

## 如何使用《默想耶稣圣名》一些建议

Some ideas on how to use At the Name of Jesus

每日在灵修安静时间，你能：

Each day in a quiet time you can:

1.为耶稣而赞美神。为当日所描述耶稣的特质而赞美祂，求祂帮助你以圣灵和真理来敬拜祂。让你的心志专注在祂的伟大，祂的荣耀。

1.Praise God for Jesus. Praise Him for the specific quality in Jesus described for that day. Ask Him to help you worship in Spirit and in truth. Let your mind focus on His greatness, His glory.

2.当你赞美时，读当日的经文，求耶稣对你说话，这将会是从神而来特别对你的教导、规劝、和安慰之言。花时间倾听并写下你所听见的，当你再读这些话语时，你将会惊讶于祂对你境遇所赐下的智慧。

2.As you praise, read the Scripture at the bottom of the page. Ask Jesus to speak to you. This would be a word of edification, exhortation, and consolation from God specifically to you. Take time to listen and write down what you hear. You will be amazed at the wisdom He gives you for your circumstances when you reread these words.

3.奉耶稣这个圣名来为政府，为你自己和他人祷告，祂已经应许祂的权能是你可获得的。在灵修笔记本的当日，简短写下你的请求，并请上帝指示你一节经文，是祂对你处境的旨意。稍后当你回来看这些请求时，在已蒙垂听的祷告事项前面打勾或写下日期。

3.Pray for the government, for yourself, and others in this name of Jesus. He has promised that His power is available to you. On the page for the day, briefly write your request and ask God to show you a Scripture which is His will for the situation. Later when you read over these requests, place a check or the date the prayer was answered.

4.当你在新的一天开始赞美祂时，回去读前面几天关于耶稣的圣名、经文和赞美，如此可收日积月累的效果。当你感到疲倦或沮丧时，这是特别有帮助的。

4.Read back over the previous days' Names, Scriptures and praises to get a cumulative effect as you begin praising Him on a new day. This is particularly helpful when you feel tired or discouraged.

5.在你的朋友或所爱的人生日时，与他们分享当日耶稣的圣名和经文。

5.Share the Name of Jesus and Scripture with your friends and loved ones on their birthdays

6.将你每天灵修时安静沉思所得的顿悟与某人分享，以便鼓励他们。

6.Share the insights you have received with someone else as an encouragement to them.

[7.若你是我们的馒头，请将你每日的灵修笔记拍照发给我们。]

[7.If you participate in our Mentor Program, take a picture of your daily devotional journal and send it to us.]