

## 2024年男士祷告日历 -1月

1月1日

**智慧**-箴言 24 章第 3 和 4 节说：「房屋因智慧建造，又因聪明立稳；其中因知识充满各样美好宝贵的财物。」在进入新年之际，要祈祷自己成为一个明白事理的男人，一个爱和重视每个家庭成员、并且以敬虔的智慧为榜样的男人。

1月2日

**成功的载体**-箴言 14 章第 4 节说：「家里无牛，槽头干净；土产加多乃凭牛力。」生活的进步需要艰苦工作和决心。要有选择性，做一个好的投资者，善于利用神赐给你的东西，它可以成为你成功的工具，也是祝福他人的手段。

1月3日

**打动你的事物**-「哦，主啊，有时我的生活似乎很不安定，我的前途未卜。然而，大卫王说他有不会动摇的安定。求祢使我带着基督的意识去生活，通过这样来拥有一样的安定。让我意识到祢在我生命中的存在，让我能够仰赖祢，这样我就会拥有真正的安定。」使徒行传 2 章 25 节说：「大卫指着他说：我看见主常在我眼前；他在我右边，叫我不至于摇动。」

1月4日

**真正的自由**-「亲爱的耶稣，我曾经是魔鬼的奴隶—受罪恶的捆绑。现在我完全摆脱了撒旦对我生命的辖制。祢不仅使我脱离撒旦，还使我从灵性的死亡中复活，行走在新生命中。感谢祢释放了我，使我真正的自由！哈利路亚！」约翰福音 8 章 36 节说：「所以，神的儿子若使你们自由，你们就真正自由了。」

1月5日

**属灵的自由**-「主耶稣，祢是解放者。祢征服了死亡、地狱和坟墓。现在，祢的圣灵来住在我里面，释放了我。我将我的灵与魂与身子都交托给祢。我求祢用祢的灵充满我，这样祢就能够使我自由行走。」哥林多后书 3 章 17 节说：「主就是那灵，主的灵在那里，那里就得以自由。」

1月6日

**做神的工作**-「啊，主啊，首先，祢的律法让我相信我我是个罪人，我的肉体是软弱的。然后，在基督里的生命之灵的律法让我脱离罪和死亡的律。我意识到，如果我不把祢的话语活出来就毫无意义。感谢祢使我成为一个遵守圣言的人。」雅各书 1 章 25 节说：「惟有详细察看那全备、使人

自由之律法的，并且时常如此，这人既不是听了就忘，乃是实在行出来，就在他所行的事上必然得福。」

### 1月7日

**内住的圣灵-**「主耶稣啊，感谢祢没有撇下我不得安慰。祢通过祢的灵来到我这里，为的是让祢永远与我同住。祢使我与祢同感一灵，以致我们之间没有隔阂。感谢祢，我永不孤单。祢的灵现在住在我里面。」约翰福音 14 章 16 和 17 节说：「我要求父，父就另外赐给你们一位保惠师，叫他永远与你们同在，就是真理的圣灵，乃世人不能接受的；因为不见他，也不认识他。你们却认识他，因他常与你们同在，也要在你们里面。」

### 1月8日

**团契-**感谢神，祂通过祷告赐给你与基督密切的团契。在祂的同在里，你取得属灵的力量，并且取得灵感，邀请其他人跟祂更亲密。哥林多前书 1 章 9 节说：「神是信实的，你们原是被他所召，好与他儿子——我们的主耶稣基督一同得分。」

### 1月9日

**改变-**当你花时间在主的同在里，你会渐渐变得更像你的主人。祈求圣灵帮助你，给耶稣在你生命中应有的空间和关注。马太福音 6 章 33 节说：「你们要先求他的国和他的义，这些东西都要加给你们了。」

### 1月10日

**不要保持沉默-**每当你在生活中以这样或那样的方式体验到神的祝福时，请告诉别人你的经历。神在你生命中的介入可以成为别人的祝福。路加福音 8 章 39 节说：「『你回家去，传说神为你作了何等大的事。』他就去，满城里传扬耶稣为他做了何等大的事。」

### 1月11日

**双重祝福-**今天感谢神，因耶稣为你所做的事拯救了你。又要感谢祂，因祂也通过你相信基督，而容许你邀请他人来继承永恒的生命。路加福音 9 章 2 节说：「又差遣他们去宣传神国的道，医治病人。」

### 1月12日

**要刚强-**在责任感低落的文化中，求主帮助你成为一个在责任感和忠诚上刚强的男人吧，要履行你的话，要可信可靠。路加福音 16 章 10 节说：「人在最小的事上忠心，在大事上也忠心；在最小的事上不义，在大事上也不义。」

### 1月13日

**纯正**-纯正的意思可以是「综合的勇气」，或者道德上的正直。求主帮助我们男士们，能够牢牢地把握生命中真正重要的事，并且在与主、家庭和教会的关系中践行这些价值观。箴言 11 章 3 节说：「正直人的纯正必引导自己；奸诈人的乖僻必毁灭自己。」

