

受難週禁食禱告手冊



「和平君王，為愛捨己」

紐西蘭基督教華人衛理公會 鴻恩堂

2024年

前言

陳禮亮牧師

又是一年一度的受難周，讓我們一起來紀念耶穌為我們受苦受難的日子。

如何紀念呢？我們可以有很多不同的方式來紀念，禁食禱告也是其中的一種紀念方式。為何說禁食禱告是其中一種紀念的方式呢？

一、操練專注。禱告需要專心，心靈轉向上帝。當我們刻意的放下飲食，我們就無需為這一餐煩惱吃什麼，這將使我們可以短暫的從日常生活中抽離，有多一點時間可以專注上帝的話語及禱告。在我們忙碌的生活作習中，這樣的刻意安排，就是操練對上帝、對屬靈的操練有專注的心靈。

二、操練以神為樂。能夠享用上帝所賜的飲食，這是上帝的恩典。然而，我們卻又經常過分的看重飲食，甚至把吃喝看得比上帝還重要。禁食就是說明我們從這樣的錯誤價值觀中轉變過來，好讓我們意識到，“人活著不是單靠食物，乃是靠上帝口裡所出的一切話”。人生之樂不是靠飲食，而是因為有上帝，我們刻以像哈巴谷先知那樣以上帝為樂：“雖然無花果樹不發旺，葡萄樹不結果，橄欖樹也不效力，田地不出糧食，圈中絕了羊，棚內也沒有牛。然而我要因耶和華歡欣，因救我的神喜樂。”（哈巴谷書3:17-18）

三、操練優先秩序。我們的生活往往擠滿了很多不是絕對重要或優先的事，而絕對重要與優先的事，卻往往都被擠出了我們日常生活的行事曆。禁食禱告就是再次喚醒我們，何者為重、為

優先，使我們從忙碌的生活中，把重要的事放回到我們的行事曆裡。

願我們藉今年的受難周，一起來操練。人生的一些重大改變是從一小步開始，當你拿了這本手冊回家，並在這一星期中開始每天禁食禱告；或在網頁中打開了這一頁，這就是一小步的開始，願上帝賜福你，在操練中經歷更多上帝的恩典與改變。

2024年3月25日 代價 The Cost

經文：約翰福音 John 19:25-30

米開朗基羅的作品呈現了耶穌生平的許多層面，但其中最觸動人心的作品，卻是一幅最樸實簡單的畫作。在1540年代，米開朗基羅為朋友畫了一幅聖殤素描，描繪耶穌的母親抱著死去的基督。素描勾勒了馬利亞輕托著耶穌毫無生氣的軀體，向天仰望。在她身後豎立的十架上，引用出自但丁在《天堂》一書中的話說：“他們沒想到這需要付上多少血的代價。”米開朗基羅表達出深刻的觀點：當我們紀念耶穌的受死，也需要想到耶穌付上的代價。

基督所付上的代價體現在祂斷氣前的宣告：“成了！”（約翰福音19章30節）“成了”一詞（希臘文tetelestai）可用在不同的語境，表示支付了帳單、完成了任務、做出了犧牲，或完成了傑作。這些用法和意義都適用於耶穌為我們在十字架上所做的！也許正因如此，使徒保羅寫道：“但我斷不以別的誇口，只誇我們主耶穌基督的十字架。因這十字架，就我而論，世界已經釘在十字架上；就世界而論，我已經釘在十字架上。”（加拉太書6章14節）

耶穌甘願替我們受死，是上帝深愛我們的永恆明證！當我們思想祂為我們付的代價時，願我們也稱頌祂的愛，並為祂在十字架上所做的犧牲獻上感恩。

反思和禱告：

希臘文“成了”的含義可如何應用在耶穌被釘十架及祂所成就的事上？為何每種含義都對你深具意義？

作者：柯貝爾

來源：靈命日糧 2021年4月2日

Michelangelo's works explored many facets of the life of Jesus, yet one of the most poignant was also one of the most simple. In the 1540s he sketched a pieta (a picture of Jesus' mother holding the body of the dead Christ) for his friend Vittoria Colonna. Done in chalk, the drawing depicts Mary looking to the heavens as she cradles her Son's still form. Rising behind Mary, the upright beam of the cross carries these words from Dante's Paradise, "There they don't think of how much blood it costs." Michelangelo's point was profound: when we contemplate the death of Jesus, we must consider the price He paid.

