

## 2023 年男士祷告日历 -5 月

### 5 月 1 日

**一件神的事**-亲爱的神啊，我承认祢是我的主和我的神。我很感激祢经常为我开路，求祢使我时常仰望祢来引导我的路，我相信即使看似无路可走，祢仍会开辟一条道路。无论祢带领我往何处去，求祢赐予我恩典，让我凭着信心勇敢地走出去。以赛亚书 43 章 19 节说：「看哪，我要做一件新事；如今要发现，你们岂不知道吗？我必在旷野开道路，在沙漠开江河。」

### 5 月 2 日

**不害怕**-亲爱的耶稣，我降服于祢的主权之下，我相信祢会带领我走在正途上。当我遭遇危险，感到惧怕时，求祢提醒我祢是我的牧者。求祢使我在冲突中依然勇敢，我在祢里面是安全的。因此，我不惧怕邪恶！诗篇 23 篇 4 节说：「我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在；你的杖、你的竿，都安慰我。」

### 5 月 3 日

**神的善工**-哦，神啊，以前我会被生活中所有事情困扰，然后，我会看不到祢，忘记祢为我所做的一切。但是，现在我知道我的工作永远都不会尽如人意，所以我等候祢的谋略。我相信祢会通过我完成祢的善工。诗篇 106 篇 13 节说：「等不多时，他们就忘了他的作为，不仰望他的指教。」

### 5 月 4 日

**相信就能看见**-亲爱的主啊，曾经我以为眼见为实，但是祢的道路总是本乎恩因着信。现在，我明白当我相信，就能看见。主啊，求祢赐给我信心的恩典，好让我相信祢，并且亲眼看见。感谢祢使我的信能成为眼见！马可福音 9 章 24 节说：「孩子的父亲立时喊着说：我信！但我信不足，求主帮助。」

### 5 月 5 日

**神的工人**-亲爱的神啊，我是祢的工人，我知道我工作的源头必须来自祢。因此，我相信祢会通过我完成工作。求祢赐我恩典，使我的信心坚定不移，在祢里面不动摇。感谢祢向我显明，我在与祢契合中的劳苦绝不是徒然的！哥林多前书 15 章 58 节说：「所以，我亲爱的弟兄们，你们务要坚固，不可摇动，常常竭力多做主工，因为知道，你们的劳苦在主里面不是徒然的。」

**5月6日**

**灵巧与驯良**-马太福音 10 章 16 节说：「我差你们去，如同羊进入狼群；所以你们要灵巧像蛇，驯良像鸽子。」蛇很注意自己的头，并且快速又准确地攻击，这些都提醒我们，自己的思想和心灵需要经常与神的旨意和时机保持一致。祈求你谦卑和真实的见证会荣耀基督。

**5月7日**

**别停止**-撒母耳记上 12 章 23 节说：「至于我，断不停止为你们祷告，以致得罪耶和华。我必以善道正路指教你们。」我们也要像撒母耳一样，蒙召去做这个祭司祷告的事工，愿神帮助我们能忠心。

**5月8日**

**影响未来**-出埃及记 20 章 6 节说：「爱我、守我诫命的，我必向他们发慈爱，直到千代。」我们对神的爱体现在遵守祂的诫命上，这是我们能作为下一代做出的最好的事。

**5月9日**

**爱能遮盖**-箴言 10 章 12 节说：「恨能挑启争端；爱能遮掩一切过错。」我们谈论别人的方式揭露我们自己内心的状况，让我们互相说好话，认真避免负面的八卦。

**5月10日**

**恩赐**-彼得前书 4 章 10 节说：「各人要照所得的恩赐彼此服事，作神百般恩赐的好管家。」作为基督徒，我们知道没有东西是属于我们的，我们应该享受它，用它来服侍人，并且为此感谢神。

**5月11日**

**忠诚**-箴言 5 章 18 节说：「要使你的泉源蒙福；要喜悦你幼年所娶的妻。」神祝福婚姻中的忠诚，配偶可以互相鼓励和喜悦对方，不忠会造成很多痛苦和苦难，而神想让我们免于这些苦与痛。

**5月12日**

**鼓励**-来自世界各地的新闻常常会引起焦虑和痛苦。感谢神，无论我们周围发生什么事，祂都在掌管。祈求祂会鼓励你利用任何机会提醒其他信徒有关祂威严的事。马太福音 28 章 18 节说：「耶稣进前来，对他们说：天上地下所有的权柄都赐给我了。」

### 5 月 13 日

**爱**-基督的跟随者彼此之间的爱与关怀，使无数人接受基督为他们的救主。祈求主使你的生命能大声述说耶稣对你的爱。罗马书 12 章 10 节说：「爱弟兄，要彼此亲热；恭敬人，要彼此推让。」

### 5 月 14 日

**反光镜**-正如月亮反映太阳，同样地你也可以用别人看得见的方式来反映神的爱。祈求你能够反映神的爱和怜悯，让他人看见神在透过你去工作。马太福音 5 章 16 节说：「你们的光也当这样照在人前，叫他们看见你们的好行为，便将荣耀归给你们在天上的父。」

