

# 常要认真求

以赛亚书38:1-8,21-22



**1. 那时希西家病得要死,亚摩斯的儿子先知以赛亚去见他,对他说:耶和华如此说:你当留遗命与你的家,因为你必死不能活了.**

**2. 希西家就转脸朝墙,祷告耶和华说:**

**3. 耶和華啊,求你記念我在你面前怎樣存完全的心,按誠實行事,又做你眼中所看為善的.希西家就痛哭了.**

**4. 耶和華的話臨到以賽亞說:**

**5. 你去告诉希西家说,耶和華—你祖大卫的神如此说:我听见了你的祷告,看见了你的眼泪.我必加增你十五年的寿数;**

**6. 并且我要救你和这城脱离亚述王的手,也要保护这城.**

**7. 我—耶和華必成就我所說的.我先給你一個兆頭,**

**8. 就是叫亞哈斯的日晷,向前進的日影往後退十度.於是,前進的日影果然在日晷上往後退了十度.**

**21. 以赛亚说:当取一块无花果饼来,贴在疮上,王必痊愈.**

**22. 希西家问说:我能上耶和华的殿,有什么兆头呢?**

# 常要认真求

以赛亚书38:1-8,21-22



**常要认真求** Always Seriously Pray

**要时常来到上帝面前认真祷告**

Always come to God and pray  
seriously





**你是不是一个认真的人？**

**Are you a serious person?**



# 迟到



# 时间的提醒机制

Time-Based Prospective  
Memory  
(TBPM)

# 时间预测的偏差

Time estimation bias

# 迟到与自私(自我中心)

Late and Selfish (Self-Centered)



**如果你** If you are...  
**你会找** you will find...?

**生病** Sick

**借钱** Money

**快乐** Happy

**不快乐** Unhappy

**结婚** Get married

**什么事你才来找上帝?**

What kind of things you need to come to God?

快乐时刻,赞美上帝

praise God.

艰难时刻,寻求上帝

God.

安静时刻,敬拜上帝

worship God.

痛苦时刻,相信上帝

Trust God.

每一时刻,感谢上帝

Thank God.

Is this a serious prayer?  
这是一个认真的祷告吗?

**祷告是不是万灵丹？**

Is prayer a panacea?

**神是否听我们的祷告？**

Does God listen to our prayers?

Yes**是**, No**不**, Wait**等**



**常欢聚** Always Gathering

**时间和关系**

Time & Relationship

**第一次求和第十次求的关系**

The relationship of the first prayer  
and the tenth prayer

20. 耶和华肯救我,所以  
要一生一世在  
丝弦的

一生一世

All the days of our lives

21. 以  
果饼来

上耶和华的殿

Go up to the temple of the Lord

22. 希  
华的殿,有什么兆头呢?

**要感恩 Give thanks**

**学习 Learning**

**19. 只有活人,活人必称谢你,像我今日称谢你一样.为父的,必使儿女知道你的诚实.**

**19. The living, the living—they praise you, as I am doing today; parents tell their children about your faithfulness.**

**凡事谢恩：  
因为这是神在基督耶稣里  
向你们所定的旨意。**

**Give thanks in all  
circumstances; for this is God's  
will for you in Christ Jesus.**

**(帖前Thess. 5:18)**

# 祷告与人生 Prayer and life



**认无知** Knowing I'm fool

**认识自己在神面前是  
愚昧无知的**

Knowing that  
I'm foolish and ignorant  
in front of God

5. 你去告诉希西家说,耶和華—你祖大卫的神如此说:我听见了你的祷告,看见了你的眼泪.我必加增你十五年的寿数;

**神听祷告:** I have heard your prayer and seen your tears.

**神赐恩典:** I will add fifteen years to your life.

6. 并且我要救你和这城脱离  
亚述王的手,也要保护这城.

