圣周禁食祷告手册

HOLY WEEK FASTING AND PRAYER HANDBOOK

2026

(30/03/26 - 04/04/26)

Contents

禁食祷告的圣经教导

黄彼得牧师

问：禁食祷告该怎样进行？可否喝些饮料？禁食祷告的内容是什么？为什么祷告？只是求神格外的恩典？如解决夫妻问题、孩子问题等。如果禁食伤了胃当如何？禁食时可否做些工作？

答：先列出圣经对禁食的教训，然后归纳一些原则，作为对问题的回答。

旧约对禁食祷告的教训：

1. 在每年七月初十日的赎罪日，要刻苦己心，什么工都不可做，守为圣日，这是禁食的日子（利一六：29-34，二三：26-32；耶三六：6）。
2. 摩西在西奈山领受神所颁布的律法诫命时，四十昼夜，也不吃饭，也不喝水（出三四：28，二四：18；申九：9，18）。
3. 以色列人与便雅悯支派彼此战争，便雅悯支派杀死以色列人拿刀的一万八千人，以色列人上伯特利，在主面前哀哭禁食到晚上（士二〇：24-28）。
4. 撒母耳带领以色列众人，聚集在米斯巴，为离弃偶像，专心归向神，当日禁食认罪（撒上七：2-11）。
5. 基列雅比居民为扫罗王的骸骨，安葬在雅比的垂柳树下，禁食七日（撒上三一：7-13）。
6. 当亚哈王与耶洗别王后要霸占拿八的田园时，也命令耶斯列人宣告禁食（王上二一：5-10）。
7. 当约沙法王要抵抗摩押人、亚扪人、米乌尼人的攻击时，在隐基底定意寻求主，在犹大全地宣告禁食，求主帮助他们（代下二〇：1-4）。
8. 在末底改时代，因为哈曼要杀灭犹大人，所以在波斯境内各省各处的犹大人大大悲哀，禁食、哭泣哀号，穿麻衣（斯四：1-3）。以斯帖在领受违例去见王的事上，也请书珊城所有犹大人，为她禁食祷告三日三夜，不吃不喝。以斯帖自己和宫女，也要这样禁食（斯四：15-16）。当末底改和以斯帖得胜哈曼的阴谋后，他们定亚达月十四、十五两日为普珥节，要禁食呼求（斯九：17-32）。当犹大人被掳到巴比伦的七十年中，他们定四、五、七、十等四个月为禁食的日子（亚七：5；八：19）。但神说，这些禁食悲哀岂是向我禁食吗（亚七：5）？如果犹大人真心悔改归向真神，遵行神的命令，那么神就要将禁食的日子，变为犹大家欢喜快乐的日子和欢乐的节期，所以神要求犹大人要喜爱诚实和平（亚八：19）。

在旧约个人为某一件事而禁食的例子如下：

1. 大卫为哀悼扫罗王和约拿单，禁食哀号到晚上（撒下一：11-12）。
2. 尼希米为犹大省遭大难、受凌辱，耶路撒冷城墙被拆毁，城门被火焚烧而哭泣悲哀几天，在天上的上帝面前禁食祈祷（尼一：2-11）。
3. 大利乌王因误听奸人的阴谋，将但以理下在狮子洞中，他回到宫中，终夜禁食，睡不着觉（但六：16-18）。
4. 尼尼微城的王和人民，当听到先知约拿所传神要毁灭该城的信息，他们信服上帝。国王下了宝座，脱下朝服，披麻布，坐在灰中，通告全国人民禁食祷告，各人回头离开所行的恶道，丢弃手中的强暴，希望神转意后悔，不发烈怒。神察看他们实际的悔改，就不将所说的灾祸降与他们（拿三：1-10）。
5. 在先知以赛亚书中，记载有犹大人禁食，却是求利益，勒逼人为他们做苦工；禁食却是互相争竞，以凶恶的拳头打人。这类的禁食是神不理会的（赛五八：3-5）。神所要的禁食是：禁食的人必须使被欺压的得自由，将饼分给饥饿的人，接待漂流的穷人，将衣服给赤身的人遮体，顾恤自己的骨肉至亲，要行公义，发怜悯（赛五八：6-12）。

新约对禁食祷告的教导：

1. 女先知亚拿不离圣殿，禁食祷告，昼夜事奉神（路二：36-37）。
2. 施洗约翰的门徒和法利赛人是常禁食的，但耶稣的门徒却少有禁食的，因此引起法利赛人和文士的批评（可二：18-20）。
3. 耶稣自己在受试探时，禁食四十昼夜（太四：2；路四：2）。
4. 在要赶某一类的鬼时，需要祷告禁食（太一七：14-21）。
5. 安提阿的教会要差派保罗和巴拿巴二人出去宣教，教会禁食祷告，按手在他们的头上（徒一三：1-3）。
6. 保罗和巴拿巴二人，在加拉太省的各教会选立长老，禁食祷告，把他们交托所信的主（徒一四：19-23）。

从上述的教训中，我们可以归纳如下：

一. 禁食祷告的原因
   1. 因罪要得救赎，必须刻苦己心而禁食。
   2. 为领受神的命令律法而禁食，就是要领受神的旨意、教训，为了专心而禁食。
   3. 为救人、离弃偶像、归向真神而禁食。
   4. 恶人要霸占别人田园，也会命令受欺压的人禁食。
   5. 为抵抗敌人攻击，寻求主的旨意而禁食。
   6. 为拯救同胞脱离恶人的阴谋而禁食。
   7. 为哀悼朋友死亡而禁食。
   8. 为神要降灾的警告，而悔改禁食祷告。

9. 为事奉神而禁食。
10. 为抵抗撒但的试探而禁食。
11. 为同工领受职务而禁食祷告。

二. 禁食祷告的态度和原则

1. 是专心、严肃的，所以也称为严肃会（赛一：13；珥一：14，二：15）。
2. 如果是悔改罪行，必须立志离弃一切罪行，为罪行哀哭忏悔，从此不再犯罪。所以不是在禁食祷告的时候悔改，更是在往后的日子用不犯罪的行为来证明悔改的心志。
3. 为拯救同胞脱离神的审判，必须全体信徒同心禁食祷告一段较长的时日，使同胞受感动悔改归向神。
4. 为属灵的争战，要得圣灵的同工，明白圣经真理，运用圣经真理为武器，为得胜的力量和智慧，而不倚靠物质的力量，所以不想去吃喝。
5. 要小心，不误用禁食为行恶、得私利的借口，以禁食为敬虔的态度去欺骗人。
6. 是向神禁食，而求神的察看，是内心的，不是外表的装作，故意叫人看出禁食的样子（太六：16-18）。
7. 找几位同心的信徒，为罪人得救、失败的信徒复兴、担子沉重的教牧人员等禁食祷告。这类的禁食可以定期举行，但不宣扬、不夸张、不居功。

三. 禁食祷告的地点和时间的久暂

1. 最好找安静、不容易受干扰的房间，但要告知家人在什么地方。如果超过一天，更要告知家人。
2. 有人要去祷告山，这不可非议。但没有祷告山的，只要用心灵和诚实禁食祷告，在哪里都一样，因为神是灵，是无所不在的。千万不要以为某一地点特别神圣，在那地方神会特别垂听。
3. 时间长短可随圣灵的引导和内心实际情形的需要而决定；先禁食一、二天，再决定是否延长。千万不可与别人比赛禁食时间的长短。

四. 禁食祷告当注意的事

1. 试探会更大、更严苛，禁食后的失败会更惨。
2. 不可抄袭别人的禁食方法或方式，凡事顺个人的情形而决定，没有一个禁食的完全方式。
3. 禁食中得到的真理要自己切实施行，然后分享给别人共同实行。
4. 寻求主和祂的旨意为最高目标。
5. 以荣耀主、高举主为最终的目的和动机。

资料来源：《金灯台》第 75 期，1998 年 5 月

Biblical Teaching on Fasting and Prayer

Rev Peter Wongso

Question:

How should fasting and prayer be practiced? May one drink beverages? What should be the content of fasting prayer? What should we pray for? Is it only to ask God for special grace—for example, to resolve marital problems, children's issues, and so on? What if fasting harms the stomach? May one continue working while fasting?

Answer:

First, we will list the Bible's teachings on fasting, and then summarize some principles as a response to these questions.

Old Testament Teachings on Fasting and Prayer:

1. On the tenth day of the seventh month each year, the Day of Atonement, the people were to humble themselves and do no work. It was to be kept as a sacred day—a day of fasting (Leviticus 16:29–34; 23:26–32; Jeremiah 36:6).
2. When Moses received the law and commandments from God on Mount Sinai, he neither ate bread nor drank water for forty days and forty nights (Exodus 34:28; 24:18; Deuteronomy 9:9, 18).
3. When Israel fought against the tribe of Benjamin and 18,000 Israelites were killed, the people went up to Bethel and wept before the Lord, fasting until evening (Judges 20:24–28).
4. Samuel gathered the Israelites at Mizpah. They fasted that day, confessed their sins, and turned from idols to devote themselves to God (1 Samuel 7:2–11).
5. The inhabitants of Jabesh Gilead buried the bones of King Saul under a tamarisk tree and fasted seven days (1 Samuel 31:7–13).
6. When King Ahab and Queen Jezebel sought to seize Naboth's vineyard, they proclaimed a fast among the people of Jezreel (1 Kings 21:5–10).
7. When King Jehoshaphat faced attack from the Moabites, Ammonites, and Meunites, he resolved to seek the Lord and proclaimed a fast throughout Judah, asking for God's help (2 Chronicles 20:1–4).
8. In the days of Mordecai, when Haman plotted to destroy the Jews, there was great mourning among the Jews throughout the Persian provinces, with fasting, weeping, and wailing, and many lay in sackcloth and ashes (Esther 4:1–3). Esther also asked all the Jews in Susa to fast for her for three days and nights without eating or drinking before she went to see the king (Esther 4:15–16). After their deliverance, the Jews established the fourteenth and fifteenth days of Adar as the Feast of Purim, which included fasting and prayer (Esther 9:17–32). During the seventy years of exile in Babylon, the Jews set aside the fourth, fifth, seventh, and

tenth months as times of fasting (Zechariah 7:5; 8:19). But God questioned whether their fasting was truly for Him (Zechariah 7:5). If they sincerely repented and obeyed Him, He would turn those fasting days into joyful festivals. God required them to love truth and peace (Zechariah 8:19).

Personal Fasts in the Old Testament:

1. David fasted and mourned until evening for Saul and Jonathan (2 Samuel 1:11–12).
2. Nehemiah fasted and prayed before the God of heaven for several days after hearing that Jerusalem's walls were broken down and its gates burned (Nehemiah 1:2–11).
3. King Darius fasted and could not sleep after Daniel was thrown into the lions' den (Daniel 6:16–18).
4. When the people of Nineveh heard Jonah's warning that God would destroy the city, they believed God. The king humbled himself, proclaimed a fast, and called on the people to turn from their evil ways and violence. Seeing their genuine repentance, God relented from sending the disaster (Jonah 3:1–10).
5. In Isaiah, the prophet rebuked those who fasted for selfish gain and exploited others, quarreling and striking with wicked fists. Such fasting was not accepted by God (Isaiah 58:3–5). The fast God desires is to loose the chains of injustice, share food with the hungry, provide shelter for the poor, clothe the naked, care for one's family, act justly, and show compassion (Isaiah 58:6–12).

New Testament Teaching on Fasting and Prayer:

1. The prophetess Anna did not depart from the temple, worshiping with fasting and prayer night and day (Luke 2:36–37).
2. The disciples of John the Baptist and the Pharisees fasted frequently, but Jesus' disciples fasted less often, which led to criticism (Mark 2:18–20).
3. Jesus Himself fasted forty days and nights when He was tempted (Matthew 4:2; Luke 4:2).
4. Certain kinds of demons can only be driven out by prayer and fasting (Matthew 17:14–21).
5. The church at Antioch fasted and prayed before sending Paul and Barnabas out for missionary work, laying hands on them (Acts 13:1–3).
6. Paul and Barnabas appointed elders in the churches of Galatia with prayer and fasting, committing them to the Lord (Acts 14:19–23).

