



# GOOD FRIDAY SERVICE 耶穌受苦日崇拜

## PRAYER AND REFLECTION ACTIVITY GUIDE 禱告和反思指南

This supplement will help guide you during a time of prayer and meditation as you and think about what Jesus' death means for you and the world, especially as the world drastically changes due to the coronavirus. The good news is that God's plan of salvation has not changed, and He is the same God yesterday, today, and forever! As believers we have the greatest hope of all and it's in times like these where we must remind ourselves how that hope was possible through Jesus Christ. You may go through these activities at your own pace and we encourage you to do these together as family. Start off with a moment of prayer and invite God to speak to you during this time.

這個指引將幫助你在禱告和冥想的時候思考耶穌的死對你和這個世界意味著什麼，尤其是在這個世界由於冠狀病毒而急劇變化的時候。好消息是神的救恩計劃沒有改變，他昨天、今天、直到永遠不會改變。作為基督徒我們擁有最大的盼望，而在這樣的時刻，我們必須提醒自己耶穌基督是如何成就盼望的。你可以按照自己的節奏來進行，我們鼓勵你同家人一起做這些事情。以禱告開始邀請上帝在這段時間對你說話。

### (1) DAILY REMINDERS 每日提醒

*Materials needed: Notecards, Post-Its, or paper 便利貼或紙張; Pen/Pencil 筆*

During this unprecedented season of quarantine due to the coronavirus, as our normal routines have drastically changed, we can either fill our days with mindless activities and the latest news headlines or we can open the Scriptures and find comforting truths to guide us through this uncertain time. As Psalm 119:11 reminds us, "I have hidden Your Word in my heart that I might not sin against You" (NIV). And the truth is, we need the Word of the Lord far more than we need the news of the world. This quarantine is no surprise to God. And maybe He is allowing this season of uncertainty so that we will re-center our lives on His will, His way, and His Word.

Here below are some Bible verses that can remind you daily of God's promises. You are encouraged to write down these verses on a notecard or Post-It where you can place it on the mirror in the restroom, on the fridge, or by your night-stand as you reflect and pray on the goodness of God.

在這個前所未有的冠狀病毒隔離時期，隨著我們的日常生活發生了巨大的變化，我們可以用不理智的活動和最新的新聞頭條來填滿我們的日子。或者我們可以打開聖經，找到安慰的真理來指導我們度過這個不確定的時期。詩篇 119:11 提醒我們：“我將你的話藏在心裏，免得我得罪你。”事實上，我們需要上帝的話語遠遠超過我們需要世界新聞。這種隔離對上帝來說並不奇怪。也許他允許這個充滿不確定性的時期，讓我們重新把生活的重心放在他的意志、他的方式和他的話語上。

以下是一些聖經經文，每天提醒你神的應許。鼓勵你把這些經文寫在便簽紙或便利貼上，你可以把它貼在洗手間的鏡子上，冰箱上，或者你的床頭櫃上，當你反思和向神禱告時可以看到。

### **Psalms 詩篇 27:1 (NIV)**

**THE LORD IS MY LIGHT AND MY SALVATION—WHOM SHALL I FEAR? THE LORD IS THE STRONGHOLD OF MY LIFE—OF WHOM SHALL I BE AFRAID?**

(大衛的詩。) 耶和華是我的亮光，是我的拯救，我還怕誰呢？耶和華是我生命的保障（或譯：力量），我還懼誰呢？

The words “light” and “salvation” bring an immediate smile to our faces, as we picture the Savior shining the light of His love over our lives. Even though hardships await us, there is no reason to fear. We have a safe and secure place in Jesus Christ

“光”和“拯救”這兩個詞讓我們的臉上立刻露出了笑容，因為我們想象著救主用他的愛之光照耀我們的生活。儘管困難等待著我們，但沒有理由害怕。我們在耶穌基督裏有一個安全的地方。

### **Prayer 禱告**

Lord, thank You for lighting the way in this dark time. We depend on You, not only for our salvation, but for our day-to-day peace and provision. You are the only stronghold we need. We look to You instead of the world for guidance today. In Jesus’ name, amen.

