受轻松的时候，你的话语都指引我。你的话语在各样的处境中给我带来何等的改变啊！现在，当我躺下睡觉之时，请让你的话语充满我的梦乡。如果那是你的旨意，请在明天将我唤醒，并带着喜乐服事你。阿们！



O Lord, blessed are you. You have done so much for me, **lost in transgressions and sin**. I am sin and death; you are life and righteousness. I am the worst evil; you are the greatest good. Because of your suffering for me, I have the victory over evil. My sins cannot outweigh your righteousness. You have made me alive. Now, Lord, let me be your servant every day of my life. Amen.

晨禱

主啊，你配得頌贊。你已经为我这迷失在过犯和罪恶中的做了如此之多。我是有罪的，是必死的；你是永活的，又是公义的。我是最邪恶的；你是最良善的。因为你为我受难，我得以胜过邪恶。我的罪不会重过你的公义。你已经使我活着。如今，主啊，请让我生命中的每一天都作你的仆人。阿们！

Evening Prayer

Almighty God, another day of grace is drawing to a close. I regret the time I have wasted. I wish I could go back and make better use of the time you gave me. But I am also grateful that you have enabled me to accomplish some of the things I wanted to do. So rather than looking back, let me focus

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my thoughts on the things I can accomplish tomorrow. And, as I plan ahead, guide my thoughts so that your will and your plan will always occupy first place in my life. To you I give the glory. Amen.

晚祷

权能的上帝啊，又一个充满恩典的日子行将结束。对那些我浪费的时间我深感后悔。我希望我能够回头再来，并更好地使用你赐给我的时间。但是我也充满感激，因你已经使我完成了一些我想要做的事情。因此，与其回首往事，请让我使我的思想聚焦在明天我能够完成的事情上。并且，当我筹划未来的时候，请引导我的思想，以至于你的旨意和你的计划总是在我的生命中居于首位。我将荣耀都归于你。阿们！

Week 43—Thursday

Morning Prayer

O my Savior, as I consider your goodness to me, I realize that along with it comes a responsibility to assist others in whatever way I can. Do not let me pass by on the other side like the priest and Pharisee did in the parable of the good Samaritan. Open my eyes to see those who need my help. Remind me that when I do it for the least of these, I have done it for you. Amen.

晨祷

我的救主啊，当我思想你对我的美善之时，我意识到这美善，在我所行的各样事情上，都生发出帮助他人的责任来。请不要让我像祭司和法利赛人在好撒玛利亚人的故事中一样冷漠地经过。请使我张开双眼，看到那些需要我帮助之人。请提醒我，当我为这些人中最小的一个而做什么时，都是在为你而做。阿们！

Evening

Christ my Savior, sometimes I feel like Adam and Eve. I long to be close to you. I marvel at your creation. When I think of how wonderful the Garden of Eden must have been originally, free from sin, it makes me look forward even more to sharing

eternity with you in heaven by faith in Jesus. Then Satan comes along and leads me into sin. I come to fear you. I see my unworthiness. I am afraid. Comfort me, Lord, with your forgiveness; let me know over and over again of the promised One who came to be my Savior. Amen.

晚祷

基督我的救主啊，有时候我觉得我像亚当和夏娃一样。我期待着亲近你。我惊讶于你的创造。当我思想伊甸园最初远离罪恶是多么美妙的时候，这使我更加地期待着藉着在耶稣里的信心，与你在天堂里同享永恒的美好。随后，撒旦来到我面前并使我犯罪。我变得惧怕你。我看到我的卑贱。我因此害怕。主啊，请你安慰我，用你的赦免安慰我；请让我一次又一次地确知，将要来到的那一位，是我的救主。阿们！

Week43—Friday

Morning Prayer

Sanctifier, Holy Spirit, as the end of the week comes near, so it seems my patience is near an end. How easily the frustrations of life and relationships can get under my skin. I become short tempered and grouchy. I can snap at coworkers and family. As Jesus was patient with his disciples, no matter how foolish

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their actions may have been, give me the same patience and love toward those I come into contact with today. Let me be a loving spouse, friend, or laborer. Amen.

晨祷

使人成圣的圣灵啊，如同这一周接近尾声一样，我的耐心也弹尽粮绝了。生活上的挫败和人际关系是多么轻易地让我心生厌倦啊。我变得脾气败坏、愤愤不平。以至我会厉声斥责同伴和家人。如同耶稣对门徒们的耐心一样，无论他们的行为是怎样的愚蠢，都请让我有同样的耐心吧，并请你让我去爱那些今天将要接触的人们。请让我做一个有爱的配偶、朋友或职员吧。阿们！

Evening Prayer

God, Father of all, as you enabled the people of Israel to pass safely through the Red Sea and led the wise men to your Son by a guiding star, guide, guard, and protect all who travel this weekend. Be with them in their time away from home and in all the activities they undertake. Send your holy angels to accompany them, that they may return to their homes in peace and safety. In Jesus' name. Amen.

晚祷

上帝，万有之父啊，如你使以色列人安全地穿过红海一样，如你引领博士藉着星星的导引去见你的儿子一样，请你指引、守卫并保护所有在这个星期中外出行旅之人。请在他们远离家人的日子里与他们同在，并在他们所从事的一切事务上与他们同在。请差派你的圣天使陪伴着他们，使他们可以在平安和安全中回到家中。奉耶稣的名，阿们！

Week 43—SaTurday

Morning Prayer

As we enjoy the chance to sleep late this morning, grant to all of us a deeper appreciation for the rest you have promised to give us, O Lord, rest for our souls. Your yoke is easy and your burden is light. Draw us to yourself that we may enter the glorious Sabbath rest that remains for your followers. Especially be with those who are handicapped, in jail, or in a

situation **that is unpleasant at best.** Reassure them of your protection, and give them the ability to deal with their problems. Amen.

晨祷

当我们有机会享受这个晚起的早晨时，主啊，请让我们所有人深深地感激你已经应许赐给我们那灵魂的安息。你的轭是容易的，你的担子是轻省的。请使我们靠近你，以至于我们可以进入那为你的信徒存留的荣耀的安息之中。尤其请与那些残疾的、监牢里的，或处在最令人生厌的情况中的人们同在。请使他们确信你的保护，并赐给他们能力，去面对他们的难处。阿们！

Evening Prayer

Let me reflect for a few moments, precious Leader, on the events of this past week before I sleep. Did I see the blessings you provided, or was I expecting more? Was I thankful, or did I complain? Was I a positive Christian influence on those around me, or was I like Peter before the servant girl? Did I work diligently or lazily? Did I witness boldly or say nothing silently? The answers are some of both and much in the middle. Thank you, Lord, for being with me and forgiving my shortfalls. Use my worship to rededicate myself to you in the morning. Your loving disciple. Amen.

晚祷

宝贵的首领啊，请让我在入睡之前，可以对过去一周的各样事情一一反思片刻。我是否看到你提供的恩典了呢？又或者我曾期待得到更多？我是感恩的，又或者我抱怨了呢？我在周围人的眼中是一个积极的基督徒，又或者我像彼得在那个使女面前一样呢？我曾辛勤的工作还是肆意懒惰呢？我勇敢的作见证了，还是安静地闭口不语呢？**我知道**，两样的答案都有，更多的时候我犹豫在两者之间。主啊，感谢你与我同在，并赦免我的亏欠。请使用我的敬拜，在清晨再次将我自己献给你。你所爱的门徒，向你献上祷告。阿们！

试读本

— My **ThoughtS** For **prayerS** —

試讀本

Morning Prayer

Lord God, throughout the world today people will gather to praise you and hear your Holy Word. Guide the lips of those who proclaim your truth, that they may speak faithfully. Open the ears of all who listen and strengthen them to trust in you and live for the good of your kingdom. Encourage those who are homebound and unable to attend a worship service that your presence abides with them always, in Jesus' name. Amen.

晨祷

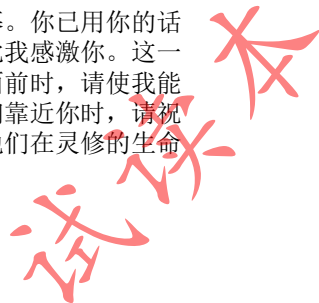
主上帝啊，今天，遍及全世界的人将要聚集起来，赞美你，倾听你的圣言。请引导那些传讲你真理之人的口，使他们可以忠诚地讲论。请打开所有倾听者的耳朵，并使他们得以坚定地信靠你，为你国度的益处而活。请鼓励那些归家之人，和不能参加聚会的人们，**使他们确信**你总是与他们同在，奉耶稣的名。阿们！

Evening Prayer

Another day of your grace draws to a close, my Savior. You have fed me with your Word. You have met all my needs. For this I thank you. As I come to you in daily devotions and prayer this week, enable me to grow in faith and in living for you. Bless Christian families and individuals in their devotional life this week, as you draw them closer to you. Amen.

晚祷

我的救主啊，又一次你恩典的一天拉下帷幕。你已用你的话语喂养我。你已经满足我所有的需要。为此我感谢你。这一周，当我在每天的灵修和祷告之中来到你面前时，请使我能以在信心中成长，并为你而活。当你使他们靠近你时，请祝福基督徒的家庭和单身的基督徒们，保守他们在灵修的生命之中。阿们！



Morning Prayer

Week 44—Monday

We thank you, heavenly Father, for all who serve you in our congregation. **Remain with** all who proclaim your Word in pulpit and classroom. Bless the work of all who serve in your house with the gifts of music, art, and leadership. Lead us to strive together, **with each person working as he or she is able,** to build up your people and labor for your glory, in Jesus' name. Amen.

晨祷

天上的父啊，因那所有在我们教会服事的人们，我们感谢你。请与那在讲台和教室传讲你话语的人同在。请祝福所有在你的教会中用音乐、艺术和带领的恩赐服事的人们。请引导我们一起征战，与每一个同工的弟兄姐妹们，一同建造你的子民，为你的荣耀而工作，奉耶稣的名。阿们！

Evening Prayer

Every good and perfect gift comes from you, O Father of the heavenly lights. I thank you for the opportunities you give me to serve you in every situation where you have placed me

试读本

in this life. Strengthen me to live for you as I carry out my responsibilities toward my family, employer, church, and community. Use me to spread your good news by my words and actions. Amen.

晚祷

天上众光之父啊，各样美善和完美的恩赐都来自于你。因你赐给我服事的机会，就是今生在各样你使我身处的境况中服事的机会，我感谢你。请使我得坚固，以至当我在我的家庭中，在雇主面前，在教会和社区里履行我的职责时，我都可以为你而活。请使用我用我的言行传讲你的好消息。阿们！

Week 44—TueSday

Morning Prayer

In your wisdom, dear Jesus, you have led us to work together with fellow Christians in our congregation and church body. Guide all those who lead in our church and church body so that they may continue to encourage us to serve together for the spread of your kingdom and the glory of your name. Bless us as we serve you on earth while eagerly awaiting the day we will join to praise you in heaven. Amen.

晨祷

亲爱的耶稣，你在你的智慧中，带领我们与教会里的弟兄姐妹们同工。请引导所有那些在我们的教会中作领袖的人们，使他们可以持续地激励我们一同服事，为扩张你的国度并荣耀你的名而服事。当我们殷切等候我们将在天上一同赞美你的那天，并在世上服事你的时候，请你赐下你的祝福。阿们！

Evening Prayer

O Savior, you encourage us, "Let the little children come to me." Strengthen parents as they carry out their mission of leading your children to your side. Bless the efforts of all who teach in our congregations and schools as they assist families in bringing up their children to know you as their Savior and

friend. Lead us to treasure all children as your precious gifts to us. Amen.

晚祷

救主啊，你鼓励我们说：“让小孩子到我面前来。”当父母们履行他们的使命，就是带领你的孩子们到你面前的时候，请你坚固他们的心。当我们教会和学校的教师们帮助每一个家庭，将他们的孩子带你面前并认识你是他们的救主和朋友的时候，请祝福他们的每一份努力。请引导我们，使我们珍视所有的孩子，因为他们都是你给我们宝贵的礼物。阿们！

Week 44 — Wednesday

Morning Prayer

Lord God, you gave us the gift of marriage when you created Eve and brought her to Adam. Enable husbands and wives to follow your will and live as blessings to each other. Lead couples to view marriage as an opportunity to glorify you as they share Christ-like love and serve each other in thanks to you for all your good gifts. Amen.

晨祷

主上帝啊，当你创造了夏娃，并将她带给亚当的时候，你赐给我们婚姻的礼物。请使丈夫和妻子们能以跟从你的旨意，并成为彼此间的祝福。当每一对夫妻互相效仿基督的爱，并在对你赐下的所有礼物的感恩中，彼此服侍时，请引导他们视婚姻为荣耀你名的机会。阿们！

试读本

Evening Prayer

We love, dear Lord, because you first loved us. Lead us to treasure you as our Savior and friend. Help us to show our love for you in the way we treat those around us. Strengthen us to love one another freely and unconditionally, just as you love us. We pray that you use our Christian love to attract the attention of others so that we might share your Word with them. Amen.

