

TESHUVAH 2013 THEME: THE HOLY SPIRIT  
40-DAY TESHUVAH PRAYER & REPENTANCE FORMAT

2013 年 悔改期主題: 聖靈  
40 天悔改期的禱告 & 悔改大綱

Each of the 40 days of Teshuvah will have a prayer/repentance focus and key scripture verse(s).

在這本 40 天悔改期的手冊裡，每一天都有禱告/悔改的焦點，和基要經文。

As we open with prayer and worship, allow the Spirit to minister to you as you worship the King of Kings and Lord of Lords.

當我們開始禱告和讚美萬王之王萬主之主的時候，允許聖靈來到我們中間，讓祂來服事和帶領我們。

This leads to a time of *personal*, silent reflection and repentance before the Lord.

這會把我們帶進一個個人和安靜的時刻，在主的面前反思和悔改。

We continue with a time of prayer and intercession for our *families*. At this time, prayer is silent or “Korean style”. Korean style prayer is a commonly used method in Korea where a group of people prays out loud simultaneously. God hears every prayer given at every moment from a limitless number of people.

我們會持續一段時間禱告，並為我們的家人代求.. 我們會用默禱或“韓國教會的方式”. 所謂“韓國教會的方式”就是一群人同時發聲禱告. 神聽得見我們每一個人每一個時刻的禱告.

Our next prayer/repentance focus is for our *nation*. It is critical in this hour to lift up our nation's leaders, politicians and judges and to repent for our nation's ongoing move away from its Christian foundation and our nation's ongoing move toward sin and darkness.

接下來，我們將為我們的國家禱告. 為我們國家的領導人，政要和法官禱告是一件極其重要的事，我們更要為我們國家逐漸遠離基督教的根基，以及日益進入罪惡和黑暗而悔改.

We move into our next prayer/repentance focus, which is *Israel*. This is a time for Gentile believers to repent for the horrific things that have been said and done to the Jewish people throughout Church history in the name of Christianity. Our focus this Teshuvah will be acts and words of contemporary Anti-Semitism. It is also a time to

pray for Israel's leaders and for the Israeli people in this very dangerous and threatening time for the Jewish people. We endorse God's will to "pray for the peace of Jerusalem" and that "all Israel will be saved."

然後，我們進入下一個禱告/悔改的焦點，以色列。這是我們這些外邦信徒為教會過去仗著基督教的名義，殘酷傷害猶太人的所作所為而悔改的時段。我們今年的焦點著重在當今仍舊存在，在言語和行為上表現的反猶太主義。這也是我們在這變化多端的時刻，為在四面楚歌中的以色列領導人和以色列人民禱告的時刻。我們配合神的旨意，為耶路撒冷的平安和“以色列全民得救”而禱告。

Finally, we intercede and repent for the *Church*. The Messiah is returning for a holy and blameless Bride without spot, wrinkle or blemish (Eph. 5:27). We repent and intercede for the Church in order to "make ready for the Lord a people prepared."  
(Luke 1:17)

最後，我們為教會代求和悔改。彌賽亞是為一個聖潔沒有瑕疵的新婦而回來的，我們要為教會“為主預備祂的再來”禱告代求。

Our daily Teshuvah closes with praise and thanksgiving to our Lord and King, the Holy One of Israel.

這每日的悔改，將以讚美和感謝我們的萬主之主，以色列聖潔的受膏者為結束。

**2013 TESHUVAH DAILY PRAYER/REPENTANCE FOCUS**

*THE HOLY SPIRIT*

August 5 - September 13, 2013      Elul 1, 5773 – Tishri 10, 5774

## 2013 悔改節期 每日禱告/悔改

### 聖靈

八月五日 - 九月十三日, 2013 --- 以祿月, 5773 年 – 提斯利月, 5774 年

## THE FRUIT OF THE SPIRIT – DAYS 1 THROUGH 10

### 聖靈的果子 – 第一天到第十天

August 5 – Teshuvah Preparatory Service

八月五日 – 悔改節期的預備日

#### REPENT FOR:

為這些事悔改:

- Day 1 August 6 – Failure to walk in the fruit of *love*  
第一天 八月六日 – 沒有活出**愛**的果子
- Day 2 August 7 – Failure to walk in *joy* in the Holy Spirit  
第二天 八月七日 – 沒有活出聖靈裡的**喜樂**
- Day 3 August 8 – Failure to have *peace* that transcends all understanding  
第三天 八月八日 – 沒有保持那神所賜超越人所能理解的**平安**
- Day 4 August 9 – Failure to walk in the fruit of *patience*  
第四天 八月九日 – 沒有活出**忍耐**的果子
- Day 5 August 10 – Failure to walk in the fruit of *kindness*  
第五天 八月十日 – 沒有活出**仁慈**的果子
- Day 6 August 11 – Failure to abide in the vine that bears fruit of *goodness*  
第六天 八月十一日 – 沒有連在產生**良善**果子的枝仔上
- Day 7 August 12 – Lack of *faithfulness*  
第七天 八月十二日 – 缺乏**信心**
- Day 8 August 13 – Failure to be *gentle to everyone*  
第八天 八月十三日 – 沒有對所有的人行出**溫柔**
- Day 9 August 14 – Lack of *self-control*  
第九天 八月十四日 – 缺乏**節制**
- Day 10 August 15 – Failure to understand God chose me to bear fruit that will  
LAST  
第十天 八月十五日 – 沒能理解神選擇了我去結那可以持久的果子

## THE GIFTS OF THE SPIRIT – DAYS 11 THROUGH 20

### REPENT FOR:

- Day 11 August 16 – Walking in man's *wisdom* and not *wisdom* from above
- Day 12 August 17 – Lack of *knowledge* that in Christ I am “one new man”
- Day 13 August 18 – My lack of *faith*
- Day 14 August 19 – Not believing *healing* comes by faith in Jesus' name
- Day 15 August 20 – Not eagerly desiring the gift of *working miracles*
- Day 16 August 21 – Not eagerly desiring the gift of *prophecy*
- Day 17 August 22 - Lack of understanding of *distinguishing spirits*
- Day 18 August 23 – Improper use of the gift of *tongues*
- Day 19 August 24 - Coveting the spiritual gifts of others
- Day 20 August 25 – Believing my gifts are superior to others' gifts

REPENT FOR FAILURE TO WALK IN  
THE FRUIT OF LOVE  
TUESDAY, AUGUST 6, 2013  
DAY 1

為沒有活出愛的果子悔改  
禮拜二, 八月六日, 2013 年  
第一天

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control Gal 5:22-23*

聖靈所結的果子就是: 仁愛, 喜樂, 和平, 忍耐, 恩慈, 良善, 信實, 溫柔, 節制. 加拉太書 5: 22-23

*My command is this: Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends. John 15:12-13*

你們要彼此相愛,像我愛你們一樣: 這是我的命令. 人為朋友捨命,人的愛心沒有比這個更大的了. 約翰福音 15:12-13

*And now these three remain: faith, hope and love. But the greatest of these is love—1 Cor 13:13*

如今常存的有信,有望,有愛: 這三樣, 其中最大的是愛. 林前 13:13

**OPENING PRAYER**

開場的禱告

**CORPORATE READING:** Matthew 22:36-40

全體讀此段經文: 馬太 22:36-40

**WORSHIP:** Musical selections

讚美詩: 選擇合題的詩歌

**PERSONAL REFLECTION/REPENTANCE:** Read 1 Cor 13:8-13

Does my life reflect the love of Christ?

Period of silent prayer/repentance as you allow the Spirit to minister to you.

**個人的反思/悔改:** 讀林前 13:8-13

我的生活是否顯示了基督的愛?