主啊，感謝你在黑暗中為我們照亮道路。我們信靠你，不僅是為了我們的救贖，也是為了我們每天的平安與供應。你是我們唯一的需要。我們只聽從你而來的指導。奉主耶穌基督名求，阿們。

### **John 約翰福音 14:27 (NIV)**

**PEACE I LEAVE WITH YOU; MY PEACE I GIVE YOU. I DO NOT GIVE TO YOU AS THE WORLD GIVES. DO NOT LET YOUR HEARTS BE TROUBLED AND DO NOT BE AFRAID.**

我留下平安給你們；我將我的平安賜給你們。我所賜的，不像世人所賜的。你們心裡不要憂愁，也不要膽怯。

If there is one common theme during this quarantine, across every continent, it is the search for peace. And Jesus said it best when He told His disciples that He does not give as the world gives. His peace He leaves with us, as a free gift to enjoy. And because Jesus does not give as the world gives, we know that this peace is lasting and secure.

在這次隔離期間，在每一個洲都有一個共同的主題，那就是尋求平安。當耶穌告訴他的門徒，他所賜的平安不像世人所賜的那樣時，他說的再好不過了。他的平安留給我們，作為免費的禮物去享受。因為主所賜的平安不一樣，我們知道這種平安是持久和有保障的。

### Prayer 禱告

Lord Jesus, thank You for Your peace. What a gift it is! In the middle of this uncertain season, still Your peace remains. For that reason, we will not let our hearts be troubled today. In the precious name of Your Son, Jesus, amen.

主耶穌，感謝你賜給我們平安。多麼珍貴的禮物啊！在這變幻莫測的季節裏，你的平安與我們同在。因此今天我們的心不要憂愁。奉你兒子耶穌的聖名求，阿們。

### Romans 羅馬書 8:15 (NKJV)

**FOR YOU DID NOT RECEIVE THE SPIRIT OF BONDAGE AGAIN TO FEAR, BUT YOU RECEIVED THE SPIRIT OF ADOPTION BY WHOM WE CRY OUT, "ABBA, FATHER."**

你們所受的，不是奴僕的心，仍舊害怕；所受的，乃是兒子的心，因此我們呼叫：阿爸！父！

Abba, Father...what a comforting reminder that God is not only the Creator of the entire universe, He is our Father who loves us. He lives in us by His Holy Spirit. Whatever oppressive thoughts try to fill us with worry today, they don't stand a chance in light of God's presence.

阿爸，父...這是多麼令人欣慰的提醒，神不僅是整個宇宙的創造者，他也是愛我們的父。他借著聖靈住在我們裏面。今天，無論有什麼壓迫性的思想試圖讓我們充滿憂慮，在神面前都沒有立足之地。

### Prayer 禱告

Holy God, we cry out to you and ask for Your Spirit to wash over us. Cast out all spirits of fear and anxiety, as we hold fast to the Bible verses that remind us of Who you are. We receive Your Spirit of adoption with open arms, as we cry out, "Abba, Father." In the name of Jesus, amen.

聖潔的神，我們呼求你的靈洗滌我們，驅走所有恐懼和焦慮的情緒，因為我們緊緊抓住聖經的話語提醒我們你是誰。我們張開雙臂接受成為你的兒女，我們呼喊：“阿爸，神父。奉耶穌之名求，阿們。

### Romans 羅馬書 8:37-39 (NIV)

**IN ALL THESE THINGS WE ARE MORE THAN CONQUERORS THROUGH HIM WHO LOVED US. FOR I AM CONVINCED THAT NEITHER DEATH NOR LIFE, NEITHER ANGELS NOR DEMONS, NEITHER THE PRESENT NOR THE FUTURE, NOR ANY POWERS, NEITHER HEIGHT NOR DEPTH, NOR ANYTHING ELSE IN ALL CREATION, WILL BE ABLE TO SEPARATE US**

## FROM THE LOVE OF GOD THAT IS IN CHRIST JESUS OUR LORD.

然而，靠著愛我們的主，在這一切的事上已經得勝有餘了。因為我深信無論是死，是生，是天使，是掌權的，是有能的，是現在的事，是將來的事，是高處的，是低處的，是別的受造之物，都不能叫我們與神的愛隔絕；這愛是在我們的主基督耶穌裡的。

Being quarantined does not mean we are defeated. On the contrary, we are more than conquerors! Nothing on this earth can separate us from the love of God that is in Christ Jesus. Let's cling to that promise today, and hide these comforting verses in our hearts.

被隔離並不意味著我們失敗了。相反，我們是勝利者！世上沒有什麼能使我們與神在基督耶穌裏的愛隔絕。讓我們今天堅守這個應許，把這些安慰的經文藏在心裏。

### Prayer 禱告

Heavenly Father, thank You for loving us so deeply that nothing can uproot us from Your love. Help us to remain steadfast and not be swayed by idle words or false promises. During this time of quarantine, remind us that we are not defeated, but instead, we are victors in Your Son. It is in His name we pray, amen.