Summary of Principles:

I. Reasons for Fasting and Prayer

1. For redemption from sin, humbling oneself before God.
2. To receive God's commands and understand His will.
3. To call people to turn from idols and return to the true God.
4. (Sometimes even wicked people misuse fasting for evil purposes.)
5. To seek God's will in times of enemy attack.
6. To rescue others from evil schemes.
7. To mourn the death of loved ones.
8. To repent in response to warnings of judgment.
9. To serve God.
10. To resist Satan's temptation.
11. To commit co-workers or leaders to their ministry.

II. Attitudes and Principles of Fasting

1. It should be serious and wholehearted—a solemn assembly.
2. If for repentance, one must truly turn from sin, not merely express sorrow during the fast but demonstrate repentance through changed living afterward.
3. Corporate fasting may be necessary to intercede for others under judgment.
4. In spiritual warfare, one seeks the Holy Spirit's help, biblical truth, wisdom, and strength rather than relying on material power.
5. Do not misuse fasting as a cover for wrongdoing or personal gain.
6. Fast before God, not for outward display (Matthew 6:16–18).
7. A small group of like-minded believers may fast regularly for the salvation of sinners, revival of fallen believers, or for burdened pastors—without publicity or pride.

III. Place and Duration

1. Choose a quiet place free from disturbance; inform family members, especially if fasting longer than one day.
2. Some go to "prayer mountains," which is acceptable; but since God is Spirit and omnipresent, fasting in spirit and truth can be done anywhere. No place is inherently more sacred.
3. The duration should follow the Spirit's leading and actual need. One may begin with one or two days and extend if necessary. Do not compete with others over length of fasting.

IV. Matters Requiring Attention

1. Temptation may intensify; failure after fasting can be more serious.
2. Do not copy others' fasting methods mechanically. There is no single perfect way.
3. Practice personally the truths received during fasting before sharing them with others.
4. Seeking the Lord and His will is the highest goal.
5. The ultimate purpose and motive is to glorify and exalt the Lord.

Source: Golden Lampstand, Issue 75, May 1998.

耶稣受难与禁食祷告的操练

陈礼亮牧师

耶稣受难是历史的事件，这事件是我们信仰中的一件大事，因为耶稣是为了代替罪人的罪死在十字架上。耶稣的死是罪人蒙救赎的基础，正如彼得前书 2:24 所说的：“他被挂在木头上亲身担当了我们的罪，使我们既然在罪上死，就得以在义上活。因他受的鞭伤，你们便得了医治。”

因此，当我们蒙了救赎后，我们不只是要常常回顾主的牺牲与大爱，在记念耶稣受难的同时，我们更是应该一起来默想主耶稣的受苦、救赎与爱的意义。其实，在历代教会中，受难周都会举行各种纪念活动，比如崇拜、禁食祷告、或禁戒各样的娱乐等。对于禁食，或是禁戒各样的娱乐，其目的就是透过这些行动来体认耶稣的受苦，同时也是为了约束自己的心思意念和言谈举止，来操练节制，专注默想思考耶稣对我们的爱。

这样的专注默想耶稣的受苦，一方面是提醒自己，我们身处的世界与我们的人生也是多灾多难的。苦难如影随形。无论我们身处何种年龄、身份或境遇，每个人都在某种挣扎之中。然而，耶稣的受苦代赎所成就的救赎，正是使我们能透视苦难，带着盼望勇往直前的力量，因为耶稣指出了我们人生的真相，同时也安慰与鼓励我们说：“在世上你们有苦难。但你们可以放心，我已经胜了世界。”（约翰福音 16:33）

另一方面，我们专注默想耶稣的受苦，是叫我们深深地体验上帝的爱是何等长阔高深，这正如罗马书 5:8 所说的：“惟有基督在我们还作罪人的时候为我们死，上帝的爱就在此向我们显明了。”上帝爱我们是我们能去爱的动力与基础，如约翰一书 4:19 所说的：“我们爱，因为神先爱我们。”因此，默想上帝的爱为的就是要重塑我们的心思、激励并深化我们对上帝与对人的爱。

总而言之，当我们注视耶稣的十字架时，我们才能真正明白上帝的爱与苦难的意义。盼望我们在这一星期的禁食祷告的操练中，从读经、默想与祷告中领受属灵的亮光，藉此得着激励以继续坚定地跟随主，并活出圣洁的生活，见证上帝在我们身上帝作为，荣神益人。

The Passion of Jesus and the Practice of Fasting and Prayer

Rev Lai Liong Chan

The suffering and crucifixion of Jesus is a historical event, and it is a significant matter in our faith, because Jesus died on the cross in place of sinners. His death is the foundation of the redemption of sinners. As 1 Peter 2:24 says: "He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed."

Therefore, after we have been redeemed, we are not only to frequently look back on the Lord's sacrifice and great love. As we remember Jesus' suffering, we should also come together to meditate on the meaning of His suffering, redemption, and love. Throughout church history, churches in every age have held various commemorative activities during Passion Week, such as worship services, fasting and prayer, or abstaining from different kinds of entertainment. The purpose of fasting or abstaining from entertainment is to experience Christ's suffering through these actions. At the same time, it is to discipline our thoughts, words, and behavior, to practice self-control, and to focus our minds on reflecting upon Jesus' love for us.

Such focused meditation on Jesus' suffering reminds us, on the one hand, that the world we live in and our own lives are also full of hardship and trouble. Suffering follows us like a shadow. No matter our age, status, or circumstances, everyone struggles in one way or another. Yet the redemption accomplished through Jesus' suffering and atoning death enables us to see through suffering and move forward with hope and courage. Jesus reveals the truth about our lives and also comforts and encourages us, saying: "In this world you will have trouble. But take heart! I have overcome the world." (John 16:33)

On the other hand, when we focus on meditating on Jesus' suffering, we are led to deeply experience how wide and long and high and deep God's love is. As Romans 5:8 says: "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." God's love for us is the motivation and foundation for our love, as 1 John 4:19 says: "We love because he first loved us." Therefore, meditating on God's love reshapes our minds and inspires and deepens our love for God and for others.

In summary, only when we fix our eyes on the cross of Jesus can we truly understand the meaning of God's love and of suffering. May we, during this week of fasting and prayer, receive spiritual illumination through reading Scripture, meditation, and prayer. May we be encouraged to continue steadfastly following the Lord, to live holy lives, to bear witness to God's work in us, and to glorify God and benefit others.

30/03/26

灵修一 – 误用还是善用禁食？

沈俊廷牧师

“[3] 他们说：「为甚么我们禁食，你不看呢？ 为甚么我们刻苦己身，你不理会呢？」看哪！你们在禁食的日子，仍然追求自己喜欢作的事， 欺压为你们作工的人。”（以赛亚书 58:3，新译本）

人们常认为禁食是一种的使我们的祷告更有效蒙神应允的方法。比如主耶稣所责备的心态：“[7] 你们祈祷的时候，不可重复无意义的话，像教外人一样，他们以为话多了就蒙垂听。”。很多人也用和合中文翻译本中马太福音 17:21 “[21] 至于这一类的鬼，若不祷告、禁食，他就不出来。”来支持这种心态。但其实，这节经文，在原本的圣经里，是没有的，是后人加上的。因此和合本修订版，也拿掉了这节经文。值得一提的是，在马可福音与路加福音的平行经文里，也都是没有这一节的。那么，为什么后人要加进这样的一句话呢？很可能正是这种的心态，认为有禁食的祷告，比较有成就的功效。

这因此是历代基督徒在操练禁食的时候，要防备的陷阱，把禁食看成是某种苦肉计一样，用来操纵神。

禁食，其实主要是帮助我们表达我们对神的渴慕，帮助我们更谦卑、渴慕、爱主的来祷告。这不是用来操纵神的，而是用来对付、帮助自己。好像你当你俯伏，或跪下来祷告，这样的祷告更有使神应允所求的效力吗？不是的，这些姿势是用来帮助我们更有迫切、专心、虔诚、顺服、敬畏等的心态祷告。

神透过以赛亚先知，责备那种想用禁食作为使神应允他们祷告的方法的人。他们的悖逆的生活，就显出他们的禁食是怎么回事。自我为中心、不听从神的话、叛逆行恶，这与禁食是背道而驰的。岂不知，禁食真正要表达的是我们愿意放下自己，渴慕认识、信靠、听从神的那颗热切的心吗？

求神帮助我们，正确的使用禁食，就如正确的使用跪下或俯伏，来祷告和亲近神。

Devotion 1 - Misusing or Rightly Using Fasting?

Rev Aaron Sim

"'Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?' Behold, in the day of your fast you seek your own pleasure, and oppress all your workers." (Isaiah 58:3, ESV)

People often regard fasting as a way to make their prayers more effective and more likely to be answered by God. Yet Jesus rebuked this very mindset: "And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words." (Matthew 6:7, ESV). Many also appeal to Matthew 17:21 in the KJV—"Howbeit this kind goeth not out but by prayer and fasting"—to support such thinking. However, this verse is not found in the earliest manuscripts of Scripture but was added later. Notably, the parallel accounts in Mark and Luke do not contain this sentence either. Why, then, was such a statement added? Very likely because of this assumption—that prayer accompanied by fasting carries greater effectiveness to make God grant our requests.

This is therefore a trap Christians throughout the ages must guard against in practicing fasting: treating it as a kind of spiritual "self-affliction" to manipulate God.

In truth, fasting chiefly serves to express our longing for God. It helps us come before Him with humility, hunger, and love. It is not a means to control God, but a discipline to deal with and train ourselves. When you bow down or kneel in prayer, does that posture make God more inclined to grant your request? Certainly not. Such outward actions are meant to help us pray with greater earnestness, focus, reverence, submission, and awe.

Through the prophet Isaiah, God rebuked those who sought to use fasting as a way to secure His favor. Their rebellious lives exposed the true nature of their fasting. Self-centeredness, disobedience to God's word, and persistent sin stand in direct contradiction to fasting. Do we not realize that true fasting expresses our willingness to lay aside ourselves and our fervent desire to know, trust, and obey God?

May God help us to use fasting rightly, just as we rightly use kneeling or bowing down, in order to pray and draw near to Him.

