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New Revised Standard Version Catholic Edition (NRSVCE)

Catalog 目录

Mark's Gospel Reading Guide In One Year 2nd Printing, pdf 1

在一年内阅读马尔谷福音指南第二次印刷, pdf 1

Many of us have good intentions and a desire to read the Bible but do not know where or how to start. Therefore, this book "Guide to Reading, Contemplating and Praying the Gospel of Mark in One Year" is intended to help us read, meditate and pray daily using the Bible. This guidebook can be used by anyone who wants to meet Jesus in His word. We will:

我们中的许多人都有良好的意愿, 渴望阅读圣经, 但不知道从哪里开始或如何开始. 因此, 这本书“**一年之内阅读, 沉思和祈祷马尔谷福音的指南**”旨在帮助我们每天使用圣经阅读, 冥想和祈祷. 任何想见耶稣的人都可以使用本指南. 我们会

Read: For starters, we will read just one or two verses so that little by little, we can read the whole Gospel of Mark in one year.

阅读: 对于初学者来说, 我们只会阅读一两节经文, 因此一点一点地, 我们就可以在一年内阅读马尔谷福音.

Questions for understanding: We will read the verses several times carefully to find answers to these questions to better understand what is the important content and keywords in the passage.

理解问题: 我们将仔细阅读经文几次, 以找到这些问题的答案, 以更好地理解文章中重要的内容和关键词.

Reflection: We meditate on this verse to know the implicit meaning contained in the word of God that. The questions in this section can help in our reflection.

反思: 我们在这节经文上进行冥想, 以了解神的话语所含的内在含义

那. 本节中的问题可以帮助我们进行反思.

Personal Notes: We can write down important content or keywords from the verses we have read and ponder so that we can remember and use them in our daily lives.

个人注释: 我们可以从阅读和思考的经文中写下重要的内容或关键字, 以便我们能够在日常生活中记住和使用它们.

Prayer: We will conclude with a prayer that summarizes and formulates the themes and keywords contained in the verses of God's word that have been read.

祷告: 我们将以祷告结束, 该祷告总结并制定了已读的天主圣言经文中包含的主题和关键词.

WHY SHOULD WE READ AND REFLECT THE WORD OF GOD?

为什么我们应该阅读并反省天主的话?

We know Jesus when we read and meditate on the Word of God. Jesus asked His disciples, " ¹⁵ He said to them, "But who do you say that I am?" (Matt. 16:15, Mk 8:29). This question is addressed to us as well.

Who is Jesus to us. We get answers to questions from God's Word. St. Jerome once said, "Biblical ignorance is the ignorance of Christ." That is, if we are not accustomed to reading the Bible or the Bible does not occupy an important place in our lives, then we do not care to know who Christ is to us.

当我们阅读并沉思天主的圣言时, 我们就会认识耶稣. 耶稣对门徒们说:「你们说我是谁?」(瑪竇福音 16:15, 馬爾谷福音 8:29). 这个问题也已经解决了.

谁是我们的耶稣. 我们从神的话语中得到问题的答案. 圣杰罗姆曾经说过:“圣经的无知就是基督的无知.”也就是说, 如果我们不习惯阅读圣经, 或者圣经没有在我们的生活中占据重要地位, 那么我们就不在乎知道基督对我们来说是谁.

THE IMPORTANCE OF THE WORD OF GOD IN OUR LIVES

神的话语在我们生活中的重要性

1. But he answered, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”(Matthew 4: 4). The Word of God is our spiritual food. Just as our bodies need food to live, so the spirit and soul need to receive food, which is the word of God. With this spiritual food, we gain the strength in our souls to know and do the will of God in us.

1. 他回答说:「经上记载:『人生活不只靠饼, 而也靠天主口中所发的一切言语.』」(玛4:4) 天主的话是我们的精神食物. 正如我们的身体需要食物才能生存一样, 精神和灵魂也需要接受食物, 这是天主的道. 有了这种属灵的食物, 我们就会在灵魂中获得力量, 去了解并在我们里面实现天主的旨意.

2. For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and spirit, of joints and marrow, and discerning the thoughts and intentions of the heart. (Hebrews 4:12) God's Word has the power to change our heart. The Bible is like a mirror and when we read and ponder the word of God, we can see and judge our hearts; whether our hearts are pleasing to God or not. The Word of God seeks to heal anything wound in our hearts. It gives us new hope that is empty and frustrated due to the problems and hardships of our lives.

2. 天主的话确实是生活的, 是有效力的, 比各种双刃的剑还锐利, 直穿入灵魂和神魂, 关节与骨髓的分离点, 且可辨别心中的感觉和思念(希伯来书4:12) 神的话语有能力改变我们的心. 圣经就像一面镜子, 当我们阅读和思考天主的圣言时, 我们可以看到并审判我们的心. 我们的心是否喜悦天主. 天主的话语试图治愈我们心中的任何创伤. 由于生活中的问题和艰辛, 它给我们带来了空虚而沮丧的新希望.

3. All scripture is inspired by God and[a] profitable for teaching, for reproof, for correction, and for training in righteousness (2 Timothy 3:16) God's Word teaches us. As Jesus taught His disciples, so Jesus teaches us when we read and ponder the word of God. The word of God rebukes us to be aware of God's presence in our lives. When we do something wrong, the word of God corrects us. The Word of God educates us so that we are formed and mature in our faith.

3. 凡受天主默感所写的圣经, 为教训、为督责、为矫正、为教导人学正义, 都是有益的, (弟茂德后书:3:16). 耶稣教导门徒时, 当我们阅读并思考天主的圣言时, 耶稣也会教导我们. 天主的话语使我们责备我们意识到生命中天主的同在. 当我们做错事时, 天主的道会纠正我们. 天主的话语教育我们, 使我们在信仰上得以形成和成熟.

4. Most importantly, And take the helmet of salvation, and the sword of the Spirit, which is the word of God. (Ephesians 6:17). We need to be equipped with the Word of God, which is the sword of the Spirit as the weapon of God to fight in spiritual warfare. When Jesus was tempted in the wilderness, He resisted Satan using the word of God. So, to resist temptation, we must use the word of God, not our own.

4. 最重要的是, 并戴上救恩当盔, 拿着圣神作利剑, 即天主的话, . (厄弗所书6:17). 我们需要配备天主的圣言, 这是圣神的剑, 是天主在属灵战争中战斗的武器. 当耶稣在旷野受试探时, 他使用天主的道抵制了撒但. 因此, 为了抵制诱惑, 我们必须使用天主的道, 而不是我们自己的道.

5. So faith comes from what is heard, and what is heard comes by the preaching of Christ. (Romans 10:17). God's word strengthens our faith. As we read and ponder the word of God, we can better understand who God is in our lives and what God's plan is for us so that our faith is based on God's promises in His word.

5. 所以信仰是出于报道, 报道是出于基督的命令. (罗马书10:17). 天主的话语加强了我们的信心. 当我们阅读和思考天主的话语时, 我们可以更好地了解天主在我们生活中的身份, 以及天主对我们的计划是什么, 以便我们的信仰基于天主在他话语中的应许.

6. Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life. (John 6:68) God's Word directs our view of heaven and reminds us of everlasting life. The words in the Bible last forever because the Bible is His promises to us. Therefore, we can cling to the words of the Bible as the eternal word of God.

6. 西满伯多禄回答说:「主! 惟你有永生的话, 我们去投奔谁呢? (若望福音6:68) 天主的话语指引我们对天堂的看法, 使我们想起永生. 圣经中的词语永远存在, 因为圣经是他对我们的应许. 因此, 我们可以坚持圣经的话语是天主永恒的话语.

"Did not our hearts overflow when He spoke to us on the journey earlier and when He men
"当他在较早的旅途中和他的男人对我们说话时, 我们的心不会溢出

Fr. Andy Lee Bible Sunday, July 8, 2018 Diocese of Miri, Sarawak
神父安迪·李 (Andy Lee) 圣经2018年7月8日, 星期日, 砂拉越美里教区

STEPS TO READ AND REFLECT THE WORD OF GOD

阅读和体现天主话语的步骤

OPENING PRAYER TO THE HOLY SPIRIT

向圣神祈祷

RESEARCH: Read the passage of the word of God carefully, quietly in the heart (repeat the reading, verses or key words).

研究:内心安静地仔细阅读天主圣言的段落 (重复阅读, 经文或关键词) .

INTERPRET: Reflect on reading with the help of this question:

- What does it say about God? (his words and deeds).
- What does it say about us?
- Is this an order, a ban or a statement?

口译:在这个问题的帮助下思考阅读:

- 它对天主有什么看法? (他的言行) .
- 对我们有什么看法?
- 这是命令, 禁令还是声明?

FORMULATE: Seek the truth / will of God in this passage.

公式:在这段经文中寻求天主的真理/旨意.

EVALUATION: What does this truth mean in my life?

评价:这个真理对我的生活意味着什么?

USING / APPLYING /

APPLY: Decide to do God's will

使用/申请/

申请:决定遵行天主的旨意

PRAYER OF GRATEFULNESS TO THE HOLY SPIRIT

为圣神祈祷

DAY 1 Read: Mk. 1: 1-2 Date:

Questions for understanding:

- According to the Gospel of Mark, who is Jesus?
- What is the duty of a messenger of God?

Reflection:

Before Jesus came into this world, God had sent prophets to announce His coming.

How can I share about Jesus?

Personal Note:

Prayer: Jesus Christ, You are the Son of God. As the prophets proclaimed Your coming, make me Your messenger so that I can prepare the way for You and bring Your good news into this world.

Amen.

第1天 阅读:谷 1:1-2 日期:

理解问题:

-根据马可福音, 耶稣是谁?

-天主使者的职责是什么?

反思:

在耶稣来到这个世界之前, 天主已经派先知宣布他的到来.

我如何分享耶稣?

笔记:

祷告: 耶稣基督, 你是天主的儿子. 正如众先知宣布你的到来, 让我成为你的使者, 以便我为你准备路, 并将你的好消息带入这个世界. 阿们

DAY 2 Read: Mk. 1: 3-4 Date:

Questions for understanding:

- Who is the voice shouting in the desert?

- What is the purpose of the baptism of repentance?

Reflection:

The best way to prepare the way for God is to repent and ask for forgiveness of sins.

When was the last time I went and made a sincere confession of sin from the heart?

Personal Note:

Prayer: Jesus the Most Forgiving, You came to find sinners and bring them back to the bosom of the Father in heaven. Help me to repent in my life. Amen.

第2天 阅读:谷 1:3-4日期:

理解问题:

-沙漠里谁在喊叫声?

-悔改的洗礼的目的是什么?

反思:

为天主预备道路的最好方法是悔改并请求宽恕罪恶.

我最后一次去发自内心地真诚地认罪是什么时候?

笔记:

祷告: 最宽恕的耶稣, 你来是为了找到罪人, 并将他们带回天父的怀抱. 帮助我后悔一生. 阿们

DAY 3 Read: Mk. 1: 5-6 Date:

Questions for understanding:

- Why do so many people come from afar?

- What was John doing there?

Reflection:

Many people come to hear John because they are thirsty to hear the Word of God. In my daily routine, how much time do I spend reading God's Word?

Personal Note:

Prayer: Jesus Christ, Your Word has the power to change my heart so that I can leave a sinful life. May in the busyness of my daily life, I always be faithful to Your call. Amen

第3天 阅读:谷 1:5-6 日期:

理解问题:

-为什么这么多人来自远方?

-若望在那里做什么?

反思:

许多人之所以来听若望, 是因为他们渴望听天主的道. 在我的日常工作中, 我花多少时间阅读天主的话语?

笔记:

祷告: 耶稣基督, 你的话语有能力改变我的心, 使我可以离开罪恶的生活. 在我的忙碌生活中, 我永远忠于你的呼召. 阿们

DAY 4 Read: Mk. 1: 7-8 Date:

Questions for understanding:

- Who will come after John
- Who baptized with the Holy Spirit?

Reflection:

John knew Jesus and the purpose of his coming. He humbled himself so that Jesus could be exalted. Which position do I place Jesus in my life?

Personal Note:

Prayer: Lord Jesus, You give me the Holy Spirit. Hopefully with the help of Your grace, I can be open to the action of the Holy Spirit in my life. Amen.

第4天 阅读:谷 1:7-8 日期:

理解问题:

- 谁会追随若望
- 谁受了圣神的洗礼?

反思:

若望知道耶稣, 知道耶稣来的目的. 他谦卑自己, 以便可以高举耶稣. 我将耶稣置于我的生活中的哪个位置?

笔记:

祷告: 主耶稣, 你给我圣神. 希望在您的恩典的帮助下, 我可以敞开心接受圣神在我生命中的行动. 阿们

DAY 5 Read: Mk. 1: 9-10 Date:

Questions for understanding:

- Who baptized Jesus?
- What happened when Jesus came out of the Jordan?

Reflection:

The sinless Jesus was willing to be baptized by John to show His unity with sinful mankind so that they could become children of God. When will I become a child of God?

Personal Note:

Prayer: Lord Jesus, by Your baptism, You sanctify the water of baptism as a source of divine life. May my life reflect my dignity as a child of God. Amen.

第5天 阅读:谷 1:9-10 日期:

理解问题:

- 谁为耶稣施洗?
- 耶稣从约旦出来时发生了什么?

反思:

无罪的耶稣愿意接受若望的洗礼, 以表明他与有罪的人类的团结, 以便他们可以成为天主的儿女. 我什么时候会成为天主的孩子?

笔记:

祷告: 主耶稣, 借着您的洗礼, 使洗礼的水成为神圣生命的源头. 愿我的生活反映出我作为天主儿女的尊严. 阿们

DAY 6 Read: Mk. 1: 11-13 Date:

Questions for understanding:

- Whose voice is heard from heaven?
- Why was Jesus led by the Holy Spirit into the wilderness?

Reflection:

Jesus always lived in union with the Father in the Holy Spirit. In Jesus, I was also loved by my Father in heaven and pleased with Him. What is the basis of my relationship with God?

Personal Note:

Prayer: Jesus Christ, You are the Only Begotten Son of the Father in heaven. Help me when I am tempted to sin and may I live to do the will of the Father. Amen.

第6天 阅读:谷 1:11-13 日期:

理解问题:

-从天堂听到谁的声音?

-为什么耶稣被圣神带领到旷野?

反思:

耶稣总是在圣神中与天父同居. 在耶稣里, 天父也爱我, 并与他喜悦. 我与天主的关系的基础是什么?

笔记:

祷告: 耶稣基督, 你是天父唯一的独生子. 当我很想犯罪时, 请帮助我, 愿我活着履行天父的旨意. 阿们

DAY 7 Read: Mk. 1: 14-15 Date:

Questions for understanding:

- Where did Jesus begin to preach the gospel?

- What was Jesus' first teaching theme?

Reflection:

When I repent, I turn away from sin and when I believe in the gospel, I draw closer to Jesus.

What sins do I need to keep away from in my life right now?

Personal Note:

Prayer: Jesus Christ, You came into this world to proclaim the good news that the kingdom of God is near. May I be able to be with You in building that kingdom in my life. Amen.

第7天 阅读:谷 1:14-15 日期:

理解问题:

-耶稣从哪里开始传福音?

-耶稣的第一个教导主题是什么?

反思:

当我悔改时, 我便远离罪恶, 当我相信福音时, 我便离耶稣越来越近.

我现在需要远离生活中的哪些罪过?

笔记:

祷告: 耶稣基督, 你来到这个世界是为了宣告神国度临近的好消息. 我是否可以与您一起在我的生活中建立那个王国. 阿们

DAY 8 Read: Mk. 1: 16-18 Date:

Questions for understanding:

- What did Jesus see on the seashore?

- How did they answer Jesus' call?

Reflection:

Jesus called Simon and Andrew to be His followers. Immediately they left their nets and followed Jesus. What must I leave in order to follow Jesus?

Personal Note:

Prayer: Lord Jesus, You never tire of calling me to be Your follower. I ask for strength and loyalty so that like Simon and Andreas, I can leave everything to be with You. Amen.

第8天 阅读:谷 1:16-18 日期:

理解问题:

-耶稣在海边看到了什么?

-他们如何回答耶稣的呼召?

反思:

耶稣叫西蒙和安德鲁成为他的跟随者. 他们立即离开网, 跟随耶稣. 我必须留下什么才能跟随耶稣?

笔记:

祷告: 主耶稣, 你永不厌倦地叫我成为你的跟随者. 我要求力量和忠诚度, 以便像西蒙和安德烈亚斯一样, 我可以把一切都留给你. 阿们

DAY 9 Read: Mk. 1: 19-20 Date:

Questions for understanding:

- What was the work of James and John?

- How did they answer Jesus' call?

Reflection:

James and John were busy with their work when Jesus called them. In my daily busyness, how can I hear Jesus' call?

Personal Note:

Prayer: Jesus Christ, Your calling brings a mighty change in the lives of Your followers. Hopefully, like James and John, I can answer your call sincerely and generously. Amen.

第9天 阅读:谷 1:19-20 日期:

理解问题:

-詹姆斯和若望的工作是什么?

-他们如何回答耶稣的呼召?

反思:

耶稣叫他们时, 雅各和若望忙于他们的工作. 在我每天的忙碌中, 我怎么能听到耶稣的呼召?

笔记:

祷告: 耶稣基督, 你的呼召使跟随者的生活发生重大变化. 希望像詹姆斯和若望一样, 我能真诚慷慨地接听您的电话. 阿们

DAY 10 Read: Mk. 1: 21-22 Date:

Questions for understanding:

- What was the purpose of Jesus entering the synagogue?

- Why are people so impressed with Jesus' teachings?

Reflection:

Jesus came to preach the good news to us. His teachings touch the hearts of those who hear it and have the power to change our lives. How can I hear the teachings of Jesus?

Personal Note:

Prayer: Lord Jesus, when I hear Your word, I hear the words of eternal life. Give me the desire and the thirst to hear Your word so that I can proclaim Your word. Amen.

第10天 阅读:谷 1:21-22 日期:

理解问题:

-耶稣进入会堂的目的是什么?

-人们为什么对耶稣的教导印象深刻?

反思:

耶稣来向我们传福音. 他的教touch触动了那些听到它并有能力改变我们生活的人们的心. 我怎么能听到耶稣的教训?

笔记:

祷告: 主耶稣, 当我听到你的话时, 我听到了永生的话. 让我渴望和渴望听到你的话, 以便我宣扬你的话. 阿们

DAY 11 Read: Mk. 1: 23-24 Date:

Questions for understanding:

- Who was in the synagogue at that time?

- According to him, who is Jesus?

Reflection:

The word of Jesus gives deliverance to those who are in the bondage of sin and darkness.

The evil spirit knew who Jesus was and feared Him.

Who is Jesus to me?

Personal Note:

Prayer: All power in heaven and on earth is in Your hands, Jesus. May I be able to know who You are in my life so that I can live in the freedom and truth of Your power. Amen.

第11天 阅读:谷 1:23-24 日期:

理解问题:

-当时犹太教堂里有谁?

-根据他的说法, 耶稣是谁?

反思:

耶稣的话语使那些受罪与黑暗捆绑的人得救.

邪灵知道耶稣是谁, 并敬畏他.

耶稣对我来说是谁?

笔记:

祷告: 耶稣, 天上地下的一切能力都在你手中. 我是否可以知道你在我的生活中是谁, 以便我可以生活在你力量的自由和真理中. 阿们

DAY 12 Read: Mk. 1: 25-26 Date:

Questions for understanding:

- How did Jesus cast out the evil spirit?
- What happened to the possessed person?

Reflection:

Jesus cast the evil spirit out of the man with full power. The evil spirit obeyed every command of Jesus to him. How can this help me to have more faith in Jesus?

Personal Note:

Prayer: Almighty Jesus, in Your name there is victory. I do not need to be afraid because You are always with me. Therefore, I surrender my whole life to Your protection. Amen.

第12天 阅读:谷 1:25-26 日期:

理解问题:

- 耶稣如何驱除魔鬼?
- 被管的人怎么了?

反思:

耶稣以全能将邪恶的灵从人身上赶了出来. 恶魔顺服了耶稣对他的一切命令. 这如何帮助我对耶稣更有信心?

笔记:

祷告: 全能的耶稣, 以你的名义有胜利. 我不必害怕, 因为您一直在我身边. 因此, 我将一生奉献给您. 阿们

DAY 13 Read: Mk. 1: 27-28 Date:

Questions for understanding:

- How do people react to what happens?
- How far has the news of Jesus spread?

Reflection:

More and more people know about Jesus and what He has done. No one has ever been able to do what Jesus did. Who was Jesus until He could do all this?

Personal Note:

Prayer: Lord Jesus, Your deliverance and victory over evil powers are spreading to other places. May in your life, your deliverance and victory be real and true. Amen.

第13天 阅读:谷 1:27-28 日期:

理解问题:

- 人们对发生的事情有何反应?
- 耶稣的消息传了多远?

反思:

越来越多的人了解耶稣及其所作所为. 没有人能够做耶稣所做的事. 耶稣在做这一切之前是谁?

笔记:

祷告: 主耶稣, 您的拯救和对邪恶力量的胜利正在蔓延到其他地方. 愿您一生中的拯救和胜利是真实的. 阿们

DAY 14 Read: Mk. 1: 29-31 Date:

Questions for understanding:

- From the synagogue, where did Jesus go?
- What happened to Simon's mother-in-law?

Reflection:

Jesus' arrival at Simon's house shows His openness to reach out to the sick to help them. What problems do I need God's help to overcome?

Personal Note:

Prayer: Jesus Christ, faithful friend, You accompany Your followers and also feel the joys of their lives. Strengthen my faith and give me hope. Amen.

第14天 阅读:谷 1:29-31 日期:

理解问题:

-耶稣从会堂里去了哪里？

-西蒙的婆婆怎么了？

反思:

耶稣到达西门的家,表明了他愿意向病人伸出援助之手.

我需要天主的帮助来克服哪些问题？

笔记:

祷告: 耶稣基督, 忠实的朋友, 您陪伴您的追随者, 也感受到他们一生的快乐. 增强我的信念, 给我希望. 阿们

DAY 15 Read: Mk. 1: 32-34 Date:

Questions for understanding:

- Who was brought to Jesus?

- What Jesus did to them

Reflection:

Many people came to Jesus because they believed Jesus could do something to alleviate their suffering and pain. What can Jesus heal in my life?

Personal Note:

Prayer: Jesus Christ, the helper of the afflicted, You heal many people of various diseases. I bring all the sick and afflicted in my prayers. Amen.

第15天 阅读:谷 1:32-34 日期:

理解问题:

-谁被带到耶稣那里？

-耶稣对他们做了什么

反思:

许多人来耶稣是因为他们相信耶稣可以做些减轻他们痛苦和痛苦的事情. 耶稣在我的生命中能治愈什么？

笔记:

祷告: 耶稣基督, 受难者的助手, 您医治了许多人的各种疾病. 我把所有患难者和痛苦者带入我的祈祷中. 阿们

DAY 16 Read: Mk. 1: 35-37 Date:

Questions for understanding:

- At dawn, where did Jesus go?

- Who is looking for Jesus? Why?

Reflection:

In His busyness, Jesus could still find opportunities and time to go to a lonely place and pray.

How long do I spend praying every day?

Personal Note:

Prayer: Jesus Christ, the source of strength and hope. Without your help, I could not do anything. Give me Your grace, so that I can prioritize quiet time and prayer in my life. Amen.

第16天 阅读:谷 1:35-37 日期:

理解问题:

-黎明时耶稣去了哪里？

-谁在寻找耶稣？为什么？

反思:

耶稣在他的忙碌中仍然可以找到机会和时间去一个孤独的地方祈祷.

我每天花多长时间祈祷？

笔记:

祷告: 耶稣基督, 力量与希望的源头. 没有您的帮助, 我什么也做不了. 给我你的恩典, 这样我就可以在生活中优先考虑安静的时间和祈祷. 阿们

DAY 17 Read: Mk. 1: 38-39 Date:

Questions for understanding:

- Why did Jesus want to go to other cities?
- What is Jesus doing all over Galilee?

Reflection:

Jesus Himself stated the purpose of His coming, that is, that He might spread the Gospel everywhere. How can I help Jesus to spread His gospel?

Personal Note:

Prayer: Jesus Christ, your whole life is given to bring the good news of salvation to all people. Give me the willingness to bring Your Gospel to those who do not yet know You. Amen.

第17天 阅读:谷 1:38-39 日期:

理解问题:

- 耶稣为什么要去其他城市?
- 耶稣在加利利各处都在做什么?

反思:

耶稣自己说了他来的目的, 就是说他可以将福音传播到各处. 我该如何帮助耶稣传播福音?

笔记:

祷告: 耶稣基督, 你的一生是要给所有人带来救恩的好消息. 让我愿意把福音传给那些还不认识你的人. 阿们

DAY 18 Read: Mk. 1: 40-42 Date:

Questions for understanding:

- How did the leper come to Jesus?
- How did Jesus heal him?

Reflection:

"If you choose, you can make me clean." Humility in these lepers has led to healing.

Am I humble before God?

Personal Note:

Prayer: Jesus Christ, with compassion, You are willing to touch the body of a leper to heal him. Touch my heart, so that it can be perfect and pure in Your eyes. Amen

第18天 阅读:谷 1:40-42 日期:

理解问题:

- 麻风病人是怎么来到耶稣那里的?
- 耶稣如何医治他?

反思:

"如果您选择的话, 可以让我干净." 这些麻风病人的谦卑导致了康复.

我在天主面前谦卑吗?

笔记:

祷告: 耶稣基督, 有同情心, 你愿意触摸麻风病人的身体来医治他. 触摸我的心, 使它在您眼中可以完美无瑕. 阿门

DAY 19 Read: Mk. 1: 43-45 Date:

Questions for understanding:

- What should the leper do?
- Why did Jesus have to live outside the city?

Reflection:

Imagine how happy the leper was after being healed until he spread the news of his healing.

Do I dare to testify of the goodness of God like this leper?

Personal Note:

Prayer: Jesus Christ, the source of joy, whoever comes to You will not be disappointed. May I always be grateful for all the blessings and blessings I receive from Your generosity and goodness. Amen.

第19天 阅读:谷 1:43-45 日期:

理解问题:

-麻风病人该怎么办？

-耶稣为什么要住在城外？

反思:

想象一下, 麻风病人被治愈后, 直到他传出治愈的消息, 他有多高兴.

我是否敢像这个麻风病人那样证明天主的良善？

笔记:

祷告: 耶稣基督, 喜乐的源头, 无论来到你身边的人, 都不会失望. 愿我永远感谢您的慷慨和良善给我带来的所有祝福和祝福. 阿们

DAY 20 Read: Mk. 2: 1-2 Date:

Questions for understanding:

- Who came looking for Jesus?

- What did Jesus do in Capernaum?

Reflection:

Wherever Jesus went, the people would seek Him because they had heard what He had done and hoped to meet Him. Where should I go to meet Jesus?

Personal Note:

Prayer: Lord Jesus, You are always looking for opportunities to deliver Your word. Like the people who come looking for You, may I also try to find an opportunity to hear Your word. Amen.

第20天 阅读:谷 2:1-2 日期:

理解问题:

-谁来找耶稣？

-耶稣在迦百农做了什么？

反思:

耶稣到哪里去, 人民都会寻求他, 因为他们已经听到了他所做的一切, 并希望见到他. 我应该去哪里见耶稣？

笔记:

祷告: 主耶稣, 你一直在寻找机会实现你的话. 像来找您的人一样, 我也可以尝试寻找机会听听您的话. 阿们

DAY 21 Read: Mk. 2: 3-4 Date:

Questions for understanding:

- Who brought the lame to Jesus?

- How did they bring him to Jesus?

Reflection:

Sometimes, to find Jesus, there are many challenges. This did not stop the four men from carrying a paralyzed man looking for Jesus. Those who seek Jesus will not be disappointed.

Personal Note:

Prayer: Jesus Christ, You are a refuge for the weak. Strengthen my heart so that my faith remains strong, especially when faced with various challenges in seeking You. Amen.

第21天 阅读:谷 2:3-4 日期:

理解问题:

-谁把腿带给耶稣？

-他们是怎么把他带到耶稣那里的？

反思:

有时候, 要找到耶稣, 会有很多挑战. 这并没有阻止这四个人背着瘫痪的人寻找耶稣. 那些寻求耶稣的人不会失望.

笔记:

祷告: 耶稣基督, 你是软弱者的避难所. 增强我的内心, 使我的信念保持坚强, 尤其是在面对寻求您的各种挑战时. 阿们

DAY 22 Read: Mk. 2: 5-7 Date:

Questions for understanding:

- What did Jesus say to the lame man?
- Why are the scribes not happy with Jesus?

Reflection:

Jesus saw the faith of those who brought the lame man to Him. Faith in Jesus opens the way to God's action in our lives. How big is my faith in the Lord Jesus?

Personal Note:

Prayer: Jesus Christ, the source of faith, hope and love, You know everything in my life. Increase my faith so that I no longer live, but Christ lives in me. Amen.

第22天 阅读:谷 2:5-7 日期:

理解问题:

- 耶稣对the子说了什么？
- 为什么文士对耶稣不满意？

反思:

耶稣看到了那些将me子带到他身边的人的信心。对耶稣的信心为我们生命中天主的行动开辟了道路。我对主耶稣的信心有多大？

笔记:

祷告: 耶稣基督, 信仰, 希望和爱的源泉, 你知道我一生中的一切。增加我的信仰, 使我不再生活, 但基督住在我里面。阿们

DAY 23 Read: Mk. 2: 8-10 Date:

Questions for understanding:

- The Son of Man has the power to do what?
- How did Jesus heal the lame man?

Reflection:

Jesus came to give us forgiveness of sins. This is the healing we need in our spirit and inward. What healing do I need in my life right now?

Personal Note:

Prayer: Jesus Christ, You have the power to forgive sins because You are God. Forgive the sins in my life so that I can live in freedom as children of God. Amen.

第23天 阅读:谷 2:8-10 日期:

理解问题:

- 人子有权做些什么？
- 耶稣如何医治the足的人？

反思:

耶稣来是为了赦免我们的罪过。这是我们精神和内在需要的治疗。我现在一生需要什么治疗？

笔记:

祷告: 耶稣基督, 你有能力宽恕罪孽, 因为你是天主。宽恕我一生中的罪过, 以便我可以自由地生活为天主的儿女。阿们

DAY 24 Read: Mk. 2: 11-12 Date:

Questions for understanding:

- What did Jesus say to the lame man?
- What was the reaction of everyone who saw it?

Reflection:

Because of Jesus, the lame man was able to get up, lift, and walk. We are paralyzed by sin and need healing and forgiveness from Jesus.

Personal Note:

Prayer: Jesus Christ, I am paralyzed by sin. I ask for the grace of healing and forgiveness of sins so that like the lame man, I can get up, lift and walk in Your light. Amen.

第24天 阅读:谷 2:11-12 日期:

理解问题:

-耶稣对the子说了什么？

-看到它的每个人的反应是什么？

反思:

由于耶稣的原因, 这个the脚的人能够站起来, 抬起头来, 走路. 我们因罪而瘫痪, 需要耶稣的医治和宽恕.

笔记:

祷告: 耶稣基督, 我因罪瘫痪了. 我要求得到宽恕和宽恕罪孽的恩典, 以便像the脚的人一样, 我可以在你的光中起身, 举起和行走. 阿们

Day 25 Read: Mk.2: 13-14 Date:

Questions for understanding:

- What did Jesus say to Levi?

- What did Levi do after that?

Reflection:

Jesus called Levi to follow Him. After hearing Jesus' call, Levi got up, left his job, and followed Jesus.

What was my answer to Jesus when He called me?

Personal Note:

Prayer: Jesus Christ, You call Levi to participate in Your life. Hopefully, I am willing to leave my old life to be a tool in your salvation plan. Amen.

第25天 阅读:Mk.2:13-14 日期:

理解问题:

-耶稣对利未说了什么？

-Levi在那之后做了什么？

反思:

耶稣叫利未跟随他. 在听见耶稣的呼召之后, 利未起身, 离开工作, 跟随耶稣. 当耶稣呼唤我时, 我对耶稣的回答是什么？

笔记:

祷告: 耶稣基督, 你叫利未参与你的生活. 希望我愿意离开我的前世, 成为您救赎计划的工具. 阿们

DAY 26 Read: Mk. 2: 15-17 Date:

Questions for understanding:

- Who ate with Jesus?

- Jesus came to find out who?

Reflection:

Many tax collectors and sinners followed Jesus and ate with Him. They are no exception to God's love and mercy. Do I have a heart like this Jesus?

Personal Note:

Prayer: Jesus Christ, the friend of the tax collector and the sinner, You came to call sinners. Give me a compassionate heart so that I can share Your forgiveness with everyone. Amen.

第26天 阅读:谷 2:15-17 日期:

理解问题:

-谁和耶稣一起吃饭？

-耶稣来找出谁？

反思:

许多收税者和罪人跟从耶稣并与他一起吃饭. 他们也不例外, 天主的爱与怜悯. 我有像耶稣这样的心吗？

笔记:

祷告: 耶稣基督, 收税人和罪人的朋友, 你来叫罪人. 给我一颗富有同情心的心, 以便我可以与所有人分享您的宽恕. 阿们

DAY 27 Read: Mk. 2: 18-20 Date:

Questions for understanding:

- Who is fasting?

- What was Jesus asked?

Reflection:

The followers of Jesus are different from the disciples of John the Baptist and the disciples of the Pharisees because they lived according to Jesus' teachings. Jesus is the guide of their lives.

How does Jesus guide my life?

Personal Note:

Prayer: Lord Jesus, You came to fulfill the law by giving priority to the commandment of love.

Make me Your follower according to Your will and plan. Amen.

第27天 阅读:谷 2:18-20 日期:

理解问题:

-谁在禁食?

-耶稣问什么?

反思:

耶稣的门徒不同于施洗若望和法利赛人的门徒,因为他们按照耶稣的教导生活。耶稣是他们生活的向导。

耶稣如何指导我的生活?

笔记:

祈祷:主耶稣,你是通过优先考虑爱的诫命来实现律法的。

根据您的意愿和计划,让我成为您的关注者。阿们

DAY 28 Read: Mk. 2: 21-22 Date:

Questions for understanding:

- What will the new patch do to the old clothes?

- Why is new wine poured into new wine?

Reflection:

Jesus is the perfection of the law because in Jesus, God made a new and everlasting covenant.

How can I renew my life according to God's will?

Personal Note:

Prayer: Jesus Christ, the new wine from heaven, You came to renew God's covenant with mankind.

May I be renewed by Your word so that I can be a new wine for this world. Amen.

第28天 阅读:谷 2:21-22 日期:

理解问题:

-新补丁对旧衣服有什么作用?

-为什么将新酒倒入新酒中?

反思:

耶稣是律法的完美,因为天主在耶稣里立了一个新的永恒的约。

我怎样才能按照天主的旨意更新我的生活?

笔记:

祷告:耶稣基督,从天上来的新酒,你来是为了与人类续约天主的约。愿我因你的话而更新,使我成为这个世界的新酒。阿们

DAY 29 Read: Mk. 3: 1-2 Date:

Questions for understanding:

- Who did Jesus find in the synagogue?

- Why do people watch Jesus on the Sabbath?

Reflection:

Jesus, despite many trials, never tired of preaching the word of God to those in the synagogue.

Where am I?

can go to always hear the word of God?

Personal Note:

Prayer: Jesus Christ, the living Word of God. Your Word is bright for every step of my life. May my heart be the place where Your word can be planted and bear fruit. Amen.

第29天 阅读:谷 3:1-2 日期:

理解问题:

-耶稣在会堂里找到了谁?

-人们为什么在安息日观看耶稣?

反思:

耶稣尽管经受了許多考验, 却从未厌倦向会堂里的人传讲天主的道。我在哪里？

可以去一直听到天主的话吗？

笔记:

祷告: 耶稣基督, 天主永活的道。你的话语在我生命的每一步都是光明的。愿我的心成为播下您的话语并结出果实的地方。阿们

DAY 30 Read: Mk. 3: 3-4 Date:

Questions for understanding:

- What did Jesus say to the man?
- How did Jesus question the people there?

Reflection:

For the Jews, the Sabbath was the Lord's day; Jesus stressed that the Sabbath should be an opportunity to do good to others.

How can I do good to others?

Personal Note:

Prayer: Jesus Christ, Your heart is moved by compassion to see the lame man with his hand. Give me a heart full of love so that I can have mercy on everyone like You. Amen.

第30天 阅读:谷 3:3-4 日期:

理解问题:

- 耶稣对那个人说了什么？
- 耶稣如何质疑那里的人？

反思:

对于犹太人来说, 安息日是主的日子。耶稣强调, 安息日应该是对他人有益的机会。

我怎样才能对别人好？

笔记:

祷告: 耶稣基督, 您的心因同情而感动, 看到脚的人正手牵着手。给我一颗充满爱的心, 这样我就可以怜悯像你这样的每个人。阿们

DAY 31 Read: Mk. 3: 5-6 Date:

Questions for understanding:

- How did Jesus feel about the people around Him?
- How did Jesus heal the man's hand?

Reflection:

The word of God is powerful. When Jesus said, "Stretch out your hand," the man's hand was healed immediately. What are the weaknesses in my life that Jesus' words need to raise?

Personal Note:

Prayer: Jesus Christ, friend of the weak, send Your Holy Spirit to soften the hardness of my heart. Help me to be a preacher of the joy of the gospel to the weak. Amen.

第31天 阅读:谷 3:5-6 日期:

理解问题:

- 耶稣对周围的人有何感想？
- 耶稣如何医治男人的手？

反思:

天主的话语很强大。耶稣说:“伸出你的手”时, 那人的手马上就得到了医治。耶稣的话有哪些我生命中的弱点需要提出？

笔记:

祷告: 耶稣基督, 弱者的朋友, 差遣你的圣神来软化我的心。帮助我成为传福音给弱者的福音。阿们

DAY 32 Read: Mk. 3: 7-8 Date:

Questions for understanding:

- Jesus went to sea with whom?
- Why do people flock to Jesus?

Reflection:

Wherever He went, Jesus was always with His disciples. This is the life of a follower of Christ, that is, living with Jesus. How can I be with Jesus?

Personal Note:

Prayer: Jesus Christ, Immanuel - "God be with you". You have promised to be with me until the end of time. May I remain faithful to be your follower by not giving up doing Your will. Amen.

第32天 阅读:谷 3:7-8 日期:

理解问题:

-耶稣和谁一起出海了?

-人们为什么涌向耶稣?

反思:

无论耶稣走到哪里,耶稣都永远与他的门徒在一起。这就是跟随基督的人的生活,也就是与耶稣同住。我怎样与耶稣同在?

笔记:

祷告:耶稣基督,以马内利-“天主与你同在”。你已经保证要和我在一起直到时间的尽头。我愿保持忠诚,不要放弃履行您的意愿,成为您的追随者。阿们

DAY 33 Read: Mk. 3: 9-10 Date:

Questions for understanding:

- Why did Jesus' disciples provide a boat?

- Sick people scramble to do what?

Reflection:

Many sick people who came to Jesus were not discouraged because He had healed them. How is my faith and trust in Jesus when I am in pain?

Personal Note:

Prayer: O Lord Jesus, I do not deserve God to come to me, but just say it, then I will be healed.

Touch my heart so that I can feel Your healing and deliverance. Amen.

第33天 阅读:谷 3:9-10 日期:

理解问题:

-耶稣的门徒为什么要提供小船?

-生病的人争先恐后做什么?

反思:

许多来耶稣的病人并不灰心,因为他已经治愈了他们。当我痛苦时,我对耶稣的信心和信任如何?

笔记:

祷告:主耶稣啊,我不配得到天主来找我,而只是说出来,我就会得到医治。触摸我的心,使我能感觉到你的康复和释放。阿们

DAY 34 Read: Mk. 3: 11-12 Date:

Questions for understanding:

- What did the evil spirit do when he saw Jesus?

- Who are the evil spirits calling Jesus?

Reflection:

Evil does exist in this world. But the death and resurrection of Jesus overcame all the power of sin and evil. Do I believe in this victory of Jesus?

Personal Note:

Prayer: Jesus Christ, every knee shall bow and tongue confess that You are God. Hopefully with a resilient heart and strong spirit, I can announce Your power and victory. Amen.