在這段時間, 讓聖靈帶領你默禱和悔改

**FAMILIES:** Thank our Father for our families. Read Eph 3:14-19

**Pray:** Spiritual/physical/financial needs of family. Silent or Korean style

**Repent:** For ourselves and family members when we do not reflect the love of Christ.

**Intercede:** For a greater measure of the fruit of LOVE.

**家人:** 天父, 我為我的家人感謝你. 讀弗 3:14-19

**禱告:** 家人在靈裡/身體/金錢上的需要. 默禱或韓國教會式的禱告

**悔改:** 為我們自己和家人沒有顯示出基督的愛而悔改

**祈求:** 為更加能活出愛的果子禱告.

**NATION:** 1 Timothy 2:1-5

**Thank our Father** for the outpouring of love our nation has shown to the world in times of great need.

**Repent:** That our nation does not reflect Matthew 22:36-40

**Intercede:** That a powerful outpouring of the Spirit will move the nation back to our God and King.

**國家:** 提前 2:1-5

**感謝天父,** 當世界各地有極大的需求時, 我們的國家能把愛傾倒出去

**悔改:** 我們國家沒有遵守和行出馬太 22:36-40 中最大的誡命

**祈求:** 聖靈大能的澆灌可以把我們的國家帶回到我們的神和我們的王面前

**ISRAEL:** *But the land you are crossing the Jordan to take possession of is a land of mountains and valleys that drinks rain from heaven. It is a land the Lord your God cares for; for the eyes of the Lord your God are continually on it from the beginning of the year to its end.* Deut 11:11-12

**Thank our Father** for loving and never taking His eyes off Israel.

**Repent:** Apathy toward Israel; and not loving and caring for what God does.

**Intercede:** Our hearts would soften and we would love Israel as God does.

**以色列:** 你們要過去得為業的那地, 乃是有山, 有谷, 雨水滋潤之地. 是耶和華你神所眷顧, 從歲首到年終, 耶和華你神的眼目時常看顧那地.

**感謝天父,** 因為祂愛以色列, 眼目從未挪移.

**悔改:** 我們對以色列無動於衷, 沒有像神一樣愛顧他們

**祈求:** 我們的心會柔軟, 像神一樣愛以色列

**Anti-Semitism:** America has started transferring advanced weaponry, including F-16 fighter jets and 200 sophisticated Abrams tanks to the Muslim-Brotherhood controlled Egyptian regime—at a time when Egypt’s leaders are threatening to go to war with Israel. (from ZOA, Zionist Organization of America)

**Corporate Repentance:** We abhor, denounce and repent for the deadly sin of Anti-Semitism.

**反猶太主義:** 當埃及領導人威脅要向以色列開戰的時候, 美國將先進武器, 保括 F-16 戰鬥機和 200 個亞伯蘭坦克車交給穆斯林兄弟會所控制的埃及政權. (摘自 ZOA - 美國錫安組織)

**全體悔改:** 我們憎惡, 赤責, 並為反猶太主義的致死之罪而悔改.

**CHURCH:** *All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Every day they*



*continued to meet in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all people. And the Lord added to their number daily those who were being saved.*

Acts 2:44-47

**Thank our Father** for the unity of the early believers. As they walked in the fruit of love, many were saved.

**Repent:** For failure to walk in the love that would draw people to the Messiah.

**Intercede:** For the love of God to be shed abroad in our hearts. (Romans 5:5)

**教會:** 信的人都在一處，凡物公用，並且賣了田產家業，照各人所需用的分給各人。他們天天同心合意恆切的在殿裡，且在家中擘餅，存著歡喜誠實的心用飯，讚美神，得眾民的喜愛。主將得救的人，天天加給他們。

**感謝天父，**因為初期教會的信徒們活出愛的果子，使多人得救。

**悔改:** 我們沒有活出愛，以至於沒能把人帶到彌賽亞面前。

**祈求:** 願聖靈將神的愛澆灌在我們心裡。(羅 5:5)

**PRAISE/THANK** Our Father, Who so *loved* us that He gave His only Son to die as an atoning sacrifice for our sins.

**讚美/感謝**我們的父神，祂如此的愛我們，甚至將祂的獨生愛子為贖我們的罪而死。

REPENT FOR FAILURE TO WALK IN  
JOY IN THE HOLY SPIRIT  
WEDNESDAY, AUGUST 7, 2013  
DAY 2  
為沒有活出喜樂的果子悔改  
禮拜三, 八月七日, 2013 年  
第二天

