

## 2024 年男士祷告日历 -7 月

### 7 月 1 日

**称谢** – 诗篇 106 篇 1 节说：「你们要赞美耶和华！要称谢耶和华，因他本为善，他的慈爱永远长存！」当我们称谢时，我们是为我们收到的礼物感谢。感恩使心中充满欢乐，并且从喜乐的心中流出良善和温柔。

### 7 月 2 日

**一切为主** – 歌罗西书 3 章 17 节说：「无论做什么，或说话或行事，都要奉主耶稣的名，借着感谢父神。」如果主是我们的焦点，我们就会有内在的决心去做我们需要做的事。

### 7 月 3 日

**有福** – 诗篇 41 篇 1 节说：「眷顾贫穷的有福了！他遭难的日子，耶和华必搭救他。」主啊，打开我的眼睛，去看今天需要我帮助的人，并让我向他们传递你的良善。

### 7 月 4 日

**分享** – 哥林多后书 8 章 14 节说：「乃要均平。就是要你们的富余现在可以补他们的不足，使他们的富余将来也可以补你们的不足，这就均平了」。神看顾我们，并希望在我们看顾他人时，加强我们跟人的关系。

### 7 月 5 日

**喜乐** – 诗篇 37 篇 4 节说：「又要以耶和华为乐，他就将你心里所求的赐给你。」当我们男人在主的喜乐以外寻求我们的满足时，我们会失望，甚至在婚姻这最亲密的关系中，也会失望。

### 7 月 6 日

**辨别** – 列王纪上 3 章 9 节说：「所以求你赐我智慧，可以判断你的民，能辨别是非，不然谁能判断这众多的民呢？」当所罗门寻求主，并以辨别是非的智慧来管治，神的子民真是有福。要谦卑，寻求神的智慧，以真正辨别是非的智慧来引导你的家庭。

### 7 月 7 日

**决心** – 哥林多前书 16 章 13 到 14 节说：「你们务要警醒，在真道上站立得稳，要做大丈夫，要刚强。凡你们所做的，都要凭爱心而做。」有些人把这个劝诫称为「三个“要”，一个“做”」。事实上，在我们完成主的旨意之前，我们必须成为祂的门徒，并听从他的话。今天，就在你心中下定决心，成为这样的一个

男人吧！

### 7月8日

**定期**—传道书3章1节说：「凡事都有定期，天下万务都有定时。」容让主教导你忍耐和节制。要做一个留心圣灵微小声音的人，并行在祂的道上和时间里。

### 7月9日

**劝诫**—歌罗西书3章16节说：「当用各样的智慧，把基督的道理丰丰富富地存在心里，用诗章、颂词、灵歌彼此教导，互相劝诫，心被恩感歌颂神。」作为在基督里的弟兄，我们对彼此有责任。做一个有神话语的人，与神同行，见证你与基督的经历，并鼓励你的朋友先去寻求祂。

### 7月10日

**硬着颈项**—箴言29章1节说：「人屡次受责罚，仍然硬着颈项，他必顷刻败坏，无法可治。」在《使徒行传》第7章中，司提反称犹太的领袖是硬着颈项的，因为他们总是抵挡神的灵，他们的结局是灭亡。被责备的时候要敏锐，神赐恩给谦卑的人。

### 7月11日

**虐待**—玛拉基书2章16节提到：「耶和華以色列的神说：“休妻的事和以强暴待妻的人，都是我所恨恶的”。自从人类犯罪堕落以后，这世界的王就企图破坏上帝在婚姻和家庭中的计划。男士们，要警醒，接受你们的角色去爱你们的妻子吧，像基督爱教会那样。

### 7月12日

**欲望**—提摩太后书3章4节提到：「爱宴乐不爱神」。我们生活在圣经所说的「危险的日子」。当今最常见的罪恶是吸毒、卖淫和自我放纵。至于你，要继续先寻求主，你将能够抵抗邪恶的攻击。

### 7月13日

**寻求公义**—使徒行传16章37节说：「保罗却说：“我们是罗马人，并没有定罪，他们就在众人面前打了我们，又把我们下在监里。现在要私下撵我们出去吗？这是不行的。叫他们自己来领我们出去吧！”」保罗因福音而遭到殴打和监禁，但他知道他的法律权利。随着迫害日益增加，你要有见识，反对任意的权力滥用。

