

2024 年男士祷告日历 -6 月

6 月 1 日

白衣-感谢神，当末日来临的时候，来自各国和各种语言的人将站在天上的宝座前，穿着一身白衣，被羔羊的血洗净。启示录 7 章第 9 和 14 节说：「此后我观看，见有许多的人，没有人能数过来，是从各国、各族、各民、各方来的，站在宝座和羔羊面前，身穿白衣，手拿棕树枝，……我对他说：『我主，你知道。』他向我说：『这些人是从大患难中出来的，曾用羔羊的血把衣裳洗白净了。』」

6 月 2 日

谁会去-你是基督的跟随者，主邀请你去参与完成大使命。如果不是你，那是谁呢？如果不是现在，那会在什么时候呢？感谢祂的邀请，感谢祂的应许，祂永远不会让你孤单，而是会一直陪伴你。马太福音 28 章 20 节说：「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。」

6 月 3 日

贡献-以赛亚书 6 章 8 节说：「我可以差遣谁呢？谁肯为我们去呢？」求我们的主——创天造地的主——祂向你显明如何作出贡献，来完成大使命。

6 月 4 日

强烈的渴望-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？」神有拯救全人类的强烈渴望。求主让你也有同样的渴望，神会帮助你成功地把其他人带到祂面前。

6 月 5 日

试探-马太福音 6 章 13 节说：「不叫我们遇见试探，救我们脱离凶恶。」我们怎样胜过试探呢？让我们认识到，我们无法以我们自己的力量做到。如果我们向神祈求，祂会赐给我们胜利。

6 月 6 日

保证-罗马书 8 章 16 节说：「圣灵与我们的灵同证我们是神的儿女。」我们不可能仅仅凭着自己的力量去爱神。但是，通过耶稣，我们进入了这种亲密的关系。感谢神，现在祂的爱倾注在我们心中。罗马书 5 章 5 节说：「盼望不至于羞耻，因为所赐给我们的圣灵将神的爱浇灌在我们心里。」

6 月 7 日

爱仇敌-马太福音 5 章 44 节说：「只是我告诉你们，要爱你们的仇敌，为那逼迫你们的祷告。」耶稣正是这么做。感谢神，祂通过圣灵使我们能够爱那些恨我们的人，并且祝福他们。这是通往真正得胜的道路。

6 月 8 日

财富-提摩太前书 6 章 17 到 19 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。又要嘱咐他们行善，在好事上富足，甘心施舍，乐意供给人，为自己积成美好的根基，预备将来，叫他们持定那真正的生命。」当我们享受神的祝福，并且慷慨，我们的财富将获得永恒的意义，我们的感激之情也会增加。

6 月 9 日

婚姻-马太福音 19 章 5 节说：「因此，人要离开父母，与妻子连合，二人成为一体。这经你们没有念过吗？」自主、责任、新的结合——这些是神为婚姻安排的美好顺序。感谢主赐给我们圣经中明确的指示。

6 月 10 日

在基督里蒙福-亲爱的的主，以前我祈求祢赐福给我。然而，我现在知道祢已经通过赐下祢自己给我，来祝福了我。一切赐福的源头，就是耶稣基督自己，祂现在住在我里面。一切的福气都从祢而来，我仰赖祢供应我的需要。以弗所书 1 章 3 节说：「愿颂赞归于我们主耶稣基督的父神！祂在基督里曾赐给我们天上各样属灵的福气。」

6 月 11 日

在基督里蒙拣选-啊，主啊，我无法想象有人会想要我，但祢想要我！因为祢的大爱，祢拣选了我。祢甚至选择让我「在基督里」，这样我们就能够在一起。我祈求祢用圣灵充满我，使我能行在圣洁中。以弗所书 1 章 4 节说：「就如神从创立世界以前，在基督里拣选了我们，使我们在祂面前成为圣洁，无有瑕疵。」

