

Awe for prayerless days 為不禱告的日子所需的敬畏

Matthew 馬太福音 26:36-41

James Barnett 詹姆斯·巴內特 - 10th April 2022 年 4 月 10 日

Have you ever seen the TV show *Undercover Boss*?

你看過電視節目「臥底老闆」嗎？

CEO of a large organisation goes undercover, working with people they don't usually spend time with.

一個大機構的總裁變為臥底，與他們通常不會花時間相處的人一起工作。

And the employee doesn't realise who they're talking to too! Sometimes they do silly things like speak badly about an organisation. But other times they speak about things to make them better for the organisation.

而且員工也沒有意識到他們在對誰說話！有時他們會做一些愚蠢的事情，比如說那個機構的壞話。但有時他們會談論一些事情，以使他們對機構更有價值。

Sometimes they come up with radical ideas to fix company issues and save money. And the CEO listens and makes a significant change.

有時他們會提出激進的想法來解決公司問題並節省資金。總裁傾聽他們並做出重大改變。

Do you think you'd speak the same to your boss or the CEO?

你認為你會對你的老闆或總裁說同樣的話嗎？

What about God?

那麼對上帝呢？

What does it say about God and our relationship if we don't ask him for big significant things but only for small things?

如果我們不向上帝要求重大事情，而只要求小事，這對我們和他的關係象徵著什麼。

The way we view God directly impacts the way we pray.

我們怎麼辦看上帝直接影響我們的祈禱方式。

If we have a small view of God, we'll ask for small things. Our prayer will follow if we have a big, grand, incredible view of God.

如果我們看上帝為弱小和有限，我們只會求一些小事。如果我們看上帝為宏大、宏偉、不可思議的，我們的祈求也會隨之而出。

Last week we started to restore Awe as we headed towards Easter. We saw the value of regularly gathering together as part of the rhythm of life to point us back to the awesome God. 上週，在我們正走向復活節時，我們開始去恢復「敬畏」。我們看到定期聚會作為一般生活節奏的價值，是可以將我們引回到令人敬畏的上帝。

The challenge for us today will be to reconsider how we view God as we seek to restore our Awe of God to get our prayer right. Do that by looking at the last hours of Jesus' life before he's arrested. Compare his prayer life with the disciples.

我們今天面臨的挑戰是要重新考慮我們如何看待上帝。在我們尋求恢復對上帝的敬畏，以使我们正確地祈禱。我們要通過查看耶穌在生命的最後幾個小時，在被捕前所做的，去比較他和門徒的禱告方式來做到。

1. Disciples' prayer 門徒的禱告

Jesus faces the last painful hours before he knows that he will be arrested, tried, and executed. So, he goes to pray—verse 36.

耶穌在知道自己將被逮捕、審判和被處決的時刻將到之前，他面臨著生命最後的痛苦。於是，他去禱告。第 36 節。

36 Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." 37 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. 38 Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

36 耶穌和門徒來到一個地方，名叫客西馬尼。他對他們說：「你們坐在這裏，我到那邊去禱告。」37 於是他帶著彼得和西庇太的兩個兒子同去。他憂愁起來，極其難過，38 就對他們說：「我心裏非常憂傷，幾乎要死；你們留在這裏，和我一同警醒。」

He's sorrowful, so he asks his disciples to help him. Jesus, who's raised the dead and healed people, calls God his Father – asks his disciples to help watch, stay alert, and bear this burden with him.

他心裏非常憂傷，所以他請求他的門徒幫助他。使死者復活，醫治了人，稱上帝為父親的耶穌，要求他的門徒幫助一同守望警醒，與他一起分擔這個重擔。

But they can't! Verse 39.

但他們做不到！第 39 節。

39 Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." 40 Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. 41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

39 他就稍往前走，俯伏在地，禱告說：「我父啊，如果可能，求你使這杯離開我。然而，不是照我所願的，而是照你所願的。」40 他回到門徒那裏，見他們睡著了，就對彼得說：「怎麼樣？你們不能同我警醒一小時嗎？41 總要警醒禱告，免得陷入試探。你們心靈固然願意，肉體卻軟弱了。」

They can't stay alert and awake. It's another aspect of the sad story of everyone betraying Jesus.

他們無法保持警醒。這是每個人都在背叛耶穌的悲慘故事的另一個畫面。

He asks them to watch and pray so that they will not be tempted. Jesus tells them to pray for the same thing he's praying for.