晚祷

亲爱的主啊，我们爱，因为你先爱了我们。请带领我们珍惜你作我们的救主和朋友。请帮助我们，在我们对待身边之人的方式上，显示出我们对你的爱来。请坚固我们，使我们自由并无条件地彼此相爱，就如你爱我们那样。我们祈求，愿你使用我们基督徒的爱，吸引其他人的注意，以至于我们可以与他们分享你的话语。阿们！

Week 44 – Thursday

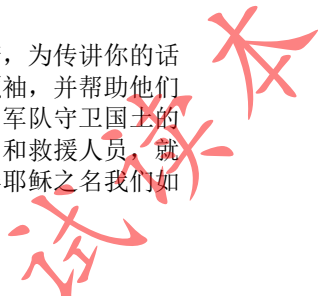
Morning Prayer

O ruler of the universe, you have established our government to provide peace and order for the spreading of your Word. Give our leaders wisdom and bless their decisions for the good of all people. Watch over our nation's armed forces as they defend our country. Keep safe the police, fire, and rescue workers who serve for our protection. In Jesus' name we pray. Amen.

晨祷

宇宙的治理者啊，你已然设立了我们的政府，为传讲你的话语提供和平和秩序。请将智慧赐予我们的领袖，并帮助他们为所有人的益处而做的决定。当我们国家的军队守卫国土的时候，请为他们守望。请保护警察、消防员和救援人员，就是那些为我们的安全而服务之人的平安。奉耶稣之名我们如此祈求。阿们！

Evening Prayer



Dear God, Maker and preserver of this world, you richly provide for our needs through the talents and abilities you give us. We ask your favor on our nation and its economy. Bless those who raise crops and manufacture the products we need, so that they may work faithfully and well with the gifts you have given them. Continue to hold us in your care as we journey through this life to our heavenly home. Amen.

晚祷

亲爱的主啊，这个世界的创造者和维护者，藉着你赐给我们的天赋和能力，你丰厚地供应着我们的所需。我们寻求你帮助我们的国家和她的经济状况。请祝福那些耕种庄稼和制造我们所需产品的人们，使他们可以用你所赐给他们的恩赐，忠诚而优异地工作。当我们行走在今生，那回到天家的旅程中时，请永远将我们托在你看顾的手中。阿们！

Week44—Friday

Morning Prayer

Lord, you remain our refuge and strength, always ready to help those in need. We pray that you comfort all who are hurting

试读本

with the peace and joy that you alone can give. Encourage with your loving care those who are hospitalized. Assure those who are imprisoned that you have won forgiveness and freedom for all people. We commend all who are suffering into your care. Amen.

晨祷

主啊，你为我们存留了庇护和能力，你总是预备好去帮助那有需要之人。我们向你祈求，愿你用唯独你可以赐予的平安和喜乐，安慰那正遭受伤害之人。用你慈爱的眷顾，鼓励那些需要医治之人。使那些正经历牢狱之灾的人们确信，你已经为所有人赢得了赦免和自由。我们把所有在苦难中的人们交托在你的眷顾之中。阿们！

Evening Prayer

Dear Jesus, you cared enough about us to lay down your life for us. This evening we pray for caregivers everywhere. Guide and encourage those who serve in the medical and nursing fields, that they may use their skills with compassionate hearts. Give them patience and wisdom as they selflessly help others with the talents you have given them. We thank you for the gifts you work through them. Amen.

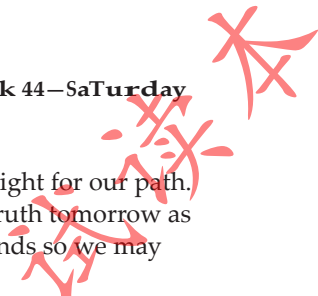
晚祷

亲爱的耶稣啊，你如此完备地眷顾我们，为我们舍去你的生命。这个傍晚，我们为各处正照顾他人的人们祈求。请引导并激励那些正在医疗和看护领域服事的人们，使他们可以带着怜悯之心使用自己的技能。当他们忘我地，用你所赐予他们的天赋帮助其他人的时候，请赐给他们耐心和智慧。因你藉着他们所赐下的祝福，我们感谢你。阿们！

Week 44—Saturday

Morning Prayer

Lord, your Word is a lamp to our feet and a light for our path. Guide and bless those who will share your truth tomorrow as they prepare today. Open our hearts and minds so we may



be eager to hear your message and put it into practice in our lives. Bless musicians and all who serve in worship, that they may use their talents for your glory, in our Savior's name.

Amen.

晨祷

主啊，你的话是我们脚前的灯，路上的光。那些在今天正在为明天所传讲的你的真理做着准备的人们，求你带领并且祝福他们。求你开启我们的心思和意念，让我们迫切想要听到你的信息，并且将其实践在我们的生活中。求你祝福那些将要在敬拜中服事的司琴以及其他所有人，让他们能够使用自己的恩赐来荣耀你。奉我们救主的名，阿们。

Evening Prayer

The ending of another week shows us how quickly time passes and how much closer we are to your return, O judge of all. We thank you that through the price you paid for us, we are ready to meet you. Lead us to look for your return with joyful anticipation of heavenly glory. Enable us to work while it is day so that many more may come to know you as their Savior. Amen.

晚祷

万有的审判者啊！又一周结束了，时间过得飞快，离你再来的日子又更近了一天。我们感谢你，藉着你为我们付上的赎价，我们准备好了再次见到你。求你带领我们，使我们满怀对天上荣耀的喜乐的期待，盼望你的再来。趁着白昼仍在，求你赐我们能力去工作，使更多人可以知道你是他们的救主。阿们。

试读本

— My ThoughtS For prayerS —

試讀本

Week 45—Sunday

Morning Prayer

Lord God, heavenly Father, make this morning a little Easter celebration as we worship our risen and living Savior. Bless the gospel proclamation of faithful pastors everywhere so that the Holy Spirit touches many hearts with the wonderful news of Christ crucified and risen for us. Amen.

晨祷

主上帝，天上的父亲啊，当我们敬拜我们那复活并永活的救主时，请让这个清晨重温复活节的时刻。请祝福各处忠诚的牧者对福音的传讲，以至圣灵用那奇妙的基督为我们在十字架上受死并复活的消息，触摸许多人的心灵。阿们！

Evening Prayer

Dearest Savior, today we once again reviewed your saving work for the world. Thank you for the time we gathered around the gospel this morning. I pray tonight that your glorious resurrection fills Christians everywhere with courage, power, and patience to be your faithful witnesses. Amen.

晚祷

最亲爱的救主啊，今天，我们再一次重温了你对世界救赎的工作。为我们今晨聚集在福音中的时刻向你感恩。我祈祷，今夜你荣耀的复活使各处的基督徒都满得激励、能力和耐心，去作你忠实的见证者。阿们！

Week 45—Monday

Morning Prayer

Lord God, you are the One Eternal. Apart from you there is no god. Yet I confess how often I forget this simple truth. For Jesus' sake, forgive me for all the times I sinned against your majesty by trusting in the temporal things of this life for happiness instead of trusting in you. Make my heart your

home, and let nothing remove you from the throne room of my soul. Amen.

晨祷

主上帝啊，你是永恒的那一位。除你以外再没有别的神。然而我承认，我是如此经常地忘记这简单的真理。因着耶稣的缘故，请赦免我所有犯罪抵挡你威严的时刻，就是因信靠此生带来愉悦的短暂的事物，而不是信靠你而抵挡你的时刻。请使我的心成为你的居所，请保证没有任何的事情，可以让你从我灵魂中你的宝座上离开。阿们！

Evening Prayer

Lord Jesus, your name soothes my troubled soul as I seek rest this night. Your name brings me the comfort of forgiveness. You are Jesus, who saves his people from their sins. Your name brings me courage, for your name causes demons to tremble. Your name brings me hope, for I can call on you in any trouble and you promise to deliver me. This evening let me rest securely, and raise me to a new day. Amen.

晚祷

主耶稣啊，当我今夜寻求安息之时，你的名将安抚我烦躁的心。你的名带给我赦免的安慰。你是耶稣，将他的子民从罪中拯救的那一位。你的名带给我勇气，因为你的名使魔鬼都战栗。你的名带给我希望，因为我能在任何的困难中呼求你的名，并且你应许要拯救我。今夜，请让我安然歇息，并在新的一天里将我唤醒。阿们！

试读本

Morning Prayer

Lord Jesus, I thank you today for the gift of your precious Word. Please touch my heart that I consider every day a day to read and study the Scriptures, for they do indeed make me wise for salvation. Forgive me all the times I made the Scriptures a “Sunday only” activity. Instill in me, my family, and my congregation a joy-filled attitude toward your Third Commandment. Amen.

晨祷

主耶稣啊，因你今日赐下珍贵话语的礼物，我感谢你。请你触摸我的心，使我视每一天都是阅读和学习圣经的一天，因为你的话语确实使我有得救的智慧。每一次我使圣经成为“周日特供”的时刻，都请你赦免。请你将一颗充满喜乐的看待你第三诫命的心态，浇灌在我里面，浇灌在我的家庭和我的教会之中。阿们！

Evening Prayer

Lord God, our Father in heaven, you have established earthly ruling authorities as a blessing for society. Forgive my sins of grumbling against authority, for such complaints are sins that transgress your Fourth Commandment. While I sleep, police officers patrol my community, providing security for people and property. I pray that you keep these and all other officials safe in your care as they serve us. Amen.

晚祷

主上帝啊，我们天上的父，是你已然设立了世上一切治理的权柄，作为赐予社会的祝福。请赦免我口出怨言抵挡权柄的罪，因为这样的抱怨是冒犯你第四条诫命的罪。当我躺下入睡时，警察就在我们的城区中巡视，为民众和财产提供保障。我祈求，愿你保守这些和其他所有官方的服务者，当他们服务我们的时候，请你看顾他们的平安。阿们！

Week 45—

WedneSday

Heavenly Father, awaken me this day to an awe-filled appreciation for life. You have granted me breath and strength to begin a new day. This day is a blessing from your hand, a time of grace to grow in faith towards you and service to my neighbor. Let me see ways to help and be a friend to my neighbor in every bodily need. Amen.

晨祷

天上的父亲啊，请你今天唤醒我，使我活出满有敬畏感激的人生。你已经赐予我气息和力量，开始新的一天。这一天是从你手而来的祝福，是向着你在信心中成长的恩典时刻，是服事我身边之人的恩典时刻。请让我看到各样帮助人的途径，并在任何实际的需要上，作我身边之人的朋友。阿们！

Evening Prayer

Lord Jesus, this evening as I retire, I pray that you fill me with whatever is true, noble, right, pure, and admirable. Let me think about such things. In a world where sexual immorality is not only defended but often even encouraged, help me be a light reflecting your holy will regarding the

試讀本

Sixth Commandment. Forgive my sins, and create in me a pure heart, for Jesus' sake. Amen.

晚祷

主耶稣啊，今夜，当我停下来休息的时候，我祈求你可以用真实、高贵、正直、纯净和尊荣充满我。让我思想这样的事情。在一个淫乱不仅仅是站得住脚，甚至是被鼓励的世界上，请帮助我正确地活出你在第六条诫命中彰显的旨意。请赦免我的罪，并因耶稣的缘故在我里面造一颗清洁的心。阿们！

Week 45—Thursday

Morning Prayer

Lord God, you have graciously endowed me with strength and talents for gainful employment. I pray today that you allow me joy and satisfaction in my vocation. May how I work reflect my thanks to you. Through work you bless me with possessions and property. Move me to recognize all such gifts as gifts from your hand. Amen.

晨祷

主上帝啊，你已经厚赐我可以工作获得收入的能力和天赋。今日，我祈求你使我在我的职位上喜乐并满足。愿我工作的方式可以表明我对你的感谢。正是藉着工作，你赐给我财物和产业的祝福。恳求你感动我意识到所有这些礼物，都是从我手而来的恩赐。阿们！

Evening Prayer

Lord Jesus, how quickly my ears open to evil and my tongue fosters falsehood. I confess that my mind has often slandered another, and my **mouth is quick to allow others insight to that insult.** This past day sins against the Eighth Commandment **were heard** and perhaps repeated. Forgive me, Lord, for my sins against the Eighth Commandment. Grant me your grace to speak only what is helpful for building others up according to their needs. Amen.

晚祷

主耶稣啊，我的耳朵是何等迅速地向邪恶敞开，我的舌头多么

快就滋生了谎言啊！我承认我的思念常常会诋毁他人，我的嘴也总是很快就让其他人也知晓这些毁谤。这刚刚过去的一天里，那抵挡第八条诫命的罪昭然若揭，并且可能重蹈覆辙。主啊，请赦免我，赦免我触犯第八条诫命的罪。请赐给我你的恩典，口中只说出依据其他人的需要而帮助他们得到造就的话来。阿们！

Week45—Friday

Morning Prayer

Lord God, you grant me daily breath as well as daily bread. Yet how often I complain about my lot in life. Whether the weather or my wealth, from my health to my home, my grumbling old Adam finds constant fault. It is then but a small step to be covetous of others. For Jesus' sake drive such lustful desires from my soul. Fill me with your Spirit, that I may rejoice in the good fortune of others. Amen.