第34天 阅读:谷 3:11-12 日期:

理解问题:

-恶灵看见耶稣时做了什么?

-恶魔在叫谁耶稣?

反思:

邪恶确实存在于这个世界上。但是耶稣的死和复活战胜了罪恶和邪恶的一切力量。我相信耶稣的胜利吗?

笔记:

祷告: 耶稣基督, 每条膝盖都要屈膝承认你是天主. 希望我有坚韧的心和坚强的精神, 可以宣布你的力量和胜利. 阿们

DAY 35 Read: Mk. 3: 13-15 Date:

Questions for understanding:

- Who did Jesus call?
- What was Jesus' purpose in choosing the twelve disciples?

Reflection:

The call to be a disciple of Jesus does not depend on us humans but on God.

Jesus invited His disciples to be with Him. Will I be a disciple of Jesus?

Personal Note:

Prayer: Jesus Christ, I did not choose You, but You chose me. Grant me humility and generosity so that I can come to You and answer Your call. Amen.

第35天 阅读:谷 3:13-15 日期:

理解问题:

- 耶稣叫谁?
- 耶稣选择十二个门徒的目的是什么?

反思:

成为耶稣的门徒的呼召并不取决于我们人类, 而是取决于天主.

耶稣邀请门徒与他同在. 我会成为耶稣的门徒吗?

笔记:

祷告: 耶稣基督, 我没有选择你, 但是你选择了我. 给我谦卑和宽容, 让我可以来找您, 并接听您的电话. 阿们

DAY 36 Read: Mk. 3: 16-19 Date:

Questions for understanding:

- Who was named "Peter" by Jesus?
- Who will betray Jesus later?

Reflection:

The disciples Jesus chose were ordinary human beings who sinned. But Jesus never gave up on them because His love was always with them. Have I ever betrayed Jesus?

Personal Note:

Prayer: Jesus Christ, even though I am weak and sinful, You still call me to join You.

Hopefully with the help of Your grace, I can overcome this weakness and become Your disciple. Amen.

第36天 阅读:谷 3:16-19 日期:

理解问题:

- 谁被耶稣称为“伯多禄”?
- 谁以后会背叛耶稣?

反思:

耶稣选择的门徒是犯罪的普通人. 但是耶稣从未放弃他们, 因为他的爱一直伴随着他们. 我有没有出过耶稣?

笔记:

祷告: 耶稣基督, 尽管我软弱有罪, 但你仍然叫我加入你.

希望在您的恩典的帮助下, 我可以克服这一弱点, 成为您的门徒. 阿们

DAY 37 Read: Mk.3: 20-21 Date:

Questions for understanding:

- Why did Jesus and His disciples not have time to eat?
- What did Jesus' family say about this?

Reflection:

We can imagine how many people came looking for Jesus because only Jesus could give them healing and deliverance. Am I trying to find Jesus?

Personal Note:

Prayer: Jesus Christ, people come to You seeking healing from their pain. Help me so that with hope I can surrender my life into Your hands. Amen.

第37天 阅读:Mk.3:20-21 日期:

理解问题:

-为什么耶稣和他的门徒没有时间吃饭?

-耶稣的家人怎么说?

反思:

我们可以想象有多少人来找耶稣,因为只有耶稣才能给他们康复和释放.我在寻找耶稣吗?

笔记:

祷告: 耶稣基督,人们来找你寻求痛苦.帮助我,让我满怀希望地将我的生命交到你手中.阿们

DAY 38 Read: Mk. 3: 22-23 Date:

Questions for understanding:

- What do some of the scribes say?

- What did Jesus do?

Reflection:

The scribes should be happy to see Jesus' actions. Instead, they rejected Jesus and said that it was all Satan's work.

Have I ever doubted Jesus in my life?

Personal Note:

Prayer: Jesus Christ, in spite of opposition from people, You still uphold Your teachings. Give me the courage to stand firm in my faith and beliefs. Amen.

第38天 阅读:谷 3:22-23 日期:

理解问题:

-一些文士怎么说?

-耶稣做了什么?

反思:

抄写员应该很高兴看到耶稣的行为.相反,他们拒绝了耶稣,并说这是撒旦的全部工作.

我一生中曾经怀疑过耶稣吗?

笔记:

祷告: 耶稣基督,尽管遭到人们的反对,但您仍然坚持自己的教导.给我勇气坚定我的信念和信念.阿们

DAY 39 Read: Mk. 3: 24-25 Date:

Questions for understanding:

- Why can't the government survive?

- What will happen if the family is divided?

Reflection:

Jesus showed His wisdom in answering the scribes who could not understand what He was doing.

Can I see with faith what God is doing in my life?

Personal Note:

Prayer: Jesus Christ, divine wisdom, only those who believe in You can see the greatness of Your handiwork. Give me strong faith so that I can see Your goodness in my life. Amen.

第39天 阅读:谷 3:24-25 日期:

理解问题:

-政府为什么不能生存?

-如果家庭分裂,会发生什么?

反思:

耶稣在回答无法理解他在做什么的文士时表现出了他的智慧.

我可以凭信心看到天主在我的生活中做什么吗?

笔记:

祷告: 耶稣基督,神圣的智慧,只有那些相信你的人才能看到你手艺的伟大.给我坚强的信念,这样我就可以看到你生命中的善良.阿们

DAY 40 Read: Mk. 3: 26-27 Date:

Questions for understanding:

- Why can't the Devil survive?
- What happens if a brave person is tied up first?

Reflection:

The moment of Satan's destruction is the time of Jesus' victory on the cross. This victory of Jesus makes us not afraid of the power of Satan. Am I sure this victory of Jesus?

Personal Note:

Prayer: Almighty Jesus, You have defeated the power of Satan with Your cross and all will confess You are God. May I be able to announce your victory in my daily life. Amen.

第40天 阅读:谷 3:26-27 日期:

理解问题:

- 为什么魔鬼无法生存?
- 如果勇敢的人先被绑起来怎么办?

反思:

撒但被毁的时刻就是耶稣在十字架上胜利的时刻。耶稣的胜利使我们不惧怕撒但的能力。我确定耶稣的胜利吗?

笔记:

祷告: 全能的耶稣, 你用十字架打败了撒但的力量, 所有人都会承认你是天主。请允许我宣布你在日常生活中的胜利。阿们

DAY 41 Read: Mk. 3: 28-30 Date:

Questions for understanding:

- What sins can be forgiven?
- What sins can not be forgiven?

Reflection:

When we dispute the action of the Holy Spirit, this is the sin of disbelieving the Holy Spirit because we close the opportunity of God to work in our lives. How does the Holy Spirit work in me?

Personal Note:

Prayer: Jesus Christ, send Your Holy Spirit into my heart so that I can acknowledge You as my Lord. May the Holy Spirit always work to bring spiritual renewal in my heart. Amen.

第41天 阅读:谷 3:28-30 日期:

理解问题:

- 可以宽恕哪些罪过?
- 无法宽恕哪些罪过?

反思:

当我们对圣神的行为提出异议时, 这就是不相信圣神的罪过, 因为我们关闭了天主在我们生命中工作的机会。圣神如何在我里面工作?

笔记:

祷告: 耶稣基督, 把你的圣神打入我的心, 以便我可以承认你是我的主。愿圣神一直在努力使我心中的精神更新。阿们

DAY 42 Read: Mk. 3: 31-32 Date:

Questions for understanding:

- Who came to want to meet Jesus?
- Where are they waiting for Jesus?

Reflection:

The mother of Jesus is not far from Jesus. He will still follow Jesus everywhere. Even to the cross, Jesus' mother was with Him. Am I willing to follow Jesus as His mother?

Personal Note:

Prayer: Jesus Christ, Mary, Your mother set a good example when she said, "I am a servant of God, come to me according to Your will". Help me to always do God's will. Amen.

第42天 阅读:谷 3:31-32 日期:

理解问题:

- 谁来见耶稣?

-他们在哪里等耶稣？

反思:

耶稣的母亲离耶稣不远。他仍将随处跟随耶稣。甚至到十字架上, 耶稣的母亲也与他同在。我愿意跟随耶稣作为他的母亲吗？

笔记:

祷告: 耶稣基督, 玛丽, 您的母亲树立了一个好榜样, 她说:“我是天主的仆人, 请按照您的意愿来找我”。帮助我永远遵守天主的旨意。阿们

DAY 43 Read: Mk. 3: 33-35 Date:

Questions for understanding:

- Who is Jesus looking at right now?
- Who are those who do the will of God?

Reflection:

Jesus taught us to put God's will ahead of all else, including family relationships. Am I putting God's will first in my daily life?

Personal Note:

Prayer: Jesus Christ, You came to do the will of the Father. Help me so that I can find God's plan in my life and do His will, not my own will. Amen.

第43天 阅读:谷 3:33-35 日期:

理解问题:

- 耶稣现在在看谁？
- 遵行天主旨意的人是谁？

反思:

耶稣教导我们要把神的旨意置于一切一切之上, 包括家庭关系。我在日常生活中会把天主的旨意放在首位吗？

笔记:

祷告: 耶稣基督, 你来遵行父的旨意。帮助我, 以便我可以在生活中找到天主的计划, 并遵行天主的旨意, 而不是自己的意志。阿们

DAY 44 Read: Mk. 4: 1-2 Date:

Questions for understanding:

- Why is Jesus sitting in a boat?
- How did Jesus teach them?

Reflection:

Many people came to Jesus to hear His teachings.

They longed for the word of God. Jesus' words are the words of eternal life. What can I do to hear Jesus' words?

Personal Note:

Prayer: Jesus Christ, the Word of God incarnate. The thirst of my soul can only be satisfied with Your word. Send the Holy Spirit to me so that I can always live according to Your word. Amen.

第44天 阅读:谷 4:1-2 日期:

理解问题:

- 耶稣为什么坐在船上？
- 耶稣是怎么教他们的？

反思:

许多人来到耶稣那里聆听他的教导。

他们渴望天主的圣言。耶稣的话是永生的话。我该怎么做才能听到耶稣的话？

笔记:

祷告: 耶稣基督, 神的道化身。我灵魂的渴求只能用你的话来满足。差遣圣神给我, 使我可以永远按照你的话来生活。阿们

DAY 45 Read: Mk. 4: 3-4 Date:

Questions for understanding:

- Who went to sow the seeds?

- What happened to the seeds that fell on the road?

Reflection:

The Word of God is like a seed that at first was small, but over time it will grow large and bear fruit.

Has the word of God in my life begun to bear fruit?

Personal Note:

Prayer: Jesus Christ, the sower of the word of God. Teach me to love Your word and may the words I have heard not be in vain but bear fruit in my life. Amen.

第45天 阅读:谷 4:3-4 日期:

理解问题:

-谁去播种了?

-落在路上的种子怎么了?

反思:

天主的话就像一开始的种子,但是随着时间的流逝,它会长大并结出果实.我生命中的天主圣言开始结出果实了吗?

笔记:

祷告:耶稣基督,天主圣言的撒种者.教我爱你的话,也许我听的话没有白费,但在我的生活中硕果累累.阿们

DAY 46 Read: Mk. 4: 5-6 Date:

Questions for understanding:

- Why do seeds germinate immediately?

- What happens when the sun rises?

Reflection:

What is important is not seen above the ground, but the roots that are underground because without roots, the tree will not live long or survive.

Is the word of God rooted in my life?

Personal Note:

Prayer: Jesus Christ, the living Word, You are the place where the weak cling. Help me to live my life based on Your word and I will stand firm in the faith. Amen.

第46天 阅读:谷 4:5-6 日期:

理解问题:

-为什么种子立即发芽?

-太阳升起会怎样?

反思:

重要的不是在地面上看到的,而是地下的根,因为没有根,树将不会长寿或存活.

天主的道根植于我的生活中吗?

笔记:

祷告:耶稣基督,永生的道,你是软弱依附的地方.根据您的话语,帮助我过上我的生活,我将坚定信念.阿们

DAY 47 Read: Mk. 4: 7-8 Date:

Questions for understanding:

- Why are the seeds in the thorn bushes not bearing fruit?

- Which seeds in the soil can bear fruit?

Reflection:

Seeds can only grow and bear fruit in fertile soil, not thorny soil. What land is my life? Fertile soil or thorny soil?

Personal Note:

Prayer: Jesus Christ, You want the seed sown in the heart to bear much fruit. May the soil of my heart remain fertile to receive Your word and bear fruit. Amen.

第47天 阅读:谷 4:7-8 日期:

理解问题:

-为什么荆棘丛中的种子没有结果?

-土壤中哪些种子可以结出果实?

反思:

种子只能在肥沃的土壤中生长并结出果实, 而不能在棘手的土壤中结实. 我的生活在哪一块土地? 肥沃的土壤或多刺的土壤?

笔记:

祷告: 耶稣基督, 你希望心里播下的种子结出很多果实. 愿我心中的土壤仍然肥沃, 接受你的话并结出果实. 阿们

DAY 48 Read: Mk. 4: 9-10 Date:

Questions for understanding:

- Who has ears to do what?
- Who asked Jesus what it meant?

Reflection:

Listening is important in the life of a disciple of Jesus. We listen with our hearts when God speaks to us. What is God whispering to me right now?

Personal Note:

Prayer: Lord Jesus, You never tire of speaking to me through the Scriptures. Help me so that every day, I can spend time reading, meditating and praying Your Word. Amen.

第48天 阅读:谷 4:9-10 日期:

理解问题:

- 谁有耳朵做什么?
- 谁问耶稣是什么意思?

反思:

聆听在耶稣的门徒生活中很重要. 当天主对我们说话时, 我们用心倾听. 天主现在对我耳语是什么?

笔记:

祷告: 主耶稣, 你从不厌倦通过圣经对我说话. 帮助我, 让我每天都可以花时间阅读, 冥想和祈祷你的话. 阿们

DAY 49 Read: Mk. 4: 11-13 Date:

Questions for understanding:

- To whom has the secret of the kingdom of God been given?
- Who will listen through parables?

Reflection:

Only with God's prayer and grace can we understand God's Word. When I do not understand or do not understand the teaching of Jesus, what should I do?

Personal Note:

Prayer: Jesus Christ, the source of faith and truth, Your word is God, the living word. May my heart be open to receive Your word and my hands moved to carry out Your will. Amen.

第49天 阅读:谷 4:11-13 日期:

理解问题:

- 天主国度的奥秘传给了谁?
- 谁会听寓言?

反思:

只有靠神的祷告和恩典, 我们才能理解神的话. 当我不了解或不了解耶稣的教导时, 我该怎么办?

笔记:

祷告: 耶稣基督, 信仰和真理的源头, 您的话语是天主, 活泼的话语. 愿我的心敞开心胸接受你的话, 而我的手则为履行你的意愿而动. 阿们

DAY 50 Read: Mk. 4: 14-15 Date:

Questions for understanding:

- What does the sower sow?
- Who took the word that was sown?

Reflection:

The word that is sown must be carefully guarded so that no one can take it. How should I keep the word of God that has been sown in my heart?

Personal Note:

Prayer: Jesus Christ, the strength of the weak, help me so that the seed of Your word sown in my heart is not taken by Satan, but grows healthy and bears much fruit. Amen.

第50天 阅读:谷 4:14-15 日期:

理解问题:

-播种者播种了什么？

-谁听了撒的话？

反思:

必须谨慎地保护所播出的单词，以防止任何人接受。我该如何保留心中播撒的天主的道？

笔记:

祷告: 耶稣基督，软弱的力量，帮助我，使撒但心中撒下你的话语的种子不会被撒但取而代之，而是健康成长并结出很多果实。阿们

DAY 51 Read: Mk. 4: 16-17 Date:

Questions for understanding:

- How do they receive the word that is sown?

- Why did their faith soon fade?

Reflection:

Get sick first, have fun later. Because of Jesus' words, there is trouble and persecution. Those that do not take root only last a moment. Can I survive if my faith is tested?

Personal Note:

Prayer: Jesus Christ, when I hear Your word, I receive it with joy. I ask for the help of Your grace so that I can endure hardship and persecution because of this word. Amen

第51天 阅读:谷 4:16-17 日期:

理解问题:

-他们如何得到播种的单词？

-为什么他们的信仰很快消失？

反思:

先生病，然后玩。因为耶稣的话，麻烦和

迫害。那些没有扎根的人只能持续片刻。如果我的信念受到考验，我可以生存吗？笔记:

祷告: 耶稣基督，当我听到你的话时，我就喜乐地接受。我寻求Your的帮助，因为这个词，我可以忍受苦难和逼迫。阿们

DAY 52 Read: Mk. 4: 18-19 Date:

Questions for understanding:

- Who are the seeds sown in the middle of the thorny bushes?

- How is the word stunted?

Reflection:

Although we live in this world but we are not from this world and this world is not the purpose of our life. The word of Jesus challenges us to direct our gaze to heaven.

Personal Note:

Prayer: Jesus Christ, You are the way to heaven. Do not let the desires of this world become an obstacle to becoming your follower. Give me the courage so that I can be Your faithful witness. Amen.

第52天 阅读:谷 4:18-19 日期:

理解问题:

-棘手的灌木丛中间播下了谁的种子？

-这个单词发育不良吗？

反思:

尽管我们生活在这个世界上，但我们不是来自这个世界，这个世界不是我们生活的目的。耶稣的话挑战我们将目光引向天堂。

笔记:

祷告: 耶稣基督，你是通往天堂的道路。不要让这个世界的欲望成为您追随者的障碍。给我勇气，让我成为你忠实的见证。阿们

DAY 53 Read: Mk. 4:20 Date:

Questions for understanding:

- Which soil can produce fruit in which soil?
- To bear fruit, what must be done?

Reflection:

We are called by God to hear and receive the Word, then to bear fruit according to our ability.

What fruit does God want me to produce in my life?

Personal Note:

Prayer: Jesus Christ, Your word assures me that only if I remain in You, can I bear fruit. May the glory of the Father be manifested when I bear much fruit. Amen.

第53天 阅读:谷 4:20 日期:

理解问题:

- 哪种土壤可以在哪种土壤中结出果实?
- 要结出果实, 必须做什么?

反思:

天主呼召我们聆听并接受圣言, 然后根据我们的能力结出果实.

天主要我一生种什么果子?

笔记:

祷告: 耶稣基督, 你的话向我保证, 只有我留在你里面, 我才能结出果实. 当我结出很多果实时, 愿父的荣耀彰显出来. 阿们

DAY 54 Read: Mk. 4: 21-23 Date:

Questions for understanding:

- Where should the lamp be placed?
- What will happen to the hidden?

Reflection:

Just as earthly life needs the light of the sun, so our spiritual life needs the light of Christ to shine.

Am I emitting the light of Christ?

Personal Note:

Prayer: Jesus Christ, as Your follower, I should reflect Your love for this world. May Your light always shine in my heart so that I can be Your brave and faithful witness. Amen.

第54天 阅读:谷 4:21-23 日期:

理解问题:

- 灯应放在哪里?
- 隐藏者会发生什么?

反思:

就像尘世的生活需要太阳的光一样, 我们的属灵生活也需要基督的光来发光.

我在散发基督的光吗?

笔记:

祷告: 耶稣基督, 作为您的跟随者, 我应该反映您对这个世界的爱. 愿你的光芒永远在我心中闪耀, 使我成为你勇敢忠实的见证. 阿们

DAY 55 Read: Mk. 4: 24-25 Date:

Questions for understanding:

- What measurements will be used to measure us?
- Who will be given more?

Reflection:

God is the source of our life and what we have comes from God. Therefore, we are responsible for doubling and sharing the blessings we receive from God.

Personal Note:

Prayer: Jesus Christ, You are willing to give up your whole life to atone for human sin. Send Your Holy Spirit so that I may generously pursue goodness and justice in this world.

第55天 阅读:谷 4:24-25 日期:

理解问题:

-将使用哪些度量来度量我们？

-谁会得到更多？

反思:

天主是我们生命的源泉, 我们所拥有的来自天主. 因此, 我们有责任加倍分享来自天主的祝福.

笔记:

祷告: 耶稣基督, 你愿意舍弃自己的生命来赎罪. 寄出你的圣神, 使我可以慷慨地追求这个世界上的善良和正义.

DAY 56 Read: Mk. 4: 26-27 Date:

Questions for understanding:

- According to Jesus, what is the kingdom of God like?

- What does the person do day and night?

Reflection:

The kingdom of God does not come from man but from God. Day and night, the Holy Spirit works in our lives so that we become part of this kingdom. Where is the kingdom of God?

Personal Note:

Prayer: Jesus Christ, You came to announce that the Kingdom of God has arrived. Hopefully with the help of Your grace, I can be strong in faith, hope and love. Amen.

第56天 阅读:谷 4:26-27 日期:

理解问题:

-根据耶稣的说法, 神的国度是什么样的？

-这个人白天和黑夜做什么？

反思:

天主的国度不是来自人, 而是来自天主. 白天和黑夜, 圣神在我们的生活中发挥作用, 使我们成为这个王国的一部分. 神的国在哪里？

笔记:

祷告: 耶稣基督, 你来宣布天主的王国已经到来. 希望在您的恩典的帮助下, 我能够坚定信念, 希望和爱心. 阿们

DAY 57 Read: Mk. 4: 28-29 Date:

Questions for understanding:

- What makes plants grow?

- What happens in the harvest?

Reflection:

In the kingdom of God, Jesus will judge us for our deeds in this world. This is what the harvest means. Am I ready for this judgment?

Personal Note:

Prayer: Jesus Christ, at the end of time, You will come to judge the living and the dead. Send Your Holy Spirit to help me prepare for this meeting. Amen.

第57天 阅读:谷 4:28-29 日期:

理解问题:

-什么使植物生长？

-收成怎么样？

反思:

在神的国中, 耶稣将审判我们在这个世界上的事迹. 这就是收获的意思. 我准备好接受这种判断了吗？

笔记:

祷告: 耶稣基督, 在时间的尽头, 你将来审判生与死.

派您的圣神来帮助我为这次会议做准备. 阿们

DAY 58 Read: Mk. 4: 30-32 Date:

Questions for understanding:

- What is the seed of God like?

- What happens to the sown seeds?

Reflection:

The kingdom of God does not depend on whether it is big or small. Rather, it depends on God's action. How can I build the kingdom of God in my life?

Personal Note:

Prayer: Jesus Christ, let Your kingdom come into my life. Make me a tool in your salvation plan so that your kingdom can be established everywhere. Amen.

第58天 阅读:谷 4:30-32 日期:

理解问题:

-神的种子是什么样的？

-播种后会怎样？

反思:

天主的国度不取决于它的大小. 相反, 这取决于天主的行动. 我如何在自己的生活中建立天主的国度？

笔记:

祷告: 耶稣基督, 让你的国度进入我的生活. 让我成为您救赎计划的工具, 以便可以在任何地方建立您的王国. 阿们

DAY 59 Read: Mk. 4: 33-34 Date:

Questions for understanding:

- How did Jesus teach them?

- To whom did Jesus explain everything?

Reflection:

The truth about God's kingdom depends on God. Jesus helped His disciples understand His teachings. What do I misunderstand about Jesus' teachings?

Personal Note:

Prayer: Jesus Christ, You are the source of truth. Teach me how to understand Your word so that my life is built on the foundation of Your firm truth. Amen.

第59天 阅读:谷 4:33-34 日期:

理解问题:

-耶稣是怎么教他们的？

-耶稣向谁解释了一切？

反思:

关于神国度的真理取决于神. 耶稣帮助他的门徒理解他的教导. 我对耶稣的教导有什么误解？

笔记:

祷告: 耶稣基督, 你是真理的源头. 教我如何理解你的话, 这样我的生活就建立在你坚定的真理的基础上. 阿们

DAY 60 Read: Mk. 4: 35-36 Date:

Questions for understanding:

- Where did Jesus and His disciples go?

- What did Jesus' disciples do in the boat?

Reflection:

Jesus was always with His disciples. Wherever they went, Jesus continued to lead them like a shepherd leading his sheep. Who is leading my life?

Personal Note:

Prayer: Jesus Christ, as a sheep needs a shepherd, so I need God. I ask for grace and help to follow Your guidance so that I remain on the right path. Amen.

第60天 阅读:谷 4:35-36 日期:

理解问题:

-耶稣和他的门徒去了哪里？

-耶稣的门徒在船上做了什么？

反思:

耶稣一直与他的门徒在一起. 无论他们走到哪里, 耶稣都继续像带领羊的牧羊人一样带领他们. 谁在过我的生活？

笔记:

祷告: 耶稣基督, 因为绵羊需要牧羊人, 所以我需要天主. 我要求宽限期并帮助您遵循您的指导, 以便我走在正确的道路上. 阿们

DAY 61 Read: Mk. 4: 37-38 Date:

Questions for understanding:

- Why is the boat almost full of water?
- What did Jesus do in the boat?

Reflection:

Although the boat was being tossed about by the waves and the storm was coming, Jesus was not disturbed. In a life full of challenges and trials, we need the peace of this Jesus.

Personal Note:

Prayer: Jesus Christ, in a world full of challenges and trials, You are the source of peace and tranquility. Help me to find Your peace that the world cannot give. Amen.

第61天 阅读:谷 4:37-38 日期:

理解问题:

- 为什么船上几乎满是水?
- 耶稣在船上做了什么?

反思:

尽管船被海浪折腾, 而风暴即将来临, 但耶稣并没有受到打扰. 在充满挑战和考验的生活中, 我们需要这位耶稣的平安.

笔记:

祷告: 耶稣基督, 在充满挑战和考验的世界中, 您是和平与安宁的源泉. 帮助我找到世界无法给予的和平. 阿们

DAY 62 Read: Mk. 4: 39-41 Date:

Questions for understanding:

- What did Jesus do?
- How did Jesus' disciples feel after that?

Reflection:

The disciples of Jesus were so afraid and still did not believe even though Jesus was with them. When problems arise in my life, do I like these students?

Personal Note:

Prayer: Jesus Christ, by the power of Your Word, You have calmed the turmoil experienced by Your disciples. May I not easily be afraid or lose faith in You. Amen.

第62天 阅读:谷 4:39-41 日期:

理解问题:

- 耶稣做了什么?
- 之后, 耶稣的门徒感觉如何?

反思:

耶稣的门徒是如此恐惧, 即使耶稣与他们同在, 他们仍然不相信. 当我的生活中出现问题时, 我喜欢这些学生吗?

笔记:

祷告: 耶稣基督, 借着你的话语的力量, 你平息了门徒们经历的动荡. 我可以不轻易害怕或对您失去信心. 阿们

DAY 63 Read: Mk. 5: 1-2 Date:

Questions for understanding:

- What is the name of the place Jesus is referring to?
- Who met Jesus there?

Reflection:

Jesus preached the Word of God not only in the Jewish place, but also in the place non-Jews. His word brings deliverance. Do I need release?

Personal Note:

Prayer: Jesus Christ, You came to free mankind from the shackles of sin and evil power.

May I be able to fully serve You and live in Your freedom and victory. Amen.

第63天 阅读:谷 5:1-2 日期:

理解问题:

-耶稣指的地方叫什么名字?

-谁在那里见到耶稣?

反思:

耶稣不仅在犹太地方而且在地方都传讲了天主的道

非犹太人. 他的话带来了拯救. 我需要释放吗?

笔记:

祷告: 耶稣基督, 你使人类摆脱了罪恶和邪恶势力的束缚.

我能否充分为您服务, 并生活在您的自由和胜利中. 阿们

DAY 64 Read: Mk. 5: 3-4 Date:

Questions for understanding:

- Where do possessed people live? Why?

- Why can't anyone control it?

Reflection:

An possessed person is possessed by an evil spirit and is unable to free himself. What should I do if I have a spiritual problem?

Personal Note:

Prayer: Jesus Christ, with the coming of the Kingdom of God, You have freed the captives, defended the oppressed and raised the weak. May your kingdom continue to grow within me. Amen.

第64天 阅读:谷 5:3-4 日期:

理解问题:

-拥有财产的人住在哪里? 为什么?

-为什么没人能控制它?

反思:

被拥有的人被邪灵所拥有, 无法释放自己. 如果我有精神上的问题该怎么办?

笔记:

祷告: 耶稣基督随着神国度的到来, 释放了俘虏, 捍卫了被压迫者, 并使弱者复活. 愿你的王国在我内继续发展. 阿们

DAY 65 Read: Mk. 5: 5-6 Date:

Questions for understanding:

- What does he do day and night?

- When he saw Jesus, what did he do?

Reflection:

People who are possessed live alone and away from others. He was sidelined by everyone. Although they forgot about him, Jesus never gave up on them.

Personal Note:

Prayer: Jesus Christ, You came to find those who are lost and forgotten. Open my heart so that I can accept people who need help and compassion. Amen.

第65天 阅读:谷 5:5-6 日期:

理解问题:

-他白天和黑夜做什么?

-当他看见耶稣时, 他做了什么?

反思:

被拥有的人独自生活, 远离他人. 所有人都把他拒之门外. 尽管他们忘记了他, 但耶稣从未放弃过他们.

笔记:

祷告: 耶稣基督, 你来是寻找那些迷失和被遗忘的人. 敞开心heart, 使我能够接受需要帮助和同情的人. 阿们

DAY 66 Read: Mk. 5: 7-8 Date:

Questions for understanding:

- What was his request to Jesus?
- What did Jesus command him to do?

Reflection:

The evil spirit knew who Jesus was and asked that Jesus not torment him. He knew that Jesus was more powerful than he was. How can this strengthen my faith in the Lord Jesus?

Personal Note:

Prayer: Jesus Christ, in Your name there is victory and in Your power there is deliverance.

Strengthen my faith so that I can live in freedom as a child of God, not in fear. Amen.

第66天 阅读:谷 5:7-8 日期:

理解问题:

- 他对耶稣的要求是什么?
- 耶稣命令他做什么?

反思:

邪灵知道耶稣是谁,并要求耶稣不要折磨他。他知道耶稣比他更有力量。这如何增强我对主耶稣的信心?

笔记:

祷告: 耶稣基督, 以你的名义有胜利, 以你的能力有拯救。增强我的信仰, 使我可以在天主的孩子中自由生活, 而不是恐惧。阿们

DAY 67 Read: Mk. 5: 9-10 Date:

Questions for understanding:

- What is the name of the evil spirit?
- What was his request to Jesus?

Reflection:

Even though there are many, the evil spirits are still subject to the power and majesty of Jesus. They have no opponent with Jesus. Am I aware of the power and majesty of Jesus in my life?

Personal Note:

Prayer: The glorious and glorious Lord Jesus, hope for the weak and helpless. With the strength of Your hand, deliver me from evil and Your kingdom comes in my life. Amen.

第67天 阅读:谷 5:9-10 日期:

理解问题:

- 恶魔叫什么名字?
- 他对耶稣的要求是什么?

反思:

即使有很多, 邪灵仍然要服从耶稣的大能和威严。他们没有与耶稣为敌。我一生中是否意识到耶稣的能力和威严?

笔记:

祷告: 光荣而荣耀的主耶稣, 希望软弱无助的人。凭着你的力量, 将我从邪恶中解救出来, 你的王国就进入我的生活。阿们

DAY 68 Read: Mk. 5: 11-12 Date:

Questions for understanding:

- What animals are looking for food on the hillside?
- What is the request of the demonic spirits?

Reflection:

The demonic spirits were so afraid of Jesus that they asked to enter the pig's body. They acknowledged Jesus' authority and did not dare to oppose Him. Why?

Personal Note:

Prayer: Jesus Christ, King of kings, I put all my fears in my heart so that I can live in freedom as Your follower. Help me to recognize Your power in my life. Amen.

第68天 阅读:谷 5:11-12 日期:

理解问题:

- 什么动物在山坡上觅食?
- 恶魔的要求是什么?

反思:

恶魔们非常害怕耶稣,以至于要求进入猪的身体.

他们承认耶稣的权威,不敢反对他. 为什么?

笔记:

祷告: 耶稣基督, 万王之王, 我将所有的恐惧放在心上, 以便我可以作为跟随者自由生活. 帮助我认识你在我生命中的力量. 阿们

DAY 69 Read: Mk. 5: 13-14 Date:

Questions for understanding:

- What happened to the herd of pigs?
- Who spread the word about it?

Reflection:

The evil spirits finally obeyed Jesus' command and came out of the man who was finally free from bondage all this time. How can this strengthen my faith in the Lord Jesus?

Personal Note:

Prayer: Jesus Christ, Your word is powerful and gives deliverance. May my life be directed by Your word and I beg to say only, then I will be healed. Amen.

第69天 阅读:谷 5:13-14 日期:

理解问题:

- 猪群怎么了?
- 谁来宣传?

反思:

邪恶的灵魂终于服从了耶稣的命令, 从这时终于摆脱束缚的人中出来. 这如何增强我对主耶稣的信心?

笔记:

祷告: 耶稣基督, 你的话语很有力, 可以拯救人. 愿我的生命受你的话指引, 我只想说, 那么我就会被治愈. 阿们

DAY 70 Read: Mk. 5: 15-17 Date:

Questions for understanding:

- How do the residents feel about seeing all this?
- What was their request to Jesus?

Reflection:

The people who suffered great losses due to the drowning swine begged Jesus to leave the place. What would I do if I were a resident there?

Personal Note:

Prayer: Jesus Christ, though not welcomed by the people, You still do the work of deliverance and healing. May your work always be carried out in my life. Amen.

第70天 阅读:谷 5:15-17 日期:

理解问题:

- 居民看到这一切的感觉如何?
- 他们对耶稣的要求是什么?

反思:

因溺水的猪而蒙受巨大损失的人们恳求耶稣离开这个地方. 如果我在那里居住, 该怎么办?

笔记:

祷告: 耶稣基督, 尽管没有受到人们的欢迎, 但您仍在进行拯救和医治的工作. 愿您的工作在我的生活中始终如一. 阿们

DAY 71 Read: Mk. 5: 18-20 Date:

Questions for understanding:

- What is the request of the person released earlier?
- Why did Jesus not allow it?

Reflection:

After being released, the man who had been possessed by a demon began to explore and tell everyone about what Jesus had done in his life. Can I testify like him?

Personal Note:

Prayer: Jesus Christ, You came to help and pour out God's mercy on me. Help me to be able to proclaim Your goodness wherever I go. Amen.

第71天 阅读:谷 5:18-20 日期:

理解问题:

-较早释放的人有什么要求？

-耶稣为什么不允许呢？

反思:

被释放后, 这个被恶魔附身的男人开始探索并告诉所有人耶稣在他一生中所做的事情. 我可以像他一样作证吗？

笔记:

祷告: 耶稣基督, 你来帮助并向我倾吐天主的怜悯. 无论我走到哪里, 都可以帮助我向你宣扬你的良善. 阿们

DAY 72 Read: Mk. 5: 21-22 Date:

Questions for understanding:

- Who is Jairus?

- What did he do when he saw Jesus?

Reflection:

Humbly, Jairus prostrated himself before Jesus and made his request. When I pray, am I humbling myself to bow before Jesus like Jairus?

Personal Note:

Prayer: Jesus Christ, I bow before You. May You bestow mercy on this world. Help me to be a tool in building a peaceful and just society. Amen

第72天 阅读:谷 5:21-22 日期:

理解问题:

-谁是air鲁？

-当他看见耶稣时他做了什么？

反思:

谦卑地, J鲁在耶稣面前屈服并提出了要求. 当我祈祷时, 我是不是像贾鲁斯一样谦卑地向耶稣鞠躬？

笔记祷告: 耶稣基督, 我向你鞠躬. 愿你怜悯这个世界. 帮助我成为建设和平与公正社会的工具. 阿们

DAY 73 Read: Mk. 5: 23-24 Date:

Questions for understanding:

- What was Jairus' request to Jesus?

- With whom did Jesus go to Jairus' house?

Reflection:

Jairus hoped in Jesus to heal his son. He believed Jesus could do that. Do I place such trust and hope in Jesus?

Personal Note:

Prayer: Jesus Christ, hope for those who cry out to You. For God, nothing is impossible.

Grant me faith like Jairus so that Your will may be done in my life. Amen.

第73天 阅读:谷 5:23-24 日期:

理解问题:

-air鲁对耶稣的要求是什么？

-耶稣和谁一起去了air鲁的家？

反思:

air鲁斯希望耶稣能治愈他的儿子. 他相信耶稣可以做到. 我对耶稣有这样的信任和希望吗？

笔记:

祷告: 耶稣基督, 希望那些向你大哭的人. 对天主而言, 没有什么是不可能的.

给我像贾鲁斯一样的信念, 这样你的意志就可以在我的生活中实现. 阿们

DAY 74 Read: Mk. 5: 25-26 Date:

Questions for understanding:

- How long has the girl been sick?

- How is the woman's condition?

Reflection:

We can imagine how difficult the woman's life was for twelve years with this disease. How can I alleviate the suffering of my sick brothers and sisters?

Personal Note:

Prayer: Lord Jesus, You have felt the pain and suffering on the cross. I pray for all the sick, especially those who have long suffered. May You heal them. Amen.

第74天 阅读:谷 5:25-26 日期:

理解问题:

-这个女孩生病多久了？

-女人的状况如何？

反思:

我们可以想像, 患这种疾病的妇女在十二年的生活中有多么艰难. 我该如何减轻患病的兄弟姐妹的痛苦？

笔记:

祷告: 主耶稣, 您已经感受到十字架上的痛苦. 我为所有病人, 特别是那些长期遭受痛苦的人祈祷. 愿你治愈他们. 阿们

DAY 75 Read: Mk. 5: 27-28 Date:

Questions for understanding:

- How did the woman meet Jesus?

- What is the girl trying to do?

Reflection:

This woman was determined to meet Jesus despite having to stand in the middle of a crowd. Do I have the same determination to find Jesus in my life?

Personal Note:

Prayer: Jesus Christ, everyone who seeks You will not be disappointed. Give me strong faith like this woman so that I can give myself to be Your faithful witness. Amen.

第75天 阅读:谷 5:27-28 日期:

理解问题:

-女人是怎么遇见耶稣的？

-这个女孩想做什么？

反思:

尽管不得不站在人群中间, 这个女人还是决心与耶稣会面. 我是否有同样的决心在我的生活中找到耶稣？

笔记:

祷告: 耶稣基督, 凡是寻求你的人都不会失望. 像这个女人一样给我坚强的信念, 这样我就可以给自己做你忠实的见证. 阿们

DAY 76 Read: Mk. 5: 29-30 Date:

Questions for understanding:

- What happened to the woman?

- What did Jesus ask?

Reflection:

In the Holy Mass, we receive the Body of Christ. How glorious is communion in our lives because we not only touch the robe of Jesus, but we receive Jesus into ourselves.

Personal Note:

Prayer: Jesus Christ, You touch my life with the power of Your love. May I be able to proclaim Your goodness so that everyone can recognize the power of Your love. Amen.

第76天 阅读:谷 5:29-30 日期:

理解问题:

-那女人怎么了？

-耶稣问了什么？

反思:

在圣弥撒中, 我们接受了基督的身体. 在我们的生活中, 圣餐是多么光荣, 因为我们不仅触摸了耶稣的袍子, 而且接受了耶稣.

笔记:

祷告: 耶稣基督, 你用你的爱的力量感动我的生活. 我可以宣布你的良善, 以便每个人都能认识到你的爱的力量. 阿们

DAY 77 Read: Mk. 5: 31-32 Date:

Questions for understanding:

- What did Jesus' disciples say?
- After that, what did Jesus do?

Reflection:

The crowds around Jesus did not feel anything. However, the woman who touched Jesus' cloak continued to be healed. How can I get this healing of Jesus?

Personal Note:

Prayer: Jesus Christ, like the good Shepherd, You are always looking for lost and sick sheep. I pray for my brothers and sisters who need a touch of Your healing. Amen.

第77天 阅读:谷 5:31-32 日期:

理解问题:

- 耶稣的门徒怎么说?
- 之后, 耶稣做了什么?

反思:

耶稣周围的人群没有任何感觉. 但是, 抚摸耶稣披风的女人继续得到医治. 我怎样才能得到耶稣的医治?

笔记:

祷告: 耶稣基督, 像好牧人一样, 你一直在寻找失落和患病的绵羊. 我为我的兄弟姐妹祈祷, 他们需要您的医治. 阿们

DAY 78 Read: Mk. 5: 33-34 Date:

Questions for understanding:

- What did the woman do?
- What did Jesus say to him?

