

## 2024年男士祷告日历 -5月

### 5月1日

**新心**-你有宣教的心吗？渴望看到其他人将生命献给基督吗？如果没有，那么请祷告神赐给你一颗新心。以西结书 36 章 26 节说：「我也要赐给你们一个新心，将新灵放在你们里面，又从你们的肉体中除掉石心，赐给你们肉心。」

### 5月2日

**专心致志**-作为一名基督徒，成功的关键在于将目光聚焦在耶稣身上。并且记住：祂已经应许永远不会将祂的目光从你身上移开。感谢神，祂应许永远不会让你失望，也不会离弃你。历代志上 28 章 20 节说：「大卫又对他儿子所罗门说：『你当刚强壮胆去行，不要惧怕，也不要惊惶。因为耶和华神，就是我的神，与你同在，他必不撇下你，也不丢弃你，直到耶和华殿的工作都完毕了。』」

### 5月3日

**不配**-尽管我们都不配得到，三位一体的神却为你，也为全人类作了不可思议的事。今天就来赞美祂，感谢祂拯救了你！诗篇 105 篇 1 和 2 节说：「你们要称谢耶和华，求告他的名，在万民中传扬他的作为！要向他唱诗歌颂，谈论他一切奇妙的作为！」

### 5月4日

**装备**-神希望你变得更像祂，祂希望你得到充分的装备，能够行各样的善事。祈求圣灵从你里面更新你，使你成为神想要你成为的男人。提摩太后书 3 章 16 和 17 节说：「圣经都是神所默示的，于教训、督责、使人归正、教导人学义都是有益的，叫属神的人得以完全，预备行各样的善事。」

### 5月5日

**战斗**-雅各书 4 章 1 节说：「你们中间的争战斗殴是从哪里来的呢？不是从你们百体中战斗之私欲来的吗？」只要我们的心思意念没有降服在基督的主权下，我们就很容易被自己的邪情私欲所支配。让基督成为你灵魂的主宰。

### 5月6日

**战争**-启示录 12 章 7 和 8 节说：「在天上就有了争战。米迦勒同他的使者与龙争战，龙也同他的使者去争战，……天上再没有他们的地方。」撒旦是邪恶的源头，牠强烈抵制神的统治。神将很快地创造一个新的天地。降服于祂的主权，你将与祂一起作王，直到永远。

## 5月7日

**末世**-马太福音 24 章 6 节说：「你们也要听见打仗和打仗的风声，总不要惊慌；因为这些事是必须有的，只是末期还没有到。」今天世界上有 110 多起武装冲突，需要使用武装冲突中的法治 RULAC 来维持秩序。这事和其他事情是耶稣在马太福音第 24 章中提到的事实，就是：「生產之難的起頭」，还不是结束呢！男士们，坚定信念，才能得救。

## 5月8日

**瞌睡**-马太福音 25 章 5 节说：「新郎迟延的时候，她们都打盹，睡着了。」耐心是大多数男人的弱点。我们喜欢行动！但是基督的再来并不在我们的时间表上。尽管是这样，祂下达的工作命令，直到祂来仍然存在。我们祈求不要瞌睡，要成为见证人，参与宣教事工。

## 5月9日

**非理性的仇恨**-约翰福音 10 章 10 节上半节说：「盗贼来，无非要偷窃，杀害，毁坏。」自从大屠杀以来，世界上再也没有出现过像中东地区、致命的反犹太主义攻击那样恶魔般的、非理性的和撒旦般的仇恨。对犹太人的仇恨以及撒旦对神的仇恨和嫉妒一样古老。恳求为无辜的受害者祷告。

## 5月10日

**奇妙的爱**-罗马书 5 章 8 节说：「唯有基督在我们还做罪人的时候为我们死，神的爱就在此向我们显明了。」神用祂奇妙的爱，将墮落的人类从撒旦的魔爪下拯救出来。请跟你的亲朋好友分享福音。没有人可以被排除在神的救赎之外。

## 5月11日

**未得之民**-马太福音 28 章 19 节说：「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。」有超过 6000 个未得之民群体，约有 30 亿人没有听过福音。请为教会这个基督的新妇从昏睡中醒来祷告，并你愿意成为一个顺服基督大使命的男人。

