

# LEARNING HOW TO HAVE DAILY DYNAMIC ENCOUNTERS WITH GOD

## 学习如何进行每天与神的相交

### 00-10 minutes: Prayer - 1 00-10 分钟：祷告

Confession of sin. 认罪

Reception of cleansing and pardon. 接受洗清和饶恕

Reception of the Holy Spirit in fulness. 接受圣灵的充满

Appropriation of the full power and presence of the Holy Spirit as Author of the Word to lead you into it and teach you. 因圣灵是神的话的作者就接受祂全部的能力和同在 为了在神的话里引导你和教你。

### 10-15 minutes: Bible Reading - 1 10-15 分钟：读圣经

Read the passage through fairly rapidly. 快速地读该经文。

Read the passage through slowly. 满满地读该经文。

### 15-30 minutes: Bible Reading - 2 15-30 分钟：读圣经

Read the passage through very very slowly. 非常慢地读该经文。

Work out the main message of the passage to those who first received that part of Scripture; 列出首先接受该经文的群众 所受到的主要信息 i.e. the original audience in Bible times. 就是说圣经时代的群众。Ask yourself how they understood what the writer was saying. (Short summary of the text) 你可以问你自己他们怎么明白了作者在该经文中所说的。(一个小总结)

### 30-60 minutes: Bible Meditation 30-60 分钟：圣经默想

Work out what the Word of God is saying to you today about: (Analysis of the text) 列出来神的话对你今天在说什么：(该经文的分析)

your walk with God. 你跟神的行走

your service to God. 你对神的服侍

your relationship with believers, 你跟信徒的关系

your relationship with unbelievers, 你跟不信徒的关系

your service to believers, 你对信徒的服侍

your service to unbelievers 你对不信徒的服侍

Decide what you will do about specific things about which the Lord has talked to you through His Word. (Application to yourself) 决定你将会做什么关于神所告诉您的具体事情 (这是关于你自己的事情)

### 60-75 minutes: Prayer - 2 60-75 分钟：祷告-2

Convert each thing which you saw in the Word into prayer. 转换在神的话看到的每一件事情成祷告题目。

Ask the Lord for power to obey Him in all the things that He has shown and commanded you.

祈求神赐给你能力为了顺服祂在所有祂让你看见和吩咐你去做的事情。

Ask the Lord to work out the circumstances that are most conducive to help you to obey Him in the things that He has talked to you about. 祈求神给你最合适的情况为了帮助你去顺服那些祂所告诉你的事情。

Pray for other believers who are facing the same issues that necessitate obedience. 为别的正在面对一样的事情且需要顺服的信徒祷告。

### 75-90 minutes: Prayer - 3 75-90 分钟祷告-3

Thank the Lord for His Word to you that day.感谢神为你那一天从祂收到的话。

Praise Him. 赞美祂。

Make petitions to Him. 祈求几件事情。

Intercede for those in authority over you 为你的领导们迫切祷告。

Intercede for a particular believer or a particular situation. 为一个特定的信徒或者一个特定的情况迫切祷告

Pray for any other things that the Holy Spirit has put on your heart. 为别的事情圣灵已经放在你的心中祷告。

Thank the Lord again for the time that you have spent in His presence. 再次感谢神为时间你可以过在祂的同在。

NB: Excerpt from the book Retreats For Spiritual Progress

by Professor Zacharias Tane Fomum

注意：《为属灵进展的退修期》的节选，由撒迦利亚坦尼福盟 所著

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