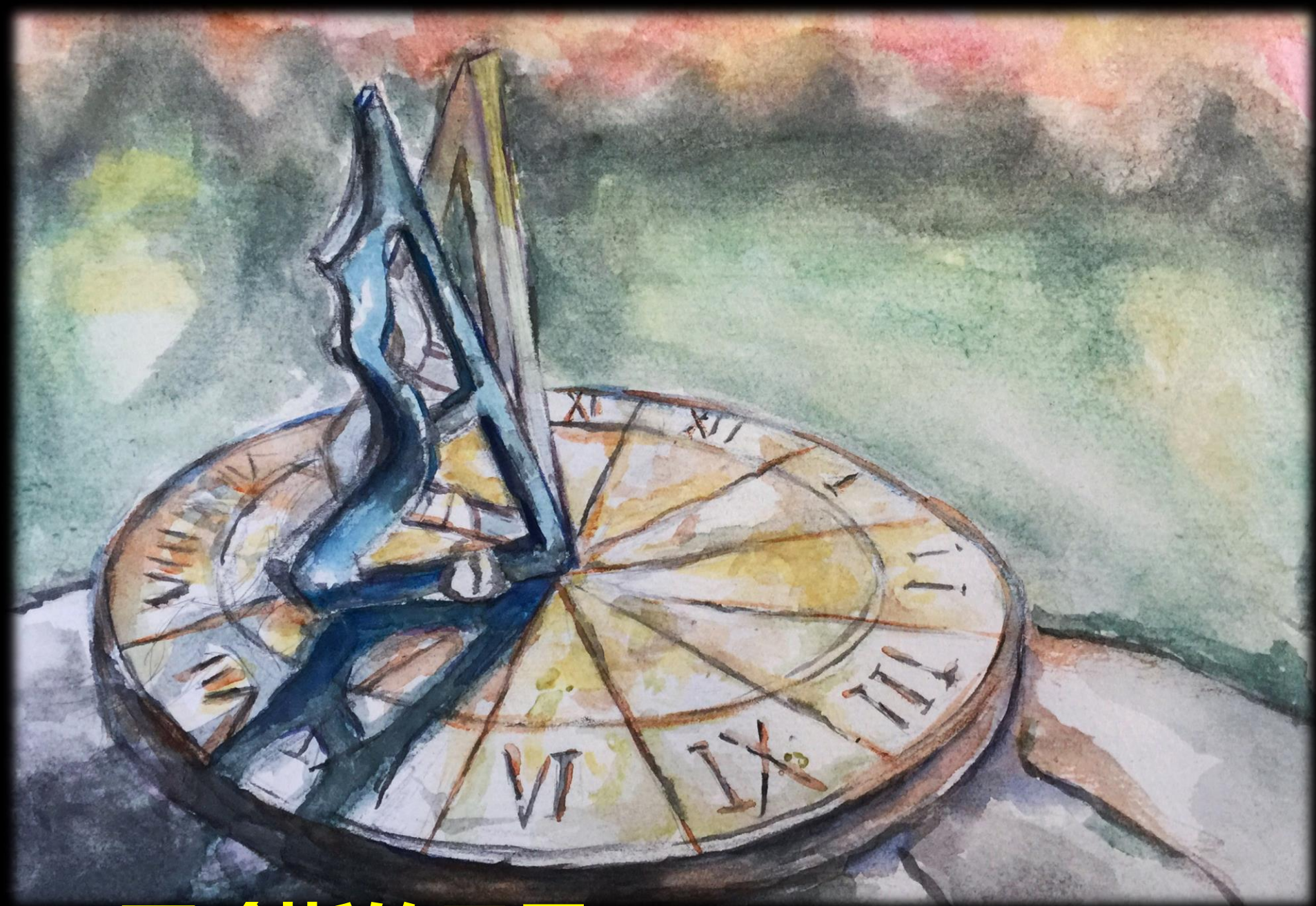
**神有怜悯:** I will deliver you and this  
city, I will defend this city.