## 5月12日

**苦难**-约翰福音 16 章 33 节记载耶稣说：「在世上你们有苦难，但你们可以放心，我已经胜了世界。」你在苦难中并不孤单！活着意味着面对逆境。不要试图躲避。听从主的话语，相信祂会装备你，这样，你就能够以祂的智慧和全能来面对你的问题。

## 5月13日

**急难**-诗篇 18 篇 6 节说：「我在急难中求告耶和华，向我的神呼求。」有时候，神没有回应我们的祷告，因为我们还没有预备好来接受祂的话语。因此，不要停止信靠祂。祂要听你的呼求。所有信心的伟人，都是在破碎和苦难中发现了神惊人的伟大。

### 5 月 14 日

**愁苦**-约伯记 7 章 11 节说：「我不禁止我口；我灵愁苦，要发出言语。」很少有人能够像约伯一样经历如此强烈的苦难。但是，神这样容许是有目的的。祂相信约伯的正直，相信他不会因为所受的苦难而放弃自己的信仰。祈求自己也能够成为一个无论如何都信靠主的男人吧。

### 5 月 15 日

**怒气**-诗篇 4 篇 4 节说：「你们应当畏惧，不可犯罪；在床上的时候要心里思想，并要肃静。」你以前听过这句话，说：「想好了再说话。不要一时冲动。」但是神的劝勉不仅仅是自我控制。祂要揭示我们隐藏的动机。让祂静静地对你说话，带你进入夜里吧。

### 5 月 16 日

**忧虑**-彼得前书 5 章 7 节说：「你们要将一切的忧虑卸给神，因为他顾念你们。」如果你是一个忧虑者，那么，你就会知道放下忧虑是多么难。圣经命令我们放下，把忧虑卸给主。这需要你的信心和意志的努力。相信主总会实现祂的应许。信靠祂吧！

### 5 月 17 日

**推进**-诗篇 18 篇 29 节说：「我借着你的神冲入敌军，借着我的神跳过墙垣。」大卫王多年来一直受到敌人的迫害和纠缠，他知道自己说什么。祈祷自己也成为一个为神而活的男人吧。祂想使用你成为当今家庭和世界的领袖。

### 5 月 18 日

**寻求**-何等奇妙！我们可以选择寻找主，祂也应许我们能找到祂自己。耶利米书 29 章 13 节说：「你们寻求我，若专心寻求我，就必寻见。」祈求我们的心总是倾向于寻求主的同在！天父，感谢祢让我们找到祢！

### 5 月 19 日

**果子**-一棵果树是通过它结出的果子被认出来的。作为基督徒男士，我们面临结出好果子的挑战，因为我们与基督相连，基督是真葡萄树。约翰福音 15 章 5 节说：「我是葡萄树，你们是枝子。常在我里面的，我也常在他里面，这人就多结果子；因为离了我，你们就不能做甚么。」祈求住在你里面的基督，通过你结出属于祂的灵的果子，比如仁爱、喜乐、和平、忍耐、恩慈、良善、信实。

## 5月20日

**不同**-砖头是把粘土放进模具中做成的。晾干以后，它们都是一样的。这个世界试图把我们塑造成它的文化和生活方式。圣经呼吁我们不要按照世界的「模子」生活，而要按照神的旨意生活。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。」主啊，请赐给我们分辨的能力和勇气，让我们按照祢的标准生活。

## 5月21日

**供应**-失业或资源缺乏的时间会给家庭带来困难。圣经在以赛亚书 26 章 3 节说：「坚心倚赖你的，你必保守他十分平安，因为他倚靠你。」主啊，我们为寻找工作和生计的人祈求平安、方向和祢的供应。

## 5月22日

**为人父母**-孩子是神赐予的礼物，父母在养育孩子的过程中肩负重大的责任。箴言 28 章 23 节说：「责备人的，后来蒙人喜悦，多于那用舌头谄媚人的。」主啊，求祢赐给父母勇气和毅力，让他们按照祢的旨意养育子女。

## 5月23日

**新约**-亲爱的神啊，我感谢祢内住在人生命里头的新约。祢用圣灵取代了我旧有的邪恶之心。祢不再站在我身边引导我；而是现在祢的圣灵就住在我的里面，使我能够了解和遵行祢的旨意。我想要走祢的道路。希伯来书 8 章 8 到 10 节说：「所以主指责他的百姓说：『日子将到，我要与以色列家和犹太家另立新约，不像我拉着他们祖宗的手，领他们出埃及的时候，与他们所立的约。因为他们不恒心守我的约，我也不理他们。』这是主说的。主又说：『那些日子以后，我与以色列家所立的约乃是这样：我要将我的律法放在他们里面，写在他们心上；我要作他们的神；他们要作我的子民。』」

