

2023 年男士祷告日历 -7 月

7 月 1 日

恒久的信心-「亲爱的主啊，求祢调整我的思维方式，从凭眼见而行转去凭信心而行。现在基督活在我里面，让我能有属灵的眼睛，去看见神，因此，求祢使我看见，祢在凡事上做工，然后，使我能够忍受艰辛，相信祢会为我的益处和祢的荣耀而叫万事互相效力。」希伯来书 11 章 27 节说：「因着信，他离开埃及，不怕王的愤怒，因为他恒心忍耐，如同看见那不能看见的神。」

7 月 2 日

服侍祢-「亲爱的主啊，我从前以为我在服侍祢，但是现在我看见我肉体的努力只会产生死亡的行为。主啊，感谢祢，因为祢向我显明我是属于祢的，而祢在我里面，我很乐意向祢敞开自己，这样祢可以通过我完成祢的善工。」使徒行传 27 章 23 节说：「因我所属、所事奉的神，他的使者昨夜站在我旁边」。

7 月 3 日

主的同在-「亲爱的主耶稣啊，我曾经以为只有当事情变糟糕时，我才需要祢，但是，现在祢的同在内住在我里面，我知道我必须在凡事上依靠祢。感谢祢，祢使祢自己与我成为不可割舍的契合，以致祢的同在永远住在我里面。」出埃及记 33 章 15 节说：「摩西说：你若不亲自和我同去，就不要把我们在这里领上去。」

7 月 4 日

神的保护-「哦，神啊，有时候，似乎每个人都在反对我，但是，我知道没有人能真正压垮我，因为祢是支持我的！有祢同在的这股力量是强大的，这力量在我里面保护我。求祢使我专注于祢内住的同在，而不是我周围的敌人。」诗篇 9 篇 3 节说：「我的仇敌转身退去的时候，他们一见你的面就跌倒灭亡。」

7 月 5 日

生命是为了活着-「主耶稣，我很感激当我接受祢作我的主和救主时，祢来住在我里面。祢，生命的主，现在已经成为我的生命，因此我把我的生命交托给祢，让祢通过我过祢的生活。我祈求祢藉着我按祢的意思而行，并且通过我使祢被人认识。」

加拉太书 2 章 20 节说：「我已经与基督同钉十字架，现在活着的不再是我，乃是基督在我里面活着；并且我如今在肉身活着，是因信神的儿子而活；他是爱我，为我舍己。」

7 月 6 日

忧虑-马太福音 6 章 25 节说：「所以我告诉你们，不要为生命忧虑吃什么喝什么，为身体忧虑穿什么。生命胜于饮食吗？身体胜于衣裳吗？」耶稣的门徒不需要忧虑，门徒的生命安稳地掌握在统治宇宙的那一位手中，祂将供应门徒所有的需要。对忧虑说不！向主祈求智慧，来分辨祂的灵在引导，并且无论如何都要听从祂的指示。

7 月 7 日

试探-哥林多前书 10 章 13 节上说：「你们所遇见的试探，无非是人所能受的。神是信实的，必不叫你们受试探过于所能受的；」我们活在一个堕落的世界，并且容易受到诱惑，但是，在生命的风暴中你总是可以经常依靠主。祂垂听你的祈祷。

7 月 8 日

神是信实的-哥林多前书 10 章 13 节下说：「在受试探的时候，总要给你们开一条出路，叫你们能忍受得住。」当黑暗之子想要熄灭你的信仰并向你投掷他不信和恐惧的火箭时，要紧紧靠着主和祂的话语。祂要祝福你，并且会指示你逃脱之路。

7 月 9 日

怨恨-哥林多前书 13 章 5 节下说：爱是「不计算人的恶」。怨恨会导致痛苦和苦毒的关系。男士啊，让主通过你倾倒祂的爱并学会宽恕，就像祂以前宽恕过你一样。不宽恕会使你成为它的囚犯，你会失去救恩的喜乐。