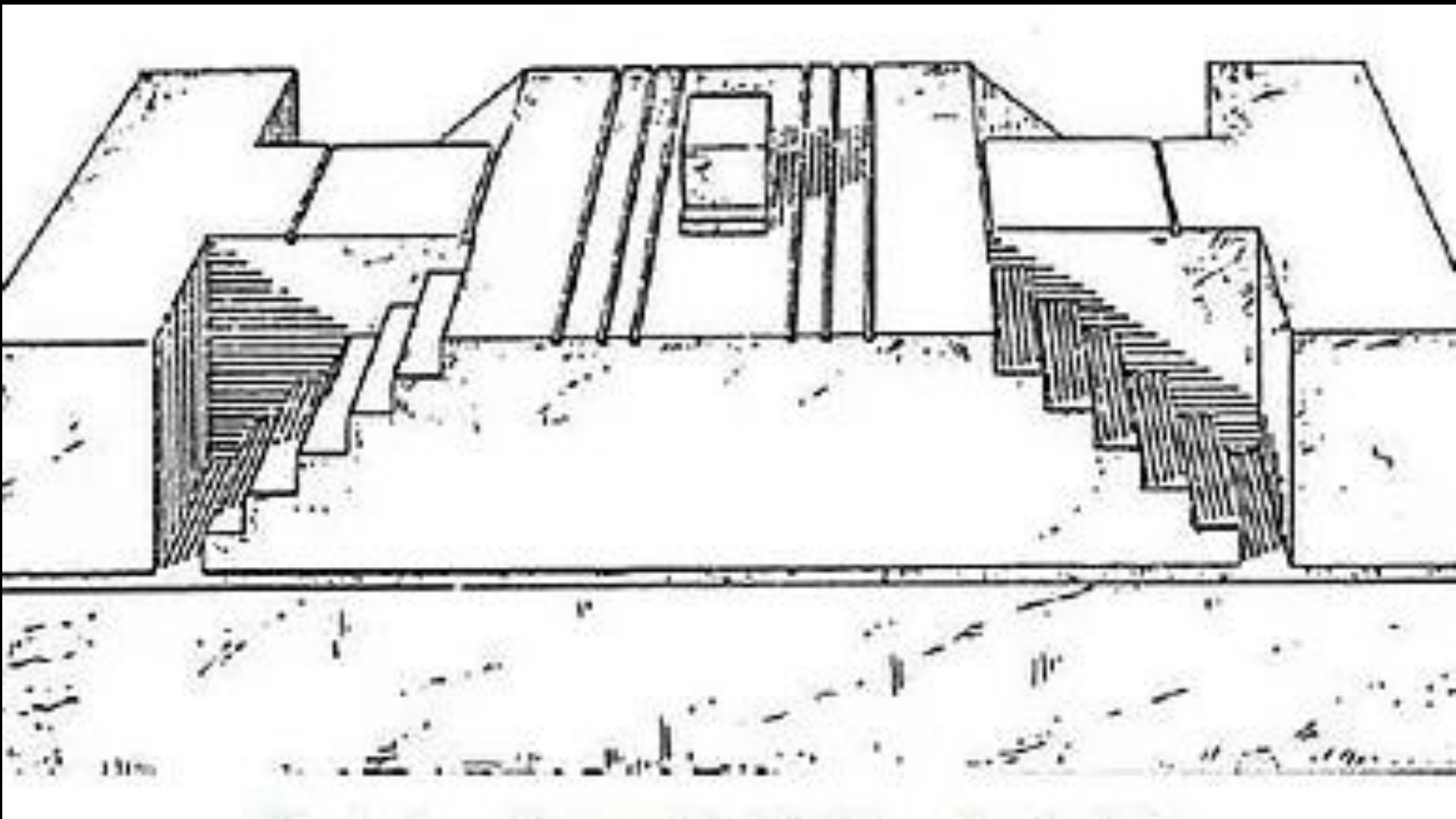
7. 我—耶和華必成就我所说的.我先给你一个兆头,

8. 就是叫亚哈斯的日晷,向前进的日影往后退十度.于是,前进的日影果然在日晷上往后退了十度.

**神行奇事:** I will make the shadow cast by the sun go back the ten steps.



**亚哈斯的日晷** The sundial of Ahaz



The stairway of Ahaz (楼梯)



