

如何使用《默想耶穌聖名》一些建議

Some ideas on how to use At the Name of Jesus

每日在靈修安靜時間，你能：

Each day in a quiet time you can:

1.為耶穌而讚美神。為當日所描述耶穌的特質而讚美祂，求祂幫助你以聖靈和真理來敬拜祂。讓你的心志專注在祂的偉大，祂的榮耀。

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.當你讚美時，讀當日的經文，求耶穌對你說話，這將會是從神而來特別對你的教導、規勸、和安慰之言。花時間傾聽并寫下你所聽見的，當你再讀這些話語時，你將會驚訝于祂對你境遇所賜下的智慧。

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.奉耶穌這個聖名來為政府，為你自己和他人禱告，祂已經應許祂的權能是你可獲得的。在靈修筆記本的當日，簡短寫下你的請求，并請上帝指示你一節經文，是祂對你處境的旨意。稍後當你回來看這些請求時，在已蒙垂聽的禱告事項前面打勾或寫下日期。

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.當你在新的第一天開始讚美祂時，回去讀前面幾天關於耶穌的聖名、經文和讚美，如此可收日積月累的效果。當你感到疲倦或沮喪時，這是特別有幫助的。

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.在你的朋友或所愛的人生日時，與他們分享當日耶穌的聖名和經文。

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

6.將你每天靈修時安靜沉思所得的頓悟與某人分享，以便鼓勵他們。

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

[7.若你是我們的饅頭，請將你每日的靈修筆記拍照發給我們。]

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