7 月 10 日

耽延-以弗所书 5 章 15 和 16 节说：「你们要谨慎行事，不要像愚昧人，当像智慧人。要爱惜光阴，因为现今的世代邪恶。」不要被紧迫的事冲昏头脑，而错过了重要的事。在神的帮助下，你可以安排好你的日子，腾出时间聆听主，然后在你所做的一切事上荣耀祂。

7 月 11 日

寂寞-尽管有社交媒体和我们节奏快速的生活方式，但今天大多数年轻人感到寂寞。事实上，这个世界无法提供能够填满每

个人内心的一个东西，它就是「如神形状的空洞」。今天，容许耶稣作你的中心。因为祂在希伯来书 13 章 5 节说：「我总不撇下你，也不丢弃你」。

7 月 12 日

嫉妒-当我们容让神的爱充满我们的心，我们已经选择了最宝贵的礼物。不管我们的处境如何，祂都会祝福我们，使我们心满意足。不要抱怨，也不要嫉妒，那会毁了你和你的家庭。箴言 14 章 30 节说：「心中安静是肉体的生命；嫉妒是骨中的朽烂。」

7 月 13 日

罪咎-约翰福音 8 章 36 节说：「所以天父的儿子若叫你们自由，你们就真自由了。」我们在神面前都是有罪的，也常常得罪别人。赞美神，因着相信基督在十字架上的救赎工作，我们得到祂的赦免。如果你有罪咎感，求主帮助你宽恕亏欠你的人，并快快与祂和好。

7 月 14 日

恐惧-诗篇 118 篇 6 节说：「有耶和华帮助我，我必不惧怕，人能把我怎么样呢？」无论你遇到什么麻烦，无论是战争还是迫害，无论是失业还是贫穷和饥饿，无论是疾病还是死亡，--如果你相信耶稣，祂会帮助你，渡过难关。箴言 29 章 25 节说：「惟有倚靠耶和华的，必得安稳。」

7 月 15 日

失败-诗篇 103 篇 13 和 14 节说：「父亲怎样怜恤他的儿女，耶和华也怎样怜恤敬畏他的人。因为他知道我们的本体，思念我们不过是尘土。」让主重新引导你的注意力。停止专注于你的失败；相信祂爱你！祂的恩典是足够的。

7 月 16 日

怀疑-约翰福音 20 章 29 节下说：「那没有看见就信的有福了。」赞美主，祂是一位有怜悯的神，当我们心力交瘁、心灵痛悔的时候，神来到我们身边，祂想回答你真诚的疑问。箴言 18 章 10 节说：「耶和华的名是坚固台；义人奔入便得安稳。」

7 月 17 日

气馁-诗篇 61 篇 2 节说：「我心里发昏的时候，我要从地极求告你。求你领我到那比我更高的盘石！」当你已经尽力，而仍

然远远不够的时候，不要放弃，而是求问主的观点。如果你先爱祂，祂会使一切都变得美好。

7月18日

愤怒-以弗所书 4 章 26 节说：「生气却不要犯罪；不可含怒到日落。」有一种愤怒叫义怒。神自己每天都对恶人发怒。诗篇 7 篇 11 节说：「神是公义的审判者，又是天天向恶人发怒的神。」但祂是圣洁的，而我们不是。不要让愤怒恶化，如果你脾气暴躁，容易发怒，求主教导你内心有真正的温柔。

7月19日

爱-神深爱那些还没有听过耶稣的人。祈求你成功地成为神的爱的器皿，帮助神接触许多还没有通过你听过耶稣的人。雅各书 4 章 5 节说：「你们想经上所说的话是徒然的吗？神所赐、住在我们里面的灵，是恋爱至于嫉妒吗？」

7月20日

关怀-作为基督在地球上的大使，你是受命去与那些尚未听到福音的人分享福音的。祈求神使你对祂所关心的失落世界充满负担；并且指示你祂在哪里以及如何以最有果效的方式使用你。马太福音 28 章 18 到 20 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。所以，你们要去，使万民作我的门徒，奉父、子、圣灵的名给他们施洗。凡我所吩咐你们的，都教训他们遵守，我就常与你们同在，直到世界的末了。」