他要求他們總要警醒禱告，免得陷入試探。耶穌告訴他們為他所祈禱的完全相同的事情祈禱。

Jesus is praying to God that he would obey and not fail God and fall into temptation. And he asks his disciples to do what he's doing—being alert to temptation, seeking to obey God. But they failed three times. Again in verses 43 and 45.

耶穌正在為他會順服，不會辜負上帝或陷入誘惑而向上帝祈禱。他要求他的門徒做他正在做的事情。警惕誘惑，尋求順服上帝。但他們失敗了3次。在第43和45節中看到再次的要求。

Their flesh has let them down. The disciples struggled physically to watch and be alert. It says in verse 43 that they were sleeping because their eyes were heavy. They were physically tired. It kept them from doing what Jesus was doing, praying.

他們的肉體軟弱使他們做不了。門徒的身體掙扎著去警醒和保持警惕。第43節說，他們睡著了，因為他們的眼睛困倦。他們的身體很累。阻礙了他們去做耶穌正在做的事情，祈禱。

I'm sure we've all been there. Struggled in a movie to keep watching. Fighting microsleep when driving a car or even praying late at night.

我敢肯定我們都曾有同樣的經歷。在看電影時掙扎著去繼續看。駕駛汽車時與疲勞爭鬥。甚至在深夜祈禱時。

But this isn't just a bad moment. Jesus bared his soul to his three closest disciples. "*My soul is overwhelmed to the point of death.*" And they couldn't read the importance of the moment.

但這不僅僅是一個糟糕的時刻。耶穌向三位他最親近的門徒敞開了心扉。我心裏非常憂傷，幾乎要死。而他們卻看不到當下的重要性。

They didn't understand what was about to happen.

他們不明白將要發生的是什麼事情。

Even though Jesus had told his disciples that he was going to the Father and that they would all fall away, they didn't heed his warning.

儘管耶穌已告訴了他的門徒，他要去父親那裡，而且他們都會跌倒，但他們並沒有聽從他的警告。

Peter's view of himself is too big, and his view of God is too small. He ignores Jesus' warning about falling away, promising that he would go and die. And then, when Jesus is being arrested, he attempts to save Jesus with a sword!

彼得對自己的看法是非常自以為是，對神的看法太小了。他無視耶穌關於他們會跌倒的警告，還說，我就是必須和你同死，也絕不會不認你。然後當耶穌被逮捕時，他試圖用刀劍來拯救耶穌！

His view of himself is still too great, and his view of God is too small.
他對自己的看法太自以為是了，而太小看上帝了。

Where does God fit when we feel self-sufficient and self-confident?
當我們感到可自給自足和自我信賴時，我們把上帝放在哪裡？

A right view of ourselves leads to a right view of God. Humility leads to Awe. We can't have Awe of God if we still think that we're in control and self-sufficient.
對自己有正確的看法才會對上帝有正確的看法。謙卑讓人會去敬畏。如果我們認為我們仍是在掌控中，是可自給自足的，我們就不會敬畏上帝。

It is one of the common things in movies that are very satisfying. When a person is very arrogant, they learn their lesson.
電影中常見的其中一個非常令人滿意的事情是，當一個非常傲慢的人得到他們的教訓。

Peter needed to learn the lesson of humility to understand what God was doing. The disciples' lack of prayer indicates their view of the situation and their view of God. Still self-sufficient, not dependent on his grace.
彼得需要學習謙卑的功課，才能明白上帝正在做什麼。門徒缺乏禱告表明他們對情況的看法和他們對神的看法。仍然自給自足，不依賴他的恩典。

2. Jesus' Prayer 耶穌的禱告

The disciples' view of themselves impacts their prayer. We've already briefly touched on Jesus' prayer, but let's look now, comparing it to the disciples to see how he views God.
門徒對自己的看法會影響他們的禱告。我們已經簡單地談到了耶穌的禱告，但現在讓我們看一下它與門徒的比較，看看他是如何看上帝的。

37 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. 38 Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."
37 於是他帶著彼得和西庇太的兩個兒子同去。他憂愁起來，極其難過，38 就對他們說：「我心裏非常憂傷，幾乎要死；你們留在這裏，和我一同警醒。」

Jesus knows what's coming, and so he's sorrowful. And his posture says so much. Verse 39
耶穌知道將要發生什麼，所以他很憂愁。他的姿勢表明了什麼。第 39 節

39 Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."
39 他就稍往前走，俯伏在地，禱告說：「我父啊，如果可能，求你使這杯離開我。然而，不是照我所願的，而是照你所願的。」

He falls on his face sorrowful whilst his disciples are lying down sleeping. And he implores God 3 times, *“take this cup from me, yet not as I will, but as you will.”* What does this tell us about his view of God?