### 1月14日

**诚实**-诚实是一种美德，在神和他人面前都具有很高的价值。求主帮助男士们在说真话时毫不妥协，不美化细节，但也愿意在爱中说诚实话。以弗所书 4 章 15 节说：「惟用爱心说诚实话，凡事长进，连于元首基督」。

### 1月15日

**信实**-信实是圣灵果子的一部分。求主帮助我们男士们，使我们能够刻意地、有规律地寻求圣灵的管理，以反映基督在我们生命中的作为。以弗所书 5 章 18 节说：「不要醉酒，酒能使人放荡，乃要被圣灵充满。」

### 1月16日

**挂虑**-腓立比书 4 章 6 节说：「应当一无挂虑，只要凡事借着祷告、祈求，和感谢，将你们所要的告诉神。」只要我们将自己的担忧告诉神，就足够了。我们不必忧虑，而是要相信祂会给我们正确的答案，并且已经开始感谢祂照顾我们的需要。

### 1月17日

**苏醒**-诗篇 23 篇 3 节上说：「他使我的灵魂苏醒」。如果我们不让主来苏醒我们的灵魂，我们就会难以承担一切。祂总是希望首先祝福我们，以便我们能够把祂赐给我们的传给人。这样，我们才能免于「烧尽」。男士啊，准备好，苏醒吧！

### 1月18日

**引导**-诗篇 23 篇 3 节下说：「他为自己的名引导我走义路。」神为我们每一个人有一个特殊和美妙的计划。当我们仰赖祂的引导，我们每一天都可以行走得稳妥并满怀希望。

### 1月19日

**管家**-作为基督徒，我们明白没有什么是属于我们的。房子、车子、银子、我的身子，一切都是神的恩赐，托付给我们而已。我们可以享用、使用，和应该让神任用。这是神将祂的祝福给我们倍增的方法。创世记 12 章 2 节说：「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。」

1月20日

**连合**-创世记 2 章 24 节说：「因此，人要离开父母，与妻子连合，二人成为一体。」神创造了我们成为男人和女人，是为了让二人建立新的一体。祂自己希望在这个盟约中扮演第三者的角色，以帮助我们体验真正的连合。

1月21日

**完全的权威**-历代之上 29 章 11 节说：「耶和华啊，尊大、能力、荣耀、强盛、威严都是你的，凡天上地下的都是你的，国度也是你的，并且你为至高，为万有之首。」让我们以真正的谦卑和敬畏，成为顺服神权威的男人吧。

1月22日

**真正的刚强**-提摩太后书 1 章 7 节说：「因为神赐给我们，不是胆怯的心，乃是刚强、仁爱、谨守的心。」男士们因为怕被人占便宜而强行追求自己的信念。要抵挡胆怯的心，让主来界定你的目标，让祂的灵来帮助你以仁爱和刚强的心行事。

1月23日

**优先事项**-箴言 24 章 27 节说：「你要在外头预备工料，在田间办理整齐，然后建造房屋。」大自然已经告诉我们，在我们拥有消费资源之前，我们需要工作和赚钱。在选择你的优先事项时要有远见，拒绝进行愚蠢投资的冲动。

1月24日

**满足**-腓立比书 4 章 11 节说：「我并不是因缺乏说这话，我无论在什么景况都可以知足，这是我已经学会了。」圣经的价值观和虔诚的动机让我们摆脱暂时满足的诱惑。祈祷成为神的商学院的学习者，将祂的宝藏储存在你的心中，这样才能获得真正的满足。

1月25日

**管理资产**-马太福音 25 章 21 节说：「主人说：好，你这又良善又忠心的仆人，你在不多的事上有忠心，我要把许多事派你管理；可以进来享受你主人的快乐。」对于我们如何管理自己的生活，主有最终的决定权和评价权。让我们今天就在管理时间和资源的方式上荣耀祂吧。

1月26日

**全能**-荣耀和敬拜主--我们的神，因为祂的主权、大能和永恒的智慧应该是我们祷告的一部分。即使是在最艰难的时刻和环境中，一切的权柄都在祂手中。诗篇 46 篇 10 节说：「你们要休息，要知道我是神！」

### 1月27日

**敏锐**-诗篇 26 篇 2 节说：「耶和華啊，求你察看我，試驗我，熬煉我的肺腑心腸。」一顆剛硬的心引起很多傷害，並在家庭里外製造緊張氣氛。讓我們祈求主來探測和查驗我們的心。做一個對聖靈敏銳的男人吧，常常準備為所犯的罪悔改，並決心與神同行。