代祷事项 – 第一天

宣教与布道部代祷事项

为今年宣教月的筹备来祷告。

今年计划邀请王宝星牧师来宣讲信息。王宝星牧师是马来西亚砂拉越华人卫理公会的牧者，多年牧养教会和担任宣教部干事，带动年议会之海外宣教事工，也曾经在东亚宣教，亲自在工场实战。她将在宣教月到各个教会来宣讲宣教信息。

1. 求主保守她的路程，从马来西亚飞纽西兰往返都有主的看顾保守。
2. 求主使用所分享的宣教信息，能够带动各个教会参与本地布道和海外宣教。
3. 让整个宣教月的事工不止是这个月份的着重点，而是主耶稣把宣教的使命托付给每个教会。这样教会的每个季节都是以布道宣教为主，得人如得鱼。
4. 求主使用宣教信息的分享，兴起更多宣教士愿意成为宣教士在各个地方为主做美好的见证。

为陈泳荣牧师的宣教使命与呼召献上祷告。

同时今年的宣教月我们也邀请本会的陈泳荣牧师来主将宣教信息。泳荣牧师曾经在马来西亚砂拉越华人卫理公会服事，之后他在本会美恩堂作为英文牧者，牧养教会。他从去年开始就跟 OMF 申请到印尼宣教。如今还在申请当中，大家在祷告中纪念他们一家前面的宣教旅程，求主保守他们整个的宣教事工的预备。

1. 求主保守泳荣牧师的宣教士申请，让他们在这当中经历上帝满满的恩典。
2. 求主使用泳荣牧师的分享，激励我们年议会属下的各个教会布到所来回应上帝的大使命。
3. 求主保守着泳荣牧师的牧养的转变，从教会到跨文化的宣教。求主在这个转变的过程当中，赐给他们一家刚强壮胆的心，以信心来克服一起的挑战。
4. 为着美恩堂的英文部的牧者空缺祷告，求主赐下适合的牧者来延续教会的牧养工作。

为着今年宣教布道部计划到萨摩亚的考察事工来祷告。

萨摩亚是南太平洋的其中一个岛国。从奥克兰飞到首都阿皮亚，大概是四个小时。据了解当地之前有一个的华人团契，而在近几年就没有聚会了。所以这次的考察主要是走访当地的华人店铺和餐馆，以便了解当地华人基督徒的人口和需要。这次的行程大概是在七月 13 日到 19 日之前，跟着 CMINZ 的牧者和各个教会的弟兄姐妹一起前往。

1. 求主保守这次的考察工作，让我们能够深入了解当地华人群体的需要和属灵状况。
2. 求主保守整个来去的路程，为着一起前往的 CMINZ 的牧者和弟兄姐妹祷告。求主保守他们服事当地的原住民，特别是儿童主日学的事工。
3. 让整个考察工作都能够顺利的进行，求主破除一切的拦阻，让我们可以跟当地的华人基督徒有美好的交流，同时思考如在以后得日子里在当地作牧养、传福音和栽培的工作。
4. 为着当地的属灵情况来祷告，求主保守当地的基督徒可以重新的有火热爱主的心，愿意齐心协力建立基督的身体。

为卫理公会的各布道所／布道站祷告。

纽西兰华人卫理公会下属的布道所有：

1. 新普利茅斯布道所，由黄万力传道在牧养；
2. 汉美顿佈道站，由何明道牧师在牧养；
3. 惠灵顿惠恩堂和北帕布道站，由吴治汶牧师、李昊轩传道在牧养；
4. 皇后镇的布道站，由杨光道牧师在牧养；
5. 基督城卫理布道所，由陈庆明牧师在牧养。

求上帝看顾保守祂的教会的发展，供应他们的需要，赐给各牧者智慧恩典。

沛恩堂代祷事项

1. 为沛恩堂今年的教会主题：”塑造门徒，传扬真理”祷告。求主帮助我们教会可以一起来做主的门徒，好好传福音给我们的邻舍。
2. 为教会执事牧者与会友的灵命来祈求。求主让我们可以更亲近主。

Prayer Items - Day 1

BOARD OF MISSION & EVANGELISM PRAYER ITEMS

Prayer for the Preparation of This Year's Mission Month.

We pray for the preparation of this year's Mission Month. This year, we plan to invite Rev. Grace Wong to preach. Rev. Wong is a reverent from the Chinese Methodist Church in Sarawak, Malaysia. She has many years of experience in church pastoring and has served as a general director of Missions Department, mobilising overseas mission work at the Annual Conference level. She has also served in missions in East Asia and has hands-on experience on the mission field. During Mission Month, she will be visiting NZ and go to various churches to preach and share mission messages.

1. Pray that the Lord will protect and watch over her travels, flying from Malaysia to New Zealand and returning safely.
2. Pray that the mission messages shared will inspire and mobilise churches to participate in local evangelism and overseas missions.
3. Pray that Mission Month will not be limited to just in August, but that churches will continually embrace the Great Commission entrusted by Jesus. May every season of church life be centred on evangelism and missions, winning people as fishers of men.
4. Pray that through the sharing of mission messages, more people will be raised up and willing to respond to God's call to become missionaries, bearing beautiful witness for the Lord in various places.

Prayer for Rev. James Chin and His Mission Calling.

This year, we also invite Rev. James Chin from our denomination to preach mission messages. Rev. James previously served in the Chinese Methodist Church in Sarawak, Malaysia, and later became the English pastor at GCMC. Since last year, he has been applying with OMF for missionary service and plan to go to Indonesia. The application process is still ongoing. Let us remember his family in prayer as they prepare for the journey ahead, asking the Lord to watch over their mission preparation.

1. Pray that the Lord will guide and bless Rev. James's missionary application process, and that they will experience God's abundant grace throughout.
2. Pray that the Lord will use Rev. James's sharing to inspire churches under the Annual Conference to respond actively to the Great Commission through evangelism and missions.

3. Pray for Rev. James and his family as he transitions from church pastoring to cross-cultural missions. Ask the Lord to grant them strength and courage, and faith to overcome all challenges during this transition.
4. Pray for the pastoral vacancy in the English Ministry at GCMC, that the Lord will provide a suitable pastor to continue the church's pastoral ministry.

Prayer for the Mission & Evangelism Department's Exploratory Trip to Samoa.

We also pray for the Mission & Evangelism Department's planned exploratory trip to Samoa this year. Samoa is an island nation in the South Pacific. The flight from Auckland to the capital, Apia, takes approximately four hours. It is understood that there used to be a Chinese fellowship there, but it has not been meeting in recent years. The purpose of this trip is to visit local Chinese shops and restaurants to better understand the number and needs of Chinese Christians there. The trip is planned somewhere between 13 to 19 July, travelling together with Ps. Eric from CMINZ and brothers and sisters from various churches.

1. Pray that the Lord will guide and bless this exploratory trip, enabling us to gain a deeper understanding of the needs and spiritual condition of the local Chinese community.
2. Pray for safe travels for the entire team, including CMINZ pastors and brothers and sisters. Pray especially for God's protection as they minister to the local indigenous people, particularly in children's Sunday School ministry.
3. Pray that the entire trip will proceed smoothly, that all obstacles will be removed, and that we may have meaningful interactions with local Chinese Christians, as we consider future pastoral care, evangelism, and discipleship in the area.
4. Pray for the spiritual condition of the local churches, that God will rekindle a renewed passion for Him among believers, and that they may unite to build up the body of Christ.

Prayer for Chinese Methodist Preaching Points / Mission Centres.

Let us also pray for the various preaching points and mission centres under the Chinese Methodist Church in New Zealand:

1. New Plymouth Chinese Methodist Mission Centre, pastored by Ps. Allen Huang
2. Hamilton preaching point, pastored by Rev. Hammond Ho
3. Wellington Lower Hutt Methodist Mission Centre and Palmerston North Preaching Point, pastored by Rev. Simon Goh and Ps. Patrick Li.
4. Queenstown Methodist Mission Centre, pastored by Rev. Kwang Tau Yeo
5. Christchurch Chinese Methodist Mission Centre, pastored by Rev. Qing Ming Chen.

May God watch over and protect the growth of His churches, provide for all their needs, and grant wisdom and grace to every Reverends and Pastors.

NSCMC Prayer Items

1. NSCMC's theme for the year is: "Making disciples, proclaiming the truth." Let God help us as a church to be God's disciple, and spread the gospel to our neighbors.
2. Pray for the spiritual well-being of our pastor, deacons, and church members. Lord, please draw us closer to You.

31/03/26

灵修二 – 荣耀君王，骑驴进城

方玲爱牧师

经文：约翰福音 12:12 -16

一、人心所盼的君王：功利的期待（约 12:12 -13）

逾越节前，众人拿着棕树枝迎接耶稣，喊着：“和散那！奉主名来的以色列王是应当称颂的。”棕枝象征胜利，“和散那”意为“求你拯救”。他们期待一位推翻罗马、复兴民族的弥赛亚，一位成就理想的英雄君王。然而，他们所盼望的是照自己意思行的王，只盼环境改变，却不明白神要更新人心。耶稣来不是成全人的梦想，而是成就天父的救赎计划。祂的使命是拯救罪人，不是取悦群众。

二、神所立的君王：十架的荣耀（约 12:14 -16）

耶稣骑着驴驹进城，应验了撒迦利亚书 9:9 的预言。祂不是骑战马的征服者，而是谦和施行拯救的君王。世人看重权力与征服，神却借着舍己显明真正的王权。十字架在人眼中是羞辱，在神计划中却是荣耀。耶稣以舍命作王，以顺服显尊贵。真正的荣耀，不在群众的掌声，而在十字架的爱与顺服中。

三、我们的回应：面对十字架君王，谁来作王？

群众的热情转瞬即逝，因为耶稣没有照他们的期待行事。几天后，他们喊着“钉祂十字架”，欢呼化为弃绝，因为他们要的，是一个按自己心意行的王。人心最深的挣扎，是渴望自己作王；但福音呼召我们让基督掌权。

当祂在家庭中为王，冲突化为和平；

当祂在生命中为王，骄傲化为谦卑；

当祂在内心中为王，焦虑化为安息。

受难周提醒我们：这位荣耀的君王，是借着十字架登上宝座的。祂的王权建立在牺牲与爱上。祂不是来满足我们的野心，而是来拯救我们。愿我们在祂谦卑的荣耀中，再次俯伏，尊祂为王。

四、反思问题

1. 今天，我们欢迎耶稣，是因为祂能成全我的心愿，还是因祂配得敬拜？
2. 当神的带领与我的期待不同时，我是否仍相信祂的美意，并愿意顺服？
3. 在现实的抉择中，我是否愿意放下自己的王位，让那位以十架为宝座的主，在我心中真实作王？

五、祷告

主耶稣，十字架的谦卑君王，求祢除去我心中自我作王的执着。当我的期待与祢心意不同时，求我仍信靠顺服。愿祢在我家庭、生命、心中掌权。荣耀归于祢！阿们。

Devotion 2 – The Glorious King Riding on a Donkey

Rev Eunice Hwong

Text: John 12:12–16

I. The King People Longed For: Expectation of Benefit (John 12:12–13)

On the eve of Passover, the crowds took palm branches to welcome Jesus, shouting, "Hosanna! Blessed is the King of Israel who comes in the name of the Lord!" Palm branches symbolized victory, and "Hosanna" means "save us, please." They were expecting a Messiah who would overthrow Rome and restore the glory of their nation, a heroic king who would fulfill their ideals. Yet the king they longed for was one who would act according to their own wishes. They longed for their circumstances to change, but did not understand that God wanted to renew their hearts. Jesus came not to fulfill human dreams, but to accomplish the Father's redemptive plan. His mission was to save sinners, not to please the crowds.

II. The King Appointed by God: The Glory of the Cross (John 12:14–16)

Jesus entered the city riding on a young donkey, fulfilling the prophecy of Zechariah 9:9. He did not come as a conquering king on a warhorse, but as a humble king who brings salvation. People value power and conquest, but God reveals true kingship through self-giving love. The cross appears shameful in human eyes, yet in God's plan it is glory. Jesus reigns by laying down His life; He shows His majesty through obedience. True glory is not found in the applause of the crowd, but in the love and obedience displayed on the cross.

III. Our Response: Facing the Cross King - Who Will Reign?

The enthusiasm of the crowd faded quickly, because Jesus did not act according to their expectations. Just a few days later, they were shouting, "Crucify Him!" , their praise turned into rejection, because the king they wanted was one who would follow their will. The deepest struggle of the human heart is the desire to be king ourselves; yet the gospel calls us to let Christ rule.

When He is King in our families, conflict is turned into peace.

When He is King over our lives, pride is turned into humility.

When He is King in our hearts, anxiety is turned into rest.

Holy Week reminds us that this glorious King ascended His throne by way of the cross. His kingship is established on sacrifice and love. He did not come to satisfy our ambitions, but to save us. May we bow before His humble glory and honor Him as our King once again.

IV. Reflection Questions

1. Today, do I welcome Jesus because He fulfills my desires, or because He Himself is worthy of worship?
2. When God's leading does not match my expectations, do I still believe in His goodness and choose to obey?
3. In the real choices of life, am I willing to step down from my own throne and let the One whose throne is the cross truly reign in my heart?