The price paid by Christ is captured in His dying declaration, "It is finished" (John 19:30). The term for "it is finished" (*tetelestai*) was used in several ways—to show a bill had been paid, a task finished, a sacrifice offered, a masterpiece completed. Each of them applies to what Jesus did on our behalf on the cross! Perhaps that's why the apostle Paul wrote, "May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world" (Galatians 6:14).

Jesus' willingness to take our place is the eternal evidence of how much God loves us. As we contemplate the price He paid, may we also celebrate His love—and give thanks for the cross.

Reflect & Pray:

How could each meaning of tetelestai be applied to the cross of Jesus and what He accomplished there? Why does each one have meaning to you?

By: Bill Crowder Source: Our Daily Bread 02/04/2021

代禱事項：

第一天：感恩

1. 為耶穌基督的犧牲和為眾信徒帶來的救贖恩典向神感恩禱告。
2. 我們既然領受了神的恩典，你會怎麼回應祂的愛？你是否把這份白白得來的恩典看為理所當然的事情，把受難節和復活節當作另一個假日來看待？把你的軟弱帶到神的面前，向祂坦誠你心裡面的掙扎。
3. 求主幫助我們常常學習聆聽主的話語，順服於主的旨意。
4. 為穆斯林禱告30天（請參考禱告手冊）。

Day One: Gratitude

1. Thank God for the sacrifice of Jesus Christ and the redemption grace brought to all believers.
2. Since we have received God's grace, how will you respond to His love? Do you take this freely given grace for granted, treating Easter as just another

holiday? Bring your weaknesses before God, confessing your struggles to Him openly.

3. Pray that the Lord helps us to continually study and listen to His word, obedient to His will.
4. Pray for Muslims for 30 days (refer to prayer manual).

2024年3月26日 紅色小斑點 Drops of Red

經文：路加福音 Luke 22:39-44

走進蘇格蘭現代國家畫廊（Scottish National Gallery），在許多名為《橄欖樹》的畫作中，我被一幅筆觸強烈、色彩鮮豔的作品所吸引，那是荷蘭畫家梵古的作品。許多歷史學者相信，這幅畫的靈感，是來自耶穌在橄欖山客西馬尼園的經歷。這幅畫有一點特別吸引我的目光，就是在那些古老的樹當中的紅色小斑點。

這座山因為山坡上長滿了橄欖樹，所以被稱為橄欖山。耶穌已知道自己將被門徒猶大背叛，在那一晚，祂上橄欖山去禱告。祂知道自己遭到背叛，將因此被釘十字架，所以極其傷痛。禱告時，祂的“汗珠如大血點滴在地上”（路加福音22章44節）。在客西馬尼園中，耶穌顯然極度痛苦，因為祂正準備面對公開受刑的苦難和羞辱。在兩千多年前的第一個受難日，祂為世人犧牲，流出自己的鮮血。

梵古這幅畫作中的紅色小斑點提醒了我們，耶穌“必須受許多的苦，被長老、祭司長和文士棄絕”（馬可福音8章31節）。雖然受苦是祂完成救贖計畫的一個環節，卻已不是整個計畫的焦點。耶穌戰勝了死亡，讓我們對苦難改觀，使苦難在上帝為你我設定的美好計畫中，成為一小部分獨特的風景。

反思和禱告：

紀念耶穌所受的苦難，對你而言有何重要性？當你受苦時，耶穌的榜樣如何使你得幫助？

作者：夏莉珊

來源：靈命日糧 2023年4月7日

Walking through the Scottish National Gallery, I was drawn to the strong brushwork and vibrant colors of one of many Olive Trees paintings by Dutch artist Vincent van Gogh. Many historians believe the work was inspired by Jesus' experience in the garden of Gethsemane on the Mount of Olives. What especially caught my eye on the canvas of the painting were the small red splotches of paint among the ancient trees.

Known as the Mount of Olives because of all the olive trees located on the mountainside, Jesus went there to pray on the night that He predicted His disciple Judas would betray Him. Jesus was overwhelmed with anguish knowing the betrayal would result in His crucifixion. As He prayed, "his sweat was like drops of blood falling to the ground" (Luke 22:44). Jesus' agony was evident in the garden as He prepared for the pain and humiliation of a public execution that would result in the physical shedding of His blood on that Good Friday long ago.