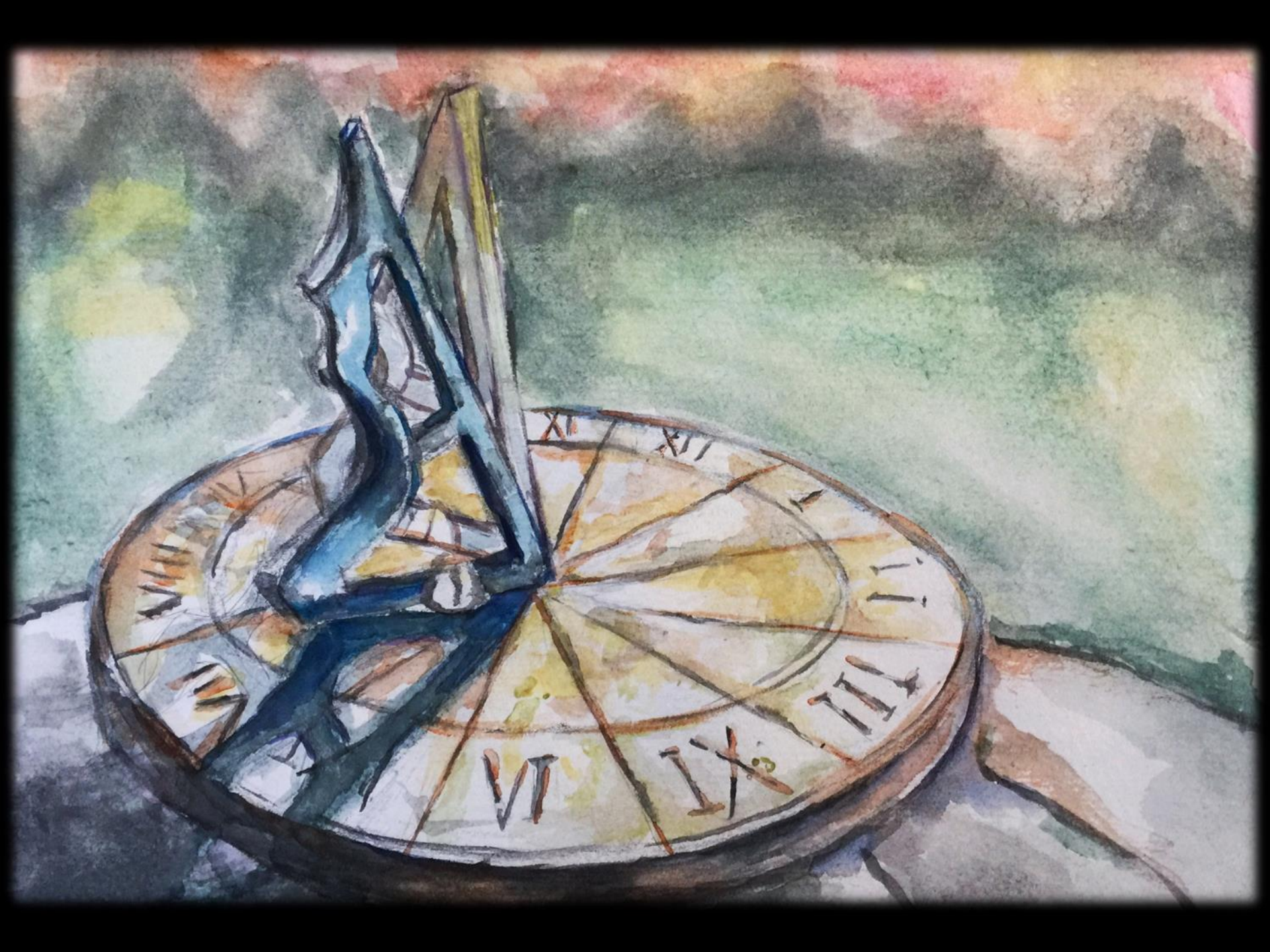
the sundial of Ahaz



亞哈斯的日晷









# 认无知 Knowing I'm fool

**神听祷告:** I have heard your prayer  
and seen your tears.

**神赐恩典:** I will add fifteen years to  
your life.

**神有怜悯:** I will deliver you and this  
city, I will defend this city.

**神行奇事:** I will make the shadow  
cast by the sun go back the ten steps.

**真**良善 Be Kind (**本质** Being)

being nice  
is cool

**3. 耶和華啊,求你記念我在你面前怎樣存完全的心,按誠實行事,又做你眼中所看為善的.希西家就痛哭了.**

**How I have walked before you  
faithfully and with  
wholehearted devotion and  
have done what is good in your  
eyes. (NIV)**

# 10岁之前父母应该告诉他们

- 父母是孩子的第一任老师.
- 我们希望自己的小孩善良,诚实,富有同情心,勇敢,但这些质量不是与生俱来的.
- 下面是10件对孩子成长至关重要的事,10岁之前父母应该告诉他们.

Don't be rude  
to girls.



Don't be rude  
to anyone.



尊重他人 / 跟男女无关



What's this?  
You just ruined  
the colors.



Let's add some color here.  
It'll look better.

不怕犯错 / 从错误中学习

I only made 1 mistake,  
and I got a B.



You should be  
more  
attentive.

I only made 1 mistake,  
and I got a B.



You got  
the solution.  
That's more  
important.

知识比分数重要得多

If I tell my mom, she'll kill me.