### 7月14日

**抵挡那恶者**—雅各书4章7节说：「故此，你们要顺服神。务要抵挡魔鬼，魔鬼就必离开你们逃跑了。」只有神有能力战胜撒旦。因此，以谦卑的信心顺服

主，容让祂通过你行事，你将经历到祂的能力，在软弱中变得完全，并从罪中得胜。

### 7月15日

**逃避激情**—提摩太后书 2 章 22 节说：「你要逃避少年的私欲，同那清心祷告主的人追求公义、信德、仁爱、和平。」你的内在性情和你的人际关系影响你的选择。抵挡和逃避你的荷尔蒙和食欲的渴求，跟那些寻求上帝标准的人在一起。

### 7月16日

**领受你的基业**—主啊！祢在基督里为我提供了一份奇妙的产业。祢是我的份——我的全部，我在祢里面有所需要的一切。感谢祢，上帝，因着我与基督的联合，我现在获得了一份光荣的产业，让我为祢的荣耀而活。以弗所书 1 章 11 到 12 节说：「我们也在祂里面得了基业，这原是那位随己意行做万事的，照着他旨意所预定的，叫祂的荣耀从我们这首先在基督里有盼望的人，可以得着称赞。」

### 7月17日

**基业的凭据**—主啊！感谢祢，给了我产业，它摆在我面前，是祢借着通过蒙福的圣灵赐祢的生命给我而得的。当我相信主耶稣基督的那一刻，我的灵与祢成为一。因此，我现在安全了，你的灵在我里面给了我永生的保证。以弗所书 1 章 13 到 14 节说：「你们既听见真理的道，就是那叫你们得救的福音，也信了基督，既然信他，就受了所应许的圣灵为印记。这圣灵是我们得基业的凭据，直等到神之民被赎，使祂的荣耀得着称赞。」

### 7月18日

**启示**—亲爱的上帝，谢谢祢把祢的灵赐给我，使我能够认识祢并传扬祢。我求祢赐给我智慧和启示的灵，在基督的知识里，使我能认识祢的道路。我相信祢使我在我所说和做的一切中，行出神的智慧。以弗所书 1 章 17 节说：「求我们主耶稣基督的神、荣耀的父，将那赐人智慧和启示的灵赏给你们，使你们真知道他。」

### 7月19日

**神迹**—亲爱的耶稣，我很难相信祢。有时候我想我需要一个神迹来给我保证，但现在我意识到我已经有了最伟大的神迹——你的死亡和复活。十字架表明祢是完全慈爱的，复活表明祢是完全大能的，这对我已经足够了！马太福音 12 章 39 到 40 节说：「耶稣回答说：“一个邪恶淫乱的世代求看神迹，除了先知约拿的神迹以外，再没有神迹给他们看。约拿三日三夜在大鱼肚腹中，人子也要这

样三日三夜在地里头。」

### 7月20日

**神的道路** – 亲爱的上帝，我意识到我走错了方向。谢谢祢生命中的谴责，祢向我展示了我的错误。因此，我悔改，我从我旧的道路转向祢，生命的道路。求祢的灵充满我，使我听见祢的话语。我想走在正确的道路上。箴言 1 章 23 节说：「你们当因我的责备回转，我要将我的灵浇灌你们，将我的话指示你们。」