The red paint on Van Gogh's painting reminds us that Jesus had to "suffer many things and be rejected" (Mark 8:31). While suffering is part of His story, however, it no longer dominates the picture. Jesus' victory over death transforms even our suffering, allowing it to become only a part of the beautiful landscape of our lives He's creating.

Reflect & Pray :

Why is it important for you to remember Jesus' suffering? How does His example help you when you suffer?

By: Lisa M. Samra

Source: Our Daily Bread 07/04/2023

代禱事項：

第二天：認罪悔改

1. 求主饒恕我們的過犯。求主原諒我的自私和貪婪，讓我們心懷謙卑，過以基督為中心，而不是以自我為中心的生活。
2. 求主耶穌帶有救贖能力的寶血來潔淨我們，使我們在主的面前成為聖潔、純潔的器皿。
3. 邀請聖靈進入到我們的生活中，求神賜給我們力量和謙卑的心，真正審視在我們靈魂深處的一切。
4. 為自己的言行舉止禱告。求神向我們展示祂的憐憫，好使我們可以站在祂面前，使我們安然居住。
5. 為穆斯林禱告30天（請參考禱告手冊）。

Day Two: Confession and Repentance

1. Pray for the Lord's forgiveness of our offenses. Ask the Lord to forgive our selfishness and greed, and to help us live humbly, centered on Christ rather than ourselves.

2. Pray for the redeeming power of the blood of Jesus to cleanse us, making us holy and pure vessels before the Lord.
3. Invite the Holy Spirit into our lives, asking God to grant us strength and humility to truly examine everything deep within our souls.
4. Pray for our words and actions so that they may glorify God.
5. Pray for Muslims for 30 days (refer to prayer manual).

2024年3月27日 臨終一刻 In the Moment

經文：路加福音 Luke 23:32-46

我躺在救護車內，車門正要關上，兒子站在車外與我妻子通電話。我在腦部受震盪的模模糊糊之中，呼喚著兒子的名字。後來兒子回憶起那一刻，他告訴我，當時我有氣無力地說：“告訴你媽媽，我很愛她。”

顯然，我當時以為那是我臨終一刻，想以這句話與妻子訣別。在那一刻，這是最在乎的事。

耶穌在經歷最黑暗的時刻，祂不只是在口頭上說愛我們，更是以獨特的方式表達祂的愛。耶穌對那些將祂釘十字架、不斷嘲弄祂的士兵傳達祂的愛，祂說：“父啊，赦免他們！因為他們所做的，他們不曉得”（路加福音 23 章 34 節）。祂還為同釘的罪犯帶來希望：“今日你要同我在樂園裡了”（43 節）。臨終之時，祂對自己的母親說：“看，你的兒子！”又對祂的摯友約翰說：“看，你的母親！”（約翰福音 19 章 26-27 節）在耶穌生命僅存一息之際，祂最後所展現的愛是對天父的信靠：“我將我的靈魂交在祢手裡。”（路加福音 23 章 46 節）

耶穌特意選擇了十字架，為要展現對天父的順服，並顯明祂對我們深切的愛。耶穌向我們彰顯祂永不止息的愛，直到臨終一刻。

反思和禱告：

你最在意的是什麼呢？你認為愛與順服如何相輔相成呢？

作者：葛庭墨

來源：靈命日糧 2019年4月18日

The ambulance door was about to close—with me on the inside. Outside, my son was on the phone to my wife. From my concussed fog, I called his name. As he recalls the moment, I slowly said, “Tell your mom I love her very much.”

Apparently I thought this might be goodbye, and I wanted those to be my parting words. In the moment, that’s what mattered most to me.

As Jesus endured His darkest moment, He didn’t merely tell us He loved us; He showed it in specific ways. He showed it to the mocking soldiers who had just nailed Him to a cross: “Father, forgive them, for they do not know what they are doing” (Luke 23:34). He gave hope to a criminal crucified with Him: “Today you will be with me in paradise” (v. 43). Nearing the end, He looked at His mother. “Here is your son,” He said to her, and to His close friend John He said, “Here is your mother” (John 19:26 - 27). Then, as His life slipped from Him, Jesus’s last act of love was to trust His Father: “Into your hands I commit my spirit” (Luke 23:46).