晨祷

主上帝啊，你赐给我每日的气息，赐予我日用的饮食。然而我是如此经常地抱怨我生活中所得的份。无论是天气或者财富，从我的健康到我的家，我那抱怨的老亚当总是吹毛求疵。这就离无端地要求他人不远了。因耶稣的缘故，请使这样贪婪的欲望远离我的灵魂。求你用圣灵充满我，使我可以因其他人好的际遇而欢喜快乐。阿们！

Evening Prayer

Lord, you are a jealous God. You demand perfection. You desire my heart as your throne, completely devoid of any

试读本

competition. How can I not confess my imperfections? Over and over again my heart becomes cluttered with people and things that crowd you off the throne in my heart. I worry. I lust. I forget you. How much I need rescue! Point me tonight to the outstretched arms of Jesus. Only in him do I find peace and forgiveness. Amen.

晚祷

主啊，你是一个嫉妒的上帝。你凡事要求完美。你希望我的心成为你的宝座，单单只有你一位作我的主。我如何能够否认我的不完美呢？一次又一次，我的心因那将你从我心中宝座上挤走的人和事，而凌乱不堪。我忧虑，我贪婪，我将你遗忘。我是多么的需要救赎啊！今夜，请向我指明耶稣那张开的臂弯。唯独在他里面我可以找到平安和赦免。阿们！

Week 45—Saturday

Morning Prayer

Lord God, your holy law reflects your good and perfect will for my life. In reviewing your commandments this week, bring me daily to my knees in genuine and continual repentance. Never let me forget the enormity of my sins and my need for Jesus, my Savior from all sin, so that I cherish and treasure him as my dearest and priceless treasure. Amen.

晨祷

主上帝啊，你圣洁的律法显明了你对我的生命那美善和完美的旨意。藉着这一周回顾你的诫命，请每天带我们敬拜那真实的主并不断地悔改。请永不要让我忘记我极恶劣的罪行和对耶稣，对那将我 from 罪中拯救出来的主的需要，以至于我可以珍爱并珍惜他，作我最亲爱的无价至宝。阿们！

Evening Prayer

Heavenly Father, make me eager to gather for worship in the morning, and create in me a pure heart to hear your Word of salvation. Do not take your Holy Spirit from me. Rather, I pray for the gift of the Spirit poured out through the gospel in Word and sacrament. Make worship tomorrow a time

when you renew a steadfast spirit within me. For Jesus' sake restore to me the joy of your salvation. Amen.

晚祷

天上的父亲啊，请你使我渴慕在清晨的时候，聚集在你的敬拜中，并恳求你在我里面创造一颗清洁的心，以倾听你救恩的话语。请不要将你的圣灵从我里面收回。与此相反，我祈求圣灵的恩赐可以借着圣道和圣礼中的福音，厚厚地浇灌下来。请使明天的敬拜成为你在我里面更新坚固我的时刻。因耶稣的缘故，请用你救恩的喜乐使我复兴。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

Eternal Father, you have given me your Word so that I may know with certainty the way to eternal life. By the working of your Holy Spirit through that Word, you show me my sins and the punishment I deserve for them. You cause me to trust that for the sake of Jesus' perfect life and his suffering and death in my place I am completely forgiven. Father, bless my study of your Word this day and every day. Amen.

晨祷

永恒的父亲啊，你已经赐给我你的话语，以至于我可以确实地知晓永恒生命的道路。因着你圣灵藉着话语的工作，你向我显明我的罪和我因为这些罪而配受的惩罚。你使我相信，因着耶稣完美的生命和受苦、受死的缘故，我完全被赦免了。父啊，请祝福我今日和每一天对你话语的学习。阿们！

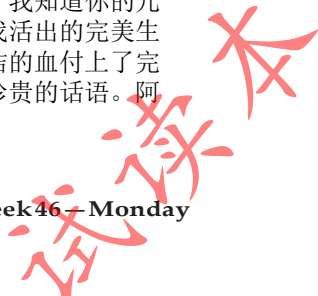
Evening Prayer

Heavenly Father, how richly you have blessed me through your Word! Through it, you have revealed your plan of salvation so that I know your Son has already done all that is necessary for my salvation. He lived the perfect life you demand of me, and he paid the full price for my sins with his holy blood. Praise be to you for giving me your precious Word! Amen.

晚祷

天上的父亲啊，藉着你的圣道，你是如此丰盛地赐福于我。藉着圣道，你已显明了你救恩的计划，以至于我知道你的儿子已然成就了为救我所必须的一切。你要求我活出的完美生命，他活出来了，并且他为了我的罪，用他圣洁的血付上了完全的赎价。愿颂赞归于你，因你赐予我如此珍贵的话语。阿们！

Morning Prayer



Dear Lord, I confess how quickly and easily I rely on my own wisdom and strength when I face problems in my life. As this day begins, help me remember, instead, to always come to you first with all my problems. For, surely, on my own I am neither wise nor strong, but your wisdom and strength are boundless. Amen.

晨祷

亲爱的主啊，我承认当我面对生命中的麻烦时，我是多么快，又多么容易就依靠我自己的智慧和能力。当这一天开始的时候，请帮助我铭记，总是首先将我所有的难题带到你的面前。毫无疑问，靠着我自己我既没有智慧，也毫无能力，但是你的智慧和力量却是无比丰盛的。阿们！

Evening Prayer

Loving Savior, as another day of your grace comes to a close, I thank you for the countless blessings you have given me. You have been with me this day, guiding my footsteps, keeping me safe from harm. Above all else, you have forgiven all my sins, committed not only in my actions

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but also in my thoughts and words. Accept my prayer of thanksgiving and grant me peaceful sleep. Amen.

晚祷

亲爱的救主啊，当满有你恩典的又一天行将结束时，因着你已经赐予我的无法数算的祝福，我感谢你。你今天都与我同在，引导我的脚步，保守我安然远离伤害。更重要的是，你赦免了我所有的罪，不仅赦免我所犯的罪行，也赦免了我所有邪恶的思想和言语。请接纳我感恩的祈祷，并请赐给我平静的睡眠。阿们！

Week 46—TueSday

Morning Prayer

Lord Jesus, as your redeemed child, you call upon me to serve as a faithful witness to all around me of your forgiveness and love. As I carry out my duties this day, enable me to speak and act in such a way that my whole life might serve as a reflection of your love for all sinners. Amen.

晨祷

主耶稣啊，作为你被救赎的孩子，你呼召我，使我作为你赦免和慈爱的忠诚的见证人，服事身边之人。在我履行今日的职责时，请使我的言行可以有如你的样式，使我全部的生命可以作为你对所有罪人之爱的一个写照。阿们！

Evening Prayer

Dear Jesus, what a privilege you give me by calling upon me to share the good news of your salvation with others. Help me be a faithful witness by my actions as well as my words. Give me strength, confidence, and humility as I share the saving message of your love for all people. Amen.

晚祷

亲爱的耶稣啊，你藉着呼召我与他人分享你救恩的好消息，而赐予我的是何等的特权啊！请帮助我藉着我的行为以及言语，作一个忠实的见证人。当我分享你对所有人慈爱的拯救的消息时，请赐给我力量、信心和谦卑的心。阿们！

Morning Prayer

Lord, even though I cannot see the devil with my earthly eyes, you warn me that he is real and that he is a powerful deceiver who relentlessly seeks my spiritual ruin. Help me remember that on my own I am unable to withstand the devil's temptations and lies. As I fight against him this day, give me strength to rely solely on the limitless power of your Word of truth. Amen.

晨祷

主啊，虽然我不能用我的肉眼凡胎看到魔鬼，但你却警告我他是真实的，并且他是一个能力高超的骗子，他努力寻求要消灭我的灵魂。请帮助我记得，靠着我自己我是毫无能力抵挡魔鬼的试探和谎言的。当我今日与魔鬼争斗时，请赐给我力量，唯独依靠你真理的话语那无穷无尽的大能。阿们！

Evening Prayer

Dear Savior, you defeated Satan by your death on the cross and your glorious resurrection. You are the eternal victor, and you share your victory with me. Despite Satan's repeated temptations to doubt your love for me, your Word assures

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me that you love me so much that you died in my place. You've given me full forgiveness and the certainty of eternal life. I praise you for the victory that is mine. Amen.

晚祷

亲爱的救主啊，你藉着在十字架上的死亡和你荣耀的复活而击败了撒旦。你是永恒中的得胜者，并且你将你的胜利与我分享。尽管撒旦总是不断地试探，使我怀疑你的爱，但是你的话语使我确信，你是如此的爱我，以致为我而死。你已经赐给我全然的赦免，和永生的确据。因着这属于我的胜利，我赞美你。阿们！

Week 46—Thursday

Morning Prayer

Lord God, I often mistakenly imagine that I know what is best for me. The truth is that my wisdom is always limited. Only you know all things, including what is really best for me. May I place every aspect of my life into your hands, knowing you will always give me exactly what is best for me as your forgiven and beloved child. Amen.

晨祷

主上帝啊，我总是错误地幻想我知道什么对我而言是最好的。事实是，我的智慧总是极其有限的。唯独你知晓一切，包括什么才是真正对我最好的。愿我将我生命的一切都交托在你的手中，确知你总是会恰如其分地赐给我，赐给你所赦免和亲爱的孩子那上好的礼物。阿们！

Evening Prayer

Dear Lord, the duties, responsibilities, temptations, and problems of the day make me long for rest. This night, grant me rest for my body. But, more important, grant me rest for my soul, knowing that for Jesus' sake, I am at complete peace with you. In him alone, my heart finds spiritual rest from the heavy and wearying burden of my sin. Amen.

晚祷

亲爱的主啊，这一天的任务、职责、试探和麻烦，使我如此

渴望休息。今夜，请你赐给我身体全然的安息。但更重要的是，请赐给我灵魂的安息，知道因着耶稣的缘故，我已经与你完全的和好。唯独在耶稣里面，我的心可以脱离我的罪所带给我的沉重和让人厌烦的重担，找到属灵的安息。阿们！

Week46—Friday

Morning Prayer

Father, it is so easy for me to forget how lovingly you bless me each day. And yet all my blessings—small and great, spiritual as well as earthly—are mine only because you have given them to me by your loving hand. Help me this day to thank you for every gift you have provided, especially for the greatest gift of all, salvation through your Son. Amen.

晨祷

父啊，忘记你是何等慈爱地在每一天祝福我，是如此容易的一件事。然而我所有的福份——无论大小，无论属世的还是属灵的福份——唯独因为你已经藉着那慈爱的双手将它们赐给我，才是归属于我的。今天，请帮助我为每一个你所提供的礼物而感谢你，尤其是感谢你超乎万有的最大的礼物，就是藉着你儿子而来的救恩。阿们！

Evening Prayer

Good Shepherd, you always deal with me gently and lovingly. My sins and rebellions make me worthy only of your wrath

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and punishment. I deserve eternal death in hell. And yet I come to you now for forgiveness solely on the basis of your bitter sufferings and death for me on Calvary. In your gentleness and love, have mercy on me and give me the true peace that only you can give. Amen.

晚祷

美善的牧者啊，你总是以温柔和慈爱待我。我的罪和叛逆，使我只配得到你的烈怒和惩罚。我配得地狱里永恒的死亡。然而如今我来到你面前，寻求那唯独来自于你，借着你的忍受苦楚，并在髑髅地上为我死去而赐下的赦免。在你的温柔和慈爱之中，请施怜悯于我，并赐给我真正的，唯独你可以给我的平安。阿们！

Week 46—Saturday

Morning Prayer

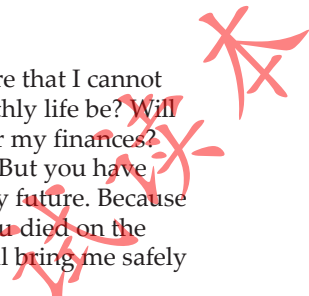
Dear Savior, I have to admit that my priorities are often not the spiritual priorities you tell me to focus on. I focus my attention on earthly goals rather than the goal of heaven. I put my own needs ahead of the needs of others. And I utterly fail to love you above all things. For your sake, forgive me for these and all my sins. Amen.

晨祷

亲爱的救主啊，我必须承认，我认为重要与否的常常不是你告诉我，让我瞩目的属灵里的优先次序。我总是关注在属世的追求上，而不是属天的目标。我将我自己的需要放在其他人的需要之前。我也完全没有能够爱你超过一切。因为你的缘故，请赦免我这些罪，请赦免我所有的罪。阿们！

Evening Prayer

Jesus, there are many things about my future that I cannot know with certainty. How long will my earthly life be? Will there be changes in the state of my health or my finances? You have not revealed these matters to me. But you have revealed the most important thing about my future. Because of the promises in Scripture, I know that you died on the cross to take away my sins and that you will bring me safely



to eternal life in heaven. Knowing with certainty that heaven awaits me, let me fall asleep in peace. Amen.