6 月 12 日

在基督里得名分-主啊，感谢祢计划把我纳入神的大家庭里！尽管我是魔鬼腐败堕落的孩子，但祢给了我儿子的名分，使我成为祢的家人。祢饶恕了我，救赎了我，并且复兴我。祢让我与祢自己联合，使我成为神的孩子。感谢祢是如此慈爱的天父！以弗所书 1 章 5 节说：「又因爱我们，就按着自己意旨所喜悦的，预定我们借着耶稣基督得儿子的名分。」

6 月 13 日

在基督里蒙悦纳-亲爱的神啊，被拒绝真的很难，尤其是当我觉得祢已经拒绝了我的时候。但是现在我知道，一旦我接受了基督，我被带入与基

督的联合之中。因为基督在我里面，祢现在悦纳我。感谢祢，主耶稣基督，祢使我得到父神的悦纳！以弗所书 1 章 6 节说：「使他荣耀的恩典得着称赞。这恩典是他在爱子里所赐给我们的。」

6 月 14 日

在基督里被饶恕-亲爱的神啊，饶恕他人是困难的，但是饶恕自己更是困难。现在我知道为什么。饶恕是我必须首先从祢那里得着的一份礼物。我承认我的罪，并接受祢的饶恕。感谢祢饶恕了我！我现在饶恕我自己。求祢帮助我饶恕那些得罪我的人。以弗所书 1 章 7 节说：「我们借这爱子的血得蒙救赎，过犯得以赦免，乃是照他丰富的恩典。」

6 月 15 日

信靠-请与诗人一起祷告。诗篇 61 篇 1 到 3 节说：「神啊，求你听我的呼求，侧耳听我的祷告。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磐石。因为你做过我的避难所，做过我的坚固台，脱离仇敌。」在黑暗中也要信靠主。祂知道出路。

6 月 16 日

像没有重量一样-约翰一书 5 章 3 节说：「我们遵守神的诫命，这就是爱他了，并且他的诫命不是难守的。」顺从主不是个重担，这恰恰与许多人说的相反。在这个旅途上，让我们祈求圣灵帮助我们，以致我们就能像在主面前成圣的人一样行走。

6 月 17 日

忧虑-失业、疾病、子女和其他理由，能使男人的心不平静。主啊，我们为那些经历困难景况的弟兄祷告，祈求他们不再担心，愿他们的请求能透过祈祷、恳求和感谢，向神表明。腓立比书 4 章 6 节说：「应当一无挂虑，只要凡事藉着祷告、祈求，和感谢，将你们所要的告诉神。」

6 月 18 日

分辨-我们每天都要作决定！在家庭里、在工作岗位上、在教会里，我们都要作正确的决定。寻求主和祂的指引，是正确的第一步！使徒行传 16 章 6 到 10 节记载：「圣灵既然禁止他们在亚细亚讲道，他们就经过弗吕家、加拉太一带地方。到了每西亚的边界，他们想要往庇推尼去，耶稣的灵却不许。他们就越过每西亚，下到特罗亚去。在夜间有异象现于保罗：有一个马其顿人站着求他说：『请你过到马其顿来帮助我们！』保罗既看见这异象，我们随即想要往马其顿去，以为神召我们传福音给那里的人听。」主会开门，但也会关门！父啊，我们祈求能懂得分辨，以致能够明白祢的指引！

6 月 19 日

信靠-民数记 14 章 9 节说：「但你们不可背叛耶和华，也不要怕那地的居民；因为他们是我们的食物，并且荫庇他们的已经离开他们。有耶和华与我们同在，不要怕他们！」当我们聚焦在世界的纷乱状况，一切似乎失控。那实在很吓人。但是，认识神是谁，使我们带着希望抬头向前看。因此，让我们带着信心来祷告吧！