Reflection:

It is the woman's faith that heals, the faith that Jesus can do something in her life. How can I increase my faith?

Personal Note:

Prayer: Jesus Christ, I confess my weakness in faith. Strengthen my heart, especially in times of pain and suffering so that I may still believe, You can do Your work in my life. Amen.

第78天 阅读:谷 5:33-34 日期:

理解问题:

- 那女人做了什么?
- 耶稣对他说了什么?

反思:

女人的信念得到了治愈, 信念是耶稣可以在她的生活中有所作为.

我怎样才能增加信心?

笔记:

祷告: 耶稣基督, 我承认我的信仰软弱. 增强我的心力, 尤其是在遭受苦难的时候, 以便我仍然可以相信, 你可以做我一生的工作. 阿们

DAY 79 Read: Mk. 5: 35-36 Date:

Questions for understanding:

- What happened to the girl?
- After that, what did Jesus do?

Reflection:

"Do not be afraid, just believe". This is what Jesus said to Jairus. This is what Jesus said to all of us who face any problem. What prevents me from believing in Jesus?

Personal Note:

Prayer: Jesus Christ, hope for those who are afflicted. Grant me a steadfast heart so that in the time of trial, I will not be afraid, but will still believe in You. Amen.

第79天 阅读:谷 5:35-36 日期:

理解问题:

-那女孩怎么了？

-之后, 耶稣做了什么？

反思:

“不要害怕, 只要相信”。耶稣对J鲁说的就是这句话。这就是耶稣对面对任何问题的我们所有人所说的话。是什么使我无法相信耶稣？

笔记:

祈祷:耶稣基督, 对那些受苦的人有希望。给我坚定的心, 这样在审判的时候, 我不会害怕, 但仍然会相信你。阿们

DAY 80 Read: Mk. 5: 37-39 Date:

Questions for understanding:

- Who followed Jesus into the house?

- What did Jesus say to them?

Reflection:

In the chaos in the house, Jesus is still determined to save the girl. Have I ever doubted or despaired of God?

Personal Note:

Prayer: Jesus Christ, You see the chaos and hear the weeping in my life.

Help me not to give up, but to move forward with faith. Amen.

第80天 阅读:谷 5:37-39 日期:

理解问题:

-谁跟随耶稣进了屋子？

-耶稣对他们说了什么？

反思:

在房子的混乱中, 耶稣仍然决心拯救那个女孩。我是否曾经对天主感到怀疑或绝望？

笔记:

祷告: 耶稣基督, 你看见混乱, 听到我生命中的哭泣。

帮助我不要放弃, 而要怀着信念前进。阿们

DAY 81 Read: Mk. 5: 40-41 Date:

Questions for understanding:

- What did Jesus say to Jairus' son?

- What is the meaning of "Talitha kum"?

Reflection:

Jesus said to the boy, "Talitha kum". The word of Jesus has the power to resurrect us who have fallen and are lifeless. How can I see the power of God's Word in my life?

Personal Note:

Prayer: Jesus Christ, strength for the weak. May I always depend on Your blessings and mercy and say only then I will rise from my own weakness. Amen.

第81天 阅读:谷 5:40-41 日期:

理解问题:

-耶稣对J鲁的儿子说了什么？

-“塔里塔, 古木！”是什么意思？

反思:

耶稣对男孩说:“塔里塔, 古木！”。耶稣的话语有能力使我们堕落而无生命的我们复活。我如何在生活中看到天主圣言的力量？

笔记:

祷告: 耶稣基督, 弱者的力量。我可以永远依靠你的祝福和怜悯, 只有这样我才能从自己的软弱中复活。阿们

DAY 82 Read: Mk. 5: 42-43 Date:

Questions for understanding:

- What is the girl doing?
- What did Jesus command them to do there?

Reflection:

Life and death are in the hands of God. Jesus returns the girl to her family. Do I really believe in the resurrection of the body and eternal life?

Personal Note:

Prayer: Lord Jesus, resurrection and life. I leave to You all those who have died. Grant them forgiveness of sins, resurrection of the body and eternal life. Amen.

第82天 阅读:谷 5:42-43 日期:

理解问题:

- 女孩在做什么？
- 耶稣命令他们在那里做什么？

反思:

生与死掌握在天主手中. 耶稣把那个女孩送回了她的家人. 我真的相信身体和永生的复活吗？

笔记:

祷告: 主耶稣, 复活和生命. 我将所有已死的人留给你们. 赦免他们的罪过, 复活身体和永生. 阿们

DAY 83 Read: Mk. 6: 1-2 Date:

Questions for understanding:

- Where did Jesus go with His disciples?
- Where did Jesus go on the Sabbath?

Reflection:

Many people were amazed and amazed at Jesus' teaching because He taught with power and performed miracles. What miracles of God can I observe in my daily life?

Personal Note:

Prayer: Jesus Christ, the source of wisdom. My life is a miracle from You. May I always admire You and use my life to glorify Your name. Amen.

第83天 阅读:谷 6:1-2 日期:

理解问题:

- 耶稣和他的门徒去哪里了？
- 耶稣在安息日去了哪里？

反思:

许多人对耶稣的教导感到惊讶和惊奇, 因为他以能力来教导并创造了奇迹. 我在日常生活中可以观察到神的哪些奇迹？

笔记:

祷告: 耶稣基督, 智慧之源. 我的生命是你的奇迹. 我愿永远崇拜您, 并用我的生命来荣耀您的名字. 阿们

DAY 84 Read: Mk. 6: 3-4 Date:

Questions for understanding:

- How was Jesus celebrated in his hometown?
- According to Jesus, where is a respected prophet?

Reflection:

Even in his hometown, people there refused to accept Jesus. They thought badly of Him. Why can people be prejudiced against Jesus?

Personal Note:

Prayer: Jesus Christ, You also feel rejection from the relatives of the village. Strengthen my heart when I receive rejection due to my faith and trust in You. Amen.

第84天 阅读:谷 6:3-4 日期:

理解问题:

- 耶稣在他的家乡如何庆祝？
- 根据耶稣的说法, 一位受人尊敬的先知在哪里？

反思:

即使在他的家乡, 那里的人们也拒绝接受耶稣. 他们对他不好. 人们为什么对耶稣有偏见?

笔记:

祷告: 耶稣基督, 你也感到被村亲们拒绝了. 当我因对您的信仰和信任而遭到拒绝时, 请增强我的内心. 阿们

DAY 85 Read: Mk. 6: 5-6 Date:

Questions for understanding:

- What did Jesus do there?
- After that, what did Jesus do?

Reflection:

Jesus did not give up when He was rejected in His hometown. So He went to other villages around to teach there.

Am I a quick-witted person?

Personal Note:

Prayer: Jesus Christ, though not accepted, yet You are still focused on Your evangelistic work. I beg for the courage to face anything the allegations in my life. Amen.

第85天 阅读:谷 6:5-6 日期:

理解问题:

- 耶稣在那里做什么?
- 之后, 耶稣做了什么?

反思:

耶稣在他的家乡被拒绝时并没有放弃. 因此, 他去附近的其他村庄教书.

我是个机智的人吗?

笔记:

祷告: 耶稣基督虽然没有被接受, 但是您仍然专注于您的布道工作. 我恳求面对任何事情的勇气. 我一生中的指控. 阿们

DAY 86 Read: Mk. 6: 7-8 Date:

Questions for understanding:

- Who did Jesus call?
- What did Jesus command His disciples to do?

Reflection:

The disciples of Jesus were never alone because of the power of Jesus to accompany them and them sent in pairs. Who walks with me in my Christian life?

Personal Note:

Prayer: Jesus Christ, Immanuel, God with us. You never leave your followers alone. Help me so that in the course of my life, I will continue to depend on You. Amen.

第86天 阅读:谷 6:7-8 日期:

理解问题:

- 耶稣叫谁?
- 耶稣命令门徒做什么?

反思:

耶稣的门徒从来都不孤单, 因为耶稣有能力陪伴他们, 并成对地派遣他们. 在我的基督徒生活中谁与我同行?

笔记:

祷告: 耶稣基督, 以马内利, 天主与我们同在. 您永远不会离开追随者. 帮助我, 以便在我的生活中, 我将继续依靠你. 阿们

DAY 87 Read: Mk. 6: 9-11 Date:

Questions for understanding:

- Where should they live in the city?
- What is the purpose of removing dust from the soles of the feet?

Reflection:

According to Jesus, sometimes His disciples would be accepted and sometimes rejected like Jesus Himself. Am I willing to accept rejection when I become a follower of Jesus?

Personal Note:

Prayer: Jesus Christ, in the various trials that Your disciples go through, You always give hope and help. May I remain faithful and steadfast in carrying my cross every day and following You. Amen.

第87天 阅读:谷 6:9-11 日期:

理解问题:

-他们应该住在城市哪里？

-去除脚底灰尘的目的是什么？

反思:

根据耶稣的说法,有时他的门徒会像耶稣自己一样被接受和拒绝.当我成为耶稣的跟随者时,我愿意接受拒绝吗？

笔记:

祷告: 耶稣基督, 在您的门徒经历的各种考验中, 您总是给予希望和帮助. 我愿在每天背负我的十字架和跟随你时保持忠诚和坚定. 阿们

DAY 88 Read: Mk. 6: 12-13 Date:

Questions for understanding:

- What news did the disciples of Jesus deliver?

- What have they done?

Reflection:

In the name and power of Jesus, His disciples continued the work of preaching the word, casting out evil spirits and healing the sick. How can I continue this work of Jesus?

Personal Note:

Prayer: Jesus Christ, You have chosen and sent Your disciples to continue Your work of salvation. Help me so that I can be Your faithful witness in this world. Amen.

第88天 阅读:谷 6:12-13 日期:

理解问题:

-耶稣的门徒传了什么消息？

- 他们做了什么？

反思:

他的门徒们奉耶稣的名和大能, 继续传讲道, 驱除邪灵和医治病人. 我怎样才能继续耶稣的这项工作？

笔记:

祷告: 耶稣基督, 您已经选择并派出您的门徒继续您的救恩工作. 帮助我, 使我成为您在这个世界上的忠实见证. 阿们

DAY89 Read: Mk. 6: 14-15 Date:

Questions for understanding:

- Who heard about Jesus

- What do people say about Jesus?

Reflection:

The name of Jesus is well-known everywhere. But everyone has their own inaccurate view of who Jesus really is. Do I know who Jesus really is?

Personal Note:

Prayer: Lord Jesus, I want to know more deeply who You are. Anoint me with Your Holy Spirit so that I can acknowledge You as God and Savior of my life. Amen.

第89天 阅读:谷 6:14-15 日期:

理解问题:

-谁听说过耶稣

-人们怎么说耶稣？

反思:

耶稣的名字到处都是众所周知的. 但是每个人对耶稣的真实身份都有自己不正确的看法. 我知道耶稣到底是谁吗？

笔记:

祷告: 主耶稣, 我想更深入地了解你. 用你的圣神膏我, 使我可以承认你是我生命中的天主和救主. 阿们

DAY 90 Read: Mk. 6: 16-17 Date:

Questions for understanding:

- According to Herod, who was Jesus?
- Why did Herod arrest John?

Reflection:

John the Baptist was arrested, bound and imprisoned by Herod. John was not afraid to uphold the truth. Do I dare to uphold justice and truth in my life?

Personal Note:

Prayer: Jesus Christ, the Way, the Truth and the Life. Holy to me in the power of the Holy Spirit so that like John I can testify to the truth and always her way in the light, not the darkness. Amen.

第90天 阅读:谷 6:16-17 日期:

理解问题:

- 根据希律王所说, 耶稣是谁?
- 希律王为何逮捕若望?

反思:

施洗若望被希律王逮捕, 拘束和监禁. 若望不怕坚持真理. 我是否敢于在生活中坚持正义与真理?

笔记:

祷告: 耶稣基督, 道路, 真理与生命. 以圣神的力量对我神圣, 以便像若望一样, 我可以证明真理, 并始终在光明而不是黑暗中证明自己的方式. 阿们

DAY 91 Read: Mk. 6: 18-19 Date:

Questions for understanding:

- Why did John rebuke Herod?
- What does Herodias want to do?

Reflection:

Despite being threatened, John remained steadfast in his stand to uphold the truth of God's teaching. Is my life based on the word of God or my own thoughts?

Personal Note:

Prayer: Jesus Christ, You have chosen John the Baptist to be the voice of truth. Give me his spirit so that I can remain a messenger of truth, justice and goodness. Amen.

第91天 阅读:谷 6:18-19 日期:

理解问题:

- 若望为什么斥责希律?
- Herodias想做什么?

反思:

尽管受到了威胁, 若望仍然坚定地支持天主教导的真理. 我的生活是基于天主的道还是我自己的思想?

笔记:

祷告: 耶稣基督, 您选择了施洗若望为真理的声音. 请给我他的精神, 使我成为真理, 正义和善良的使者. 阿们

DAY 92 Read: Mk. 6: 20-21 Date:

Questions for understanding:

- According to Herod, who was John?
- What made Herod nervous?

Meditation:

The word of God is alive and exerts power, sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, of both joints and marrow, and is a discerner of the thoughts and intents of the heart.

Personal Note:

Prayer: Jesus Christ, Your Word lives and has the power to change my life. Help me not to too comfortable in my life and forget about You. Amen.

第92天 阅读:谷 6:20-21 日期:

理解问题:

-根据希律王所说, 若望是谁?

-是什么使希律感到紧张?

冥想:

天主的圣言是活泼的, 并且具有力量, 比任何两刃的剑都要锋利, 甚至刺穿了关节和骨髓的灵魂和精神的裂痕, 并且是心灵思想和意图的辨别力.

笔记:

祷告: 耶稣基督, 你的话语活着并且有能力改变我的生活. 帮我不要我的生活太舒适了, 忘了你. 阿们

DAY 93 Read: Mk. 6: 22-23 Date:

Questions for understanding:

- Who danced and entertained Herod?

- What did Herod want to give the girl?

Reflection:

Herod's behavior at his birthday party shows that he acted according to his lusts, not his intellect as a king.

Have I ever done something like this Herod?

Personal Note:

Prayer: Jesus Christ, You sent the Holy Spirit to renew the earth. Help me so that my behavior is not influenced by my own desires but is renewed by the power of the Holy Spirit. Amen.

第93天 阅读:谷 6:22-23 日期:

理解问题:

-谁跳舞并招待了希律王?

-希律想给女孩什么?

反思:

希律王在生日聚会上的举止表明, 他是按照自己的欲望行事的, 而不是作为国王的才智.

我曾经做过类似希律的事吗?

笔记:

祷告: 耶稣基督, 你派遣圣神更新大地. 帮助我, 使自己的行为不受自己的欲望影响, 而受圣神的力量更新. 阿们

DAY 94 Read: Mk. 6: 24-25 Date:

Questions for understanding:

- The girl asked who?

- What was the girl's request to Herod?

Reflection:

Hate and resentment can damage our hearts and lead us to do evil. When I want revenge, what should I do?

Personal Note:

Prayer: Jesus Christ, You once prayed, "Father, forgive them because they do not know what they are doing". Give me strength so that I can make your prayer my own prayer. Amen.

第94天 阅读:谷 6:24-25 日期:

理解问题:

-女孩问谁?

-女孩对希律的要求是什么?

反思:

仇恨和怨恨会伤害我们的心灵并导致我们做恶. 我要报仇时该怎么办?

笔记:

祈祷: 耶稣基督, 您曾经祈祷: "父亲, 请原谅他们, 因为他们不知道自己在做什么". 给我力量, 使我可以使你的祷告成为我自己的祷告. 阿们

DAY 95 Read: Mk. 6: 26-27 Date:

Questions for understanding:

- Why did Herod grieve?
- What did Herod command the soldiers to do?

Reflection:

John testified of the truth by giving his life. Although innocent, he was still murdered. Who else is innocent, but killed in the gospel?

Personal Note:

Prayer: Jesus Christ, I pray for all Christians who receive much persecution and trials because of their faith. Strengthen them and may I remain faithful to You. Amen.

第95天 阅读:谷 6:26-27 日期:

理解问题:

- 为什么希律为之忧伤?
- 希律王命令士兵们做什么?

反思:

若望通过献出生命来证明真理. 尽管无辜, 他仍然被谋杀. 还有谁是无辜的, 但在福音中被杀?

笔记:

祷告: 耶稣基督, 我为所有因信仰受到迫害和磨难的基督徒祈祷. 加强他们, 我可以忠实于您. 阿们

DAY 96 Read: Mk. 6: 28-29 Date:

Questions for understanding:

- Where is John's head placed?
- Who buried John?

Reflection:

There is no greater love than the love of a person who sacrifices his life for his best friend. John was willing to sacrifice for the sake of truth.

What am I willing to sacrifice for Jesus?

Personal Note:

Prayer: Jesus Christ, You are a true friend who is willing to sacrifice for the love of me.

Touch my heart so that I can be generous and loving like You. Amen.

第96天 阅读:谷 6:28-29 日期:

理解问题:

- 若望的头放在哪里?
- 谁埋葬了若望?

反思:

没有比为一个最好的朋友牺牲自己一生的人的爱更大的爱. 若望愿意为真理而牺牲.

我愿意为耶稣牺牲什么?

笔记:

祷告: 耶稣基督, 你是一个真正的朋友, 愿意为我的爱而牺牲.

触摸我的心, 让我像你一样宽容和爱心. 阿们

DAY 97 Read: Mk. 6: 30-31 Date:

Questions for understanding:

- What did the apostles do?
- Why did they not have time to eat?

Reflection:

In the busy daily routine, Jesus called His disciples to go to a lonely place to be alone and rest. What is the meaning of rest that Jesus meant?

Personal Note:

Prayer: Jesus Christ, You once said, "Come to Me, all who are weary and heavy laden and I will give you relief". May I seek rest and peace in You, Jesus. Amen.

第97天 阅读:谷 6:30-31 日期:

理解问题:

- 使徒做了什么?
- 为什么他们没有时间吃饭?

反思:

在繁忙的日常工作中, 耶稣叫门徒去一个孤独的地方, 独自一人, 休息. 耶稣所说的安息是什么意思?

笔记:

祷告: 耶稣基督, 你曾经说过:“所有疲倦而重担的人, 到我这里来, 我将给你解脱.”耶稣, 愿我在你里面寻求安息与平安. 阿们

DAY 98 Read: Mk. 6: 32-33 Date:

Questions for understanding:

- Where did Jesus and His disciples go?
- By the time they leave, what happened?

Reflection:

Finding quiet time to rest and pray is very difficult for us because we are always busy. What is the best time for me to be alone and with God in prayer?

Personal Note:

Prayer: Jesus Christ, You decide everything in this world according to the time. I beg for wisdom and discipline to be able to divide my time for quiet time and prayer. Amen.

第98天 阅读:谷 6:32-33 日期:

理解问题:

- 耶稣和他的门徒去了哪里?
- 当他们离开时, 发生了什么事?

反思:

因为我们一直很忙, 所以很难找到安静的时间休息和祈祷. 我一个人与天主祷告的最佳时间是什么?

笔记:

祷告: 耶稣基督, 你根据时间决定世界上的一切. 我恳求智慧和纪律能够将我的时间分配给安静的时间和祈祷. 阿们

DAY 99 Read: Mk. 6:34 Date:

Questions for understanding:

- Why did Jesus have compassion on them?
- What did Jesus do next?

Reflection:

The most important attribute of God is compassion. Jesus is the face of Divine Mercy and He pours out God's mercy to the whole world. Is this trait present in me?

Personal Note:

Prayer: Jesus Christ, just as the sheep cannot live without the shepherd, so I cannot live without You in my life. May I acknowledge You as the Shepherd of my life. Amen.

第99天 阅读:谷 6:34 日期:

理解问题:

- 耶稣为什么对他们有同情心?
- 耶稣接下来做什么?

反思:

天主最重要的属性是同情心. 耶稣是神圣慈悲的面孔, 他向整个世界倾吐了天主的怜悯. 我有这个特征吗?

笔记:

祷告: 耶稣基督, 就像绵羊不能没有牧羊人一样生活, 所以我也不能没有你而生活. 我可以承认你是我生命中的牧者. 阿们

DAY 100 Read: Mk. 6: 35-36 Date:

Questions for understanding:

- Where are Jesus and His disciples?
- What did the disciples say to Jesus?

Reflection:

Jesus taught the people until late at night. There is a hunger for the Word of God in them because man does not live by bread alone, but by every word that proceeds from the mouth of God.

Personal Note:

Prayer: Jesus Christ, Your word the Lord is the living word. Burn my soul with Your Holy Spirit so that I always strive to fill my soul with Your Word as my spiritual food. Amen.

第100天 阅读:谷 6:35-36 日期:

理解问题:

-耶稣和他的门徒在哪里?

-门徒对耶稣说了什么?

反思:

耶稣教导人们直到深夜. 他们心中渴望天主的道, 因为人不仅靠面包为生, 而是靠从天主口中传出的每句话来生活.

笔记:

祷告: 耶稣基督, 你的话主是活泼的话. 用你的圣神焚烧我的灵魂, 以便我始终努力使你的圣言充满我的灵魂, 作为我的精神食物. 阿们

DAY 101 Read: Mk. 6: 37-38 Date:

Questions for understanding:

- How did Jesus answer His disciples?

- How much bread and fish do they have?

Reflection: Jesus' call to His disciples was, "Feed them." Jesus gave this task to His disciples.

Only with Jesus' help can they do it.

Personal Note:

Prayer: Jesus Christ, Your goodness and Your generosity are infinite. Help me so that I can be kind and generous to those who are in trouble and destitute. Amen.

第101天 阅读:谷 6:37-38 日期:

理解问题:

-耶稣如何回答门徒?

-它们有多少面包和鱼?

反思:耶稣对门徒的呼召是:“喂养他们”. 耶稣把这个任务交给了他的门徒.

他们只有在耶稣的帮助下才能做到.

笔记:

祷告: 耶稣基督, 你的良善和慷慨是无限的. 帮助我, 使我对遇到麻烦和贫穷的人变得友善和慷慨. 阿们

DAY 102 Read: Mk. 6: 39-40 Date:

Questions for understanding:

- What did Jesus command His disciples to do?

- They sit in groups how many people?

Reflection:

The division into groups shows the importance of gathering together so that the same weight is borne and the same lightness is carried. How can I be a tool of unity in my church?

Personal Note:

Prayer: Jesus Christ, You are the one who strengthens unity in love. May I be able to help in uniting all the members of my church into one body in Christ. Amen.

第102天 阅读:谷 6:39-40 日期:

理解问题:

-耶稣命令门徒做什么?

-他们成群坐了多少人?

反思:

分成几组显示了聚集在一起的重要性, 这样可以承受相同的重量并且承载相同的重量. 我怎样才能成为教会团结的工具?

笔记:

祷告: 耶稣基督, 你是在爱中加强团结的人. 我能否帮助将我教会的所有成员团结成基督的身体. 阿们

DAY 103 Read: Mk. 6:41 Date:

Questions for understanding:

- What did Jesus do with the bread and the fish?

- To whom was the bread and fish given?

Reflection:

Even with a little in the hands of His disciples, Jesus could still multiply it to be enough for everyone.

What can I leave to Jesus?

Personal Note:

Prayer: Jesus Christ, Your grace is enough for me because Your strength becomes perfect in my weakness. May Your wishes and plans always come true in my life. Amen.

第103天 阅读:谷 6:41 日期:

理解问题:

-耶稣对面包和鱼做了什么？

-面包和鱼给了谁？

反思:

耶稣在门徒手中只有一点点，仍然可以乘以每个人都足够。我能留给耶稣什么？

笔记:

祷告: 耶稣基督，你的恩典足以满足我，因为你的能力在我的软弱中变得完全。愿您的愿望和计划在我的生活中始终实现。阿们

DAY 104 Read: Mk. 6: 42-44 Date:

Questions for understanding:

- How much excess food is collected?

- How many people ate that day?

Reflection:

They all ate until they were full, even with only five loaves and two fishes given to Jesus who performed miracles.

What do I want Jesus to bless in my life?

Personal Note:

Prayer: Jesus Christ, for You nothing is impossible. Pour out Your power into my heart so that in all the shortcomings in my life, I still hope for Your generosity and kindness. Amen.

第104天 阅读:谷 6:42-44 日期:

理解问题:

-收集了多少多余的食物？

-那天有多少人吃饭？

反思:

他们都吃到饱为止，即使只有五个饼和两条鱼献给了行神迹的耶稣。

我希望耶稣在我的生命中祝福什么？

笔记:

祷告: 耶稣基督，对你而言，没有什么是不可能的。将您的力量倾注于我的心中，以便在我生活中的所有缺点中，我仍然希望您的慷慨和友善。阿们

DAY 105 Read: Mk. 6: 45-46 Date:

Questions for understanding:

- Where did Jesus' disciples go first?

- Where did Jesus go to pray?

Reflection:

Jesus set the best example for us in prayer. In his daily routine, He can still find time and opportunity to pray. Can I do something like this Jesus?

Personal Note:

Prayer: Jesus Christ, You prioritize prayer in daily tasks. Teach me to take the time to pray because prayer is a source of strength for my life. Amen.

第105天 阅读:谷 6:45-46 日期:

理解问题:

-耶稣的门徒先去哪里？

-耶稣去哪里祷告？

反思:

耶稣在祷告中为我们树立了最好的榜样. 在日常工作中, 他仍然可以找到时间和机会祈祷. 我可以做这样的耶稣吗?

笔记:

祷告: 耶稣基督, 您在日常工作中优先考虑祷告. 教我花些时间祈祷, 因为祈祷是我生命的力量之源. 阿们

DAY 106 Read: Mk. 6: 47-48 Date:

Questions for understanding:

- When did the boat of Jesus' disciples reach the middle of the sea?
- Why did Jesus' disciples have trouble rowing the boat?

Reflection:

Our lives are so full of challenges that we have to struggle to find solutions on our own.
How can I invite Jesus into the challenges of my life?

Personal Note:

Prayer: Jesus Christ, without You, I still struggle without meaning. Let Your Holy Spirit guide my every step so that I do not give up quickly when faced with challenges and trials. Amen.

第106天 阅读:谷 6:47-48 日期:

理解问题:

- 耶稣的门徒的船什么时候到达海中?
- 为什么耶稣的门徒在划船时遇到麻烦?

反思:

我们的生活充满挑战, 我们必须努力寻找自己的解决方案.
我如何邀请耶稣参加我的生活挑战?

笔记:

祷告: 耶稣基督, 没有你, 我仍然毫无意义地挣扎. 让你的圣神引导我的每一步, 使我在面对挑战和考验时不会很快放弃. 阿们

DAY 107 Read: Mk. 6: 49-50 Date:

Questions for understanding:

- Why did Jesus' disciples shout?
- How did they feel at the time?

Reflection:

"Strengthen your heart! I am Jesus. Do not be scared". These are the words of Jesus calming the turbulent waves in the hearts of His frightened disciples. What am I afraid of in my life?

Personal Note:

Prayer: Jesus Christ, God Almighty. Strengthen my heart so that when I feel afraid, I will hold fast to the belief that You remain with me. Amen.

DAY 107 阅读:谷 6:49-50 日期:

理解问题:

- 耶稣的门徒为什么大喊?
- 他们当时感觉如何?

反思:

“加强你的心! 我是耶稣. 不要害怕”. 这些是耶稣的话, 使受惊的门徒心中汹涌的浪潮平息. 我一生中害怕什么?

笔记:

祷告: 耶稣基督, 全能的天主. 增强我的心力, 以便当我感到恐惧时, 我会坚信你与我同在. 阿们

DAY 108 Read: Mk. 6: 51-52 Date:

Questions for understanding:

- When does the wind subside?
- Why did Jesus' disciples still not understand?

Reflection:

Jesus' disciples did not yet know who Jesus really was. He is not only human, but He is God who has power over heaven and earth. Do I know who Jesus is?

Personal Note:

Prayer: Jesus Christ, truly God and truly man. Anoint me with the power of the Holy Spirit so that I may truly know who You are in my life. Amen.

第108天 阅读:谷 6:51-52 日期:

理解问题:

-风什么时候消退?

-为什么耶稣的门徒仍然不明白?

反思:

耶稣的门徒们还不知道耶稣到底是谁. 他不仅是人类, 而且是掌管天地的天主. 我知道耶稣是谁吗?

笔记:

祷告: 耶稣基督, 真正的天主和真正的人. 用圣神的能力给我膏抹, 使我可以真正认识你在我生命中的身份. 阿们

DAY 109 Read: Mk. 6: 53-54 Date:

Questions for understanding:

- Where did they arrive?

- What happened as soon as they got off the boat?

Reflection:

Wherever Jesus went, His disciples would stay with Him. They formed a brotherly and apostolic relationship. What my relationship with Jesus?

Personal Note:

Prayer: Jesus Christ, You are willing to humble yourself to be human so that we can be united with You Give Your grace so that I can follow You in my life and be united with You in love. Amen.

第109天 阅读:谷 6:53-54 日期:

理解问题:

-他们到哪儿了?

-他们下船后发生了什么?

反思:

耶稣到哪里去, 他的门徒都会与他同在. 他们建立了兄弟般的使徒关系. 我与耶稣有什么关系?

笔记:

祷告: 耶稣基督, 您愿意谦卑成为一个人, 以便我们可以与您团结在一起. 给您恩典, 这样我就可以在生活中跟随您, 在爱中与您团结. 阿们

DAY 110 Read: Mk. 6: 55-56 Date:

Questions for understanding:

- Where do they take the sick?

- Jesus allowed them to do what?

Reflection:

Many people flocked to Jesus to be healed. For those who are sick, Jesus is their hope. Am I looking for Jesus like these?

Personal Note:

Prayer: Jesus Christ, all who touch you continue to be healed. I pray for those who are sick that You will pour out the blessings of healing on them and alleviate their suffering. Amen

第110天 阅读:谷 6:55-56 日期:

理解问题:

-他们在哪里带病?

-耶稣允许他们做什么?

反思:

许多人涌向耶稣被医治. 对于那些生病的人, 耶稣是他们的希望. 我在寻找像这样的耶稣吗?

笔记:

祷告: 耶稣基督, 所有与你接触的人都会继续得到医治. 我为那些生病的人祈祷, 愿你将医治的祝福倒在他们身上, 减轻他们的痛苦. 阿们

DAY 111 Read: Mk. 7: 1-2 Date:

Questions for understanding:

- Who came to gather around Jesus?
- What did some of Jesus' disciples do?

Reflection:

The Pharisees and scribes questioned the practices of Jesus' disciples who did not follow Jewish customs. Jesus came to renew our spiritual lives. Do I need to renew?

Personal Note:

Prayer: Jesus Christ, You came to give me the freedom to be a child of God. May I be able to live according to these values and dignity and glorify the Father in heaven. Amen.

第111天 阅读:谷 7:1-2 日期:

理解问题:

- 谁来聚集耶稣?
- 耶稣的一些门徒做了什么?

反思:

法利赛人和文士对未遵循犹太习俗的耶稣门徒的做法提出质疑. 耶稣来更新我们的属灵生活. 我需要续约吗?

笔记:

祷告: 耶稣基督, 你来是为了给我自由成为天主的孩子. 我愿能按照这些价值观和尊严生活并荣耀天上的父. 阿们

DAY 112 Read: Mk. 7: 3-4 Date:

Questions for understanding:

- Who followed the customs of the ancestors?
- Before eating, what must they do?

Reflection:

The spiritual life of all Jews is based on the rules they must practice. Is my Christian life a mere practice of love and obligation?

Personal Note:

Prayer: Jesus Christ, You came to perfect the law with the law of love. May I live as a Christian not because of obligation but because of love. Amen.

第112天 阅读:谷 7:3-4 日期:

理解问题:

- 谁遵循了祖先的习俗?
- 吃之前, 他们必须做什么?

反思:

所有犹太人的精神生活都基于他们必须遵守的规则. 我的基督徒生活仅仅是爱与义务的实践吗?

笔记:

祷告: 耶稣基督, 你来以爱的律法完善律法. 我愿以基督徒的身份生活不是因为义务, 而是因为爱. 阿们

DAY 113 Read: Mk. 7: 5-6 Date:

Questions for understanding:

- What did they ask Jesus?
- What did Jesus call them?

Reflection:

Today's words make us aware of our religious practices. Jesus rebuked those who honored Him with words but not with hearts. How do I honor Jesus?

Personal Note:

Prayer: Jesus Christ, Your love gives me a new awareness of life. Send Your Holy Spirit to teach me how to love You with all my heart, soul and mind. Amen.

第113天 阅读:谷 7:5-6 日期:

理解问题:

- 他们问耶稣什么?
- 耶稣叫他们什么?

反思:

今天的话使我们意识到我们的宗教习俗。耶稣斥责那些用言语而非心来尊敬他的人。我该如何尊敬耶稣？

笔记:

祈祷: 耶稣基督, 你的爱使我对生活有了新的认识。寄出你的圣神教我如何全心全意地爱你。阿们

DAY 114 Read: Mk. 7: 7-8 Date:

Questions for understanding:

- What did the Pharisees and scribes teach?

- Why do they set aside God's command?

Reflection:

Jesus distinguished between human rule and God's command. The Pharisees and scribes put more emphasis on human rules in their lives. Am I being like them?

Personal Note:

Prayer: Lord Jesus, give me Your wisdom so that I can distinguish between human rules and God's commandments in my religious and spiritual life. Amen.

第114天 阅读: 谷 7:7-8 日期:

理解问题:

- 法利赛人和文士教了什么？

- 为什么他们撇开天主的命令？

反思:

耶稣在人的统治和神的命令之间做出了区分。法利赛人和抄写员更加重视生活中的人文规则。我像他们吗？

笔记:

祷告: 主耶稣, 求你赐我智慧, 让我在宗教和精神生活中区分人类规则和天主的诫命。阿们

DAY 115 Read: Mk. 7: 9-10 Date:

Questions for understanding:

- Why did they get rid of God's command?

- What command did Moses deliver?

Reflection:

The Pharisees and scribes abused the word of God for their own benefit and misled God's people.

How can I get the true teachings of Jesus?

Personal Note:

Prayer: Jesus Christ, You are the Way, the Truth and the Life. Enlighten my heart and mind, so that I may be sanctified in the truth and walk not in darkness but in the light of Your light. Amen.

第115天 阅读: 谷 7:9-10 日期:

理解问题:

- 为什么要摆脱天主的命令？

- 摩西传达了什么命令？

反思:

法利赛人和文士为了自己的利益滥用天主的道, 并误导了天主的子民。我怎样才能得到耶稣的真实教训？

笔记:

祷告: 耶稣基督, 你是道路, 真理和生命。启迪我的心灵, 使我在真理中成圣, 而不是在黑暗中, 而是在你的光中行走。阿们

DAY 116 Read: Mk. 7: 11-13 Date:

Questions for understanding:

- What does "victim" mean?

- How do they invalidate the word of God?

Reflection:

Properly, they should obey the truth in God's Word. Instead, they understand God's Word according to their own thinking. Am I obeying God's Word?

Personal Note:

Prayer: Jesus Christ, Your Word remains forever. May I continue to hold fast to the truth of Your Word in my life and uphold justice for one another. Amen.

第116天 阅读:谷 7:11-13 日期:

理解问题:

-“受害者”是什么意思？

-他们如何使天主的道无效？

反思:

他们应该正确地服从天主圣言的真理。相反，他们根据自己的思想理解神的话。我遵守天主的话吗？

笔记:

祷告: 耶稣基督，你的话永存。我愿我一生继续坚持你的道理，互相维护正义。阿们

DAY 117 Read: Mk. 7: 14-16 Date:

Questions for understanding:

- What did Jesus ask of them?

- According to Jesus, what defiles a person?

Reflection:

Jesus asks us to listen to Him so that we can understand His teachings because human understanding is limited. How can I listen to Jesus and understand His teachings?

Personal Note:

Prayer: Jesus Christ, You are the word of God who became man. May I always be ready to hear Your word and understand the meaning You want to convey to me. Amen.

第117天 阅读:谷 7:14-16 日期:

理解问题:

-耶稣问他们什么？

-根据耶稣的说法，是什么 what 污了一个人？

反思:

耶稣要求我们倾听他的声音，以便我们能够理解他的教导，因为人类的理解是有限的。我该如何聆听耶稣并理解他的教导？

笔记:

祷告: 耶稣基督，你是成为人类的天主的道。我可以随时准备听到您的话并理解您想要传达给我的意思。阿们

DAY 118 Read: Mk. 7: 17-19 Date:

Questions for understanding:

- What did Jesus' disciples ask?

- Do they understand the meaning of the parable?

Reflection:

According to Jesus, what defiles a person is not what comes from outside but what comes out of our hearts. How can I change my heart to do God's will?

Personal Note:

Prayer: Jesus Christ, Your Word gives a new perspective on a Christian's religious and spiritual practices. May my views and beliefs be formed by Your Word. Amen.

第118天 阅读:谷 7:17-19 日期:

理解问题:

-耶稣的门徒问了什么？

-他们了解寓言的含义吗？

反思:

根据耶稣的说法，de污一个人的不是来自外部的，而是来自我们内心的。我该如何改变自己的心去遵行天主的旨意？

笔记:

祷告: 耶稣基督，你的话语为基督徒的宗教和精神习俗提供了新的视角。愿我的观点和信念由你的话语形成。阿们

DAY 119 Read: Mk. 7: 20-23 Date:

Questions for understanding:

- Where do evil thoughts or things come from?
- What defiles a person?

Reflection:

Our desires and desires are in our hearts. Man sees what is on the outside but God sees what is on the heart. Am I more focused on what is outside of me or what is on my heart?

Personal Note:

Prayer: Jesus Christ, only You can change my heart. Fill my heart with Your love so that all my actions and conversations are according to Your will and guidance. Amen.

第119天 阅读:谷 7:20-23 日期:

理解问题:

- 邪恶的思想或事物从何而来?
- 什么de污了一个人?

反思:

我们的欲望和欲望在我们心中. 人看到外面有什么, 但天主看到心脏上有什么. 我是否更专注于内在的东西或内心的东西?

笔记:

祷告: 耶稣基督, 只有你可以改变我的心. 用你的爱充满我的心, 使我所有的行动和谈话都按照你的意愿和指导进行. 阿们

DAY 120 Read: Mk. 7: 24-25 Date:

Questions for understanding:

- Where did Jesus go after this?
- Who came and prostrated before Jesus?

Reflection:

A mother humbled herself and prostrated herself before Jesus to ask for His help because of her possessed son. In prayer, do I humble myself and bow down before God?

Personal Note:

Prayer: Jesus Christ, You never reject anyone who comes and asks for help from you. Give me this heart full of Your mercy. Amen.

第120天 阅读:谷 7:24-25 日期:

理解问题:

- 耶稣从那里去了哪里?
- 谁来俯伏在耶稣面前?

反思:

一位母亲因自己的儿子而谦卑地俯伏在耶稣面前求助. 在祷告中, 我会谦卑自己, 向天主鞠躬吗?

笔记:

祈祷:耶稣基督, 你永远不会拒绝任何人来寻求帮助
从你那里. 给我这颗充满怜悯的心. 阿们

DAY 121 Read: Mk. 7: 26-27 Date:

Questions for understanding:

- Where did the woman come from?
- What was his request to Jesus?

Reflection:

Although the mother was from a Gentile background, Jesus still listened to her request. A mother's love for her child is the reason she came and begged Jesus.

Personal Note:

Prayer: Jesus Christ, You came to be the Savior of all nations, including Jews and Gentiles. May I generously proclaim the good news that Jesus is God and Savior. Amen.

第121天 阅读:谷 7:26-27 日期:

理解问题:

- 女人是哪里人?
- 他对耶稣的要求是什么?

反思:

尽管母亲来自外邦背景,但耶稣仍然听取了她的要求.母亲对孩子的爱是她来求耶稣的原因.

笔记:

祷告: 耶稣基督,你成为所有国家的救主,包括犹太人和外邦人.我愿慷慨地宣布耶稣是天主和救主的好消息. 阿们

DAY 122 Read: Mk. 7: 28-30 Date:

Questions for understanding:

- What was the woman's answer to Jesus?
- What did he find when he returned home?