### 5 月 15 日

**团契**-当我们独自一个人，不与其他信徒接触时，过基督徒的生活便不容易。祈求神会使用你，帮助其他信徒增加对神的认识，并且热爱祂的话语。加拉太书 6 章 2 节说：「你们各人的重担要互相担当，如此，就完全了基督的律法。」

### 5 月 16 日

**榜样**-为男士们祈祷，愿他们能够抓住异象，更有意识地以身作则，去领导和授权给他人。你也能够成为信徒们的榜样。提摩太前书 4 章 12 节说：「不可叫人小看你年轻，总要在言语、行为、爱心、信心、清洁上，都作信徒的榜样。」

### 5 月 17 日

**美德**-谦卑和忠诚都是尊贵的美德，祈求神帮助男士们以谦逊和贯彻一致的态度作领导。如果你必须以爱去包容一个人，神也能够帮助你的。以弗所书 4 章 2 节说：「凡事谦虚、温柔、忍耐，用爱心互相宽容」。

### 5 月 18 日

**勇气**-敬虔的领导需要勇气，为男士们能够找到勇气祷告，这勇气是植根于主和祂的力量里的。当祂呼召你的时候，愿你能够毫无惧怕地跟随。约书亚记 1 章 9 节说：「我岂没有吩咐你吗？你当刚强壮胆！不要惧怕，也不要惊惶；因为你无论往哪里去，耶和华—你的神必与你同在。」

### 5 月 19 日

**领导**-祈求男士们能够坦诚面对自己是个差劲的领导，认罪并请求宽恕，然后，开始在家庭和职场里做个敬虔的领导。雅各书 5 章 16 节说：「所以你们要彼此认罪，互相代求，使你们可以得医治。义人祈祷所发的力量是大有功效的。」

**5 月 20 日**

**榜样**-哥林多前书 11 章 1 节说：「你们该效法我，像我效法基督一样。」为男士们祷告，祈求他们去选择敬虔的榜样和导师，可以鼓励自己担任领导的角色。

**5 月 21 日**

**自我察验**-加拉太书 6 章 4 和 5 节说：「各人应当察验自己的行为；这样，他所夸的就专在自己，不在别人了，因为各人必担当自己的担子。」要谨慎，并负责任，检验你的动机，祈求得到神的认可，神会审判万物。

**5 月 22 日**

**在神里面的盼望**-提摩太前书 6 章 17 节说：「你要嘱咐那些今世富足的人，不要自高，也不要倚靠无定的钱财，只要倚靠那厚赐百物给我们享受的神。」人心是诡诈的，很容易依附在此时此地可以得到的东西。祈求主赐下分辨的能力和不动摇的信心。

**5 月 23 日**

**宽恕**-马太福音 6 章 12 节说：「免我们的债，如同我们免了人的债。」神奇妙的自由和宽恕是有条件的，就是我们愿意宽恕那些伤害我们的人。不要在不宽恕中徘徊；它只会导致苦毒以及情绪和精神上的痛苦，每天打从心里用主祷文来祷告吧。

**5 月 24 日**

**民族中心主义**-加拉太书 3 章 28 节说：「并不分犹太人、希利尼人，自主的、为奴的，或男或女，因为你们在基督耶稣里都成为一了。」祈求摆脱民族中心主义，它使你低估那些与你自己文化经历和社会地位不同的人，但基督的爱想要通过你去拥抱他人。

**5 月 25 日**

**恩典**-哥林多后书 8 章 9 节说：「你们知道我们主耶稣基督的恩典：他本来富足，却为你们成了贫穷，叫你们因他的贫穷可以成为富足。」神奇异的恩典简直太棒了，超乎我们的理解！感谢并赞美祂吧！祂为你预备了无与伦比的丰盛！

**5 月 26 日**

**视野**-诗篇 73 篇 21 和 22 节说：「因而我心里发酸，肺腑被刺。我这样愚昧无知，在你面前如畜类一般。」在不公义当中，在邪恶取得成功当中，人很容易失去视野。如果坏人和环境占据了你的心，请纠正你的焦点，主仍然作王！

**5 月 27 日**

**无法预测**-马太福音 6 章 34 节说：「所以，不要为明天忧虑，因为明天自有明天的忧虑。一天的难处一天当就够了。」作为男士，我们喜欢掌控一切。难以取悦的人和艰难的环境挑战我们，但生命是无法预测的。准备好时刻信靠主吧，明天所需的情感力量，要避免在今天就花掉啊！