V. Prayer

Lord Jesus, humble King of the cross, remove my desire to rule my own life. When my expectations differ from Your will, help me trust and obey. Reign in my family, life, and heart. Glory to You! Amen.

代祷事项 – 第二天

圣乐与崇拜部代祷事项

你们要休息，要知道我是神！我必在外邦中被尊崇，在遍地上也被尊崇。

诗篇四十六：10

你们要休息，要知道我是神！

求神帮助我们在所承担的众多责任和角色中得着安息。愿圣灵赐给我们内心有平安与安静。相信那位掌管万有、拥有一切主权的神，一直都在动工，因此我们的心灵能在祂里面得享安息。

愿我们不被许多的事思虑烦忧，而是选择那不可少的只有一件，就是那上好的福分，就是在主面前谦卑自己，聆听祂的声音，亲近祂——单单与祂同在。

1. 为自己祷告

a. 求主赐给我们更深的爱祂，及渴慕认识祂的心志。把我们的软弱、渴望和挣扎带到祂面前。没有任何重担太沉重，没有任何忧伤太深，也没有任何生命小到祂看不见。

“凡劳苦担重担的人，可以到我这里来，我就使你们得安息。”（马太福音 11:28 -30）

b. 透过着耶稣基督的宝血，我们得着新的身份-成为神的儿女。愿我们用生命和行动来事奉祂。为我们的所服侍的岗位 （或向神赐下侍奉祂的机会祷告），求神让我们明白祂呼召我们服事的方向，并赐给我们勇气回应并加上行动。求神洁净我们，使我们成为圣洁的器皿，为神所用，分别为圣，成就祂的圣工。

我必在外邦中被尊崇，在遍地上也被尊崇。（诗篇 46：10）

2. 为敬拜事工祷告

a. 在本地教会/布道所： 为在音乐崇拜组服侍的弟兄姐妹祷告，愿他们的生命以仆人的心肠，谦卑服侍众人。也为每周主日崇拜时，众人的心都预备好，向君王献上真诚的赞美与敬拜。

b. CMCNZ 年议会音乐崇拜部： 为教会领袖祷告。求神赐下智慧，使他们能看见各堂会和布道所讲道的需要，并提供合适的资源给予支持及帮助。为即将开展的事工祷告：

i. CMCNZ 2027 敬拜年历

愿其成为有用的资源，帮助提升崇拜的规划，并深化我们个人与神的关系。

ii. CMCNZ 2027 音乐崇拜部培训计划

求神预备合适的培训计划，装备音乐崇拜的同工，使他们能忠心事奉神，并带领会众透过敬拜的每一个环境更亲近我们的主。

美恩堂代祷事项

1. 请为我们的 GCMC 英语事工祷告。

祈求我们谦卑坚定信仰，勇敢传扬福音，忠心训练造就门徒，使他们能做神的工作。愿我们的心与神的旨意相符，愿我们所做的一切都荣耀祂。

2. 请为我们的 GCMC 华语事工祷告。

- 顺服基督和以基督为中心的生活 – 为个人和家庭活出见证祷告。
- 以神的话为中心和引导的生活 – 为弟兄姐妹积极参与读经计划，渴慕神的话语。
- 以祷告为中心的生活 – 为弟兄姐妹积极委身参加周三的祷告会；看重祷告的服事的重要。

新普利茅斯代祷事项

1. 为布道所同工的预备与坚守祷告：

求主差派更多忠心、合神心意的同工加入服事团队；也求主坚固现有领袖同工，使他们在服事主、服事教会与弟兄姐妹的事上有力量、有信心、有合一的心志。保守和看顾领袖同工们的家庭，供应他们的日用所需，不至缺乏，恩典够我们用！

2. 为弟兄姐妹的信心和属灵成长祷告：

求主激励弟兄姐妹不但愿意来参加礼拜五的查经小组，而且在每日的生活当中都建立良好祷告、灵修和读经的习惯。求主继续坚固弟兄姐妹的信心，使他们在生活挑战中不动摇，能持续渴慕神的话，建立与神亲密的关系；也能彼此代祷、彼此勉励，在新普为主作美好见证。

Prayer Items - Day 2

BOARD OF MUSIC & WORSHIP PRAYER ITEMS

Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.

Psalm 46: 10

Be still, and know that I am God;

Let us ask God to help us find rest amid the many responsibilities and roles we carry. May the Holy Spirit grant us peace and stillness of heart. Trust that our sovereign God, who has dominion over all things, is already at work, so that our soul may find rest in Him.

May we not be troubled by many things, but choose the one thing that is necessary and better: humbling ourselves before the Lord, listening to Him, drawing close to Him—being with Him.

1. Pray for ourselves.

a. Pray for a deeper love for God and a greater desire to know Him. Bring our weaknesses, our desires, and struggles before Him. No burden is too heavy, no sorrow too deep, and no life too insignificant for Him to see.

"Come to me, all who are weary and burdened, and I will give you rest." (Matthew 11:28–30)

b. Through the blood of Jesus Christ, we carry a new identity as His children. May we serve Him with our lives and actions. Pray for our ministry—or the opportunities to serve Him—that God reveals where He is calling us to serve and gives us the courage to respond. Ask God to sanctify us, making us holy vessels, set apart for His work.

I will be exalted among the nations, I will be exalted in the earth. (Psalm 46: 10)

2. Pray for the worship ministry.

a. a. At your local church: Pray for those serving in worship, that their lives reflect humility and servanthood. Pray that when the congregation gathers each Sunday, hearts are prepared to offer genuine praise and worship to the King.

b. b. At CMCNZ: Pray for church leaders to discern the needs of the churches and mission centres and to provide relevant resources to support each congregation. Pray for upcoming ministries:

   i. CMCNZ 2027 Worship Calendar

      That it be a useful resource to enhance our service planning and personal devotion with God.

   ii. 2027 Training Plan

      Pray for a suitable training plan to equip and resource those in the worship ministry to serve God faithfully and bring the congregation closer to our Lord.

GCMC Prayer Items

1. Prayer Request – GCMC English Service

Pray that we will remain humble and steadfast in our faith, bold in sharing the Gospel, and faithful in training and building up disciples to do God's work. May our hearts stay aligned with His purpose, and may everything we do bring glory to Him.

2. Prayer Request – GCMC Chinese Service

- A Christ-centered and Christ-obedient life – praying to live out our testimony for yourself and your family.
- A Word-centered and guided life – encouraging brothers and sisters to actively participate in Bible reading programs and desire for God's Word.
- A Prayer-centered life – encouraging brothers and sisters to actively commit to Wednesday prayer meetings and value the importance of prayer for others.

NPCMMC Prayer Items

1. Prayer for the Preparation and Faithfulness of Co-Workers:

May the Lord send more faithful co-workers, after His own heart, to join the ministry team. May the Lord also strengthen the current leaders and co-workers, granting them strength, faith, and a spirit of unity as they serve the Lord, the church, and the brothers and sisters. May He watch over and protect the families of the leaders and co-workers, providing for their daily needs so that they will lack nothing. His grace be sufficient for us!

2. Prayer for the Faith and Spiritual Growth of Brothers and Sisters:

May the Lord move the hearts of the brothers and sisters not only to participate faithfully in the Friday Bible study group, but also to establish consistent habits of prayer, personal devotion, and the reading of God's Word in their daily lives.

May the Lord continue to strengthen their faith so that they will remain steadfast amid life's challenges, grow in their hunger for God's Word, and deepen their intimate relationship with Him. May they also uphold one another in prayer and encouragement, and bear a faithful and beautiful testimony for the Lord in New Plymouth.

01/04/26

灵修三 – 圣洁的浪费

吴治汶牧师

《马可福音 14:1-9》

我们所称的“浪费”，反映了我们的价值观。我们本能地将那些我们认为不值得付出代价的事物流为浪费。我们的反应显露出我们的优先次序、我们的所爱，以及我们真正看重的。今天的经文挑战我们思考耶稣对我们来说究竟有多宝贵。

香气与批评

逾越节前两天，耶稣的人气正处于顶峰，每一篇讲道和所行的奇迹都让祂的名声不断增长。然而，反对的声音也日益强烈。祭司长和文士正密谋要捉拿并杀害祂。

在这样紧张的时刻，耶稣在伯大尼坐席吃饭，这里距离耶路撒冷两英里，是祂走向十字架的最后一站。饭局中，一位妇女打断了聚会。约翰告诉我们，她是马大和拉撒路的妹妹马利亚（约 12:1-8）。她打破玉瓶，把珍贵的香膏倒在耶稣的头上。

这香膏价值三百银币，相当于一年的工钱。按当时风俗，膏抹宾客是一种表达尊荣的方式，但马利亚的行为远超常规。她不只用一点，而是打破整个瓶子，把所有香膏都倒在耶稣身上。

屋里充满了香气，也充满了批评声。香膏的巨大价值使在场的客人，包括门徒，无法领会她对耶稣深切的敬爱。“为何如此浪费？可以卖了，周济穷人。” 他们的反对听起来合情合理，甚至显得属灵，但他们误解了当下的意义。

耶稣为她辩护：“由她吧！她在我身上做的是一件美事。” 他解释说，马利亚是提前为他的安葬膏抹他的身体。

当门徒们在计算这香膏可以资助多少事工时，马利亚领悟了更深的事：耶稣必须受死，舍命作多人的赎价。

对许多人来说，马利亚的行动像是浪费。但对耶稣来说，这是美事。

我们将如何回应?

这段经文引发我们反思：今年复活节，我们将如何回应耶稣？

宗教领袖视耶稣为威胁。

门徒们计算敬拜的代价。

马利亚看见一位配得万有的救主。

我们呢？我们是否看见耶稣配得我们最宝贵的一切？

即使在今天，这样的委身仍可能被看作浪费。一个学生拒绝了常春藤盟校的录取。一位专业人士离开了高薪职业。一个家庭慷慨奉献而非提升生活品质。世界称此为浪费，但耶稣称之为美事。

如果我们看向十字架，会看到一个相似的模式。表面看是损失，实则是倾倒出来的爱。耶稣毫无保留地倾出宝血，为了换取我们永远无法赚取的救恩。那看似浪费的，其实是最珍贵的礼物，我们的救赎。

吉姆 ● 艾略特说：“付出那不能持守的，以得着那不能失去的，这样的人绝非愚人。”马利亚本能地明白这一点。因此，耶稣宣告，无论福音传到哪里，人们都要传述她的行为。那看似浪费的，成了福音故事的一部分。

如果全心奉献在世人眼中显得浪费，就让它成为圣洁的浪费。凡为耶稣倾倒的，永不徒然。祂配得！

Devotion 3 – The Holy Waste

Rev Simon Goh

Mark 14:1–9

What we call waste reveals what we value. We instinctively label as waste whatever we believe is not worth the cost. Our reaction exposes our priorities, our loves, and what we truly treasure. The passage today challenges us to consider what Jesus is worth to us.

The Fragrance and the Criticism

It was two days before the Passover. The popularity of Jesus was at its peak, rising with every sermon preached and every wonder performed. Yet opposition was intensifying. The chief priests and scribes were seeking to arrest and kill Him.

In that tense moment, Jesus sat at a dinner in Bethany, two miles from Jerusalem, the final stop before the cross. During the meal, a woman interrupted the gathering. John tells us she was Mary, the sister of Martha and Lazarus (John 12:1-8). She broke an alabaster flask and poured costly perfume over Jesus' head.

The perfume was worth three hundred denarii, about a year's wages. Anointing a guest was a common way to show honour, but Mary went far beyond custom. She did not use a small amount. She broke the entire flask and poured it all on Jesus.

The fragrance filled the house, and so did the criticism. The enormous value of the perfume prevented the guests, including the disciples, from appreciating her deep devotion to Jesus. "Why this waste? It could have been sold and given to the poor." Their objection sounded reasonable, even spiritual. But they misjudged what was happening.