Reflection:

Jesus granted the Gentile woman's request and cured her son of demon possession. Jesus was not partial in proclaiming His word of salvation and healing.

Personal Note:

Prayer: Jesus Christ, You came looking for those who are lost and besieged by sin and demonic spirits. Me

pray for those in the power of evil spirits. Free them in Your holy name. Amen.

第122天 阅读:谷 7:28-30 日期:

理解问题:

- 女人对耶稣的回答是什么?
- 他回到家时发现了什么?

反思:

耶稣同意了外邦妇女的要求,并治愈了她儿子的魔鬼财产.耶稣并非全然宣扬他的救恩和医治之道.

笔记:

祷告: 耶稣基督,你来寻找那些被罪恶和魔鬼迷惑和迷惑的人.我为那些有邪灵能力的人祈祷.以你的圣名释放他们. 阿们

DAY 123 Read: Mk. 7: 31-32 Date:

Questions for understanding:

- After leaving Tire, where did Jesus go?
- Who was brought to Jesus?

Reflection:

This deaf man was brought by someone to meet Jesus. He was lucky because someone was willing to take him to see Jesus. Can I bring people to Jesus?

Personal Note:

Prayer: Jesus Christ, hope for the needy. May I always have compassion for those in need. Help me to bring people to You. Amen.

第123天 阅读:谷 7:31-32 日期:

理解问题:

- 离开提尔后,耶稣去了哪里?
- 谁被带到耶稣那里?

反思:

这个聋哑人被某个人带来来见耶稣.他很幸运,因为有人愿意带他去见耶稣.我可以带人去耶稣吗?

笔记:

祷告: 耶稣基督,希望有需要的人.请问我对有需要的人总是有同情心.帮我把人带到你那里. 阿们

DAY 124 Read: Mk. 7: 33-34 Date:

Questions for understanding:

- What did Jesus do for the man?
- What does "Ephrathah" mean?

Reflection:

Jesus touched the man's ears and tongue which made him mute and said, "Ephrathah." Jesus' touch and His word healed him.

What needs to be healed in my life?

Personal Note:

Prayer: Jesus Christ, Your word "Ephrathah" is for me too. Open my ears and tongue so that I can hear Your word and proclaim Your good news to those who do not know You. Amen.

第124天 阅读:谷 7:33-34 日期:

理解问题:

-耶稣为那个人做了什么？

-“以法莲”是什么意思？

反思:

耶稣摸了摸这个人的耳朵和舌头，使他沉默了，说：“以法莲”。耶稣的触摸和他的话治愈了他。

我一生需要治愈什么？

笔记:

祷告: 耶稣基督，您的“以法莲”这个词对我也适用。张开我的耳朵和舌头，以便我能听到你的话，并向不认识你的人宣扬你的好消息。阿们

DAY 125 Read: Mk. 7:35 Date:

Questions for understanding:

- What happened to that person's ears and tongue?

- How does he speak?

Reflection:

The person's ears and tongue are restored and become perfect. Jesus came to renew our sinful condition. What do I need to renew in my life?

Personal Note:

Prayer: Jesus Christ, touch my heart and renew my soul and mind. Let my hearing and speech be guided by the power of Your Holy Spirit so that I can be a tool in Your plan. Amen.

第125天 阅读:谷 7:35 日期:

理解问题:

-这个人的耳朵和舌头怎么了？

-他怎么说？

反思:

该人的耳朵和舌头得以恢复并变得完美。耶稣来更新我们的罪恶状况。我的生活需要什么更新？

笔记:

祷告: 耶稣基督，触摸我的心，更新我的心灵。让我的听力和言语在你的圣神的力量指引下，使我成为你计划中的工具。阿们

DAY 126 Read: Mk. 7: 36-37 Date:

Questions for understanding:

- Jesus forbade them to do what?

- What do they say about Jesus?

Reflection:

Everyone talks about what Jesus has done - allowing the deaf to hear and the dumb to speak. Have I ever told you what Jesus did in my life?

Personal Note:

Prayer: Jesus Christ, You do everything very well. Hopefully like these, I can recount all the deeds You have done in my life. Amen.

第126天 阅读:谷 7:36-37 日期:

理解问题:

-耶稣禁止他们做什么？

-他们怎么说耶稣？

反思:

每个人都在谈论耶稣的所作所为-让聋哑人听见而哑巴说话。我曾经告诉过你耶稣在我生命中做了什么吗？

笔记:

祷告: 耶稣基督，你做得很好。希望像这样，我可以叙述你一生中所做的一切事。阿们

DAY 127 Read: Mk. 8: 1-2 Date:

Questions for understanding:

- What happened to those who followed Jesus?
- How did Jesus feel about them?

Reflection:

Following Jesus involves many trials and challenges. They have been following Jesus for three days and now they have run out of food. They are willing to bear this because of Jesus.

Personal Note:

Prayer: Jesus Christ, the source of mercy. You are my strength in the journey of life. In all the trials and tribulations that follow You, strengthen my faith so that I remain faithful to be Your follower.

Amen.

第127天 阅读:谷 8:1-2 日期:

理解问题:

- 跟从耶稣的人怎么了?
- 耶稣对他们的感觉如何?

反思:

跟随耶稣涉及许多考验和挑战。他们已经跟随耶稣三天了,现在他们已经没有食物了。他们愿意因为耶稣而承受这个。

笔记:

祷告: 耶稣基督, 怜悯之源。您是我人生旅途中的力量。在跟随您的所有考验和磨难中, 要增强我的信仰, 以便我忠实地成为您的跟随者。阿们

DAY 128 Read: Mk. 8: 3-4 Date:

Questions for understanding:

- What will happen if they go home on their own?
- What did Jesus' disciples say?

Reflection:

Jesus' disciples felt powerless to feed them. But for Jesus, nothing is impossible. What are the things in life that make me feel helpless?

Personal Note:

Prayer: Jesus Christ, hope for the helpless. There are so many things in this world that make me helpless. Help me not to give up quickly but still hope in You. Amen.

第128天 阅读:谷 8:3-4 日期:

理解问题:

- 如果他们自己回家, 会发生什么?
- 耶稣的门徒怎么说?

反思:

耶稣的门徒感到无能为力。但是对于耶稣来说, 没有什么是不可能的。生活中哪些事情让我感到无助?

笔记:

祷告: 耶稣基督, 希望无助的人。这个世界上有太多让我无奈的东西。帮助我不要很快放弃, 但仍然希望你。阿们

DAY 129 Read: Mk. 8: 5-6 Date:

Questions for understanding:

- How much bread do they have?
- What did Jesus do to the bread?

Reflection:

Even with a little, God can make it a blessing for many people.

What can I offer to God so that He can be a blessing to many people?

Personal Note:

Prayer: Jesus Christ, I offer to You everything in my life. Wear it according to Your plan and may my life be a blessing to others. Amen.

第129天 阅读:谷 8:5-6 日期:

理解问题:

-他们有多少面包？

-耶稣对面包做了什么？

反思:

即使有一点点, 天主也可以使它成为许多人的祝福.

我可以献给天主什么, 以便祂可以成为许多人的祝福？

笔记:

祷告: 耶稣基督, 我将生命中的一切奉献给您. 按照您的计划佩戴它, 也许我的生活会为他人带来福气. 阿们

DAY 130 Read: Mk. 8: 7-8 Date:

Questions for understanding:

- Besides bread, what other foods do they have?

- What do they do with the leftovers?

Reflection:

Jesus multiplied bread and fish, but it was His disciples who divided them. They become tools to bring God's blessings to others. Am I also called to be God's instrument?

Personal Note:

Prayer: Lord Jesus, almighty and good. Your blessings abound in my life. May my heart always be grateful for all the blessings I have received from Your generosity. Amen.

第130天 阅读:谷 8:7-8 日期:

理解问题:

-除了面包, 它们还有哪些其他食物？

-剩菜剩饭怎么办？

反思:

耶稣使面包和鱼成倍增加, 但是他们的门徒才将它们分开. 它们成为将天主的祝福带给他人的工具. 我也被称为天主的工具吗？

笔记:

祷告: 主耶稣, 全能和善良. 您的祝福在我的生活中比比皆是. 愿我一直对您的慷慨捐助表示感谢. 阿们

DAY 131 Read: Mk. 8: 9-10 Date:

Questions for understanding:

- How many people are there?

- After that, where did Jesus go?

Reflection:

Those who are filled with Jesus feel goodness and blessings from God. They returned to their respective places with the conviction that God was with them.

Personal Note:

Prayer: Jesus Christ, You do not leave Your followers hungry in the journey of their lives. Give me sustenance today and may I be strong and eager to be Your witness. Amen.

第131天 阅读:谷 8:9-10 日期:

理解问题:

-那里有几个人？

-之后, 耶稣去了哪里？

反思:

那些充满耶稣的人会感到天主的恩惠. 他们坚信天主与他们同在, 回到了各自的地方.

笔记:

祷告: 耶稣基督, 你不要让跟随者在生活中感到饥饿. 今天给我寄托, 愿我坚强并渴望成为您的见证. 阿们

DAY 132 Read: Mk. 8: 11-13 Date:

Questions for understanding:

- Who came to Jesus?

- What is their request?

Reflection:

Jesus sighed because of the Pharisees' lack of faith in Him. They came not to hear Jesus, but to test and guess Him. Am I like this Pharisee?

Personal Note:

Prayer: Jesus Christ, in the trials and tribulations I face every day, strengthen my faith so that I do not seek miraculous signs from You but cling to Your Word as my life guide. Amen.

第132天 阅读:谷 8:11-13 日期:

理解问题:

-谁来找耶稣的?

-他们有什么要求?

反思:

耶稣叹息是因为法利赛人对他缺乏信心. 他们来不是为了听耶稣, 而是为了测试和猜测耶稣. 我喜欢这个法利赛人吗?

笔记:

祷告: 耶稣基督, 在我每天面对的磨难和磨难中, 增强了我的信仰, 所以我不会从你那里寻求奇迹般的迹象, 而是坚持你的话作为我的生活指南. 阿们

DAY 133 Read: Mk. 8: 14-15 Date:

Questions for understanding:

- What did the disciples of Jesus forget to bring?

- What is Jesus' advice to them?

Reflection:

Jesus took the opportunity to teach His disciples, even in a boat. His teachings touch on their life experiences.

How can the teachings of Jesus touch my life?

Personal Note:

Prayer: Jesus Christ, Your teachings give a new perspective to everything that happens in my life. Fill me with Your Holy Spirit so that I can continue to walk in Your light and guidance. Amen.

第133天 阅读:谷 8:14-15 日期:

理解问题:

-耶稣的门徒忘记带什么?

-耶稣对他们的建议是什么?

反思:他的教学触动了他们的生活经历.

耶稣的教导如何触动我的生活?

耶稣借此机会甚至在船上也教导他的门徒. 他的教导触动他们的生活经历.

耶稣的教导如何触动我的生活?

笔记:

祷告: 耶稣基督, 您的教导为我生命中发生的一切提供了新的视角. 让我充满你的圣神, 使我可以继续在你的光明和指引下行走. 阿们

DAY 134 Read: Mk. 8: 16-17 Date:

Questions for understanding:

- What did they say to each other?

- What did Jesus ask them?

Reflection:

Jesus rebuked His disciples because they did not understand what Jesus was teaching them. When I do not understand the teachings of Jesus, what should I do?

Personal Note:

Prayer: Jesus Christ, You remain patient in teaching Your Word to me, even though often my heart is slow to understand Your teachings. Give me the wisdom to accept your teachings.

第134天 阅读:谷 8:16-17 日期:

理解问题:

-他们互相说什么?

-耶稣问他们什么?

反思:

耶稣斥责他的门徒, 因为他们不明白耶稣在教导他们. 当我不了解耶稣的教导时, 我该怎么办?

笔记:

祷告: 耶稣基督, 尽管我的心常常不明白你的教导, 但你仍然耐心向我教导你的话语. 给我智慧, 接受你的教..

DAY 135 Read: Mk. 8: 18-19 Date:

Questions for understanding:

- What did Jesus ask His disciples?
- How many baskets of leftover food are collected?

Reflection:

Jesus taught His disciples to see and hear with all their heart and faith in God. How can I direct my sight and hearing to Jesus?

Personal Note:

Prayer: Jesus Christ, You feed five thousand people with Your power. I pray for those who are hungry and hungry. Bless them with sufficient sustenance. Amen.

第135天 阅读:谷 8:18-19 日期:

理解问题:

- 耶稣问门徒什么?
- 收集了多少篮子剩余食物?

反思:

耶稣教导门徒们全心全意地相信天主. 我怎样才能将目光和听觉引导给耶稣?

笔记:

祷告: 耶稣基督, 你用自己的能力养活了五千人. 我为那些挨饿的人祈祷. 给他们足够的支持. 阿们

DAY 136 Read: Mk. 8: 20-21 Date:

Questions for understanding:

- How many baskets of leftover food are collected?
- What did Jesus say to them?

Reflection:

The disciples of Jesus still did not understand because their thoughts were still worldly thoughts. Jesus' teachings lead to heavenly thinking. Is my thinking worldly or heavenly?

Personal Note:

Prayer: Jesus Christ, Your truth far exceeds what I can think or understand. Therefore, pour out Your wisdom so that I can see this world as You see it. Amen.

第136天 阅读:谷 8:20-21 日期:

理解问题:

- 收集了多少篮子剩余食物?
- 耶稣对他们说了什么?

反思:

耶稣的门徒们仍然不明白, 因为他们的思想仍然是世俗的思想. 耶稣的教导导致天国的思想. 我的想法是世俗的还是天堂般的?

笔记:

祈祷:耶稣基督, 你的真理远远超出了我的想象或理解. 因此, 倾吐你的智慧, 以便我能看到你所看到的这个世界. 阿们

DAY 137 Read: Mk. 8: 22-23 Date:

Questions for understanding:

- Who did they bring to Jesus?
- What did Jesus do to him?

Reflection:

Jesus laid His hands on the blind man to heal him. It is Jesus' touch that makes healing possible. Am I blind to God's work in my life?

Personal Note:

Prayer: Jesus Christ, You heal the blind by touching the eyes. Touch the eyes of my heart so that I can see with the eyes of faith, hope and love like You. Amen.

第137天 阅读:谷 8:22-23 日期:

理解问题:

-他们带谁去耶稣?

-耶稣对他做了什么?

反思:

耶稣把手放在盲人身上,以医治他。耶稣的触摸使康复成为可能。我是否对生命中的天主的工作视而不见?

笔记:

祷告:耶稣基督,你通过触摸眼睛来治愈盲人。触摸我内心的眼睛,这样我就可以像您一样用信念,希望和爱的眼睛看到。阿们

DAY 138 Read: Mk. 8: 24-26 Date:

Questions for understanding:

- What happened to the blind man?

- What was Jesus' request to the man?

Reflection:

After his sight was healed, Jesus told him not to return to that city, that is, to die a long life. What must I leave to follow Jesus?

Personal Note:

Prayer: Jesus Christ, You give me a new vision to never return to a sinful life. May I be willing to leave the old life and walk with You in my life. Amen.

第138天 阅读:谷 8:24-26 日期:

理解问题:

-那个瞎子怎么了?

-耶稣对那个人的要求是什么?

反思:

在他的视线被治愈之后,耶稣告诉他不要回到那个城市,也就是说,要长寿。我该留什么去跟随耶稣?

笔记:

祷告:耶稣基督,你给我一个新的视野,永不回到有罪的生活。愿我愿意离开昔日的生活,与您同行。阿们

DAY 139 Read: Mk. 8: 27-28 Date:

Questions for understanding:

- Where did Jesus and His disciples go?

- What was the answer of Jesus' disciples to Him?

Reflection:

Do not know, then do not love. It is not enough to know Jesus from the opinions or experiences of others. I myself must know Him. How can I get to know Jesus in my life?

Personal Note:

Prayer: Jesus Christ, while I was in my mother's womb, You knew me. Hopefully with the help of Your grace, I can use my whole life to get to know You. Amen.

第139天 阅读:谷 8:27-28 日期:

理解问题:

-耶稣和他的门徒去了哪里?

-耶稣的门徒对他的回答是什么?

反思:

不知道,那就不爱。仅从他人的观点或经验中认识耶稣是不够的。我自己必须认识他。我如何在生活中认识耶稣?

笔记:

祷告:耶稣基督,当我在母亲的子宫中时,你认识我。希望在您的恩典的帮助下,我可以一辈子结识您。阿们

DAY 140 Read: Mk. 8: 29-30 Date:

Questions for understanding:

- What was Peter's answer to Jesus?
- Jesus forbade them to do what?

Reflection:

"Who do you think I am?" This is the most important question in my life because when I know who Jesus is, then I can love and serve Him. Who do you think Jesus is?

Personal Note:

Prayer: Jesus Christ, You know me better than I know myself. Help me so that when I get to know You in my life, I can also get to know myself better. Amen.

第140天 阅读:谷 8:29-30 日期:

理解问题:

- 伯多禄对耶稣的回答是什么？
- 耶稣禁止他们做什么？

反思:
“你觉得我是谁？”这是我一生中最重要的问题, 因为当我知道耶稣是谁时, 我就可以爱护他. 你认为耶稣是谁？

笔记:

祷告: 耶稣基督, 你比我更了解我. 帮助我, 使我在生活中认识您时, 也可以更好地了解自己. 阿们

DAY 141 Read: Mk. 8: 31-32 Date:

Questions for understanding:

- What will happen to the Son of Man?
- What did Peter do to Jesus?

Reflection:

Jesus told His disciples about His death. This causes them to feel anxious and scared. They do not understand why Jesus had to go through all this. Am I like them?

Personal Note:

Prayer: Jesus Christ, Your plan is not my plan and Your way is not my way. Give me faith and patience so that I can see Your plans and ways become a reality in my life.

第141天 阅读:谷 8:31-32 日期:

理解问题:

- 人子会怎样？
- 伯多禄对耶稣做了什么？

反思:
耶稣告诉他的门徒他的死. 这使他们感到焦虑和恐惧. 他们不明白为什么耶稣必须经历所有这一切. 我喜欢他们吗？

笔记:

祷告: 耶稣基督, 你的计划不是我的计划, 你的方式不是我的方式. 给我信心和耐心, 让我看到您的计划和方式成为我生活中的现实.

DAY 142 Read: Mk. 8: 33-34 Date:

Questions for understanding:

- How did Jesus rebuke Peter?
- How should one follow Jesus?

Reflection:

Jesus challenged His disciples not to think in human terms, but in God because following Jesus is not easy. It involves suffering. Am I willing to suffer for Jesus?

Personal Note:

Prayer: Lord Jesus, You know how hard it is to do the will of the Father in heaven. Therefore, give me strength so that I can deny myself, bear the cross and follow You every day. Amen.

第142天 阅读:谷 8:33-34 日期:

理解问题:

- 耶稣如何斥责伯多禄？
- 应该如何跟随耶稣？

反思:

耶稣挑战门徒们不要以人类的方式思考, 而要挑战天主, 因为跟随耶稣并不容易. 它涉及痛苦. 我愿意为耶稣受苦吗?

笔记:

祷告: 主耶稣, 你知道在天上实行父的旨意是多么困难. 因此, 给我力量, 使我可以拒绝自己, 忍受十字架, 每天跟随你. 阿们

DAY 143 Read: Mk. 8: 35-36 Date:

Questions for understanding:

- Who will lose his life?
- Who will save his life?

Reflection:

Following Jesus involves sacrifice. I can unite my sacrifice with the sacrifice of Jesus on the cross. What do I have to sacrifice to follow Jesus in my life?

Personal Note:

Prayer: Jesus Christ, You came to save the world with Your sacrifice on the cross. Teach me how to sacrifice for the love of You and of one another. Amen.

第143天 阅读:谷 8:35-36 日期:

理解问题:

- 谁会丧命?
- 谁来救他的命?

反思:

跟随耶稣涉及牺牲. 我可以将我的牺牲与耶稣在十字架上的牺牲团结在一起. 在我的生活中我必须牺牲什么跟随耶稣?

笔记:

祷告: 耶稣基督, 你来是为了在十字架上牺牲自己来拯救世界. 教我如何为爱你和彼此的爱而牺牲. 阿们

DAY 144 Read: Mk. 8: 37-38 Date:

Questions for understanding:

- What will the Son of Man do?
- Who will he be accompanied by?

Reflection:

At the end of time, Jesus, the Son of Man, will reward me according to my deeds in this world. What is the way to acknowledge Jesus and testify of Him in my life?

Personal Note:

Prayer: Jesus Christ, send Your Holy Spirit and strengthen my soul and spirit. Give me the courage and perseverance not to be ashamed to acknowledge You in front of this world. Amen.

第144天 阅读:谷 8:37-38 日期:

理解问题:

- 人子会做什么?
- 他会陪伴谁?

反思:

时间的尽头, 人子耶稣将根据我在这个世界上的行为来奖励我. 在我的生活中, 怎样承认耶稣并为他作见证?

笔记:

祷告: 耶稣基督, 差遣您的圣神, 并增强我的灵魂和精神. 请给我勇气和毅力, 不要以在这个世界面前承认您为耻. 阿们

DAY 145 Read: Mk. 9: 1 Date:

Questions for understanding:

- What will happen to some people?
- What will the Kingdom of God come with?

Reflection:

"Thy kingdom come" - we pray in Our Father. The kingdom of God is where Jesus is King. When I confess Jesus as King, then the kingdom of God begins in my heart.

Personal Note:

Prayer: Jesus Christ, You are the Lord of gods and the King of kings. I beg, come to Your kingdom and may I be ready to welcome Your coming to be the king of my life. Amen.

第145天 阅读:谷 9:1 日期:

理解问题:

-某些人会发生什么？

-天主的王国会附带什么？

反思:

“你的王国来了”-我们在天父那里祈祷。天主的国度是耶稣为王的地方。当我承认耶稣为国王时，天主的国度便开始在我心中。

笔记:

祷告: 耶稣基督，你是众神之王，万王之王。我求求你来到你的王国，愿我准备欢迎你成为我生命中的国王。阿们

DAY 146 Read: Mk. 9: 2-3 Date:

Questions for understanding:

- What happened to the appearance of Jesus there?

- What happened to Jesus' clothes?

Reflection:

Jesus changed his appearance before them. Jesus' disciples saw Jesus in His glory. They have never seen Jesus like this. How would I feel if I saw Jesus as His disciples?

Personal Note:

Prayer: Jesus Christ, You are manifested in Your glory to Your disciples. Open my heart so that Your glory may be the light that guides my life towards the kingdom of heaven. Amen.

第146天 阅读:谷 9:2-3 日期:

理解问题:

-那里的耶稣出现了什么？

-耶稣的衣服怎么了？

反思:

耶稣改变了他在他们面前的面貌。耶稣的门徒们看到了耶稣的荣耀。他们从未见过这样的耶稣。如果我看到耶稣是他的门徒，我会有什么感觉？

笔记:

祷告: 耶稣基督，你在你的荣耀中彰显给你的门徒。打开我的心，使你的荣耀成为引导我一生走向天国的光。阿们

DAY 147 Read: Mk. 9: 4-6 Date:

Questions for understanding:

- Who appeared and spoke to Jesus?

- What was Peter's suggestion to Jesus?

Reflection:

Jesus is the fulfillment of the Scriptures. Moses represented the Law and Elijah represented the Prophets. They talked to Jesus. Why is Jesus so important in Scripture?

Personal Note:

Prayer: Jesus Christ, You came to fulfill all Scripture. Send the Holy Spirit to help me know You by reading and pondering the Scriptures daily. Amen.

第147天 阅读:谷 9:4-6 日期:

理解问题:

-谁出现并对耶稣说话？

-伯多禄对耶稣的建议是什么？

反思:

耶稣是圣经的应验。摩西代表律法，以利亚代表先知。他们与耶稣交谈。为什么耶稣在圣经中如此重要？

笔记:

祷告: 耶稣基督, 您来实现了所有圣经. 每天通过阅读和思考圣经, 派遣圣神来帮助我认识你. 阿们

DAY 148 Read: Mk. 9: 7-8 Date:

Questions for understanding:

- What do the voices from the clouds say?
- What happened after that?

Reflection:

"This is My Beloved Son. Listen to His words!" From this verse, I can know who Jesus is and what I should do.

How can I listen to Jesus' words?

Personal Note:

Prayer: Jesus Christ, You are the Beloved Son of God. I ask that my heart be open to hear Your words because Your words are bright and hopeful in my life. Amen.

第148天 阅读:谷 9:7-8 日期:

理解问题:

- 云层里的声音怎么说?
- 那之后发生了什么?

反思:

"这是我的爱子. 听他的话!" "从这节经文中, 我可以知道耶稣是谁, 我应该做什么.

我该如何听耶稣的话?

笔记:

祷告: 耶稣基督, 你是天主的爱子. 我要求我的心敞开心to听到你的话, 因为你的话在我的生活中是充满希望的. 阿们

DAY 149 Read: Mk. 9: 9-10 Date:

Questions for understanding:

- What is Jesus' warning to them?
- They wonder what?

Reflection:

This is the first time the disciples have heard Jesus speak about the resurrection from the dead. They did not understand that this was what would happen to Jesus after he died on the cross.

Personal Note:

Prayer: Jesus Christ, Resurrection and Life. I pray for all who have passed away.

May You give them forgiveness of sins, resurrection of the body and eternal life. Amen.

第149天 阅读:谷 9:9-10 日期:

理解问题:

- 耶稣对他们的警告是什么?
- 他们想知道什么?

反思:

这是门徒们第一次听到耶稣谈论死者复活. 他们不明白耶稣在十字架上死后会发生什么.

笔记:

祷告: 耶稣基督, 复活和生命. 我为所有去世的人祈祷.

愿你赦免他们的罪孽, 复活身体和永生. 阿们

DAY 150 Read: Mk. 9: 11-13 Date:

Questions for understanding:

- What did they ask Jesus?
- What is written about the Son of Man?

Reflection:

Jesus prepared His disciples to face all the suffering and humiliation caused by their faith in Jesus.

Am I willing to follow Jesus to the end?

Personal Note:

Prayer: Jesus Christ, You have borne much suffering and humiliation on the cross. Grant me strong faith and a steadfast heart so that I can follow the path of Your cross. Amen.

第150天 阅读:谷 9:11-13 日期:

理解问题:

-他们问耶稣什么？

-关于人子的记载是什么？

反思:

耶稣准备门徒面对因信耶稣而造成的一切苦难和屈辱. 我愿意跟随耶稣到最后吗？

笔记:

祷告: 耶稣基督, 你在十字架上蒙了许多苦难和屈辱. 给我坚强的信念和坚定的心意, 以便我能跟随Your的道路. 阿们

DAY 151 Read: Mk. 9: 14-15 Date:

Questions for understanding:

- What did some scribes do?

- What are the people doing?

Reflection:

The scribes questioned Jesus' disciples while the crowd was amazed and ran to greet Jesus.

Between these two groups of people, which one am I?

Personal Note:

Prayer: Jesus Christ, the people are amazed and run to welcome You. Give me the spirit like these so that with joy I can welcome You into my life. Amen.

第151天 阅读:谷 9:14-15 日期:

理解问题:

-一些文士做了什么？

- 他们在做什么？

反思:

当人群大吃一惊, 奔跑向耶稣打招呼时, 抄写员对耶稣的门徒进行了质问. 在这两类人之间, 我是哪一个？

笔记:

祷告: 耶稣基督, 百姓惊奇并奔跑欢迎你. 给我这样的精神, 让我高兴地欢迎你进入我的生活. 阿们

DAY 152 Read: Mk. 9: 16-17 Date:

Questions for understanding:

- What did Jesus ask His disciples?

- What happened to his people?

Reflection:

A father brings his son who has been possessed by an evil spirit since he was a child. He came asking Jesus for help. Do I come to Jesus when I am in trouble?

Personal Note:

Prayer: Jesus Christ, You came to free the world from the shackles of sin and the power of evil. May I continue to walk in the shade of Your protection and proclaim the victory of Your holy cross. Amen.

第152天 阅读:谷 9:16-17 日期:

理解问题:

-耶稣问门徒什么？

-他的人民怎么了？

反思:

父亲带来了他的儿子, 这个儿子从小就被恶魔附身. 他来向耶稣求救. 我遇到麻烦时会来找耶稣吗？

笔记:

祷告: 耶稣基督, 你来是使世界摆脱罪恶和邪恶势力的束缚. 我愿继续在您的庇护下行走, 并宣告您的十字架的胜利. 阿们

DAY 153 Read: Mk. 9: 18-19 Date:

Questions for understanding:

- What did the spirit do to the boy?

- Can the disciples of Jesus cast out the spirit?

Reflection:

Jesus showed His disappointment over His disciples who could not cast out the evil spirit due to their unbelief.

Do I really believe in the Lord Jesus?

Personal Note:

Prayer: Jesus Christ, increase my faith so that in all the hardships and trials of life, I stand firm and believe that You remain with me. Amen.

第153天 阅读:谷 9:18-19 日期:

理解问题:

-精神对男孩做了什么？

-耶稣的门徒可以驱除圣神吗？

反思:

耶稣对门徒表示失望, 因为门徒因不信而无法驱除邪灵.

我真的相信主耶稣吗？

笔记:

祷告: 耶稣基督, 请增加我的信心, 以便在生活的一切艰辛和考验中, 我坚定不移, 并相信你与我同在. 阿们

DAY 154 Read: Mk. 9: 20-21 Date:

Questions for understanding:

- When you see Jesus, what does the spirit do?

- Since when has a child become like this?

Reflection:

I can imagine how difficult and long the suffering this child and his family suffered due to this evil spirit. What can I do for those who are in pain and distress?

Personal Note:

Prayer: Jesus Christ, all power in heaven and on earth has been given to You. I beg you, save me from the shackles of sin so that I can live in freedom as a child of God. Amen.

第154天 阅读:谷 9:20-21 日期:

理解问题:

-当您看到耶稣时, 圣神会做什么？

-从什么时候开始这样的孩子？

反思:

我可以想象这个邪恶的精神使这个孩子和他的家人遭受的苦难和苦难有多久. 对于那些痛苦和困扰的人我该怎么办？

笔记:

祷告: 耶稣基督, 天上地下的一切能力都已经赐给了你. 我求求你, 将我从罪恶的束缚中解救出来, 使我可以自由地过上天主的孩子. 阿们

DAY 155 Read: Mk. 9:22 Date:

Questions for understanding:

- How did the spirit try to kill the child?

- What is the application from the boy's father?

Reflection:

This Father prays wholeheartedly, "Have mercy on us and help us, if You can help". What can I learn from this father's prayer?

Personal Note:

Prayer: Jesus Christ, victory for those who hope in You. Have mercy and help those who are in the grip of sin and evil. May Your kingdom come into my heart. Amen.

第155天 阅读:谷 9:22 日期:

理解问题:

-精神如何试图杀死孩子？

-男孩父亲的申请书是什么？

反思:

这位父亲全心全意地祈祷：“如果可以帮助，请怜悯我们，帮助我们”。我可以从这位父亲的祈祷中学到什么？

笔记：

祷告：耶稣基督，为那些盼望你的人胜利。怜悯并帮助那些陷于罪恶与邪恶中的人。愿你的国度进入我的心。阿们

DAY 156 Read: Mk. 9:23 Date:

Questions for understanding:

- How did Jesus answer the father's request?

- What happens to believers?

Reflection:

"Everything is possible for the believer." These words of Jesus give hope to those who feel helpless and discouraged.

Is my life filled with hope?

Personal Note:

Prayer: Jesus Christ, for those who believe in You, You can work in their lives. Therefore, I surrender my heart to You so that God's will may be done in my life. Amen.

第156天 阅读:谷 9:23 日期:

理解问题:

-耶稣如何回答父亲的要求？

-信徒会怎样？

反思:

“信徒有一切可能。”耶稣的这些话给那些感到无助和沮丧的人带来希望。

我的生活充满希望吗？

笔记:

祷告：耶稣基督，对于那些相信你的人，你可以在他们的生活中工作。因此，我向你投降，以便神的旨意在我的生命中得以实现。阿们

DAY 157 Read: Mk. 9: 24-25 Date:

Questions for understanding:

- How did this father answer Jesus?

- What is Jesus' command to this evil spirit?

Reflection:

This father was helpless in the face of such great tribulation and cried out to Jesus, "I believe; help me who do not believe this!" What can I learn from this father's call?

Personal Note:

Prayer: Jesus Christ, You are the source of strength. Help me who do not believe this so that with strong faith in You, I can see Your plan happening in my life. Amen.

第157天 阅读:谷 9:24-25 日期:

理解问题:

-这个父亲是如何回答耶稣的？

-耶稣对这邪灵的命令是什么？

反思:

面对如此大的苦难，这位父亲无奈，并向耶稣大声喊道：帮助我谁不相信这个！”我可以从这位父亲的电话中学到什么？

笔记:

祷告：耶稣基督，你是力量的源头。帮助不相信这一点的我，以便对您有坚强的信心，让我看到您的计划正在我的生活中发生。阿们

DAY 158 Read: Mk. 9: 26-27 Date:

Questions for understanding:

- How did the spirit come out of the child?

- What did Jesus do?

Reflection:

The evil spirit obeyed Jesus' command and came out of the child because Jesus was the Son of God and His word was powerful. Do I really believe and believe in Jesus and His word?

Personal Note:

Prayer: Jesus Christ, omnipotent and eternal, hold my hand at every turn of my life and lift me from the crippling burden of life so that I may walk in Your love. Amen.

第158天 阅读:谷 9:26-27 日期:

理解问题:

-精神是怎么从孩子身上出来的？

-耶稣做了什么？

反思:

恶灵听从了耶稣的命令，从孩子那里出来，因为耶稣是神的儿子，他的话语很强大。我真的相信并相信耶稣和他的话吗？

笔记:

祷告: 无所不能和永恒的耶稣基督，在我生命的每一个转折中都握住我的手，使我摆脱生命的重担，使我可以走在你的爱里。阿们

DAY 159 Read: Mk. 9: 28-29 Date:

Questions for understanding:

- What did Jesus' disciples ask Him?

- What was Jesus' answer to them?

Reflection:

"except with prayer" is Jesus' answer to His disciples. This is the answer to all the challenges and trials in life. Is prayer something important in my life?

Personal Note:

Prayer: Jesus Christ, from Your Word today, I realize how important prayer is in my life.

Help me to spend time every day praying and reading Your Word. Amen.

第159天 阅读:谷 9:28-29 日期:

理解问题:

-耶稣的门徒问他什么？

-耶稣对他们的回答是什么？

反思:

耶稣对门徒的回答是“除了祷告”。这是生活中所有挑战和考验的答案。祷告在我的生活中重要吗？

笔记:

祷告: 耶稣基督，从你今天的话语中，我意识到祷告在我生命中有多么重要。

帮助我每天花时间祈祷和阅读您的话。阿们

DAY 160 Read: Mk. 9: 30-32 Date:

Questions for understanding:

- What is Jesus doing?

- What will happen to the Son of Man?

Reflection:

Again, Jesus told His disciples about His death and resurrection. But His disciples still did not understand the meaning of His words.

Do I understand the meaning of Jesus' words?

Personal Note:

Prayer: Jesus Christ, Your teachings give me guidance in life. Send Your Holy Spirit so that I can understand the meaning of Your words. Teach me not to be afraid to ask You. Amen.

第160天 阅读:谷 9:30-32 日期:

理解问题:

-耶稣在做什么？

-人子会怎样？

反思:

耶稣再次告诉他的门徒他的死和复活。但是他的门徒仍然不理解他的话的意思。

我明白耶稣的话的意思吗？

笔记:

祷告: 耶稣基督, 您的教导给了我人生的指导. 寄出你的圣神, 使我能理解你话语的意思. 教我不要害怕问你. 阿们

DAY 161 Read: Mk. 9: 33-34 Date:

Questions for understanding:

- Where did Jesus and His disciples arrive?
- What are the students' problems on the way?

Reflection:

The disciples of Jesus still did not fully understand Jesus' teachings because they questioned who was the greatest. Do I prioritize rank and greatness in my life?

Personal Note:

Prayer: Jesus Christ, You humbled yourself to death on the cross for the salvation of the world. Give me humility so that with the rest of my life, I can exalt and glorify Your name. Amen.

第161天 阅读:谷 9:33-34 日期:

理解问题:

- 耶稣和他的门徒们到哪里去了?
- 途中学生有什么问题?

反思:

耶稣的门徒仍然没有完全理解耶稣的教导, 因为他们质疑谁是最伟大的. 我会优先考虑生活中的等级和卓越吗?

笔记:

祷告: 耶稣基督, 你为拯救世界而在十字架上谦卑自己到死. 给我谦卑, 让我一生都可以高举并荣耀你的名字. 阿们

DAY 162 Read: Mk. 9: 35-37 Date:

Questions for understanding:

- How can one be the first?
- Jesus called whom to stand before?

Reflection:

Jesus came not to be served but to serve as a servant to all people. Am I a servant of God willing to serve one another?

Personal Note:

Prayer: Jesus Christ, teach me the way of life of a true follower of Yours. I want to learn from You because You are gentle and humble.

Help me to be like You, Jesus. Amen.

第162天 阅读:谷 9:35-37 日期:

理解问题:

- 谁能成为第一个?
- 耶稣叫谁站在前面?

反思:

耶稣来不是要服侍而是要成为所有人的仆人. 我是天主的仆人愿意彼此服务吗?

笔记:

祷告: 耶稣基督, 教会我真正的跟随者的生活方式. 我想向你学习, 因为你温柔谦虚. 耶稣, 帮助我像你一样. 阿们

DAY 163 Read: Mk. 9: 38-39 Date:

Questions for understanding:

- In whose name is a man casting out demons?
- Why did Jesus' disciples forbid him?

Reflection:

The power of God is not limited to one group only. God acts according to His own will and way. How can I cooperate with God in my life?

Personal Note:

Prayer: Jesus Christ, in Your name there is victory and power because in Your name all will kneel and confess that You are God. May I always exalt the name of Jesus in my life. Amen.

第163天 阅读:谷 9:38-39 日期:

理解问题:

-驱逐恶魔的人是谁?

-耶稣的门徒为什么禁止他?

反思:

天主的大能不仅限于一个群体. 天主按照自己的意愿和方式行事. 我一生如何与天主合作?

笔记:

祷告: 耶稣基督, 以您的名义有胜利和力量, 因为以您的名义所有人都会下跪并承认你是天主. 愿我一生中始终高举耶稣的名. 阿们

DAY 164 Read: Mk. 9: 40-41 Date:

Questions for understanding:

- Who will side with them?

- Who will definitely get the reward?

Reflection:

The victory of Jesus is the victory of love because love is the new commandment that Jesus gave me. Do all my actions begin and end with love?

Personal Note:

Prayer: Jesus Christ, whoever unites with You will be victorious. Strengthen my faith to always be faithful to You in all the hardships and pleasures of my life. Amen.

第164天 阅读:谷 9:40-41 日期:

理解问题:

-谁会支持他们?

-谁一定会得到奖励?

反思:

耶稣的胜利就是爱的胜利, 因为爱就是耶稣给我的新诫命. 我所有的行为都以爱开始并结束吗?

笔记:

祷告: 耶稣基督, 凡与你联合的人都会胜利. 加强我的信念, 使我在生活中的所有艰辛和快乐中始终忠于您. 阿们

DAY 165 Read: Mk. 9:42 Date:

Questions for understanding:

- Who is influenced to sin?

- Those who cause sin will be punished what?

Reflection:

With great power comes great responsibility. Jesus gave a stern warning to those who caused others to sin. Have I ever made this mistake?

Personal Note:

Prayer: Jesus Christ, God Almighty. Help me to carry out my responsibilities as a Christian well and not lead anyone to sin. Amen.

第165天 阅读:谷 9:42 日期:

理解问题:

-谁会犯罪?

-那些导致犯罪的人将受到什么惩罚?

反思:

拥有权利的同时也被赋予了重大的责任. 耶稣严厉警告那些使别人犯罪的人. 我曾经犯过这个错误吗?

笔记:

祷告: 耶稣基督, 全能的天主. 帮助我履行自己作为基督徒的责任, 不要导致任何人犯罪. 阿们

DAY 166 Read: Mk. 9: 43-44 Date:

Questions for understanding:

- What to do when the hand sins?

- Why should this be done?