晚祷

耶稣啊，在我的未来中有很多的事情，是我不能确知的。我在世上的日子有多长久呢？我的健康和经济情况会改变吗？你并没有向我显明这些事情。但是你确实显明了那至为重要的，关于我未来的事情。因为在圣经中的应许，我知道你死在十字架上，拿走了我的罪，并且你会带我安全地进入天上的永生之中。知道天堂确实在等待着我，就请让我在平安中躺下入睡吧。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

God Almighty, you are certainly to be feared above all things. We confess that at times we have been more afraid of others than of you, given others the respect we owe you, and failed to recognize how our sins offend you. Give us instead undivided hearts. We ask this in the name of Jesus Christ. Amen.

晨祷

全能的上帝啊，你当然是超乎万有被敬畏的那一位。我们承认相比于你，很多次我们更惧怕其他的灵，将那本属于你的尊崇给了别的什么偶像，并且未能承认我们的罪是如何地冒犯了。上帝啊，恳求你使我们可以专心敬畏你。我们是奉耶稣基督的名如此祈求。阿们！

Evening Prayer

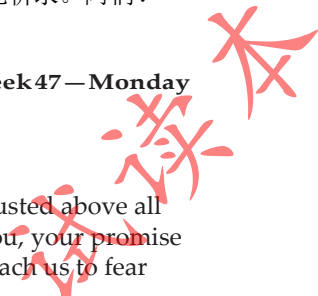
Gracious God, you are certainly worthy of our love above all things. The love you have shown us in creating, saving, and setting us apart as your own is overwhelming. Forgive us for our cold-heartedness toward you. Move us by your love for us to love you in return. In Jesus' name we pray. Amen.

晚祷

满有恩惠的上帝啊，你配得我们超越一切地爱你。你在创造、拯救和使我们分别为圣之中向我们所显明的慈爱是如此的势不可挡。恳求你赦免我们对你冷漠的心。请用你的爱感动我们，使我们能以爱你为回应。奉耶稣的名我们如此祈求。阿们！

Morning Prayer

Faithful Lord God, you are certainly to be trusted above all things. Even when we prove unfaithful to you, your promise of forgiveness in Christ still remains true. Teach us to fear



your faithfulness to your law and to love your faithfulness to your gospel. Inspire in us such trust that we gladly cast our all into your hands. In the name of Jesus Christ. Amen.

晨祷

信实的主上帝啊，你诚然是那超乎万有可以被信靠的。即使当我们对你表现出不忠的时候，你在基督里承诺的赦免仍然是真实的。请教导我们敬畏你信实的律法，并爱你同样信实的福音。请在我们里面启明这样的信靠，使我们欢喜快乐地将我们的一切交托在你的手中。奉耶稣基督之名。阿们！

Evening Prayer

Dear Lord God, Father, Son, and Holy Spirit, we are thankful that you have revealed yourself through the world and in the Word. Forgive us for the times we have misrepresented your saving reputation by using your name to curse and condemn rather than to save and bless. Fill us with zeal to use your name in ways that promote the salvation that you want to reveal to the world. In the name of Jesus. Amen.

晚祷

亲爱的主上帝，父、子、圣灵啊！因你已经在你的话语里，遍及世界地显明了你自己，我们感谢你。那些因我们用你的名来咒诅和谴责，没有用你的名来拯救和祝福，而使你救恩的美名被误解的时刻，愿你可以赦免我们。请使我们满有热情地，在那些有助于救恩传扬，就是你希望向世界显明你自己的方式中使用你的名。奉耶稣的名求，阿们！

试读本

Morning Prayer

How sweet the name of Jesus sounds in a believer's ear! Dear Lord, let this be true about all the names you give yourself. Instill in us complete confidence in you, O Creator. Inspire us to rejoice in our salvation, O Redeemer. Incite in our hearts true faith in you, O Sanctifier. Amen.

晨祷

在信徒的耳中，耶稣的名字听上去是多么的甘甜啊！亲爱的主啊，请让你赋予你自己的所有的名都成为真实。造物主啊，请你在我们里面浇灌下对你完全的信心。救赎主啊！求你启示我们在救恩中欢喜快乐。使我们成圣的主啊！求你在我们的心里激发对你真正的信心。阿们。

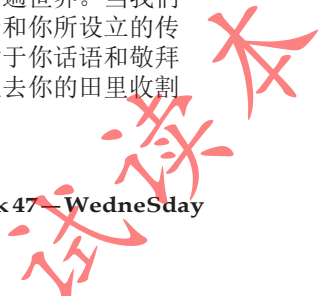
Evening Prayer

Dear Lord Jesus, when you ascended into heaven, you gave your church the commission to take that message to the world through preaching and teaching. How we despise your gospel and the office of preaching that you established when we find excuses to stay away from worship. Forgive us for indifference to Word and worship. We also ask you, the Lord of the church, to send workers into your harvest field. Amen.

晚祷

亲爱的主耶稣，在你升天之时，你将这样的使命赋予给你的教会——藉着宣讲和教导，将福音的信息传遍世界。当我们为远离敬拜而寻找借口时，我们对你的福音和你所设立的传道的职分是何等的轻视啊！求你赦免我们对于你话语和敬拜的冷漠。教会的主啊，我们也求你差遣工人去你的田里收割庄稼。阿们！

Morning Prayer



God in heaven, what a blessing you have given us in your Word! As you work in our hearts through that Word, may it become the sweet honey on which we want to feed our souls every day. May your Word fill our heads and hearts, as we learn to both hear your Word and put it into practice. In Jesus' name we pray. Amen.

晨祷

高天上的神啊，你在你话语中所赐予我们是何等的祝福啊！当你藉着这些话语在我们心中工作时，愿它变得比蜜还甜，我们想要每一天用它来喂养我们的灵魂。当我们学会倾听你的话语，并将之付诸于实践之时，愿你的话语充满我们的心思意念。奉耶稣之名我们如此祈求。阿们！

Evening Prayer

Lord of creation, we live in an age of rebellion and rejection of the authorities you have put into place over us. Instill in parents, pastors, presidents, and **all leaders the world over the proper respect for the offices** they hold as your servants in the world to do good and maintain order. We ask this in the name of him who rules all things. Amen.

晚祷

创造之主啊，我们活在一个对我们身边的权柄，充满了悖逆和反叛的世代。请让全世界的父母、牧师、官员和所有的领袖们，在他们于世上作为你仆人所持守的职分上得到恰如其分的尊重，得以去行美善之事，并维持良好的秩序。我们是奉治理万物的那一位的名祈求。阿们！

试读本

Morning Prayer

Source of life, lead us to see that our lives are that time of grace in which we can come to know you and grow in faith. Fill us with excitement to take your life-giving message to those who are wasting their time of grace in unbelief. Give us a sense of urgency to work while it is day. Set before us opportunities to do good to all people, especially those in the family of believers. Amen.

晨祷

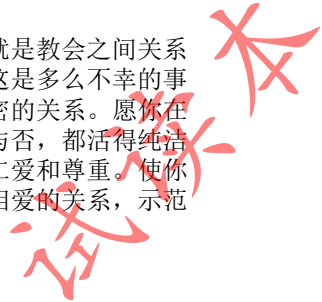
生命之源啊，请引领我们看到，我们的生命是充满恩典的时间，在其中我们能以认识你，并在信心中成长。请让我们充满激情地，将你那赋予生命的信息，带给那些在不信中正浪费着他们恩典时间的人们。请赐给我们紧迫的感觉，趁着白昼做工。请让我们面前充满机遇，向所有的人做那美善之事，尤其是对那些信徒的家人们。阿们！

Evening Prayer

Groom of the church, it is unfortunate that your illustration of marriage as the relationship into which you have entered with your bride, the church, is misunderstood in our world. Our world disparages marriage and makes a mockery of it so frequently. May the love you have shown us in salvation lead us to live in purity and decency whether married or not. Fill spouses the world over with love and honor for one another. Make the relationships of your people models to the world of what it truly means to love you and one another. Amen.

晚祷

教会的新郎啊，你用来形容你和你的新娘，就是教会之间关系的婚姻的画面，在我们的世界上被曲解着。这是多么不幸的事啊。我们的世界轻视婚姻，常常嘲笑这个亲密的关系。愿你在救恩中向我们显明的爱，带领我们无论结婚与否，都活得纯洁和正派。请使全世界的配偶们充满彼此间的仁爱和尊重。使你的子民间的关系，就是将那真的爱你和彼此相爱的关系，示范给这个世界。阿们！



Morning Prayer

Giver of all good gifts, thank you for the abundance of material blessings that you have lavished on us. Teach us true contentment. Fill us with a desire to give generously from our gifts to provide for our families, for those in need, and for the advancement of your kingdom. Spare us from making our money our god. Have mercy on us, Lord! Amen.

晨祷

所有美好恩赐的给予者啊，感谢你丰富的物质方面的祝福慷慨地赐予我。求你教我真正的满足。请使我们满有渴望地，慷慨地将我们所得的恩赐，供应给我们的家人，帮助那些在需要中的人们，并为你国度的扩展奉献。请使我们避免将金钱当作我们的上帝。主啊，请你怜悯我们。阿们！

Evening Prayer

O Lord, how precious is a good name! Unfortunately our selfish pride would often put down our neighbors in order to raise up our own reputations. Gossip falls from our lips as

试读本

easily as our ears accept the praise of others. Thank you, Lord, for dying for this sin of ours too. Strengthen us so that we might speak well of our neighbors, defend them, and take what they do and say in the kindest possible way. Amen.

晚祷

主啊，一个好的名字是多么的宝贵啊！不幸的是，我们自私的骄傲总是让我们贬低我们的邻舍，为的是粉饰我们自己的名声。当我们的耳朵得到别人的赞美时，我们的嘴却如此轻易地说出闲言碎语。主啊，感谢你，因为你为我们这样的罪而死。恳求你坚固我们，使我们可以说我们邻舍的好话，保护他们的名声，并且能以最善意的方式去理解他们的言行。阿们！

Week 47—Saturday

Morning Prayer

Desire of nations, what could we ask for in heaven or earth other than the riches of your grace? Yet our hearts so often desire the lesser gifts of creation rather than the greater gifts of your kingdom. Cleanse us with your atoning blood, dear Lord. Bring us a sense of contentment that sees the good of others and rejoices in their abundance. In the name of Jesus, we pray. Amen.

晨祷

万国所羡慕的那位，除了你丰盛的怜悯，在天上和地上还有什么是我们寻求的呢？然而我们的心总是恋慕受造的次要的赐予，而不是你国度那更伟大的恩赐。亲爱的主啊，请你赎罪的血洗净我们。请让我们有满足的心，让我们可以为其他人的益处和他们的丰盛而欢欣。奉耶稣的名我们如此祈求。阿们！

Evening Prayer

Lord God, oh how your people desire to please you, but how inept we are! Yet when you see us, you see Jesus Christ, our Savior. The righteousness that he earned by his perfect life has been credited to our account. As we conclude our prayers, we

ask that you would remember our sins no more and instead place before your eyes the perfect life and innocent death of your Son, our Savior Jesus Christ. Amen.

晚祷

主上帝啊，你的子民何等渴望蒙你的喜悦啊，但是我们又是何等笨拙啊！然而，当你看到我们的时候，你看到的是耶稣基督，我们的救主。他用他完美生命所得来的公义，已经算为我们的义了。当我们结束我们祈求的事后，我们恳求，愿你不再纪念我们的罪，并代之以你的儿子，我们救主耶稣基督完美的生命和无辜的死亡。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

Our Father in heaven, you are holy, and we are all sinful. Not one of us deserves to approach your glorious presence. Yet in your grace you promised and gave your only-begotten Son, Jesus Christ, who redeemed us from sin and condemnation. What a joyful privilege we believers have! You tenderly invite us to pray as your dear children. Bless our worship today in Jesus' name. Amen.

晨祷

我们在天上的父啊，你是至圣的，而我们都是有罪的。我们中没有任何一个人配得接近你荣耀的存在。然而，在你的恩典中，你应许并赐下你独一受生的儿子耶稣基督，将我们从罪和审判中赎买出来。我们这些信徒所拥有的是何等的特权啊！你柔和地邀请我们作为你所亲爱的孩子而祷告。恳求你祝福我们今日奉耶稣之名的敬拜。阿们！

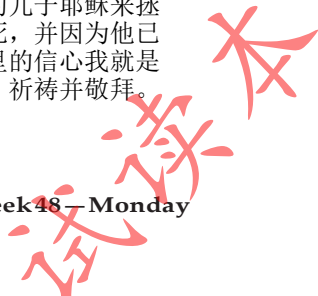
Evening Prayer

Dear Father in heaven, I am unworthy to be called your child. But your gospel proclaims your love for sinners. You sent your only-begotten Son, Jesus, to save me. He lived a perfect life for me, died in my place, and was raised because he had won my forgiveness. Help me live, pray, and worship with the confidence that I am your child by faith in Christ Jesus. Amen.

晚祷

亲爱的天上的父啊，我不配被称作你的孩子。但是你的福音宣告了你对罪人们的爱。你差派你独一受生的儿子耶稣来拯救我。他为我活出了完美的生命，也为我而死，并因为他已经为我赢得了赦免而复活。因着在耶稣基督里的信心我就是你的孩子，恳求你让我带着这样的确信生活、祈祷并敬拜。阿们！

Morning Prayer



Hallowed be your name, dear Father. May your saving Word be taught correctly and purely. May we, as your grateful, redeemed children, lead holy lives according to your Word. Bless us for this, dear Father. But may we never teach or live contrary to your Word. May we never profane your name. Preserve us from sin, heavenly Father, in Jesus' name. Amen.