6 月 20 日

教导-孩子们通过他们所受的教育来学习。所吸收的东西会保留下来，并且影响他们以后的行为。圣经在箴言 22 章 6 节教导父母说：「教养孩童，使他走当行的道，就是到老他也不偏离。」主啊，赐给我们做父母的喜乐，去把祢的道教导我们的子女。

6 月 21 日

忧闷-诗篇 42 篇 11 节说：「我的心哪，你为何忧闷？为何在我里面烦躁？应当仰望神，因我还要称赞他，他是我脸上的光荣，是我的神。」当你的生命安稳在神的里面，你也就能把你的思想、意志和情感的控制权交给祂。男士们，你永远不必忧闷呢！

6 月 22 日

骄傲-彼得前书 5 章 5 节说：「……，因为神阻挡骄傲的人，赐恩给谦卑的人。」骄傲是罪恶的主要根源。它宣告自己独立于创造你的主，而创造你的主是为了祂的尊荣和荣耀。诚实地面对自己，谦虚地看待自己的重要性，并且顺服神。祂喜欢提拔谦卑的人。

6 月 23 日

改变-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。」我们的思想是塑造我们的行为和福祉的最有力的工具。容让神的话语和祂的灵来改变你的思想模式，并得着祝福。

6 月 24 日

角度-希伯来书 12 章 2 节说：「仰望为我们信心创始成终的耶稣……。」惟有通过耶稣基督，我们才能获得永恒的希望和救赎，摆脱自己的罪恶和罪孽，以及他人对我们的伤害。默想福音的好消息。祷告从神的角度来看待生命中真正重要的事情。

6 月 25 日

盼望-罗马书 15 章 13 节说：「但愿使人有盼望的神，因信将诸般的喜乐、平安充满你们的心，使你们借着圣灵的能力大有盼望！」缺乏盼望导致抑郁、焦虑和身心疾病。男士们，当你们的盼望是在主里时，你们是正在利用祂的救生索，获得无法测度的资源。

6月26日

信心-希伯来书 11 章 1 节说：「信就是所望之事的实底，是未见之事的确实。」信心是神的礼物，赐给那些聆听并相信祂话语的人，是圣灵在神儿女心中的确认。祈求成为一个有信心的人，凭信心把自己的意志顺服于圣灵引导吧！

6月27日

苦难-罗马书 5 章 3 节说：「不但如此，就是在患难中也是欢欢喜喜的；因为知道患难生忍耐。」我们生命的目的远不止于此时此地。在神的计划中，即使苦难也不是终点。祂在我们的需要中呼召我们，训练我们信靠祂，让我们有力量去忍受和胜过苦难。

6月28日

友谊-箴言 17 章 17 节说：「朋友乃时常亲爱，弟兄为患难而生。」每个人都需要一个好朋友。一个真实、忠诚的朋友会告诉你他需要听到的东西。我们很惊讶地听到耶稣称祂的门徒为祂的朋友。毫无疑问，祂仍然是我们所有朋友当中最可靠的。要全然信靠祂！

6月29日

决定权-约伯记 42 章 2 节说：「我知道，你万事都能做；你的旨意不能拦阻。」你的神有多大？约伯发现，神远非人类所能理解，祂圣洁、永恒、无所不能。你可以全然信靠祂。祂会看顾你和你的家庭。在这个世界上，祂也有最终的决定权。

6月30日

在基督里-以弗所书 1 章 1 节说：「奉神旨意，作基督耶稣使徒的保罗，写信给在以弗所的圣徒，就是在基督耶稣里有忠心的人。」如果你在基督里，你是一个圣徒。你住在哪里并不重要。决定性的是你在祂里面，就像枝子在葡萄树上一样。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。」祈求成为一个与基督亲密地连接、为祂而活的男人吧。

CA mpc June 2024 – FINAL VERSION

1. White robes – Thank God that when the end comes, people from all nations and languages will be standing in front of the Throne in heaven – wearing white robes, washed in the blood of the Lamb. (Rev. 7:9,14)

2. Who will go – The Lord is inviting you, a follower of Christ, to participate in accomplishing the Great Commission. If not you, who? And if not now, when? Give Him thanks for His invitation and for His promises to never leave you alone but to accompany you always. (Matt. 28:20)

3. Contribution – “Whom shall I send? And who will go for us?” (Isa. 6:8) Pray that our Lord, the Creator of heaven and earth, will show you how you can contribute to accomplishing the Great Commission.

