



*Slow Down*  
**and Live!**





...the men said to them, “Why do you look for the living among the dead? He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: ‘The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.’”

Then they remembered his words.

- Luke 24:5-8 -

... 那兩個人對她們說：「為甚麼在死人中找活人呢？他不在這裏，已經復活了。要記得他還在加利利的時候怎樣告訴你們的，他說：『人子必須被交在罪人手裏，釘在十字架上，第三天復活。』」 她們就想起耶穌的話來。

- 路24:5-8 -







Warming up: How would you explain Lent?

*Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'" - Luke 4:8*

1. How has this Lenten season felt like a desert or a wilderness?
2. Where have you been tempted to direct your worship during this season of Lent?
3. How can we seek to focus our worship on God alone this year?

你會怎樣理解「大齋期」？

**耶穌回答他說：「經上記著：『要拜主—你的上帝，惟獨事奉他。』」**  
- 路4:8 -

1. 今年的大齋期，你如何讓自己仿如置身沙漠或曠野中？
2. 在這個大齋期，甚麼地方誘使你想支配你的上主？
3. 今年，我們如何尋求將我們的崇拜集中在上帝中？

# Notes / Prayer points / etc.

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## Prayer

O Lord, who for our sake fasted forty days and forty nights: give us grace to use such abstinence, that, our flesh being subdued to the spirit, we may ever obey your godly will in righteousness and true holiness; to your honour and glory, who lives and reign with the Father and the Holy Spirit, one God, world without end. Amen.

## 祈禱

主啊，你為我們的緣故禁食四十晝夜：求你施恩給我們，因著節制，讓我們的己身順服於靈性上，藉此我們能在公義和聖潔中，永遠順服於你的神聖旨意，願尊貴榮耀歸於你，和聖父、聖靈，惟一上帝，一同永生，一同掌權，永世無盡。阿門





Warming up: How would you explain fasting?

*"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?" - Isaiah 58:6*

1. What is fasting supposed to achieve in our hearts?
2. How is fasting supposed to re-orientate our lives?
3. How can we live a lifestyle of fasting so that we rid our lives of idols and focus on God alone?

你會怎樣理解「禁食」？

**我所要的禁食，豈不是要你鬆開兇惡的繩，解開軛上的索，使被欺壓的得自由，折斷一切的軛嗎？ - 以賽亞書 58:6**

1. 「禁食」應能使我們達到甚麼目的？
2. 「禁食」能怎樣重新釐定我們的生活？
3. 我們可以怎樣過一個齋戒的生活，使我們能擺脫俗世的偶像，專注於上主？



# Notes / Prayer points / etc.

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## Prayer

Remember, O Lord, what you have wrought in us and not what we deserve, and, as you have called us to your service, make us worthy of our calling, through Jesus Christ our Lord. Amen.

## 祈禱

主啊，求你記念你在我們身上所做而又是我們不配有的。當你呼召我們事奉你時，求你使我們配得你的呼召，藉賴我們的主耶穌基督。阿門。



Warming up: How would you explain prayer?

*"...If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!" - Luke 11:13*

1. Why is prayer so essential to our relationship with God?
2. Jesus tells us that God desires to "give the Holy Spirit to those that ask him!" How often do you ask God for the gift of his Spirit compared to asking for other things?
3. What practical steps could you take as you seek to grow as a person of prayer this year?

你會怎樣理解「禱告」？

**你們雖然不好，尚且知道拿好東西給兒女，何況天父，他豈不更要把聖靈賜給求他的人嗎！ - 路 11:13**

1. 為什麼禱告對我們與上帝的關係如此重要？
2. 耶穌告訴我們，上帝願意「把聖靈賜給求他的人！」和其他你祈求的東西相比，你有幾恆常向上帝祈求聖靈的恩賜？
3. 今年，你會以甚麼方式實踐，去尋求成為祈禱者？

# Notes / Prayer points / etc.

## Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

## 祈禱

我們在天上的父，願祢的名被尊為聖，  
願祢的國降臨，願祢的旨意行在地上，如同行在天上。

我們日用的飲食，今天賜給我們。

饒恕我們的罪，如同我們饒恕得罪我們的人。

不叫我們遇見試探，拯救我們脫離兇惡。

因為國度、權柄、榮耀，都是祢的，從現在直到永遠。阿們。





Warming up: How would you explain repentance?

*"Perhaps the reason he was separated from you for a little while was that you might have him back forever—no longer as a slave, but better than a slave, as a dear brother..." - Philemon 1:15-16*

1. Why is repentance something that must happen in our hearts and minds - not just in our words?
2. In what ways is Onesimus' repentance more than words?
3. How can we seek to live a lifestyle of repentance towards God and our neighbours each day?