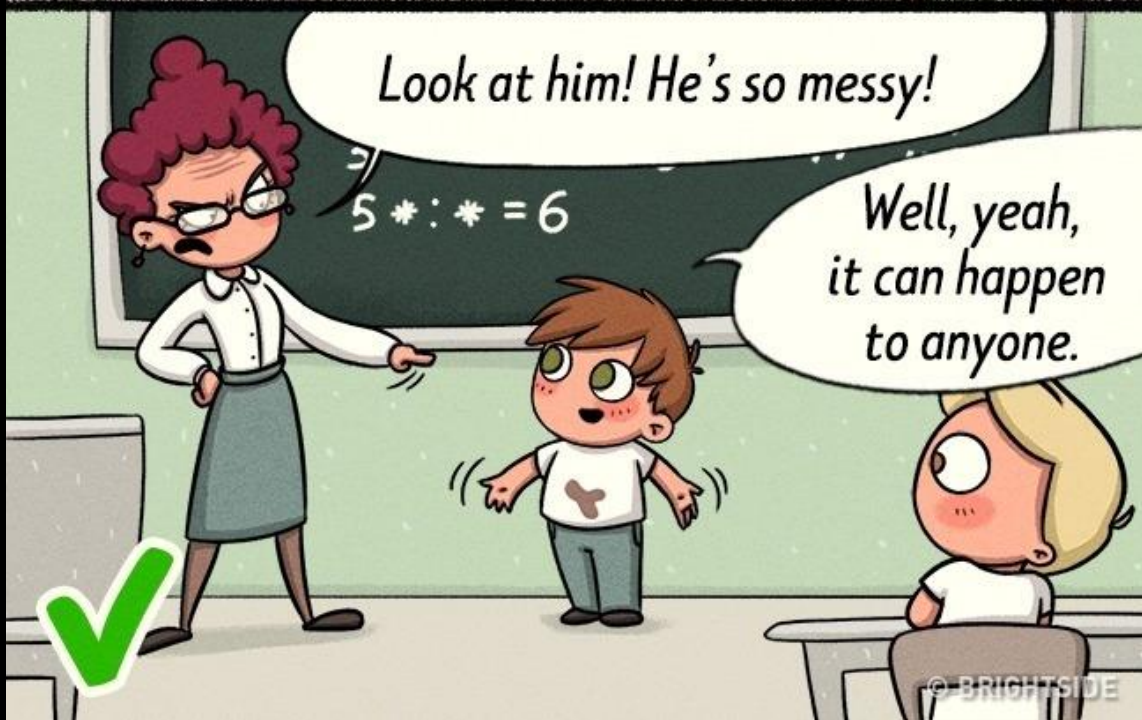
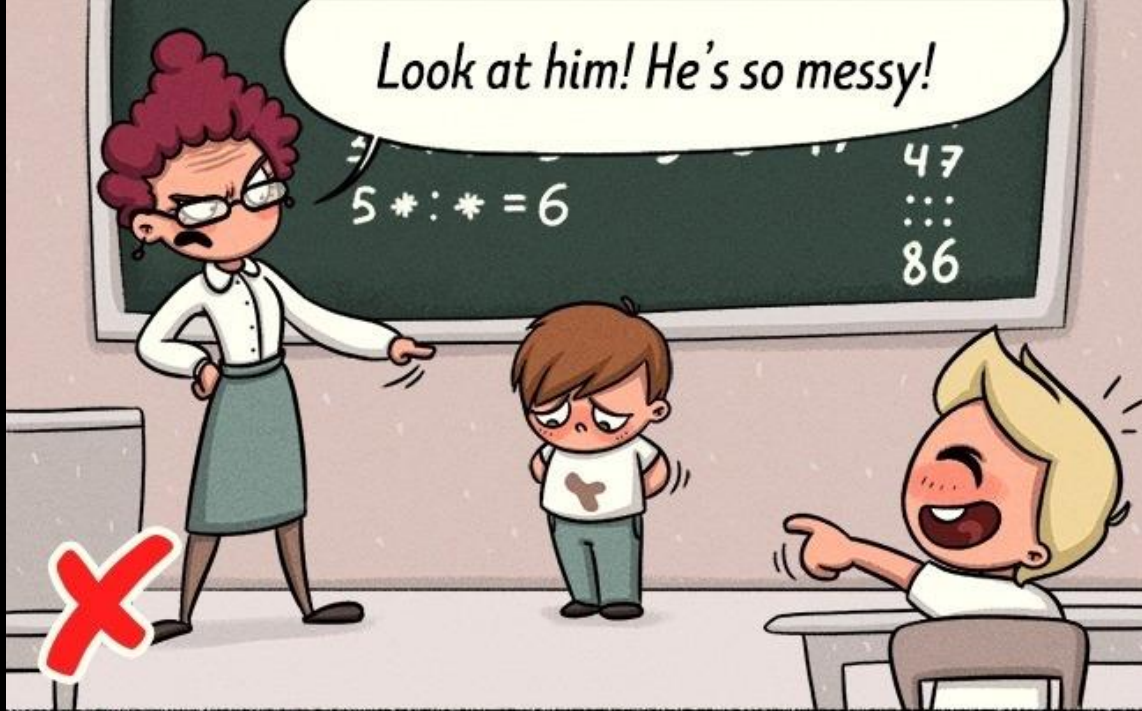
Mom, I need to tell you something. I need your help.