Jesus defended her. "Leave her alone. She has done a beautiful thing to me." He explained that Mary had anointed His body beforehand for burial.

While the disciples were calculating what this perfume could have funded, Mary understood something deeper; Jesus must die, giving His life as a ransom for many.

To many, Mary's action looked like waste. But to Jesus, it was beautiful.

How Will We Respond?

The passage invites our reflection: How will we respond to Jesus this Easter?

> The authorities saw Jesus as a threat.
>
> The disciples calculated the cost of worship.
>
> Mary saw a Saviour worthy of everything.
>
> What about us? Do we see Jesus as worthy of what is most precious to us?

Even today, such devotion can look like waste. A student turns down an Ivy League offer. A professional steps away from a high-paying career. A family gives generously instead of upgrading. The world calls this waste, but Jesus calls it beautiful.

If we look at the cross, we see a similar pattern. What appeared to be loss was love poured out. Jesus did not hold Himself back. He poured out His blood to secure what we could never earn. What looked like waste was in fact the most precious gift, our redemption.

Jim Elliot wrote, "He is no fool who gives what he cannot keep to gain that which he cannot lose." Mary understood that instinctively. As a result, Jesus declared that wherever the gospel is preached, her act would be told in memory of her. What looked like waste became part of the gospel story.

If wholehearted devotion appears wasteful to the world, let it be a holy waste. Nothing poured out for Jesus is ever lost. He is worthy!

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代祷事项 – 第三天

文字事业部代祷事项

1. 为部门期刊的稿件来源祷告，求上帝激励更多人投稿，并且宣讲年议会主题。
2. 为布道所的文字事工祷告，求上帝兴起布道所的文字同工加入年议会文字事工部；开始组建他们自己的的网站。

经济部代祷事项

1. 智慧和辨别力
    - 祈求上帝引导年会和各堂会的财政们
        - 赐予他们智慧，为年会和各堂会做出良好的财务决策
        - 能辨别所提出的想法或决策都符合上帝的旨意
        - 拥有智慧，来规划当前年会和各堂会的需求，也能有智慧来计划年会和各堂会长期经济上的需要
2. 管理与诚信
    - 祈求上帝赐予并保守年会和各堂会的财政们
        - 信实的管理年会和各堂会的财务
        - 在预算、报告和责任方面都保持着正直和廉洁的品格
        - 保护财政们能免受处理上财务的错误、疏忽和诱惑的影响

为惠恩堂代祷事项

1. 执事会与灵命成长

我们感恩在 2026-2027 年度，执事会团队共有 20 位同工，较上一届的 16 位有所增加。未来两年的主题是“同建造，共发光”。我们的目标是：培训新信徒，建立 “人人服事”的文化，通过小组、团契和跨代事工深化联结，并激励信徒在生活的各层面活出活泼的信心。

祷告：

求主赐执事会同工彼此合一，有深厚的关系与美好的团队配搭，在属灵生命上不断成长，也忠心栽培新信徒作主门徒。愿整个团队为主的荣耀同心服事，并带动全教会活出积极、以福音为中心的生命。

2. 财务需要

我们在 2024 年 3 月购置了 Lower Hutt 的教堂建筑，目前仍有相关的持续财务需要。当前建筑基金所需总额为$602,385，下一笔 2026 款项($308,492) 预计于 2026 年 5 月到期支付。

祷告:

求主赐智慧给教会执事，在分享需要与筹款上有合宜的方式，也让弟兄姐妹明白教会的需要，甘心乐意、慷慨回应。

惠灵顿市区布道站代祷事项

1. 事工成长与领袖兴起

自 2002 年 3 月起，惠恩堂一直在 Wellington Central Baptist Church 聚会。自 2024 年 9 月我们将主日崇拜主要地点迁至 Lower Hutt，市区布道站继续于每周日下午 2 点进行崇拜。由于布道站的会众以学生、年轻上班族与长者为主，流动性较大，聚会人数有起伏（去年平均 32 人，2026 年 1 月为 22 人）。因此，持续传福音与门徒训练对布道站格外重要。

祷告:

求主加添聚会人数，使传福音有果效，也兴起新的领袖。为新一届青团核心同工祷告，求主赐他们智慧与属灵成熟，带领青少年与布道站事工。

2. 布道站执行团队与异象

我们盼望在 2026 -2027 年间建立一个至少 5 位同工的执行团队，一同承担市区布道站的服事，使带领责任不至过度集中在青团核心同工身上。

祷告:

求主兴起忠心委身的同工与领袖，持续赐下市区事工的异象与负担，感动更多人回应呼召，一同服事威灵顿城市中的属灵需要。

北帕布道站代祷事项

1. 北帕主日崇拜

为北帕布道站于 2026 年 3 月 8 日暂时暂停主日崇拜的决定祈求神的引领，愿主的旨意显明在接下来每一步的安排中，并保守会众的信心不因暂停而动摇。

> 祷告 Prayer:
>
> 亲爱的天父，我们将北帕布道站的主日崇拜暂停一事交托在你手中。求你指引同工们有智慧做出合你心意的决定，并保守每一位弟兄姐妹在之后仍紧紧依靠你。愿你的平安与带领如云柱火柱般清晰，使未来的道路因你的荣耀而重新开启。奉主耶稣基督的名祷告，阿们。

2. 北帕的服侍同工

祈求神亲自安慰并坚固在北帕服侍的同工，在这个变化中赐给他们属天的平安、同心合一的灵，以及在主里的盼望。也纪念过去这 5 年他们辛劳的服侍，一路走来的不易，和面对诸多的恩典和挑战。

> 祷告 Prayer:
>
> 亲爱的主，你知道北帕同工们心中的疲惫与牵挂。求你用温暖的怀抱安慰他们，用圣灵的能力坚固他们的心，使他们在暂停服侍的日子里仍看见你手中的工。赐给他们彼此扶持的爱，并重新点燃事奉的火焰，确信你的恩典永不离开。奉耶稣的名祈求，阿们。

Prayer Items - Day 3

BOARD OF LITERATURE & MEDIA PRAYER ITEMS

1. Pray for more local churches to write articles for CMCNZ magazine 卫理恩讯；in order to share the CMCNZ AC themes with others in written literature.
2. Pray for CMCNZ Mission Centres that they will raise up coworkers to be part of the CMCNZ Literature & Media ministry; and to set up their websites in timely manner.

BOARD OF FINANCE PRAYER ITEMS

1. Wisdom & Discernment
    - Pray to God to guide the treasurers of both Annual Conference and Local Churches
        - that they have the wisdom to make good financial decisions for the AC and Local Churches
        - able to discern whether the ideas or decisions made are in accordance to God's will or not
        - wisdom to plan for both present needs and long-term financial sustainability of AC and local churches
2. Stewardship and Integrity
    - Pray to God to grant and protect our treasurers of both Annual Conference and Local Churches
        - Faithfulness in managing AC and Local Churches 'finances
        - Integrity in budgeting, reporting and accountability
        - Protect from financial mistakes, oversights and temptations.

PRAYER REQUESTS FOR WCMC

1. LCEC & Spiritual Growth

We are thankful that in 2026-2027, we have a full team of 20 LCEC stewards, up from 16 last term. Our theme for these two years is "Building as One Body, Shining as One Light." We aim to train new believers, foster a culture of "every member serves," deepen connections through small groups, fellowship, and intergenerational ministry, and inspire believers to live out an active faith in all areas of life.

Prayer:

Pray for unity, strong relationships, and effective teamwork among the LCEC stewards, and for spiritual growth and faithful discipleship of new believers, that the team may serve faithfully for God's glory and inspire the whole church to live an active, gospel-centred life.

2. Financial Needs

We have ongoing financial needs related to our Lower Hutt building, purchased in March 2024. Current building fund requirements total $602,385, with 2026 pending payments ($308,492) due on May 2026.

Prayer:

Pray for wisdom in sharing these needs with the church and in fundraising, and that the congregation will understand the needs and respond generously and willingly.

Prayer Requests for Wellington City Mission Point

1. Ministry Growth & Leadership

Since March 2002, WCMC has worshipped at Wellington Central Baptist Church. After moving our primary worship to Lower Hutt in September 2024, the city mission point continues Sunday worship at 2pm. Attendance fluctuates (average 32 last year, 22 in January 2026) due to the transient congregation of students, young professionals, and the elderly. This dynamics of our ministry at the mission point means that consistent evangelism and discipleship are vital.

Prayer:

Pray for growth in attendance, effective evangelism, and the raising up of new leaders. Pray also for wisdom and spiritual maturity for the new senior youth core team as they lead both the youth and the mission point ministry.

2. Mission Point Executive Committee & Vision

We hope to establish an executive committee in 2026-2027 of at least 5 co-workers to support the city mission, so leadership does not fall too heavily on the senior youth core team.

Prayer:

Pray for God to raise committed co-workers and leaders for the city mission, and for continued vision and burden for city ministry, inspiring workers to meet the spiritual needs in Wellington.

PRAYER REQUESTS FOR NORTH PALMERSTON MISSION POINT

1. Sunday Worship Service at North Palmerston

   We pray for God's guidance in the decision to temporarily pause Sunday worship services at the North Palmerston Gospel Center starting March 8, 2026. May God's will be clear in every step ahead, and may the faith of the congregation remain strong during this pause.

   Prayer:

   Dear Heavenly Father, we lift up to You the decision to pause Sunday worship services at the North Palmerston Gospel Center. Please give the team wisdom to make decisions that honor You, and help every brother and sister continue to lean on You through this time. May Your peace and guidance be as clear as a pillar of cloud and fire, and may the path ahead reopen for Your glory. We pray in the name of Jesus Christ, Amen.

2. The Serving Team at North Palmerston

We pray that God will comfort and strengthen the serving team at North Palmerston. In this time of change, may they experience heavenly peace, a spirit of unity, and hope in the Lord. We also remember their five years of faithful service—the challenges, the blessings, and the journey they have walked by God's grace.

Prayer:

Dear Heavenly Father, You understand the weariness and concerns in the hearts of the North Palmerston serving team. Comfort them with Your loving embrace and strengthen them by the power of Your Spirit. Help them see Your hand at work even during this pause in ministry. Grant them a love that supports one another and reignite their passion to serve, trusting that Your grace never leaves them. We ask this in Jesus 'name, Amen.

