



# T: 祈求並禁食

# S: 祈求并禁食

## ASKing with Fasting in Chinese



*“When you pray... when you fast...” Matthew 6:5, 16*

T: 「你們禱告時，…你們禁食的時候…」 (馬太福音 6:5, 16)

S: “你们祷告时，…你们禁食的时候…” (马太福音 6:5, 16)

Jesus teaches prayer and fasting as related subjects. Sometimes scripture even describes them as combined activities. (E.g. Matthew 17:21, Acts 14:23) In ASK Network we ASK with fasting, as the Lord directs. Receive from Him anything we ASK, because we obey His commands and do what pleases Him. 1 John 3:22

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Fasting food and drink quickly reminds us of our humanity. Hence, it helps us focus on God. It is known medically that the body should not go more than three days without water or forty days without food. These are the natural limits of most biblical fasts. There are only three exceptions: the supernatural fasts of Jesus, Elijah and Moses who all did forty-day fasts without food or water; Moses twice. Interestingly Elijah and Moses appeared on the Mount of Transfiguration with Jesus, representing the Law and the Prophets.

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**Traditional Chinese translations are marked as “T” right under English lines and Simplified Chinese translations are marked as “S” right under the traditional Chinese translations.**

**All direct quotes from the Bible are in quotation marks in Chinese, and therefore the English versions have also been modified to reflect their Chinese translations.**

Here we are looking primarily at the devotional practice of abstaining from food, or maybe drink, but God may ask any kind of a fast of us as He does in Isaiah 58 where abstaining from various sinful behaviors can break the effect of injustice.

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### **Reasons for fasting when ASKing on behalf of Church, communities and all nations:**

T: 為教會，社區和列國禁食禱告的原因：

S: 为教会，社区和列国禁食祷告的原因：

**To be humbled** “I humbled my soul by fasting.” Psalm 69:10 “I proclaimed a fast... that we might humble ourselves before our God.” Ezra 8:21

T: 謙卑下來「我悲傷禁食。」(詩篇 69:10)「我…宣佈禁食，為要在我們的上帝面前謙卑下來。」(以斯拉記 8:21)

S: 谦卑下来“我悲伤禁食。”(诗篇 69:10)“我…宣布禁食，为要在我们的上帝面前谦卑下来。”(以斯拉记 8:21)

**To be holy** “They stood... and confessed their sins.” Nehemiah 9:1-3; “Then your righteousness will go before you.” Isaiah 58:8

T: 成聖 「(他們)站著承認自己的罪惡。」(尼希米記9:1-3);「你的公義就必行在你的前面。」(以賽亞書 58:8)

S: 成圣 “(他们)站著承认自己的罪恶。”(尼希米记9:1-3);“你的公义就必行在你的前面。”(以赛亚书 58:8)

**To be heard** “So we fasted and petitioned our God about this, and he answered our prayer.” Ezra 8:23 ; “They declared a fast, and all of them... When God saw what they did and how they turned from their evil ways, he had compassion and did not bring upon them the destruction he had threatened.” Jonah 3:5, 10

T: 被垂聽「因此，我們為這事禁食、尋求我們的上帝，祂就應允了我們。」(以斯拉記 8:23)

「便宣告禁食，所有的人…上帝看見他們改邪歸正，不再作惡，就憐憫他們，沒有像所說的那樣毀滅他們。」(約拿書 3:5,10)

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“便宣告禁食，所有的人…上帝看见他们改邪归正，不再作恶，就怜悯他们，没有像所说的那样毁灭他们。”(约拿书 3:5,10)

**To hear** “I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes...’I have now come to give you insight and understanding.” Daniel 9:3, 22

T: 聆聽「我便禁食，身披麻衣，頭蒙灰塵，向主上帝禱告祈求。…「但以理啊，我來是要使你有智慧和悟性。」」(但以理書 9:3, 22)

S: 聆听 “我便禁食，身披麻衣，头蒙灰尘，向主上帝祷告祈求。… ‘但以理啊，我来是要使你有智慧和悟性。”(但以理书 9:3, 22)

## Types of fasting:

T: 禁食的類型:

S: 禁食的类型:

**Total fast:** Esther observed a three-day fast with no food or water. (The maximum a body can sustain naturally.) “Do not eat or drink for three days, night or day. I and my maids will fast as you do.” Esther 4:16 The result for Esther was the deliverance of an entire people. Paul also did a total fast for three days. “For three days he was blind, and did not eat or drink anything.” Acts 9:9 This was preparation for ministry.

