

## 2023 年男士祷告日历 -10 月

### 10 月 1 日

**祈祷**-帖撒罗尼迦前书 5 章 17 节说：「不住的祷告」。我们可以「在线」生活，并且有意识地与神保持长久的关系。只要说出我们的请求，聆听祂的指示，神就会引领我们的脚步。是的，朋友，让祷告成为我们的生活方式。

### 10 月 2 日

**感恩**-帖撒罗尼迦前书 5 章 18 节说：「凡事谢恩」。当我心怀感恩的时候，我就能为我所领受的礼物感谢。我愈是明白生命中的所有情况都在神的掌控之下，都是祂爱的表达，我就愈能够被安慰，甚至能够喜乐。

### 10 月 3 日

**忍耐**-帖撒罗尼迦前书 5 章 14 节下说：「要向众人忍耐」。我们是抗衡文化的，就是与其寻求报复，不如去反映神对他人的忍耐。让神赐予你的恩典、良善和温柔同样反映在你对待他人的方式上。

### 10 月 4 日

**工作**-帖撒罗尼迦后书 3 章 10 节说：「若有人不肯做工，就不可吃饭」。对于拒绝工作的人来说，饥饿是一剂良药。我们要对神赐予我们的恩赐负责。当我们顺服主的旨意时，祂会让我们做荣耀祂的事。

### 10 月 5 日

**成圣**-帖撒罗尼迦前书 4 章第 3 到 5 节说：「神的旨意就是要你们成为圣洁，远避淫行；要你们各人晓得怎样用圣洁、尊贵守着自己的身体。不放纵私欲的邪情，像那不认识神的外邦人。」神的圣洁、慈爱和权能应该在我们的婚姻中彰显出来。

### 10 月 6 日

**蒙福**-诗篇第 1 篇 1 到 3 节说：「不从恶人的计谋，不站罪人的道路，不坐褻慢人的座位，惟喜爱耶和华的律法，昼夜思想，这人便为有福！他要像一棵树栽在溪水旁，按时候结果子，叶子也不枯干。凡他所做的尽都顺利。」祈求我们的主帮助你成为这样的一个男人。

### 10 月 7 日

**宽容**-彼得后书 3 章 9 节说：「主所应许的尚未成就，有人以为他是耽延，其实不是耽延，乃是宽容你们，不愿有一人沉沦，乃愿人人都悔改。」神渴望看到人邀请耶稣基督进入他们的生命。今天就祈求主，让你常常分享神的渴望。

## 10月8日

**跟随**-在约翰福音第10章27和28节，耶稣说：「我的羊听我的声音，我也认识他们，他们也跟着我。我又赐给他们永生；他们永不灭亡，谁也不能从我手里把他们夺去。」求主让你时刻注意祂的声音，无论耶稣引领你到哪里，你都能跟随祂。

## 10月9日

**建立**-帖撒罗尼迦前书5章11节说：「所以，你们该彼此劝慰，互相建立，正如你们素常所行的。」作为基督的跟随者，我们需要彼此。今天就祷告，求主使用你作祂的仆人，用圣灵充满你，让你能够帮助其他人，使他们受到激励、鼓舞和鞭策，去过敬虔的生活。

## 10月10日

**公义**-提摩太前书6章11节说：「但你这属神的人要逃避这些事，追求公义、敬虔、信心、爱心、忍耐、温柔。」保罗嘱咐提摩太要追求正确的生活和正确的选择，让耶稣的公义活在他里面，并且通过他活出来。求主帮助你也作出能够反映祂品格的选择。

## 10月11日

**敬虔**-提摩太前书6章11节说：「但你这属神的人要逃避这些事，追求公义、敬虔、信心、爱心、忍耐、温柔。」「敬虔」的意思是像神；我们是按着神的形象被造，但罪恶破坏了这个形象。求主帮助我们男人活出神儿女的身份，并「追求」敬虔。

## 10月12日

**信心**-提摩太前书6章11节说：「但你这属神的人要逃避这些事，追求公义、敬虔、信心、爱心、忍耐、温柔。」希伯来书11章6节说：「人非有信，就不能得神的喜悦」。当你花更多时间思考神的话语，并让祂以真理来服侍你的心灵时，祈求主坚固你的信心。