天父，感謝你如此深愛我們，以致於沒有任何東西能能使我們與你的愛隔絕。求你堅固我們，不要被空話或虛假的承諾動搖。在隔離期間請提醒我們，我們並沒有被打敗，相反，我們是活在你兒子基督中的勝利者。我們奉主耶穌基督名禱告，阿們。

## (2) BITTERSWEET 甘苦談

*Materials needed: Bitter food 苦味食物(black coffee 黑咖啡, kale, bitter melon 苦瓜) and some sweet food 甜食(candy or fruit 糖果或水果)*

Jesus chose to go your Father's way to bring sweetness to the life of all of his children. He died in the place of us, who deserve to know the bitter taste of death so that we can now live in the full freshness that comes from knowing Him, the complete purity that is life in all its fullness. No longer are we tainted by the ruin of death or embittered by the throbbing pain of eternal disconnection from our loving Father. Instead, as we live in the love of God, we taste the pleasing reward of 'forever', the satisfying fragrance of time without end; we savor the fulfilling truth of the sweetness that comes from full relationship with the Father.

Eat or drink some of the bitter items you have while reflecting on the bitter pain/suffering Jesus went through for you & me. But it isn't over, eat the sweet item as what is about to come is truly sweet! because Jesus gave us Hope and we are no longer separated from our Father. Take the time to thank Jesus that He chose to taste the bitter so that true sweetness might come through in the end. Without Him, we will never be able to experience the sweet relationship with our eternal God.

主耶穌甘願遵行天父的路，使神的兒女可明白神的甜蜜，他為我們受死，經歷死亡的苦，卻使我們可得到生命甘甜，他的完備的純清使我們的生命不再受死亡所塗抹。從父神那裡，藉生命的連繫，我們可得聖靈香氣的滿足。

當妳回想耶穌為妳和我所經歷的痛苦時，品嚐壹些苦的東西。但品嚐完苦的接下來的就是甜蜜！現在來品嚐甜的的東。因為耶穌給了我們盼望，我們不再與天父分離。請感謝耶穌，他選擇品嚐苦味，這才帶來最終的甘甜。沒有他，我們將永遠無法體驗與我們永恒的上帝之間的甜蜜關係。

### (3) LIGHT IN THE DARKNESS 黑暗中的光

*Materials needed: Candles 蠟燭, matches/lighter*

#### Matthew 馬太福音 5:14-16 (NIV)

YOU ARE THE LIGHT OF THE WORLD. A TOWN BUILT ON A HILL CANNOT BE HIDDEN. NEITHER DO PEOPLE LIGHT A LAMP AND PUT IT UNDER A BOWL. INSTEAD THEY PUT IT ON ITS STAND, AND IT GIVES LIGHT TO EVERYONE IN THE HOUSE. IN THE SAME WAY, LET YOUR LIGHT SHINE BEFORE OTHERS, THAT THEY MAY SEE YOUR GOOD DEEDS AND GLORIFY YOUR FATHER IN HEAVEN.

你們是世上的光。城造在山上是不能隱藏的。人點燈，不放在斗底下，是放在燈臺上，就照亮一家的人。你們的光也當這樣照在人前，叫他們看見你們的好行為，便將榮耀歸給你們在天上的父。

We believe in Hope. It is not a blind hope, but a Hope that charges through the tragedy and brokenness of life with purpose. Think of the Hope you have, and how others need that same Hope. We all have friends who need Hope that is only found in Jesus Christ. Just as Jesus is the Light of the World, He has called us to be a light to those who are lost. Turn off, or dim as many lights as you can, and think of someone specifically who doesn't know Christ, and light a candle for them as you pray for Christ to change their hearts. You can light as many candles as you would like, or keep relighting the same candle if you only have one.

我們是有盼望的基督徒。這不是一種盲目的盼望，而是因主為我們的罪替我們死帶來的盼望。想想你已擁有的盼望，以及別人是如何需要只有在耶穌基督裏才能找到的盼望。我們都認識需要這種盼望的朋友。正如耶穌是世上的光，他召我們成為失喪者的光。關掉或盡可能多地調暗燈光，特別地想想那些不認識基督的人，當你為基督改變他們的心意禱告時，為他們點上一根蠟燭。你想到多少人就點多少支蠟燭，如果你只想到一個人，就一直點同一支蠟燭。

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