T: **完全禁食:** 以斯帖禁食三天，不吃不喝。（這是人體自然可以承受的極限。）「為我禁食禱告，三天三夜不吃不喝；我和我的宮女也要照樣做。」（以斯帖記4:16）以斯帖虔誠的行為拯救了整個民族。保羅也完全禁食了三天。「三日不能看見，也不吃也不喝。」（使徒行傳9:9）這是為了他事工做的準備。

S: **完全禁食:** 以斯帖禁食三天，不吃不喝。（这是人体自然可以承受的极限。）“为我禁食祷告，三天三夜不吃不喝；我和我的宫女也要照样做。”（以斯帖记4:16）以斯帖虔诚的行为拯救了整个民族。保罗也完全禁食了三天。“三日不能看见，也不吃也不喝。”（使徒行传9:9）这是为了他事工做的准备。

**Abstaining from food only:** This is what is understood by most biblical references to fasting. E.g. Ezra — 9:5, 10:6, People of Nineveh — Jonah 3:5-9, Anna — Luke 2:37, Church in Antioch — Acts 13:2-3, etc.

T: **僅戒食物:** 這是大多數對聖經中禁食的理解。例如：以斯拉記9:5, 10:6, 尼尼微人-約拿書3:5-9, 安娜-路加福音2:37, 安提阿教會-使徒行傳13:2-3, 等。

S: **仅戒食物:** 这是大多数对圣经中禁食的理解。例如：以斯拉记9:5, 10:6, 尼尼微人-约拿书3:5-9, 安娜-路加福音2:37, 安提阿教会-使徒行传13:2-3, 等。

**Partial fast:** This can be a very useful form of fasting as it need not affect every day life. Daniel did a partial fast for three weeks: “I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.” Daniel 10:3

T: **局部禁食:** 這是一種非常有用的禁食方式，因為它不必影響日常生活。但以理禁食了三個星期：「美味我没有吃，酒肉没有入我的口，也没有用油抹我的身，直到满了三个七日。」（但以理書 10:3）

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## Before you fast:

T: 禁食之前:

S: 禁食之前:

Be clear as to the spiritual objective of the fast.

T: 要明確了解禁食的屬靈目標。

S: 要明确了解禁食的属灵目标。

Seek the Lord as to how long (sunset to sunset, one, three, ten, twenty-one and forty days are all mentioned in scripture). If it is to be an extended fast, prepare carefully and prayerfully, and break fast wisely.

T: 向主詢問多長時間 (從日落到日落, 一, 三, 十, 二十一和四十天在經文中都提到)。如果要延長禁食的時間, 應謹慎而虔誠地祈禱準備, 並明智地離戒。

S: 向主询问多长时间(从日落到日落, 一, 三, 十, 二十一和四十天在经文中都提到)。如果要延长禁食的时间, 应谨慎而虔诚地祈祷准备, 并明智地离戒。

Pray about what kind of fast (total, food, partial or some other).

T: 為禁食的類型禱告 (完全, 僅戒食物, 局部或其他)。

S: 为禁食的类型祷告(完全, 仅戒食物, 局部或其他)。

Ask the Lord to purify your motive and humble your heart.

T: 祈求主潔淨你的動機並謙卑你的心。

S: 祈求主洁净你的动机并谦卑你的心。

Determine if this is a public fast with others (e.g. Zechariah 7:5 ; Acts 13:2) or private.

T: 確認是否是與他人一起共同禁食(例如:撒迦利亞書7:5;使徒行傳13:2)還是個人禁食。

S: 确认是否是与他人一起共同禁食(例如:撒迦利亚书7:5;使徒行传13:2)还是个人禁食。

Make yourself accountable to someone.

T: 讓自己對他人負責。

S: 让自己对他人负责。

If you might have any medical complications check with a doctor.

T: 如果你可能有任何醫療病發症, 請先諮詢醫生

S: 如果你可能有任何医疗病发症, 请先咨询医生

**“To Him who loves us and has freed us from our sins  
by His blood, and has made us to be a kingdom and priests  
to serve His God and Father —  
to Him be glory and power for ever and ever! Amen.”**

Revelation 1:5-6

T: 祂愛我們, 用自己的血救我們脫離罪惡, 又使我們成為國民, 做祂父神的祭司。但願榮耀, 權能歸給祂, 直到永永遠遠。阿們!(啟示錄 1:5-6)

S: “祂爱我们, 用自己的血救我们脱离罪恶, 又使我们成为国民, 做祂父神的祭司。但愿荣耀, 权能归给祂, 直到永永远远。阿们!” (启示录 1:5-6)