## 10月13日

**爱心**-提摩太前书6章11节说：「但你这属神的人要逃避这些事，追求公义、敬虔、信心、爱心、忍耐、温柔。」爱是一切德行中最大的，也是神律法的成全。罗马书13章第8到10节说：「凡事都不可亏欠人，惟有彼此相爱要常以为亏欠；因为爱人的，就完全了律法。像那不可奸淫，不可杀人，不可偷盗，不可贪婪，或有别的诫命，都包在爱人如己这一句话之内了。爱是不加害与人的，所以爱就完全了律法。」求主让我们这些男士们被神的灵充满，从而发出神的爱，而不是我们自己制造的爱。

## 10月14日

**忍耐和温柔**-提摩太前书 6 章 11 节说：「但你这属神的人要逃避这些事，追求公义、敬虔、信心、爱心、忍耐、温柔。」保罗在为属神的人列出的清单上，向他提出了最后的挑战，就是追求忍耐和温柔。请为我们男士们祷告，让我们不向诱惑的压力低头，反而要坚定但温柔，表现出基督的忍耐。

### 10 月 15 日

**神的路**-亲爱的主啊，我曾试图解决我的问题，改善我的生活，但是，从来都不奏效。主啊，现在我知道我唯一的盼望就是祢；我感谢祢救赎的恩典，这是多么美好的礼物。祢的道路永远是因着信而得的恩典之路，求祢让我相信并接受，以致祢能凭祢意行。以弗所书第 2 章 8 节说：「你们得救是本乎恩，也因着信；这并不是出于自己，乃是神所赐的。」

### 10 月 16 日

**上帝的杰作**-哦，上帝啊，我现在知道我是祢的杰作。感谢祢造了我，成为在基督里所珍视的创造，祢希望我经历美好的生活。因此，祢使我能够通过基督的联合去行善。请通过我去达成祢的善工。以弗所书第 2 章 10 节说：「我们原是他的工作，在基督耶稣里造成的，为要叫我们行善，就是神所预备叫我们行的。」

### 10 月 17 日

**蒙福去祝福**-亲爱的神啊，直到我知道祢在基督里为我所做的一切，我才知道自己多么蒙福。祢在基督里赐给我所需用的一切，祢丰盛的供应使我满溢，感谢祢赐福予我，使我能成为别人的祝福！创世纪 12 章 1 到 4 节说：耶和华对亚伯兰说：「你要离开本地、本族、父家，往我所要指示你的地去。我必叫你成为大国。我必赐福给你，叫你的名为大；你也要叫别人得福。为你祝福的，我必赐福与他；那咒诅你的，我必咒诅他。地上的万族都要因你得福。」亚伯兰就照着耶和华的吩咐去了；罗得也和他同去。亚伯兰出哈兰的时候年七十五岁。

### 10 月 18 日

**秘密**-亲爱的神啊，我一直努力想要成功，但却徒劳无功。我明白，真成功的秘诀在于耶稣基督。现在既然我已经接受了基督，真成功的源头就住在我里面。因此，我接受我与基督一同被钉死在十字架上，并一同复活。主啊，感谢祢！加拉太书第 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。」

### 10 月 19 日

**如今活着**-亲爱的主啊，我曾经以为我必须等到死后上了天堂，才能真正地活着。但是，使徒保罗说他如今就活着。我看到基督在我里面，使我能够活着。主耶稣，感谢祢，我现在体会到真正的生命，就像祢活着的一样！加拉太书第 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。」

### 10 月 20 日

**为国家祷告**-奉我们主耶稣基督的名，我恳求祢掌管和支配人的事务，并赐给我们的领导有品格、有信念和有担当！让这个国家的公民尊重并遵守这地的法律，使我们生活在一个和平、繁荣的社会中。诗篇 33 篇 12 节说：「以耶和華為神的，那国是有福的！他所拣选为自己产业的，那民是有福的！」

