

與主同行四十日

A 40-day journey with the Lord

心靈齋戒 SPIRITUAL LENT

3/6/2019 ASH WEDNESDAY – 4/21/2019 EASTER  
SUNDAY

# Lent 的緣由與目的

- 緣由：許多教會在復活節之前有一段齋戒期，稱為 Lent，從 Ash Wednesday 到 Easter Sunday 的前一日，共四十日（主日不算）。在此期間，基督徒節食、悔罪、刻苦己心，與主同行。
- 心靈齋戒：傳統的 Lent 將重點放在飲食，各人選擇自己所要禁戒的食物。Spiritual Lent 將重點放在心靈，各人選擇要在甚麼事上“不看、不說、不想”。
- 目的：養成良好的屬靈習慣，以清潔的心與主同行。

## 實行方法 How to practice

- 選擇你要戒除的事，每日以神的話語潔淨己心，與主同行四十日
- Choose the things you'd like to abstain from. Purify your spirit with God's word daily. Walk with the Lord for 40 days.
- 從聖灰星期三 Ash Wednesday 到復活主日 Easter Sunday，共47日。其中 7 個主日已經分別為聖，將其餘 40 日也分別為聖
- Starts from Ash Wednesday to Easter Sunday for a total of 47 days. You've already set aside 7 Sundays. Now set aside other 40 days.

# 心靈潔食：與主同行四十日

- 選擇你要戒除的事
- 堅持四十日

## 1. 戒除

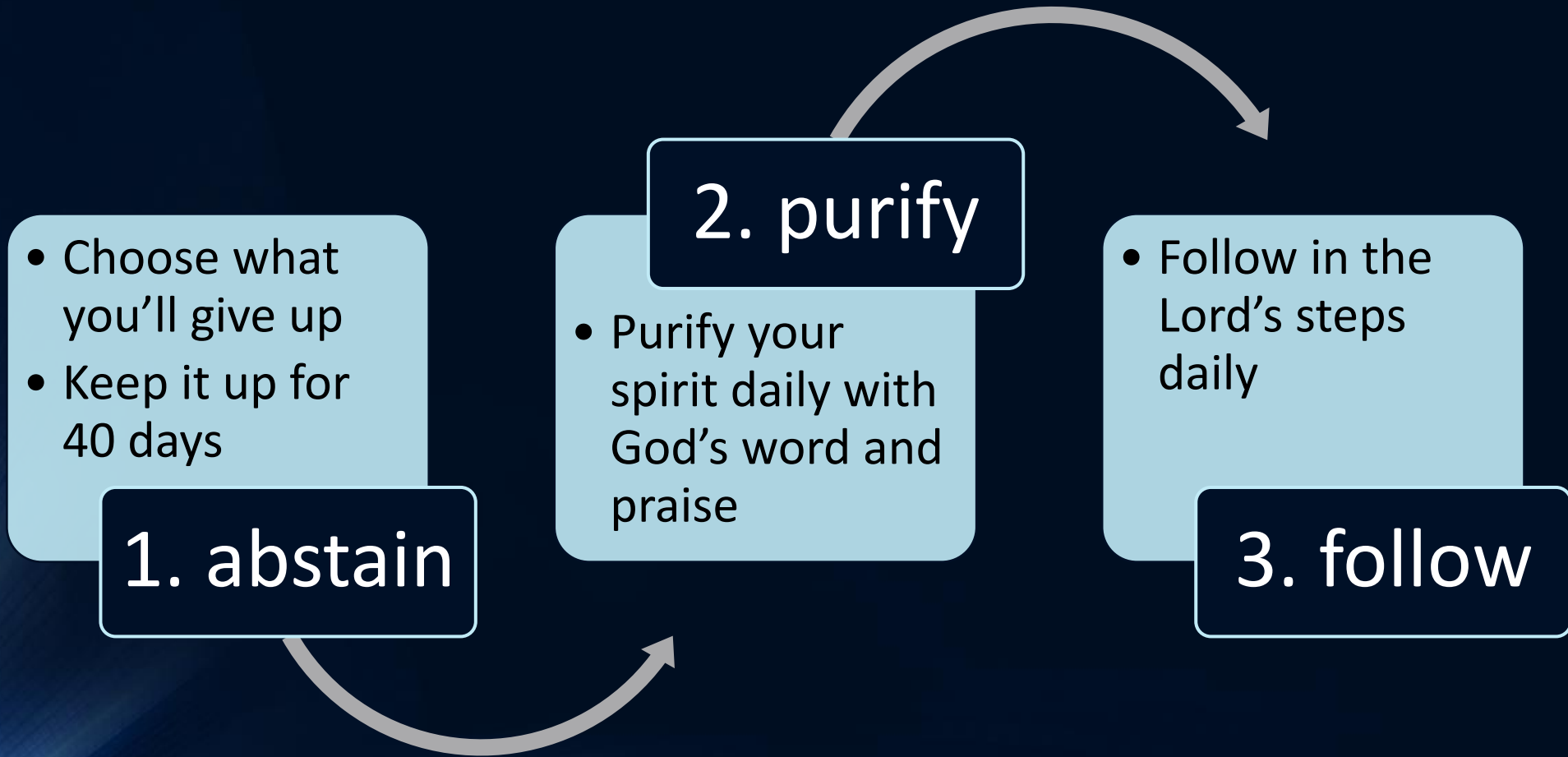
- 每日讀經讚美潔淨己心

## 2. 潔淨

- 每日跟隨主的腳蹤行

## 3. 跟隨

# Spiritual Lent: a 40-day journey with the Lord



# 戒除之約

- 我 \_\_\_\_\_ 與主耶穌立約，在與主同行的期間，從聖灰星期三到復活星期日（3/6-4/21/2019），戒除以下的事：

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

# Covenant of Abstinence

- I, \_\_\_\_\_, solemnly covenant with Lord Jesus, during the days I journey with Him, from Ash Wednesday to Easter Sunday (3/6 – 4/21/2019), I will abstain from the following:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# 如何潔淨 How to purify

1. 眼睛：讀神的話語，不看不應該看的東西

EYES. Read God's word. Abstain from what you should not see.

2. 舌頭：讚美神，不說不應該說的話

TONGUE. Praise God. Abstain from what you should not say.

3. 思想：思念耶穌，不想不應該想的事

MIND. Consider Jesus. Abstain from what you should not think.



# 如何跟隨主 How to follow the Lord

1. 耶穌遵行天父旨意，腳蹤走向十字架，乃是受苦之處

Submitting to the Father's will, Jesus' steps lead to the cross, a place of suffering.

2. 按照聖經的啟示和你心中的感動，跟隨耶穌

You're to follow in Jesus' steps according to the revelation of the Scriptures and what God has put in your heart.

3. 倚靠聖靈，祈禱得能力，保持內心的清潔與喜樂

You're to rely on the Holy Spirit and pray for strength. Keep your spirit in a clean and joyful state.

## 因行善而受苦 Suffer for Doing Good

- 你們若因犯罪受責打，能忍耐，有什麼可誇的呢？但你們若因行善受苦，能忍耐，這在神看是可喜愛的。你們蒙召原是為此；因基督也為你們受過苦，給你們留下榜樣，叫你們跟隨他的腳蹤行。  
(彼前2:20-21)
- But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God. To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. 1 Peter 2:20-21

# 我若犯戒了怎麼辦？What if I goof up?

- 第二日重新開始，堅持到復活節主日。
- Start anew next day. Keep it up till Easter Sunday.