

## “祷告片时”轮 The "Hour of Prayer" Wheel



### 1. Praise – Recognise God's Nature 赞美 – 认识神的本性

- 诗篇 Psalm 63:3
- Because your steadfast love is better than life, my lips will praise you.
- 因你的慈爱比生命更好，我的嘴唇要颂赞你。

### 2. Waiting – Silent Soul Surrender 等候 – 静心降服

- 诗篇 Psalm 46:10
- Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!
- 你们要休息，要知道我是神！我必在外邦中被尊崇，在遍地上也被尊崇。

### 3. Confession – Temple Cleansing Time 认罪 – 圣殿洁净时刻

- 诗篇 Psalm 139:23
- Search me, O God, and know my heart! Try me and know my thoughts!
- 神啊，求你鉴察我，知道我的心思；试验我，知道我的意念。

### 4. Scripture Praying – Word Enriched Prayer 祷读经文 – 以圣言为根基的祷告

- 耶利米 Jeremiah 23:29
- "Is not my word like fire, declares the Lord, and like a hammer that breaks the rock in pieces?"
- 耶和華說：“我的话岂不像火，又像能打碎磐石的大锤吗？”

**5. Watching – Develop Holy Alertness 警醒 – 培养圣洁的警觉性**

- 歌罗西书 Colossians 4:2
- Continue steadfastly in prayer, being watchful in it with thanksgiving.
- 你们要恒切祷告，在此警醒感恩。

**6. Intercession – Remember the World 代祷 – 纪念世界**

- 提摩太前书 1 Timothy 2:1-2
- First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.
- 我劝你第一要为万人恳求，祷告，代求，祝谢，为君王和一切在位的也该如此，使我们可以敬虔、端正、平安无事地度日。

**7. Petition – Share Personal Needs 祈求 – 分享个人需要**

- 马太福音 Matthew 7:7
- "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."
- 你们祈求，就给你们；寻找，就寻见；叩门，就给你们开门。

**8. Thanksgiving – Give Thanks on Blessings 感恩 – 为蒙福感恩**

- 帖撒罗尼迦前书 1 Thessalonians 5:18
- Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
- 凡事谢恩，因为这是神在基督耶稣里向你们所定的旨意。

**9. Singing – Worship in Song 歌唱 – 诗歌敬拜**

- 诗篇 Psalm 100:2
- Serve the Lord with gladness! Come into his presence with singing!
- 当乐意事奉耶和华，当向他高歌入他的面前！

**10. Meditation – Ponder Spiritual Themes 默想 – 思想属灵主题**

- 约书亚记 Joshua 1:8
- This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.
- 这律法书不可离开你的口，总要昼夜思想，好使你谨守遵行这书上所写的一切话。如此，你的道路就可以亨通，凡事顺利。

**11. Listening – Receive Spiritual Instruction 聆听 – 领受属灵教导**

- 传道书 Ecclesiastes 5:2
- Be not rash with your mouth, nor let your heart be hasty to utter a word before God, for God is in heaven and you are on earth. Therefore let your words be few.
- 留在神面前，在神面前不可冒失开口，也不可心急发言；因为神在天上，你在地下，所以你的言语要寡少。

**12. Praise – Recognize God's Nature 赞美 – 认识神的属性**

- 诗篇 Psalm 52:9
- I will thank you forever, because you have done it. I will wait for your name, for it is good, in the presence of the godly.
- 我要称谢你，直到永远，因为你行了这事；我也要你的圣民面前仰望你的名，这名本为美。