### 1月28日

**復和**-基督徒被呼召在我們這個充滿張力、仇恨和鬥爭的世界中與別不同，為教會和基督徒家庭里的情感和屬靈復和禱告吧。提多書 2 章 11 和 12 節說：「因為神救眾人的恩典已經顯明出來，教訓我們除去不敬虔的心和世俗的情欲，在今世自守、公義、敬虔度日。」

### 1月29日

**代求**-提摩太前書 2 章 1 節說：「我勸你第一要為萬人懇求，禱告，代求，祝謝」。每個人的願望都是平安與保障。主啊，請教導我們為我們的家人、政府、我們的城市、省份和國家代禱。我們祈求在所有領域中祢被承認是萬主之主。

### 1月30日

**教會**-使徒行傳 4 章 29 節說：「他們恐嚇我們，現在求主鑒察，一面叫你僕人大放膽量講你的道，一面伸出你的手來醫治疾病，並且使神迹奇事因着你聖仆耶穌的名行出來。」主耶穌，祢已經賜給教會向世界宣揚好消息的使命。我們呼求聖靈加添祢子民能力，好向他們周圍的人作一個清晰和堅定的見證。

### 1月31日

**事情順利**-詩篇 128 篇 2 節說：「你要吃勞碌得來的；你要享福，事情順利。」讓我們為那些正在找工作的男士們祈禱，同時也為那些已經就業的男士們祈禱，讓他們在管理自己的財產時有智慧和辨識力。

## CA mpc January 2024

**1. Wisdom** – “By wisdom a house is build, and by understanding it is established; and by knowledge the rooms are filled with all precious and pleasant riches” (Pr 24:3.4). As you enter the New Year, pray to be a man of understanding; one who loves and values each member of his family and who models godly wisdom.

**2. Vehicle for Success**– “Where no oxen are, the manger is clean, but much revenue comes by the strength of the ox” (Pr 14:4). Progress in life requires hard work and determination. Be selective and a good investor of what God has put at your disposal. It can be your vehicle for success and a means to bless others.

**3. What moves You** - “Oh Lord, at times my life seems very unstable and my future uncertain. And yet King David said he had unwavering stability. Cause me to have that same stability by living with a Christ consciousness. Grant me the awareness of Your presence in my life. Enable me to rely upon You. Then I will have true stability.” (Ac 2:25)

**4. Free Indeed** - “Dear Jesus, I was a slave of the devil—in bondage to sin. Now I am completely free from Satan’s dominion over my life. Not only did you free me from Satan, but you raised me up from spiritual death to walk in newness of life. Thank You for liberating me and making me free indeed! Hallelujah!” (Jn 8:36)

**5. Spiritual Liberty** - “Lord Jesus, You are the liberator. You conquered death, hell and the grave. And now Your Spirit has come to reside in me to liberate me. I give you my spirit, soul and body. I ask you to fill me with Your Spirit so that You can enable me to walk in liberty.” (2Co3:17)

**6. Doing God’s Work** - “Oh Lord, first, Your law convinced me that I was a sinner and that my flesh was weak. Then, the law of the Spirit of life in Christ made me free from the law of sin and death. I realize that hearing Your Word is meaningless if I don’t live it out. Thank You for enabling me to be a doer of the Word.” (Jas 1:25)

**7. The indwelling Spirit** - “Thank You, Lord Jesus, that You did not leave me comfortless. You came to me by Your Spirit, in order that You could abide with me forever. You have made me one spirit with You, so there is now no separation between us. Thank you that I am never alone. Your Spirit now resides within me. (Jn 14:16-17)

**8. Fellowship** – Thank God that he is offering you intimate fellowship with Christ through prayer. In His presence you gain spiritual strength, and you get inspiration to invite other people closer to him. (I Co 1:9)

**9. Transformation** – When you spend time in the Lord’s presence, you will gradually become more like your master. Pray that the Holy Spirit will help you to give Jesus the room and attention he deserves in your life (Mt 6:33).

**10. Don't keep silent** – Whenever you experience God's blessings in your life in one way or another, tell others about your experiences. God's intervention in your life can become a blessing to other people as well (Lk 8:39).

**11. A double blessing** – Thank God today that he has saved you because of what Jesus did for you. And thank him that He also allows you to invite other people to inherit eternal life through faith in Christ (Lk 9:2).

