

祷告
拉近与父的关系

祷告
以父为中心请求

与天父的祷告

祷告
是对父完全信靠

A man with short, curly hair is kneeling on a rocky, uneven ground, looking upwards with a hopeful expression. He is wearing a light-colored, long-sleeved shirt and dark pants. The background is a vast, dramatic sky filled with dark, swirling clouds. A bright, golden light source, possibly the sun or moon, is positioned at the top center, casting rays of light that illuminate the clouds and the man's face. The overall mood is one of hope and faith.

祷告
祷告带来平安









腓立比书 4:6-7

6 应当一无挂虑，只要凡事借着祷告、祈求和感谢，将你们所要的告诉神。

7 神所赐出人意外的平安，必在基督耶稣里保守你们的心怀意念。

1

放下忧虑

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忧虑是把焦点放在自己和环境

祷告是把焦点转移向神



A close-up photograph of a person's hands raised in a gesture of prayer or supplication. The hands are positioned with palms facing upwards and fingers slightly spread. The person is wearing a light-colored, textured garment, possibly a robe or a long-sleeved shirt. The background is a warm, golden-brown color with a soft, hazy light. Numerous small, dark, dust-like particles are suspended in the air, catching the light and creating a bokeh effect. The overall mood is one of hope, faith, and seeking divine assistance.

**烦的时候，
就是祷告的时候。**

**一切的烦（凡）事，
都可以告诉神。**

2

全然交托

全然交托

A person is shown from behind, standing with their arms outstretched towards a vast, intense field of fire or a bright, glowing sky. The person is wearing a light-colored, long-sleeved shirt. The background is a dramatic, textured expanse of orange and yellow flames, suggesting a powerful, divine presence. The overall mood is one of surrender, hope, and spiritual fervor.

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A close-up photograph of a person's hands clasped together in a prayerful gesture. The hands are positioned in the upper right quadrant of the frame. The background is a warm, golden-brown color with a soft, out-of-focus light source, creating a bokeh effect with many small, glowing orange and yellow particles floating in the air. The lighting is dramatic, highlighting the texture of the skin and the fabric of the hands.

没有一件事小到神不关心，
也没有一件事大到神不能处理。

A person is shown from the chest up, wearing a light-colored, textured garment. Their hands are raised in a gesture of prayer or supplication, with fingers slightly spread. The background is a warm, golden-brown color, filled with numerous small, glowing particles that create a sparkling effect. The lighting is soft and directional, coming from the upper right, highlighting the contours of the hands and the texture of the fabric.

**祷告不是最后一招，
而应该是第一反应。**

3

以感谢回应



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以感谢回应

感谢过去：回顾神的信实

感谢现在：在挑战中，相信神在塑造我

感谢未来：还没看到结果，就先感谢神



腓立比书 4:6-7

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7 **神所赐出人意外的平安，必在基督耶稣里保守你们的心怀意念。**

神賜的平安

平安

- 保守思想，不被负面淹没。
- 保守情感，不被忧虑掌控。
- 保守意志，不被困境打垮。





神賜的平安

平安

- 不是环境来的，而是神的同在带来的。