晨祷

亲爱的父啊，愿人都尊你的名为圣。愿你救恩的话语被正确和纯净地教导。愿我们这些作为你满怀感激并被救赎的孩子们，按着你的话语活出圣洁的生命来。亲爱的父啊，请赐予我们这样的福份。又愿我们永远都不偏离你的话语和教导，我们的生活也不抵挡你的真道。愿我们永不亵渎你的名。天上的父亲啊，请保守我们远离罪。奉耶稣的名求。阿们！

Evening Prayer

I confess that I have not perfectly kept your name holy, dear Father in heaven. I have not lived a holy life according to your Word. Yet I know that with you there is forgiveness. I plead only the merits and death of Jesus, my Savior. Help me love your Word more each day. Keep me faithful until you receive me into your heavenly kingdom. Amen.

晚祷

亲爱的天上的父啊，我承认我没有完美地尊你的名为圣。我没有按着你的话语活出圣洁的生命。然而我知道，在你有赦免之恩。我唯独靠着耶稣，我救主的功德和受死而祈求。请帮助我每一天更加地爱你的话语。请为我持守忠诚，知道你接我回到你天上国度的日子。阿们！

试读本

Morning Prayer

Your kingdom come. Dear heavenly Father, send your Holy Spirit so that by your grace we believe your Holy Word. You have declared us forgiven of sin and free of eternal punishment, because of the perfect life and redeeming death of Jesus, our substitute. Empower us, your children, so that by your grace we lead godly lives now, by faith in your promises, and finally arrive in heaven. Hear us for Jesus' sake. Amen.

晨祷

愿你的国降临。亲爱的天上的父啊，请差派你的圣灵，以至于藉着你的恩典，我们可以相信你的圣言。你已经宣告了我们罪的赦免，我们已经脱离永恒的审判，因为那作为我们替罪羔羊的耶稣完美的生命和救赎之死。请赐给我们，赐给你的孩子们以力量，使得藉着你的恩典，引导我们活出一个敬虔的生命，并藉着相信你的应许，最终抵达天堂。因耶稣的缘故请垂听我们的祈求。阿们！

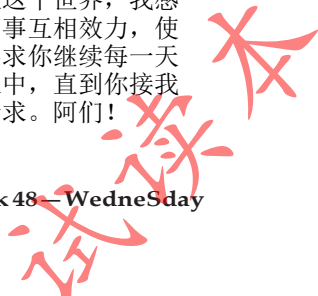
Evening Prayer

I thank you, dear Lord, for ruling this world in the interests of your church. I know that you are ruling my life so that everything works out for my eternal good. Continue to rule in my heart each day, as I hear and trust your Word. Keep me in saving faith until you take me to my home with you in heaven. In Jesus' name I pray. Amen.

晚祷

亲爱的主啊，因你为了你教会的益处而治理这个世界，我感谢你。我知道你治理着我的生命，以至于万事互相效力，使我得益处。当我听到并信靠你的话语时，恳求你继续每一天在我的心中掌权。请保守我在得救的信心之中，直到你接我回家与你同在的日子。奉耶稣的名我如此祈求。阿们！

Morning Prayer



Your will be done on earth as in heaven. O triune God, may your good and gracious will be done among us and in our lives. Break and defeat every evil plan of the devil, this world, and our own sinful flesh. Strengthen and preserve our faith by your Word. Keep us faithful to the end, trusting our Lord and Savior Jesus Christ. Amen.

晨祷

愿你的旨意行在地上如同行在天上。三位一体的上帝啊，愿你的美善和恩慈的旨意在我们当中并在我们的生命中得以成就。请你破坏并击退每一个来自魔鬼、这个世界和我们自己罪性的邪恶计划。请藉着你的话语坚固我们的信心，保守我们的信心。请使我们至死忠心，信靠我们的主和救主耶稣基督。阿们！

Evening Prayer

At the end of another day, I praise you, Lord, for your grace and protection. I repent of the sins I committed today. Forgive the sins that trouble my conscience, as well as my hidden faults. Grant me rest of body and soul this night. Keep the devil far from me. Send your holy angels to protect me and my loved ones. I pray in Jesus' name. Amen.

晚祷

在又一个行将结束的日子里，主啊，因你的恩惠和保护，我赞美你。我为我今日所犯的罪而懊悔。请赦免那些困扰我良心的罪愆，请赦免我隐而未现的过犯。恳求你今夜赐予我灵魂和身体的安息。请使魔鬼远离我。请差派你的圣天使来保护我和我所爱之人。我是奉耶稣的名祈求。阿们！

试读本

Morning Prayer

Give us each day our daily bread. Dear heavenly Father, you did not spare your own Son but gave him up for us all. How will you not also, along with him, graciously give us all things? Teach us to receive our daily provisions with thanksgiving. Thank you for providing food and drink, clothing and shoes, house and home, spouse and children, peace, health, friends, and all our needs. Amen.

晨祷

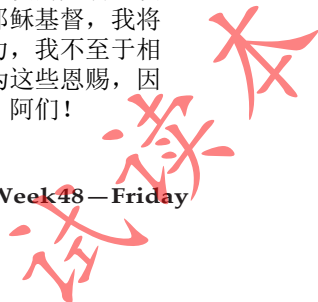
我们日用的饮食，今日赐给我们。亲爱的天上的父啊，你既然未曾爱惜自己的儿子，而是将他赐给了我们所有人。岂不也把万物和他一同白白地赐给我们吗？请教导我们，带着感恩的心领受每日的供应。感谢你供应了食物和饮水，衣服和鞋子，房屋和家庭，配偶和孩子，感谢你供应着和平、健康、朋友和所有我们的需用。阿们！

Evening Prayer

Thank you for providing for all my needs of body and soul. Without your grace, dear Father, I would have no Savior. Without my Savior Jesus Christ, I would be eternally lost. Without the Holy Spirit's power in the Word, I would have no faith and no place in heaven. Thank you for these gifts, O triune God, and for providing for all my earthly needs. Amen.

晚祷

感谢你供应着我们身体和灵魂所有的需用。亲爱的父啊，没有你的恩典，我将失去救主。没有我的救主耶稣基督，我将在永恒的迷失之中。没有圣灵在话语中的能力，我不至于相信，也进不了天堂。三位一体的上帝啊，因为这些恩赐，因为我们属世需要的每一天的供应，我感谢你。阿们！



Forgive us our sins, as we forgive those who sin against us. Do not look at our sins, dear Father in heaven. Do not refuse to hear us, though we are not worthy to have you hear. We daily sin much and deserve nothing but punishment. Yet Christ lived and died for us, and in his resurrection you declared us forgiven. Help us forgive others as you have forgiven us. Amen.

晨禱

免我們的罪，如同我們免了人的罪。親愛的天上的父啊，請不要糾察我們的罪。雖然我们不配得求你垂聽，但請不要不聽我們的聲音。我們每日罪惡甚多，除了審判，我们不配得到任何結局。然而耶穌為我們活，為我們死了，在他的復活中你已宣告了我們的赦免。懇求你幫助我們原諒其他人，就像你已經原諒我們那樣。阿們！

Evening Prayer

I thank you for your forgiveness, dear Lord, at the end of another day. May I never be like the unmerciful servant, who was forgiven much but then refused to forgive his fellow servant in a small matter. May I never go to sleep while

試讀本

holding a grudge, refusing to forgive my neighbor. Enable me to forgive as I have been forgiven—freely, mercifully, lovingly, for Jesus' sake. Amen.

晚祷

亲爱的主啊，因你的赦免，在这又一天结束的时候，我感谢你。愿我永远都不至于像那毫无怜悯之心的仆人，就是被免了很多的债，却拒绝在很小的事情上原谅他的同伴的那个人。愿我们永不带着怀恨之心入睡，拒绝原谅我们身边之人。当我们白白地，满有恩惠和慈爱地，因着耶稣的缘故而得到赦免时，请给我们力量能以原谅他人。阿们！

Week 48—SaTurday

Morning Prayer

Lead us not into temptation, but deliver us from evil. Guard and keep us, dear heavenly Father, so that the devil, this world, and our own sinful flesh do not deceive us into false beliefs or incite us to sin. Deliver us from every evil of body and soul. Preserve saving faith by your gospel. Cause your believing children to produce fruit to your glory. Amen.

晨祷

求你不叫我们遇见试探，救我们脱离凶恶！亲爱的天父啊，求你看顾保守我们，以至于魔鬼、这个世界和我们自己的罪性都不能用虚假的信心欺骗我们，或者怂恿我们犯罪。请将我们从身体和灵魂所有的邪恶中救赎。请用你的福音保守那得救的信心。请使相信你的孩子为你的荣耀结出果实来。阿们！

Evening Prayer

The kingdom, the power, and the glory are yours, now and forever. I praise you, heavenly Father, for your ruling power and everlasting glory. Thank you for forgiving my sins in Christ. I look forward to the day when you will take me to my heavenly rest. I know that you hear and answer all my prayers because of your promise in my mediator, Jesus Christ. Amen, amen; that is, yes, yes, it shall be so. Amen.

晚祷

国度、权柄、荣耀都是你的，从今时直到永远。天上的父亲啊，我赞美你，因你权能的治理和永远的荣耀。因你在基督里赦免我的罪，我感谢你。我期盼着你来接我回到天上安息之中的日子。因着你在我的中保、耶稣基督中的承诺，我知道你垂听并回应我所有的祷告。阿们，阿们！是的，是的，必要如此成就。阿们！

— My ThoughtS For prayers —

试读本

Morning Prayer

Lord God, my Maker and preserver, I thank you for bringing me to the beginning of another week in your world. Your divine order still stands as you uphold all things by your powerful Word. Train my eyes to see the many blessings you have given me. Teach my lips to sing your praise and my heart to rejoice in your faithful love. Through Jesus Christ, your Son, I pray. Amen.

晨祷

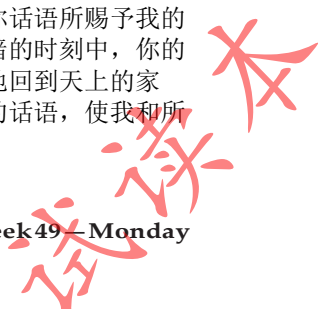
主上帝啊，保护我并供应我的那一位，因你带我在你的世界上开始这又一周的生活，我感谢你。你神圣的命令仍旧藉着你大能的话语托住万有。请操练我们的眼睛，使我们看得见你已经赐给我们的许多祝福。请教导我们的嘴，在你信实之爱中，高唱对你的赞美和我们心中的欢欣。藉着耶稣基督你的儿子我如此祈求。阿们！

Evening Prayer

Dear Father, this evening I thank you for the spiritual rest you have given me today through your Word. Through the darkest times in this sinful world, your Word remains a light for my feet to guide me safely home to heaven. In your mercy preserve your Word among your people, keeping me and all believers faithful to it. Amen.

晚祷

亲爱的父亲啊，这个夜晚，因为你今日藉着你话语所赐予我的属灵的安息，我感谢你。在这个世界上最黑暗的时刻中，你的话语为我的脚留存了一缕亮光，引导我安全地回到天上的家中。因着你的怜悯，请在你的子民中存留你的话语，使我和所有信徒忠诚于它。阿们！



Dear God, the strength of your people, strengthen me to accomplish the work you have set before me this week. Remind me of how your Son left the glory of heaven to work salvation for us and of how you also are working this very hour, guiding and directing all things. Help me work as one working for your glory, not my own, that people may see the gospel light shining in my life. In Jesus' name I pray. Amen.

晨祷

亲爱的上帝啊，你子民的力量所在，请坚固我完成这一周你已放置在我面前的工作。请提醒我记得，你的儿子如何高举天上的荣光，为我们做成了救恩，记得你又是如何此时此刻就在做工，引领并统管万事。请帮助我为了你的荣耀而工作，而不是为了我自己，以至于人们看到福音的光芒闪耀在我的生命中。奉耶稣的名我如此祈求。阿们！

Evening Prayer

Heavenly Father, this evening I thank you for the gift of work, for it is an opportunity to use my God-given abilities to your glory and for the good of my neighbor. Give employment, in your wisdom, to those who have recently lost their jobs and

试读本

those who have been searching for some time, that they too may work with thankful hearts. Through Jesus Christ I pray. Amen.

晚祷

天上的父亲啊，因为工作的恩赐，因为使用上帝所赐予的能力正是荣耀你名并谋求我邻舍的益处的机会，今夜我献上感激。请用你的智慧，赐予那些近期失业的人以工作，赐予那些已经寻找工作有段时间的人们一个合适的岗位，使他们也可以带着感恩的心做工。因着耶稣我如此祈求。阿们！

Week 49—TueSday

Morning Prayer

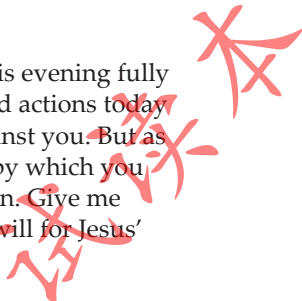
Almighty God, how great is your faithfulness! You do not treat us as our sins deserve or withdraw your goodness from us when we fall. The sun still rises, the rains still come, and you come through your Word to comfort us with the knowledge of forgiveness in Jesus. As you have been so patient with me, teach me to be patient with others, showing them the same love that your Son has shown to me. Amen.