**12. Be strong** - In a low commitment culture, pray that you will be a man strong in commitment and loyalty, fulfilling your word, being trustworthy and dependable. (Lk 16:10)

**13. Integrity** - Integrity can mean "integrated grit" or moral uprightness. Pray that we will be men who have a strong handle on the things that really matter in life and live out these values in our relationship with the Lord, our families, our church. (Pr 11:3)

**14. Honesty** – Honesty is a virtue that holds high value with God and others. Pray for men to be uncompromising in telling the truth, not embellishing details, but also willing to learn to speak the truth in love. (Eph 4:15).

**15. Faithfulness** – Faithfulness is part of the fruit of the Spirit. Pray that we as men will seek deliberate and regularly to be controlled by the Holy Spirit in order to reflect the work of Christ in our lives. (Eph 5:18)

**16. Anxiety** – “Be anxious for nothing, but in everything in prayer and in supplication with thanksgiving let your request be made known to God” (Php 4:6) It is sufficient if we tell the Lord about our concerns. We don't have to worry, but can trust him for the right answer and already start thanking him for taking care of our needs.

**17. Restoration** – “He restores my soul” (Ps 23:3a) If we don't allow for the Lord to restore our soul we become unbearable. He always wants to first bless us so that we are able to pass on what He has given us. This is how we are spared from “burning out.” Man, be ready to be restored!

**18. Guidance** – “He guides me in the path of righteousness for his names sake” (Ps 23:3b). God has a unique and wonderful plan for each one of us. As we rely on His leading, we can walk secure and with hope into each day.

**19. Stewards** – As Christians we understand that nothing belongs to us. The house, the car, the property, my body everything is a gift of God and entrusted to us. We can enjoy, use and should be at God's disposal with it. It's God's way to multiply his blessings. (Gen 12:2)

**20. Unity** – “For this reason a man shall leave his father and his mother, and be joined to his wife, and they shall become one flesh” (Gen 2:24). God created us as man and woman to allow for both to build a new oneness. He Himself wants to be the Third in this covenant in order to help us experience true unity.

**21. Total authority** - “Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, indeed everything that is in heaven and on earth: Yours is the dominion, O Lord, and you exalt yourself as head over all” (1Ch 29:11). Let’s be men who submit to our God’s authority in true humility and adoration.

**22. True power** – “For God has not given us a spirit of timidity, but of power and love and discipline” (2Ti 1:7). Men are tempted to forcefully pursue their convictions for fear of being taken advantage of. Resist the spirit of timidity. Let the Lord define your goals and allow for his Spirit to enable you to act with love and in His power.

**23. Priorities** – “Prepare your work outside and make it ready for yourself in the field; afterwards, then, build your house” (Pr 24:27). Nature already tells us that before we have the resources to spend, we need to work and earn. Be farsighted in choosing your priorities and resist the urge to make foolish investments.

**24. Contentment** – “Not that I speak from want, for I have learned to be content in whatever circumstances I am” (Php 4:11). Biblical values and a godly motivation free us from the lure of just temporary satisfaction. Pray to be a learner in God’s business school and store His treasures in your heart. This will grant true contentment.

**25. Managing Assets** – “Well done good and faithful slave, you were faithful with a few things, I will put you in charge of many things; enter into the joy of your master” (Mt 25:21). The Lord has the final word and evaluation of how we managed our life. Let’s honor Him already today in the way we manage our time and resources.

**26. Almighty** – Glorifying and worshipping the Lord, our God, for His sovereignty, power and eternal wisdom should be part of our prayers. All authority is in His hands even in the most difficult of times and circumstances. “Be still and know that I am God” (Ps 46:10).

**27. Sensitive** – “Test me, O Lord, and try me, examine my heart and my mind” (Ps 26:2). A hardened heart causes much harm and creates tension in and outside the home. Let’s ask the Lord to probe and examine our hearts. Be a man sensitive to the Holy Spirit, always ready to repent of committed sin and determined to walk with God.

**28. Restoration** – Christians are called to make a difference in our world filled with tension, hate, and strife. Pray for emotional and spiritual restoration in the Church and in the Christian family. “The grace of God... teaches us to say “NO” to ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in this present age” (Tit 2:11.12).

**29. Intercession** – “I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone...” (1Ti2:1). Everyone’s wish is for peace and security. Lord, teach us to intercede on behalf of our family, the authorities, our city, state and nation. We ask that in all spheres You will be recognized as Lord of Lords.

**30. Church** – “Now Lord, consider their threats and enable your servants to speak your word with great boldness” (Ac 4:29). Lord Jesus, you have given your Church



the mission of bringing the Good News to the world. We cry out for the Holy Spirit to empower your people for a clear and firm witness to their surroundings.

**31. Prosperity** – “You will eat the fruit of your labor, blessings and prosperity will be yours” (Ps 128:2). Let us pray for those men who are looking for work; but also pray for those who are employed that they have wisdom and discernment in the administration of their goods.