Jesus purposefully chose the cross in order to show His obedience to His Father—and the depth of His love for us. To the very end, He showed us His relentless love.

Reflect & Pray :

What matters most to you? How do love and obedience fit together?

By: Tim Gustafson Source: Our Daily Bread 18/04/2019

代禱事項：

第三天：基督的受難

1. 反思耶穌受難、被釘死在十字架上和為我們的罪而死的事實。為主耶穌長闊高深的愛獻上感恩。
2. 為在痛苦中、面臨生活困難的弟兄姐妹禱告。
3. 提名為身體欠安的弟兄姐妹代禱，求神的醫治，更求神堅固他們的信心。為著有些會友們身體的欠佳不能來到實體聚會敬拜，求主加添力量，加添更多滿足喜樂，他們在家中仍然能一樣以心靈按真理敬拜神。
4. 為穆斯林禱告 30 天（請參考禱告手冊）。

Day Three: Christ's Passion

1. Reflect on the fact of Jesus' suffering, being crucified on the cross, and dying for our sins. Offer gratitude for the deep and wide love of the Lord Jesus.
2. Pray for brothers and sisters facing hardships and suffering in life.

3. Pray for brothers and sisters who are physically unwell, asking for God's healing and strengthening of their faith. Pray for those members who are unable to attend physical gatherings due to poor health, that the Lord may grant them strength and fill them with more joy and satisfaction, enabling them to worship God at home with their hearts aligned with truth.
4. Pray for Muslims for 30 days (refer to prayer manual).

2024年3月28日 耶穌為我受苦

Forsaken for Our Sake

經文：馬太福音 Matthew 26:36-46

朋友的陪伴能減輕痛苦嗎？對此，維吉尼亞大學作了一項頗吸引人的研究。他們探討當人面對痛苦的時候，如果獨自面對、牽著陌生人的手或緊握著摯友的手，大腦的反應是否有所不同。

研究人員對幾十組人員進行測試，結果都一樣。當令人感到痛苦的情況發生時，無論是獨自面對或是牽著陌生人的手，大腦都會立刻發出危險訊號。但這時若緊握著摯友的手，大腦則會放鬆，可見朋友的安慰可以舒緩痛苦。

當耶穌在客西馬尼園禱告時，也需要安慰。祂知道自己將要面臨背叛、被捕和死亡。耶穌帶著最親近的朋友到園子裡一同禱告，並對他們說：“我心裡甚是憂傷，幾乎要死”（馬太福音 26 章 38 節）。但是彼得、雅各和約翰卻睡著了。

耶穌在園子裡獨自面對痛苦，沒有朋友的安慰。然而，因為祂曾經歷這樣的孤單和痛苦，所以我們確信祂永遠不會撇下或丟棄我們（希伯來書 13 章 5 節）。耶穌的受難，使我們永遠不會與上帝的愛分離（羅馬書 8 章 39 節），祂的陪伴讓我們能承受所面對的一切。

反思和禱告：

耶穌，感謝祢為我們在客西馬尼園受苦、被撇棄，甚至為我們被釘十架。感謝祢開了一條又新又活的路，使我們能與上帝和好。

作者：畢愛敏

來源：靈命日糧 2017年4月13日

Does having a friend nearby make pain more bearable? Researchers at the University of Virginia conducted a fascinating study to answer that question. They wanted to see how the brain reacted to the prospect of pain, and whether it behaved differently if a person faced the threat of pain alone, holding a stranger's hand, or holding the hand of a close friend.

Researchers ran the test on dozens of pairs, and found consistent results. When a person was alone or holding a stranger's hand while anticipating a shock, the regions of the brain that process danger lit up. But when holding the hand of a trusted person, the brain relaxed. The comfort of a friend's presence made the pain seem more bearable.

Jesus needed comfort as He prayed in the Garden of Gethsemane. He knew what He was about to face: betrayal, arrest, and death. He asked His closest friends to stay and pray with Him, telling them that His soul was "overwhelmed with sorrow" (Matt. 26:38). But Peter, James, and John kept falling asleep.