**5 月 28 日**

**好消息**-罗马书 1 章 16 节说：「我不以福音为耻（福音就是好消息）；这福音本是神的大能，要救一切相信的，先是犹太人，后是希利尼人。」我们当然应该为在上的掌权者和为我们社会福祉做出贡献的人祷告，但我们可以做得更好，就是祈求作一个耶稣基督喜乐的见证人。

**5 月 29 日**

**节制**-马太福音 5 章 28 节说：「只是我告诉你们，凡看见妇女就动淫念的，这人心里已经与他犯奸淫了。」销售心理学研究男人的心理去销售色情产品，你千万不要成为受害者。为节制祷告吧，留意你的眼睛，用你整个的生命荣耀主。

**5 月 30 日**

**勇士兴起**-以弗所书 6 章 11 节说：「要穿戴神所赐的全副军装，就能抵挡魔鬼的诡计。」生命不是在公园散步，我们正处于善恶之战的中间，为打仗做好准备吧！请收听《勇士兴起》节目，它在环球电台网站 k t w r 点 o r g 播出。<https://ktwr.org/show/discipleship-cmn/>

**5 月 31 日**

**凡事**-腓立比书 4 章 13 节说：「我靠着那加给我力量的，凡事都能做。」作为男士，我们很有竞争力，喜欢按照自己的方式做事。基督徒的生命却是不一样的，它是基督的生命，我们不能按自己的方式去过生活。要愿意将你的意志降服于基督，祈求祂在凡事上都让您充足。

## CA Men's Prayer Calendar May 2023

**1. A God thing** - Dear God, I acknowledge You as my Lord and my God. I am grateful that You always make a way for me. Cause me to constantly look to You to lead the way. I trust You to make a way even when there seems to be no way. Grant me the grace to boldly step out by faith wherever You may lead. (Isa. 43:19)

**2. Fear not** - Dear Jesus, I submit to your lordship. I trust You to lead me in the right path. When I sense danger and feel afraid, remind me that You are my Shepherd. Cause me to remain courageous in the midst of conflict. I am safe in You. Therefore, I fear no evil! (Psa. 23:4)

**3. God's good work** - Oh God, previously I would get caught up with all the stuff in my life. Then, I would lose sight of You and become oblivious to all You've done for me. But now I know that my works are never satisfactory, so I await Your counsel. I trust You to accomplish Your good works through me. (Psa. 106:13)

**4. Believing is seeing** - Dear Lord, once I thought that seeing was believing. But Your way is always by grace through faith. Now I understand that when I believe, I will see. Lord, grant me the grace of faith so that I can believe You and see for myself. Thank You for causing my faith to become sight! (Mark 9:24)

**5. God's laborer** - Dear God, I am Your laborer. I realize that the source of my labor must be from You. Therefore, I trust You to do the work through me. Grant me the grace to be steadfast in my faith and remain immovable in You. Thank You for showing me that my labor in union with You will never be in vain! (1 Cor. 15:58)

**6. Shrewd and innocent** – “Therefore be shrewd as snakes and innocent as doves” (Matt. 10:16). The way a snake cares for her head and attacks fast and precise serves as a reminder that our mind and heart needs always to be in tune with God's will and timing. Pray that your humble and authentic witness will glorify Christ.

**7. Don't stop** – “As for me, far be it from me that I should sin against the Lord by failing to pray for you. And I will teach you the way that is good and right” (1 Sam. 12:23). Like Samuel, so are we called to do this priestly ministry of prayer. May God help us to be faithful.

**8. Impact the future** – “I show love to a thousand generations of those who love me and keep my commandments” (Exod. 20:6). Our love to God is demonstrated in the keeping of His commandments. This is the best we can do for the next generation.

**9. Love covers** – “Hatred stirs up dissension, but love covers over all wrongs” (Prov. 10:12). The way we speak about others reveals the condition of our own heart. Let us speak well about each other and conscientiously avoid negative gossip.

**10. Gifts** – “Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms” (1 Pet. 4:10). As Christians we realize that nothing belongs to us. We should enjoy it, serve others with it and thank God for it.

**11. Faithfulness** – “May your fountain be blessed and may you rejoice in the wife of your youth” (Prov. 5:18). God blesses faithfulness in marriage. Spouses can encourage and rejoice in each other. Unfaithfulness causes much pain and suffering that God wants to spare us from.