### 10 月 21 日

**选择**-每天我们都要作出决定。作为男人，我们有责任按照主的话语去领导我们的家庭和作出决定，摒弃我们天生的冲动。主啊，请帮助我按照圣灵的指引行事。加拉太书 6 章 8 和 9 节说：「顺着情欲撒种的，必从情欲收败坏；顺着圣灵撒种的，必从圣灵收永生。我们行善，不可丧志；若不灰心，到了时候，就要收成。」

### 10 月 22 日

**喜好**-有时候，我们会表现出最负面的存在形式，如自私、愤怒和嫉妒。圣经称这些为「情欲的事」。加拉太书 5 章 19 到 21 节说：「情欲的事都是显而易见的，就如奸淫、污秽、邪荡、拜偶像、邪术、仇恨、争竞、忌恨、恼怒、结党、纷争、异端、嫉妒、醉酒、荒宴等类。我从前告诉你们，现在又告诉你们，行这样事的人必不能承受神的国。」主啊，我的祷告是希望我能够把家庭中其他人的需要放在自己的喜好之前，让大家和睦相处。

### 10 月 23 日

**标准**-圣经清楚地告诉我们，不要效法这个世界；罗马书 12 章 2 节说：「不要效法这个世界，只要心意更新而变化，叫你们察验何为神的善良、纯全、可喜悦的旨意。」我们为了表面的和平，而冒险放弃圣经中关于婚姻生活和养育子女的标准。求主赐给我们勇气和坚定，来面对威胁家庭稳定的众多诱惑和陷阱。

### 10 月 24 日

**饶恕**-就像一堵导致隔绝的墙，圣经认为不承认的罪也会导致隔绝。以赛亚书 59 章 2 节说：「但你们的罪孽使你们与神隔绝；你们的罪恶使他

掩面不听你们。」不被承认和不被饶恕的罪会导致配偶之间以及父母与子女之间的关系破裂。求主医治罪所造成的创伤，恢复家庭的关系。

### 10月25日

**友好**-诗篇第1篇第1和2节说：「不从恶人的计谋，不站罪人的道路，不坐褻慢人的座位，惟喜爱耶和华的律法，昼夜思想，这人便为有福！」一位父亲的友好在很大程度上给他的孩子们揭示了他的品格。求主帮助，让你的友好不会阻碍你的孩子与主同行！

### 10月26日

**尊严**-箴言第10章16节说：「义人的勤劳致生；恶人的进项致死。」我们工作的地方就是一处宣教场所。让我们为基督徒的男士们代祷，使他们能够通过勤奋工作和养家糊口来荣耀主。

### 10月27日

**弟兄**-作为耶稣的信徒和追随者，你已经是祂的弟兄了。你由神的灵而生，你已经被赋予特权，去邀请他人通过对基督的信仰来承受永生。赞美神，感谢祂赐给你无法形容的礼物。约翰福音第1章12节说：「凡接待他的、就是信他名的人、他就赐他们权柄、作神的儿女。」

### 10月28日

**莫大的权利**-你永远不应该把介绍别人认识耶稣视为一个重担。能够邀请朋友、家人和其他人进到耶稣的同在里，是人所能够被赐予的最大权利。诗篇第96篇第2和3节说：「要向耶和华歌唱，称颂他的名！天天传扬他的救恩！在列邦中述说他的荣耀！在万民中述说他的奇事！」

### 10月29日

**总是按时**-圣经告诉我们，任何事情都是在时候满足之时发生的，耶稣的再来也是如此。求主让你在祂再来的时候做好准备，并让许多人也做好准备，成为你生命和事工的果实。罗马书1章14节说：「无论是希利尼人、化外人、聪明人、愚拙人，我都欠他们的债」。

### 10月30日

**没有盼望**-耶稣升天接近两千年了，整体人类的种族群仍然生活在属灵的黑暗中---没有神，没有永恒的盼望。以弗所书第2章12节说：「那时，你们与基督无关，在以色列国民以外，在所应许的诸约上是局外人，并且活在世上没有指望，没有神。」求神让你知道你如何发挥影响力。

