

P A S T O R 邝 保 亮

DANIEL

牧 师 K H O N G

PASTOR DANIEL KHONG
邝 保 亮 牧 师

THE IMPORTANCE OF

禁食的重要性 FASTING



MATTHEW 6:16-18
(NLT)

16 “And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. **17** But when you fast, comb your hair and wash your face.

MATTHEW 6:16-18
(NLT)

18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

马太福音 6:16-18
(CCB)

16 “你们禁食的时候，不要像伪君子那样愁眉苦脸，因为他们故意蓬头垢面，好让别人知道他们在禁食。我实在告诉你们，他们得到的赏赐不过是人的赞赏。¹⁷ 你禁食的时候要梳头洗脸，¹⁸ 不叫人们看出你在禁食，只让你肉眼看不见的父知道，鉴察隐秘事的父必赏赐你。

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EXAMPLES OF WHY PEOPLE FASTED:

- Repentance (Nehemiah 9:1-2)
- Grief (1 Chronicles 10:11-12)
- Seeking Guidance (Acts 14:23)

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- 悔改（尼希米记 9:1-2）
- 哀伤（历代志上 10:11-12）
- 寻求指引（使徒行传 14:23）

“Fasting helps express, deepens, confirms the resolution that we are ready to sacrifice anything, even ourselves, to attain what we seek for the kingdom of God.”

ANDREW MURRAY

“禁食有助于表达、加深，并坚定我们预备
做出任何牺牲的决心，甚至我们自己，
以便得到我们为神国度所寻求的。”

慕安德烈

Fasting is about turning away from ourselves
and turning our focus back to God.

禁食是将焦点转离自己，从而聚焦于神。

What Christian basics does fasting
teach us to live out?

禁食教导我们活出哪些基督徒的基础？

DENYING OURSELVES

舍己

MARK 8:34
(NIVUK)

34 Then he called the crowd to him along with his disciples and said: 'Whoever wants to be my disciple must **deny themselves** and take up their cross and follow me.

马可福音 8:34
(CCB)

34 祂叫众人和门徒一起过来，对他们说：“如果有人要跟从我，就应当**舍己**，背起他的十字架跟从我。

MARK 8:34
(NLT)

34 Then, calling the crowd to join his disciples, he said, “If any of you wants to be my follower, **you must give up your own way**, take up your cross, and follow me.

马可福音 8:34
(ERV)

34 于是耶稣把众人和门徒叫过来，对他们说：“如果谁想跟随我，他就必须**舍弃自己（你必须放弃自己的方式）**，背起他的十字架跟随我。

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16 “你们禁食的时候，不要像伪君子那样愁眉苦脸，因为他们故意蓬头垢面，好让别人知道他们在禁食。我实在告诉你们，他们得到的赏赐不过是人的赞赏。

MATTHEW 4:1-2
(NLT)

¹ Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. ² For forty days and forty nights he fasted and **became very hungry**.

马太福音 4:1-2
(CCB)

¹ 后来，耶稣被圣灵带到旷野，去受魔鬼的试探。² 耶稣禁食了四十昼夜后，**很饥饿**。

MATTHEW 4:3-4
(NLT)

3 During that time the devil came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.” **4** But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’”

马太福音 4:3-4
(CCB)

- 3 试探者前来对祂说：“如果你是上帝的儿子，可以叫这些石头变成食物。”
- 4 耶稣回答说：“圣经上说，‘人活着不是单靠食物，乃是靠上帝口中的每一句话。’”

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舍己

DRAWING CLOSE TO GOD

亲近神

基督徒的禁食不仅是禁戒；也是与神对齐。

Christian fasting is not just about abstinence;
it's also about alignment to God.

MATTHEW 6:17-18
(NLT)

¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except **your Father**, who knows what you do in private. And **your Father**, who sees everything, will reward you.

马太福音 6:17-
18 (CCB)

¹⁷ 你禁食的时候要梳头洗脸，¹⁸ 不叫人们看出你在禁食，只让^你肉眼看不见的^父知道，鉴察隐秘事的^父必赏赐你。

MATTHEW 4:4
(NIVUK)

4 Jesus answered, 'It is written: "Man shall not live on bread alone, but on every word that comes from the mouth of God."'

马太福音 4:4
(CCB)

4 耶稣回答说：“圣经上说，‘人活着不是单靠食物，乃是靠上帝口中的每一句话。’”

MATTHEW 4:7
(NIVUK)

7 Jesus answered him, 'It is also written: "Do not put the Lord your God to the test."'

马太福音 4:7
(CCB)

7 耶稣回答说：“圣经上也说，‘不可试探主——你的上帝。’”

MATTHEW 4:10
(NIVUK)

¹⁰ Jesus said to him, 'Away from me, Satan! For it is written: "Worship the Lord your God, and serve him only."'

马太福音 4:10
(CCB)

¹⁰ 耶稣说：“撒旦，走开！圣经上说，‘要敬拜主——你的上帝，单单事奉祂。’”

JAMES 4:8
(NKJV)

8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.

雅各书 4:8
(CCB)

8 你们亲近上帝，上帝就必亲近你们。
有罪的人啊，洗净你们的手吧！三心
二意的人啊，洁净你们的心吧！

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DESIRING MORE OF GOD

更渴慕神

“Do you have a hunger for God? If we don't feel strong desires for the manifestation of the glory of God, it is not because we have drunk deeply and are satisfied.

JOHN PIPER

It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great.”

JOHN PIPER

“你渴慕神吗？如果我们对神荣耀的彰显没有强烈的渴望，并不是因为我们沉醉其中，已经满足。而是因为我们留恋于世俗的餐桌太久，以致于我们的灵被琐事塞满，而没有容量去容纳伟大的事。”

约翰·派博

PROVERBS 27:7
(NKJV)

7 A satisfied soul loathes the honeycomb, but to a hungry soul every bitter thing is sweet.

箴言 27:7
(CCB)

7 饱足的人连蜂蜜也嫌弃，饥饿的人吃苦食也甘甜。

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MATTHEW 4:11
(NLT)

11 Then the devil went away, and angels came and took care of Jesus.

马太福音 4:11
(CCB)

11 于是魔鬼离开了耶稣，这时有天使前来伺候祂。

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约翰·派博

“If we are full of what the world offers,
then perhaps a fast might express, or
even increase, our soul’s appetite for God.
Between the dangers of self-denial and
self-indulgence is the path of pleasant pain
called fasting.”

JOHN PIPER

“如果我们已被世俗之物填满，或许禁食能表达，甚至增强，我们灵魂对神的渴慕。在舍己和自我放纵的危险之间，是一条叫人痛苦并快乐的路：即禁食。”

约翰·派博

PSALM 34:8
(NIVUK)

8 Taste and see that the Lord is good;
blessed is the one who takes refuge
in him.

诗篇 34:8
(CUVMPS)

8 你们要尝尝主恩的滋味，便知道他是
美善。投靠他的人有福了！

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