他憂愁地俯伏在地，而他的門徒當時卻在躺著睡覺。他懇求上帝三次，「如果可能，求你使這杯離開我。然而，不是照我所願的，而是照你所願的。」這告訴我們他對上帝的看法是什麼？

It's both full of Awe and also intensely personal and close.

它既充滿敬畏，也非常私人和親密。

Personal – Jesus, even when he is about to die, still calls God his Father. It's very relational. It is one of the key reasons the Jewish leaders wanted to kill him because he called God his Father. He repeatedly comes to God with his needs.

私人—耶穌，即使在他即將要死去的時候，仍然稱上帝為他的父親。這是非常相關密切的。這是猶太領袖想要殺死他的關鍵原因之一，因為他稱上帝為他的父親。他一再帶著他的需要來到上帝面前。

Awe - And he comes in Awe of his Father. He has the right view. He knows God, and he will obey. He has humility complete view of who he is.

敬畏—他敬畏他的父親。他有正確的看法。他認識上帝，他會順服。他謙虛，對自己的身份有完整的認識。

He knows how powerful and in control God is. So much that Jesus can ask a crazy radical request. If it's possible, take this cup away from me. God, you are the one who saves. You are the one who is both just and generous. Full of grace. Is it possible that there's another way?

他知道上帝是多麼強大和在掌控。如此之確定，以至於耶穌可以提出一個瘋狂的激進要求。如果可能，求你使這杯離開我。上帝，你是拯救者。你是既公正又慷慨的那位。充滿恩典。有沒有可能有另一種方式？

You can't bring that prayer to God if you have a small view.

如果你很狹隘的看上帝，你就無法把這樣的禱告帶到上帝面前。

Jesus can only say not my will but your will because he has a big view of God's love, compassion, holiness, and sovereignty.

耶穌能說出然而，不是照我所願的，而是照你所願的，是因為他對上帝的愛和憐憫，聖潔和主權有很大的看法。

Knowing the awesome God personally means Jesus prays differently to the disciples. Knowing his grace, wisdom, power, and love.

親自認識可畏的上帝意味著耶穌以與門徒不同的方式去祈禱。知道他的恩典、智慧、能力和愛。

Jesus can ask for big things. He can ask for radical things.

耶穌可以要求大事。他可以要求激進的事情。

He can come praying, knowing that God is in control.

他知道上帝在掌權，所以可以來禱告。

We can pray for similar things, too, because Jesus has been raised from the dead, and we have been given his Spirit, brought into his family. We can pray big radical prayers.

因為耶穌已經從死裡復活，我們也已經被賜予他的聖靈，被帶進他的家，我們也可以同樣地祈禱。我們可以祈大而激進的禱告。

God, I know you're generous, and you are the one who brings salvation; save this friend. Don't let them die without knowing you.

上帝，我知道你很慷慨，你是帶來救恩的；拯救這位朋友。不要讓他們在不認識你的情況下死去。

God, I know you are powerful and wise and sovereign; it seems impossible, but end this war because I know you're in control. God, bring an end to COVID.

上帝，我知道你是強大、有智慧和主權的；雖然似乎不可能，但結束這場戰爭，因為我知道你在掌控。上帝，結束 COVID。

But also God, not my will but yours.

然而上帝，不是照我所願的，而是照你所願的。

3. Prayer and Awe 祈禱與敬畏

What's the connection between our prayer and our view of God, our Awe of him? When our Awe is restored, we pray in line with our Awe of God. If we only have a small, insignificant view of God, so will be our prayers. But when our view of God is in Awe of him, so will our prayers.

我們的禱告和我們對上帝的看法、我們對他的敬畏之間有什麼聯繫？當我們恢復敬畏之心時，我們會按照我們對上帝的敬畏來祈禱。如果我們對上帝的看法很小，微不足道，那麼我們的祈禱也會如此。但是，當我們對上帝的看法是心存敬畏時，我們的祈禱也會如此。

I wonder if getting our prayer to him right will reorient our Awe back to him.

