



## 主题: 禁食 THEME: FAST

### 马太福音 6:16-18

“你们禁食的时候，不可像那假冒为善的人，脸上带着愁容；因为他们蓬头垢面，故意让人看出他们在禁食。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，不要让人看出你在禁食，只让你隐秘中的父看见；你父在隐秘中察看，必然赏赐你。”

### Matthew 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.”

在这个大斋期的季节里，让我们放慢脚步，反思我们的生活，调整我们的步伐。

In this Lent season, let us slow down our steps, reflect upon our daily lives and realign our pace.

## 1. 国家 NATIONS

### 缅甸 Myanmar



🙏 缅甸的军队在政变后继续以暴力来镇压人民，我们祷告祈求上帝神圣的介入制止社会不公。

Pray for God's divine intervention to stop the social injustice as the military continues to suppress the people with violence following the coup.



🙏 当缅甸的教会在服事人民并且与人民同进退时，让我们为他们的信心、智慧和勇气代祷。

Pray for faith, wisdom and courage as the Church in Myanmar steps out in ministry and solidarity with the people in peaceful civil disobedience.

🙏 祈求上帝让缅甸的教会在这困难时刻发挥光和盐的角色。

Pray for the Church in Myanmar to be salt and light in this time of great distress.

## 2. 马来西亚 MALAYSIA



🙏 让我们为着司法机构祷告，期望高等法院的判决能被维持，允许非穆斯林在全马使用“阿拉”一词。

Pray for the judiciary to uphold the High Court's verdict to permit the non-Muslims to use the word “Allah” in the whole of Malaysia.

🙏 冠病疫苗接种计划至群体免疫 -

🙏 祷告疫苗接种计划能顺利地进行，特别纪念疫苗的存储和向农村地区的运送过程。祷告政府可以确保所采购的疫苗的安全性和有效性。

Covid-19 vaccination plan to reach herd immunity - The vaccine roll-out program to go smoothly, especially in the storage and delivery of the vaccine to rural areas. Assurance of safety and effectiveness of vaccines procured by our government.



🙏 祷告祈求圣灵介入国家的立法，行政和司法机构，促使三权鼎立。让我们祷告，期望国会能复会，好让议员们可以在当前紧急状态当中行使其职责。

Pray for the Holy Spirit to intervene the three government institutions – the Legislative, the Executive and the Judiciary. Let us pray that the parliament sitting will be restored so that law-makers can still perform their duties under this emergency.



### 3. 年会 CAC

#### a. 为牧者祷告 Pray for our pastors

纪念牧者的家庭，让牧者不至于在服事中忽略了家庭的需要，更求上帝保守家庭成员不受恶者的攻击。

Pray that the pastors will not neglect their family's needs in the midst of their service, and pray that the Lord will protect their family members from the evil attack.

愿牧者的家庭成为一盏明灯，成为美好的见证。

Pray that the pastors' families will be a beacon and a good testimony.

求上帝保守每一位牧者拥有谦卑服事及谨慎自守的心，在充满性、金钱、权力的诱惑中能够靠上帝得胜。

Pray to our Lord to protect our pastors that they will guard themselves well and serve with humility; and be able to rely on the Lord to prevail in the temptation of sex, money, and power.

为牧者与会友之间的配搭祷告，求上帝赐下同一看见与目标，让牧者与信徒能够同心配搭，一起为上帝工作，兴旺教会。

Pray for the cooperation between the pastors and the members; may the Lord grant the same vision and goal so that the pastors and believers can serve in unison for the Lord and enrich the church.

新冠疫情冲击的处境下，求上帝保守各牧者依然带着盼望、积极的态度服事，并求上帝赐智慧，让牧者们晓得如何在疫境中发挥创意牧养教会。

With the impact of the COVID-19 pandemic, pray to the Lord to protect our pastors to continue to serve with hope and positive attitude, also ask the Lord to grant them the wisdom to shepherd the church with creativity in this time of pandemic.

#### b. 历史文献部 Historical Documents:

绘制文档故事，创新前进：求上帝兴起文史工作者书写或编辑本地卫理宗信仰足迹，透过文字保留历史，成为一份宝贵的属灵遗产，成为后人的祝福，也求上帝让各教会看见保存历史文献的重要性。

Draw documentary stories, innovate to move forward: Pray for the Lord to raise literary and historical workers to write or edit the footprints of local Methodist faith, preserve history through words, and become a precious spiritual heritage, a blessing for future generations, and may the Lord enable every church sees the importance of preserving historical documents.



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