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control Gal 5:22-23*

聖靈所結的果子就是: 仁愛, 喜樂, 和平, 忍耐, 恩慈, 良善, 信實, 溫柔, 節制. (加拉太書 5: 22-23)

*For the Kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, because anyone who serves Christ in this way is pleasing to God and approved by men. Rom 14:17-18*

因為神的國不在乎吃喝, 只在乎公義, 和平, 並聖靈中的喜樂. 在這幾樣上服事基督的, 就為神所喜悅. 有為人所稱許. (羅馬書 14:17-18)

**OPENING PRAYER**

開場的禱告

**CORPORATE READING:** Psalm 16:5-11

全體讀此段經文: 詩篇 16:5-11

**WORSHIP:** Musical selections

讚美詩: 選擇合題的詩歌

**PERSONAL REFLECTION/REPENTANCE:** Read Romans 14:17-18

Joy is not a fleeting emotion, and our position IN CHRIST is our joy.

Period of silent prayer/repentance as you allow the Spirit to minister to you.

**個人的反思/悔改:** 讀羅馬書 14:17-18

喜樂不是瞬間即逝的感覺, 我們在基督裡的位份就是我們的喜樂.

在這段時間, 讓聖靈帶領你默禱和悔改

**FAMILIES:** Thank our Father for our families.

**Pray:** Spiritual/physical/financial needs of family. Silent or Korean style

**Repent:** For ourselves and family members who do not walk in the fruit of joy.

**Intercede:** Revelation that the joy of the Lord is my strength (Neh 8:10)

**家人:** 天父, 我為我的家人感謝你.

**禱告:** 家人在靈裡/身體/金錢上的需要. 默禱或韓國教會式的禱告

**悔改:** 為我們自己和家人沒有顯示出基督的喜樂而悔改

**祈求:** 求神讓我們對靠神得的喜樂是我們的力量有更大的啟示 (尼希米 8:10)

**NATION:** *You have multiplied the nation and increased its joy. Isa 9:3a*

**Thank our Father** for the joy & blessing you have bestowed upon our nation.

**Repent:** That our nation continues to turn away from You, which results in losing Your blessing and losing our joy.

**Intercede:** That our nation will return to You and that our joy and blessing will be a powerful witness to the world.

國家: 你是這過敏繁多, 加增他們的喜樂。(以賽亞 9:3a)

感謝天父, 賜給我們國家喜樂和祝福

悔改: 我們國家逐漸遠離你, 以至於我們漸漸失去你的祝福和喜樂

祈求: 我們國家回轉歸向你, 而我們的喜樂和福份會再度成為列過為見證

**ISRAEL:** *There was great joy in Jerusalem, for since the days of Solomon son of David king of Israel there had been nothing like this in Jerusalem. 2Ch30:26*

**Thank our Father** that He will establish and make Jerusalem a praise in the earth. (Isaiah 62:7)

**Repent:** That the world pressures Israel to give up half her capitol, Jerusalem, which has been covenanted to Israel by God.

**Intercede:** Pray that God would pour out His Spirit and restore great joy in Jerusalem.

以色列: 這樣, 在耶路撒冷有大喜樂, 自從以色列王大衛兒子所羅門的時候, 在耶路撒冷沒有這樣的喜樂。(歷下 30:26)

感謝天父, 祂將會奠定耶路撒冷, 使它成為地上的讚美。(賽 62:7)

悔改: 為這世界對以色列施加壓力, 要她放棄一半的首都耶路撒冷, 那神與以色列約中之地。

祈求: 願神將祂的靈澆灌在耶路撒冷, 重建她的喜樂。

**Anti-Semitism:** America's most powerful cabinet posts are being filled with nominees who support anti-Israel policies and have expressed blatant anti-Semitic views about American Jews (from ZOA, Zionist Organization of America).