Jesus faced the agony of the garden without the comfort of a hand to hold. But because He bore that pain, we can be confident that God will never leave or forsake us (Heb. 13:5). Jesus suffered so that we will never have to experience separation from the love of God (Rom. 8:39). His companionship makes anything we endure

more bearable.

Reflect & Pray :

Jesus, thank You for bearing the pain and isolation of the Garden of Gethsemane and the cross for us. Thank You for giving us a way to live in communion with the Father.

By: Amy Peterson

Source: Our Daily Bread 13/04/2017

代禱事項：

第四天：為信徒和教會禱告

1. 為教會弟兄姐妹信仰的更新和與上帝關係的加深祈禱。
2. 為教會的每一個實體和線上聚會禱告。求主加添會友們信心、力量，渴慕和弟兄姐妹們一同的敬拜主。彼此相顧，彼此鼓勵。
3. 求神擴張我們教會的影響力，在職場、家庭、社區、城市及國家都成為祝福，讓世代因我們認識耶穌，歸榮耀於父神。
4. 為我們教會弟兄姐妹能夠好好的使用自己的恩賜來服事禱告。求神幫助我們在服事中得力，作神百般恩賜的好管家。
5. 為教會領袖禱告。求神賜給領袖們一顆樂意服事的心，好讓他們的生命能活出神所喜悅的態度。在服事上榮神益人。求神將智慧賜給領袖們，讓他們所行的能夠造福更多人，擴展神的國度。
6. 為著我們教會的牧者、執事、領袖，和他們的家人，一切都

求主保守看顧。

7. 為穆斯林禱告 30 天（請參考禱告手冊）。

Day Four: Pray for Believers and the Church

1. Pray for the renewal of faith and deepening of relationship with God among brothers and sisters in the church.
2. Pray for every physical and online gathering of the church. Ask the Lord to increase the faith, strength, and desire for worship among members, encouraging one another and worshipping the Lord together.
3. Ask God to expand the influence of our church, becoming a blessing in our workplaces, families, communities, cities, and nations, so that generations may know Jesus and bring glory to God the Father.
4. Pray for our brothers and sisters in the church to effectively use their gifts in serving. Ask God to help us be good stewards of the various gifts He has given us in our ministries.
5. Pray for church leaders. Pray that God gives them a willing heart to serve, so that their lives may reflect attitudes pleasing to God, bringing honour to Him and benefit to others through their service. Ask for wisdom for leaders so that their actions may bless more people and extend the kingdom of God.

6. Pray for the pastors, executive committee, leaders, and their families of our church, asking the Lord to guard and care for them in all things.
7. Pray for Muslims for 30 days (refer to prayer manual).

2024年3月29日 黑夜 “And It Was Night”

經文：約翰福音 John 13:21-32

諾貝爾獎得主埃利·維瑟爾 (Elie Wiesel) 的著作《夜》，揭露了納粹大屠殺的恐怖。作者被抓進納粹集中營的經歷，正好與以色列民出埃及的過程相反。在第一個逾越節，摩西和以色列民逃離了奴役他們的埃及地（出埃及記 12 章），維瑟爾告訴讀者，在逾越節後，納粹將猶太人領袖抓入集中營。

我們先不評論維瑟爾的暗諷，而是思想聖經裡一個類似的情節轉折。在一個逾越節的夜晚，那位眾人以為要來釋放上帝百姓脫離苦難的耶穌，卻允許那些要殺害祂的人逮捕祂。

約翰描繪了耶穌被逮捕前那神聖的一幕。在享用最後的晚餐時，耶穌為那即將發生的事“心裡憂愁”，並預言自己將被出賣（約翰福音 13 章 21 節）。接著，祂做了一件讓人難以理解的事，祂竟然分餅給叛徒吃。“猶大吃了餅，立刻就出去；那時是黑夜了”（30 節，新譯本）。歷史上最不公義的事即將發生，但耶穌卻說：“如今人子得了榮耀，上帝在人子身上也得了榮耀”（31 節）。再過幾個小時，門徒就會經歷驚慌、挫敗和絕望，但耶穌卻看見上帝的計畫正按部就班地開展。