02/04/26

灵修四 – 跟随主的道路上自认刚强的危机

陈礼亮牧师

经文：路加福音 22:54-62

耶稣的门徒中，彼得算是门徒中较为勇敢的门徒，耶稣似乎也看好他。

当耶稣在该撒利亚腓立比的境内问门徒一个关于耶稣是谁的问题（你们说我是谁）时，彼得的回答不但正确，而且取得耶稣的信任，于是耶稣说：“我要把天国的钥匙给你。凡你在地上所捆绑的，在天上也要捆绑。凡你在地上所释放的，在天上也要释放。”（马太福音 16:19）

当耶稣最后往橄榄山去时，就对门徒说：“今夜你们为我的缘故，都要跌倒。因为经上记着说，我要击打牧人，羊就分散了。”（马太福音 26:31）此时，彼得又率先回答说：“众人虽然为你的缘故跌倒，我却永不跌倒。”（马太福音 26:33）

耶稣立刻对彼得说：“我实在告诉你，今夜鸡叫以先，你要三次不认我。”（马太福音 26:34）可是彼得却不服气，他又更加坚定的对耶稣说：“我就是必须和你同死，也总不能不认你。”（马太福音 26:35）

我们无需否认彼得的真心，以及他对耶稣的忠诚。他讲这句话时应该也是认真的，此时此刻，他如此坚定的愿意与主耶稣同死，也应该是他的肺腑之言。他是愿意真心跟随主到底的。可是，当天晚上所发生的一连串事件，并不是彼得能力所能掌握的，于是他怕了。很不幸，他被耶稣言中，三次否认了耶稣。

彼得的这件事告诉了我们什么？此时此刻，如果有认问我们是否真心跟随主，一生爱主、跟随主到底，我们大部分人应该也是毫无疑问的确认，我们是愿意如此的。只是，彼得这件事提醒我们，也让我们看到的是人性的复杂面，特别是罪人的内心的罪性。人的罪性使人自我中心，寻求利己。在面对生死存亡时的选择时，就会引发了罪人无法胜过罪性的败坏，那就是利己。

彼得三次否认耶稣的回答中都是很自然的，或是本能的反应，一直到鸡叫声的出现。此时，圣经说：“彼得便想起主对他所说的话”，然后，彼得就出去痛哭。显然的，彼得是不愿意否认主的，可是他在那种环境中，他竟然真的按耶稣所说的否认了主。他会痛哭，表示他是悔不当初的，可是现在事都已发生了，改变不了现实，只能痛哭。

从这件事中让我们看到罪人的完全败坏，加上罪的权势，使我们对自己的下一刻选择都无法完全掌握。我们的心是愿意的，但肉体却软弱了。因此，在跟随主的道路上，我们无法天真，也不可以太过自信，自认刚强，相反的，应该谦卑，认识自己不过是蒙恩的罪人，我们还没有完全，仍需不断的追求成长与成熟。我们是有必要天天读圣

经明白上帝的心意，也不住的藉祷告与主保持连接，依靠圣灵的能力来胜过试探与引诱的。没有这样长期的操练，当试探出现时，我们就无法保证自己仍然持有在没有试探出现时的那种心志。

反省：

没有挑战与试探时，讲爱主是容易的，当考验出现时就不是那么容易了。彼得的这件事如何提醒你，操练亲近主的重要性？今年，你要作出什么改变？

Devotion 4 – The Crisis of Self-Perceived Strength on the Path of Following the Lord

Bishop Rev Lai Liong Chan

Scripture: Luke 22:54–62

Among Jesus' disciples, Peter was considered one of the braver ones, and Jesus seemed to think highly of him.

When Jesus was in the region of Caesarea Philippi and asked His disciples who they said He was ("Who do you say I am?"), Peter's answer was not only correct but also gained Jesus' affirmation. Jesus then said to him, "I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." (Matthew 16:19)

When Jesus later went toward the Mount of Olives, He said to His disciples, "This very night you will all fall away on account of me. For it is written: 'I will strike the shepherd, and the sheep of the flock will be scattered.'" (Matthew 26:31) At that moment, Peter once again spoke up first and said, "Even if all fall away on account of you, I never will." (Matthew 26:33)

Jesus immediately replied, "Truly I tell you, this very night, before the rooster crows, you will disown me three times." (Matthew 26:34) But Peter was unwilling to accept this. He insisted even more firmly, "Even if I have to die with you, I will never disown you." (Matthew 26:35)

We do not need to doubt Peter's sincerity or his loyalty to Jesus. He must have meant what he said. At that moment, his determination to die with the Lord Jesus likely came from the depths of his heart. He truly desired to follow the Lord to the end. However, the series of events that unfolded that night were beyond Peter's control, and he became afraid. Unfortunately, just as Jesus had predicted, Peter denied Him three times.

What does this incident teach us?

If someone were to ask us right now whether we sincerely follow the Lord and are willing to love Him and follow Him all our lives, most of us would probably answer without hesitation that we are willing to do so. Yet Peter's experience reminds us of the complexity of human nature—especially the sinful nature within the human heart. Our sinful nature makes us self-centered and inclined toward self-preservation. When faced with choices involving life and death, this sinful inclination can overpower us, leading us to act in self-interest.

Peter's three denials of Jesus seemed natural, almost instinctive, until the rooster crowed. At that moment, the Bible says, "Then Peter remembered the word the Lord had spoken

to him," and he went outside and wept bitterly. Clearly, Peter had not wanted to deny the Lord. Yet in that environment, he did exactly what Jesus had foretold. His bitter weeping shows his deep regret, but the deed had already been done and could not be undone.

Through this event, we see the total depravity of sinners and the power of sin, which makes it impossible for us to fully control the choices we will make in the next moment. The spirit may be willing, but the flesh is weak. Therefore, on the path of following the Lord, we cannot be naïve or overly confident, thinking ourselves strong. Instead, we should be humble, recognizing that we are merely sinners saved by grace. We are not yet complete; we still need continual growth and maturity.

It is necessary for us to read the Bible daily to understand God's will, to remain connected with the Lord through constant prayer, and to rely on the power of the Holy Spirit to overcome temptation and trials. Without such long-term spiritual discipline, when temptation arises, we cannot guarantee that we will maintain the same resolve we had when no temptation was present.

Reflection:

It is easy to speak of loving the Lord when there are no challenges or temptations. But when tests come, it is not so easy. How does Peter's experience remind you of the importance of practicing closeness with the Lord? What changes will you make this year?

代祷事项 – 第四天

牧职部代祷事项

1. 为牧者们能有美好的灵命，生活与教导都忠于圣经，谦卑忠心地事奉神，以主的爱爱主的教会。
2. 为年会需要聘请新的牧者祷告，求神感动与呼召祂的仆人，为中文和英文事工现今和未来的需要预备祂说差派的工人，一生忠心牧养主的教会。

基督教教育部代祷事项

1. 为基督教教育事工与装备培训代祷

为今年年基督教教育事工的规划的会友及传道课程及主日学老师培训。感谢上帝预备由 龚牧师教授的《卫理宗研究》，以及由李传道教授的《基督教伦理学》。求主赐下智慧让牧者们的教导能建立信徒、造就教会。也为各堂会的主日学老师祷告，求主加添力量与更新，使他们以爱心和真理教导下一代。并求主感动众教会认真看待基督教教育，积极装备父母与成人，不论透过正式或非正式的门徒训练，在家庭与生活中承担教导与牧养下一代的责任。

2. 为 2025 年完成同工及会友传道课程的弟兄姊妹代祷

为 2025 年完成会友传道课程的弟兄姊妹献上感恩：吴光赏（怀恩堂）、何美娴（颂恩堂）、吴振贤（颂恩堂）、罗文忠（宣恩堂）。祈求主继续塑造他们的信仰生活，坚固他们对上帝话语的热爱，在品格、事奉上不断的成长。愿主大大的使用他们，在各自的服事岗位上忠心、谦卑、喜乐地事奉，结出丰盛的果子，建立主的教会，荣耀主名。

佳恩堂代祷事项

1. 为 2026 年开办的门徒课程祷告

为四门门训课程交托主前：求主保守每一位导师和学员，在学习中同得造就，生命被建立，信仰扎根成长。

- 初级栽培：
  丰盛的生命（导师：建梅），
  丰满的恩光（导师：雯霞）
- 进深栽培：
  基督生平（导师：方牧师），
  摩西五经（导师：方牧师）

2. 为教会使命与同工祷告

求神赐给教会在“做门徒、关怀、宣教”的使命上有清晰的异象和合一的心，使众肢体同心合意，忠心完成神所托付的事工；也为牧者和执事的灵命、身心健康与家庭祷告，求主赐下智慧、力量与更新，使他们在服事中得着坚固。

2026/2028 佳恩堂执事会：

会友领袖：	池峪週 Stuart Tie
主席：	翁新薇 Sing Wei
副主席：	韩烁 Tony Han
文书：	雯霞 Victoria
财政：	吕俊颉 Zhun Jeat
基督教教育：	梁福庆 David Leong
崇拜与音乐：	翁新薇 Sing Wei
宣教与布道：	孙国奇 Sun Guo Qi
社会关怀：	符建梅 Jenny Fu
文字事业：	雯霞 Victoria

宣恩堂代祷事项

1. 为宣恩堂的使命祷告
   - 为教会已于 2026 年 2 月正式搬入新的教堂感恩，并为我们在新的场所继续以基督的福音影响拥有近一万八千名学生的奥塔哥大学祷告，愿主建立宣恩堂成为一个宣扬基督并见证基督的地方，也愿这里充满圣灵同在圣洁和大能，使宣恩堂里的老中青三代都能以彼此相爱的生命来荣耀天父上帝。
2. 为宣恩堂的需要祷告，求神供应并带领他的教会前行
   - 新的教堂计划未来三年需要筹集 100 万纽币来偿还购堂和装修的贷款
   - 宣恩堂将于今年 4 月 25-26 日举行 30 周年感恩和献堂礼拜，愿主带领我们筹备和举办这两项活动来纪念上帝在过去 30 年的恩典并激发我们继续将建立基督门徒的使命在新的一代中落实和传扬。

皇后镇代祷事项

1. 祈求每位弟兄姐妹愿意预留时间参与周六 7pm 的崇拜、以及周二 4pm 或周五 7pm 的查经小组。祈求弟兄姐妹把时间分别为圣的献给主，愿意更多与更深明白上帝的话语，生命得以茁壮成长。
2. 请为布道站祷告，求主激励弟兄姐妹，使弟兄姐妹刚强壮胆，倚靠主，积极努力传福音给身边的人。也祈求主耶稣使用布道站成为皇后镇福音的出口，使万民成为主耶稣的门徒。

Prayer Items - Day 4

BOARD ON THE MINISTRY PRAYER ITEMS

1. Pray that the pastors will have a healthy and vibrant spiritual life, that both their lives and teaching will be faithful to Scripture, and that they will serve God humbly and faithfully, loving the Lord's church with Christ's love.
2. Pray for the recruitment of new pastors for the annual conference. Ask God to move and call His servants, preparing and sending workers according to His will to meet the present and future needs of both the Chinese and English ministries, and to shepherd the Lord's church faithfully throughout their lives.

BOARD OF CHRISTIAN EDUCATION PRAYER ITEMS

1. For Christian Education, Equipping, and Teaching Ministry

Pray for the planning and direction of Christian education ministries in the coming year, including the Coworker & Lay Preacher Course. Pray for the two upcoming courses, Methodist Studies taught by Rev King and Christian Ethics taught by Pastor Patrick. Pray for wisdom, faithfulness, and spiritual fruit through their teaching. Pray for Sunday School teachers across all our churches in our AC, that God will strengthen, renew, and equip them to teach the next generation with love, truth, and perseverance. Pray that all churches will take Christian education seriously, intentionally training parents and adults to disciple children and youth through both formal and informal discipleship.

2. For Graduates of the Lay Preacher Course (2025)

Give thanks for brothers and sisters who have completed the Lay Preacher Course in 2025: Caleb Goh (HCMC) , Mei Hsien (CCMC), Jeffrey Ngu (CCMC), Alex Lo (DCMC). Pray that the Lord will continue to shape their character, deepen their love for God's Word, and use them mightily in their respective areas of ministry. Ask that they may serve with humility, faithfulness, and joy, bearing much fruit for the edification of the church and the advancement of God's kingdom.

TCMC PRAYER ITEMS

1. Prayer for the 2026 Discipleship Courses

We commit the four discipleship courses planned for 2026 to the Lord. We pray that God will graciously watch over every mentor and student, so that all may be mutually encouraged, built up in their faith, and grow deeply rooted in Christ.

- Foundational Discipleship:
  Abundant Life (Jenny Fu)
  Abundant Grace and Glory (Victoria)
- Advanced Discipleship:
- The Life of Christ (Rev.Eunice)
- The Pentateuch (Rev.Eunice)

2. Prayer for the Church's Mission and Leaders

We pray that God will grant our church a clear vision and unity of heart in the mission of making disciples, caring for others, and reaching out in mission. May all members serve together with one mind and one heart, faithfully fulfilling the work entrusted to us by God.

We also pray for our pastors and deacons, for their spiritual life, physical and emotional health, and their families. May the Lord grant them wisdom, strength, renewal, and steadfastness as they serve.