### 7月21日

**有福** – 诗篇 1 篇 1 到 3 节提到：「唯喜爱耶和华的律法，昼夜思想，这人便为有福！。。。凡他所做的，尽都顺利。」今天就祈求我们全能的主帮助你成为这样的一个人吧！

### 7月22日

**与神同行** – 关于玛土撒拉的父亲以诺，创世记 5 章 22 节写道：「以诺与神同行三百年」。祈求上帝赐你恩典，活出你的生命，以至于同样的话可以临到你。

### 7月23日

**灵命成长** – 有时候你有没有怀疑在你工作的地方是否有真正的灵命成长？如果是，不要担心，相反，要感谢主，祂会按祂的智慧和时间去看顾祂的庄稼。哥林多前书 3 章 7 节说：「可见栽种的算不得什么，浇灌的也算不得什么，只在那叫他生长的神。」

### 7月24日

**自由邀请** – 作为基督的追随者，你可以自由地邀请其他人和你一起去天堂。祈祷许多人会发现耶稣基督是他们的救主，并因你们的言行见证而承受永生。约翰福音 6 章 47 节说：「我实实在在地告诉你们：信的人有永生。」

### 7月25日

**圆满结束** – 提摩太后书 4 章 7 节说：「那美好的仗我已经打过了，当跑的路我已经跑尽了，所信的道我已经守住了。」在比赛中，最重要的是结局。不是你所拥有的、你所知道的、或你所做的事，而是你是谁，才是决定性的。你是打那美好的仗的基督的门徒吗？祈祷能像使徒保罗那样地结束，守住所信的道。

### 7月26日

**仁爱** – 加拉太书 5 章 22 节提到：「圣灵所结的果子，就是仁爱」。神仁爱的品质在十字架上表现得最清楚。在那里，祂将祂的独生子，耶稣基督，为世人的

罪舍了。圣灵希望在我的心中和你的心中种植同样的爱，无私的爱。让我们放弃我们的自我中心，让他来管治吧！

#### **7 月 27 日**

**喜乐**—加拉太书 5 章 22 节提到：「圣灵所结的果子，就是喜乐」。当上帝的爱在我们的心中管治时，我们将会有惊喜。就像爱一样，喜乐是圣灵的恩赐，且是界定生命的意义的。当我们降服于基督时，祂的灵在我们里面植入真正的喜乐。感谢主这份奇妙的礼物，它发出的光亮叫任何问题和不利的环境失色。

#### **7 月 28 日**

**和平**—加拉太书 5 章 22 节提到：「圣灵所结的果子，就是和平」。当神的灵在我们心中管治时，我们会经验到和平与和谐。我们的罪被赦免，是因基督在十字架上救赎的功夫，我们的生命得稳固，是因我们已成为上帝的儿女。祈祷去分享神的爱，做一个使人和睦的人。

#### **7 月 29 日**

**忍耐**—加拉太书 5 章 22 节提到：「圣灵所结的果子，就是忍耐」。这是我们大多数男人缺少的性格特征之一，它包括在压力下等待的决心。祈求圣灵净化你的思维模式，并控制你的冲动，这样你就可以看出他的时间和旨意。

#### **7 月 30 日**

**恩慈**—加拉太书 5 章 22 节提到：「圣灵所结的果子，就是恩慈」。我们与神关系的质量反映在我们与他人沟通的方式上。神是爱，祂想通过你去爱你的配偶、家人和其他人。祈求要敏锐，要能够认同别人的需要，并表达真正的恩慈。

#### **7 月 31 日**

**良善**—雅各书 1 章 27 节说：「在神我们的父面前，那清洁没有玷污的虔诚就是看顾在患难中的孤儿寡妇，并且保守自己不沾染世俗。」当战争或死亡剥夺孩子们的父亲或妇女们的丈夫时，他们变得容易受到伤害。做一个践行纯宗教的男人吧，寻找向他们表达良善的方法。

## CA mpc July 2024 – FINAL VERSION

**1. Giving thanks** – “Praise the Lord. Give thanks to the Lord, for He is good; his love endures forever” (Ps. 106:1). When we give thanks, we acknowledge the gift we received.

Thankfulness fills the heart with joy. And from a joyful heart flow goodness and gentleness.