Reflection:

The implicit meaning of this parable is, I must abandon any act that may cause sin in my life. What sinful deeds do I need to abandon?

Personal Note:

Prayer: Jesus Christ, Your hand is stretched out on the cross, bringing blessings to the world. Bless my hand so that all the deeds of my hands bring good to everyone. Amen.

第166天 阅读:谷 9:43-44 日期:

理解问题:

-手犯罪时该怎么办?

-为什么要这样做?

反思:

这个寓言的隐含含义是, 我必须放弃任何可能在我的生活中造成犯罪的行为. 我需要放弃哪些犯罪行为?

笔记:

祷告: 耶稣基督, 你的手伸在十字架上, 为世界带来祝福. 保佑我的手, 使我的所有行为为每个人带来美好. 阿们

DAY 167 Read: Mk. 9: 45-46 Date:

Questions for understanding:

- What to do when a foot sins?

- Why should this be done?

Reflection:

The implicit meaning of this parable is, I must not go to the places that cause sin in my life. What are the places I should avoid?

Personal Note:

Prayer: Jesus Christ, to You alone I hope. Send a guardian angel to guard and guide my path so that every step I take will bring me closer to You. Amen.

第167天 阅读:谷 9:45-46 日期:

理解问题:

-一只脚犯了罪怎么办?

-为什么要这样做?

反思:

这个寓言的隐含含义是, 我一定不要去那些导致我一生犯罪的地方. 我应该避开哪些地方?

笔记:

祷告: 耶稣基督, 我希望对你一个人. 派一个守护天使来守护并指引我的道路, 以便我迈出的每一步都将使我与你更近. 阿们

DAY 168 Read: Mk. 9: 47-48 Date:

Questions for understanding:

- What to do when the eyes commit sin?

- Why should this be done?

Reflection:

The implicit meaning of this parable is, I must be careful not to use my eyes to sin. How can I sin by using my eyes?

Personal Note:

Prayer: Jesus Christ, the eyes are the window to the soul. Therefore, purify my eyes so that what I see brings blessings and good growth to my whole body, soul and spirit. Amen.

第168天 阅读:谷 9:47-48 日期:

理解问题:

-眼睛犯罪时该怎么办?

-为什么要这样做?

反思:

这个寓言的隐含含义是, 我必须小心不要用眼睛犯罪. 我怎么能用眼睛犯罪?

笔记:

祷告: 耶稣基督, 眼睛是通往心灵的窗口. 因此, 净化我的眼睛, 使我看到的东西带给我整个身体, 灵魂和精神祝福和良好的成长. 阿们

DAY 169 Read: Mk. 9: 49-50 Date:

Questions for understanding:

- What will everyone be covered in?
- What is the reinforcement in us?

Reflection:

Jesus is the one who unites me with other brothers and sisters. He is the one who strengthens me. How can I help strengthen my relationship with the church?

Personal Note:

Prayer: Jesus Christ, You are the one who strengthens me. Make me the salt of the world so that everyone can enjoy a new sense of life that You have given and live in harmony and peace with each other. Amen.

第169天 阅读:谷 9:49-50 日期:

理解问题:

- 每个人都将参加什么?
- 我们的增援是什么?

反思:

耶稣是使我与其他兄弟姐妹团结在一起的人. 他是使我坚强的人. 我如何帮助我加强与教会的关系?

笔记:

祷告: 耶稣基督, 你是使我坚强的人. 让我成为世界的盐, 让每个人都可以享受您赋予的新的生活感, 并彼此和谐相处. 阿们

DAY 170 Read: Mk. 10: 1-2 Date:

Questions for understanding:

- Who came to Jesus?
- What did some Pharisees ask Jesus?

Reflection:

Not everyone who comes and asks Jesus has a sincere heart.

The Pharisees came to test Jesus. Have I ever doubted or suspected Jesus?

Personal Note:

Prayer: Jesus Christ, Your truth gives deliverance to those in distress. Give me a sincere heart so that my desire is not according to your own will but according to Your will. Amen.

第170天 阅读:谷 10:1-2 日期:

理解问题:

- 谁来找耶稣的?
- 法利赛人问耶稣什么?

反思:

并不是每个来问耶稣的人都有一颗真诚的心.

法利赛人来测试耶稣. 我曾经怀疑或怀疑过耶稣吗?

笔记:

祷告: 耶稣基督, 你的真理使处于困境的人得救. 给我一颗真诚的心, 这样我的愿望就不会根据您自己的意愿, 而是根据您的意愿. 阿们

DAY 171 Read: Mk. 10: 3-4 Date:

Questions for understanding:

- What was Jesus' answer to them?
- Who allows a divorce certificate?

Reflection:

Jesus answered them by referring to the command of Moses in the Old Testament. Yet He came to renew the meaning and significance of our marriage according to God's plan.

Personal Note:

Prayer: Jesus Christ, I leave all who have ever felt luka divorce into Your hands. Touch their hearts so that they may find healing in Your love. Amen.

第171天 阅读:谷 10:3-4 日期:

理解问题:

-耶稣对他们的回答是什么？

-谁允许离婚证明？

反思:

耶稣通过参考旧约中的摩西的命令回答了他们。然而，他还是按照神的计划来更新我们婚姻的意义和意义。

笔记:

祷告: 耶稣基督，我把所有感到尤卡离婚的人都交给了你。触摸他们的心，使他们可以在您的爱中找到治愈的方法。阿们

DAY 172 Read: Mk. 10: 5-6 Date:

Questions for understanding:

- Why did Moses write that rule?

- Who makes men and women?

Reflection:

Marriage is God's plan. Therefore, men and women are called to love one another as God loves us. Is my heart rigid with God's plan in my life?

Personal Note:

Prayer: Jesus Christ, You came to show God's plan. Send Your Holy Spirit so that I can open my heart to God's plan to become a reality in my life. Amen.

第172天 阅读:谷 10:5-6 日期:

理解问题:

-摩西为什么要写那条规则？

-谁制造男人和女人？

反思:

婚姻是天主的计划。因此，人们被呼召男人和女人彼此相爱，就像天主爱我们一样。我的心对我生命中的天主的计划僵化吗？

笔记:

祷告: 耶稣基督，你来展示天主的计划。传扬你的圣神，使我可以向天主的计划敞开心heart，成为生活中的现实。阿们

DAY 173 Read: Mk. 10: 7-8 Date:

Questions for understanding:

- Why does a man leave his parents?

- How can a man and his wife become one?

Reflection:

Love leads to unity and unity involves sacrifice. Jesus came to show love willingly. This is God's plan for marriage.

Personal Note:

Prayer: Jesus Christ, I pray for those who have been united in the sacrament of marriage. In everything they go through, accompany them to remain faithful to You and love one another. Amen.

第173天 阅读:谷 10:7-8 日期:

理解问题:

-男人为什么要离开父母？

-一个男人和他的妻子怎么能合而为一？

反思:

爱导致团结，团结牵涉牺牲。耶稣来是为了表示爱。这是天主的婚姻计划。

笔记:

祷告: 耶稣基督，我为那些在婚姻圣礼中团结一致的人祈祷。在他们经历的所有事情中，陪伴他们对您保持忠诚并彼此相爱。阿们

DAY 174 Read: Mk. 10: 9-10 Date:

Questions for understanding:

- What can humans not separate?
- What did His disciples ask Jesus?

Reflection:

"What God has united, let man not separate." Love unites but hatred separates. How can I work for the unity of love in my life?

Personal Note:

Prayer: Jesus Christ, God first loved me. Teach me the language of Your love so that every step of my life is used to proclaim the good news that God is love. Amen.

第174天 阅读:谷 10:9-10 日期:

理解问题:

- 人类不能分开什么？
- 他的门徒问耶稣什么？

反思:

“天主所团结的, 不要让人分开.”爱团结但仇恨分离. 我如何在生活中为爱的统一而努力？

笔记:

祷告: 耶稣基督, 天主首先爱我. 教我你的爱的语言, 这样我生命中的每一步都被用来宣扬天主就是爱的好消息. 阿们

DAY 175 Read: Mk. 10: 11-12 Date:

Questions for understanding:

- How can a man commit adultery?
- How can a woman commit adultery?

Reflection:

The teachings of Jesus prioritize holiness in life, especially in marriage. What can I do to protect the sanctity of marriage?

Personal Note:

Prayer: Jesus Christ, You call me to live in holiness. Protect me from all temptations and direct my view of life to the holiness of heart and soul. Amen.

第175天 阅读:谷 10:11-12 日期:

理解问题:

- 男人怎么可能犯奸淫？
- 女人怎么可能犯奸淫？

反思:

耶稣的教导优先考虑圣洁, 特别是在婚姻中. 我该怎么做才能保护婚姻的神圣性？

笔记:

祷告: 耶稣基督, 你叫我过圣洁. 保护我免受所有诱惑
并将我对人生的看法指向心灵的圣洁. 阿们

DAY 176 Read: Mk. 10: 13-14 Date:

Questions for understanding:

- Who was brought to Jesus?
- Why were they brought to Jesus?

Reflection:

Jesus called everyone, including children, to be His followers. No one is forbidden to come to Him. Do I accept anyone like this Jesus?

Personal Note:

Prayer: Jesus Christ, You never give up on me. May I come to You as a child full of faith and love for You. Amen.

第176天 阅读:谷 10:13-14 日期:

理解问题:

- 谁被带到耶稣那里？

-他们为什么被带到耶稣那里？

反思:

耶稣呼召所有人, 包括儿童, 成为他的跟随者. 没有人被禁止来找他. 我会接受像耶稣这样的人吗？

笔记:

祷告: 耶稣基督, 你永不放弃我. 我愿小时候对您充满信心和爱心来到您那里. 阿们

DAY 177 Read: Mk. 10: 15-16 Date:

Questions for understanding:

- How can one not enter heaven?
- What did Jesus do to them?

Reflection:

Jesus taught His followers the conditions to enter the kingdom of God, which is love. How can I show love to those around me?

Personal Note:

Prayer: Jesus Christ, grant me a heart like Yours Jesus so that I can share Your love with everyone, especially those who are young and in dire need of love. Amen.

第177天 阅读:谷 10:15-16 日期:

理解问题:

- 怎么不能进入天堂？
- 耶稣对他们做了什么？

反思:

耶稣教导跟随他的人进入爱国的条件. 我如何向周围的人表达爱意？

笔记:

祷告: 耶稣基督, 给我像你耶稣一样的心, 这样我就可以与所有人, 特别是那些年轻而迫切需要爱的人分享你的爱. 阿们

DAY 178 Read: Mk. 10: 17-18 Date:

Questions for understanding:

- Who came running, kneeling to Jesus?
- What is the question to Jesus?

Reflection:

A rich man ran to Jesus and knelt before him and asked Him. Am I as passionate as he is and what questions would I ask Jesus?

Personal Note:

Prayer: Jesus Christ, Your word is the word of eternal life. Help me to direct the views and purpose of my life not to earthly life but to heavenly eternal life. Amen.

第178天 阅读:谷 10:17-18 日期:

理解问题:

- 谁跑来跪下耶稣？
- 耶稣要问什么？

反思:

一个有钱人跑到耶稣面前跪下问他. 我和他一样热情吗？我会问耶稣什么问题？

笔记:

祷告: 耶稣基督, 你的话就是永生的话. 帮助我将人生的观点和目的指向地球的生命, 而不是地球上的永恒生命. 阿们

DAY 179 Read: Mk. 10: 19-20 Date:

Questions for understanding:

- What was Jesus' answer to the man?
- How long has the person obeyed God's command?

Reflection:

Jesus began His answer by referring to God's command as the basis for the spiritual life of one of His followers. Do I know and obey the commandments of God like this person?

Personal Note:

Prayer: Jesus Christ, Your commandments are the truth to my soul. Send Your Holy Spirit to help me build my life based on God's words and commandments. Amen.

第179天 阅读:谷 10:19-20 日期:

理解问题:

-耶稣对那个人的回答是什么?

-这个人听了天主的命令多久了?

反思:

耶稣通过将神的命令作为他跟随者之一的属灵生活的基础, 开始了他的回答. 我像这个人那样知道并遵守天主的诫命吗?

笔记:

祷告: 耶稣基督, 你的诫命是我灵魂的真理. 寄出你的圣神来帮助我根据神的话语和诫命过上我的生活. 阿们

DAY 180 Read: Mk. 10:21 Date:

Questions for understanding:

- How did Jesus view the man?

- What's wrong with that person?

Reflection:

Jesus looked at this man with love. He also knows what the shortcomings and weaknesses of this person's life are. Have I ever experienced this loving view of Jesus in my life?

Personal Note:

Prayer: Jesus Christ, despite all my weaknesses and shortcomings, You still look upon me with love. May I look at You with love. Amen.

第180天 阅读:谷 10:21 日期:

理解问题:

-耶稣如何看待这个人?

-这个人怎么了?

反思:

耶稣充满爱地看着这个人. 他还知道此人一生的缺点和缺点. 我一生中是否经历过对耶稣的这种慈爱观?

笔记:

祷告: 耶稣基督, 尽管我有许多缺点和缺点, 但你仍然充满爱地看着我. 我可以用爱看着你吗. 阿们

DAY 181 Read: Mk. 10:22 Date:

Questions for understanding:

- Hearing Jesus' words, how did he feel?

- Why did he leave with grief?

Reflection:

The search for this person begins with passion and passion but ends with disappointment and sorrow. He could not obey Jesus' request. Am I willing?

Personal Note:

Prayer: Jesus Christ, You are my strength when I am weak. Give me strong faith to be willing to let go of anything that prevents me from becoming Your faithful follower. Amen.

第181天 阅读:谷 10:22 日期:

理解问题:

-听到耶稣的话, 他感觉如何?

-为什么他悲痛地离开?

反思:

对这个人的追求始于热情和激情, 但最终却令人失望和悲伤. 他不能听从耶稣的要求. 我愿意吗

笔记:

祷告: 耶稣基督, 我软弱的时候, 你是我的力量. 给我坚强的信念, 愿意放弃任何阻碍我成为您忠实追随者的事物. 阿们

DAY 182 Read: Mk. 10: 23-24 Date:

Questions for understanding:

- What did Jesus say to His disciples?
- How did Jesus call His disciples?

Reflection:

Entering the kingdom of God is difficult but not impossible. Jesus taught us how to enter the kingdom of God. Why can wealth prevent me from entering heaven?

Personal Note:

Prayer: Jesus Christ, for God nothing is impossible. Help me to prioritize heavenly things so that the purpose of my life is to enter the kingdom of God and be with You forever. Amen.

第182天 阅读:谷 10:23-24 日期:

理解问题:

- 耶稣对门徒说了什么?
- 耶稣怎样称呼他的门徒?

反思:

进入神的国度很困难,但并非不可能。耶稣教导我们如何进入神的国度。为什么财富可以阻止我进入天堂?

笔记:

祷告: 耶稣基督, 对天主而言, 没有什么是不可能的。帮助我优先考虑天上的事物, 以便我生命的目的是进入神的国度并永远与你同在。阿们

DAY 183 Read: Mk. 10: 25-26 Date:

Questions for understanding:

- Can a rich man enter the kingdom of God?
- What did Jesus' disciples say to each other?

Reflection:

The teachings of Jesus are very challenging to human thinking. So I need the Holy Spirit to help me. How can my thinking be influenced by the guidance of the Holy Ghost?

Personal Note:

Prayer: Jesus Christ, Your teachings give me heavenly wisdom. May Your Holy Spirit always illuminate my mind and heart so that I can seek Your wisdom. Amen.

第183天 阅读:谷 10:25-26 日期:

理解问题:

- 有钱人可以进入天主的国度吗?
- 耶稣的门徒们怎么说?

反思:

耶稣的教导对人类的思维非常具有挑战性。所以我需要圣神来帮助我。圣神的指引如何影响我的思想?

笔记:

祷告: 耶稣基督, 你的教导给了我天堂的智慧。愿你的圣神永远照亮我的思想和内心, 使我能够寻求你的智慧。阿们

DAY 184 Read: Mk. 10: 27-28 Date:

Questions for understanding:

- What did Jesus say to them?
- What have they left for Jesus?

Reflection:

"Nothing is impossible for God." These words of Jesus gave me hope when I felt empty and despairing. What is the problem in life where I need God's help?

Personal Note:

Prayer: Jesus Christ, to You I place all hopes and plans for life. I ask for the strength of faith and perseverance to keep hoping in You even in any situation. Amen.

第184天 阅读:谷 10:27-28 日期:

理解问题:

- 耶稣对他们说了什么?
- 他们还剩下耶稣吗?

反思:

“天主没有什么是不可能的。”当我感到空虚和绝望时, 耶稣的这些话给了我希望. 我需要天主帮助的人生问题是什么?

笔记:

祷告: 耶稣基督, 我将所有的希望和人生计划放在你身上. 我要求坚强的信念和毅力, 即使在任何情况下也希望能继续希望您. 阿们

DAY 185 Read: Mk. 10: 29-31 Date:

Questions for understanding:

- Who will live forever, then?
- Who will be the first?

Reflection:

Jesus taught His followers to be His witnesses by fighting the currents of thought and lifestyle of this world. How do I feel when being the last one?

Personal Note:

Prayer: Jesus Christ, You came not to be served but to serve. Grant me humility so that I can be like You in every step of my life. Amen.

第185天 阅读:谷 10:29-31 日期:

理解问题:

- 那么谁会永远活着呢?
- 谁会是第一个?

反思:

耶稣通过与世俗思想和生活方式作斗争, 教导他的追随者成为他的见证. 当我成为最后一个时, 我感觉如何?

笔记:

祷告: 耶稣基督, 你来不是要服侍, 而是要服侍. 给我谦卑, 使我在生活的每一步都可以像你. 阿们

DAY 186 Read: Mk. 10:32 Date:

Questions for understanding:

- Where did Jesus and His disciples go?
- How did the students feel at the time?

Reflection:

Jesus told His disciples again about His death so that they would be ready to face what was about to happen. If I was a follower of Jesus at the time, how would I feel?

Personal Note:

Prayer: Jesus Christ, when Your disciples are afraid, You give them words of encouragement. Help me not to always feel afraid of facing any challenge in my life. Amen.

第186天 阅读:谷 10:32 日期:

理解问题:

- 耶稣和他的门徒去了哪里?
- 当时的学生感觉如何?

反思:

耶稣再次告诉门徒关于他的死的信息, 以便他们准备面对即将发生的事情. 如果我当时是耶稣的门徒, 我会有什么感觉?

笔记:

祷告: 耶稣基督, 当你的门徒害怕时, 你给他们鼓励的话. 帮助我不要总是害怕面对生活中的任何挑战. 阿们

DAY 187 Read: Mk. 10: 33-34 Date:

Questions for understanding:

- To whom will the Son of Man be delivered?
- When will the Son of Man rise again?

Reflection:

Jesus told His disciples that on the third day He would rise again. Jesus' resurrection gives new hope and strength to all His followers. Why is this important to me?

Personal Note:

Prayer: Jesus Christ, hope for all who suffer. Your Cross is a sign of victory due to Your glorious resurrection. Help me to live in your hope and victory. Amen.

第187天 阅读:谷 10:33-34 日期:

理解问题:

-人子要交给谁?

-人子什么时候会再次升起?

反思:

耶稣告诉门徒, 第三天他将再次复活. 耶稣的复活给他所有的跟随者新的希望和力量. 为什么这对我很重要?

笔记:

祷告: 耶稣基督, 对所有受苦的人都有希望. 由于您光荣的复活, 您的十字架是胜利的标志. 帮助我实现您的希望和胜利. 阿们

DAY 188 Read: Mk. 10: 35-36 Date:

Questions for understanding:

- Who came to Jesus?

- What did Jesus say to them?

Reflection:

Jesus once said, "Everyone who asks will receive, and everyone who seeks will receive; and everyone who knocks, the door will be opened for him. What do I want to ask of Jesus?"

Personal Note:

Prayer: Jesus Christ, You are the one who decides everything in this world. I leave all my plans and desires in Your hands and may Your will be done in my life. Amen.

第188天 阅读:谷 10:35-36 日期:

理解问题:

-谁来找耶稣的?

-耶稣对他们说了什么?

反思:

耶稣曾经说过:“凡是要的都会得到, 凡是寻求的都会得到. 每个敲门的人都会为他打开门. 我想问耶稣什么?”

笔记:

祷告: 耶稣基督, 你是决定这个世界一切的人. 我把所有的计划和愿望都留在你的手中, 愿你的一生完成. 阿们

DAY 189 Read: Mk. 10: 37-38 Date:

Questions for understanding:

- What was their request to Jesus?

- What was Jesus' answer to them?

Reflection:

John and James did not know what they were asking for. Jesus brought them to know God's will and plan. How can I be open to God's will and plan?

Personal Note:

Prayer: Jesus Christ, sometimes I do not even know what I am asking of You. May the Holy Spirit always change my heart to seek the will and plans of God in every step of my way. Amen.

第189天 阅读:谷 10:37-38 日期:

理解问题:

-他们对耶稣的要求是什么?

-耶稣对他们的回答是什么?

反思:

若望和詹姆斯不知道他们要什么. 耶稣带他们去了解神的旨意和计划. 我该如何接受天主的旨意和计划?

笔记:

祷告: 耶稣基督, 有时我甚至不知道我在问你什么. 愿圣神总是改变我的心, 以我的每一步寻求神的旨意和计划. 阿们

DAY 190 Read: Mk. 10: 39-40 Date:

Questions for understanding:

- What are they willing to do?
- They will be baptized with what baptism?

Reflection:

Drinking from the cup that Jesus drank meant to be with Jesus in His suffering and death on the cross. Am I willing to be united in Jesus in His suffering?

Personal Note:

Prayer: Jesus Christ, You willingly suffered to the point of death on the cross to atone for my sins. Grant me the courage and willingness to deny myself, to bear the cross and to follow You. Amen.

第190天 阅读:谷 10:39-40 日期:

理解问题:

- 他们愿意做什么?
- 他们将接受什么洗礼?

反思:

从耶稣喝的杯子中喝酒意味着与耶稣一起在十字架上遭受痛苦和死亡. 我愿意在耶稣的苦难中团结在一起吗?

笔记:

祷告: 耶稣基督, 你愿意在十字架上受死, 以赎罪. 给我勇气和意愿否认自己, 忍受十字架, 跟随你. 阿们

DAY 191 Read: Mk. 10: 41-42 Date:

Questions for understanding:

- Who was angry with James and John?
- How do foreign governments rule?

Reflection:

The way of life of a follower of Christ is different from the way of life in this world. Jesus' teachings gave them a new way of life.

Is my way of life based on the teachings of Jesus?

Personal Note:

Prayer: Jesus Christ, Your Word God changes the views and way of life of Your followers. May I always be faithful to Your call to be Your follower and live according to Your teachings. Amen.

第191天 阅读:谷 10:41-42 日期:

理解问题:

- 谁在生詹姆斯和若望的气?
- 外国政府如何统治?

反思:

跟随基督的人的生活方式与这个世界上的生活方式不同. 耶稣的教导给了他们一种新的生活方式. 我的生活方式是否基于耶稣的教导?

笔记:

祷告: 耶稣基督, 你的话语天主改变了跟随者的看法和生活方式. 我愿始终忠于您的呼吁, 成为您的追随者, 并按照您的教导生活. 阿们

DAY 192 Read: Mk. 10: 43-44 Date:

Questions for understanding:

- How does one become a big man?
- How does one become the first person?

Reflection:

Following Jesus is not just by words, but by deeds as well.

As Jesus humbled himself to do the will of the Father, so I do as His follower.

Personal Note:

Prayer: Jesus Christ, everyone who humbles himself will be exalted by You. Give me humility so that I can walk in every cross of my life and be shaped to be like You Jesus. Amen.

第192天 阅读:谷 10:43-44 日期:

理解问题:

-如何成为大个子?

-如何成为第一人称?

反思:

跟随耶稣不仅是言语,也是事迹.

当耶稣谦卑地履行天父的旨意时,我也作为他的跟随者而做.

笔记:

祷告: 耶稣基督, 凡谦卑自己的人都会被你高举. 给我谦卑, 使我能够走过人生的每一个十字架, 并塑造成像你耶稣一样. 阿们

DAY 193 Read: Mk. 10:45 Date:

Questions for understanding:

- Why did the Son of Man come?

- Why did He give His life?

Reflection:

This is the baptism that Jesus accepted: giving himself as a ransom for many. How can I submit to being like Jesus in this world?

Personal Note:

Prayer: Jesus Christ, You came not to be served but to serve. Teach me not to be selfish but to be humble in order to serve one another. Amen.

第193天 阅读:谷 10:45 日期:

理解问题:

-为什么人子来了?

-为什么要献出生命?

反思:

这是耶稣接受的洗礼:把自己当作许多人的赎金. 在这个世界上, 我如何顺服像耶稣?

笔记:

祷告: 耶稣基督, 你来不是要服侍, 而是要服侍. 教我不要自私, 而要谦虚以便互相服务. 阿们

DAY 194 Read: Mk. 10: 46-47 Date:

Questions for understanding:

- What is the name of the blind man begging by the side of the road?

- What did he call to Jesus?

Reflection:

"Jesus, Son of David, have mercy on me!" This is how Bartimaeus called Jesus. Although blind, he could tell that Jesus was the Son of David. When calling to Jesus, how do I call on Him?

Personal Note:

Prayer: Jesus Christ, how often do I let You go alone in my life without calling on You. I hope I can shout

to You as Bartimaeus called You. Amen.

第194天 阅读:谷 10:46-47 日期:

理解问题:

-瞎子在路边乞讨叫什么名字?

-他叫耶稣什么?

反思:

“大卫的儿子耶稣, 请怜悯我!”这就是巴底木如何称呼耶稣. 尽管是盲人, 但他可以说耶稣是大卫的儿子. 当呼唤耶稣时, 我该如何呼唤他?

笔记:

祷告: 耶稣基督, 我一生中有多少次不让您拜访您而独自离开您. 我希望我可以大喊大叫 Bartimaeus称呼您为您. 阿们

DAY 195 Read: Mk. 10: 48-49 Date:

Questions for understanding:

- Who scolded him and told him to shut up?
- What did Jesus do?

Reflection:

Despite being rebuked by many, Bartimaeus did not give up calling on Jesus, he even cried out louder. When I am in trouble, do I give up quickly?

Personal Note:

Prayer: Jesus Christ, the new source of hope. Give me determination like Bartimaeus who is determined to call on You so that in any case, I keep calling on You. Amen.

第195天 阅读:谷 10:48-49 日期:

理解问题:

-谁骂他,叫他闭嘴?

-耶稣做了什么?

反思:

尽管被许多人斥责,巴蒂默厄斯并没有放弃对耶稣的呼吁,他甚至大声喊叫.当我遇到麻烦时,我会迅速放弃吗?

笔记:

祷告:耶稣基督,新的希望之源.给我像巴尔提买这样的决心,他决心拜访您,因此无论如何我都会继续拜访您.阿们

DAY 196 Read: Mk. 10: 50-51 Date:

Questions for understanding:

- What did the blind man do?
- What did Jesus say to him?

Reflection:

Bartimaeus believed that he would see after meeting Jesus. That is why he threw away his robe; he will never need it again. Do I have the same faith as Bartimaeus?

Personal Note:

Prayer: Jesus Christ, faith in You gives me new vision. I want to see You work in me and Your plan become a reality in my life. Amen.

第196天 阅读:谷 10:50-51 日期:

理解问题:

-瞎子做什么?

-耶稣对他说了什么?

反思:

Bartimaeus相信他会在见到耶稣之后见到.这就是为什么他扔掉长袍.他将不再需要它.我和巴底摩斯有同样的信仰吗?

笔记:

祷告:耶稣基督,对你的信仰给了我新的视野.我想看到你在我的身上工作,你的计划在我的生活中成为现实.阿们

DAY 197 Read: Mk. 10:52 Date:

Questions for understanding:

- What has caused his healing?
- After that, what did that person do?

Reflection:

After being healed, Bartimaeus could go anywhere but he followed Jesus on His way. If I were healed like Bartimaeus, where would I go?

Personal Note:

Prayer: Jesus Christ, just say it, then I will be healed. Increase my faith so that I may keep Your promises in the Scriptures.

Teach me to believe like Bartimaeus. Amen.

第197天 阅读:谷 10:52 日期:

理解问题:

-是什么原因使他康复了？

-之后, 那个人做了什么？

反思:

在被治愈之后, 巴底木可以走到任何地方, 但是他跟随耶稣前进. 如果我像Bartimaeus一样得到了治愈, 我应该去哪里？

笔记:

祷告: 耶稣基督, 只要说出来, 我就会被治愈. 增加我的信心, 使我可以遵守圣经中的诺言.

教我像Bartimaeus一样相信. 阿们

DAY 198 Read: Mk. 11: 1-2 Date:

Questions for understanding:

- Where are Jesus and His disciples?

- What did Jesus command His two disciples to do?

Reflection:

Even though Jesus knew what was going to happen to Him in Jerusalem, He was still determined to enter Jerusalem. Can I be like this Jesus who is willing to suffer for others?

Personal Note:

Prayer: Jesus Christ, You have humbled yourself to death on the cross. Give me the determination as You do to do the will of the Father, even if it involves suffering. Amen.

第198天 阅读:谷 11:1-2 日期:

理解问题:

-耶稣和他的门徒在哪里？

-耶稣命令他的两个门徒做什么？

反思:

即使耶稣知道在耶路撒冷会发生什么, 他仍然决心进入耶路撒冷. 我能像愿意为别人受苦的耶稣吗？

笔记:

祈祷:耶稣基督, 你在十字架上谦卑自命至死. 给我决心, 就像您履行天父的旨意一样, 即使这涉及痛苦. 阿们

DAY 199 Read: Mk. 11: 3-4 Date:

Questions for understanding:

- If anyone asks, what should they say?

- What animal is tied to the roadside door?

Reflection:

The disciples of Jesus did according to Jesus' will and instructions with faith because they believed in Him. How can I carry out God's will in my life?

Personal Note:

Prayer: Jesus Christ, even though I do not fully understand Your plan, give me strong faith so that I can say, "Let the will of God be done in my life." Amen.

第199天 阅读:谷 11:3-4 日期:

理解问题:

-如果有人问, 他们应该怎么说？

-路边的门上绑着什么动物？

反思:

耶稣的门徒们按照耶稣的旨意和指示行事, 因为他们信了耶稣. 我如何在生活中履行天主的旨意？

笔记:

祷告: 耶稣基督, 即使我不完全理解你的计划, 也要给我坚强的信心, 以便我可以说:“愿我的旨意在我的生活中成就.”阿们

DAY 200 Read: Mk. 11: 5-6 Date:

Questions for understanding:

- What did the people there ask?

- How were Jesus' disciples allowed to go?

Reflection:

Everything happens according to what Jesus said to His disciples as long as they do what Jesus wants. What can I learn from them?

Personal Note:

Prayer: Jesus Christ, You are the one who holds everything in this world in Your glorious plan. May I be able to emulate Your followers by doing Your will in my life. Amen.

第200天 阅读:谷 11:5-6 日期:

理解问题:

-那里的人问什么？

-耶稣的门徒怎么被允许走？

反思:

只要他们按照耶稣的要求行事，一切都会按照耶稣对门徒所说的进行。我可以从他们那里学到什么？

笔记:

祷告: 耶稣基督，你是在你荣耀的计划中拥有这个世界上一切的人。我是否可以通过一生奉行您的意志来效法您的追随者。阿们

DAY 201 Read: Mk. 11: 7-8 Date:

Questions for understanding:

- What did Jesus do?

- What do people do?

Reflection:

Jesus showed His humility by riding a colt into Jerusalem. How can I prioritize the nature of humility in my life?

Personal Note:

Prayer: Jesus Christ, true happiness for all. Like the people who welcomed You to Jerusalem, may I be able to welcome You with joy into my heart. Amen.

第201天 阅读:谷 11:7-8 日期:

理解问题:

-耶稣做了什么？

-人们在做什么？

反思:

耶稣骑着马驹进入耶路撒冷表明了他的谦卑。我如何才能优先考虑生活中谦卑的本质？

笔记:

祷告: 耶稣基督，所有人的真正幸福。像那些欢迎您来到耶路撒冷的人们一样，我也许可以高兴地欢迎您进入我的内心。阿们

DAY 202 Read: Mk. 11: 9-10 Date:

Questions for understanding:

- What are those calling out there?

- Who is blessed?

Reflection:

People cheered and praised and confessed that Jesus is God who came in the name of God. Do I know how to cheer, praise and glorify the name of God?

Personal Note:

Prayer: Jesus Christ, I confess that You are God and King in my life. May the kingdom of God be in all the things that happen in my life. Amen.

第202天 阅读:谷 11:9-10 日期:

理解问题:

-那些在外面叫什么？

-谁有福？

反思:

人们欢呼，赞美和承认耶稣是以天主的名义降临的天主。我知道如何为天主的名字欢呼，赞美和荣耀吗？

笔记:

祷告: 耶稣基督，我承认你是我生命中的天主和国王。愿天主的国度参与我生命中发生的所有事情。阿们

DAY 203 Read: Mk. 11:11 Date:

Questions for understanding:

- Where did Jesus go after arriving in Jerusalem?
- Who did Jesus go to Bethany with?

Reflection:

After Jesus arrived in Jerusalem, He went straight into the Temple. This shows me that Jesus prioritizes prayer and worship in everything He does. Am I like this Jesus?

Personal Note:

Prayer: Jesus Christ, You have set the best example of life. In my daily busyness, teach me to prioritize prayer and worship so that what I do is blessed and blessed by God. Amen.

第203天 阅读:谷 11:11 日期:

理解问题:

- 耶稣抵达耶路撒冷后去了哪里?
- 耶稣和谁一起去了伯大尼?

反思:

耶稣到达耶路撒冷后,他直接进入圣殿.这表明我耶稣在所做的一切事情中都将祈祷和敬拜放在首位.我喜欢这个耶稣吗?

笔记:

祷告:耶稣基督,你树立了人生最好的榜样.在我每天的忙碌中,教我优先祷告和敬拜,以便我的作为受到天主的祝福和祝福.阿们

DAY 204 Read: Mk. 11: 12-14 Date:

Questions for understanding:

- After leaving, what tree did Jesus see?
- Why does the tree not bear fruit?

Reflection:

Jesus was looking for fruit from the tree but how disappointed and disappointed he was to find that the tree did not bear fruit. Jesus is looking for what fruit from me and how can I produce it in my life?

Personal Note:

Prayer: Jesus Christ, You are the true vine and only with Your help can I bear much fruit. Help me to always depend on You for everything in my life. Amen.

第204天 阅读:谷 11:12-14 日期:

理解问题:

- 离开后,耶稣看见了哪棵树?
- 为什么树不结果子?

反思:

耶稣从树上寻找果实,但是他发现树没有结果,这使他多么失望和失望.耶稣正在寻找我身上的水果,我该如何在我的生命中生产它?笔记:

祷告:耶稣基督,你是真正的葡萄树,只有在你的帮助下我才能结出很多果实.帮助我一生中始终依靠您.阿们

DAY 205 Read: Mk. 11: 15-17 Date:

Questions for understanding:

- What is Jesus doing in the Temple?
- What has the house of God been made by them?

Reflection:

The house of God should be called the house of prayer. But because people make it a place to buy and sell. Where is the house of God and what can I do to make it a house of prayer?

Personal Note:

Prayer: Jesus Christ, send Your Holy Spirit so that in the family and the church, I can help make it a house of prayer where everyone can come and prostrate and pray to You. Amen.

第205天 阅读:谷 11:15-17 日期:

理解问题:

-耶稣在圣殿里做什么？

-他们造了神的殿吗？

反思：

天主的家应被称为祈祷的家。但是因为人们将它变成了买卖的地方。天主的殿在哪里，我应该怎么做才能使它成为祈祷的殿？

笔记：

祷告：耶稣基督，请传扬您的圣神，以便在家庭和教会中，我可以帮助它成为一个祷告的房子，每个人都可以来这里俯伏并向您祈祷。阿们

DAY 206 Read: Mk. 11: 18-19 Date:

Questions for understanding:

- Why do they want to destroy Jesus?

- Who admires His teachings?

Reflection:

There are some people who want to destroy Jesus because they are afraid that their practices and way of life will be compromised because of Him. Am I like them?

Personal Note:

Prayer: Jesus Christ, I admire Your teaching because Your word is eternal and powerful. May my life be guided by Your teachings and my deeds give glory to God the Father in heaven. Amen.

第206天 阅读:谷 11:18-19 日期:

理解问题:

-他们为什么要消灭耶稣？

-谁欣赏他的教导？

反思：

有些人想毁灭耶稣，因为他们担心自己的行为 and 生活方式会因为耶稣而受到影响。我喜欢他们吗？

笔记：

祷告：耶稣基督，我欣赏你的教导，因为你的话是永恒而有力的。愿我的生活在你的教guided指导下，我的事迹荣耀天上的父神。阿们

DAY 207 Read: Mk. 11: 20-21 Date:

Questions for understanding:

- What happened to the fig tree?

- What did Peter say?

Reflection:

God expects the fruit of the Holy Spirit from me: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Which fruit is in my life?

Personal Note:

Prayer: Jesus Christ, You are the one who gives results in all the work of my hands and feet. I pray with Your power, so that I can produce the fruit of the Spirit in my life and glorify Your name. Amen.

第207天 阅读:谷 11:20-21 日期:

理解问题:

-无花果树怎么了？

-伯多禄说了什么？

反思：

天主希望我得到圣神的果实:爱, 喜乐, 和平, 耐心, 善良, 善良, 忠诚, 温柔和自制。我一生中有哪种水果？

笔记：

祷告：耶稣基督，你是在我的手和脚的所有工作上都取得成就的人。我用你的能力祈祷，以便我能在我的生活中结出圣神的果实，荣耀你的名。阿们

DAY 208 Read: Mk. 11: 22-23 Date:

Questions for understanding:

- To whom should Jesus' disciples believe?

- How can a mountain be thrown into the sea?

Reflection:

Jesus called His disciples to walk in faith, that is, to believe in God and to believe that God had a plan for my life. Where did I get this faith from?

Personal Note:

Prayer: Jesus Christ, You give new hope to this world. Increase my faith in God to hold fast to Your word, may Your plan be fulfilled according to Your mercy. Amen.

第208天 阅读:谷 11:22-23 日期:

理解问题:

-耶稣的门徒应该相信谁?

-怎么把山扔进海里?

反思:

耶稣呼召他的门徒们走信仰, 即相信天主, 并相信天主为我的生活制定了计划. 我从哪里得到这种信念?

笔记:

祷告: 耶稣基督, 你给这个世界带来新希望. 增加我对天主的信心, 坚守你的诺言, 愿你的计划如你的怜悯般实现. 阿们

DAY 209 Read: Mk. 11:24 Date:

Questions for understanding:

- What should we ask for in prayer?

- How do we get what is asked in prayer?

Reflection:

Prayer means lifting the heart and kindness towards God. Prayer is a place where the grace of God comes to meet man. What do I always ask God for in my prayers?

Personal Note:

Prayer: Jesus Christ, I, the weak, beg Your grace to help me in prayer.

Strengthen my heart so that I am always open to Your plans and will in prayer. Amen.

第209天 阅读:谷 11:24 日期:

理解问题:

-我们在祷告中要问什么?

-我们如何得到祷告中的要求?

反思:

祈祷意味着要向天主放心和友善. 祷告是神的恩典与人相遇的地方. 我在祷告中总是向天主求什么?

笔记:

祷告: 耶稣基督, 我, 软弱的人, 请您的恩典帮助我祷告.

增强我的心, 使我始终对你的计划和祈祷持开放态度. 阿们

DAY 210 Read: Mk. 11: 25-26 Date:

Questions for understanding:

- Why do we have to forgive people's mistakes?

- If I do not forgive, will it happen?

Reflection:

When I forgive someone who has wronged me, my heart is open to the Holy Spirit to work in my life.

Who do I need to forgive in my life?

Personal Note:

Prayer: Jesus Christ, Most Forgiving, may in Your power and name I forgive anyone who has wronged me in order to receive forgiveness from the Father in heaven. Amen.

第210天 阅读:谷 11:25-26 日期:

理解问题:

-为什么我们必须原谅别人的错误?

-如果我不原谅, 会发生吗?

