

### 3. 訴說上帝的\_\_\_\_\_

“然後我想要為此呼求，至高者右手施恩的歲月。我會記住上帝的作為；是的，我要回憶你往日所成就的奇事。我要默想你一切作為；我要細想你一切大能作為。”  
- 詩篇 77:10-12 (NIV 意譯)

“最後，弟兄們，凡是真實的、莊重的、公正的、純潔的、可愛的、聲譽好的，無論是甚麼美德，甚麼稱讚，這些事你們都應當思念。…那麼，賜平安的神就必與你們同在。”  
- 腓立比書 4:8-9 (新譯本)

### 4. 將你的抱怨化為\_\_\_\_\_

“雖然無花果樹不開花，葡萄樹上沒有葡萄；雖然橄欖樹失收，田地空空不產糧；雖然羊羣死在野外，牛棚中也空空蕩蕩；我卻要因上主而歡喜！要因拯救我的上帝而快樂！”  
- 哈巴谷書 3:17-18 (新普及譯本)

“上帝啊，你的道路是神聖的，哪一位神明像你這樣偉大呢？你是行奇事的上帝，你在萬國中顯出你可畏的大能。你用強壯的臂膀救贖你的子民，救贖雅各和約瑟的子孫。細拉”  
- 詩篇 77:13-15 (新普及譯本)

“上帝啊，紅海看見你，海水一見你就戰兢！大海深處都戰慄。密雲傾倒大雨，天上雷霆轟鳴，你的光箭閃射。你在旋風中發出雷鳴，閃電照亮世界！大地顫抖震動。你的道路穿越大海，你的路途經過大水，那條路無人知曉！”  
- 詩篇 77:16-19 (新普及譯本)

### 5. 無畏無懼地\_\_\_\_\_

“你曾藉著摩西和亞倫的手，帶領你的子民如同帶領羊群一樣。”  
- 詩篇 77:20 (新譯本)

“你經過深水，我要與你同在；你渡過艱險的河流，必定不被淹沒。你走過壓迫的火焰，必定不會燒傷；火焰不會吞噬你。因為我是上主，你的上帝，是以色列的聖者，你的救主。”  
- 以賽亞書 43:2-3 (新普及譯本)

1. 呼求 2. 感受 3. 信實 4. 讚美 5. 跟隨

## HOW TO PRAY WHEN YOU HAVEN'T GOT A PRAYER

Buddy Owens  
12 July 2020

### 1. \_\_\_\_\_ to God

*“I cried out to God for help; I cried out to God to hear me. When I was in distress, I sought [out] the Lord; at night I stretched out untiring hands and my soul refused to be comforted.”*  
- Psalm 77:1-2 (NIV)

*“He will deliver the needy who cry out, the afflicted who have no one to help.”*  
- Psalm 72:12 (NIV)

*“I sought the Lord, and he answered me; he delivered me from all my fears.”*  
- Psalm 34:4 (NIV)

*“My spirit grows faint within me; my heart within me is dismayed. I spread out my hands to you; my soul thirsts for you like a parched land. Selah. Answer me quickly, O Lord; my spirit fails. Do not hide your face from me or I will be like those who go down to the pit. Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.”*  
- Psalm 143:4-8 (NIV)

### 2. Admit your \_\_\_\_\_ and fears

*“I remembered you, O God, and I groaned . . .”*  
- Psalm 77:3 (NIV)

*“The Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.”*  
- Romans 8:26 (ESV)

*“. . . I mused, and my spirit grew faint.”*  
- Psalm 77:3 (NIV)

*“You kept my eyes from closing; I was too troubled to speak.”*  
- Psalm 77:4 (NIV)

*“I thought about the former days, the years of long ago; I remembered my songs in the night. My heart mused and my spirit inquired: “Will the Lord reject forever? Will he never show his favor again? Has his unfailing love vanished forever? Has his promise failed for all time? Has God forgotten to be merciful? Has he in anger withheld his compassion? Selah.”*  
- Psalm 77:5-9 (NIV)

### 3. Appeal to God's \_\_\_\_\_

*"Then I thought, 'To this I will appeal: the years of the right hand of the Most High. I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. I will meditate on all your works and consider all your mighty deeds.'"*  
- Psalm 77:10-12 (NIV)

*"Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things . . . And the God of peace will be with you."*  
- Philippians 4:8-9 (NIV)

### 4. Turn your complaints into \_\_\_\_\_

*"Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, yet I will rejoice in the Lord! I will be joyful in the God of my salvation!"*  
- Habakkuk 3:17-18 (NLT)

*"Your ways, O God, are holy. What god is so great as our God? You are the God who performs miracles; you display your power among the peoples. With your mighty arm you redeemed your people, the descendants of Jacob and Joseph. Selah."*  
- Psalm 77:13-15 (NIV)

*"The waters saw you, O God, the waters saw you and writhed; the very depths were convulsed. The clouds poured down water, the skies resounded with thunder; your arrows flashed back and forth. Your thunder was heard in the whirlwind, your lightning lit up the world; the earth trembled and quaked. Your path led through the sea, your way through the mighty waters, though your footprints were not seen."*  
- Psalm 77:16-19 (NIV)

### 5. \_\_\_\_\_ fearlessly

*"You led your people like a flock by the hand of Moses and Aaron."*  
- Psalm 77:20 (NIV)

*"When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the Lord, your God, the Holy One of Israel, your Savior."*  
- Isaiah 43:2-3 (NIV)

1. Cry out   2. Feelings   3. Faithfulness   4. Praise   5. Follow

## 當你感到無望時，如何去禱告

Buddy Owens

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### 1. 向上帝 \_\_\_\_\_

*"我呼求上帝的援手；我呼求上帝垂聽！當我身處困境，我尋求主。夜間，我不住地舉手禱告，我的靈魂卻不肯受安慰。"*  
- 詩篇 77:1-2 (NIV意譯)

*"窮人呼求他，他必搭救；無依無靠受壓迫的，他必幫助。"*  
- 詩篇 72:12 (新普及譯本)

*"我求告上主，他就應允我，他消除我一切的恐懼。"*  
- 詩篇 34:4 (新普及譯本)

*"因此我的靈在我裏面軟弱，我的心在我裏面戰慄…我向你伸出雙手，我的心渴想你，好像乾旱的地盼望雨水一樣。細拉。耶和華啊！求你快快應允我，我的心靈已經衰竭，求你不要向我掩面，免得我像那些下坑的人一樣。求你使我清晨得聞你的慈愛，因為我倚靠你。求你指示我當走的路，因為我的心仰望你。"*  
- 詩篇 143:4-8 (新譯本)

### 2. 承認你的 \_\_\_\_\_ 和恐懼

*"我懷念著上帝，悲哀歎息…"*  
- 詩篇 77:3 (NIV意譯)

*"聖靈又在我們的軟弱裏幫助我們。例如，我們不知道上帝希望我們禱告甚麼，但聖靈用難以言表的歎息為我們祈禱。"*  
- 羅馬書 8:26 (新普及譯本)

*"…我沉思默想，心靈就煩亂。"*  
- 詩篇 77:3 (新譯本)

*"你使我不能合眼，我煩躁不安，連話也說不出來。"*  
- 詩篇 77:4 (新譯本)

*"我回想過往的日子，上古的年代；我想起我夜間的詩歌。我的心沉思默想，我的靈仔細探究。主要永遠丟棄我，不再施恩嗎？他的慈愛永遠消失，他的應許永久廢去嗎？神忘記施恩，因忿怒而止住他的憐憫嗎？細拉"*  
- 詩篇 77:5-9 (新譯本)