當黑暗看似得勝時，我們可以回想一下，上帝如何面對那個黑夜，並擊敗了那黑暗的權勢。只要上帝與我們同行，黑夜就不可能長久。

反思和禱告：

你何時曾感到惶恐、失望，甚至是絕望？在度過那段黑暗時期後，你如何形容自己的感受？

作者：葛庭墨

來源：靈命日糧 2022年4月14日

Elie Wiesel's book *Night* starkly confronts us with the horrors of the Holocaust. Based on his own experiences in Nazi death camps, Wiesel's account flips the biblical story of the Exodus. While Moses and the Israelites escaped slavery at the first Passover (Exodus 12), Wiesel tells of the Nazis arresting Jewish leaders following Passover.

Lest we criticize Wiesel and his dark irony, consider that the Bible contains a similar plot twist. On the night of Passover, Jesus, expected to free God's people from suffering, instead permits Himself to be arrested by those who would kill Him.

John ushers us into the holy scene before Jesus' arrest. "Troubled in spirit" over what awaited Him, at the Last Supper Jesus predicted His betrayal (John 13:21). Then, in an act we can scarcely comprehend, Christ served His betrayer bread. The account reads:

"As soon as Judas had taken the bread, he went out. And it was night" (v. 30). History's greatest injustice was underway, yet Jesus declared, "Now the Son of Man is glorified and God is glorified in him" (v. 31). In a few hours, the disciples would experience panic, defeat, and dejection. But Jesus saw God's plan unfolding as it should.

When it seems as though the darkness is winning, we can recall that God faced His dark night and defeated

it. He walks with us. It won' t always be night.

Reflect & Pray :

When have you experienced panic, loss of hope, and despair? How would you describe how you felt after you came through that dark experience?

By: Tim Gustafson Source: Our Daily Bread 14/04/2022

代禱事項：

第五天：為家庭、社區和國家的和睦與團結祈禱

1. 反思耶穌的復活帶來的和平與和睦的資訊。
2. 為著自己的父母健康禱告。為著他們救恩（如果他們還未信主）向神祈求。
3. 如果父母不在身邊的，求主保守他們出入平安。如果父母在哪方面特別需要主憐憫和保守的，此刻也將這些事項交托神來掌管。
4. 為著在家庭中還有哪位成員還未信主的，或者在靈命中軟弱，或任何事物阻礙，我們祈求主來掌管這一切。
5. 為紐西蘭這個國家禱告，為治安、經濟和社會穩定來禱告。求主賜給國家領袖有智慧來治理這地，好使百姓都能安居樂業。
6. 為穆斯林禱告 30 天（請參考禱告手冊）。

Day Five: Pray for Peace and Unity in Families, Communities, and Nations

1. Reflect on the message of peace and harmony brought by Jesus' resurrection.
2. Pray for the health of your own parents. (Pray for their salvation if they have not yet believed in the Lord).
3. If your parents are not with you, pray for their safety in their comings and goings. If there are particular areas where your parents need God's mercy and protection, entrust these matters to God at this moment.
4. Pray for any family members who have not yet believed in the Lord, or who are spiritually weak, or facing any obstacles. Ask the Lord to take control of all these situations.
5. Pray for the nation of New Zealand, for peace, economic stability, and social harmony. Ask the Lord to grant wisdom to the national leaders to govern this land so that the people may live in peace and prosperity.
6. Pray for Muslims for 30 days (refer to prayer manual).

2024年3月30日 基督受難 The Passion of Christ

經文：以賽亞書 Isaiah 53:1-12

吉姆·卡維佐 (Jim Caviezel) 在電影《受難記》中飾演耶穌的角色。在他接演之前，導演梅爾·吉勃遜警告他說，這是一個艱巨的角色，同時恐怕還會衝擊到他在好萊塢的演藝事業。但卡維佐終究還是決定接下這個角色，他說：“雖然這並不容易，但我覺得我們要拍好這部電影。”

在電影拍攝期間，卡維佐曾被閃電擊中，體重掉了約 20 公斤，而且在拍攝耶穌被鞭笞的場景時不慎受到鞭傷。但後來他卻表示：“我不是要人們專注在我身上，我只希望他們能看見耶穌，並藉此引人歸主。”這部影片對卡維佐和劇組其他成員帶來深遠的影響，至於觀看這部電影的數百萬人中有多少人的生命得著轉變，或許只有上帝知道了。