反思:

当我原谅曾经伤害我的人时, 我的心向圣神敞开心to, 在我的生活中工作. 我一生需要原谅谁?

笔记:

祷告: 耶稣基督, 最宽恕的人, 可以在你的能力和名字上宽恕任何为我蒙冤的人, 以便从天父那里得到宽恕. 阿们

DAY 211 Read: Mk. 11: 27-28 Date:

Questions for understanding:

- Who came to Jesus?
- What are they asking?

Reflections:

The chief priests, scribes, and elders questioned Jesus' authority. Have I ever questioned Jesus and His actions in my life? How can I trust Him more?

Personal Note:

Prayer: Jesus Christ, the Way, the Truth and the Life. Help me not to give up quickly or despair but always faithfully follow You and hold fast to Your teachings. Amen.

第211天 阅读:谷 11:27-28 日期:

理解问题:

- 谁来找耶稣的?
- 他们在问什么?

感言:

祭司长, 文士和长老们质疑耶稣的权威. 我是否曾经质疑过耶稣及其一生的行为? 我怎样才能更加信任他?

笔记:

祷告: 耶稣基督, 道路, 真理与生命. 帮助我不要快速放弃或感到绝望, 但要始终如一地忠实地跟随您并紧紧抓住您的教导. 阿们

DAY 212 Read: Mk. 11: 29-30 Date:

Questions for understanding:

- How did Jesus answer them?
- Jesus refers to whose baptism?

Reflection:

Jesus answered those who questioned His authority with full confidence and wisdom. He never ruled himself. What can I learn from this Jesus?

Personal Note:

Prayer: Jesus Christ, strengthen my faith with Your wisdom so that I may continue to rely on the guidance of the Holy Spirit leading me to liberating truth. Amen.

第212天 阅读:谷 11:29-30 日期:

理解问题:

- 耶稣是如何回答他们的?
- 耶稣指的是谁的洗礼?

反思:

耶稣以充分的信心和智慧回答了那些质疑他的权威的人. 他从未统治过自己. 我可以从这位耶稣那里学到什么?

笔记:

祷告: 耶稣基督, 用你的智慧加强我的信心, 使我可以继续依靠圣神的引导, 使我解放真理. 阿们

DAY 213 Read: Mk. 11: 31-33 Date:

Questions for understanding:

- What is their answer?
- What was Jesus' answer to them?

Reflection:

Jesus did not need to give any explanation to anyone because He came to do the will of the Father and not the will of man. Do I always put the will of the Father first?

Personal Note:

Prayer: Lord Jesus, like Mary, You always put the will of the Father in heaven first. May throughout my life, my heart be steadfast and my soul ready to follow and emulate You. Amen.

第213天 阅读:谷 11:31-33 日期:

理解问题:

-他们的答案是什么？

-耶稣对他们的回答是什么？

反思:

耶稣不需要对任何人做任何解释, 因为他来是遵行父的旨意而不是人的旨意. 我是否总是把父亲的意志放在首位？

笔记:

祷告: 主耶稣, 像玛丽, 你总是把天父的旨意放在第一位. 愿我一生坚定不移, 我的灵魂准备跟随并效法你. 阿们

DAY 214 Read: Mk. 12: 1-2 Date:

Questions for understanding:

- What does a farmer do?

- What do farmers do during the harvest season?

Reflection:

Like a farmer who rents out his vineyard to people, so God has given me life so that I can bring results during the harvesting season.

Personal Note:

Prayer: Jesus Christ, You love me. May my life bring blessings and abundant results from Your goodness and generosity to praise and glorify the name of God. Amen.

第214天 阅读:谷 12:1-2 日期:

理解问题:

-农民做什么？

-农民在收割季节做什么？

反思:

就像一个将葡萄园出租给别人的农夫, 天主赐予我生命, 让我可以收获季节的结果.

笔记:

祷告: 耶稣基督, 你爱我. 愿我的一生因您的仁慈和慷慨带来祝福和丰硕的成果, 以赞美和荣耀天主的名. 阿们

DAY 215 Read: Mk. 12: 3-4 Date:

Questions for understanding:

- What do farm tenants do?

- What happened to the farm servant?

Reflection:

The tenants of the vineyard were abominable to all the servants sent by the master of the vineyard and did not respect the will of the lord. How can I thank God for my life?

Personal Note:

Prayer: Jesus Christ, thank you for all the blessings and graces in my life. Do not let me be carried away by selfishness but shape me to be like You, Jesus. Amen.

215天 阅读:谷 12:3-4 日期:

理解问题:

-农户做什么？

-那个农场主怎么了？

反思:

葡萄园主人的所有仆人都讨厌葡萄园的住户, 他们不尊重主人的意愿. 我该如何感谢天主的生命？

笔记:

祷告: 耶稣基督, 感谢您一生中的所有祝福和恩典. 不要让我自私自利, 而是要塑造我像你, 耶稣. 阿们

DAY 216 Read: Mk. 12: 5-6 Date:

Questions for understanding:

- Who was killed by the tenants of the farm?

- Who was the last messenger of the farmer?

Reflection:

The owner of the farm did not give up sending a messenger to the tenant of the farm. God did not stop giving me the opportunity to repent and return to Him. Am I taking this opportunity?

Personal Note:

Prayer: Jesus Christ, help me to take advantage of the opportunity You have given me to use Your blessings and mercy to be Your witness and bring goodness and justice into this world. Amen.

第216天 阅读:谷 12:5-6 日期:

理解问题:

-谁被农场的住户杀死？

-谁是农夫的最后使者？

反思:

农场的主人没有放弃向农场的租户发送信使。天主并没有停止给予我悔改并返回祂的机会。我要借此机会吗？

笔记:

祷告: 耶稣基督, 请帮助我利用您给我的机会, 利用您的祝福和怜悯成为您的见证, 并将善良和正义带入这个世界。阿们

DAY 217 Read: Mk. 12: 7-8 Date:

Questions for understanding:

- What do tenants say to each other?

- What happened to the farmer's son?

Reflection:

What happened to the farmer's son was like what would happen to Jesus on the cross. God so loved the world that He gave His only begotten Son. Am I aware of this?

Personal Note:

Prayer: Jesus Christ, in a world full of evil and abominations, give me the courage to uphold love and truth so that hatred and falsehood will be eradicated. Amen.

第217天 阅读:谷 12:7-8 日期:

理解问题:

-房客互相说什么？

-农夫的儿子怎么了？

反思:

农夫的儿子发生了什么, 就像十字架上的耶稣发生了什么。天主如此爱这个世界, 以至于他赐给了他独生的儿子。我知道吗？

笔记:

祷告: 耶稣基督在充满邪恶和憎恶的世界中, 给我勇气坚持爱与真理, 以便消除仇恨和虚假。阿们

DAY 218 Read: Mk. 12: 9-10 Date:

Questions for understanding:

- What will the master of the vineyard do?

- Which stone is the cornerstone?

Reflection:

Finally, the landlord will reciprocate the tenant's actions.

That is how God will judge me at the end of time. Am I ready for judgment?

Personal Note:

Prayer: Jesus Christ, the Most Merciful and Compassionate. Pour out Your mercy so that I remain ready to give the responsibility of my life to You.

May Your will be done in my life. Amen.

第218天 阅读:谷 12:9-10 日期:

理解问题:

-葡萄园的主人会做什么？

-哪块石头是基石？

反思:

最后, 房东将对承租人的行为作出回应。

那就是天主会在末日审判我的方式。我准备好接受审判了吗？

笔记:

祷告: 耶稣基督, 至慈和慈悲. 倾注您的怜悯, 使我随时准备将我一生的责任交给您.
愿你的一生完成. 阿们

DAY 219 Read: Mk. 12: 11-12 Date:

Questions for understanding:

- Why would anyone want to arrest Jesus?
- To whom is this addressed?

Reflection:

Jesus' words made the chief priests, scribes, and elders want to arrest Him. They felt disturbed by Jesus' teaching. Has the word of Jesus ever touched my heart and challenged me?

Personal Note:

Prayer: Jesus Christ, You are the cornerstone of my life. Let your word touch my heart so that I can see and realize all the great works of God in my life. Amen.

第219天 阅读:谷 12:11-12 日期:

理解问题:

- 为什么有人要逮捕耶稣?
- 这是给谁的?

反思:

耶稣的话使大祭司, 文士和长老想逮捕他. 他们对耶稣的教导感到不安. 耶稣的话曾经感动我的心并向我挑战吗?

笔记:

祷告: 耶稣基督, 你是我一生的基石. 让你的话感动我的心, 使我能够看到并实现我生命中天主的一切伟大作为. 阿们

DAY 200 Read: Mk. 12: 13-14 Date:

Questions for understanding:

- Who was sent to ask Jesus?
- What was their question to Jesus?

Reflection:

They came not to hear Jesus' words but to trap Him. Their hearts are not open to receive the word of God. Am I coming to hear the words of God?

Personal Note:

Prayer: Jesus Christ, You teach God's way based on truth. Sanctify me in the truth so that I may cling to faith and trust in You. Amen.

第200天 阅读:谷 12:13-14 日期:

理解问题:

- 谁被派去问耶稣?
- 他们对耶稣有什么问题?

反思:

他们来不是听耶稣的话, 而是要陷害他. 他们的心不开放接受天主的道. 我要来听听天主的话吗?

笔记:

祷告: 耶稣基督, 你以真理为基础教导神的道路. 用真理使我成圣, 使我可以坚持对你的信心和信任. 阿们

DAY 221 Read: Mk. 12: 15-16 Date:

Questions for understanding:

- What is Jesus' view of them?
- What did Jesus ask them?

Reflection:

Those who come to Jesus are hypocrites because they want to guess Him. Jesus knew all the purposes and desires of their hearts. Do I do this in my relationship with God?

Personal Note:

Prayer: Jesus Christ, You know the contents and desires of my heart. Help me to put my full trust in You. Strengthen my resolve to be Your faithful follower. Amen.

第221天 阅读:谷 12:15-16 日期:

理解问题:

-耶稣对他们的看法是什么？

-耶稣问他们什么？

反思:

那些来耶稣的人是伪君子,因为他们想猜他. 耶稣知道他们内心的所有目的和愿望. 我在与天主的关系中这样做吗？

笔记:

祷告: 耶稣基督, 你知道我内心的内容和渴望. 帮助我完全信任您. 坚定我成为您忠实追随者的决心. 阿们

DAY 222 Read: Mk. 12:17 Date:

Questions for understanding:

- What was Jesus' answer to them?

- How did they react after hearing Jesus' teachings?

Reflection:

They were astonished to hear Jesus' words because He answered them with wisdom beyond their comprehension. Are my thoughts and actions based on the wisdom of Jesus?

Personal Note:

Prayer: Jesus Christ, You have redeemed me with Your blood. I am yours. Protect me from all evil so that I may always be in Your shade full of peace and prosperity. Amen.

222天 阅读:谷 12:17 日期:

理解问题:

-耶稣对他们的回答是什么？

-听到耶稣的教导后, 他们的反应如何？

反思:

他们惊讶地听到了耶稣的话, 因为耶稣用他们无法理解的智慧回答了他们. 我的思想和行为是基于耶稣的智慧吗？

笔记:

祷告: 耶稣基督, 你用你的血救赎了我. 我是你的. 保护我免受一切邪恶的侵害, 使我永远在你的身旁, 充满和平与繁荣. 阿们

DAY 223 Read: Mk. 12: 18-19 Date:

Questions for understanding:

- Who are the Sadducees?

- What did they say to Jesus?

Reflection:

There are many people who do not believe in the resurrection. For a Christian, the resurrection of Jesus is the foundation of his faith and belief. How can the resurrection of Jesus change my lifestyle?

Personal Note:

Prayer: Jesus Christ, thank you that because of Your resurrection, I have a new and eternal life. May my life in this world be a witness to the power of Your resurrection. Amen.

第223天 阅读:谷 12:18-19 日期:

理解问题:

-谁是撒都该人？

-他们对耶稣说了什么？

反思:

有许多人不相信复活. 对于一个基督徒来说, 耶稣的复活是他信仰和信仰的基础. 耶稣的复活如何改变我的生活方式？

笔记:

祷告: 耶稣基督, 谢谢你, 因为你的复活, 我有了新的永恒的生命. 愿我在这个世界上的生活见证你复活的力量. 阿们

DAY 224 Read: Mk. 12: 20-21 Date:

Questions for understanding:

-How many siblings?

- What happened to the eldest?

Reflection:

Marriage is God's call and plan. Therefore, we need His blessings and grace so that marriage is according to God's will.

What are the challenges of marriage in today's world?

Personal Note:

Prayer: Jesus Christ, the source of love and new life. I pray for those who are married.

Let their homes and families be built on their faith and trust in God. Amen.

第224天 阅读:谷 12:20-21 日期:

理解问题:

-几个兄弟姐妹?

-大姐怎么了?

反思:

婚姻是天主的召唤和计划. 因此, 我们需要他的祝福和恩典, 使婚姻符合天主的旨意.

当今世界, 婚姻面临哪些挑战?

笔记:

祷告: 耶稣基督, 爱与新生命的源头. 我为已婚者祈祷.

让他们的家庭和家庭建立在对天主的信仰和信任上. 阿们

DAY 225 Read: Mk. 12: 22-23 Date:

Questions for understanding:

- Who married the woman?

- Finally, what happened to the woman?

Reflection:

Resurrection is something that is difficult for worldly human beings to accept. Do I truly believe in the forgiveness of sins, the resurrection of the body, and the life everlasting?

Personal Note:

Prayer: Jesus Christ, You renew the marriage life with Your love. I gave up everything called to be husband and wife. Protect them from danger. Amen.

第225天 阅读:谷 12:22-23 日期:

理解问题:

-谁娶了那个女人?

-最后, 那女人怎么了?

反思:

复活是世俗的人类难以接受的事情. 我真的相信罪的宽恕, 身体的复活和永生吗?

笔记:

祷告: 耶稣基督, 你用自己的爱来更新婚姻生活. 我放弃了所谓的做夫妻. 保护他们免受危险. 阿们

DAY 226 Read: Mk. 12: 24-25 Date:

Questions for understanding:

- According to Jesus, why were they wrong?

- Who will be like the angels in heaven?

Reflection:

According to Jesus, they do not understand either the Scriptures or the power of God because they rely on their own wisdom and knowledge. Am I like them?

Personal Note:

Prayer: Jesus Christ, the source of wisdom and truth. May the Holy Spirit help me to understand Your teachings so that I may find the Way, the Truth and the Life in You, Jesus. Amen.

第226天 阅读:谷 12:24-25 日期:

理解问题:

-根据耶稣的说法, 为什么他们错了?

-谁会像天堂里的天使?

反思:

根据耶稣的说法, 他们不理解圣经或天主的能力, 因为他们依靠自己的智慧和知识. 我喜欢他们吗?

笔记:

祷告: 耶稣基督, 智慧和真理的源头. 愿圣神帮助我理解你的教导, 以便我在耶稣里找到你的道路, 真理和生命. 阿们

DAY 227 Read: Mk. 12: 26-27 Date:

Questions for understanding:

- Where did God ever speak to Moses?
- According to Jesus, who is God?

Reflection:

Jesus corrected the Sadducees' claim that there was no resurrection. According to Jesus, God is the God of the living. Do I believe in the resurrection of the body and eternal life?

Personal Note:

Prayer: Jesus Christ, the living God, You are the source of life. Help me to prioritize eternal life in heaven and walk according to Your words and teachings in this world. Amen.

第227天 阅读:谷 12:26-27 日期:

理解问题:

- 天主曾在哪里对摩西说话?
- 根据耶稣的说法, 谁是天主?

反思:

耶稣纠正了撒都该人的说法, 即没有复活. 根据耶稣的说法, 天主是生命的天主. 我相信身体和永生的复活吗?

笔记:

祷告: 耶稣基督, 永生的天主, 你是生命之源. 帮助我优先考虑永生, 并按照你在这个世界上的言语和教义行走. 阿们

DAY 228 Read: Mk. 12: 28-29 Date:

Questions for understanding:

- Who came to ask Jesus?
- According to Jesus, what is the main commandment?

Reflection:

A scribe was attracted to Jesus because he realized that Jesus had answered wisely and kindly. Do I realize who Jesus is and what He can do in my life?

Personal Note:

Prayer: Jesus Christ, the one true God. I come to You asking for the guidance of Your Holy Spirit. Open the ears of my heart so that I can hear Your voice calling me to be Your follower. Amen.

第228天 阅读:谷 12:28-29 日期:

理解问题:

- 谁来问耶稣?
- 根据耶稣的主要诫命是什么?

反思:

一位文士受到了耶稣的吸引, 因为他意识到耶稣的回答是明智和友善的. 我是否认识到耶稣是谁以及他在我的生活中可以做什么?

笔记:

祷告: 耶稣基督, 独一的真神. 我来找你, 要求你的圣神引导. 张开我的耳朵, 使我能听到你的声音呼唤我成为你的追随者. 阿们

DAY 229 Read: Mk. 12: 30-31 Date:

Questions for understanding:

- How should we love God?
- According to Jesus, what is the second commandment?

Reflection:

God is love. Thus, Jesus' command is love, that is, to love God and to love one another. How can I prioritize this command in my life?

Personal Note:

Prayer: Jesus Christ, You are the fulfillment of all the commandments of God. Send Your Holy Spirit so that I can love God with all my heart, soul, mind and strength. Amen.

第229天 阅读:谷 12:30-31 日期:

理解问题:

-我们应该怎样爱天主？

-根据耶稣的说法, 第二条诫命是什么？

反思:

天主就是爱. 因此, 耶稣的命令就是爱, 就是爱天主和彼此相爱. 我该如何在生活中优先考虑此命令？

笔记:

祷告: 耶稣基督, 你是天主所有诫命的应验. 寄出你的圣神, 使我可以全心全意地爱天主. 阿们

DAY 230 Read: Mk. 12: 32-33 Date:

Questions for understanding:

- What is the answer of the scribe?

- What is more important than all the sacrifices?

Reflection:

This scribe agrees with Jesus and acknowledges His words as truth. He did not doubt or suspect Jesus. Do I accept the teachings of Jesus as the truth in my life?

Personal Note:

Prayer: Jesus Christ, Your words are true and Your word gives new hope. I ask for strength and courage to hold fast to Your teachings as the truth of my life. Amen.

第230天 阅读:谷 12:32-33 日期:

理解问题:

-抄写员的答案是什么？

-还有什么比所有牺牲更重要的？

反思:

这个抄写员同意耶稣的观点, 并承认他的话是真理. 他没有怀疑或怀疑耶稣. 我是否接受耶稣的教导是我生命中的真理？

笔记:

祷告: 耶稣基督, 你的话是真实的, 你的话给了新的希望. 我要求力量和勇气坚守您的教导, 这是我一生的真理. 阿们

DAY 231 Read: Mk. 12:34 Date:

Questions for understanding:

- What did Jesus say to him?

- Did anyone dare to question Jesus?

Reflection:

Jesus realized that the scribes were wise and said that he was not far from the kingdom of God.

According to myself, am I far or near to the kingdom of God?

Personal Note:

Prayer: Jesus Christ, You are the source of wisdom. Teach me Your way so that I am not far from the kingdom of God. Help me to keep trying to find the truth in my life. Amen.

第231天 阅读:谷 12:34 日期:

理解问题:

-耶稣对他说了什么？

-有人敢问耶稣吗？

反思:

耶稣意识到文士是明智的, 并说他离神的国不远. 根据我自己, 我是在神的国度中是远还是近？

笔记:

祷告: 耶稣基督, 你是智慧的源头. 教我你的方式, 使我离神的国不远. 帮助我继续尝试寻找生活中的真相. 阿们

DAY 232 Read: Mk. 12: 35-37 Date:

Questions for understanding:

- Jesus teach where?
- How did the people react to Jesus' words?

Reflection:

Jesus corrected the scribes' understanding of who Christ was because they did not believe that Jesus was the Christ. Do I believe that Jesus is the Anointed One of God?

Personal Note:

Prayer: Jesus Christ, the Anointed One. Like many people who rejoice in hearing Your words, may I welcome Your Word with an open heart so that it can bear fruit in my life. Amen.

第232天 阅读:谷 12:35-37 日期:

理解问题:

- 耶稣在哪里教？
- 人们对耶稣的话有何反应？

反思:

耶稣纠正了抄写员对基督是谁的理解,因为他们不相信耶稣是基督. 我相信耶稣是神的受膏者吗？

笔记:

祷告: 耶稣基督, 受膏者. 像许多听到你的话而高兴的人一样, 我可以敞开心heart地欢迎你的话, 这样它才能在我的生活中结出硕果. 阿们

DAY 233 Read: Mk. 12: 38-40 Date:

Questions for understanding:

- Who likes to be greeted respectfully in the market?
- Who will receive a heavier punishment?

Reflection:

Jesus taught His followers not to imitate the scribes because they did not follow the teachings of the word of God. Do my actions and way of life reflect Christ?

Personal Note:

Prayer: Jesus Christ, You seek sincerity and sincerity in each of Your followers. I surrender my heart to You. Shape according to Your wishes and wear according to Your plan. Amen.

第233天 阅读:谷 12:38-40 日期:

理解问题:

- 谁喜欢在市场上受到尊重？
- 谁将受到较重的惩罚？

反思:

耶稣教导跟随者不要模仿文士,因为他们没有遵循天主圣言的教导. 我的举止和生活方式反映了基督吗？

笔记:

祷告: 耶稣基督, 您在每个跟随者中寻求诚意和诚意. 我向你投降. 根据您的意愿进行塑形, 并根据您的计划进行穿着. 阿们

DAY 234 Read: Mk. 12: 41-42 Date:

Questions for understanding:

- Where did Jesus sit and what did He do?
- What did a poor widow do?

Reflection:

Despite being poor, this widow is still willing and willing to put two pieces of copper money into the presentation money box. Am I willing to be generous to God?

Personal Note:

Prayer: Jesus Christ, You call me to be honored in the ministry of love. May I be as generous as this poor widow and offer to You my whole heart. Amen.

第234天 阅读:谷 12:41-42 日期:

理解问题:

-耶稣坐在哪里, 做了什么?

-可怜的寡妇做了什么?

反思:

尽管很穷, 但这个寡妇仍然愿意并愿意将两块铜钱放入演示钱箱. 我愿意对天主宽容吗?

笔记:

祷告: 耶稣基督, 你叫我在爱的事工中感到荣幸. 愿我像这个可怜的寡妇一样慷慨, 并全心全意地向您献上. 阿们

DAY 235 Read: Mk. 12: 43-44 Date:

Questions for understanding:

- Jesus is calling whom?

- Who put all his sustenance?

Reflection:

God calls me to be generous not according to the values or ways of the world but according to the values of God. When I give, do I give out of my abundance or poverty?

Personal Note:

Prayer: Jesus Christ, the Most Gracious God. Help me to emulate this poor widow in presenting whatever You want from me for Your will and plan. Amen.

第235天 阅读:谷 12:43-44 日期:

理解问题:

-耶稣在呼唤谁?

-谁把他所有的寄托?

反思:

天主呼唤我要慷慨, 不是根据世界的价值观或方式, 而是根据天主的价值观. 当我奉献时, 我会放弃自己的丰富或贫穷吗?

笔记:

祷告: 耶稣基督, 最亲切的天主. 帮我效法这位可怜的寡妇, 提出自己想要和想要的东西, 向我展示. 阿们

DAY 236 Read: Mk. 13: 1-2 Date:

Questions for understanding:

- Where was Jesus with His disciples?

- What did Jesus say about the Temple?

Reflection:

Jesus took the opportunity to teach His disciples about the signs of the end. When I hear about doomsday, how do I feel? Why?

Personal Note:

Prayer: Jesus Christ, who remained the same yesterday, today, and forever. Direct my gaze not to the temporary in this world but to the eternal in heaven. Amen.

第236天 阅读:谷 13:1-2 日期:

理解问题:

-耶稣和门徒在哪里?

-耶稣对圣殿怎么说?

反思:

耶稣借此机会教导门徒有关结局的迹象. 当我听到世界末日的消息时, 我感觉如何? 为什么?

笔记:

祷告: 耶稣基督, 他在昨天, 今天和永远保持不变. 我的目光不是注视着这个世界上的暂时, 而是注视着天堂中的永恒. 阿们

DAY 237 Read: Mk. 13: 3-4 Date:

Questions for understanding:

- Who asked Jesus in person?

- What did they ask Jesus?

Reflection:

The disciples of Jesus asked Him personally why they needed Jesus' words to soothe their hearts and strengthen their faith.

What should I ask Jesus?

Personal Note:

Prayer: Jesus Christ, the disciples bring all their worries and anxieties to You because in You they hope. Help me to put full faith in Your words and promises. Amen.

第237天 阅读:谷 13:3-4 日期:

理解问题:

-谁亲自问过耶稣?

-他们问耶稣什么?

反思:

耶稣的门徒亲自问耶稣为什么他们需要耶稣的话来抚慰自己的心并增强他们的信仰。

我应该问耶稣什么?

笔记:

祷告: 耶稣基督, 门徒们将所有的烦恼和忧虑带给你, 因为他们希望在你里面. 帮助我对您的言语和诺言充满信心. 阿们

DAY 238 Read: Mk. 13: 5-6 Date:

Questions for understanding:

- What was Jesus' warning to His disciples?

- Who will deceive many people?

Reflection:

Jesus reminded His disciples to be careful not to be deceived in their lives in this world. How can I know who Jesus is and His true teachings?

Personal Note:

Prayer: Jesus Christ, the answer for all who seek the truth. Send Your Holy Spirit so that I can know You as the true God and Savior of my life and serve You. Amen.

第238天 阅读:谷 13:5-6 日期:

理解问题:

-耶稣对门徒的警告是什么?

-谁会骗很多人?

反思:

耶稣提醒他的门徒要小心, 不要被这个世界上的生活所欺骗. 我怎么知道耶稣是谁和他的真实教导?

笔记:

祷告: 耶稣基督, 所有寻求真理的人的答案. 传扬你的圣神, 使我可以认识你, 将他视为我生命中的真神和救主, 并为你服务. 阿们

DAY 239 Read: Mk. 13: 7-8 Date:

Questions for understanding:

- Why should they not be afraid?

- What will happen to the nation and the kingdom?

Reflection:

Jesus gave a picture of the calamities and calamities that would occur at the beginning of the end times. What can I do in preparation for this moment?

Personal Note:

Prayer: Jesus Christ, at the end of this world, You remain forever. May I cling to You as the cornerstone of my life so that no matter what happens, You remain with me. Amen.

第239天 阅读:谷 13:7-8 日期:

理解问题:

-为什么不害怕?

-国家和王国将会怎样?

反思:

耶稣描绘了末日开始时发生的灾难和灾难. 我要为此做些什么?

笔记:

祷告: 耶稣基督, 在这个世界的尽头, 你永远永远. 我可以紧紧抓住你, 作为我一生的基石, 以便无论发生什么事情, 你都与我同在. 阿们

DAY 240 Read: Mk. 13: 9-10 Date:

Questions for understanding:

- Why were they brought to the government and the king?
- What must be spread to all nations?

Reflection:

The Lord Jesus prioritizes the spread of the Gospel and the testimony of faith especially in times of persecution and suffering. When I am persecuted because of my faith, what should I do?

Personal Note:

Prayer: Jesus Christ, strengthen my faith so that I can testify of You. I also pray for all Your followers who are persecuted because of their faith. May they remain faithful to You. Amen.

第240天 阅读:谷 13:9-10 日期:

理解问题:

- 他们为什么被带到政府和国王那里?
- 必须传播到所有国家吗?

反思:

主耶稣优先考虑福音的传播和信仰的见证, 尤其是在遭受迫害和痛苦的时候. 当我因信仰而受到迫害时, 我该怎么办?

笔记:

祷告: 耶稣基督, 要加强我的信心, 以便我为你作见证. 我还要为所有因信仰而遭受迫害的跟随者祈祷. 愿他们对你忠实. 阿们

DAY 241 Read: Mk. 13: 11-12 Date:

Questions for understanding:

- Who will speak at that time?
- Who will betray each other?

Reflection:

Jesus' words give encouragement and hope to His followers who are questioned because of their faith. The Holy Spirit will help me to defend Jesus and His teachings.

Personal Note:

Prayer: Jesus Christ, thank you for promising me the Holy Spirit in my time of need and suffering. May I always be aware and obedient to Him in my life. Amen.

第241天 阅读:谷 13:11-12 日期:

理解问题:

- 那时谁会说话?
- 谁会背叛?

反思:

耶稣的话语给因信徒而受到质疑的跟随者们带来鼓励 and 希望. 圣神将帮助我捍卫耶稣及其教义.

笔记:

祷告: 耶稣基督, 谢谢你在我有需要和受苦的时候向我许诺了圣神. 愿我一生都对他有所了解并服从他. 阿们

DAY 242 Read: Mk. 13:13 Date:

Questions for understanding:

- In Jesus' name, what will happen?
- Who will be saved?

Reflection:

Jesus prepared His disciples to face any challenge and obstacle by promising salvation. As a follower of Christ, how can I endure to the end?

Personal Note:

Prayer: Jesus Christ, You endure to the end when You bear the cross to Your crucifixion. Strengthen my resolve and strengthen my heart so that I can follow Your steps to the end. Amen.

第242天 阅读:谷 13:13 日期:

理解问题:

-以耶稣的名义, 会发生什么?

-谁将得救?

反思:

耶稣预备了他的门徒, 要通过应许得救而面对任何挑战和障碍. 作为基督的追随者, 我要忍受到底吗?

笔记:

祷告: 耶稣基督, 当你背受十字架钉在十字架上时, 你要忍受到最后. 坚定我的决心, 增强我的心力, 以便我可以按照您的步骤进行到底. 阿们

DAY 243 Read: Mk. 13: 14-15 Date:

Questions for understanding:

- Where must the people in Judea flee?

- What should the person on the roof do?

Reflection:

No one can escape what will happen at the end of time. But God remains in control of whatever has happened, is happening and will happen in this world.

Personal Note:

Prayer: Jesus Christ, You promise to be with me until the end of time. Increase my faith so that no matter what happens, I still direct my gaze to You. Amen.

第243天 阅读:谷 13:14-15 日期:

理解问题:

-犹太人必须逃往何处?

-屋顶上的人应该做什么?

反思:

没有人能逃脱在结束时会发生的事情. 但是天主仍然控制着这个世界上发生的一切, 正在发生的事情以及将要发生的事情.

笔记:

祷告: 耶稣基督, 你答应与我同在, 直到时间的尽头. 增加我的信仰, 以便无论发生什么情况, 我仍将目光投向您. 阿们

DAY 244 Read: Mk. 13: 16-17 Date:

Questions for understanding:

- What should the farm do?

- Who was unfortunate at the time?

Reflection:

The end of time is also the end of time. Therefore, what we are doing is in vain because time is running out. Do I use my time well in my life for God?

Personal Note:

Prayer: Jesus Christ, You are the strength of the weak. Help me to hold fast to faith, hope and love, especially in times of trouble and suffering. Amen.

第244天 阅读:谷 13:16-17 日期:

理解问题:

-农场应该做什么?

-当时谁很不幸?

反思:

时间的结束也是时间的结束. 因此, 我们正在做的是徒劳的, 因为时间不多了. 我一生中会为天主好好利用吗?

笔记:

祷告: 耶稣基督, 你是弱者的力量. 帮助我坚守信念, 希望和爱心, 尤其是在遇到麻烦和痛苦的时候. 阿们

DAY 245 Read: Mk. 13: 18-19 Date:

Questions for understanding:

- Why do we have to pray?

- At that time, what will happen?

Reflection:

Jesus taught His disciples to pray in any situation. Prayer opened my heart to the power of God to act in my life. How long do I spend in prayer a day?

Personal Note:

Prayer: Jesus Christ, hope for all who seek the way, the truth and the life. May my heart be open so that the Holy Spirit can teach me how to pray according to Your will. Amen.

第245天 阅读:谷 13:18-19 日期:

理解问题:

-为什么我们要祈祷?

-那时会发生什么?

反思:

耶稣教导门徒在任何情况下都要祈祷。祷告使我向天主的能力敞开心heart, 以行动在我的生活中。我一天要花多长时间祷告?

笔记:

祷告: 耶稣基督, 对所有寻求道路, 真理和生命的人充满希望。愿我敞开心heart, 让圣神教会我如何按照Your的旨意祷告。阿们

DAY 246 Read: Mk. 13: 20-21 Date:

Questions for understanding:

- Why is the time shortened?

- At that time, people will say what?

Reflection:

Jesus came into this world to save mankind. How can I cooperate with God in His plan for the salvation of mankind?

Personal Note:

Prayer: Jesus Christ, help me to use my time to the full according to Your plan of salvation. May I not be deceived by the voices of this world that lead to falsehood. Amen.

第246天 阅读:谷 13:20-21 日期:

理解问题:

-为什么时间缩短了?

-那时人们会说什么?

反思:

耶稣来到这个世界来拯救人类。我如何在天主拯救人类的计划中与天主合作?

笔记:

祷告: 耶稣基督, 根据你的救赎计划, 帮助我充分利用我的时间。愿我不被这个导致虚假的世界的声音所迷惑。阿们

DAY 247 Read: Mk. 13: 22-23 Date:

Questions for understanding:

- Who will appear at that time?

- What is the purpose of their appearance?

Reflection:

Jesus reminded His followers to be careful not to be deceived by anyone.

How can I differentiate between falsehood and truth in my life?

Personal Note:

Prayer: Jesus Christ, Your word is the word of eternal life. Sanctify me in the truth so that I may not be quickly deceived by darkness and falsehood but always walk in the light of Your light. Amen.

第247天 阅读:谷 13:22-23 日期:

理解问题:

-那时谁会出现?

-外观的目的是什么?

反思:

耶稣提醒他的跟随者要当心, 不要被任何人欺骗。

我该如何区分生活中的虚假和真实？

笔记:

祷告: 耶稣基督, 你的话就是永生的话. 用真理使我成圣, 使我不被黑暗和虚假所迷惑, 而总要在你的光明中行走. 阿们

DAY 248 Read: Mk. 13: 24-25 Date:

Questions for understanding:

- What will happen to the sun and the moon?
- Will it be shaken?

Reflection:

The world that has been tainted by sin will eventually be renewed by Jesus' death and resurrection. God will create new heavens and earth in Jesus. Am I ready for this update?

Personal Note:

Prayer: Jesus Christ, even though the sun and moon will no longer shine, You will still radiate the light of life and Your love. Make me a tool to renew this earth. Amen.

第248天 阅读: 谷 13:24-25 日期:

理解问题:

- 太阳和月亮会发生什么？
- 会摇动吗？

反思:

耶稣的死与复活将最终使被罪恶污染的世界更新. 天主将在耶稣里创造新的天地. 我准备好进行此更新了吗？

笔记:

祷告: 耶稣基督, 即使日月不再发光, 您仍然会散发出生命之光和您的爱. 让我成为更新地球的工具. 阿们

DAY 249 Read: Mk. 13: 26-27 Date:

Questions for understanding:

- How will the Son of Man come?
- Why did He send His angels?

Reflection:

"Christ has died, Christ has risen, Christ will return". Jesus will come in His power and glory. How do I feel when I hear that Jesus is coming back?

Personal Note:

Prayer: Jesus Christ, my faithful friend. May I look forward to your return with hope and joy. Pour out your Holy Spirit on me to remain obedient and faithful to You. Amen.

DAY 249 阅读: 谷 13:26-27 日期:

理解问题:

- 人子会怎样来？
- 他为什么派遣天使？

反思:

“基督死了, 基督复活了, 基督会回来”. 耶稣将以他的能力和荣耀降临. 当我听到耶稣回来的时候我会有什么感觉？

笔记:

祷告: 耶稣基督, 我忠实的朋友. 请允许我带着希望和喜悦回到我身边. 将你的圣神倒在我身上, 以顺从和忠实于你. 阿们

DAY 250 Read: Mk. 13: 28-29 Date:

Questions for understanding:

- How do we know summer is almost here?
- How do we know the time is near?

Reflection:

Jesus invites His disciples to be wise and watch for the signs of the times. With this, they can prepare for the coming of Jesus. Why did Jesus come back?

Personal Note:

Prayer: Jesus Christ, the source of wisdom and life. Help me to find Your way in my life and thus prepare to accept You as God all my life. Amen.

第250天 阅读:谷 13:28-29 日期:

理解问题:

-我们怎么知道夏天快到了?

-我们怎么知道时间临近?

反思:

耶稣邀请他的门徒明智, 注意时代的迹象. 这样, 他们就可以为耶稣的降临做准备. 耶稣为什么回来?

笔记:

祷告: 耶稣基督, 智慧和生命之源. 帮助我找到自己一生的道路, 从而一生准备接受你为天主. 阿们

DAY 251 Read: Mk. 13: 30-31 Date:

Questions for understanding:

- What will happen to heaven and earth?

- What will not disappear?

Reflection:

Jesus remained the same yesterday, today, and forever. He has the words of eternal life. Therefore, His words will not vanish. Do I really understand these words of Jesus?

Personal Note:

Prayer: Jesus Christ, the Word of God incarnate. Give me thirst and hunger for Your words so that I live not only from bread but from every word that proceeds from the mouth of God. Amen.

第251天 阅读:谷 13:30-31 日期:

理解问题:

-天地会发生什么?

-什么不会消失?

反思:

耶稣昨天, 今天和永远保持不变. 他有永生的话. 因此, 他的话不会消失. 我真的了解耶稣的这些话吗?

笔记:

祷告: 耶稣基督, 神的道化身. 让我渴求你的话, 使我不仅以面包为生, 从天主口中传出的每一句话. 阿们

DAY 251 Read: Mk. 13: 32-33 Date:

Questions for understanding:

- Only who knows the day or the time?

- What to do at that time?

Reflection:

No one knows when the Day of Judgment will come. Therefore, Jesus reminded His disciples to always be vigilant and ready to welcome the coming of God. Am I ready?

Personal Note:

Prayer: Jesus Christ, You are the source of faith, hope and love. Strengthen my heart so that in any situation or situation in life, I will still be careful, watchful and pray. Amen.

第251天 阅读:谷 13:32-33 日期:

理解问题:

-只有谁知道日期或时间?

-那时候该怎么办?

反思:

没有人知道审判日何时到来. 因此, 耶稣提醒他的门徒要时刻保持警惕, 随时欢迎天主的到来. 我准备好了吗?

笔记:

祷告: 耶稣基督, 你是信心, 希望和爱的源头. 增强我的心脏, 以便在生活中的任何情况下, 我都将继续保持谨慎, 警惕和祈祷. 阿们

DAY 252 Read: Mk. 13: 34-35 Date:

Questions for understanding:

- What should a doorman do?
- Why should one be vigilant?

Reflection:

Jesus called His disciples to be vigilant because they had been given the authority and responsibility to do God's will. What does Jesus expect of me?

Personal Note:

Prayer: Jesus Christ, You have poured me out with Your blessings and grace so that I can bear fruit. May I be able to give good responsibility to You and glorify Your name. Amen.

第252天 阅读:谷 13:34-35 日期:

理解问题:

- 看门人应该怎么做?
- 为什么要保持警惕?

反思:

耶稣呼吁门徒保持警惕,因为他们被赋予了遵行天主旨意的权力和责任. 耶稣对我有什么期望?

笔记:

祷告: 耶稣基督, 你用我的祝福和恩典倾倒了我, 使我结出果实. 我能否对您负有良好责任并荣耀您的名字. 阿们

DAY 253 Read: Mk. 13: 36-37 Date:

Questions for understanding:

- Who came suddenly?
- What did Jesus say to all?

Reflection:

Jesus ended His words to His disciples with the words "Watch". What would happen to my Christian life if I was not careful as a disciple of Jesus?

Personal Note:

Prayer: Jesus Christ, You are Immanuel, God with us. Teach me to live with the awareness that You are with me all the time so that I can always do Your will. Amen.

第253天 阅读:谷 13:36-37 日期:

理解问题:

- 谁突然来的?
- 耶稣对所有人说了什么?

反思:

耶稣对他的门徒说“守望”. 如果我不小心做耶稣的门徒, 我的基督徒生活将会怎样?