我想知道我們正確的向他祈禱，是否會使我們的敬畏重新引回到他身上。

I wonder if speaking right corrects our viewing of God.

我想知道正確的說話是否能糾正我們對上帝的看法。

It's almost like teaching children to say thank you and please doesn't teach them respect, but it leads to it.

幾乎就像教孩子說謝謝和請，並沒有教他們尊重，但它會導致尊重。

I wonder what your prayers are like in this season? Are they distracted, quick, short or non-existent? Do you quickly pray at mealtime, but not for too long, so the food doesn't get cold? Do we just bring random ad-hoc requests to God?

我想知道你在這個季節的祈禱是什麼樣的？是否分心、快速、短暫還是不存在？你是否在用餐時會快速祈禱，但不會祈禱太久，以免食物變冷？我們是否只向上帝提出隨機的臨時的請求？

Or do we pray like the disciples, with heavy eyes falling asleep?
還是我們像門徒一樣祈禱，因為眼睛困倦而睡著了。

We need prayer like Jesus, that has a right view of God and is very personal.
我們需要像耶穌一樣的禱告，對上帝有正確的看法，而且非常私人的。

How did you learn to pray? I wonder if our pray stays self-taught, it will just reflect what we think of God.

你是如何學會禱告的？我想知道我們的祈禱若只停留在自學的階段，它會否只反映我們對上帝的看法。

Firstly, how do we address God?
首先，我們該如何稱呼上帝？

In the Lord's prayer, how does it start? *Father in heaven, hallowed be your name, your kingdom come, your will be done.*

在主禱文中，是如何開始的。「我們在天上的父：願人都尊你的名為聖。願你的國降臨；願你的旨意行在地上，如同行在天上。」

It is so wonderful and helpful for us.
這對我們來說是如此美妙和有幫助。

It starts with a posture of Awe. You are in heaven, and you are holy. You are the boss of the world, and your will should be done.

它以敬畏的姿勢開始。你在天上的，你的名是聖的，你是世界的主宰，你的旨意應該被完成。

One of the prayer practices we've encouraged is praying through the Lord's Prayer. I've used it and loved it. It takes me out of the habit of asking for a parking spot and things that seem important to me in the moment, but they are prayers that forget God's size and grandeur.

我們鼓勵的禱告實踐之一是以主禱文來禱告。我嘗試過，而且很喜歡。這讓我不再慣性地為停車位，以及在當下對我來說似乎很重要的事情祈求，而忘記了上帝的巨大和宏偉。

Another style of praying is the ACTS structure. I love things like this because my brain is a wet sieve. I forgot things, and I'll quickly pray for what I want.

另一種祈禱方式是依據 ACTS 這四個英文字母。我真的很喜歡這樣的安排，因為我的頭腦是一個濕篩子。我會忘記事情，很快又只為我想要什麼而祈禱。

ACTS, adoration, confession, thanksgiving, supplication. Helpful structure.

ACTS, 是 A-崇拜, C-懺悔, T-感恩, S-懇求。有用的結構。

But what would it look like to sit in Adoration of God's Awe for a bit in prayer? Pray prayers reflecting on his amazing grace and wisdom, that he is everywhere, his sovereign control, his great and boundless love, that he has made the world, and that he is eternal.

但是, 坐在對上帝的敬畏的崇拜中祈禱一會兒會是什麼樣子呢? 祈禱中反思他奇妙的恩典和智慧, 他的無處不在, 他的主權控制, 他偉大而無限的愛, 他創造了世界, 和他是永恆的。

If we spent more time meditating and sitting in that, I wonder how we would grow as his disciples.

如果我們花更多的時間冥想在其中, 我想知道我們作為他的門徒將會有如何的成長。

We might even just be able to pray about how awesome he is and not ask for anything. Would it be possible to remember that God is good to us and trustworthy and that he knows what we need, and maybe not even ask for things we need because we know he's good?

我們甚至可以為他有多棒而祈禱, 而不求任何東西。有沒有可能記住上帝對我們很好, 值得信賴, 他知道我們需要什麼, 甚至可能不求我們需要的東西, 因為知道他是好的?

A little while ago, one of my kids asked me a question that stopped me in my tracks. They asked at breakfast time, can we have food today? I think it was just the way it was worded. Of course, we don't ration food. I was just getting you breakfast, give me 3 seconds, and I've got you.