7月21日

团契-作为基督的跟随者，我们需要互相鼓励，就好像炉子里的木头让火继续燃烧一样。祈求你会找到可以倚靠的信徒，并且祈祷神会使用你来祝福和鼓励其他基督徒。希伯来书 13 章 1 节说：「你们务要常存弟兄相爱的心。」

7月22日

机会-有些人每天早上都祈祷有机会遇见一个人，可以在一天结束之前邀请他来到主的面前。感谢神，祂兴起那么勤奋的布道者。歌罗西书 4 章 2 和 3 节说：「你们要恒切祷告，在此警醒感恩。也要为我们祷告，求神给我们开传道的门，能以讲基督的奥秘（我为此被捆绑）。」

7月23日

复兴-诗篇 23 篇 3 节上说：「他使我的灵魂甦醒」。当我们花时间在神的同在，向祂敞开我们的心和生命，我们将经历解脱。

全能者要我们与祂亲近，因为祂喜欢祝福我们。今天，预备好被复兴吧。

7月24日

引导-诗篇 23 篇 3 节下说：「引导我走义路」。在事后看来，我们只能惊叹每次我们寻求神的时候，神是如何带领我们；以及我们的灵魂如何被更新。今天愿意再次相信祂吧！

7月25日

不怕-诗篇 23 篇 4 节上说：「我虽然行过死荫的幽谷，也不怕遭害，因为你与我同在」。即使我的生活很艰难，充满疾病、痛苦、苦难和死亡的威胁，我知道主耶稣与我同在，带领我渡过难关。

7月26日

安慰-诗篇 23 篇 4 节下说：「你的杖，你的竿，都安慰我」。安稳在耶稣基督里，是多么难以言喻的喜乐啊。我们知道那些使生活显得凄凉和绝望的时刻和情况，但是，当我们允许耶稣进来的时候，我们的灵魂得到鼓励，我们领受新的力量和信心。

7月27日

恩惠-诗篇 23 篇 6 节上说：「我一生一世必有恩惠慈爱随着我」。因着神对我的恩惠，祂使我能够将恩惠传递给我的家人和我接触的人。神的同在和恩典也要这样反映在你的生活中。

7月28日

照在人前的光-黑暗之子知道牠的时间无多，他的策略是让世界陷入不道德、反叛、灵性上的无法无天和混乱之中。因此，要爱惜光阴.....。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。」

7月29日

不要退后-希伯来书 10 章 38 节说：「只是义人必因信得生。他若退后，我心里就不喜欢他。」当世界目无法纪，基督徒和他的信息将遭到抵制。要勇敢！站稳立场！马太福音 10 章 28 节上说：「那杀身体，不能杀灵魂的，不要怕他们」。

7月30日

祷告-帖撒罗尼加前书 5 章 17 节说：「不住的祷告」。每天生活的日常、家庭、环境、工作等等会导致人忽视祷告。祷告使头脑和心灵保持警觉和敏感，好面对人所面临的战斗。主啊，我们今天祈求一个坚持不懈和持续不断的祷告生活。

7月31日

忠诚-诱惑无处不在，而那些涉及男人性和道德生活的诱惑是明显的暴露出来。腓立比书 4 章 7 节说：「神所赐、出人意外的平安必在基督耶稣里保守你们的心怀意念。」主啊，帮助我引导我的心思意念，让我时刻忠于我的妻子。

CA men's prayer calendar July 2023

1. Enduring Faith - "Dear Lord, adjust my thinking from walking by sight to walking by faith. Now that Christ lives in me, I have the spiritual eyes necessary to see God. Therefore, cause me to see You working in all things. Then, enable me to endure hardness by trusting You to work all things together for my good and your glory. (Heb 11:27)