笔记:

祷告: 耶稣基督, 你是以马内利, 天主与我们同在. 教我生活在意识到你一直与我在一起这样我就可以永远按照您的意愿阿们

DAY 254 Read: Mk. 14: 1 Date:

Questions for understanding:

- What is the celebration that will arrive in two days?
- Who is looking for a way to trap Jesus?

Reflection:

Jesus is the new Passover Lamb sacrificed on the cross to atone for the sins of the world. Willingly and freely, Jesus laid down His life. Am I willing to surrender myself to God?

Personal Note:

Prayer: Jesus Christ, the Lamb of God who takes away the sin of the world. Your blood gives deliverance and redemption. May I live according to Your will and be Your faithful follower. Amen.

第254天 阅读:谷 14:1 日期:

理解问题:

- 两天后将举行什么庆祝活动?
- 谁在寻找诱捕耶稣的方法?

反思:

耶稣是在十字架上牺牲的新逾越节羔羊, 为世上的罪孽赎罪.

耶稣乐于自由地牺牲了自己的生命. 我愿意向天主投降吗?

笔记:

祈祷: 耶稣基督, 天主的羔羊, 带走了世界的罪孽. 您的血液使人得救和救赎. 我愿按照您的意愿生活, 并成为您忠实的追随者. 阿们

DAY 255 Read: Mk. 14: 1-2 Date:

Questions for understanding:

- What were their plans to arrest Jesus?
- Why not during the festive season?

Reflection:

Many people conspired to arrest and kill Jesus because they did not know who Jesus was in their lives. They feel their lives are being threatened because of Jesus.

Personal Note:

Prayer: Jesus Christ, teach me Your truth so that when Your teachings challenge life change, I am always ready to answer Your call and always put Your word in life. Amen.

第255天 阅读: 谷 14:1-2 日期:

理解问题:

- 他们逮捕耶稣的计划是什么?
- 为什么不在节日期间?

反思:

许多人密谋逮捕和杀害耶稣, 因为他们不知道耶稣是谁. 他们感到自己的生命因耶稣而受到威胁.

笔记:

祷告: 耶稣基督, 请教我你的真理, 以便当你的教义挑战生活的改变时, 我随时准备接听你的电话, 并将你的话语付诸实践. 阿们

DAY 256 Read: Mk. 14: 3 Date:

Questions for understanding:

- Where was Jesus at that time?
- Who brought the perfume there?

Reflection:

Jesus was not shy or afraid to eat at the home of Simon, the leper. He showed His willingness to be with people who were marginalized by the general public. Am I like this Jesus?

Personal Note:

Prayer:

Jesus Christ, I pray for those who feel isolated and marginalized. Help me to be Your compassion so that they feel accepted and loved. Amen.

第256天 阅读: 谷 14:3 日期:

理解问题:

- 那时耶稣在哪里?
- 谁把香水带到那里?

反思:

耶稣不怕或不怕在麻风病人西蒙的家里吃饭. 他表现出愿意与那些被大众边缘化的人们在一起的意愿. 我喜欢这个耶稣吗?

笔记:

祷告:

耶稣基督, 我为那些感到孤立和边缘化的人祈祷. 帮助我成为您的同情心, 让他们感到被接纳和被爱. 阿们

DAY 257 Read: Mk. 14: 4 Date:

Questions for understanding:

- Who is talking to each other?
- How did they feel at the time?

Reflection:

The anger that arose between them made them blind to the woman's act of love for Jesus. Have my words or actions been affected by anger?

Personal Note:

Prayer: Jesus Christ, the source of love. Teach me the language of Your love and open the eyes of my heart so that I can see the world through the eyes of Your love and compassion that color this life. Amen.

第257天 阅读:谷 14:4 日期:

理解问题:

-谁在聊天?

-他们当时感觉如何?

反思:

他们之间的愤怒使他们对女人对耶稣的爱行为视而不见。我的言语或行为受到愤怒的影响吗?

笔记:

祷告: 耶稣基督, 爱的源头。教我爱的语言, 睁开我的心灵, 以便我能透过Your爱和同情的眼光看世界。阿们

DAY 258 Read: Mk. 14: 5 Date:

Questions for understanding:

- How much can the oil be sold?

- Who scolded the woman?

Reflection:

The woman was willing to pour that precious oil on Jesus because of her love for Jesus. What can I do for the sake of my love for Jesus?

Personal Note:

Prayer: Jesus Christ, forgive me when I am too selfish to help those who are helpless or helpless. Give me patience and perseverance to serve You. Amen.

第258天 阅读:谷 14:5 日期:

理解问题:

-可以卖多少油?

-谁骂那个女人?

反思:

女人因对耶稣的爱而愿意将这种贵重的油倒在耶稣身上。为了我对耶稣的爱, 我该怎么办?

笔记:

祷告: 耶稣基督, 当我太自私以至于无法帮助那些无助或无助的人时, 请原谅我。给我耐心和恒心为您服务。阿们

DAY 259 Read: Mk. 14: 6 Date:

Questions for understanding:

- Did Jesus agree with the woman's actions?

- Who did that woman do something good for?

Reflection:

For Jesus, the woman had done something good for Him. Therefore, he should not be scolded or judged. What good deeds can I do for Jesus today?

Personal Note:

Prayer: Jesus Christ, the friend of sinners, thank You for Your goodness in this world. Hopefully like that woman, I can also do good deeds for You and for the brothers and sisters around me. Amen.

第259天 阅读:谷 14:6 日期:

理解问题:

-耶稣同意女人的行为吗?

-那位女士为谁做的好事?

反思:

对于耶稣来说, 女人为他做了一些有益的事。因此, 不应责骂或审判他。我今天能为耶稣做些什么好事?

笔记:

祷告: 耶稣基督, 罪人的朋友, 感谢您在这个世界上的良善. 希望像那个女人一样, 我也能为你和我周围的兄弟姐妹们做善事. 阿们

DAY 260 Read: Mk. 14: 7 Date:

Questions for understanding:

- Who will always be around them?
- Who is not always with them?

Reflection:

Jesus knew that He would be delivered soon and His time with His disciples was getting shorter. As a follower of Christ, how did I feel when Jesus said that?

Personal Note:

Prayer: Jesus Christ, You are my true friend. Strengthen my faith so that in all the hardships and pleasures of life, I remain faithful to follow You and do Your will always. Amen.

第260天 阅读:谷 14:7 日期:

理解问题:

- 谁会一直在他们身边?
- 谁不总是和他们在一起?

反思:

耶稣知道他很快被释放, 他与门徒的时间越来越短. 作为基督的追随者, 当耶稣这么说时我有什么感觉?

笔记:

祷告: 耶稣基督, 你是我真正的朋友. 增强我的信仰, 以便在生活的所有艰辛和快乐中, 我始终忠于跟随您并始终恪守您的意愿. 阿们

DAY 261 Read: Mk. 14: 8 Date:

Questions for understanding:

- What did the woman pour on Jesus' body?
- Why did he do that?

Reflection:

The woman has done what she can. What matters is that his heart is moved by the love of Jesus. Is my heart like that woman who shows love?

Personal Note:

Prayer: Jesus Christ, You are obedient until death on the cross. Send Your Holy Spirit so that with all my might, I can deny myself, bear my cross every day and follow in Your footsteps. Amen.

第261天 阅读:谷 14:8 日期:

理解问题:

- 女人把什么倒在耶稣的身上?
- 他为什么那样做?

反思:

这个女人已经尽力了. 重要的是他的心因耶稣的爱而感动. 我的心像那个表现爱意的女人吗?

笔记:

祷告: 耶稣基督, 你要顺服, 直到死在十字架上. 寄出你的圣神, 使我尽全力否认自己, 每天背负我的十字架, 跟随你的脚步. 阿们

DAY262 Read: Mk. 14: 9 Date:

Questions for understanding:

- Where is the gospel spread?
- What will happen to this woman's story?

Reflection:

God never forgets everything we do for Him, whether small or large.

God will judge and avenge us. Am I ready to be judged by God?

Personal Note:

Prayer: Jesus Christ, I leave to You all who have been generous and doing good to those who are poor and in need. May You bless them. Amen.

DAY262 阅读:谷 14:9 日期:

理解问题:

-福音在哪里传播?

-这个女人的故事会怎样?

反思:

天主永远不会忘记我们为他所做的一切, 无论大小.

天主会审判和报仇我们. 我准备好接受天主的审判了吗?

笔记:

祷告: 耶稣基督, 我把所有慷慨和对贫穷和有需要的人行善的人留给你们. 愿你祝福他们. 阿们

DAY 263 Read: Mk. 14:10 Date:

Questions for understanding:

- Who went to the chief priests?

- Why?

Reflection:

Judas showed me that it is not difficult to turn away from Jesus and betray Him.

How could I have betrayed Jesus in my life?

Personal Note:

Prayer: Jesus Christ, You are the one who called me to be Your follower. Give me strong faith and a steadfast heart so as not to betray You by word or deed. Amen.

第263天 阅读:谷 14:10 日期:

理解问题:

-谁去见了祭司长?

-为什么?

反思:

犹大告诉我, 离开耶稣背叛他并不难.

我一生中怎么能背叛耶稣?

笔记:

祷告: 耶稣基督, 你是呼召我成为跟随者的那一位. 给我坚强的信念和坚定的心, 以免以言语或行为背叛您. 阿们

DAY 264 Read: Mk. 14:11 Date:

Questions for understanding:

- The chief priests promised to do what?

- Since then, what has Judas done?

Reflection:

There are many reasons why a person can be betrayed, but Jesus was betrayed for money.

How can the temptations in this world influence me to betray Jesus?

Personal Note:

Prayer: Jesus Christ, pour out Your grace so that I may stand firm in my faith because only with the help of Your grace, will I be able to be faithful in my calling and ministry. Amen.

第264天 阅读:谷 14:11 日期:

理解问题:

-祭司长答应做些什么?

-从那时起, 犹大做了什么?

反思:

可以背叛一个人有很多原因, 但是耶稣被背叛了金钱.

世上的试探如何影响我背叛耶稣?

笔记:

祷告: 耶稣基督, 倒出你的恩典, 这样我才能坚定我的信仰, 因为只有在你的恩典的帮助下, 我才能忠于我的召唤和事奉. 阿们

DAY 265 Read: Mk. 14:12 Date:

Questions for understanding:

- When did they slaughter the Passover lamb?
- What did the disciples of Jesus ask Him?

Reflection:

Jesus' last supper with His disciples was a Passover meal that commemorated the deliverance of the Israelites from Egypt. Why is Jesus known as the Lamb of God?

Personal Note:

Prayer: Jesus Christ, Your blood is the blood of the new and everlasting covenant. I pray for all who shed blood because of their faith.

May they rise with you. Amen.

第265天 阅读:谷 14:12 日期:

理解问题:

- 他们什么时候宰了逾越节羔羊的?
- 耶稣的门徒问他什么?

反思:

耶稣与门徒最后的晚餐是逾越节餐, 以纪念以色列人从埃及被救出来. 为什么耶稣被称为天主的羔羊?

笔记:

祷告: 耶稣基督, 你的血是新恒久之约的血. 我为所有因信仰而流血的人祈祷.

愿他们与你同在. 阿们

DAY 266 Read: Mk. 14:13 Date:

Questions for understanding:

- Who sent Jesus to the city?
- Who will meet them in the city?

Reflection:

Jesus asked His disciples to prepare for the Passover meal. What is the connection between the last supper and the holy mass celebrated today?

Personal Note:

Prayer: Jesus Christ, You are truly present in the sacrifice of the holy mass. I pray that more young men will give up their lives and answer God's call to be pastors. Amen.

第266天 阅读:谷 14:13 日期:

理解问题:

- 谁派耶稣到城里了?
- 谁会在城市见他们?

反思:

耶稣要他的门徒为逾越节做饭. 最后的晚餐和今天庆祝的圣餐之间有什么联系?

笔记:

祷告: 耶稣基督, 你确实在圣洁的献祭中在场. 我祈祷更多的年轻人放弃生命, 并回应天主的召唤, 成为牧师. 阿们

DAY 267 Read: Mk. 14: 14-15 Date:

Questions for understanding:

- Where did they eat the Passover meal?
- Where will the man take them?

Reflection:

Jesus' last Passover meal with His disciples was very special because that is where Jesus would give His Body and Blood.

Do I realize how great this mystery is?

Personal Note:

Prayer: Jesus Christ, help me to prioritize the holy mass in my life as your follower. May every time I greet You, I am formed to be like You, Jesus. Amen.

第267天 阅读:谷 14:14-15 日期:

理解问题:

- 他们在哪里吃逾越节餐?

-这个男人会带他们去哪里？

反思：

耶稣与门徒们最后一次逾越节的餐食非常特别，因为那是耶稣献给他身体和鲜血的地方。

我是否知道这个谜题有多伟大？

笔记：

祷告：耶稣基督，请帮助我将跟随你的生命中的圣洁摆在优先位置。愿我每次与您打招呼时，我都会像耶稣一样成为您。阿们

DAY 268 Read: Mk. 14: 16-17 Date:

Questions for understanding:

- Who went to prepare the Passover meal?
- When did Jesus come with His disciples?

Reflection:

Wherever He went or where He was, Jesus was always with His disciples.

This is Jesus' close relationship with them. How can I strengthen my relationship with Jesus?

Personal Note:

Prayer: Jesus Christ, You call me to be Your friend. May I always be faithful to Your call and live according to Your will and be a witness of Your goodness and majesty. Amen.

第268天 阅读:谷 14:16-17 日期:

理解问题:

-谁去准备逾越节餐？

-耶稣什么时候与门徒一起来的？

反思：

无论耶稣到哪里去，无论耶稣在哪里，耶稣都永远与他的门徒在一起。

这是耶稣与他们的亲密关系。我如何加强与耶稣的关系？

笔记：

祷告：耶稣基督，你叫我做你的朋友。我愿始终忠于您的号召，并按照您的意愿生活，并成为您美好和威严的见证。阿们

DAY 269 Read: Mk. 14: 18-19 Date:

Questions for understanding:

- According to Jesus, who will betray Him?
- What do they say one to the other?

Reflection:

Although Jesus knew who would betray Him, He remained faithful to His disciples. Jesus' faithfulness does not depend on our faithfulness. Have I ever betrayed Jesus in my life?

Personal Note:

Prayer: Jesus Christ, even though I have sinned many times, yet You are still ready to forgive me. Give me a heart full of gratitude to stay away from sin. Amen.

第269天 阅读:谷 14:18-19 日期:

理解问题:

-根据耶稣的说法，谁会背叛他？

-他们互相说什么？

反思：

尽管耶稣知道谁会背叛他，但他仍然忠于他的门徒。耶稣的忠诚不取决于我们的忠诚。我一生中有没有出过耶稣？

笔记：

祷告：耶稣基督，即使我犯了很多遍罪恶，但你仍然愿意原谅我。给我一颗感恩的心，远离罪恶。阿们

DAY 270 Read: Mk. 14: 20-21 Date:

Questions for understanding:

- What did Jesus say to them?
- Who is better if he is not born?

Reflection:

According to Jesus, the one who betrayed Him was not someone else but one of them. This caused Jesus' betrayal to hurt even more.

Why could a disciple betray Jesus?

Personal Note:

Prayer: Jesus Christ, the word of God incarnate. I beg you to have the courage to hold fast to Your word. Make me a tool in proclaiming faith, hope and love. Amen.

第270天 阅读:谷 14:20-21 日期:

理解问题:

-耶稣对他们说了什么？

-如果他不出生, 谁会更好？

反思:

根据耶稣的说法, 背叛他的人不是别人而是其中之一. 这使耶稣的背叛受到更大的伤害.

为什么门徒背叛耶稣？

笔记:

祷告: 耶稣基督, 神的道化身. 我求求你勇气坚守你的诺言. 让我成为宣扬信仰, 希望和爱的工具. 阿们

DAY 271 Read: Mk. 14: 22-23 Date:

Questions for understanding:

- What did Jesus do while eating?

- Who drank from that cup?

Reflection:

In the hands of Jesus, the bread became His Body and the wine became His Blood bestowed on His disciples. This is a sign of a new and everlasting agreement. Where do I receive the Body and Blood of Christ?

Personal Note:

Prayer: Jesus Christ, increase my faith in the mystery of Your Body and Blood in the holy mass so that I can say, "It is not I who live, but Christ who lives in me". Amen.

第271天 阅读:谷 14:22-23 日期:

理解问题:

-耶稣吃饭时做了什么？

-谁喝了那个杯子？

反思:

面包在耶稣手中, 成了他的身体, 酒成了他赐给门徒的宝血. 这是新的和永久的协议的标志. 我在哪里可以领受基督的身体和宝血？

笔记:

祷告: 耶稣基督, 我对圣洁的身体和血液的奥秘更加坚定, 所以我说:“不是我活着, 而是基督活在了我体内”. 阿们

DAY 272 Read: Mk. 14: 24-26 Date:

Questions for understanding:

- The blood of the covenant is shed for whom?

- After eating, where do they go?

Reflection:

There is no forgiveness of sins without the shedding of blood. Therefore, the blood of Jesus was shed so that the sins of the world could be forgiven. Where did Jesus shed His blood?

Personal Note:

Prayer: Jesus Christ, You are the Lamb of God who takes away the sin of the world. Purify me with Your holy blood, from all the sins in my life so that I can freely praise and worship You. Amen.

第272天 阅读:谷 14:24-26 日期:

理解问题:

-盟约的鲜血是为谁而流？

-吃完饭后, 他们要去哪里？

反思:

没有流血, 就不会有罪的赦免. 因此, 流了耶稣的宝血, 使世人的罪孽得以赦免. 耶稣在哪里流血？

笔记:

祷告: 耶稣基督, 你是除去世界罪孽的天主的羔羊. 用你圣洁的血净化我, 从我生命中的所有罪恶中净化, 使我能够自由地赞美和崇拜你. 阿们

DAY 273 Read: Mk. 14: 27-28 Date:

Questions for understanding:

- Why will the sheep graze?
- After Jesus rose, where would He go?

Reflection:

In Jesus' words, He told His disciples that He would rise from the dead. This gives them new hope. How can Jesus' resurrection give me hope?

Personal Note:

Prayer: Jesus Christ, You are the good Shepherd. Help me to hold fast to the faith of Your resurrection. Guide my life to the hope of resurrection and eternal life. Amen.

第273天 阅读:谷 14:27-28 日期:

理解问题:

- 为什么绵羊会吃草?
- 耶稣复活后, 他会去哪里?

反思:

用耶稣的话, 他告诉门徒他将从死里复活. 这给了他们新的希望. 耶稣的复活如何给我希望?

笔记:

祷告: 耶稣基督, 你是好牧人. 帮助我坚守你复活的信念. 将我的生活引导到复活和永生的希望. 阿们

DAY 274 Read: Mk. 14: 29-30 Date:

Questions for understanding:

- What did Peter say?
- How many times did Peter deny Jesus?

Reflection:

Peter was so sure that he would not waver in his faith, but Jesus knew that he would deny Him three times. How have I ever denied Jesus in my life?

Personal Note:

Prayer: Jesus Christ, I realize my weakness especially when my faith is tested. Strengthen my faith to keep my focus on You and be faithful to be Your follower. Amen.

第274天 阅读:谷 14:29-30 日期:

理解问题:

- 伯多禄说了什么?
- 伯多禄否认耶稣几次?

反思:

伯多禄很确定自己不会动摇自己的信仰, 但是耶稣知道他会三次否认他. 我一生中如何否认耶稣?

笔记:

祷告: 耶稣基督, 我意识到我的软弱, 特别是当我的信心受到考验时. 增强我的信念, 使我始终专注于您, 并忠实地成为您的追随者. 阿们

DAY 275 Read: Mk. 14:31 Date:

Questions for understanding:

- What did Peter say?
- What did everyone else say?

Reflection:

When questioned by Jesus, Peter and the other disciples expressed their willingness to be with Jesus even to death. Am I confident in my faith in Jesus?

Personal Note:

Prayer: Jesus Christ, grant me Your grace so that I can walk according to Your call with faithfulness and perseverance. May I not quickly give up on being your follower. Amen.

第275天 阅读:谷 14:31 日期:

理解问题:

-伯多禄说了什么？

-其他人怎么说？

反思:

当受到耶稣的质疑时, 伯多禄和其他门徒表达了他们愿意与耶稣同在甚至死亡的意愿. 我对耶稣的信仰有信心吗？

笔记:

祷告: 耶稣基督, 请赐予我您的恩典, 以便我能忠心和毅力按照您的召唤行事. 请允许我不要很快放弃成为您的追随者. 阿们

DAY 276 Read: Mk. 14:32 Date:

Questions for understanding:

- Where did Jesus go?

- What was Jesus' purpose in going there?

Reflection:

Realizing what was about to happen, Jesus went to a place to pray. Before doing anything important in His life, Jesus was always in prayer. Am I like this Jesus?

Personal Note:

Prayer: Jesus Christ, Your life is focused on prayer. May Your Holy Spirit help me to prioritize prayer in daily life as a source of strength of my faith and soul. Amen.

第276天 阅读:谷 14:32 日期:

理解问题:

-耶稣去了哪里？

-耶稣去那里的目的是什么？

反思:

意识到即将发生的事情, 耶稣去了一个祈祷的地方. 在做他生命中任何重要的事情之前, 耶稣总是在祈祷. 我喜欢这个耶稣吗？

笔记:

祷告: 耶稣基督, 你的生活集中在祷告上. 愿你的圣神帮助我在日常生活中优先考虑祷告, 以此作为我信心和灵魂力量的来源. 阿们

DAY 277 Read: Mk. 14:33 Date:

Questions for understanding:

- Who did Jesus bring with Him?

- How did Jesus feel at that time?

Reflection:

Jesus prayed with a sorrowful heart because of the suffering and imminent death that He would go through to redeem the world. When I am in trouble and sorrow, do I pray?

Personal Note:

Prayer: Jesus Christ, the source of strength for the weak. I pray for all who are persecuted and suffering because of their faith. Strengthen their hearts to remain faithful to You. Amen.

第277天 阅读:谷 14:33 日期:

理解问题:

-耶稣带来了谁？

-那时耶稣感觉如何？

反思:

耶稣为要赎回世界而遭受的痛苦和迫在眉睫的死亡, 以悲痛的心祈祷. 当我遇到麻烦和悲伤时, 我会祈祷吗？

笔记:

祷告: 耶稣基督, 弱者的力量之源. 我为所有因信仰而遭受迫害和痛苦的人祈祷. 加强他们的心, 以忠于您. 阿们

DAY 278 Read: Mk. 14:34 Date:

Questions for understanding:

- What is Jesus' soul really like?
- What did Jesus ask of His disciples?

Reflection:

Jesus expressed his heart condition in Gethsemane. Imagine what He is going through right now, something very real. What does Jesus require of His disciples today?

Personal Note:

Prayer: Jesus Christ, You are willing to go through the suffering in Your soul to atone for my sins. Teach me to be patient in all hardships and sufferings so that I can be shaped to be like You. Amen.

第278天 阅读:谷 14:34 日期:

理解问题:

- 耶稣的灵魂到底是怎样的?
- 耶稣问门徒什么?

反思:

耶稣在客西马尼表达了他的心脏状况. 想象一下他现在正在经历的事情, 这是非常真实的. 耶稣今天对他的门徒有什么要求?

笔记:

祷告: 耶稣基督, 你愿意承受你内心的痛苦, 为我的罪赎罪. 教导我在所有的苦难中要有耐心, 这样我才能像你一样被塑造. 阿们

DAY 279 Read: Mk. 14:35 Date:

Questions for understanding:

- How did Jesus pray at that time?
- What was Jesus' prayer at the time?

Reflection:

Jesus humbled himself and fell to the ground in prayer. Prayer is not focused on Himself but on God. When I pray, do I pray humbly?

Personal Note:

Prayer: Jesus Christ, You humbly obeyed, until you died on the cross. Open my heart so that I can prioritize humility in my prayer life. Amen.

第279天 阅读:谷 14:35 日期:

理解问题:

- 耶稣当时是如何祷告的?
- 当时耶稣的祷告是什么?

反思:

耶稣谦卑自己, 跌倒在地祈祷. 祷告不是专注于自己而是天主. 当我祈祷时, 我会谦卑地祈祷吗?

笔记:

祷告: 耶稣基督, 你谦卑地服从, 直到死在十字架上. 打开我的心, 以便在祷告的生活中优先谦卑. 阿们

DAY 280 Read: Mk. 14:36 Date:

Questions for understanding:

- What is Jesus' prayer to His Father in heaven?
- Jesus wants to do whose will?

Reflection:

Jesus showed in His prayer that prayer directs our hearts not to our own will, but to the will of the Father in heaven.

Can I pray as Jesus prayed?

Personal Note:

Prayer: Jesus Christ, the purpose of your life in this world is to do the will of the Father. Teach me to find the purpose of my life by serving You and doing the will of the Father. Amen.

第280天 阅读:谷 14:36 日期:

理解问题:

- 耶稣在天上对他父亲的祈祷是什么?
- 耶稣想做谁的遗愿?

反思:

耶稣在祷告中表明, 祷告不是将我们的心引向我们自己的意志, 而是引向天父的意愿.

我可以像耶稣那样祈祷吗?

笔记:

祷告: 耶稣基督, 你在这个世界上的生活目的是遵行父的旨意. 教我通过服侍你并履行天父的旨意来找到我生命的目的. 阿们

DAY 281 Read: Mk. 14:37 Date:

Questions for understanding:

- What did Jesus' disciples do?
- What did Jesus say to Peter?

Reflection:

While Jesus was praying there, the disciples fell asleep. They are not as vigilant as Jesus asked them to be. Do they know what Jesus is going through at that time?

Personal Note:

Prayer: Jesus Christ, the source of love, help me to be concerned about the suffering and suffering of others. May I always be vigilant to lighten the load and help them. Amen.

第281天 阅读:谷 14:37 日期:

理解问题:

- 耶稣的门徒做了什么?
- 耶稣对伯多禄说了什么?

反思:

耶稣在那里祈祷时, 门徒们睡着了. 他们并不像耶稣要求的那样警惕. 他们知道耶稣当时正在经历什么吗?

笔记:

祷告: 耶稣基督是爱的源头, 帮助我关心他人的痛苦和苦难. 我愿始终保持警惕以减轻负担并帮助他们. 阿们

DAY 282 Read: Mk. 14:38 Date:

Questions for understanding:

- Why should they stay awake and pray?
- According to Jesus, the spiritual is willing but what?

Reflection:

Prayer is the lifeblood of a follower of Christ. Prayer gives strength to the soul to direct its focus to God. Do I prioritize prayer in the busyness of daily life?

Personal Note:

Prayer: Jesus Christ, I am spiritually willing, but my body is weak. Pour out Your Holy Spirit to strengthen my heart to stay awake and pray especially in difficult times. Amen.

第282天 阅读:谷 14:38 日期:

理解问题:

- 为什么他们要保持清醒和祈祷?
- 根据耶稣的说法, 属灵的人愿意, 但是呢?

反思:

祷告是跟随基督的人的命脉. 祷告使人有力量, 将其注意力集中在天主身上. 在日常生活忙碌中, 我是否优先考虑祈祷?

笔记:

祷告: 耶稣基督, 我在精神上愿意, 但我的身体虚弱. 倒出你的圣神来增强我的心, 使之保持清醒和祈祷, 尤其是在困难时期. 阿们

DAY 283 Read: Mk. 14: 39-40 Date:

Questions for understanding:

- What did Jesus find His disciples doing?
- What were the disciples' answers to Jesus?

Reflection:

Jesus' disciples fell asleep again when Jesus found them a second time. They did not do what Jesus asked of them. Have I ever been like these?

Personal Note:

Prayer: Jesus Christ, forgive me when I am slow or do not do Your will in my life.

With the guidance of Your Spirit, may I remain faithful to be Your witness and proclaim Your goodness. Amen.

第283天 阅读:谷 14:39-40 日期:

理解问题:

-耶稣发现他的门徒在做什么？

-门徒对耶稣的回答是什么？

反思:

耶稣的门徒们在第二次找到耶稣时再次入睡。他们没有按照耶稣的要求去做。我曾经有过这样的经历吗？

笔记:

祷告: 耶稣基督, 当我行动缓慢或不遵行我一生的旨意时, 请原谅我.

在你的精神的指引下, 我愿继续忠于做你的见证并宣扬你的良善. 阿们

DAY 284 Read: Mk. 14: 41-42 Date:

Questions for understanding:

- How many times did Jesus come to His disciples?

- The Son of Man will be handed over to whom?

Reflection:

After praying, Jesus was ready to surrender Himself into the hands of sinners.

He knew that this was to fulfill the will of the Father. How should I emulate Jesus?

Personal Note:

Prayer: Jesus Christ, You are willing to be delivered into the hands of sinners. Strengthen my faith to be willing to sacrifice for the sake of others in building Your kingdom based on love. Amen.

第284天 阅读:谷 14:41-42 日期:

理解问题:

-耶稣来了几次门徒？

-人子会交给谁？

反思:

祈祷后, 耶稣准备将自己投降在罪人的手中.

他知道这是要履行天父的旨意. 我应该如何效法耶稣？

笔记:

祷告: 耶稣基督, 你愿意被放到罪人手中. 增强我的信念, 愿意为他人的利益而牺牲, 以爱为基础建立自己的国度. 阿们

DAY 285 Read: Mk. 14:43 Date:

Questions for understanding:

- Who did Judas come with?

- Where did those people come from?

Reflection:

Judas finally betrayed Jesus by handing Him over to those who came from the chief priests, scribes, and elders.

Why was Judas willing to betray Jesus?

Personal Note:

Prayer: Jesus Christ, I ask Your forgiveness for all the time I have betrayed You. Pour out Your mercy so that I can be generous in Your service and calling. Amen.

第285天 阅读:谷 14:43 日期:

理解问题:

-犹大跟谁一起？

-这些人来自哪里？

反思:

犹大终于背叛了耶稣，将耶稣交给了那些来自主要祭司，文士和长老的人。

犹大为什么愿意出卖耶稣？

笔记：

祷告：耶稣基督，我一直背叛你，我一直请求你的宽恕。倾注您的怜悯，使我能慷慨地为您服务 and 打电话。
阿们

DAY 286 Read: Mk. 14:44 Date:

Questions for understanding:

- Who set the signal to arrest Jesus?
- What was the signal for them to arrest Jesus?

Reflection:

Jesus should have been respected and loved by His disciples, but Judas betrayed and betrayed Him. How can I become a faithful follower of Jesus?

Personal Note:

Prayer: Jesus Christ, despite being betrayed, You still pour out a lot of compassion and love on Your disciples. Help me so that in any situation or situation, I remain faithful to be your follower. Amen.

第286天 阅读:谷 14:44 日期:

理解问题:

- 谁发出了逮捕耶稣的信号？
- 他们逮捕耶稣的信号是什么？

反思:

耶稣本该受到门徒的尊重和爱戴，但犹大出卖了他。我怎样才能成为耶稣的忠实跟随者？

笔记:

祷告：耶稣基督，尽管被出卖了，您仍然向门徒倾泻了很多同情心和爱心。帮助我，以便在任何情况下我都忠于您的追随者。阿们

DAY 287 Read: Mk. 14: 45-46 Date:

Questions for understanding:

- What did Judas say to Jesus?
- What did Judas do after that?

Reflection:

Judas chose to betray Jesus. He was looking for an opportunity to hand Jesus over to those who wanted to arrest Him. Have I ever been friends to do evil?

Personal Note:

Prayer: Jesus Christ, in a world full of challenges and evils, may I cling to You so that I may continue to choose to do good and justice in my life. Amen.

第287天 阅读:谷 14:45-46 日期:

理解问题:

- 犹大对耶稣说了什么？
- 犹大之后做了什么？

反思:

犹大选择背叛耶稣。他在寻找机会将耶稣交给那些想逮捕他的人。我曾经做过做恶的朋友吗？

笔记:

祷告：在充满挑战与邪恶的世界中，耶稣基督可以让我执着于你，以便我可以继续选择一生做正义。阿们

DAY 288 Read: Mk. 14:47 Date:

Questions for understanding:

- Who drew his sword?
- What happened after that?

Reflection:

Those with Judas used rudeness and violence to arrest Jesus. Do I always use rudeness or violence for anything in this world?

Personal Note:

Prayer: Jesus Christ, You are willing to lay down Your life to atone for the sins of sinners. Teach me how to be a general and bright world to work for peace in this world. Amen.

第288天 阅读:谷 14:47 日期:

理解问题:

-谁拔了剑?

-那之后发生了什么?

反思:

那些有犹大的人用粗鲁和暴力来逮捕耶稣. 在这个世界上, 我是否总是对任何事物都使用粗鲁或暴力?

笔记:

祷告: 耶稣基督, 你愿意舍命以赎罪人的罪. 教我如何成为一个普通而明亮的世界, 为这个世界的和平而努力. 阿们

DAY 289 Read: Mk. 14:48 Date:

Questions for understanding:

- They came to arrest Jesus like what?

- By what did they take Jesus away?

Reflection:

For those who arrested Him, Jesus was like an ordinary robber until they came with swords and clubs. They do not know who Jesus really is. To me, who is Jesus?

Personal Note:

Prayer: Jesus Christ, God Almighty. Send the Holy Spirit into my heart to know You personally in my life. May I always take the time to pray to You. Amen.

第289天 阅读:谷 14:48 日期:

理解问题:

-他们来逮捕耶稣是什么样的?

-他们凭什么带走了耶稣?

反思:

对于那些逮捕了他的人, 耶稣就像是一个普通的强盗, 直到他们带着剑和棍棒来了. 他们不知道耶稣到底是谁. 对我来说, 耶稣是谁?

笔记:

祷告: 耶稣基督, 全能的天主. 让圣神进入我的心, 在我的生活中亲自认识你. 请允许我总是花时间向您祈祷. 阿们

DAY 290 Read: Mk. 14: 49-50 Date:

Questions for understanding:

- What must be done?

- What happened to all the disciples of Jesus?

Reflection:

The purpose of Jesus' life was to ensure that everything written in the Scriptures was fulfilled. How can I apply the word of God in my life?

Personal Note:

Prayer: Jesus Christ, even though all the disciples left You, yet You never left me. May I stay with You until the end of my life. Amen.

第290天 阅读:谷 14:49-50 日期:

理解问题:

-必须做什么?

-耶稣的所有门徒怎么了?

反思:

耶稣一生的目的是确保圣经所写的一切都得以实现. 我如何在生活中运用天主的道?

笔记:

祷告: 耶稣基督, 即使所有的门徒都离开了你, 但你从未离开过我. 我可以和你在一起直到我生命的尽头. 阿们

DAY 291 Read: Mk. 14:51 Date:

Questions for understanding:

- What are the young men wearing there?
- Who did the other young men catch?

Reflection:

All the disciples of Jesus had to go through a lot of suffering because of their faith and beliefs. What hardships have I ever experienced because of my faith?

Personal Note:

Prayer: Jesus Christ, You show the way to eternal life. Strengthen my resolve to follow You so that I can radiate the light and truth of Your word in this world. Amen.

第291天 阅读:谷 14:51 日期:

理解问题:

- 那里的年轻人穿什么?
- 其他年轻人抓住了谁?

反思:

耶稣的所有门徒由于他们的信仰和信念而不得不遭受很多苦难. 由于我的信仰, 我经历过什么困难?

笔记:

祷告: 耶稣基督, 你显示通往永生的道路. 加强我追随您的决心, 以便我能在这个世界上辐射您的话语的亮光和真理. 阿们

DAY 292 Read: Mk. 14:52 Date:

Questions for understanding:

- How did he escape from them?
- Under what circumstances did the young man escape?

Reflection:

Most of His disciples were frightened when Jesus was arrested and did not know what to do. They fled. Have I ever felt like running away from Jesus?

Personal Note:

Prayer: Jesus Christ, You never run away from anything. Help me to remain steadfast in the journey of my faith so that I do not get tired or tired of preaching the good news of Your Gospel. Amen.

第292天 阅读:谷 14:52 日期:

理解问题:

- 他是如何逃离他们的?
- 年轻人在什么情况下逃脱了?

反思:

当耶稣被捕时, 他的大多数门徒都感到害怕, 不知道该怎么办. 他们逃走了. 我是否曾经想过逃离耶稣?

笔记:

祷告: 耶稣基督, 你从不逃避任何事情. 帮助我在信仰的旅途中保持坚定不移, 这样我就不会因传讲《福音》的好消息而感到厌倦. 阿们

DAY 293 Read: Mk. 14:53 Date:

Questions for understanding:

- Who was Jesus brought to?
- Who also gathered there?

Reflection:

Jesus humbled himself and was brought before those who wanted to kill Him. Though innocent, He is willing to be tried by them. What can I learn from Jesus here?

Personal Note:

Prayer: Jesus Christ, I need Your courage and truth. Help me to be the voice of goodness and justice for those who are persecuted and forgotten by this world. Amen.

第293天 阅读:谷 14:53 日期:

理解问题:

- 耶稣被带到谁那里?
- 谁也聚集在那里?

反思:

耶稣谦卑自己, 被带到了想要杀死他的人面前. 虽然天真, 但他愿意被他们审判. 我在这里可以从耶稣那里学到什么?

笔记:

祷告: 耶稣基督, 我需要你的勇气和真理. 帮助我成为被这个世界迫害和遗忘的人的善良和正义的声音. 阿们

DAY 294 Read: Mk. 14:54 Date:

Questions for understanding:

- Where did Peter go?
- Where did he end up sitting?

Reflection:

Peter did not dare to follow Jesus closely because he was afraid of being recognized by those who arrested Jesus and were arrested along with Jesus. Have I ever been like this Peter?

Personal Note:

Prayer: Jesus Christ, the source of faith, hope and love, open my heart so that I will not be afraid to follow You. Help me to put gospel values first in my life. Amen.

第294天 阅读:谷 14:54 日期:

理解问题:

- 伯多禄去了哪里?
- 他最后坐在哪里?

反思:

伯多禄不敢紧跟耶稣, 因为他害怕被那些逮捕耶稣并与耶稣一起被逮捕的人认出来. 我曾经喜欢过这个伯多禄吗?

笔记:

祷告: 耶稣基督是信仰, 希望和爱的源泉, 敞开心my, 使我不惧怕跟随你. 帮助我将福音价值观放在我的生活中. 阿们

DAY 295 Read: Mk. 14:55 Date:

Questions for understanding:

- Who seeks testimony against Jesus?
- Why?

Reflection:

As spiritual leaders, the chief priests and the whole Council of Religion should be bright and set a good example for the people. Instead, they use deception and falsehood. Why?

Personal Note:

Prayer: Jesus Christ, grant me a strong heart so that I can set a good example as a Christian. Keep me from all evil and make me your instrument of righteousness. Amen.

第295天 阅读:谷 14:55 日期:

理解问题:

- 谁为耶稣作见证?
- 为什么?

反思:

作为精神领袖, 大祭司和整个宗教理事会应该是光明的, 并为人民树立好榜样. 相反, 他们使用欺骗和虚假信息. 为什么?

笔记:

祷告: 耶稣基督, 请赐我坚强的心, 使我可以树立一个好榜样, 成为基督徒. 让我远离万恶, 使我成为你的义工. 阿们

DAY 296 Read: Mk. 14: 56-57 Date:

Questions for understanding:

- Who testified falsely?
- Is their testimony contradictory?

Reflection:

Jesus' disciples must be prepared to face false accusations and false testimonies

due to their faith. How can I survive and uphold the truth in this world?

Personal Note:

Prayer: Jesus Christ, sanctify me in Your truth so that I do not fear any falsehood that is rampant in this life. Make me your light to dispel the darkness of this world. Amen.

第296天 阅读:谷 14:56-57 日期:

理解问题:

-谁作假证?

-他们的证词是矛盾的吗?

反思:

耶稣的门徒必须准备面对错误的指控和错误的见证

由于他们的信仰. 我如何在这个世界上生存和坚持真理?

笔记:

祷告: 耶稣基督, 以你的真理使我成圣, 使我不惧怕今生猖ramp的虚假. 让我成为你的光, 以消除这个世界的黑暗. 阿们

DAY 297 Read: Mk. 14: 58-59 Date:

Questions for understanding:

- What did they say?

- How was their testimony?

Reflection:

Everyone has their own opinion about who Jesus is and what His teachings are, but not all of them are true. How can I determine which is true about Jesus?