### 10月31日

**要警醒**-哥林多前书 16 章 13 节说：「你们务要警醒，在真道上站立得稳，要作大丈夫，要刚强。」当来自内部的世俗和来自外部的逼迫威胁教会的根基，你是属神的人，就要被呼召去站立得稳。祈祷成为与耶稣同在并且反映祂品格的大丈夫吧。

## CA men's prayer calendar October 2023 – FINAL VERSION

- 1. Prayer** – “Pray without ceasing” (1 Thess. 5:17). We can live “online” and be consciously in God’s presence in a permanent relationship. By making our requests known and by listening to His instruction, God will lead our steps. Yes, friend, let’s make prayer our way of life.
- 2. Gratitude** – “In everything give thanks” (1 Thess. 5:18). When I am thankful, I acknowledge the gift I received. The more I understand that all of life’s circumstances are under God’s control and an expression of His love, the more I will be comforted and even able to rejoice.
- 3. Patience** – “Be patient with everyone” (1 Thess. 5:14b). We can be counterculture and, instead of seeking revenge, reflect God’s patience towards others. Allow for the same grace, goodness and gentleness the Lord bestows on you to be reflected in the way you deal with others.
- 4. Work** – “If a man will not work, he shall not eat” (2 Thess. 3:10). Hunger can be a good medicine for a person that rejects to work. We are responsible for the gifts God has given us. As we submit our will to the Lord, He will enable us to do works that honor Him.
- 5. Sanctification** – “For this is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust...” (1 Thess. 4:3-5). God’s holiness, love and power should be demonstrated in our marriages.
- 6. Blessed** – “Blessed is the man who delights in the law of the Lord and meditates on it day and night,...whatever he does prospers” (Ps. 1:1-3). Pray that our Lord will help you to become such a man.
- 7. Longsuffering** – “The Lord is longsuffering...not willing that any should perish, but that all should come to repentance” (2 Pet. 3:9). God is longing to see human beings inviting Jesus Christ into their lives. Pray today that you will always share God’s desire.
- 8. Follow** – Jesus says: “My sheep listen to my voice. I know them, and they follow me. I give them eternal life...” (John 10:27,28) Pray that you will always be attentive to His voice and follow Jesus wherever He leads you.
- 9. Building up** – “Therefore encourage one another and build each other up...” (1 Thess. 5:11). As followers of Christ we need each other. Pray today that our Lord will use you as His servant and fill you with the Holy Spirit so that you can help other people to be inspired, encouraged and motivated to live godly lives.
- 10. Righteousness** – “But you, man of God...pursue righteousness” (1 Tim. 6:11). Paul charges Timothy to pursue right living and right choices by allowing the righteousness of Jesus to live in and through him. Pray for the Lord to help you to also make choices that will reflect His character.

**11. Godliness** - "But you, man of God...pursue godliness" (1 **Tim.** 6:11). Godliness means "God-like-ness." We are created in God's image, but sin has marred this image. Pray that we men will live our identity as children of God and "follow after" godliness.

**12. Faith** - "But you, man of God...pursue faith" (1 **Tim.** 6:11). "Without faith it is impossible to please God" (Heb. 11:6). Pray for the Lord to strengthen your faith as you spend deliberate time in the Word of God and allow Him to minister truth to your heart and mind.

**13. Love** - "But you, man of God...pursue love" (1 **Tim.** 6:11). Love is the greatest of all virtues and the fulfilling of the law of God. (Rom. 13:8-10) Pray that we, as men, will be filled with God's Spirit, thereby emanating God's love, not our own self-manufactured love.

**14. Endurance and gentleness** - "But you, man of God...pursue endurance and gentleness" (1 **Tim.** 6:11). Paul concludes his list for the man of God by challenging him to pursue endurance and gentleness. Pray for us men to not give way to the pressure of temptation, rather to be firm but gentle, showing the patience of Christ.