不久前, 我的一個孩子問了我一個問題, 這讓我停下了腳步。他們在早餐的時候問, 我們今天可以吃東西嗎? 我認為只是因為它的措辭方式。當然, 我們不配給食物。我正在為你安排早餐, 給我3秒鐘, 我會給你。

But I wonder if that's how we pray to God? God, I desperately need these things. And God's like, I know what you need, and I've got you! Don't fret.

但我想知道這是否就是我們向上帝祈禱的方式? 上帝啊, 我迫切需要這些東西。上帝就像說, 我知道你需要什麼, 我將要給你! 別擔心。

To help me this week in prayer, I've been using the ACTS prayer structure. But to make the adoration deeper and not just say, "God, you're great". I've come up with an acronym because my brain is a wet sieve. The word is awesome.

為了幫助我這週的禱告, 我一直在使用 ACTS 的禱告結構。但是為了讓崇拜更深, 而不僅僅是上帝, 你很棒。我想出了一個首字母縮略詞, 因為我的大腦是一個濕篩子。這個詞是 AWESOME。

God has;

上帝有;

Amazing Grace.

奇異恩典。

Wisdom
智慧

Everywhere
無處不在

Sovereign and in control.
主宰掌控一切。

Love (love heart)
愛（愛的心）

Maker of all things
萬物的創造主

Eternal.
永恆。

Why do I want to have a deeper prayer life? I know what will happen when I pray to this AWESOME God. I'll grow deeper in trust, knowledge, and love for him. I'll be able to trust him with the small and big things.

為什麼我想有更深層次的禱告生活？我知道當我向這位令人敬畏的上帝祈禱時會發生什麼。我會在對他的信任、知識和愛中成長得更深。我將能夠無論大小事都信任他。

And then, like Jesus, pray radical prayers.
然後，像耶穌一樣，作激進的禱告。

Jesus' prayer is a wonderful balance for us. A balance of Awe and intimacy.
耶穌的禱告對我們來說是一種奇妙的平衡。敬畏和親密的平衡。

Jesus obeys God but also calls him Father. We need to do both.
耶穌服從上帝，但也稱他為父親。我們兩者都需要做。

I heard a story recently of a royal holding court. They are deciding on people's lives, with armed security there. People speak in hushed tones in the kings' presence. Countries bringing requests for aid and allegiance. Then suddenly, a screaming child sprints past security, straight to the monarch and jumps on them.

我最近聽說了一個關於皇家法庭的故事。他們正在決定人們的生命，那裡有武裝保安。人們在國王面前用低沉的語氣說話。有國家提出援助和效忠的請求。然後突然，一個尖叫著的孩子衝過保安，直奔向君主並跳到他們身上。

Only to be greeted by a hug and the child asking the parent, the king, *what's for lunch*.
只是受到擁抱的歡迎，孩子問父母，國王，午餐吃什麼。

It is true of God. We are called to come to him like a child, but that doesn't mean that our requests must all be child-like. But run the risk of missing out on how awesome he is and how powerful and generous he is.

對上帝來說也是一樣的。我們被呼召像孩子一樣來到他面前，但這並不意味著我們的要求都必須像孩子一樣。但是，要冒著錯過他有多棒以及他是多麼強大和慷慨的風險。

I know at least one person I'm speaking to today who has big issues that they are carrying, burdens on their back. I know that there are people here today struggling. I'm one of them. Micah, my youngest, has only just been vaccinated for the first time. There's been an underlying sense of uneasiness and fear that I don't even think about.

我知道今天至少有一個在聽我說話的人，是背負著大問題，背負著沉重的負擔。我知道今天這裡有些人在掙扎著。我就是其中之一。我最小的 Micah 剛剛第一次接種疫苗。有一種潛在的不安和恐懼感，我甚至沒有想到。

God wants us to trust in him in uncertain situations.

上帝希望我們在不確定的情況下信任他。

God wants to heal broken hearts.

神要醫治破碎的心。

He wants to see lives changed.

他希望看到生命的改變。

Addiction ended.

成癮結束了。

Relationships healed.

關係得到了治愈。

Friends saved.

朋友得救了。

Relationships between families, children and parents healed.

家庭、孩子和父母之間的關係得到了修復。

But do we bring these things to God?

但是我們有沒有把這些東西帶到神面前呢？

Let me pray to this awesome God now.

現在就讓我向這位了不起的上帝祈禱。