## 5月24日

**丰硕的生命**-哦，主耶稣，我以为我做得很好。现在我意识到，我做得最好的，不过是产生肉体的行为，而这些行为是没有生命的。祢是生命的源泉。因此，我请求祢住在我里面，让祢自己在我里面安家，并且通过我活出祢的生命。主啊，感谢祢让我的生命硕果累累！约翰福音 15 章 4 节说：「你们要常在我里面，我也常在你们里面。枝子若不常在葡萄树上，自己就不能结果子；你们若不常在我里面，也是这样。」

## 5月25日

**敬虔的奥秘**-全能的神啊，敬虔的奥秘是最伟大的奥秘之一。一位圣洁的神居住在我们人类里面，是何等奇妙啊！当耶稣在十字架上为我们舍命的时候，祂解开了这个奥秘。我邪恶的本性被祂的神性取代了。感谢祂内住在我里面。歌罗西书 1 章 26 和 27 节说：「这道理就是历世历代所隐藏的奥秘，但如今向他的圣徒显明了。神愿意叫他们知道，这奥秘在外邦人中有何等丰盛的荣耀，就是基督在你们心里成了有荣耀的盼望。」

### 5 月 26 日

**在主里劳苦**-啊，主啊，我曾经以为我的善行很重要。然而，现在我意识到，基督的作为才是真正重要的，因为只有祂的作为才是永恒的。主耶稣啊，感谢祂将祂的生命赐给我。现在，我可以在祂的力量中劳苦。请通过我完成祂伟大且有能力的工作。歌罗西书 1 章 29 节说：「我也为此劳苦，照着祂在我里面运用的大能尽心竭力。」

### 5 月 27 日

**祂工作的源头**-主耶稣，祂解释说，住在祂里面的父神是祂活动的唯一源头。自从我接受了祂，神的灵就住在我里面。就像祂完全依靠天父生活一样，我将我生命的控制权交给祂，让祂通过我做工。约翰福音 14 章 10 节说：「我在父里面，父在我里面，你不信么？我对你们所说的话，不是凭着自己说的，乃是住在我里面的父作他自己的事。」

### 5 月 28 日

**瞎眼**-哥林多后书 4 章 4 节说：「此等不信之人被这世界的神弄瞎了心眼，不叫基督荣耀福音的光照着他们。基督本是神的像。」我们多么希望情况有所不同！但现实是，只有相信耶稣基督和祂的话语，才能辨别神的旨意。基督是世界的光。做一个自觉地顺服主的男人。存谦卑的心，与你的神同行。

### 5 月 29 日

**政府**-罗马书 13 章 7 节说：「凡人所当得的，就给他：当得粮的，给他纳粮；当得税的，给他上税；当惧怕的，惧怕他；当恭敬的，恭敬他。」在罗马书 13 章 1 到 7 节中，圣经提到的政府是指善用法治的政府。为当权者祷告，做一个做事反映出良好公民品格的男人吧。

### 5 月 30 日

**蒙上眼睛**-以赛亚书 55 章 8 节说：「耶和華说：『我的意念非同你们的意念，我的道路非同你们的道路。』」当你觉得自己在生活中被蒙住了眼睛，不明白为什么事情会发生在你身上时，请相信神的智慧和慈爱的动机。祂是神，并且与呼求祂的人亲近，祂仍然会给你惊喜。

5月31日

**荣誉勋章**-最高军事勋章是授予那些表现出勇气、牺牲、爱国、品德、正直和有奉献精神的个人。今天，当不道德和不虔诚的海啸席卷全世界的时候，神正在寻找能够为这片土地筑起城墙，在祂面前站在破口的人。以西结书 22 章 30 节说：「我在他们中间寻找一人重修墙垣，在我面前为这国站在破口防堵，使我不灭绝这国，却找不着一个。」

## CA mpc May 2024

**1. A new heart** – Do you have a heart for missions? A desire to see other people giving their lives to Christ? If not, pray that God will give you a new heart. (Ezek. 36:26)