晨祷

权能的上帝啊，你的信实何其伟大！你没有按着我们罪有应得的报应我们，没有在我们跌倒的时候从我们收回你的美善。太阳照常升起，雨水仍旧降下，而你藉着你的话语，用在耶稣里的赦免来安慰我们。如同你对我如此忍耐一样，请教导我对其他人忍耐，向他们显明你的儿子已经让我看到的同样的爱。阿们！

Evening Prayer

Dear Father in heaven, I come before you this evening fully aware that many of my thoughts, words, and actions today did not honor you. Again I have sinned against you. But as I close my eyes, remind me of my baptism, by which you forgave my sins and claimed me as your own. Give me strength to rise tomorrow eager to do your will for Jesus' sake. Amen.



晚祷

亲爱的天上的父亲啊，今夜我来到你的面前，完全地承认，今日我许多的想法、话语和行为，没有为你带来尊荣。我再一次地犯罪抵挡你。但是当我合上双眼时，求你使我想起来我的洗礼，藉着洗礼你已经赦免我的罪，使我归属于你。恳求你赐给我力量，明日醒来，并渴望为耶稣的缘故按照你的旨意而行。阿们！

Week 49—Wednesday

Morning Prayer

O God, you deal so honestly with us in your Word, showing us the reality of our sins but also showing us the reality of the blessings our Savior brings. Teach me to be honest with others. Seal my lips against gossip and backbiting. If I promise to do something, help me to do it; if I commit myself to a task, may your Spirit help me accomplish it faithfully, that my dedication may be a reflection of your dedication. Amen.

晨祷

上主啊，你在你的话语中如此公正地待我们，显明我们罪恶的现实，并向我们显明了救主所带来祝福的真相。请教导我对别人真诚。请让我的嘴不说闲言，不背后中伤。如果我承诺要做什么事情，请帮助我实现它；如果我承担了什么任务，愿你的灵帮助我忠心地完成它，愿我的尽心尽力可以反映出你为我们献上的牺牲。阿们！

试读本

Evening Prayer

O faithful Lord God, you provide all we need for our bodies and lives. As I take inventory of your goodness to me today, I see that once again you have fed me, clothed me, guarded me, guided me, and even provided many things for my enjoyment. Knowing that I deserve none of these because of my sins causes me to marvel all the more at your grace. Out of gratitude, let me rise to live to your glory tomorrow, the next day, and forever. Through Jesus Christ I pray. Amen.

晚祷

信实的主上帝啊，你为我们的身体和生活供应着所有的需用。当我今日数算你给我的益处时，我看到你又一次地使我饱足、赐我衣物，为我守卫，作我引领，并且甚至供应很多的事物供我享受。因为我的罪我不配得到任何这些礼物，知道这点让我更加惊叹于你所赐的恩典。出于感激，请让我明天，后天，甚至在永恒中再次醒来，都可以为你的荣耀而活。藉着耶稣基督我如此祈求。阿们！

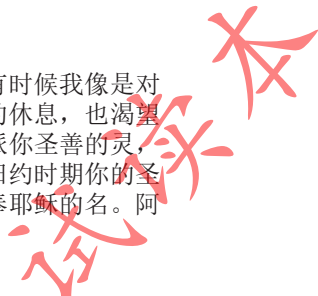
Week 49—Thursday

Morning Prayer

Dear Lord, at times I grow tired of working. Sometimes I seem to grow tired of life itself, and I find myself longing both for rest in this world and eternal rest with you in heaven. Send me your Holy Spirit, O Lord, that I may persevere on the path you have laid out for me, faithfully running the race as did your saints of old. I ask this for Jesus' sake. Amen.

晨祷

亲爱的主啊，有时候我感到对工作的疲倦。有时候我像是对生命也厌倦了，我发现自己渴望着在这世上的休息，也渴望那与你同在的天上永恒的安息。主啊，请差派你圣善的灵，使我可以坚持走在你为我铺设的路径上，如旧约时期你的圣徒那样，忠心地跑当跑的路。这样的祈求是奉耶稣的名。阿们！



Evening Prayer

Thank you, Lord, for sustaining our bodies with your daily gift of food and for sustaining our souls with even greater food—the true Bread of Life, who came down from heaven. Grant me, in your mercy, a quiet night of rest, that I may rise tomorrow to let my light shine in a sin-darkened world. In Jesus' name I pray. Amen.

晚祷

主啊，感谢你，因你用你每日所赐的饮食供应我们身体的需要，用更美好的粮食——真正的从天上降下来生命的粮食——供应我们灵魂所需。因着你的怜悯，请赐给我安静歇息的夜晚，使我可以在明日起来，使你的光借着光照在一个被罪的黑暗笼罩的世界中。奉耶稣的名我如此祈求。阿们！

Week 49 — Friday

Morning Prayer

Lord God, you feed the birds of the air and clothe the lilies of the field. Even the atom moves under your watchful eye. Teach me, your child, to be faithful even with little things.

试读本

Help me be a good steward, making the most of all the opportunities you give me to glorify your name. Through Jesus Christ I pray. Amen.

晨祷

主上帝啊，你养育空中的鸟，为谷中的百合花穿上衣裳。甚至最小的原子也在你照管的眼中移动。作为你的孩子，请教导我在那小事上也可以忠心。请帮助我作一个好的管家，尽最大努力使用所有你赐给我的时机来荣耀你的名。祷告是奉耶稣基督的名。阿们！

Evening Prayer

Almighty God, you rested from your creating work on the seventh day and found joy in all you had made. Thank you for all the opportunities you have given me to rest from my work and for opportunities to find satisfaction in projects brought to completion. Now grant me, I pray, a blessed night of rest. Amen.

晚祷

全能的上帝啊，在第七天你停下了手中创造的工作，并在你所造的一切上得到喜乐。因着所有你赐给我的，从我的工作中得安息的机会，和在将要完成的项目中得到满足的机会，我感谢你。如今，我祈求你赐予我一个蒙祝福得安歇的夜晚。阿们！

Week 49—SaTurday

Morning Prayer

O Lord, what a precious gift you have given us in the gift of time. With the weekend now upon us, help us so we do not waste this precious gift on selfish or meaningless activities. Rather, help us use our free time to live to your glory and to the benefit of our neighbors. Hear me for Jesus' sake. Amen.

晨祷

主啊，你在时间这份馈赠中所赐予我们的礼物是何等的宝贵啊！现在周末来到我们面前，请帮助我们，使我们不至将这宝贵的时间浪费在自私或毫无意义的活动中。相反，请帮助

我们使用我们这自由的时间来活出你的荣耀，并成为我们邻舍的益处。请因耶稣的缘故垂听这祷告。阿们！

Evening Prayer

Holy Lord God, you sit in heaven enthroned between the cherubim. Thousands of angels do whatever you command. I thank you for sending your heavenly servants to minister to me as I journey toward heaven. May your angels always watch over me and the ones I love, in keeping with your promise to protect us. In my dear Savior's name, I pray. Amen.

晚祷

圣洁的主上帝啊，你坐在天上二基路伯间的宝座之上。无以计数的天使们去行事你所命定之事。因你差派你天上的使者，在我通往天堂的旅程中服事我，我感谢你。愿你的天使们可以总是为我守望，为我所爱之人守望，持守着你要保护我们的诺言。奉我亲爱的救主之名祈求。阿们！

— My Thoughts For prayers —

试读本

Morning Prayer

Dear Father in heaven, you have brought us to a new week in our lives. Enable us through the Holy Spirit to dedicate our worship, our work, our play, our very lives to you. Responding to the love you have shown us, help us seize every opportunity that arises to show Christ-like love to our families, our friends, our coworkers, and our neighbors. Amen.

晨祷

亲爱的在天上的父啊，你已经为我们开始了生命中这新的一周。请使我们能藉着圣灵，献上我们的敬拜，我们的工作，我们的休闲娱乐，献上我们全部的生命给你。作为对你已经显明给我们的爱的回应，请帮助我们抓住每一个时机，就是那些出现在我们面前可以对我们的家人、朋友、同事和我们的邻舍，展现出基督般的爱的机会。阿们！

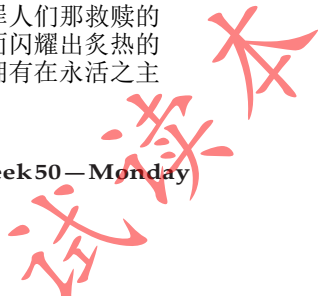
Evening Prayer

May the seed that was sown in our worship today take firm root and grow and develop in our hearts until they are entirely yours. May we always rejoice at the good news of the salvation that you, O Lord, have provided for us poor sinners. May your Word spark a fiery flame of faith within us that indicates to all those we know that we have a living faith in a living Lord. Amen.

晚祷

愿今日我们敬拜中所撒播的种子，可以牢牢的扎下根来，并在我们的心中成长和蔓延，直到它们全部归属于你。愿我们总是因你，我们的主已经赐予我们这可怜的罪人们那救赎的好消息，而快乐欢欣。愿你的话语在我们里面闪耀出炙热的信心之火，向所有我们知道的人显明，我们拥有在永活之主那里活泼的信心。阿们！

Morning Prayer



Today, O Lord, we begin another week of activities—at home, in school, in the places where we earn our living. Be always present with us, that no matter who we are or what we do, our lives might shine forth as reflected lights of the light we have found in you, that all we do may cause others to glorify and praise your name. Amen.

晨祷

主啊，今天我们要在家、在学校、在我们谋生的地方开始又一周的生活。请总是与我们同在，无论我们是谁或做什么，使我们的生命可以将已经从你那里得到的光芒闪耀出来，使我们所有行为可以让其他人归荣耀于你，赞美你的名。阿们！

Evening Prayer

Gracious Father, we have spent another day wrestling with the temptations of Satan, the world, and our own sinful flesh. Thank you for the victories. Forgive us for the defeats. Strengthen us against the renewed attacks we know will come. Give us a faith that staggers not at the onslaughts of our enemies, but that comes through victorious. Amen.

晚祷

恩慈的父啊，我们又度过了与撒旦的试探、与世界和我们自己的罪性角力的一天。因为所赢得的胜利我感谢你。也请你赦免我所有的失败。恳求你坚固我们，以抵挡我们确知那必将来到的新一轮的攻击。请赐给我们信心，使我们不至在我们仇敌的猛攻面前摇摆不定，而是安然度过得以凯旋。阿们！

试读本

Morning Prayer

Holy Spirit, move our lazy hearts and minds to study a portion of Scripture each and every day. Guide us in our reading that we may truly believe, understand, and act upon what you have recorded there. Make us ever mindful as we read that it is God's voice which speaks to us there. Help us live attentively. Amen.

晨祷

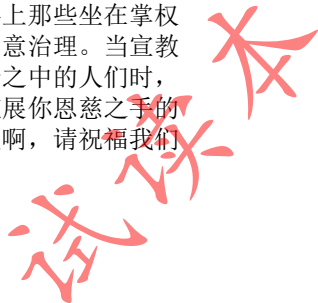
圣灵啊，请感动我们懒惰的心和意志，每一天都去学习一些经文。请引导我们的阅读，使我们可以相信、明白，并按照你在经文里写下的而行。当我们阅读的时候，请使我们总是专心致志，知道那是神的声音，在经文中对我们说话。请帮助我们用心生活。阿们！

Evening Prayer

Merciful Father, help us on this night, as on every night, to remember others in our prayers. Guide and bless those who sit in the seats of authority throughout the world that they may rule in accordance with your will. Pour out special blessings on our missionaries as they carry the light of your Word to those who sit in darkness. Stretch forth your gracious hands to lift up all who are in trouble or suffering. Lord, bless us all. Amen.

晚祷

怜悯的父啊，如同每一个夜晚一样，今夜请帮助我们，使我们在代祷中纪念其他人。请引导并祝福世界上那些坐在掌权者的座位上的人们，使他们可以按着你的旨意治理。当宣教士们将你话语的光芒带给那些坐在死荫幽暗之中的人们时，请将那特别的福份浇灌在他们的身上。请施展你仁慈之手的能力，将那些在麻烦和苦难中的人高举。主啊，请祝福我们所有人。阿们！



Lord, we know not what this day will bring. Keep us and all people safe in your guiding and protecting hands. May our faith grow stronger and more vibrant as we read and recall all you have so generously done for us in the past. Amen.

晨祷

主啊，我对今天会发生什么一无所知。恳求你在你的引领和看顾的手中，保守我们所有人的安全。当我们阅读并想起所有你在过去为我们所做的如此丰盛的一切时，愿我们的信心成长得更加坚定和活泼。阿们！

Evening Prayer

Most gracious God, as we go to sleep this evening with our lives in your care, remind us of that final sleep when we will lay down our souls for the last time, firmly believing that then too we shall rise in the morning—but to a far more blessed life eternally with you. Teach us to number our days that we may always live with that goal in view. Amen.