4. A strong desire – “The Spirit who dwells in us yearns jealously” (James 4:5). God has a strong desire to save all human beings. Pray that you will have some of the same desire and that God will help you succeed in bringing other people into His presence.

5. Temptation – “And lead us not into temptation but deliver us from the evil one” (Matt. 6:13). How can we overcome temptation? Let’s recognize that we are unable to do so in our own strength. God wants to grant us the victory if we ask Him for it.

6. Assurance – “The Spirit himself testifies with our spirit that we are God’s children” (Rom. 8:16). It is impossible for us to love God just with our own strength. But through Jesus we are brought into this intimate relationship. Thank God that His love in now poured out into our hearts. (Rom. 5:5)

7. Love of enemies – “Love your enemies and pray for those who persecute you” (Matt. 5:44). This is exactly what Jesus did. Thank God who enables us through the Holy Spirit to love those who hate us and to wish them well. This is the way to real victory.

8. Wealth – “God who richly provides us with everything for our enjoyment... to be rich in good deeds, and to be generous and willing to share” (1 Tim. 6:17-19). When we enjoy God’s blessing and are generous, our wealth gains eternal significance and our gratitude grows.

9. Marriage – “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh” (Matt. 19:5). Autonomy, responsibility, new union – that is the good sequence according to God’s plan for marriage. Thank the Lord for the clear instructions from the Bible.

10. Blessed in Christ - Dear Lord, previously I have prayed for you to bless me. However, I now realize You have already blessed me by giving me Yourself. The Source of all blessings—Jesus Christ Himself, now resides in me. All blessings come from You and I rely upon You to supply my need. (Eph. 1:3)

11. Chosen in Christ - Oh Lord, I can't imagine that anyone would want me, but You want me! You chose me because of Your great love. You even chose for me to be "in Christ" so that we could be together. I ask You to fill me with the Holy Spirit so that I can walk in holiness. (Eph. 1:4)

12. Adopted in Christ - Thank You, Lord, for planning to include me in the family of God! You adopted me into Your family even though I was a corrupt child of the devil. You forgave me, redeemed me and restored me. You united me with Yourself so that I could become a child of God Thank You for being such a loving Heavenly Father! (Eph. 1:5)

13. Accepted in Christ - Dear God, rejection can be really hard, especially when I feel like You have rejected me. But now I know that once I have accepted Christ, I am brought into union with Christ. You now accept me because of Christ in me. Thank You, Lord Jesus Christ, that You have made me acceptable to Father God! (Eph. 1:6)

14. Forgiven in Christ - Dear God, forgiving others is hard, but forgiving myself is even more difficult. Now I understand why. Forgiveness is a gift that I must first receive from You. I acknowledge my sins and receive Your forgiveness. Thank you for forgiving me! I now forgive myself. Enable me to forgive those who have wronged me. (Eph. 1:7)

15. Trust – Pray with the Psalmist: "Hear my prayer, O God; answer my cry. From the ends of the earth, I call to you when my heart is faint; lead me to the rock that is higher than I. For you have been a refuge for me, a tower of strength against the enemy." (Ps. 61:1-3) Trust the Lord also in the dark. He knows the way out.

16. Weightless - "For this is the love of God, that we keep his commandments. And his commandments are not hard to keep" (1 John 5:3). Contrary to what many people say, being obedient to the Lord is not a burden! Let's ask the Holy Spirit to help us on this journey so that we may walk as men who are sanctified before our Lord.

