21 DAYS

PRAYER & FASTING

禁食禱告

2021年9月17日 至10月8日

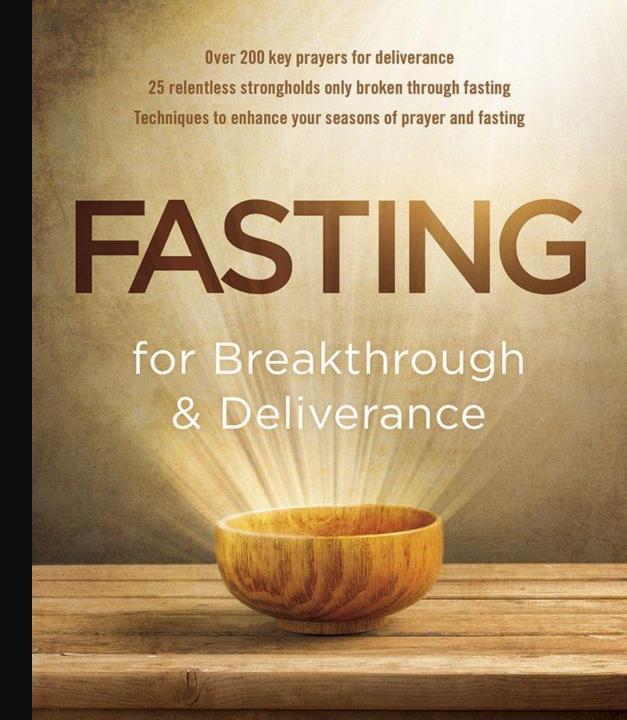


禁食禱告目的 The Purpose

- · 專心仰望尋求神Look Up to God
- 體驗屬天的能力Experience His Power

禁食禱告成就••• What May Accomplish

- •謙卑Humility
- 進入超自然的鑰匙Enter into the supernatural
- •神可開門而得以進入不可能之境God opens the door for the impossible





禁食可以是••• Fasting and Prayer

- •對食物或飲料從部份到完全的禁戒refrain from having any food or drinks partially or entirely
- •對任何事物從部份到完全的禁戒refrain from enjoying almost anything partially or entirely
- •禁食可持續幾小時、幾天、幾周、甚至 幾年may last for few hours, days, weeks or even years

禁食禱告的方式 Three Kinds of Fasting

- 完全的禁食Complete Fasting: 完全禁吃食物,也不喝流質 No solid food and fluid food
- 普通的禁食General Fasting: 不吃食物,但可喝流質No solid food but with fluid food
- •選擇性禁食Elective Fasting:禁戒至少一種食物,而非完全禁戒Fasting on at least one kind of food, but not on other food

預備禁食禱告 The Preparation

• 步驟一:設立目標 Set goals

• 步驟二:制訂計劃 Make up a plan

• 步驟三:預備心靈 Prepare the heart

●步驟四:準備身體 Prepare the body



進入禁食禱告 The Practice

- 減少不必要的干擾Don't let other things to disturb you
- 多花一些時間禱告Spend more time into prayers
- 利用這個時間敬拜May have personal worship
- 可以讀經、默想May read the Bible and meditate on God's Word
- 可以閱讀屬靈書籍May read spiritual articles and books
- 以禱告開始,以禱告結束Start the fasting with prayers and conclude the fasting with prayers

注意事項



- 在禁食之前,不要暴飲暴食Before the fasting, don't eat or drink excessively
- 在禁食期間內,多喝水,並有輕微合宜的運動During the fasting, drink more water and exercise properly
- 禁食期間內,不要忘記服藥Don't forget to take your medicines
- 禁食期滿後,由少量清淡、易消化的流質開始恢復 Begin with fluid food after the fasting