**Corporate Repentance:** We abhor, denounce and repent for the deadly sin of Anti-Semitism.

**反猶太主義:** 美國許多總統內閣要職的候選人是反猶太主義者, 他們並且發表了許多攻擊美國猶太人的言論。(摘自 ZOA - "美國錫安組織")

**全體悔改:** 我們憎惡, 赤責, 並為反猶太主義的致死之罪而悔改。

**CHURCH:** *So being sent on their way by the church, they passed through Phoenicia and Samaria, describing the conversion of the Gentiles; and they caused great joy to all the brethren. Acts 15:3*

**Thank our Father** that the early church brought great joy to the brethren.

**Repent:** That joy is often absent in today's church.

**Intercede:** That a powerful move of the Spirit will restore a joy to the church that will encourage the brethren and bring many to salvation.

**教會：**於是教會送他們起行。他們經過腓尼基，撒瑪利亞，隨處傳說外邦人歸主的事，叫眾弟兄都甚喜樂。（徒 15:3）

**感謝天父，**初期的教會帶給眾弟兄如此大的喜樂。

**悔改：**今天教會裡非常缺乏喜樂。

**祈求：**願聖靈大大的澆灌，重建教會的喜樂，使弟兄們能帶領更多人得救。

**PRAISE/THANK OUR FATHER** for giving us the fruit of joy by His Spirit. Thank you, Father, that YOUR joy is OUR strength.

**讚美/感謝**我們的天父，給我們聖靈的果子喜樂，謝謝你，天父，**你的喜樂是我們的力量。**

**REPENT FOR FAILURE TO HAVE PEACE  
THAT TRANSCENDS ALL UNDERSTANDING  
THURSDAY, AUGUST 8, 2013  
DAY 3**

**為沒有保持那神所賜超越人所能理解的平安  
禮拜四，八月八日，2013年  
第三天**

*But the fruit of the Spirit is love, joy, **peace**, patience, kindness, goodness, faithfulness, gentleness and self-control Gal 5:22-23*

聖靈所結的果子就是：仁愛，喜樂，**和平**，忍耐，恩慈，良善，信實，溫柔，節制。（加拉太書 5: 22-23）

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Phil 4:6-7*

應當一無掛慮，只要凡事藉著禱告，祈求，和感謝，將你們所要的告訴神。神所賜，出人意外的平安，必在基督耶穌裡，保守你們的心懷意念。（腓 4:6-7）

**OPENING PRAYER**

開場的禱告

**CORPORATE READING:** Isaiah 9:6-7  
全體讀此段經文：詩篇 以賽亞 9:6-7

**WORSHIP:** Musical selections  
讚美詩：選擇合題的詩歌

**PERSONAL REFLECTION/REPENTANCE:** Read Phil 4:4-9

The Lord is near. Do not be anxious about anything.

Period of silent prayer/repentance as you allow the Spirit to minister to you.

**個人的反思/悔改：**讀腓力比書 4:4-9

神在這裡，要一無掛慮。

在這段時間，讓聖靈帶領你默禱和悔改

**FAMILIES:** Thank our Father for our families.

**Pray:** Spiritual/physical/financial needs of family. Silent or Korean style.

**Repent:** For ourselves and family members who struggle with anxiety, which is counter-productive and opposed to God's peace.