晚祷

最为恩慈的上帝啊，今晚，当我们在你的看顾之中躺下入睡时，请提醒我们，我们将安放自己灵魂的最终的安眠，坚定地相信我们那时仍将要在清晨醒来，却是在与你永恒地同在中，在远超今世祝福的生命里醒来。请教导我们数算自己的日子，使我们总是可以在所盼望的目标中生活。阿们！

试读本

Morning Prayer

Constantly, O Lord, we see so much in our lives—our habits of speech, our wayward thoughts, our misguided deeds—that needs to be changed. Grant us the gift of the Holy Spirit, that he may change the direction of our lives so that we may walk by faith as disciples whom you have called and chosen. Amen.

晨祷

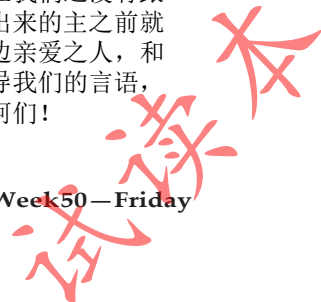
主啊，我们总是在生命中看到如此之多的需要改变的事情——我们说话的习惯，我们任性的念头，我们误入歧途的行为。请赐给我们圣灵的礼物，使我们可以改变我们生活的方向，以至于我们能够靠着信心行走，如同你已经呼召并拣选的门徒一般。也请你不要让我对改变的渴望夺走我全部的目光，让我忘记了我真正的盼望和喜乐，不是我能够变得有多好，而是你在十字架上完全的赦免。阿们！

Evening Prayer

O Holy Spirit, move our hearts that not another day of this week passes before we speak to someone of Jesus Christ as his or her Savior from sin. Use us as your instruments to bring salvation to those near and dear, as well as to those outside our immediate circles of family and friends. Guide our tongues that we may speak the right word at the right time. Amen.

晚祷

圣灵啊，请感动我们的心，使这一天不至于在我们还没有跟其他人谈论耶稣基督，就是将他从罪中拯救出来的主之前就结束了。请使用我们成为将救恩带给那些身边亲爱之人，和那些并非我们家人和朋友之人的器皿。请引导我们的言语，使我们可以在恰当的时间说出恰当的话来。阿们！



Merciful God, you have called us to be your disciples. Give us a faith that befits our calling—a faith that centers on your Son, Jesus Christ; a faith that willingly accepts the challenges you have set before us; a faith that walks side by side with you; a faith that is concerned with those whom you love and for whom your Son died, that they, like we, might have eternal life. Amen.

晨祷

怜悯的上帝啊，你已经呼召我们作你的门徒。请赐给我们与蒙召之恩相称的信心，就是注目在你的儿子耶稣基督身上的信心，接受你已经安置在我们面前的挑战的信心；就是那与你并肩而行的信心；关心那些你所爱乃至你的儿子为其而死之人的信心，以至于他们可以像我一样拥有永恒的生命。阿们！

Evening Prayer

Sometimes, Lord, life is pretty frustrating. We encounter so much hate and enmity and lovelessness as we try to live as your disciples. Give us patience and endurance when we are tempted to return evil for evil. Give us the strength to love those who have shown no love to us—as you did when you

试读本

suffered and died for us—and those who have so often proven so faithless and loveless to you. Amen.

晚祷

主啊，有时候生命真的让人感到沮丧。当我们试图像你的门徒那样生活时，却遭遇如此之多的仇恨、敌对和冷酷。当我们面对试探要以恶报恶的时候，请赐给我们耐心和毅力。请赐给我们力量，去爱那些不曾爱我们的人们，就如你为我们受苦、受死之时所做的一样，也使我们去爱那些常常看上去对你毫不忠诚，不爱你的人们。阿们！

Week 50—SaTurday

Morning Prayer

O God of all grace, be with us every hour of our lives on this day and all the days to come. We thank you for the gift of our salvation through our Lord and Savior Jesus Christ. Train our feet to walk constantly on the paths of discipleship, showing to others the same love and grace that we have received from your hands. Amen.

晨祷

众恩之神啊，请在今天每时每刻与我们的生命同在，请在未来的每一天与我们同在。因你藉着我们的主和救主耶稣基督所赐给我们救恩的礼物，我们感谢你。请教练我们的脚持续地走在门徒的路径之上，向其他人显示出和我们已经从你的手中得到的那同样的爱和恩典。阿们！

Evening Prayer

O God, our rock and fortress, thank you for bringing us safely through another week. Strengthen our faith and increase our love and hope that we may always stand ready to be called to our eternal home, which our blessed Savior has prepared for us. In his name we pray. Amen.

晚祷

上帝啊，我们的磐石和壁垒，因你安全地带我们度过又一个星期，我们感谢你。请坚固我们的信心，让我们更有爱心，更有

盼望，使我们可以总是警醒，预备好被召回永恒的家中，就是我们可称颂的救主已经为我们所预备的地方。奉他的名我如此祈求。阿们！

— My ThoughtS For prayerS —

试读本

Morning Prayer

Dearest Lord, thank you for the opportunity to come to you at any time. As I go to worship today, help me to see others who need a welcoming smile, a kind word, or a warm handshake. With your love motivating me to action, let me see the needs of others before I see my own needs. Help me to reach out to the visitor, the hurting, and the lonely. With a heart filled with joy because of your forgiveness, I will sing out your praises. Edify and build me up in your Word in worship today. Amen.

晨祷

最亲爱的主啊，因着随时可以来到你面前的机会，我们感谢你。当我今天去敬拜的时候，请帮助我看到其他在需要中的人们，就是那些需要一个欢迎的微笑，一句友善的话语或一个暖心的握手的人们。因着你的爱，请激励我们行出来，请让我们在我们看到自己的需要之前，看到其他人的需要。请帮助我们结识那些初次拜访者们，向那些被伤害之人和孤独者传讲福音。因为你的赦免，带着充满喜乐的心，我将高唱对你的赞美。今天敬拜的时候，请在你的话语中启发我，并使我得以建造。阿们！

Evening Prayer

What a marvelous day it was, O Lord, to join with my fellow believers in worship. Thank you for the privilege of coming into your presence. Let my life give glory to your name as you have blessed me with the title of “child of God.” Let the sermon that was preached this morning be in my mind, my heart, and my actions throughout the coming week. In your name, dear Jesus. Amen.

晚祷

主啊，可以与我的弟兄姐妹们一同敬拜，这是多么奇妙的一天啊。因着来到你同在之中的特权，我们感谢你。请让我的生命可以荣耀你的名，如同你用“上帝的孩子”称呼我时给我的祝福一样。在这未来的一周里，请让今晨讲道中的信息

铭刻在我的脑海里，住在我的心中，显在我的行动上。奉你的名求，亲爱的耶稣。阿们！

Week 51—Monday

Morning Prayer

Dear Creator, let my first thoughts of the day be of you. I know I will need your guiding hand during the week to come. When I arrive at work or school or start my duties, help me to see those I meet as people whom you love and died for. Let my labors be guided by the thought that all I do is service to your glory. Give me patience and understanding to guide my work and play. Amen.

晨祷

亲爱的造物主啊，请让我一天中第一个思想到的就是你。我知道在这即将开始的一周里，我将需要你引领的手。当我到达单位或学校，或开始履行我的职责时，请帮助我将所遇见之人，视为你所爱的并为其而死的人。所有我做的都是服事于你的荣耀，请让我在这样的思念的引导下劳作。请赐给我耐心和悟性，作我工作和娱乐的指引。阿们！

Evening Prayer

Another day in your world is coming to a close, O God. Our world is such a busy place, but in you and your Word I find

试读本

calm and assurance. You have blessed me with unique talents and gifts. I had the opportunity to use them today. Continue to give me your grace and blessings. When I rest my head on my pillow tonight, give me restful sleep and renew my energy in the morning. Amen.

晚祷

上帝啊，在你的世界中又一天即将结束了。我们的世界是如此的繁忙，但是在你和你的话语里，我寻得了平静和确据。你已经将独一无二的才能和恩赐赐给我，作我的福份。今天，我也曾得到机会使用它们。恳求你持续地赐给我你的恩典和祝福。当我躺卧在枕头上安息时，请赐给我平稳的睡眠，在清晨使我重新得力。阿们！

Week 51—TueSday

Morning Prayer

Lord God, Holy Father, I find so true the words of the psalmist who said, "Your mercies are new every morning." Thank you for my family, my friends, and my coworkers. Let me be someone they can count on to be there when they are in trouble. They are the ones I spend much of my life with, so help me not take them for granted or treat them with less respect than I give others. Let me follow your example of love. Amen.

晨祷

主上帝，圣洁的父啊，我发现诗人所说的话语如此地真实：你的怜悯每早晨都是新的。为我的家庭、我的朋友和我的同事们我感谢你。请让我成为他们在遭遇患难时可以指望的那个人。他们是分享我很多生命时光的人，因此请帮助我不要视他们为理所当然的，或者与对待其他人相比，不够尊重他们。请让我效仿你爱的榜样。阿们！

Evening Prayer

Holy Spirit, the newspaper and television overflow with stories about sadness, destruction, and injury. How easy it would be to focus only on these tragic events. Help me also focus on descriptions of love, happiness, and healing. Tragedies remind

me of sin, which brings all these heartaches into your perfect world. Thank you for the good that still remains in this world, especially the good that comes from your gospel message.

Amen.

晚祷

圣灵啊，报纸和电视上充满着关于哀伤、毁坏和伤害的故事。关注在这些悲伤之事上是多么容易的事情啊。请帮助我总是聚焦在仁爱、喜乐和医治的消息上。悲剧提醒我们，罪恶将这一切心痛的事情带到你完美的世界中。为那世界上仍然存留的美善，尤其是从你福音信息中而来的美善，我们感谢你。阿们！

Week 51—WedneSday

Morning Prayer

Lord God, as I begin my day, I thank you for giving me a comfortable place to lay my head last night. You have blessed me with as much food as I need. Every morning I have to choose which clothes to wear. I am so richly blessed. In whatever way I am able, let me help those in our world

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who have no place to sleep, no food to eat, and no clothing to wear. Give their homelands peace and honest leaders to work for their earthly welfare. Amen.

晨祷

主上帝啊，当我开始今天的时候，为了昨夜你所赐给我枕头的舒适的场所，我感谢你。你已经用我所需要的足够的食物祝福了我。每天清晨，我不得不选择穿哪件衣服。我真的是如此地蒙福。在我力所能及的任何事情上，请让我帮助那些在我们的世界中，却没有地方安睡的人们，没有食物果腹的人们，没有衣物保暖的人们。请赐给他们和平的家园，以及为他们属世福祉而工作的诚实的领袖。阿们！

Evening Prayer

Dear Lord, thank you for being my friend. When I was lost in sins and condemned to death, you sought me out and saved me. That knowledge comforted me today and helped me to be more sensitive to those around me. As I think back on the events of this day, let me see opportunities to know you better and to share your Word of comfort. Help me to continue in my faith and let the Holy Spirit use me to lead others to know you. Amen.

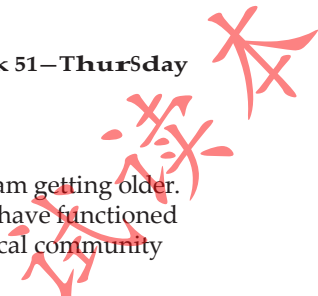
晚祷

亲爱的主啊，因你作我的朋友，我感谢你。当我在罪和死亡的咒诅中迷失时，你找寻我并拯救我。对这一点的确知今日安慰了我，并帮助我对那些身边之人更加的敏感。当我回想这一天的事情时，请让我看到可以更好地认识你的机会，看到分享你安慰的话语的机会。请帮助我继续在信心之中，并让圣灵使用我带领其他人认识你。阿们！

Week 51—ThurSday

Morning Prayer

Lord Jesus, thank you for health. Each day I am getting older. I quickly forget how many parts of my body have functioned so well for so long. You have given the medical community



incredible knowledge of our bodies. When I am tempted to complain about my aches and pains, remind me that these are a blessing too. They tell me something is wrong so I can look for help. Even if I cannot find help, remind me that in my eternal home with you there will be no more crying, pain, mourning, or suffering. Amen.

晨祷

主耶稣啊，为所拥有的健康，我感谢你。每一天我都越来越老。很快我就忘记了，我身体有多少地方已经良好运转了如此之久。你已经赐给医学人士们对我们身体惊人的认识。当我忍不住抱怨我们的疼痛和痛苦时，请提醒我，这些医学人士也同样是一份祝福。他们告诉我哪里出了问题，所以我可以寻求帮助。即使我不能够得到帮助，也请提醒我在我与你同在的永恒的家乡，那里再没有眼泪、痛苦、哀恸和苦难。阿们！

Evening Prayer

Heavenly Father, I am so amazed at the plan you have for my life. You mystify me by the way you work; yet it always turns out for my good. I rejoice in all that you do, for your love always shines through. You have shown your mercy to me by forgiving the wrongs I did today instead of giving me the punishment my sins have rightly earned. Keep me continually dependent on your mercy in Christ Jesus, in whose name I pray. Amen.