2026/2028 TCMC LCEC :

会友领袖 :	池峪週 Stuart Tie
主席:	翁新薇 Sing Wei
副主席 :	韩烁 Tony Han
文书 :	雯霞 Victoria
财政 :	吕俊颉 Zhun Jeat
基督教教育 :	梁福庆 David Leong
崇拜与音乐 :	翁新薇 Sing Wei
宣教与布道 :	孙国奇 Sun Guo Qi
社会关怀 :	符建梅 Jenny Fu
文字事业 :	雯霞 Victoria

DCMC Prayer Items

1. Pray for the mission of DCMC
    - Give thanks that the church officially moved into its new sanctuary in February 2026. Pray that we may continue to impact the nearly 18,000 students at the University of Otago with the Gospel of Christ in this new space. May the Lord establish DCMC as a place that proclaims and witnesses to Christ. May it be filled with the Holy Spirit's presence, holiness, and power, enabling the three generations—the elderly, middle-aged, and young—within DCMC to glorify our Heavenly Father through lives marked by mutual love.
2. Pray for the needs of DCMC , that God may provide for and lead His church forward
    - The new church building project requires raising NZ$1 million over the next three years to repay loans for the purchase and renovation.
    - DCMC will hold its 30th Anniversary Thanksgiving and Dedication Service on April 25-26 this year. May the Lord guide us in preparing and hosting these events to commemorate God's grace over the past three decades and inspire us to continue fulfilling and proclaiming the mission of making disciples of Christ among the new generation.

Queenstown Prayer Items

1. Pray that every brother and sister will be willing to set aside time to participate in the Saturday worship service at 7:00 pm, as well as the Bible study groups on Tuesday at 4:00 pm or Friday at 7:00 pm. May they consecrate their time to the Lord, grow in their desire to know and understand God’s Word more deeply, and experience spiritual growth and maturity in their lives.
2. Please pray for the mission point. May the Lord stir and encourage our brothers and sisters to be strong and courageous, to rely on Him, and to actively share the gospel with those around them. We ask that the Lord Jesus will use this mission point as an outlet of the gospel in Queenstown, so that all nations may become disciples of Jesus Christ.

03/04/26

灵修五 -被遗弃的呐喊

龚紫阳牧师

在受难节的幽暗中，我们安静的来思考那从十字架上传出的最深沉呼喊：“我的神！我的神！为什么离弃我？”（马太福音 27:46；马可福音 15:34）

午正到申初，遍地黑暗。不是自然的日蚀，乃是神圣的掩面。那三小时的幽黑，笼罩各各他，也笼罩了救主的心灵。耶稣先前在客西马尼园恳切祷告：“父啊，你若愿意，就把这杯撤去；然而不要成就我的意思，只要成就你的意思。”（路加福音 22:42）祂顺服到底，却在这一刻尝到顺服最苦的滋味，那是与父神完全的隔绝。

祂呐喊的不是疑问，乃是诗篇 22:1 的应验与真实倾诉。“我的神！我的神！” 这双重的“我的神”，是祂在极痛中仍紧抓住的信心宣告。即使被罪的重担压碎，即使圣洁的父因祂“担当多人的罪”（以赛亚书 53:12）而掩面，祂仍称神为“我的神”。这呼喊显明：祂虽成为罪（哥林多后书 5:21），神性却从未动摇；祂虽被离弃，人性却仍全然信靠。

为什么离弃？因为神是圣洁的。罪的工价是死，是与生命之源永远分离。耶稣不是为自己，乃是为我们成为那咒诅（加拉太书 3:13）。祂被父神“击打”（以赛亚书 53:4），担当我们该受的刑罚。那一刻，永恒的三一神在十字架上经历了前所未有的“分离”。这不是神格的分裂，乃是圣子作为替罪羔羊，亲尝罪人被神弃绝的滋味。祂的孤单，是我们本该永远承受的孤单；祂的黑暗，是我们本该永沉的黑暗。

然而，这呼喊并非绝望的终点，乃是救赎的转折。诗篇 22 从“为什么离弃我”开始，却以“成了”（诗篇 22:31 原文意为“祂已成就”）结束。耶稣的十字架，正是通往“成了”（约翰福音 19:30）的必经之路。祂被离弃，好叫我们永不被离弃；祂被掩面，好叫我们坦然来到施恩宝座前（希伯来书 4:16）。

亲爱的弟兄姊妹，当你走过幽谷、祷告无回应、感觉神仿佛远去时，请来到这十架第四言下默想。你的“为什么”已被耶稣在十字架上喊出；你的被弃绝已被祂担当。祂曾经历最深的黑暗，只为让你在任何黑夜中，仍能说：“我的神！我的神！”祂的离弃换来我们永恒的接纳；祂的孤单换来我们永远的团契。

愿我们因这呼喊，不再惧怕被弃的恐惧，而是深深感恩：因祂受的刑罚，我们得平安；因祂被离弃，我们得儿子的名分。今天，让我们俯伏在各各他，回应祂的爱：*“主啊，纵然祢暂时掩面，我仍要信靠祢，直到见祢面，永远在祢怀中得享安息。”*

Devotion 5 – The Cry of Forsakenness

Rev. Adrian King

In the darkness of Good Friday, we come to the fourth saying from the cross, the most anguished cry that ever fell from human lips: "My God, my God, why have you forsaken me?" (Matthew 27:46; Mark 15:34).

From noon until three in the afternoon, darkness covered the land. This was no ordinary eclipse, but a moment heavy with divine mystery, as though heaven itself veiled its face. That deep gloom surrounded Golgotha, and it surrounded the Savior's soul. Earlier, in Gethsemane, Jesus had prayed, "Father, if you are willing, take this cup from me; yet not my will, but yours be done" (Luke 22:42). He obeyed to the very end, and here He tasted the bitterest cost of obedience, the felt separation from the Father.

His cry was not a cry of unbelief, but the fulfillment and living expression of Psalms 22:1. "My God! My God!", the repetition reveals a faith still clinging in agony. Though crushed beneath the weight of sin, though the Holy Father seemed to hide His face as He bore "the sin of many" (Isaiah 53:12), Jesus still called Him "my God." He who "became sin for us" (2 Corinthians 5:21) never ceased to trust. Though forsaken, He believed; though suffering as man, His divine identity never wavered.

Why was He forsaken? Because God is holy. The wages of sin is death, separation from the source of life. Jesus suffered not for Himself but for us, becoming a curse in our place (Galatians 3:13). He was "stricken by God" (Isaiah 53:4), bearing the judgment we deserved. In that moment, the eternal Trinity experienced something beyond human comprehension, not a division of the Godhead, but the Son, as the sin-bearer, entering into the desolation sinners deserve. His loneliness was the loneliness that should have been ours; His darkness, the darkness into which we would otherwise fall forever.

However, this cry was not the end of despair, but the turning point of redemption. Psalm 22 begins with "Why have you forsaken me?" yet it ends with triumph, "He has done it" (Psalm 22:31). The lament of Jesus was the necessary path toward "It is finished" (John 19:30). He was forsaken so that we would never be forsaken. The Father's face was hidden from Him so that we might come boldly to the throne of grace (Epistle to the Hebrews 4:16).

Dear brothers and sisters, when you walk through valleys, when prayers seem unanswered and God feels distant, come and stand beneath this fourth word from the cross. Your "why" has already been cried out by Jesus. Your abandonment has already been borne by Him. He entered the deepest darkness so that, in any night, you may still say, "My God." His forsakenness secured our acceptance; His loneliness opened the door to eternal fellowship.

May this cry free us from the fear of being abandoned and fill us instead with gratitude. Because of His suffering, we have peace; because He was forsaken, we are called children of God. Today, let us bow before the cross and answer His love with trust: *"Lord, even if*

You seem hidden for a moment, I will still trust You, until the day I see Your face and rest forever in Your presence."

代祷事项 – 第五天

2026 全纽同工营代祷事项

1. 为讲员刘世尧牧师代祷：求主亲自医治并护卫他心脏手术后的康复过程，加添他身体与灵里的气力，保守他在恩典中全然恢复。
2. 为同工营筹委会委员们代祷：求主施恩于同工营筹委会，使众牧者与同工在智慧、体力和人力上都蒙主补给，如期完成预备。愿主亲自坐在策划的宝座上，使这次同工营成为蒙神赐福、被圣灵引导的盛会。

2026 青少年代表大会

1. 祷告青少年代表大会能够顺利举行，愿神在每一场聚会与活动中触摸每一位青少年的心，让他们经历神的同在。
2. 祷告筹备委员会在最后阶段的各项策划与预备工作中，愿神赐下智慧与合一的心，同心协力，一起经历神的带领。
3. 求神感动更多的青少年参与这次的大会，在彼此相交中建立真诚而稳固的关系，并与主内弟兄姐妹一同更深认识神、更加爱神，在信仰上不断成长。

年会青少年团契（MYF）委员会

1. 今年是本届委员会任期的最后一年，祷告他们能有美好的反思、感恩的心，并忠心完成使命。
2. 祷告神带领并赐福最后几项年会青少团主办的活动，使其在每一位参与者的心中产生深远影响，荣耀主名。
3. 祷告委员会与新西兰各地青少年之间常存合一的心，彼此扶持、彼此坚固，在主里同心同行，一同成长。

基督城颂恩堂代祷事项

1. 为新一届执事团队祷告。

感谢主带来新的调整与新同工加入新一届的执事会。求主赐下智慧、谦卑与合一，使团队同心配搭，各按其职，忠心服侍，在个人与整体事工上都荣耀主名。

2. 为颂恩堂中英文堂祷告。

求主坚固中文堂与英文堂的根基，激励同工与弟兄姐妹在服事与聚会中更加委身与投入。愿神赐下合一的心志与持续的热情，使每一位参与者都在真理中扎根，在爱中彼此建立。

基督城卫理布道所代祷事项

1. 为布道所行政与事工祷告。

感谢主的带领，布道所升为堂会了。求主赐下智慧，带领教会在行政管理与各项事工上稳健建立，使各项决策和推动的事工都符合神的心意，稳固堂会的根基。

2. 为同工祷告

求主兴起更多忠心的同工，带着热情与委身，与教会同心配搭服侍，使每一份服事都能荣耀主名，并建立弟兄姐妹在信仰上成长，也带领教会往后的成长与方向。

Prayer Items - Day 5

Co-Workers Camp Prayer Items

1. Intercede for our speaker Rev. Thomas Lau: Pray for the Lord's healing hand to be upon him during his post-cardiac surgery recovery. May the Lord guard his health and renew his physical and spiritual strength. We ask for His grace to lead Rev. Thomas Lau into a season of complete restoration.
2. Uphold the Camp Organizing Committee: May the Lord pour out His grace upon the pastors and staff. We pray for a divine supply of wisdom, physical strength, and sufficient manpower to complete all preparations on schedule. Above all, we pray that the Lord would be sovereignly enthroned over every plan, that this retreat may be entirely saturated and led by the Holy Spirit — a sacred gathering overflowing with His divine blessing.

2026 MYF Convention

1. Pray for a smooth and successful MYF Convention, with God's presence evident in every session and activity.
2. Pray for wisdom, unity, and God's continued guidance as the team completes the final stages of planning and preparation.
3. Pray that youths will be encouraged to attend, build genuine relationships with one another, and grow in a deeper knowledge and love of God alongside their brothers and sisters in Christ.

MYF Committee

1. As this is the final year of this committee term, pray for meaningful reflection, gratitude, and faithfulness in finishing well.
2. Pray for God's leading and blessing over the final events being hosted, that they may be impactful and glorifying to Him.
3. Pray for continued success, strength, and mutual support between the committee and the youths across New Zealand.

CCMC Prayer Items

1. Pray for the new LCEC

We thank the Lord for the recent adjustments and the addition of new co-workers in our LCEC. May He grant the team wisdom, humility, and unity, so that they may work together in harmony, each faithfully fulfilling their role, serving diligently, and bringing glory to the Lord both in their individual ministries and in the team's collective work.