**Intercede:** For the inner tranquility that comes from committing all our cares to God in prayer.

家人：天父，我為我的家人感謝你。

**禱告:** 家人在靈裡/身體/金錢上的需要. 默禱或韓國教會式的禱告

**悔改:** 為我們自己和家人在焦慮中掙扎悔改, 焦慮非但徒勞無功, 更悔抵擋那來自神的平安.

**NATION:** *If you follow my decrees and are careful to obey my commands, .... I will grant peace in the land and you will lie down and no one will make you afraid. I will remove savage beasts from the land, and the sword will not pass through your country.* Lev 26:3, 6

**Thank our Father** that for over a century our nation has had peace within its borders.

**Repent:** Our nation is not obeying God's decrees and commands as abortion is legal, and many states have legalized homosexual marriage.

**Intercede:** A Spirit of repentance will fall on our nation, and it will turn back to God's decrees and continue to enjoy peace within our borders.

**國家:** 你們若遵行我的律例, 謹守我的誠命,...我要賜平安在[你們的]地上, 你們躺臥, 無人驚嚇. 我要叫惡獸從[你們的]地上息滅, 刀劍也必不經過你們的地. (利未 26:3, 6)

**感謝天父,** 一世紀以來, 我們國家的疆土之內享有平安.

**悔改:** 我們的國家沒有遵行神的律例, 沒有謹守神的誠命, 以至於今天墮胎成為合法, 許多州也通過了同性戀的婚姻.

**祈求:** 悔改的靈降在我們的國家, 讓我們回轉遵行神的律例, 並繼續享有疆土之內的平安.

**ISRAEL:** *Pray for the peace of Jerusalem: May those who love you be secure. May there be peace within your walls and security within your citadels.* Psalm 122:6-7

**Thank our Father** that the Prince of Peace will rule and reign in Jerusalem at the end of the age.

**Repent:** For pressure on Israel to give up land in order to have peace.

**Intercede:** Peace and security within Israel's borders.

**以色列:** 為耶路撒冷的平安禱告: 耶路撒冷啊, 愛你的人必然興旺. 願你城中平安, 願你宮內安全. (詩 122:6-7)

**感謝天父,** 在世界終結時, 和平的君王將要統治耶路撒冷.

**悔改:** 為對以色列施壓力, 為了“和平”而要他們放棄土地.

**祈求:** 以色列疆土之內和平與安全.

**Anti-Semitism:** In November, 2011, Hamas launched over 1600 rockets into Israel.

Despite this, 14 member of the EU voted to elevate the Palestinian Authority to the status of non-member state.

**Corporate Repentance:** We abhor, denounce and repent for the deadly sin of Anti-Semitism.

**反猶太主義:** 在 2011 年 11 月, 哈瑪斯向以色列發射了 1600 支火箭, 儘管如此, 14 個歐盟的會員仍然將巴勒斯坦升級成為非會員國家.

**全體悔改:** 我們憎惡, 赤責, 並為反猶太主義的致死之罪而悔改.

**CHURCH:** *Finally, brothers, good-by. Aim for perfection, listen to my appeal, be of one mind, live in peace. And the God of love and peace will be with you.* 2Cor 13:11

**Thank our Father** that as we live in peace, being of one mind, the God of love and peace will be with us.

**Repent:** The church denominations are divided as they focus on differences.

**Intercede:** The church denominations will be of one mind, focusing on the pre-eminence of Christ and will live in peace.

**教會:** 末了, 弟兄們再見。願你們努力作完全人。接受我的勸告; 大家要同心, 和睦相處。願慈愛和賜平安的神與你們同在。(林後 13:11)

**感謝天父,** 當我們和睦相處, 彼此同心的時候, 慈愛與平安的神就與我們同在。

**悔改:** 教會的許多教派把重點放在彼此的不同上面。

**PRAISE/THANK OUR FATHER** that through prayer, petition and thanksgiving, the peace of God, which transcends all understanding will guard our hearts and minds in Christ Jesus.

**讚美/感謝天父,** 藉著禱告, 祈求, 和感謝, 神所賜, 出人意外的平安, 將在基督耶穌裡, 保守我們的心懷意念。