2. In His Service - "Dear Lord, I thought I was serving You, but now I see that my fleshly efforts were only producing dead works. Thank You, Lord, for showing me that I am Yours and You are in me. I gladly make myself available to You, so that You can accomplish Your good works through me." Acts 27:23

3. The Lord's Presence - "Dear Lord Jesus, I once thought I only needed You when things got bad. But now that Your presence indwells me, I realize that I must depend upon You for everything. Thank You for joining Yourself to me in an inseparable bond so that Your presence permanently resides in me." (Ex 33:15)

4. God's protection - "Oh God, at times it seems like everyone is against me. But I know that no one can really crush me because You are for me! The mighty power of Your presence is within me to protect me. Cause me to keep my focus on Your indwelling presence rather than the enemies around me." (Ps 9:3)

5. Life is for Living - "Lord Jesus, I am grateful that when I received You as my Lord and Savior, You came to indwell me. You, the Lord of Life, have now come to be my life. Therefore, I entrust my life to You to live your life through me. I pray that You will have Your way with me and make Yourself known through me!" (Gal 2:20)

6. Worry - "I say to you do not be worried about your life..." (Mt 6:25). A disciple of Jesus doesn't have to worry. His life is secure in the hands of the ONE who rules the universe and will supply for all his needs. Say NO to worries! Ask the Lord for wisdom to discern the leading of His Spirit and follow His direction no matter what.

7. Temptation - "No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able..." (1Co 10:13a). We live in a fallen world and are susceptible to temptations. But you can always rely on the Lord in the storms of life. He hears your prayers.

8. God is faithful - "...but with the temptation (God) will provide the way of escape also, so that you will be able to endure" (1Cor 10:13b). When the prince of darkness wants to extinguish your faith and hurls his fiery darts of unbelief and fear at you, cling to the Lord and his word. He wants to bless you and will show you the escape.

9. Resentment - "Love does not take into account a wrong suffering" (1Co 13:5b). Resentment leads to bitterness and poisons relationships. Man, allow the Lord to pour out his love through you and learn to forgive as He has forgiven you before unforgiveness makes you its prisoner and you lose the joy of your salvation.

10. Procrastination - "Therefore be careful how you walk, not as unwise men but wise, making the most of your time, because the days are evil" (Eph 5:15,16). Don't

be swept away by the urgent, missing out on the important. With God's help you can order your days, make time to listen to the Lord, and then honor Him in all you do.

11. Loneliness – In spite of social media and our fast-paced lifestyle the majority of young adults feel lonely today. In fact, nothing this world can offer is enough to fill the “God-shaped hole” everybody has in his heart. Allow for Jesus to be your center today. “For He himself has said, ‘I will never leave you nor forsake you’” (Heb 13:5).

12. Jealousy – When we allow for God's love to fill our heart, we have chosen the most precious gift. He will bless us with contentment in spite of our circumstances. Don't be a complainer, nor harbor jealousy. It will only ruin you and your family. “A sound heart is life to the body, but envy is rottenness to the bones” (Pr 14:30).

13. Guilt – “Therefore if the Son makes you free, you shall be free indeed” (Jn 8:36). We all are guilty before God and often become guilty towards others. Praise God for His forgiveness through faith in the redemptive work of Christ on the cross. Ask the Lord for help to forgive your debtors and reconcile quickly if you have become guilty.

14. Fear – “The Lord is on my side; I will not fear. What can man do to me?” (Ps 118:6) Whatever your trouble, be it war or persecution, be it the loss of your job or poverty and hunger, be it sickness or even death, - if you have put your faith in Jesus, He will see you through. “Whoever trust in the Lord shall be safe” (Pr 29:25”).

15. Failure – “As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust” (Ps 103:13.14) Allow for the Lord to redirect your focus. Stop concentrating on your failures; believe that He loves you! His grace is enough.

16. Doubt – “Blessed are they who did not see, and yet believed” (Jn 20:29b). Praise the Lord that He is a merciful God who comes to us when we are broken in heart and contrite in spirit. He wants to answer your sincere doubts. “The name of the Lord is a strong tower the righteous run into it and is safe” (Pr 18:10).