你會如何理解「悔改」？

**他暫時離開你，也許是要讓你永遠得著他，16 不再是奴隸，而是高過奴隸，是親愛的弟兄；對我確實如此，何況對你呢！無論在肉身或在主裏更是如此。 - 門 1:15-16**

1. 為何「悔改」必會存於我們的是心思意念中，而非空口講白話？
2. 阿尼西謀（從腓利門家逃走的奴隸）的悔改在哪些方面勝於空口講白話？
3. 我們如何尋求過一個能時常向上主和鄰舍悔改的生活方式？

# Notes / Prayer points / etc.

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## Prayer

Almighty God, in Christ you make all things new: transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your heavenly glory; through Jesus Christ our Lord. Amen.

## 祈禱

全能的上帝，你在基督裡更新了一切：求你以你豐富的恩典轉化我們本性的貧乏，並在我們生命的更新中彰顯你屬天的榮耀；藉賴我們的主耶穌基督。阿門。





Warming up: How would you explain sacrifice?

“Do not lay a hand on the boy,” he said. “Do not do anything to him. Now I know that you fear God, because you have not withheld from me your son, your only son.” - Genesis 22:12

1. What things are you tempted to love more than God?
2. Are you willing to lay those things down on the altar?
3. What does it mean when we pray each week: Father, we offer ourselves to you as a living sacrifice...?

你會如何理解「獻祭」？

**不可在這孩子身上下手！一點也不可傷害他！現在我知道你是敬畏上帝的人了，因為你沒有把你的兒子，就是你的獨子，留下不給我。 - 創 22:12**

1. 甚麼東西誘使你勝過愛上帝？
2. 你願意把那些東西放在祭壇上嗎？
3. 每主日我們禱告時話：「天父，我們獻上自己當作活祭...」，是甚麼意思呢？



# Notes / Prayer points / etc.

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## Prayer

God of our ancestors, whose chosen servant Abraham was given faith to obey your call and go out into the unknown: endow your Church with such faith that we may follow you with courage; for the sake of Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## Prayer

我們祖宗的上帝，你所揀選的僕人亞伯拉罕被賜予信心，聽從你的召喚，走向未知的路：求你賜予你的教會有著這樣的信心，使我們可以勇敢地跟隨你；藉賴我們的主耶穌基督，他與你和聖靈同在，一同永生，一同掌權，永為一上帝，**阿門。**



Warming up: How would you explain renewal?

“I tell you,” Jesus replied, “if they keep quiet, the stones will cry out.” - Luke 19:40

1. In what ways do fasting, prayer, repentance, and sacrifice create an environment in our heart that is ready for renewal?
2. Why do you think renewal and praise go hand-in-hand?
3. What are some practical ways that you can continue to welcome the Holy Spirit's renewing work in your life this year?

你會如何理解「更新」？

**耶穌回答：「我告訴你們，若是這些人閉口不說，石頭也要呼叫起來。」**  
- 路 19:40

1. 禁食、禱告、悔改和獻祭，以什麼形式來創造一個環境，使我們準備更新？
2. 為什麼更新和讚美是形影相隨？
3. 今年，有哪些方法可以繼續使你常時迎接聖靈在你生命中更新？

# Notes / Prayer points / etc.

## Prayer

Almighty and everlasting God, in your tender love towards us you sent your Son, our Saviour Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all should follow the example of his great humility: mercifully grant that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. Amen.

## 祈禱

全能永生的上帝，在你對我們溫柔的愛中，你差遣你的聖子，我們的救主耶穌基督，道成肉身，並在十字架上受死，使我們能效法他偉大謙卑的榜樣：求你仁慈地讓我們都效法他的耐心榜樣，並且與他一同復活；藉賴我們的主耶穌基督。阿門。





Warming up: How would you explain Easter?

“Why do you look for the living among the dead? He is not here; he has risen!” - Luke 24:5-6

1. In what ways has the process of emptying during Lent helped you to identify with and relate to Jesus's death?
2. In what ways has the process of re-filling during Lent helped you to identify with and relate to Jesus's resurrection?
3. What is something that God has challenged you with, or been speaking to you this Lent / Easter?

你會如何理解「復活節」？

**為甚麼在死人中找活人呢？ 他不在這裏，已經復活了。要記得他還在加利利的時候怎樣告訴你們的 - 路 24:5-6**

1. 大齋期的「倒空」歷程，有哪些地方幫助你確認和連結耶穌的犧牲？
2. 大齋期的「重注」歷程，有哪些地方幫助你確認和連結耶穌的復活？
3. 在這個大齋期/復活期，上帝向你作出甚麼挑戰，或向你說了甚麼話？



“Blessed is the king who comes  
in the name of the Lord!”

“Peace in heaven and glory in  
the highest!”

- Luke 19:38 -

奉主名來的王是應當稱頌的！

在天上和平；

在至高之處有榮光。

路19:38

 **Anglican**

St Barnabas Sunnybank

 **Anglican**

Algester

 **Anglican**

Dalby