Amazing Agape Christian Church 基督榮耀之家

2022.07.24 Sunday Sermon主日講道講章 Pastor Madeleine Lee朱玉霞牧師

**背誦經文Scripture Verses to Memorize**

**詩篇Psalms 35:13**

*13* 至於我，當他們有病的時候，我便穿麻衣，禁食，刻苦己心；我所求的都歸到自己的懷中。

13But as for me, when they were sick, My clothing *was* sackcloth

I humbled myself with fasting; And my prayer would return to my own [[e](https://www.biblegateway.com/passage/?search=Psalms+35&version=NKJV#fen-NKJV-14424e)]heart.

**主題經文Scripture Reading**

**利未記 Leviticus 16:29-31**

*29* 每逢七月初十日，你們要刻苦己心，無論是本地人，是寄居在你們中間的外人，甚麼工都不可做；這要作你們永遠的定例*30* 因在這日要為你們贖罪，使你們潔淨。你們要在耶和華面前得以潔淨，脫盡一切的罪愆。 *31* 這日你們要守為聖安息日，要刻苦己心；這為永遠的定例。

29“*This* shall be a statute forever for you: In the seventh month, on the tenth *day* of the month, you shall [[g](https://www.biblegateway.com/passage/?search=Leviticus+16&version=NKJV#fen-NKJV-3231g)]afflict your souls, and do no work at all, *whether* a native of your own country or a stranger who [[h](https://www.biblegateway.com/passage/?search=Leviticus+16&version=NKJV#fen-NKJV-3231h)]dwells among you. 30For on that day *the priest*

shall make [[i](https://www.biblegateway.com/passage/?search=Leviticus+16&version=NKJV#fen-NKJV-3232i)]atonement for you, to cleanse you, *that* you may be clean from all your sins before the Lord. 31It *is* a sabbath of solemn rest for you, and you shall afflict your souls. *It is* a statute forever.

**禁食刻苦己心**

**前言:**

**詩篇Psalms 35:13**

*13* 至於我，當他們有病的時候，我便穿麻衣，禁食，刻苦己心；我所求的都歸到自己的懷中。

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I humbled myself with fasting; And my prayer would return to my own [[e](https://www.biblegateway.com/passage/?search=Psalms+35&version=NKJV#fen-NKJV-14424e)]heart.

**馬太福音 Matthew 17:21**

*21* 至於這一類的鬼，若不禱告、禁食，他就不出來（或譯：不能趕他出來）。」

21 [[f](https://www.biblegateway.com/passage/?search=Matthew+17&version=NKJV#fen-NKJV-23722f)]However, this kind does not go out except by prayer and fasting.

**利未記 Leviticus 16:29-31**

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**使徒行傳 Acts 27:9**

*9* 走的日子多了，已經過了禁食的節期，行船又危險，保羅就勸眾人說：

9Now when much time had been spent, and sailing was now dangerous because [[a](https://www.biblegateway.com/passage/?search=Acts+27&version=NKJV#fen-NKJV-27865a)]the Fast was already over, Paul advised them

**哥林多後書 2Corinthians 1:10**

*10* 他曾救我們脫離那極大的死亡，現在仍要救我們，並且我們指望他將來還要救我們。

10who delivered us from so great a death, and [[d](https://www.biblegateway.com/passage/?search=2Corinthians+1&version=NKJV#fen-NKJV-28811d)]does deliver us; in whom we trust that He will still deliver *us*

**一、舊約的例子**

**1. 尼尼微人信服神, 宣告禁食不致滅亡**

**約拿書Jonah 3:1,2,3**

*1*耶和華的話二次臨到約拿說： *2* 「你起來！往尼尼微大城去向其中的居民宣告我所吩咐你的話。」 *3* 約拿便照耶和華的話起來，往尼尼微去。這尼尼微是極大的城，有三日的路程。

Now the word of the Lord came to Jonah the second time, saying, **2**“Arise, go to Nineveh, that great city, and preach to it the message that I tell you.” **3**So Jonah arose and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly great city, [[a](https://www.biblegateway.com/passage/?search=Jonah+3&version=NKJV#fen-NKJV-22562a)]a three-day journey *in extent.*

