

講道摘要
Message Summary

為你的突破禁食
Fasting for your breakthrough

馬太福音 17 : 19-21
Matthew 17:19-21

大纲
Outline

1. 禁食是為靈命而對食物的抵制
Fasting is refraining from food for a spiritual purpose.
2. 禁食多久？是否健康？
How long should you fast? Is it healthy?
3. 禁食可以使你對聖靈感知更為靈敏，使你生活的更加聖潔
Fasting can make you more sensitive to the Holy Spirit, making your daily life more holy.
4. 禁食是使你為新的揀選做好準備
Fasting prepares you for making new choices.

金句：馬太福音 6 : 17-18

你禁食的時候，要梳頭洗臉，不叫人看出你禁食來，只叫你暗中的父看見。你父在暗中察看，必然報答你。

Gold Verse: Matthew 6:17-18

But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

每日讀經: 從詩篇第 72 章開始讀 7 章。

Daily Bible readings: 7 chapters starting from Psalms 72.