**12. Encouragement** – News from various parts of the world can often cause anxiety and distress. Thank God that He is in control, no matter what happens around us, and pray that He will encourage you to use any opportunity to remind fellow believers about His majesty. (Matt. 28:18)

**13. Love** – The love and concern that followers of Christ show each other has caused countless people to accept Christ as their Savior. Pray that your life will speak loudly about Jesus’ love for you. (Rom. 12:10)

**14. Reflectors** – Just as the moon is reflecting the sunshine, you can reflect God’s love in a way that it becomes visible to others. Pray that you will reflect His love and compassion for others to see God at work through you. (Matt. 5:16)

**15. Fellowship** – It is not easy to live as a Christian when we are alone and without contact with other fellow believers. Pray that God will use you to help other believers grow in knowledge about God and love for His Word. (Gal. 6:2)

**16. Example** - Pray for men to capture the vision to become more intentional about leading and empowering others by example. You, too, can set an example for the believers. (1 Tim. 4:12)

**17. Virtues** - Humility and faithfulness are honorable virtues. Ask God to help men lead with humility and consistency. He is able to help you, too, if you have to bear somebody in love. (Eph. 4:2)

**18. Courage** - Godly leadership requires courage. Pray for men to find their courage rooted in the Lord and His strength. When He calls, you can follow without fear. (Josh. 1:9)

**19. Leadership** - Pray for men to be honest about poor leadership, confessing and asking forgiveness, then begin to live godly leadership in the home and workplace. (James 5:16)

**20. Role models** – “Follow my example as I follow the example of Christ” (1 Cor. 11:1). Pray for men to choose godly role models and mentors who can encourage them in their leadership roles.

**21. Self-examination** – “Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load” (Gal. 6:4-5). Be careful and responsible. Check your motives. Pray to be approved by God who will bring all things to judgment.

**22. Hope in God** - “Command those who are rich in the present world not to be arrogant nor to put their hope in wealth, which is uncertain, but to put their hope in

God” (1 Tim. 6:17). The human heart is deceitful and easily attached to what is attainable here and now. Pray for discernment and unwavering faith.

**22. Living in the light** – “Anyone who claims to be in the light but hates his brother is still in the darkness” (1 John 2:9). Allow the Lord to reveal Himself and to shine into your deepest motives and longings. Thank Him from all your heart that He died to pay your sin and allow Him to make you into a vessel of His mercy and grace.

**23. Forgiveness** – “Forgive us our debts, as we forgive our debtors” (Matt. 6:12). Condition for God’s wonderful freedom and forgiveness is our readiness to forgive those who harmed us. Don’t linger in unforgiveness; it leads only to bitterness and emotional and mental distress. Pray the Lord’s Prayer daily from the heart.

**24. Ethnocentrism** – “There is neither Jew or Greek, slave or free, male or female, for you are all one in Christ Jesus” (Gal. 3:28). Pray to be freed from ethnocentrism that makes you underestimate those who are different from your own cultural experience and social position. Christ’s love wants to embrace others through you.

**25. Grace** – “For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, so that you through his poverty might become rich” (2 Cor. 8:9). Simply awesome and beyond our comprehension is God’s amazing grace! Thank and praise Him for the incomparable riches He has for you.

**26. Perspective** – “When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you” (Psa. 73:21-22). In the midst of injustice and the success of evil, it’s easy to lose perspective. Correct your focus if bad people and circumstances have gripped your heart. The Lord still reigns!

**27. Unpredictable** - “Therefore do not worry about tomorrow...Each day has enough trouble of its own” (Matt. 6:34). As men we like to be in control. Difficult people and circumstances challenge us. But life is unpredictable. Be ready to trust in the Lord always. Avoid spending today the emotional strength you need tomorrow.

**28. Good News** – “I am not ashamed of the Gospel [Good News] because it is the power of God for the salvation of everyone who believes” (Rom. 1:16). We certainly should pray for all who are in authority and contribute to the well-being of our society. But we can do even better. Pray to be a joyous witness for Jesus Christ.

**29. Self-control** – “But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart” (Matt. 5:28). Sales psychology studies the psyche of men and sells pornography. You must not be a victim. Pray for self-control. Watch your eyes and honor the Lord with your entire life.

**30. Every man a warrior** – “Put on the full armor of God so that you can take your stand against the devil’s schemes” (Eph. 6:11). Life is not a walk in the park. We are right in the middle of the war between good and evil. Be prepared for the battle; enlist in the effective course <https://everymanawarrior.com>.

**31. Everything** – “I can do everything through him who gives me strength” (Phil. 4:13). As men we are competitive and like to do things our way. The Christian life is



different. It's Christ's life. We cannot live it on our own. Be willing to surrender your will to Christ and pray for Him to be your sufficiency in everything.