2. Pray for the Chinese and English congregations

May the Lord strengthen the foundation of both the Chinese and English congregation and inspire co-workers and brothers and sisters to greater commitment and active participation in worship and service. May God grant unity of heart and a persevering passion, so that everyone may be rooted in the truth and built up in love.

CCMMC Prayer Items

1. Pray for the Church administration and ministries

We thank God that our Mission Center has now been promoted to Local Church. May the Lord grant wisdom to lead the church in administration and ministry, guiding every decision and initiative according to His will, and firmly establishing the foundation of the congregation.

2. Pray for the Co-workers

May the Lord raise up faithful co-workers, filled with passion and commitment, who serve in unity with the church. May every act of service glorify His name and build up the faith of the brothers and sisters.

04/04/26

灵修六

王理励牧师

赐华冠与锡安悲哀的人，代替灰尘，喜乐油代替悲哀，赞美衣代替忧伤之灵。使他们称为公义树，是耶和华所栽的，叫他得荣耀。— 赛 61:3

以赛亚书第 61 章，是神对一群疲惫百姓所说的话。他们已经从被掳之地归回，却发现现实并不像想象中的那样。生活还是非常的苦，城墙仍然荒凉，重建的工程缓慢而艰难。在这样的处境中，人们心里难免产生疑问：“主啊，真正的拯救何时才来到呢？”

就在这样的灰尘与废墟之中，神向祂的百姓开口说话。祂应许要差遣祂所膏立的那一位，祂要来安慰伤心的人，医治破碎的心灵，宣告释放与自由，宣告属灵的复兴。

以赛亚书 61:3 用极美的方式描绘了这场反转：以华冠代替灰尘，以喜乐代替悲哀，以赞美代替忧伤。

这不是抽象的诗意，而是神亲自带来的真实改变。

在新约里，我们看见这应许有了名字，那就是耶稣基督。在路加福音第 4 章，耶稣在安息日，进了会堂，站起来要念圣经。有人把以赛亚书交给他，他就打开，读了以赛亚书 61 章，并宣告：“今天这经应验在你们耳中了。” 然而，这“应验”并不是绕过苦难，而是穿过苦难。复活节提醒我们，这一切的成全，是以极大的代价换来的。

以赛亚所应许的“华冠”，不是跳过“灰尘”，而是从灰尘中生出。

在十字架上，耶稣亲自担当了我们罪恶、羞愧与破碎的灰烬。那原本象征审判的地方，成为神爱最清晰的显明；那看似失败的时刻，成为通往救恩的道路。十字架不是终点，而是翻转的起点。

复活节宣告，耶稣战胜了罪与死亡。祂的复活让我们看到，神仍在更新万物，特别是从信徒们的心开始。因此，我们所得的救恩，不只是罪得赦免，更是生命被更新。我们不再披戴忧伤，而是穿上救恩的衣袍，被称为“公义树”，为要彰显祂的荣耀。

今日，当我们仰望复活的主，让我们相信：

祂仍在把灰烬化为华冠，把悲哀化为喜乐，把忧伤化为赞美。

在祂里面，我们的生命也成为见证——见证那位曾经被钉、如今复活的主，仍在修复、医治、更新。

Devotion 6
Rev Philip Wong

and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendor. —Isaiah 61:3

Isaiah 61 was spoken to a group of people who were living in the post-exilic period. They had returned from Babylon, but life was far from perfect. The city was still in ruins. Rebuilding was slow and exhausting. Many suffered loss and disappointment, and questioned, "When will the true deliverance come?" The promises of restoration by the prophets felt distant as they struggle to rebuild Jerusalem after its destruction. Into that setting, God speaks a message of hope: He will send His Anointed One to comfort those who mourn, to restore what is ruined, and to reverse the effects of sin and sorrow by announcing a spiritual and social "Jubilee".

Isaiah 61:3 captures this great reversal beautifully as ashes traded for crown of beauty, mourning for joy, and despair for praise.

For us, Jesus Christ is the ultimate fulfilment of this verse. In Luke 4, Jesus reads from Isaiah 61 and declares, "Today this Scripture is fulfilled in your hearing." And Easter is the moment when we see how this fulfilment comes at great cost. For salvation was made possible only through the suffering and death of Jesus Christ. The promise of beauty in Isaiah 61 does not bypass ashes; it is born from them.

At the cross, Jesus takes upon Himself the ashes of our sin, guilt, and brokenness. What looks like judgment becomes the very place where love is most clearly revealed. What appears to be defeat becomes the doorway to salvation. Because we are forgiven, we are no longer blind to what God is doing. We are enlightened on this journey of faith. The more we read and meditate on His Word, the more beauty we begin to see at the foot of the cross. The more we focus our eyes on Him, the more we understand that the joy of resurrection comes only through the sorrow of the cross.

The cross is where suffering is turned to grace, judgment is turned to love, ashes are turned to beauty, mourning is turned to joy, and despair is turned into praise. Easter proclaims that sin and death do not have the final word. Jesus' resurrection assures us that God is making all things new, starting with our hearts.

Because of Easter, our salvation is not just forgiveness of sins, but a transformed life. We are no longer clothed in despair, but robed in righteousness, planted as "oaks of righteousness" for the display of God's glory. Our lives become living testimonies that the risen Christ is still restoring, healing, and renewing today.

代祷事项 – 第六天

怀恩堂&北城布道站代祷事项

下面是怀恩堂和北城布道站复活节祷告事项，恳请在主里纪念并代祷。

一. 怀恩堂 HCMC

1. 为教会福音事工祷告

   近年来，有不少大陆劳工合同人士来到汉密尔顿工作，也有许多大学生携家属陪读学习，这为我们向华人朋友传福音带来了新的契机。

   怀恩堂两年前开始了“福音桥英语角”事工，为新来的工人和学生家属提供免费学习英语、练习口语的机会，吸引了许多家庭参与到教会和团契生活中。求神保守这些朋友能够敞开心门接受福音，使怀恩堂及布道站的福音事工不断成长、更上一层楼。

2. 为教会团契建设祷告

   由于汉密尔顿地区的现实限制，华人群体流动性较大，许多留学生毕业后为了工作和永久居留不断搬迁，这给教会团契建设和同工培训带来了极大的挑战。

   目前成年团契、乐龄团契和少年团契都面临人员断层和同工短缺的问题。求神亲自开路保守，赐下充足的后续人员，并预备合适的同工培养机会，使怀恩堂在新的一年里团契建设能够逐步回到正轨。

二. 北城布道站

1. 为布道站的稳定发展与未来方向祷告

   北城布道站成立三年来，在 Rototuna 和 Flagstaff 地区逐渐形成了稳定的崇拜中心和福音网点。求神保守布道站主日敬拜人数持续增加，受洗人数不断增长，门徒生命得以建立，使我们能够培养更多会友与事奉人手。

   布道站也一直在寻求未来发展方向，包括是否开展家庭小组、福音细胞小组等模式。求神开我们的心眼，在保持主日崇拜稳定发展的同时，为未来是向布道所发展，还是以家庭细胞模式拓展清楚指引道路。

2. 为布道站事奉人手与同工培养祷告
   布道站自成立以来，一直面临“聚会人数多、参与事奉人数少”的情况。许多委身服事的弟兄姊妹感到身心疲惫，亟需新的同工加入。

   2024 年我们成立了同工委员会，并期望在 2025 年培养出更多同工，但目前有经验的同工仍然不足。求神施恩呼召更多有经验的弟兄姊妹、长执同工来到布道站，与我们一同服事北区华人社群。

感谢弟兄在主里的关心与代祷，愿复活的主赐下更新的力量与盼望。

主内

何明道牧师

代表怀恩堂 & 北城布道站

鸿恩堂代祷事项

1. 教会目标:
   感谢神 33 年来一直都带领/眷顾鸿恩堂，成为许多弟兄姐妹属灵的家. 为未来两年的目标“繁衍生命，作主门徒”祷告。
   让鸿恩堂成为一个传福音的教会，传达真理的教会,恳求神把得救的人数天天都加给我们。
2. 牧者，同工与弟兄姐妹 :
   为我们的牧者: 陈礼亮会督，王理励牧师，陈怡伶传道，两位退休牧者: 王世辉牧师，陈则达传道。
   执事，团契职员，小组长祷告， 为弟兄姐妹祷告 : 让我们不止追求真理，而更要活出真理放下自我，在主里同心合一。

Prayer Item - Day 6

HCMC & Hamilton North Preaching Point Prayer Items

Below are the Easter prayer items for Hamilton Chinese Methodist Church (HCMC) and the Hamilton North Preaching Point (HNPP). We sincerely ask for your prayers and remembrance in Christ.

A. HCMC

1. Prayer for the church's evangelistic ministry
   In recent years, many contract workers from mainland China have come to Hamilton for work, and many university students have also brought their family members to accompany them during their studies. This has provided us with many new opportunities to share the gospel with Chinese friends.

   Two years ago, HCMC launched the Gospel Bridge English Corner ministry, offering free English learning and conversational practice for newly arrived workers and students 'families. This ministry has attracted many families to participate in our fellowship life. We pray that God will soften hearts and enable these friends to open themselves to the gospel, and that the evangelistic ministries of HCMC and the preaching point will continue to grow and bear more fruit.

2. Prayer for church fellowship development
   Due to regional limitations in the Hamilton area, the Chinese community has a high level of mobility. Many international students relocate frequently after graduation in search of employment and permanent residency. This presents significant challenges to fellowship development and co-worker training within the church.

   Currently, our Adult Fellowship, Seniors Fellowship, and Youth Fellowship are all facing gaps in membership and shortages of co-workers. We pray that God will open the way, provide sufficient new members, and prepare suitable opportunities for training co-workers, so that fellowship life at HCMC may return to a healthy and stable track in the coming year.

B. Hamilton North Preaching Point

1. Prayer for stable growth and future direction

   Over the past three years since its establishment, the Hamilton North Preaching Point has gradually formed a stable worship center and gospel outreach presence in the Rototuna and Flagstaff areas. We pray that God will continue to increase attendance, baptisms, and the number of Christ's disciples, enabling us to nurture more members and servants.

   The preaching point has also been prayerfully considering its future direction, including the development of home groups and a gospel cell model. We ask God to open our hearts and eyes, to guide us clearly as we seek to maintain stable Sunday worship while discerning whether the future lies in developing as a preaching center or expanding through family-based cell ministries.

2. Prayer for ministry workers and co-worker training

   Since its founding, the preaching point has faced the challenge of having many attendees but relatively few people involved in ministry. Many committed brothers and sisters are experiencing physical and emotional fatigue and are in need of fresh support.

   In 2024, we established a Co-workers Committee, and we hope to train more co-workers in 2025; however, experienced workers are still limited. We pray that God will graciously call more experienced brothers and sisters, including elders and leaders, to join us in serving the Chinese community in the northern region.

Thank you for your care and prayers in the Lord. May the risen Christ grant renewal, strength, and hope.

In Christ

Rev. Hammond

On behalf of HCMC & Hamilton North Preaching Point

ACMC Prayer Items

1. We thank God for His guidance over ACMC for the past 33 years, making it a spiritual home for many brothers and sisters. Let us pray for our goal over the next two years—"Multiplying Spiritual Life, Becoming Disciples of the Lord." Let ACMC be a church that only speak the Truth and spread the Gospel. May the Lord add to us daily those who are being saved.
2. We also lift up in prayer our five pastors, the LCEC, committee members, and small group leaders, asking for wisdom and strength in their leadership. Finally, let us pray for unity within our church, that we may grow together in faith and love. May our hearts be united in the LORD.

“「你们禁食的时候，不可像那假冒为善的人，脸上带着愁容；因为他们把脸弄得难看，故意叫人看出他们是禁食。我实在告诉你们，他们已经得了他们的赏赐。 你禁食的时候，要梳头洗脸，不叫人看出你禁食来，只叫你暗中的父看见；你父在暗中察看，必然报答你。」”

马太福音 6:16-18

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Matthew 6:16-18 NIV

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