父母  
不是  
敌人

让孩子觉得你可以信任





坚持做自己 / 陪养自信心



比起获得别人的肯定, 做一个诚实, 受尊重的人更有价值.



不懂就问 / 有问题很正常

I don't want to draw attention to myself.



I feel dizzy.



身体不舒服要说出来



Why are you breaking the tree?

Just for fun.

It's not fun!



爱护环境



# 学会拒绝

我可以良善

对别人说好话

微笑

为别人感到高兴

鼓励我的朋友

提供帮助

I can be  
**KIND**

by...

saying  
nice things  
to others

smiling

being happy  
for others

encouraging  
my friends

offering  
to help

sharing and  
taking turns

caring  
about others

listening  
when others  
speak

using good  
manners



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我可以良善

分享和轮流

关心他人

别人说话倾听

有礼貌



# 求赦免 Prayer for Forgiveness



**16.** 主啊,人得存活乃在乎此.我灵存活也全在此.所以求你使我痊愈,仍然存活.

**17.** 看哪,我受大苦,本为使我得平安;你因爱我的灵魂(或译:生命)便救我脱离败坏的坑,因为你将我一切的罪扔在你的背后.

**17.** Surely it was for my  
benefit that I suffered such  
anguish. In your love you  
kept me from the pit of  
destruction;  
you have put all my sins  
behind your back.

# 东方修士最流行的祷告词

The Most common prayer in the Eastern  
Monks

Κύριε Ελέησον

*Kyrie, Eleison*

Lord, Have Mercy

God, Have Mercy on me, a Sinner

主啊,开恩可怜我这个罪人.

(路Luke 18:13b)

**Why We Need to Say  
'Lord, Have Mercy!'  
(我们为何需要祷告:主,怜悯)**

**By Fr. Richard Rohr**

This is  
not a self-demeaning prayer,  
nor a self-defeating prayer,  
nor is it a disempowering prayer.

Relying upon mercy, in fact,  
protects you from the arrogance  
and pride that wants to judge  
others, even in your mind.

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Relying upon mercy, in fact, protects you from the arrogance and pride that wants to judge others, even in your mind.

**这不是一种自我贬低的祷告，  
也不是一种打败自我的祷告，  
更不是一种无能为力的祷告。**

**事实上，依靠怜悯可以保护你免受  
那些想要批评别人的傲慢和骄傲，  
甚至在你的意念里。**

It situates you in freedom  
from any sense of your own  
sufficiency or superiority,  
and affirms a non-need to justify  
yourself, and thus keeps your heart  
open for others and for God.



It situates you in freedom from any sense of your own sufficiency or superiority, and affirms a non-need to justify yourself, and thus keeps your heart open for others and for God.

**它使你自由的摆脱任何的  
自以为是和优越感，  
并肯定无需自我批评，  
从而使你的心向他人和上帝开放。**

**“Lord, have mercy” seeks validation only from God and not from any inner or outer attempts to be worthy, independently “good,” or not-in-need-of-mercy.**

**「主,怜悯」只单从上帝那里寻求确据,不是从任何内外的举止中被肯定,是真正的「善」,或者不需要怜悯.**

**常欢聚** Always Gathering

**要感恩** Give Thanks

**认无知** Knowing I'm fool

**真良善** Be Kind

**求赦免** Prayer for Forgiveness

**Always gathering to give thanks,  
knowing I'm fool, be kind and  
prayer for forgiveness.**