17. Discouragement – “From the end of the earth I will cry to you, when my heart is overwhelmed; lead me to the rock that is higher than I” (Ps 61:2). When you have done your best and it is still far from enough, don't give up. Instead ask the Lord for His perspective. He makes all things work out for good if you love Him first.

18. Anger – “Be angry and yet do not sin; do not let the sun go down on your anger” (Eph 4:26). There is righteous anger. God himself is angry at the wicked every day (Ps 7:11). But He is holy and we are not. Don't let anger fester. If you have a hot temper and are easily angered, ask the Lord to teach you true meekness of heart.

19. Love – God dearly loves people who have not yet heard about Jesus. Pray that you will succeed in being a vessel of God's love, helping Him to get in touch with many who haven't heard yet through you. (Jas 4:5)

20. Concern – As Christ's ambassadors on planet Earth, you are commissioned to share the Gospel with people who have not yet heard it proclaimed. Pray that God will

burden you with His concern for a lost world; and show you where and how he can use you in the most fruitful way possible. (Mat 28:18-20)

21. Fellowship – Like pieces of wood in the stove keep the fire burning, we need to encourage each other as followers of Christ. Pray that you will find fellow believers to lean on. And pray that God will use you to bring blessing and encouragement to other Christians. (Heb 13:1)

22. Opportunities – Some people pray every morning for an opportunity to meet a person before the end of the day that they can invite into the Lord's presence. Thank God that He raises up such diligent evangelists (Colossians 4:2-3).

23. Restoration – “He restores my soul...” (Ps 23:3a). When we take time to be in God's presence and open our heart and life to him, we will experience relief. The Almighty wants us to be close to him, because he delights in blessing us. Be ready to be restored today.

24. Guidance – “He guides me in the paths of righteousness” (Ps 23:3b). In hindsight we can only marvel how God led us each time we sought him; and how our soul was refreshed. Be willing to trust Him today again!

25. Fearless – “Even though I walk through the valley of the shadow of death, I fear no evil, for you are with me” (Ps 23:4a). Even if my life is difficult, filled with sickness, pain, suffering and the threat of death, I know that the Lord Jesus is with me and leads me through.

26. Comfort – “Your rod and Your staff, they comfort me” (Ps 23:4b). What an unspeakable joy it is to be secure in Jesus Christ. We know those moments and circumstances that make life seem desolate and hopeless. But as we allow for Jesus to come in, our soul is encouraged and we receive new strength and confidence.

27. Goodness – “Surely goodness and lovingkindness will follow me all the days of my life” (Ps 23:6) Because of God's goodness to me, He enables me to pass it on to my family and the people I come in touch with. That is how God's presence and grace wants to be reflected also in your life.

28. Light that shines – The prince of darkness knows that his time is short. His strategy is to engulf the world in immorality, rebellion, spiritual lawlessness, and chaos. Therefore, redeem the time...”Let your light shine before men in such a way that they may see your good works, and glorify your father in heaven” (Mt 5:16).

29. Don't shrink back – “But the righteous one shall live by faith; and if he shrinks back, my soul has no pleasure in him” (Heb 10:38). When lawlessness abounds, the Christian and his message will be resisted. Be courageous! Stand your ground! Do not fear those who kill the body but are unable to kill the souls” (Mt 10:28)

30. Prayer - "Pray without ceasing" (1 Th 5:17). The routine of daily life; family. circumstances; work and more can lead man to neglect prayer. Prayer keeps the mind and heart alert and sensitive to face the battles that man faces. Lord, we ask today for a persevering and constant prayer life.

31. Faithfulness - Temptations exist everywhere, and those involving man's sexual and moral life are explicitly exposed. Php 4:7 says that "...the peace of God, which surpasses all understanding, will guard your hearts and your thoughts in Christ Jesus." Lord, help me to direct my heart and mind that I will always be faithful to my wife!