**15. God's way** - Dear Lord, I have tried to fix my problems and improve my life, but it never works. I now know that my only hope is You, Lord. I am grateful for the wonderful gift of your saving grace. Your way is always the way of grace through faith. Cause me to believe and receive so that You can have Your way with me. (Eph. 2:8)

**16. God's masterpiece** - Oh God, I now realize that I am Your masterpiece. Thank You for making me Your prize creation in Christ. You wanted me to experience the good life. So, You made it possible for me to walk in good works through my union with Christ. Please accomplish Your good works through me. (Eph. 2:10)

**17. Blessed to bless** - Dear God, I didn't know how truly blessed I was until I learned what You had done for me in Christ. You have given me everything I need in Christ. I am full and overflowing with Your abundant provisions. Thank You for blessing me so that I can be a blessing! (Gen. 12:1-4)

**18. The secret** - Dear God, I have tried so hard to be a success, but to no avail. I understand that the secret to true success is in the person of Jesus Christ. Now that I have received Christ, the source of true success lives in me. Therefore, I accept my co-crucifixion and co-resurrection with Christ. Thank You, Lord! (Gal. 2:20)

**19. Living now** - Dear Lord, I once thought I had to wait until I died and went to heaven before I could really live. But the Apostle Paul said he was living now. I see that Christ is in me to enable me to live now. Lord Jesus, thank You that I am now experiencing true life as You do the living! (Gal. 2:20)

**20. Prayer for the nation** – In the name of Jesus Christ our Lord, I beseech you to rule and overrule in the affairs of men, and grant us leaders of character, conviction, and commitment! Cause the citizens of this country to respect and obey the laws of the land in order that we might live in a peaceful, prosperous society. (Ps. 33:12)



**21. Choices** - Every day we have decisions to make. It is our responsibility as men to lead our family and to make decisions according to the Word of the Lord, rejecting our natural impulsiveness. Lord, please help me to act according to the guidance of the Holy Spirit. (Gal. 6:8,9)

**22. Preferences** - Sometimes the most negative forms of our being, such as selfishness, anger and jealousy, are manifested. The Bible calls these "the works of the flesh." (Gal. 5:19). My prayer, Lord, is that I may be able to put the needs of others in the family before my own preferences and allow for harmonious living.

**23. Standards** - The Bible clearly tells us not to conform to "the worldly ways." (Rom. 12:2). We run the risk, in the name of apparent peace, of giving up the biblical standards for marital life and childrearing. Pray for courage and firmness in the midst of the many temptations and traps that threaten the stability of the family.

**24. Forgiveness** - Like a wall that causes separation, so the Bible considers the result of unacknowledged sin. (Is. 59:2) Unacknowledged and unforgiven sins can lead to broken relationships between spouses as well as parents and children. Pray for healing of the wounds caused by sin and for restoration of relationships.

**25. Friendships** - "Blessed is he who does not walk in the counsel of the wicked, does not stand in the way of sinners, nor sit in the seat of mockers" (Ps. 1:1). A father's friendships reveal much of his character to his children. Pray that your friendships will not hinder your children from walking with the Lord!

**26. Dignity** - "The work of the righteous leads to life, but the income of the wicked, to sin" (Prov. 10:16). The place where we work is a mission field. Let us intercede on behalf of Christian men that they may honor the Lord through their work by acting diligently and by being able to provide for their families.

**27. A brother** – As a believer and follower of Jesus you have become His brother. You were born of God's Spirit. You have been granted the privilege of inviting others to inherit eternal life through faith in Christ. Praise God for His indescribable gift. (John 1:12)

**28. A great privilege** – You should never consider it a burden to tell others about Jesus. Being allowed to invite friends, family and other people into His presence is the greatest privilege a human being could ever be given. (Ps. 96:2,3)

**29. Always on time** – The Bible tells us that everything happens in the fullness of time. This is also true concerning Jesus' return. Pray that you will be ready when He returns and that many others will be ready as well as a fruit of your life and ministry (Rom. 1:14)

**30. Without hope** – Almost 2000 years after Jesus ascended into heaven, entire ethnic groups are still living in spiritual darkness – without God and without hope for eternity. (Eph. 2:12) Pray that God will show you how you can make a difference.

**31. Be on guard** - “Be on your guard; stand firm in the faith; be men of courage; be strong” (1 Cor. 16:13). As worldliness from inside and persecution from outside threaten the basis of the church, you, man of God, are called to stand strong. Pray to be known as one who has been with Jesus and who reflects His character.