**約拿書Jonah 3:4-9**

*4* 約拿進城走了一日，宣告說：「再等四十日，尼尼微必傾覆了！」 *5* 尼尼微人信服　神，便宣告禁食，從最大的到至小的都穿麻衣（或譯：披上麻布）。 *6* 這信息傳到尼尼微王的耳中，他就下了寶座，脫下朝服，披上麻布，坐在灰中。 *7* 他又使人遍告尼尼微通城，說：「王和大臣有令，人不可嘗甚麼，牲畜、牛羊不可吃草，也不可喝水。 *8* 人與牲畜都當披上麻布；人要切切求告　神。各人回頭離開所行的惡道，丟棄手中的強暴。 *9* 或者　神轉意後悔，不發烈怒，使我們不致滅亡，也未可知。」

**4**And Jonah began to enter the city on the first day’s walk. Then he cried out and said, “Yet forty days, and Nineveh shall be overthrown!**5**So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them. **6**Then word came to the king of Nineveh; and he arose from his throne and laid aside his robe, covered *himself* with sackcloth and sat in ashes. **7**And he caused *it* to be proclaimed and published throughout Nineveh by the decree of the king and hisnobles, saying, Let neither man nor beast, herd nor flock, taste anything; do not let them eat, or drink water. **8**But let man and beast be covered with sackcloth, and cry mightily to God; yes, let every one turn from his evil way and from the violence that is in his hands. **9**Who can tell *if* God will turn and relent, and turn away from His fierce anger, so that we may not perish?

**2.以斯拉宣告禁食, 刻苦己心得幫助**

**以斯拉記Ezra 8:21-23**

*21* 那時，我在亞哈瓦河邊宣告禁食，為要在我們　神面前克苦己心，求他使我們和婦人孩子，並一切所有的，都得平坦的道路。 *22* 我求王撥步兵馬兵幫助我們抵擋路上的仇敵，本以為羞恥；因我曾對王說：「我們　神施恩的手必幫助一切尋求他的；但他的能力和忿怒必攻擊一切離棄他的。」*23* 所以我們禁食祈求我們的　神，他就應允了我們。

**21**Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions.

**22**For I was ashamed to request of the king an escort of soldiers and horsemen to help us against the enemy on the road, because we had spoken to the king, saying, “The hand of our God *is* upon all those for good who seek Him, but His power and His wrath

*are* against all those who forsake Him.” **23**So we fasted and entreated our God for this, and He answered our prayer.

**3.所有猶太人禁食三日得拯救**

**以斯帖記Esther 4:13-17**

*13* 末底改託人回覆以斯帖說：你莫想在王宮裡強過一切猶大人，得免這禍。 *14* 此時你若閉口不言，猶大人必從別處得解脫，蒙拯救；你和你父家必致滅亡。焉知你得了王后的位分不是為現今的機會嗎？」 *15* 以斯帖就吩咐人回報末底改說： *16* 你當去招聚書珊城所有的猶大人，為我禁食三晝三夜，不吃不喝；我和我的宮女也要這樣禁食。然後我違例進去見王，我若死就死吧！」 *17* 於是末底改照以斯帖一切所吩咐的去行。

**13**And Mordecai told *them* to answer Esther: “Do not think in your heart that you will escape in the king’s palace any more than all the other Jews. **14**For if you remain completely silent at this time, relief and deliverance will arise for the Jews from another place, but you and your father’s house will perish. Yet who knows whether you have come to the kingdom for *such* a time as this?” **15**Then Esther told *them* to reply to Mordecai: **16**“Go, gather all the Jews who are present in [[c](https://www.biblegateway.com/passage/?search=Esther+4&version=NKJV#fen-NKJV-12779c)]Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which *is* against the law; and if I perish, I perish!” **17**So Mordecai went his way and did according to all that Esther commanded [[d](https://www.biblegateway.com/passage/?search=Esther+4&version=NKJV#fen-NKJV-12780d)]him.

**以斯帖記Esther 5:1-2**

第三日，以斯帖穿上朝服，進王宮的內院，對殿站立。王在殿裡坐在寶座上，對著殿門。 *2* 王見王后以斯帖站在院內，就施恩於她，向她伸出手中的金杖；以斯帖便向前摸杖頭。

Now it happened on the third day that Esther put on *her*

royal *robes* and stood in the inner court of the king’s palace, across from the king’s house, while the king sat on his royal throne in the royal house, facing the entrance of the [[a](https://www.biblegateway.com/passage/?search=Esther+5&version=NKJV#fen-NKJV-12781a)]house. **2**So it was, when the king saw Queen Esther standing in the court,

*that* she found favor in his sight, and the king held out to Esther the golden scepter that *was* in his hand. Then Esther went near and touched the top of the scepter.