基督的受難是指耶穌在世上遭受最大磨難的那段時間，從祂光榮進入耶路撒冷城開始（棕枝主日），接著遭到背叛、嘲弄、鞭打和釘死。這一連串的事件在四福音書中都有記載。

以賽亞書 53 章預言基督的受難及其結果：“祂為我們的過犯受害，為我們的罪孽壓傷。因祂受的刑罰，我們得平安；因祂受的鞭傷，我們得醫治”（5 節）。我們都“如羊走迷”（6 節），然而因耶穌的受死與復活，我們能與上帝和好。祂的受難為我們開了一條路，使我們能與祂同在。

反思和禱告：

耶穌生平的哪方面對你的衝擊最大？祂的受難對你有何影響？

作者：柯愛莉

來源：靈命日糧 2024年3月30日

Before Jim Caviezel played Jesus in the film *The Passion of the Christ*, director Mel Gibson warned that the role would be extremely difficult and could negatively impact his career in Hollywood. Caviezel took on the role anyway, saying, “I think we have to make it, even if it is difficult.”

During the filming, Caviezel was struck by lightning, lost forty-five pounds, and was accidentally whipped during the flogging scene. Afterwards, he stated, “I didn’ t want people to see me. I just wanted them to see Jesus. Conversions will happen through that.” The film deeply affected Caviezel and others on the set, and only God knows how many of the millions who watched it experienced changed lives.

The passion of Christ refers to the time of Jesus’ greatest suffering, from His triumphal entry on Palm Sunday and including His betrayal, mocking, flogging, and crucifixion. Accounts are found in all four gospels.

In Isaiah 53, His suffering and its outcome are foretold: “He was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed” (v. 5). All of us, “like sheep, have gone astray” (v. 6). But because of Jesus’ crucifixion and resurrection, we can have peace with God. His suffering opened the way for us to be with Him.

Reflect & Pray :

What aspect of Christ' s life most impacts you?
How does His suffering affect you?

By: Alyson Kieda

Source: Our Daily Bread 30/03/2024

代禱事項：

第六天：使命與傳福音

1. 為與他人分享復活節資訊的機會祈禱，以及福音在全球的傳播。
2. 求上帝賜給我們勇氣和力量，在這個常常與信仰對立的世界裡大膽地活出耶穌復活的信仰，從早期門徒的勇氣中汲取靈感。
3. 這個月也是穆斯林齋戒月。我們為著回教徒們救恩禱告。這未得之民也是主所愛的族群。求主開路。也為著在回教國裡仍然有愛主的基督徒們。他們的生活是時常處在緊張的狀態中，有時甚至會有生命危險。我們要為他們信心穩固向主祈求。
4. 我們也要為自己華人同胞的救恩禱告。求主幫助我們能敏感於這世代的呼喚，透過我們這些在海外的基督徒們，把福音透過任何的管道傳開。也為在中國的基督徒們，求主親自帶領，把這些基督徒們帶到適合的教會建立靈命，紮根成長。透過他們的生命，見證主名，在各個崗位中以信心來做光、做鹽。
5. 為穆斯林禱告 30 天（請參考禱告手冊）。

Day Six: Mission and Evangelism

1. Pray for opportunities to share the message of Easter with others, as well as for the spread of the gospel worldwide.
2. Ask God to grant us courage and strength to boldly live out our faith in the resurrection of Jesus in a world often at odds with faith, drawing inspiration from the courage of the early disciples.
3. This month is also the Muslim month of Ramadan. Let's pray for the salvation of Muslims. They are also a beloved group of people by the Lord. Pray for Christians living in Islamic countries. Their lives are often in tense situations, sometimes even facing physical danger like war and persecution. Let's pray for their steadfast faith in the Lord.
4. Let's also pray for the salvation of our Chinese brothers and sisters. Ask the Lord to help us be sensitive to the calling of this generation, spreading the gospel through us Christians abroad through any means possible. Also, pray for Christians in China, asking the Lord to personally lead them to suitable churches for spiritual growth. Through their lives, may they bear witness to the name of the Lord, shining as lights and salt in various positions.
5. Pray for Muslims for 30 days (refer to prayer manual).