**2. Stay focused** – The key to succeed as a Christian is to keep your eyes focused on Jesus. And remember: He has promised to never take His eyes from you. Give thanks to God that He has promised to never fail you nor forsake you. (1 Chron. 28:20)

**3. Undeserved** – The triune God has done amazing things for you, and for all human beings, even though none of us deserved them. Praise Him today and give Him thanks for saving you! (Ps. 105:1,2)

**4. Equipped** – God wants you to become more like Him, and He wants you to be thoroughly equipped for every good work. Pray that the Holy Spirit will transform you from within to become the man God intended you to be. (2 Tim. 3:16,17)

**5. Fighting** – “What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members?”(James 4:1) As long as our hearts and minds aren’t surrendered to the lordship of Christ, we are prone to be dominated by our own fleshly lust. Allow for Christ to be the captain of your soul.

**6. War** – “And there was war in heaven, Michael and his angels waging war with the dragon...and there was no longer a place found for them in heaven” (Rev. 12:7). Satan is the source for evil and fiercely resists God’s rule. Soon God will create a new heaven and earth. Surrender to His lordship and you will reign with Him forever.

**7. End times** – “And you will be hearing of wars and rumors of wars...but that is not yet the end” (Matt. 24:6). Today there are more than 110 armed conflicts in our world (RULAC). This and other facts Jesus mentioned in Matt. 24. They are the “beginnings of birth pains” but not the end yet. Men, stand firm in the faith in order to be saved.

**8. Drowsiness** – “Now while the bridegroom was delaying, they all got drowsy and began to sleep” (Matt. 25:5). Patience is a weak point for most men. We like action! But Christ’s return is not on our timetable. Nevertheless, His order to work until He comes remains. Pray to not get drowsy but be a witness and get involved in missions.

**9. Irrational hate** – “The thief comes only to steal and kill and destroy” (John 10:10a). Since the holocaust the world has not seen hatred as demonic, irrational, and satanic as the deadly, antisemitism assault in the Middle East. The hatred of Jews is as old as Satan’s hatred and jealousy of God. Pray for the innocent victims.

**10. Amazing love** – “But God demonstrates his own love towards us, in that while we were still sinners, Christ died for us” (Rom. 5:8). In His amazing love, God has rescued fallen humanity from the claws of Satan. Share the Gospel with your friends and family. Nobody is excluded from God’s offer of redemption.

**11. The unreached** – “Therefore go and make disciples of all nations...” (Matt. 28:19). There are over 6,000 unreached people groups, about 3 billion people, who have not heard the Gospel. Pray for the Church, the bride of Christ, to awake from its drowsiness and you be willing to be a man who obeys the Great Commission of Christ.

**12. Trouble** – “In the world you have trouble. But take heart! I have overcome the world” (John 16:33). You are not alone in your trouble! To be alive means to face adversities. Don’t try to hide. Take the Lord at His Word and trust Him to equip you in such a way that you are able to confront your problems in His wisdom and might.

**13. Distress** – “In my distress I called for the Lord; I cried to my God for help” (Ps. 18:6). Sometimes God doesn’t answer our prayers because we are not ready for what He has to say. Therefore, never stop trusting Him. He hears you. All the great men of faith discovered God’s amazing greatness through brokenness and distress.

**14. Anguish** – “I will speak out in the anguish of my spirit” (Job 7:11). Very few people experience the intensity of suffering like Job. But God allowed it for a purpose. He trusted Job’s integrity and that he would not denounce his faith because of what he suffered. Pray to also be a man who trusts the Lord no matter what.

**15. Anger** – “In your anger do not sin; when you are on your beds, search your hearts and be silent” (Ps. 4:4). You have heard it before: “Think before you speak. Don’t act in the heat of the moment.” But God’s advice is more than self-control. He wants to reveal our hidden motives. Allow Him to speak silently into your night.

**16. Anxiety** – “Cast all your anxiety on him because he cares for you” (1 Pet. 5:7). If you are a worrier, then you know how hard it is to let go of your concern. The Bible orders us to let go, to throw our anxiety on the Lord. It’s an effort of your faith and will. Believe that the Lord always fulfills His promise. Trust Him!