17. Worries - Unemployment, illness, children, and other reasons can take the peace out of a man's heart. Lord, we pray for those of our brothers who are going through difficult circumstances and ask that they do not worry, but let their requests be made known to God by prayer and supplication with thanksgiving. (Phil. 4:6)

18. Discernment - Making decisions is something we do every day! In the family, at work, in the church, we want to make the right decisions. Seeking the Lord and His guidance is the first step to getting it right. (Acts 16:6-10) He can open doors but can also close them! Father, we ask for discernment to understand your direction!

19. Trust - "Only do not rebel against the Lord nor fear the people of the land...The Lord is with us; do not fear them" (Num. 14:9). When we focus on the upheaval in our world, everything seems out of control. That is very frightening. But knowing who our God is, makes us look up and forward with hope. Therefore, we pray with confidence!

20. Teaching - Children learn through what they are taught. What is assimilated remains and establishes their conduct in the future. As parents, we are instructed to "Teach a child in the way he should go, and when he is old, he will not depart from it." (Prov. 22:6) Lord, grant us parents the joy of teaching our children Your ways.

21. Despair - "Why are you in despair, O my soul? And why have you become disturbed in me? Hope in God, for I shall yet praise Him, the help of my countenance and my God" (Ps. 42:11). When your life is secure in God, you can also submit to Him the control of your mind, will and emotions. Men, you never need to despair.

22. Pride – "God is opposed to the proud but gives grace to the humble" (1 Pet. 5:5). Pride is the main source of sin. It is the declaration of independence from the One who created you for His honor and glory. Be honest with yourself, have a modest view of your own importance and submit to God. He loves to lift the humble up.

23. Transformation – "And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is" (Rom. 12:2). Our mind is the most powerful tool to shape our behavior and well-being. Allow for the Word of God and His Spirit to transform your thinking pattern and be blessed.

24. Perspective – "Fixing your eyes on Jesus, the author and perfecter of faith..." (Heb. 12:2) Eternal hope and salvation from our own sin and guilt and the evil others can do to us is through Jesus Christ alone. Meditate on the Good News of the Gospel. Pray to have God's perspective for what really matters in life.

25. Hope – "Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit" (Rom. 15:13). Lack of hope leads to depression, anxiety and psychosomatic illnesses. Men, when your hope is in the Lord, you are using His lifeline to immeasurable resources.

26. Faith – "Now faith is the assurance of things hoped for, the conviction of things not seen" (Heb. 11:1). Faith is a gift from God to those who hear and believe His Word. It is the confirmation of the Holy Spirit in the heart of the child of God. Pray to be a man who in faith submits his will to the leading of the Holy Spirit.

27. Suffering – "...but we also exult in our tribulations, knowing that tribulation brings about perseverance..." (Rom. 5:3) The purpose of our life is so much more than the here and now. Even suffering is not the end in God's plan. He calls us to Himself in our needs and trains us to trust Him for the strength to endure and overcome.

28. Friendship – "A friend loves at all times, and a brother is born for adversity" (Prov. 17:17). Each man needs a good friend, a friend who is true and faithful and will tell him what he needs to hear. Amazing to think that Jesus called His disciples His friends. No doubt that He is still the most reliable of friends we can have. Trust Him fully!

29. The last word – "I know that you can do all things, and that no purpose of Yours can be thwarted" (Job 42:2). How big is your God? Job discovered that God is far

beyond any human understanding, holy, eternal and all powerful. You can trust Him fully. He will watch over you and your family. He also has the last word in this world.

30. In Christ – “To the saints who are in Ephesus and who are faithful in Christ Jesus” (Eph. 1:1). If you are in Christ, you are a saint. It doesn’t matter where you live. What is decisive is that you are in Him like the branch is in the vine. (John 15:5)
Pray to be a man who is intimately connected in Christ and who lives for Him.