晚祷

天上的父啊，我如此惊讶于你为我生命所制定的计划。你工作的方式常常使我困惑；然而，这计划被证明总是为了我的益处。我欣喜于你所有的作为，因为你的爱总是闪耀其中。你已经藉着赦免我今日的过犯，向我显明了你的怜悯，而不是按着我罪应得的那样惩罚我。请使我持续地依靠你在耶稣基督里的怜悯，祷告是奉他的名求。阿们！

试读本

Morning Prayer

God of Heaven, my God, your hand was over me during the past week. You gave me the ability to perform the tasks necessary to support myself and my family. Truly, all good gifts do come from your hand. You have given me my body and soul, eyes and ears, and all my members. I thank you for them. Amen.

晨祷

天上的神，我的上帝啊，你的手在过去一周中都看顾着我。你赐予我能力完成各样必要的工作，以此供应我自己和家人的生活。所有美善的恩赐都是而你而来的，这是真的。你已经赐予我身体和灵魂，眼睛和耳朵和所有的肢体。我为此感谢你。阿们！

Evening Prayer

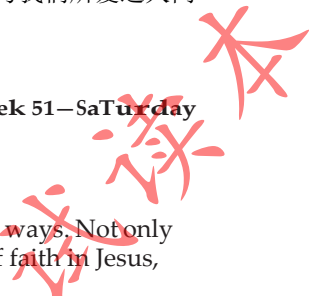
Thank you for all the many, varied activities and opportunities we have to “recharge our batteries,” to spend time with our families, and to acknowledge our children in their activities. If we are unable to participate in these activities, give us the patience to overcome our lack of activity and socialization. Remind us that you are always with us and our loved ones. Amen.

晚祷

为我们所拥有的用来“充电”，用来与家人相处，用来和孩子们一同玩耍的很多不同的活动和机会，我们感谢你。如果我们不能够参与这些活动，请赐给我们耐心，克服活动和社交的缺乏。请提醒我们，你总是与我们同在，总是与我们所爱之人同在。阿们

Morning Prayer

Holy Spirit, you have blessed me in so many ways. Not only have you given me the most precious gift of faith in Jesus,



you have also helped me fight off the temptations which could cause me to lose that wonderful gift. Every day I feel your presence and know that heaven awaits me. When challenges come to my faith and life, give me the answers I need and the courage to walk the walk of a believer. Amen.

晨祷

圣灵啊，你通过如此之多的途径祝福了我。你不仅仅赐予了我在耶稣里的信心那至为宝贵的礼物，你也同样帮助我与那些可能使我失去这美好礼物的试探征战。每天，我感受到你的同在，并且知道天堂在等待着我。当我的信心和生活面对着挑战时，请赐给我需要知道的答案，并赐给我勇气，走在作为一个信徒所走的道路上。阿们！

Evening Prayer

O Lord, weekends are so full of activities. I can so easily forget to give you thanks for this time of rest, relaxation, and action. Let me never forget to glorify you in the world by my conduct and joyful outlook. As I begin to think about tomorrow, send the Holy Spirit to fill my heart with excitement to go to church to hear your Word. Amen.

晚祷

主啊，周末充满了如此之多的活动。我会很容易就忘记为这休息、放松和活动的的时间，向你献上感恩。请让我永不要忘记在世上，用我的行为和乐观归荣耀于你。当我开始为明天思虑时，请差遣圣灵充满我的心，使我迫不及待地前往教会聆听你的话语。阿们！

试读本

— My **ThoughtS** For **prayerS** —

試讀本

Morning Prayer

Gracious and merciful Father, thank you for the privilege of being a guest in your house today. In Word and sacrament you came to us and, for the sake of your Son, removed our sin and guilt. Thank you for this peace and forgiveness as well as for the joy of singing your praise with my fellow Christians. Send us home again inspired to love you more and serve you better. In Jesus' name. Amen.

晨祷

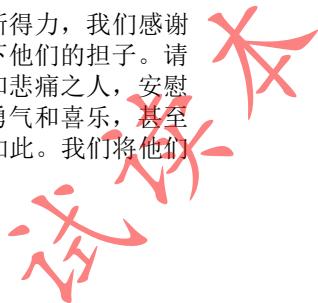
恩慈、怜悯的父啊，为着今天可以成为你殿中一员这个特权，我们感谢你。在圣道和圣礼中，你来到我们当中，并且为你儿子的缘故，你移除了我们的罪和愧疚。因着这份平安和赦免，也因着与我的弟兄姐妹们一同高唱赞美你时的喜乐，我们感谢你。请再一次差遣我们回到家中，受你的启示更加地爱你，并更好的服事你。奉耶稣的名。阿们！

Evening Prayer

Thank you, dear Lord, for this day of rest and refreshment for our souls. Ease the burdens of all who cry to you. Care for the lonely. Comfort those who suffer pain and distress, who are troubled by grief and despair. Give them courage and joy, even when the hours of their lives are dim and dark. Into your hands we commit them and us. Amen.

晚祷

亲爱的主啊，因着今天的歇息和灵魂的重新得力，我们感谢你。请为那些将重担带到你面前的人们卸下他们的担子。请眷顾无依无靠之人。请安慰那些遭受苦难和悲痛之人，安慰那些被悲痛和绝望折磨之人。请赐给他们勇气和喜乐，甚至是在他们行过死荫幽谷之中的时候，也是如此。我们将他们和自己都交在你的手中。阿们！



O Holy Spirit, set a watch before my mouth and keep the door of my lips. Keep evil thoughts far from my heart. Let me neither think nor speak nor do evil against my neighbors. Help me to be loving and kind toward everyone, that I may follow the example of my Savior, for his sake. Amen.

晨祷

圣灵啊，求你禁止我的嘴，把守我的口。请使邪恶的想法远离我的心思。请让既不思想，不讲论，也不去做抵挡我邻舍的邪恶之事。请帮助我向每个人显出仁爱 and 友善，使我可以追随我救主的模范，因他的缘故祈求。阿们！

Evening Prayer

Precious Savior, as you draw the curtain closed on another day in my life, I am aware of your continual presence, which assures me of safety and blessings more numerous than I can count. Forgive all my sins. Grant me this night a peaceful conscience and restful sleep. Let no thoughts of worry disturb my slumber. Amen.

晚祷

宝贵的救主啊，又一天你在我的生命里拉上了窗帘，我真的知道你持久的同在，就是向我确保安全和祝福甚至我无法计算的同在。请赦免我所有的罪。今夜，请赐给我良心的平安和安稳的睡眠。请不要让忧虑的思念搅扰我的安眠。阿们！

试读本

Morning Prayer

Lord, I don't know what this day will bring. Only you know what lies ahead of me. By your sovereign power and tender love, turn my future, whatever it is, to eternal good. Guide me and guard me so that I do not become lost in sin and unbelief. Amen.

晨祷

主啊，我对这一天将要发生的事情一无所知。只有你知道等在我前面的事。藉着你那至高的权能和温柔的慈爱，无论我的未来如何，请将它转向永恒的益处。请引导我，并守护我，使我不至于在罪中和不信中迷失。阿们！

Evening Prayer

Gracious Father, we have spent another day wrestling with the temptations of Satan, the world, and our own sinful flesh. Thank you for the victories. Forgive us for the defeats. Strengthen us against the renewed attacks we know will come. Give us a faith that does not stagger at the onslaughts of our enemies but that comes through victorious, relying on your strength. Amen.

晚祷

恩慈的父啊，我们又度过了与撒旦的试探、与世界和我们自己的罪性角力的一天。因为所赢得的胜利我感谢你。也请你赦免我所有的失败。恳求你坚固我们，以抵挡我们确知那必将来到的新一轮的攻击。请赐给我们信心，使我们不至在我们仇敌的猛攻面前摇摆不定，而是安然度过得以凯旋。阿们！

Morning Prayer

O Holy Spirit, you have made me God's child in Baptism through faith in Christ. Help me to live as God's child today,

free from the power of sin. Help me to seize every opportunity that arises to show Christ-like love to my family, my friends, my neighbors—to all I meet. Let my life show I am a child of my heavenly Father. Amen.

晨祷

圣灵啊，你已经在洗礼中，藉着在基督里的信心使我成为上帝的孩子。今天，请帮助我如上帝的孩子那样生活，完全地脱离罪的能力。请帮助我追寻每一个出现的，可以向我的家人、朋友和邻舍，向每一个我遇见的人，显出基督之爱的机会。请让我的生命显示出我是我天上的父亲的孩子。阿们！

Evening Prayer

O dear God, I sinned again today. How it saddens me when I think thoughts and say words and do things that displease you. There is so much in my life that needs to be changed. My comfort is your pardon, and I know I have it for Jesus' sake. My desire is for the gift of your Holy Spirit, that he may change the direction of my life and lead me in the paths you would have me walk. Amen.

晚祷

亲爱的上帝啊，今天我犯罪抵挡了你。当我在思想、言语和行为上触怒你时，我是多么的伤心绝望啊！我生命中有如此多的方面需要被改变。唯独你的原谅是我的安慰，并且我知道因着耶稣的缘故我已经拥有你的谅解。我渴望得着你圣灵的礼物，以至于他可以改变我生命的轨迹，引领我走在你希望我走上的路径之中。阿们！

试读本

Week 52—Thursday

Morning Prayer

Heavenly Father, as I meet other people today, help me to treat them with love and kindness, ready always to forgive their sins, eager to help them in their needs. Use me as your instrument to bring them the message of salvation. Amen.

晨祷

天上的父啊，当我今天与他人相遇时，请帮助我用爱和和善对待他们，总是准备好原谅他们的冒犯，渴望按着他们的需要帮助他们。恳请你使用我作为你的工具，将救恩的信息带给他们。阿们！

Evening Prayer

My heavenly Father, help me in all my prayers to commit whatever grieves and worries me into your keeping. Supply those things I have need of. Accept my humble praise for all your benefits and blessings, which you have been pleased to grant for Jesus' sake. Be with me every hour of my life—on this day and all the days to come. Amen.

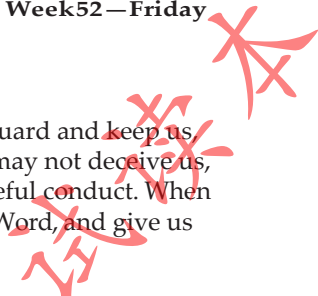
晚祷

我天上的父亲啊！请在我所有的祷告之中帮助我，将所有使我悲伤和忧虑的事情交托在你的看顾之中。请将那些我所需要的事物供应给我。恳请你接纳我因你所有的益处和赐福，就是你因着耶稣的缘故赐下的一切，向你献上的卑微的赞美。请在我生命的每一刻与我同在——今天和将要到来的每一天中，请与我同在。阿们！

Week 52—Friday

Morning Prayer

Father in heaven, we ask that you would guard and keep us, so that the devil, the world, and our flesh may not deceive us, nor lead us into unbelief, despair, or shameful conduct. When we are put to the test, support us by your Word, and give us the final victory in your Son. Amen.



晨祷

天上的父亲啊，我们恳求你可以引导我们，保守我们，以至于魔鬼、世界和我们的肉身不能欺骗我们，也不能误导我们失去信心，陷入绝望，或有什么可耻的行为。当我们经受考验的时候，请用你的话语支持我们，赐给我们在你儿子中最后的胜利。阿们！

Evening Prayer

O Father, Son, and Holy Spirit, how gracious you have been to me this week, preserving me that I might be about my appointed tasks. Watch over me this weekend, and bless my leisure hours, keeping me and mine from danger, disease, sin, and unbelief. In his name who has redeemed me from every sin. Amen.

晚祷

父、子、圣灵啊，这一周你是何等的恩待我，保守我以至于我可以进行指定给我的任务。恳请你在这个周末守望着我，祝福我闲暇的时光，恳请你保守我和我拥有的一切远离危险，疾病，罪恶和失信。奉那已经从所有的罪中将我救赎者的名求。阿们！

试读本

Morning Prayer

O God of all grace, we thank you for the gift of our salvation through our Lord and Savior Jesus Christ. Train our feet to walk constantly on the paths of discipleship, showing to others the same love and grace that we have received from your hands. Amen.

晨祷

赐下所有恩典的上帝啊！因那藉着我们的主和救主耶稣基督而赐下的救恩这份礼物，我们感谢你。请操练我们的脚，永远行走在门徒的道路上，向其他人显明那同样的爱，就是我们已经从你的手中领受的爱。阿们！

Evening Prayer

Dear Father in heaven, together with the apostle Paul we know that “in all things God works for the good of those who love him, who have been called according to his purpose.” Fulfill your good purpose in us and surround us with your all-sufficient grace. Comfort, strengthen, and settle us in the knowledge of eternal glory, which you have prepared for us in Christ. Amen.

晚祷

亲爱的天上的父啊，和使徒保罗一样，“我们晓得万事都互相效力，叫爱神的人得益处，就是按着他旨意被召的人。”恳请你在我们身上完成你的计划，并且让你够用的恩典将我围绕。请安慰我们，坚固我们，并让我们住在你永恒荣耀的知识当中，就是你已经在基督里为我们预备的知识当中。阿们！

— My ThoughtS For prayerS —

试读本