**17. Advance** – “With your help I can advance against a troop; with my God I can scale a wall” (Ps. 18:29). King David had been persecuted and haunted by his enemies for years and knew what he was talking about. Pray to also be a man who lives for God. He wants to use you as a leader in your family and your world today.

**18. Seek** – Amazing! We can choose to seek the Lord and He promised to let Himself be found. “You will seek me and find me when you search for me with all your heart” (Jer. 29:13). Let’s pray that our hearts will always be inclined to seek the Lord’s presence! Thank you, Father, for letting Yourself be found!

**19. Fruit** - A fruit tree is known by the fruit it produces. As Christian men we are challenged to bear good fruit because we are connected to Christ, the true vine (John 15:5). Pray for Christ, who lives in you, to produce the fruit of His Spirit through you: love, joy, peace, patience, kindness, goodness, faithfulness.

**20. Different** - Bricks are produced by placing clay in a mold. After they are dried, they are all the same. The world tries to mold us into its culture and way of life. The



Bible calls us not to take the world's "mold," but to live according to God's will. (Rom. 12:2) Lord, grant us discernment and the courage to live by Your standards.

**21. Provision** - Times of unemployment or lack of resources can bring difficult times for the family. The Bible says: "You, Lord, will keep him in perfect peace whose purpose is firm, because he trusts in you" (Isa. 26:3). Lord, we pray for peace, direction, and Your provision for men who are looking for work and a livelihood.

**22. Parenting** - Children are a gift from God, and there is a tremendous responsibility for parents in raising them. "He who rebukes someone will find more favor afterwards than he who only flatters" (Prov. 28:23). Lord, give parents courage and perseverance in raising their children according to Your purposes.

**23. The New Covenant** - Dear God, I am grateful for the New Covenant of Your indwelling life. You replaced my old evil heart with Your Holy Spirit. You are no longer standing beside me to guide me; but now, Your Spirit is resident within me enabling me to know and do Your will. I want to walk in Your ways. (Heb. 8:8-10)

**24. A fruitful life** - Oh Lord Jesus, I thought I was doing a good job. Now I realize that the best I can do is produce the dead works of the flesh, which are void of life. You are the life-source. Therefore, I ask You to abide in me, make Yourself at home in me and live Your life through me. Thank You, Lord, for a fruitful life! (John 15:4)

**25. The mystery of godliness** - Almighty God, the mystery of godliness is one of the greatest mysteries of all. How amazing that a holy God would indwell our humanity. Jesus solved the mystery when He died on the cross for us. My evil nature was replaced with Your divine nature. Thank you for indwelling me. (Col. 1:26,27)

**26. Laboring in the Lord** - Oh Lord, I thought my good works mattered. However, now I realize that the works of Christ are what really matters because only His works last. Thank You, Lord Jesus, for imparting Your life to me. Now I can labor in Your strength. Please accomplish Your great and mighty works through me. (Col. 1:29)

**27. The source of your work** - Lord Jesus, You explained that God the Father, who indwelled You, was the sole source of your activity. Since I have received You, the Spirit of God indwells me. Just as You lived in total dependency upon Your Father, I yield the control of my life to You so that You can work through me. (John 14:10)

**28. Blindness** – "The god of this world has blinded the unbelieving" (2 Cor. 4:4). How we wished it were different! But the reality is that only believing in Jesus Christ and His Word makes one able to discern what God's will is. Christ is the light of the world. Be a man who consciously submits to the Lord. Walk humbly with your God.

**29. Government** – "Render to all what is due them: tax to whom tax is due; custom to whom custom; fear to whom fear; honor to whom honor" (Rom. 13:7). In Romans 13:1-7 the Bible refers to government that uses the rule of law for good. Pray for those in authority and be a man whose dealings reflect a good citizen.

**30. Blindfolded** – "For my thoughts are not your thoughts, nor are your ways My ways, declares the Lord" (Isa. 55:8). When you feel like you are blindfolded in life

without understanding why things happen to you, trust God's wisdom and loving motivation. He is God and close to those who call on Him and He will still surprise you.

**31. Medal of honor** – The highest military decoration goes to individuals who exhibit courage, sacrifice, patriotism, citizenship, integrity and commitment. Today, as the tsunami of immorality and ungodliness sweeps the world, God is searching for men who build up the wall and stand in the gap before Him for the land. (Ezek. 22:30)