**2. All for the Lord** – “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him” (Col. 3:17). If the Lord is our focus, we will have the inner resolve to do a good job in whatever we need to accomplish.

**3. Blessed** – “Blessed is he who has regard for the weak; the Lord delivers him in times of trouble” (Ps. 41:1). Lord, please open my eyes to see those who need my help today and allow me to convey to them Your goodness.

**4. To share** – “At the present time your plenty will supply what they need, so that in turn their plenty will supply what you need. Then there will be equality” (2 Cor. 8:14). God takes care of us and wants to strengthen relationships as we care for others.

**5. Delight** – “Delight yourself in the Lord and He will give you the desires of your heart” (Ps. 37:4). When we men seek our fulfillment in anything but the joy of the Lord, we will be disappointed even in the most intimate relationship of marriage.

**6. Discernment** – “So give your servant a discerning heart to govern your people and to distinguish between right and wrong” (1 Kings 3:9). While Solomon sought the Lord and ruled with discernment, God’s people were truly blessed. Be humble and seek godly wisdom to lead your family with true discernment.

**7. Resolve** – “Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love” (1 Cor. 16:13). Some have called this admonition: “Be-be-be-do!” It is true that before we can **do** the Lord’s will, we must **be** His disciples and listen to His Word. Resolve in your heart today to be such a man.

**8. Timing** – “There is a time for everything, and a season for every activity under heaven” (Eccl. 3:1-3). Allow the Lord to teach you patience and self-control. Be a man who pays attention to the small voice of the Spirit of God and who walks in His way and timing.

**9. Admonition** – “Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom” (Col. 3:16). As brothers in Christ, we are responsible for each other. Be a man of the Word and walk with God. Witness of your experiences with Christ and encourage your friends to seek Him first.

**10. Stiff-necked** – “A man who remains stiff-necked after many rebukes will suddenly be destroyed without remedy” (Prov. 29:1). In Acts 7, Stephen called the Jewish leaders stiff-necked because they always resisted the Spirit of God. Their end was destruction. Be sensitive when rebuked. God gives grace to the humble.

**11. Abuse** – “I hate divorce, says the Lord God of Israel, and I hate a man covering himself with violence as well as with his garment” (Mal. 2:16). Since the fall, the prince of this world

attempts to destroy God's design in marriage and family. Men, be alert and accept your role to love your wife as Christ loves the Church.

**12. Lust** – "...lovers of pleasure rather than lovers of God" (2 Tim. 3:4). We are living in the "terrible times" the Bible speaks about. The most common vices of our days are drug abuse, prostitution, and self-indulgence. But as for you, continue to seek the Lord first and you will be able to resist the onslaught of evil.

**13. Seek justice** – "They beat us publicly without a trial...and now they want to get rid of us quietly? No, let them come themselves and escort us out" (Acts 16:37). Paul was beaten and imprisoned because of the Gospel. But he knew his legal rights. As persecution increases, be informed. Stand up against the arbitrary abuse of power.

**14. Resist the evil one** – "Submit yourselves, then, to God. Resist the devil, and he will flee from you" (James 4:7). Only God has the power to overcome Satan. Submit therefore to the Lord in humble faith and allow Him to act through you. You will experience His power, be made perfect in weakness, and have victory over sin.

**15. Flee passion** – "Flee the evil desires of youth, and pursue righteousness, faith, love and peace along with those who call on the Lord" (2 Tim. 2:22). Your internal disposition and your relationships influence your choices. Resist and flee from the urge of your hormones and appetites. Join those who seek God's standards.