**以斯帖記Esther 9:21,22**

*21* 囑咐他們每年守亞達月十四、十五兩日， *22* 以這月的兩日為猶大人脫離仇敵得平安、轉憂為喜、轉悲為樂的吉日。在這兩日設筵歡樂，彼此餽送禮物，賙濟窮人。

**21**to establish among them that they should celebrate yearly the fourteenth and fifteenth days of the month of Adar, **22**as the days on which the Jews had rest from their enemies, as the month which was turned from sorrow to joy for them, and from mourning to a holiday; that they should make them days of feasting and joy, of sending presents to one another and gifts to the poor.

**二、新約的例子**

**1. 耶穌的事奉與教導**

**路加福音Luke 4:1,2**

*1*耶穌被聖靈充滿，從約旦河回來，聖靈將他引到曠野，四十天受魔鬼的試探。*2* 那些日子沒有吃甚麼；日子滿了，他就餓了。

**1** Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit [[a](https://www.biblegateway.com/passage/?search=Luke+4&version=NKJV#fen-NKJV-25065a)]into the wilderness, **2**being

[[b](https://www.biblegateway.com/passage/?search=Luke+4&version=NKJV#fen-NKJV-25066b)]tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry.

**路加福音Luke 4:14**

*14* 耶穌滿有聖靈的能力，回到加利利；他的名聲就傳遍了四方。

**14**Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.

**馬太福音Matthew 6:2**

*2* 所以，你施捨的時候，不可在你前面吹號，像那假冒為善的人在會堂裡和街道上所行的，故意要得人的榮耀。我實在告訴你們，他們已經得了他們的賞賜。

**2**Therefore, when you do a charitable deed, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, that they may have glory from men. Assuredly, I say to you, they have their reward.

**馬太福音Matthew 6:5**

*5* 「你們禱告的時候，不可像那假冒為善的人，愛站在會堂裡和十字路口上禱告，故意叫人看見。我實在告訴你們，他們已經得了他們的賞賜。

**5**“And when you pray, you shall not be like the [[b](https://www.biblegateway.com/passage/?search=Matthew+6&version=NKJV#fen-NKJV-23288b)]hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward.

**馬太福音Matthew 6:16**

*16* 你們禁食的時候，不可像那假冒為善的人，臉上帶著愁容；因為他們把臉弄得難看，故意叫人看出他們是禁食。我實在告訴你們，他們已經得了他們的賞賜。

**16**“Moreover, when you fast, do not be like the [[e](https://www.biblegateway.com/passage/?search=Matthew+6&version=NKJV#fen-NKJV-23299e)]hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

**2. 初代教會禁食事奉主**

**使徒行傳Acts 13:1,2,3**

在安提阿的教會中，有幾位先知和教師，就是巴拿巴和稱呼尼結的西面、古利奈人路求，與分封之王希律同養的馬念，並掃羅。 *2* 他們事奉主、禁食的時候，聖靈說：「要為我分派巴拿巴和掃羅，去做我召他們所做的工。」 *3* 於是禁食禱告，按手在他們頭上，就打發他們去了。

**1** Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. **2**As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.” **3**Then, having fasted and prayed, and laid hands on them, they sent *them* away.

**使徒行傳Acts 14:23**

*23* 二人在各教會中選立了長老，又禁食禱告，就把他們交託所信的主。

**23**So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.

**三、禁食禱告與美加立國**

**1. 1492年哥倫布發現新大陸**

**2. 1620 年五月花號出發前禁食一天**

**(清教徒領袖: John Robinson)**

**結論:**

**彼得前書1Peter 5:5b,6**

*5b* 因為　神阻擋驕傲的人，賜恩給謙卑的人。 *6* 所以，你們要自卑，服在　神大能的手下，到了時候，他必叫你們升高

5b “God resists the proud, But gives grace to the humble.” 6Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time

**歷代志下2Chronicles 7:14**

*14* 這稱為我名下的子民，若是自卑、禱告，尋求我的面，轉離他們的惡行，我必從天上垂聽，赦免他們的罪，醫治他們的地

14if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.