**16. Receive your inheritance** - Oh Lord, You have provided a wonderful inheritance for me in Christ. You, are my portion—my all in all. I have everything I need in You. Thank You, God, that because of my union with Christ, I have now obtained a glorious inheritance. Cause me to live for your glory. (Eph. 1:11,12)

**17. Proof of your inheritance** - Thank You, Lord, for giving me my inheritance up front by imparting Your life to me through the blessed Holy Spirit. The moment I believed on the Lord Jesus Christ, I was made one spirit with You. Therefore, I am now safe. Your Spirit within me gives me assurance of eternal life. (Eph. 1:13,14)

**18. The revelation** - Dear God, thank You for imparting Your Spirit to me so that I might know You and make You known. I ask that You grant me the Spirit of wisdom and revelation in the knowledge of Christ so that I can know Your ways. I trust You to cause me to exercise godly wisdom in all that I say and do. (Eph. 1:17)

**19. Signs** - Dear Jesus, I have such a hard time trusting You. I sometimes think I need a sign to reassure me, but now I realize that I already have the greatest sign of all—Your death and resurrection. The cross shows that You are all loving, and the resurrection shows that You are all powerful. That is enough for me! (Matt. 12:39,40)

**20. God's way through** - Dear God, I realize that I was going in the wrong direction. Thank You for the reproofs of life. You showed me the error of my ways. Therefore, I repent. I turn from my old ways to You, the living way. Fill me with the Spirit and cause me to hear Your words. I want to walk in the right path. (Prov. 1:23)

**21. 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 today that our Almighty Lord will help you to become such a man.

**22. Walk with God** – It is written about Enoch, the father of Methuselah: “Enoch walked with God.” (Gen. 5:22) Pray that God will grant you the grace to live your life in such a manner that the same can be said about you.

**23. Spiritual growth** – Do you sometimes doubt that there is any real spiritual growth where you are working? If so, don’t worry. Instead, give thanks to the Lord that He will take care of the harvest according to His wisdom and timing. “God makes things grow” (1 Cor. 3:7).

**24. Free to invite** – As a follower of Christ, you are free to invite other people along with you on your way to heaven. Pray that many others will find Jesus Christ as their redeemer and inherit eternal life because of your testimony in word and deed. (John 6:47)

**25. Finishing well** – “I have fought the good fight, I have finished the race, I have kept the faith...” (2 Tim. 4:7). In a race it is the end that counts. Not what you have or what you know or what you do, but who you are is decisive. Are you a disciple of Christ who fights the good fight? Pray to finish like the Apostle Paul. Keep the faith.

**26. Love** – “But the fruit of the Spirit is love” (Gal. 5:22). The quality of the love of God is best demonstrated on the cross. There He gave His one and only son, Jesus Christ, for the sin of the world. The Holy Spirit wants to grow the same, selfless love in my heart and yours. Let us surrender our egocentrism and allow Him to rule.

**27. Joy** – “But the fruit of the Spirit is... joy” (Gal. 5:22). When the love of God rules in our hearts we will be surprised by joy. Like love, it is a gift of the Spirit and life defining. As we surrender to Christ, His Spirit plants in us genuine joy. Thank the Lord for this amazing gift that outshines any problem and adverse circumstance.

**28. Peace** – “But the fruit of the Spirit is...peace” (Gal. 5:22). When the Spirit of God rules in our hearts we experience peace and harmony. Our sins are forgiven because of Christ’s redeeming work on the cross. Our life is secure because we have been made children of God. Pray to share God’s love and to be a peacemaker.

**29. Patience** – “But the fruit of the Spirit is...patience” (Gal. 5:22). This is one of the character traits that most of us men are missing. It includes the determination to wait even when under pressure. Pray for the Holy Spirit to purify your thought patterns and to keep your impulses in check so you can discern His timing and His will.

**30. Kindness** – “But the fruit of the Spirit is...kindness” (Gal. 5:22). The quality of our relationship with God is reflected in the way we relate to other people. God is love. He wants to love your spouse, family, and others through you. Pray to be sensitive and able to identify with the need of others and to express genuine kindness.



**31. Goodness** – “Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress” (James 1:27). When war or death robs children of their fathers or women of their husbands, they become vulnerable to abuse. Be a man who practices pure religion. Seek ways to show goodness to them.