Personal Note:

Prayer: Jesus Christ, grant me Your wisdom so that I can understand Your word as the word of eternal life. Shape my life to reflect Your love and compassion. Amen.

第297天 阅读:谷 14:58-59 日期:

理解问题:

- 他们说了什么?

-他们的证词怎么样?

反思:

每个人对耶稣是谁, 他的教义是什么都有自己的看法, 但并不是所有的观点都是正确的. 我如何确定耶稣的真实情况?

笔记:

祷告: 耶稣基督, 请赐予我您的智慧, 以便我能将您的话理解为永生的话. 塑造我的生活, 以反映您的爱和同情心. 阿们

DAY 298 Read: Mk. 14:60 Date:

Questions for understanding:

- Who rose to stand in the middle of that testimony?

- What did he say?

Reflection:

Jesus was questioned by those who arrested Him. The purpose of their question to Jesus was not to find the truth, but to kill Him. What is the purpose of my praying to Jesus?

Personal Note:

Prayer: Jesus Christ, anoint me with the Spirit of Truth so that my whole life will be in search of truth. Do not let me give up or give up quickly but always protect me. Amen.

第298天 阅读:谷 14:60 日期:

理解问题:

-谁站起来作证呢?

- 他说什么?

反思:

那些逮捕他对耶稣提出了质疑. 他们向耶稣提问的目的不是找到真理, 而是杀死他. 我向耶稣祈祷的目的是什么?

笔记:

祷告: 耶稣基督, 用真理的灵膏我, 使我的一生都在寻求真理. 不要让我放弃或迅速放弃, 但要始终保护我. 阿们

DAY 299 Read: Mk. 14:61 Date:

Questions for understanding:

- What was Jesus' answer to him?
- What was the high priest's question to Jesus?

Reflection:

Jesus' power is not subject to human power. Jesus was silent and did not answer a word. Why did Jesus remain silent? What can I learn from Jesus here?

Personal Note:

Prayer: Jesus Christ, all power in heaven and on earth is in Your hands. Make my heart a place where You are enthroned as God and King and may Your kingdom come in my life. Amen.

第299天 阅读:谷 14:61 日期:

理解问题:

- 耶稣对他的回答是什么?
- 大祭司对耶稣的问题是什么?

反思:

耶稣的能力不受人类能力的制约. 耶稣保持沉默, 没有回答任何话. 耶稣为什么保持沉默? 我在这里可以从耶稣那里学到什么?

笔记:

祷告: 耶稣基督, 天上地下的一切力量都在你手中. 让我的心成为你在位的天主和国王, 愿你的国度进入我的生活. 阿们

DAY 300 Read: Mk. 14:62 Date:

Questions for understanding:

- What was Jesus' answer to the high priest's question?
- How will the Son of Man come?

Reflection:

Jesus took the opportunity to be arrested as an opportunity to testify to the truth. In spite of suffering, Jesus remained true to His word. Why?

Personal Note:

Prayer: Jesus Christ, teach me how to testify with faith and confidence in Your word. Let your word grow and bear fruit in my life. Amen.

第300天 阅读:谷 14:62 日期:

常见问题:

- 耶稣回答大祭司的问题是什么?
- 人子会怎样来?

反思:

耶稣借此机会被捕, 以此作为证明真理的机会. 尽管遭受了痛苦, 耶稣仍然忠于他的话. 为什么?

笔记:

祷告: 耶稣基督, 教会我如何用信心和信心来见证你的话. 让你的话语在我的生活中结出硕果. 阿们

DAY 301 Read: Mk. 14:63 Date:

Questions for understanding:

- What did the high priest do?
- What did the high priest say?

Reflection:

According to the high priest, Jesus deserved to be punished because He had blasphemed God. They did not have faith in Jesus and did not accept Him and His teachings.

Am I like this high priest?

Personal Note:

Prayer: Jesus Christ, send Your Holy Spirit so that I can know who You are in my life and receive Him and His teachings. May You always illuminate my path of life. Amen.

第301天 阅读:谷 14:63 日期:

理解问题:

-大祭司做了什么？

-大祭司怎么说？

反思:

根据大祭司的说法, 耶稣应该受到惩罚, 因为他亵渎了天主. 他们对耶稣没有信心, 也不接受耶稣和他的教导.

我喜欢这个大祭司吗？

笔记:

祷告: 耶稣基督, 差遣你的圣神, 使我可以知道你在我生命中的身份, 并接受他和他的教.. 愿你永远照亮我的人生道路. 阿们

DAY 302 Read: Mk. 14:64 Date:

Questions for understanding:

- What are their accusations against Jesus

- What punishment was inflicted on Jesus?

Reflection:

Although innocent, Jesus was sentenced to death. This is the injustice that is happening. Jesus gave his life and was willing to sacrifice for sinners. Why was Jesus willing to do that?

Personal Note:

Prayer: Jesus Christ, the sacrifice of the new and everlasting covenant. Make me a tool to bring goodness and justice to those who are oppressed. May I not despair in announcing Your greatness. Amen.

第302天 阅读:谷 14:64 日期:

理解问题:

-他们对耶稣的指控是什么

-对耶稣施加了什么惩罚？

反思:

耶稣虽然无辜, 却被判处死刑. 这是正在发生的不公正现象. 耶稣献出了生命, 并愿意为罪人牺牲. 耶稣为什么愿意这样做？

笔记:

祷告: 耶稣基督, 新的和永恒之约的牺牲. 让我成为被压迫者带来善良和正义的工具. 我可以不宣布你的伟大而感到失望. 阿们

DAY 303 Read: Mk. 14:65 Date:

Questions for understanding:

- What did they do to Jesus?

- Who slapped Jesus?

Reflection:

Jesus bore much suffering and humiliation for the redemption of the sins of the world. They made fun of Jesus. Am I willing to go through what Jesus experienced for the sake of gospel values?

Personal Note:

Prayer: Jesus Christ, the source of humility. Help me to be patient in all the suffering I experience for the sake of the gospel. Give me the courage and strength of soul to follow the example of your life. Amen.

303天 阅读:谷 14:65 日期:

理解问题:

-他们对耶稣做了什么？

-谁打了耶稣？

反思:

耶稣为救赎世界上的罪而蒙受了极大的痛苦和屈辱. 他们取笑耶稣. 我是否愿意为了福音价值而经历耶稣经历的一切？

笔记:

祷告: 耶稣基督, 谦卑之源. 帮助我在因福音而经历的所有苦难中保持耐心. 给我灵魂的勇气和力量去效法您的生活. 阿们

DAY 304 Read: Mk. 14:66 Date:

Questions for understanding:

- Where is Peter now?
- Who came and asked him?

Reflection:

As followers of Jesus, many people will come to ask about Jesus and His teachings. This is an opportunity to testify. How can I testify about Jesus?

Personal Note:

Prayer: Jesus Christ, strengthen my faith so that I will not be afraid or ashamed to testify in public about your love. May Your word be the foundation and policy of my life. Amen.

第304天 阅读:谷 14:66 日期:

理解问题:

- 伯多禄现在在哪里?
- 谁来问他?

反思:

作为耶稣的追随者, 许多人会来询问耶稣及其教义. 这是一个作证的机会. 我如何证明耶稣呢?

笔记:

祷告: 耶稣基督, 要增强我的信仰, 使我不害怕或羞愧在公开场合对你的爱作证. 愿你的话成为我一生的基础和方针. 阿们

DAY 305 Read: Mk. 14:67 Date:

Questions for understanding:

- What is Peter doing now?
- What did the maid say?

Reflection:

Peter could not escape facing the truth. He can choose to speak up and defend Jesus or remain silent and do nothing. What is he doing?

Personal Note:

Prayer: Jesus Christ, You are the light of the world. May I not be afraid to radiate a ray of Your truth and justice wherever I go. Come and fill me with Your love. Amen.

第305天 阅读:谷 14:67 日期:

理解问题:

- 伯多禄现在在做什么?
- 女佣说了什么?

反思:

伯多禄面对真相无法逃脱. 他可以选择说话并捍卫耶稣, 也可以保持沉默而无所事事. 他在做什么?

笔记:

祷告: 耶稣基督, 你是世界之光. 无论走到哪里, 我都可以不怕辐射出您的真相与正义. 来吧, 让我充满你的爱. 阿们

DAY 306 Read: Mk. 14:68 Date:

Questions for understanding:

- What did Peter say to him?
- After that, what happened?

Reflection:

Peter could speak up and defend Jesus and the injustice that ensued. Instead, he denied Jesus. Can I answer any questions about Jesus? Why?

Personal Note:

Prayer: Jesus Christ, may Your Holy Spirit always be with me, especially when called to testify of my faith. Strengthen my faith to be ready to speak for You. Amen.

第306天 阅读:谷 14:68 日期:

理解问题:

-伯多禄对他说了什么？

-之后, 发生了什么事？

反思:

伯多禄可以大声疾呼, 捍卫耶稣和随之而来的不公正. 相反, 他否认了耶稣. 我可以回答有关耶稣的任何问题吗? 为什么?

笔记:

祷告: 耶稣基督, 愿你的圣神永远与我同在, 特别是在被召唤来证明我的信仰时. 增强我的信念, 准备为你说话. 阿们

DAY 307 Read: Mk. 14: 69-70 Date:

Questions for understanding:

- What did the maid say?

- What was Peter's answer to his accusation?

Reflection:

When questioned, Peter did not know or did not understand what was happening. He was alone when confronted by those who asked him.

What made Peter willing to deny Jesus?

Personal Note:

Prayer: Jesus Christ, even though I have repeatedly denied You my sins, You have repeatedly extended Your forgiveness. May I not waste the opportunity to testify to You. Amen.

第307天 阅读:谷 14:69-70 日期:

理解问题:

-女佣说了什么？

-伯多禄对他的指控有何回答？

反思:

当被问到时, 伯多禄不知道或不了解发生了什么. 当遇到那些问他的人时, 他是一个人.

是什么使伯多禄愿意否认耶稣？

笔记:

祷告: 耶稣基督, 即使我一再否认你的罪过, 你也一再表示宽恕. 我是否可以浪费机会向您作证. 阿们

DAY 308 Read: Mk. 14:70 Date:

Questions for understanding:

- What did Peter do?

- What did they say to Peter?

Reflection:

The disciples of Jesus will certainly be questioned and challenged as happened to Peter. Can I give a satisfactory answer when I am questioned or challenged about Jesus and His teachings?

Personal Note:

Prayer: Jesus Christ, Your truth gives deliverance. Give me the courage to defend the truth of Your teachings in the face of many opposition from this world. Amen.

第308天 阅读:谷 14:70 日期:

理解问题:

-伯多禄做了什么？

-他们对伯多禄说了什么？

反思:

耶稣的门徒肯定会像伯多禄一样受到质疑和挑战. 当我对耶稣及其教义受到质疑或挑战时, 我能否给出满意的答案？

笔记:

祷告: 耶稣基督, 你的真理给予拯救. 面对来自这个世界的许多反对, 请给我勇气捍卫您教义的真理. 阿们

DAY 309 Read: Mk. 14:71 Date:

Questions for understanding:

- What did Peter say?

- What was Peter's answer to them?

Reflection:

Although Jesus once called Peter to be His follower, Peter again denied Jesus. How have I ever denied Jesus in my Christian life?

Personal Note:

Prayer: Jesus Christ, You remain faithful to Your followers. Change my heart so that in all hardships and pleasures, I will always obey Your commands and live according to Your will. Amen.

第309天 阅读:谷 14:71 日期:

理解问题:

-伯多禄说了什么？

-伯多禄对他们的回答是什么？

反思:

尽管耶稣曾经叫伯多禄成为他的跟随者, 但伯多禄再次否认了耶稣. 我在基督徒的生活中怎么过否认耶稣？

笔记:

祷告: 耶稣基督, 你仍然忠实于跟随者. 改变我的心, 以便在所有的艰辛和快乐中, 我将始终服从您的命令, 并按照您的意愿生活. 阿们

DAY 310 Read: Mk. 14:72 Date:

Questions for understanding:

- How many times did the rooster crow?

- Thinking about that, what did Peter do?

Reflection:

The grace of repentance comes from God. When Peter remembered Jesus' words, he wept bitterly. How do I feel when I think of sin in my life?

Personal Note:

Prayer: Jesus Christ, forgive me for all the sins I have committed due to my weakness. May I repent of all those sins and strive to repent and return to You. Amen.

第310天 阅读:谷 14:72 日期:

理解问题:

-公鸡乌鸦多少次了？

-考虑到这一点, 伯多禄做了什么？

反思:

悔改的恩典来自天主. 伯多禄想起耶稣的话, 就痛哭. 当我想到人生中的罪恶时, 我会有什么感觉？

笔记:

祷告: 耶稣基督, 原谅我因我的软弱而犯下的所有罪过. 我愿为所有这些罪恶悔改, 并努力悔改并返回给你. 阿们

DAY 311 Read: Mk. 15: 1 Date:

Questions for understanding:

- Who is meeting?

- What are they doing with Jesus?

Reflection:

The innocent Lord Jesus was treated like a criminal and handed over to Pilate for trial. Why did they want to kill Jesus?

Personal Note:

Prayer: Jesus Christ, strengthen my faith to hold fast to Your commandments. Protect me from all the forces of evil and may I dare to uphold truth and justice in this world. Amen.

Prayer: Jesus Christ, You came to set sinners free. Give me a heart full of gratitude for all the blessings and graces I receive from Your generosity. Amen.

第311天 阅读:谷 15:1 日期:

理解问题:

-谁在开会？

-他们在跟耶稣做什么？

反思:

无辜的主耶稣被当作罪犯对待, 并交给彼拉多接受审判. 他们为什么要杀死耶稣?

笔记:

祷告: 耶稣基督, 要坚定我的信心, 坚守你的诫命. 保护我免受一切邪恶势力的侵害, 让我敢于在这个世界上维护真理和正义. 阿们

DAY 312 Read: Mk. 15: 2 Date:

Questions for understanding:

- What was Pilate's question to Jesus
- What was Jesus' answer to Pilate?

Reflection:

Even as King, Jesus was willing to humble himself and suffer for it His people. How can I practice the value of humility in my daily life?

Personal Note:

Prayer: Jesus Christ, bless all church leaders, may they work out the plan of Your kingdom in their ministry. Unite all Your followers in peace and love. Amen.

第312天 阅读:谷 15:2 日期:

理解问题:

- 彼拉多对耶稣的问题是什么
- 耶稣对彼拉多的回答是什么?

反思:

即便是国王, 耶稣也愿意为自己谦卑而受苦他的人民. 如何在日常生活中实践谦卑的价值?

笔记:

祷告: 耶稣基督, 保佑所有教会领袖, 愿他们在自己的事奉中制定work国的计划. 使所有跟随者团结在和平与爱中. 阿们

DAY 313 Read: Mk. 15: 3-4 Date:

Questions for understanding:

- Who threw accusations against Jesus?
- What was Pilate's question to Jesus?

Reflection:

The chief priests used falsehood to talk about Jesus. What would I do if a false accusation was leveled at me?

Personal Note:

Prayer: Jesus Christ, the source of justice and mercy, help me to prioritize truth and sincerity. Guide my life in order to bring blessings to everyone. Amen.

第313天 阅读:谷 15:3-4 日期:

理解问题:

- 谁对耶稣提出了指控?
- 彼拉多对耶稣的问题是什么?

反思:

祭司长用虚假的话谈论耶稣. 如果对我提出虚假指控, 我该怎么办?

笔记:

祷告: 耶稣基督是正义与怜悯的源泉, 它帮助我将真理与真诚放在首位. 引导我的生活, 以便为所有人带来祝福. 阿们

DAY 314 Read: Mk. 15: 5 Date:

Questions for understanding:

- What was Jesus' answer to Pilate?
- What was Pilate's reaction at that time?

Reflection:

Pilate was surprised to see Jesus silent when accused by those who wanted to kill Him. Do I have self-control in my everyday conversations?

Personal Note:

Prayer: Jesus Christ, grant me the wisdom to be silent when it is appropriate to be silent and to speak when it is appropriate to speak. Direct my conversation to the truth and goodness of others. Amen.

第314天 阅读:谷 15:5 日期:

理解问题:

-耶稣对彼拉多的回答是什么？

-彼拉多当时的反应是什么？

反思:

彼拉多惊讶地发现耶稣被那些想杀死他的人指责时保持沉默。我的日常对话中是否有自制力？

笔记:

祷告: 耶稣基督, 赐给我智慧, 在适当的时候保持沉默, 在适当的时候说话. 将我的谈话指向他人的真实和善良. 阿们

DAY 315 Read: Mk. 15: 6-7 Date:

Questions for understanding:

- What did Pilate do during the feast?

- Who is Barabbas?

Reflection:

The guilty should be punished and the innocent should be released. Instead, Jesus was condemned and Barabbas was released. What can I do when I see injustice happening?

Personal Note:

Prayer: Jesus Christ, You came to set sinners free. Give me a heart full of gratitude for all the blessings and graces I receive from Your generosity. Amen.

315天 阅读:谷 15:6-7 日期:

理解问题:

-彼拉多在during席期间做了什么？

-巴拉巴是谁？

反思:

应判罪, 应释放无辜者. 取而代之的是, 耶稣被定罪, 巴拉巴被释放. 当我看到不公正现象发生时该怎么办？

笔记:

祷告: 耶稣基督, 你来释放罪人. 感谢您从我的慷慨中得到的所有祝福和恩典. 阿们

DAY 316 Read: Mk. 15: 8-9 Date:

Questions for understanding:

- What was their request to Pilate?

- What did Pilate ask them?

Reflection:

Pilate made the decision according to the people's request, not according to truth and justice. What does truth and justice mean to me in this world?

Personal Note:

Prayer: Jesus Christ, may my thoughts and actions not be based on the opinions of the people but on Your strong word and the truth of the word of eternal life. Amen.

第316天 阅读:谷 15:8-9 日期:

理解问题:

-他们对彼拉多的要求是什么？

-彼拉多问他们什么？

反思:

彼拉多是根据人们的要求做出决定, 而不是根据真理和正义做出决定. 在这个世界上, 真理和正义对我意味着什么？

笔记:

祷告: 耶稣基督, 愿我的思想和行动不是建立在人民的观点上, 而是建立在你坚强的话语和永生之道的真理上. 阿们

DAY 317 Read: Mk. 15:10 Date:

Questions for understanding:

- Who handed Jesus over to Pilate?
- Why did they do that?

Reflection:

Envy in the chief priests caused them to fail to see God's plan in Jesus for being too focused on their own interests. Am I like them?

Personal Note:

Prayer: Jesus Christ, increase my faith so that in everything that happens in life, I remain open to the goodness of Your plan. Help me to walk in the light of Your word. Amen.

第317天 阅读:谷 15:10 日期:

理解问题:

- 谁把耶稣交给了彼拉多?
- 为什么要这么做?

反思:

羡慕祭司长导致他们看不见天主的计划

耶稣过于专注于自己的利益. 我喜欢他们吗?

笔记:

祷告: 耶稣基督, 请增加我的信心, 以便在生活中发生的一切事情中, 我对你计划的美好保持开放. 帮助我按照你的话走. 阿们

DAY 318 Read: Mk. 15:11 Date:

Questions for understanding:

- Who incited the people?
- What is the purpose of their incitement?

Reflection:

People do not stand firm to allow themselves to be incited to free a criminal. Have I ever allowed myself to be influenced by the incitement of others?

Personal Note:

Prayer: Jesus Christ, the source of truth, grant me a steadfast heart so that even when challenged or incited, I still hold fast to the values of the Gospel and prioritize the commandments of love. Amen.

第318天 阅读:谷 15:11 日期:

理解问题:

- 谁煽动人民?
- 煽动他们的目的是什么?

反思:

人们不坚定地煽动自己释放罪犯. 我是否曾经让自己受到他人煽动的影响?

笔记:

祷告: 耶稣基督是真理的源头, 赐给我一颗坚定的心, 因此即使受到挑战或煽动, 我仍会坚守福音的价值观, 并以爱的诫命为重. 阿们

DAY 319 Read: Mk. 15: 12-13 Date:

Questions for understanding:

- What did Pilate ask them?
- What was their answer to Pilate?

Reflection:

The crowd asked Pilate to have Jesus crucified. How can I show compassion to those in distress and suffering?

Personal Note:

Prayer: Jesus Christ, You are willing to suffer and die on the cross to redeem mankind from the shackles of sin. Help me to defeat the forces of evil in my life. Amen.

第319天 阅读:谷 15:12-13 日期:

理解问题:

- 彼拉多问他们什么?

-他们对彼拉多的回答是什么？

反思:

人群要求彼拉多将耶稣钉在十字架上. 我该如何向遇难和受苦的人表示同情？

笔记:

祷告: 耶稣基督, 你愿意受苦并在十字架上死去, 以使人类从罪恶的束缚中拯救出来. 帮助我战胜邪恶力量. 阿们

DAY 320 Read: Mk. 15:14 Date:

Questions for understanding:

- What did Pilate ask them?
- What was their reaction after that?

Reflection:

People ignore truth and justice. Instead, their decision to crucify Jesus was based on falsehood and incitement. Do I agree with their actions?

Personal Note:

Prayer: Jesus Christ, You want Your followers to be the salt and light of the world. May I be willing to sacrifice time and energy to bring about good change for all. Amen.

第320天 阅读:谷 15:14 日期:

理解问题:

- 彼拉多问他们什么？
- 之后他们的反应是什么？

反思:

人们无视真理和正义. 相反, 他们决定将耶稣钉在十字架上是基于虚假和煽动行为. 我是否同意他们的行为？

笔记:

祷告: 耶稣基督, 你希望你的跟随者成为世界的盐和光. 我愿为此付出时间和精力, 为所有人带来良好的变化. 阿们

DAY 321 Read: Mk. 15:15 Date:

Questions for understanding:

- Whom did Pilate release?
- What happened to Jesus after that?

Reflection:

Pilate released Barabbas to satisfy the crowd who were shouting at him. He succumbed to the demands and pressures of the people. Have I ever felt like this in my stance?

Personal Note:

Prayer: Jesus Christ, the source of strength in my life. Teach me how to have a firm stance so as to be able to distinguish between good and evil in my life. Amen.

第321天 阅读:谷 15:15 日期:

理解问题:

- 彼拉提释放了谁？
- 之后耶稣怎么了？

反思:

彼拉多释放了巴拉巴, 以满足对他大喊大叫的人群. 他屈服于人民的要求和压力. 我曾经有过这样的感觉吗？

笔记:

祷告: 耶稣基督, 我生命中力量的源泉. 教我如何保持坚定的立场, 以便能够区分生活中的善与恶. 阿们

DAY 322 Read: Mk. 15:16 Date:

Questions for understanding:

- Where was Jesus taken by the soldiers?
- Who gathered there?

Reflection:

Before Jesus was crucified, He was taken to the palace hall where He was played by the soldiers there. Why do they want to do this to Jesus?

Personal Note:

Prayer: Jesus Christ, I ask for patience and perseverance so that in the journey of faith, I can follow You faithfully and dare to do the will of God in my life. Amen.

第322天 阅读:谷 15:16 日期:

理解问题:

-耶稣被士兵带到哪里去了？

-谁聚集在那里？

反思:

在耶稣被钉在十字架上之前, 他被带到宫殿的大厅里, 在那里他被士兵们扮演. 他们为什么要对耶稣这样做？

笔记:

祷告: 耶稣基督, 我要有耐心和毅力, 以便在信仰的旅途中, 我能够忠实地跟随你, 并且敢于一生遵循天主的旨意. 阿们

DAY 323 Read: Mk. 15:17 Date:

Questions for understanding:

- What happened to Jesus' body?

- What crown did they make for Jesus?

Reflection:

Jesus experienced pain and suffering that were hard to imagine. He was crowned with thorns on his head. What does it mean to put the crown of thorns on Jesus' head?

Personal Note:

Prayer: Jesus Christ, teach me to appreciate and respect the sanctity of my body. May I be able to use all the gifts that You have given me for Your glory. Amen.

第323天 阅读:谷 15:17 日期:

理解问题:

-耶稣的身体怎么了？

-他们为耶稣做了什么冠冕？

反思:

耶稣经历了难以想象的痛苦. 他头上长满了荆棘. 将荆棘冠冕戴在耶稣的头上是什么意思？

笔记:

祷告: 耶稣基督, 教会我欣赏和尊重我身体的圣洁. 我能否使用你给我的所有礼物来荣耀自己. 阿们

DAY 324 Read: Mk. 15:18 Date:

Questions for understanding:

- How did they mock Jesus?

- What is their call for Jesus?

Reflection:

Jesus not only received physical pain and suffering, but also mental and emotional suffering. They should have respected Jesus, but instead they mocked Him. Why?

Personal Note:

Prayer: Jesus Christ, I ask forgiveness for all the sins I have committed due to self-interest. May my life be an opportunity to praise and exalt Your name. Amen.

第324天 阅读:谷 15:18 日期:

理解问题:

-他们是如何嘲笑耶稣的？

-他们对耶稣的呼召是什么？

反思:

耶稣不仅遭受身体上的痛苦和苦难, 而且遭受精神和情感上的苦难. 他们应该尊敬耶稣, 但他们却嘲笑了耶稣. 为什么？

笔记:

祷告: 耶稣基督, 我出于个人利益要求宽恕我所犯的所有罪过. 愿我的生活成为赞美和提升您的名字的机会. 阿们

DAY 325 Read: Mk. 15:19 Date:

Questions for understanding:

- How did they hit Jesus' head?
- Besides beating Jesus, what are they doing?

Reflection:

They tried to break the spirit of Jesus but Jesus persevered through everything to sacrifice himself and redeem sinners. What am I willing to sacrifice for Jesus in my life?

Personal Note:

Prayer: Jesus Christ, You go through much suffering for the redemption of human sin. Bless me with the power of Your Holy Spirit to be able to bear my cross steadfastly and faithfully to follow in Your footsteps. Amen.

第325天 阅读:谷 15:19 日期:

理解问题:

- 他们是怎么打耶稣的头的?
- 除了击败耶稣, 他们还在做什么?

反思:

他们试图破坏耶稣的精神, 但耶稣坚持不懈地牺牲了自己, 赎回了罪人. 我一生中愿意为耶稣牺牲什么?

笔记:

祷告: 耶稣基督, 您为赎回人类罪而遭受了许多苦难. 赐予我圣神的力量, 使我能够坚定不移地忠于我的十字架, 跟随你的脚步. 阿们

DAY 326 Read: Mk. 15:20 Date:

Questions for understanding:

- What did that purple robe do?
- After that, where was Jesus taken?

Reflection:

After mocking Jesus, they finally brought Him to be crucified. The crucifixion was a horrible death sentence. Why was Jesus willing to be crucified? Personal Note:

Prayer: Jesus Christ, send Your Holy Spirit to give me the strength of soul and courage to overcome all obstacles and challenges of my faith. May I be formed to become more like You. Amen.

第326天 阅读:谷 15:20 日期:

理解问题:

- 那件紫色的长袍是做什么的?
- 之后, 耶稣被带到哪里了?

反思:

在嘲笑耶稣之后, 他们终于把耶稣钉在了十字架上. 十字架被判死刑. 耶稣为什么愿意被钉在十字架上?

笔记:

祷告: 耶稣基督, 差遣圣神给我灵魂的力量和勇气, 克服我信仰的所有障碍和挑战. 我可以变得更像您吗? 阿们

DAY 327 Read: Mk. 15:21 Date:

Questions for understanding:

- Where did Simon come from?
- He was forced to do what?

Reflection:

The cross road is very difficult to cross. In addition, the pain and suffering that Jesus had previously suffered weakened Jesus.

Who was with Jesus during this cross?

Personal Note:

Prayer: Jesus Christ, You call Your followers to be ready to bear the cross and follow You every day. Give me Your grace so that I can boldly and faithfully bear my cross. Amen.

第327天 阅读:谷 15:21 日期:

理解问题:

-西蒙来自哪里?

-他被迫做什么?

反思:

十字路口很难过. 此外, 耶稣先前遭受的痛苦和苦难使耶稣变得虚弱.

在十字架上谁与耶稣在一起?

笔记:

祷告: 耶稣基督, 你叫你的跟随者准备承受十字架并每天跟随你. 给我你的恩典, 这样我就能大胆而忠实地承受我的十字架. 阿们

DAY 328 Read: Mk. 15:22 Date:

Questions for understanding:

- Where was Jesus taken?

- What does Golgotha mean?

Reflection:

Jesus' death on the cross overcomes the power of death and gives new and everlasting life.

Jesus' death made Golgotha a place of forgiveness and atonement for sin.

Personal Note:

Prayer: Jesus Christ, resurrection and life. For God, nothing is impossible. Guide me with the power of Your Spirit and strengthen my faith so that my life will always proclaim Your victory. Amen.

第328天 阅读:谷 15:22 日期:

理解问题:

-耶稣被带到哪里?

-哥耳哥达地方是什么意思?

反思:

耶稣在十字架上的死亡克服了死亡的力量, 并赋予了新的永恒的生命.

耶稣的死使高尔哥达成为罪孽的宽恕和赎罪之地.

笔记:

祷告: 耶稣基督, 复活和生命. 对天主而言, 没有什么是不可能的. 用你的灵的力量引导我, 增强我的信心, 使我的生活永远宣告你的胜利. 阿们

DAY 329 Read: Mk. 15:23 Date:

Questions for understanding:

- What did they give Jesus to drink?

- Did Jesus drink that water?

Reflection:

They tried to give Jesus a drink to help him endure the pain, but He refused to drink it. Why did Jesus not want to take the drink?

Personal Note:

Prayer: Jesus Christ, with perseverance and courage, You go through Your suffering and death on the cross. Help me to emulate You in all the sufferings and challenges of my life as Your follower. Amen.

第329天 阅读:谷 15:23 日期:

理解问题:

-他们给耶稣喝了什么?

-耶稣喝了那水吗?

反思:

他们试图给耶稣喝一杯以帮助他忍受痛苦, 但他拒绝喝. 耶稣为什么不想喝酒?

笔记:

祷告: 耶稣基督, 以恒心和勇气, 在十字架上经受着痛苦和死亡. 帮助我效法您, 成为您跟随者一生中的所有苦难和挑战. 阿们

DAY 330 Read: Mk. 15: 24-25 Date:

Questions for understanding:

- After Jesus was crucified, what did they do?
- At what time was Jesus crucified?

Reflection:

The humble cross became the glorious cross due to the death of Jesus who provided forgiveness and atonement for sins. When I see the cross, what feelings arise in my heart?

Personal Note:

Prayer: Jesus Christ, through Your holy cross, You have redeemed the world. Give me a heart full of remorse and repentance to leave a life of sin and return to You. Amen.

第330天 阅读:谷 15:24-25 日期:

理解问题:

- 在耶稣被钉十字架后, 他们做了什么?
- 耶稣什么时候被钉十字架?

反思:

谦卑的十字架因耶稣的死而成为光荣的十字架, 耶稣为罪孽提供了宽恕和赎罪. 当我看到十字架时, 我的心中产生什么感觉?

笔记:

祷告: 耶稣基督, 通过你的圣十字架, 你救赎了世界. 给我一颗充满悔恨和悔改的心, 离开罪恶的生活, 回到你身边. 阿们

DAY 331 Read: Mk. 15: 26-27 Date:

Questions for understanding:

- What is written on the cross of Jesus?
- Who was crucified with Jesus?

Reflection:

Jesus is classified as a sinner. This shows that Jesus came into this world to bring sinners out of the darkness of death into the glory of a new life.

Personal Note:

Prayer: Jesus Christ, there is no greater love than the love of a man who sacrificed his life for his friend. May I be able to follow in Your footsteps and love as You do, Jesus. Amen.

第331天 阅读:谷 15:26-27 日期:

理解问题:

- 耶稣的十字架上写着什么?
- 谁与耶稣被钉十字架?

反思:

耶稣被列为罪人. 这表明耶稣进入这个世界是为了使罪人脱离死亡的黑暗, 进入新生命的荣耀.

笔记:

祷告: 耶稣基督, 没有比一个为朋友牺牲自己的生命的人更大的爱. 耶稣, 我能否跟随你的脚步和爱. 阿们

DAY 332 Read: Mk. 15:28 Date:

Questions for understanding:

- With this, what is being implemented?
- Who is classified as a criminal?

Reflection:

The whole of Scripture is in Jesus Christ. He is the one who gives new understanding to the word of God. How can I get to know Jesus from the Scriptures?

Personal Note:

Prayer: Jesus Christ, the Word of God incarnate. Send Your Holy Spirit so that my heart always longs for Your word as a guide for my life.

Direct my life to Your life. Amen.

332天 阅读:谷 15:28 日期:

理解问题:

- 这样, 正在执行什么?

-谁被分类为罪犯？

反思：

整个圣经都在耶稣基督里。他是对神的道有了新的认识的人。我怎样才能从圣经中认识耶稣？

笔记：

祷告：耶稣基督，神的道化身。寄出你的圣神，使我的心永远渴望你的话语，作为我一生的向导。将我的生活引向您的生活。阿们

DAY 333 Read: Mk. 15: 29-30 Date:

Questions for understanding:

- What did all the past do there?
- What did they say?

Reflection:

Jesus came into this world not to save Himself, but to save sinful mankind. How can I cooperate in this salvation plan of God?

Personal Note:

Prayer: Jesus Christ, You died on the cross for the salvation of every human being in this world. May I always appreciate Your blood shed on the cross to atone for my sins. Amen.

第333天 阅读:谷 15:29-30 日期:

理解问题:

- 过去在那里做什么？
- 他们说了什么？

反思：

耶稣来到这个世界不是要拯救自己，而是要拯救有罪的人类。我如何在天主的救恩计划中合作？

笔记：

祷告：耶稣基督，你死在十字架上是为拯救这个世界上的每个人。我愿永远感谢您的血流在十字架上，为我的罪赎罪。阿们

DAY 334 Read: Mk. 15:31 Date:

Questions for understanding:

- Who else mocked Jesus?
- What do they say to each other?

Reflection:

Jesus was never selfish. All His life is for the good of others, especially those in need of His mercy and love. Am I like Him?

Personal Note:

Prayer: Jesus Christ, help me to be bold in proclaiming that Your death on the cross has saved the world from sin and death. Let my life be according to Your will and guidance. Amen.

第334天 阅读:谷 15:31 日期:

理解问题:

- 还有谁嘲笑耶稣？
- 他们互相说什么？

反思：

耶稣从不自私。他的一生都是为了他人的利益，特别是那些需要他的怜悯和爱的人。我喜欢他吗？

笔记：

祷告：耶稣基督，请帮助我大胆宣布你在十字架上的死已经拯救了世界脱离罪恶和死亡。让我的生活符合您的意愿和指导。阿们

DAY 335 Read: Mk. 15:32 Date:

Questions for understanding:

- What do they want Jesus to do with the cross?
- Who criticized Jesus?

Reflection:

Jesus' death gives life to sinners. Despite being criticized and ridiculed by the people, Jesus faithfully gave His life for all. Why?

Personal Note:

Prayer: Jesus Christ, give me peace and tranquility when I am faced with problems and difficulties. Guide me so that I do not give up quickly but still hope in You. Amen.

第335天 阅读:谷 15:32 日期:

理解问题:

-他们希望耶稣对十字架做什么？

-谁批评耶稣？

反思:

耶稣的死给罪人带来生命. 尽管受到了人民的批评和嘲笑, 耶稣仍忠心地献出了自己的生命. 为什么？

笔记:

祷告: 耶稣基督, 当我面对问题和困难时, 请给我和平与安宁. 引导我, 使我不会很快放弃, 但仍然希望你. 阿们

DAY 336 Read: Mk. 15: 33-34 Date:

Questions for understanding:

- When is the whole country shrouded in darkness?

- What was Jesus' call at the time?

Reflection:

Jesus cried out to God in the last moments of the cross. Jesus' call came from His heart that was caused by human sin.

Have I ever cried out like this Jesus?

Personal Note:

Prayer: Jesus Christ, resurrection and life, I ask for Your blessings and mercy for all Your followers who are going through the suffering and suffering caused by the gospel. May they remain faithful to You. Amen.

第336天 阅读:谷 15:33-34 日期:

理解问题:

-整个国家什么时候被笼罩在黑暗中？

-耶稣当时叫什么？

反思:

耶稣在十字架的最后时刻向天主呼求. 耶稣的呼召来自他的内心, 即因人之罪引起的尤卡.

我曾经像这个耶稣那样哭过吗？

笔记:

祷告: 耶稣基督, 复活和生命, 我向所有经历福音之苦和苦难的跟随者祈求您的祝福和怜悯. 愿他们对你忠实. 阿们

DAY 337 Read: Mk. 15: 35-36 Date:

Questions for understanding:

- What did the people there say?

- What is Jesus offered to drink?

Reflection:

In the last moments of His life on earth, Jesus' heart was still focused on doing the will of the Father in heaven. How can I carry out God's will in my life?

Personal Note:

Prayer: Jesus Christ, may I always thirst for Your love and thirst for Your word in my life so that in the power of the Holy Spirit, I can live in holiness and walk in the light of Your word. Amen.

第337天 阅读:谷 15:35-36 日期:

理解问题:

-那里的人怎么说？

-耶稣要喝什么？

反思:

在地上生命的最后时刻, 耶稣的心仍然专注于遵行天父的旨意. 我如何在生活中履行天主的旨意？

笔记:

祷告: 耶稣基督, 我愿我一生渴望你的爱, 也渴望你的话语, 以便我能借着圣神的能力生活在圣洁中, 并照你的话语行事. 阿们

DAY 338 Read: Mk. 15: 37-38 Date:

Questions for understanding:

- What did Jesus do before he died?
- What happened to the curtains in the Temple?

Reflection:

Sinful people who were once separated from God are now united by the death of Jesus on the cross.

How can sin distance me from God?

Personal Note:

Prayer: Jesus Christ, the Lamb of God who takes away the sin of the world. Your blood shed on the cross provides redemption. Strengthen my faith to remain faithful to do Your will in my life. Amen.

第338天 阅读:谷 15:37-38 日期:

理解问题:

- 耶稣死前做了什么?
- 庙里的窗帘怎么了?

反思:

曾经与天主分离的罪人如今在耶稣在十字架上的死中得以团结. 罪恶如何使我与天主隔离?

笔记:

祈祷:耶稣基督, 天主的羔羊, 带走了世界的罪孽. 你流在十字架上的血可以救赎. 加强我的信念, 继续忠实地履行你的一生. 阿们

DAY 339 Read: Mk. 15:39 Date:

Questions for understanding:

- Who is standing in front of the cross?
- What did he say about Jesus?

Reflection:

The army chief believed that Jesus was the Son of God after seeing and experiencing Jesus' death on the cross. Do I really believe that Jesus is the Son of God?

Personal Note:

Prayer: Jesus Christ, the source of the strength of my faith. Increase my faith so that like the army chief, I can also confess that You truly are the Son of God. Amen.

第336天 阅读:谷 15:33-34 日期:

理解问题:

- 整个国家什么时候被笼罩在黑暗中?
- 耶稣当时叫什么?

反思:

耶稣在十字架的最后时刻向天主呼求. 耶稣的呼召来自他的内心, 即因人之罪引起的尤卡.

我曾经像这个耶稣那样哭过吗?

笔记:

祷告: 耶稣基督, 复活和生命, 我向所有经历福音之苦和苦难的跟随者祈求您的祝福和怜悯. 愿他们对你忠实. 阿们

337天 阅读:谷 15:35-36 日期:

理解问题:

- 那里的人怎么说?
- 耶稣要喝什么?

反思:

在地上生命的最后时刻, 耶稣的心仍然专注于遵行天父的旨意. 我如何在生活中履行天主的旨意?

笔记:

祷告: 耶稣基督, 我愿我一生渴望你的爱, 也渴望你的话语, 以便我能借着圣神的能力生活在圣洁中, 并照你的话语行事. 阿们

第338天 阅读:谷 15:37-38 日期:

理解问题:

-耶稣死前做了什么？

-庙里的窗帘怎么了？

反思:

曾经与天主分离的罪人如今在耶稣在十字架上的死中得以团结。罪恶如何使我与天主隔离？

笔记:

祈祷:耶稣基督,天主的羔羊,带走了世界的罪孽。你流在十字架上的血可以救赎。加强我的信念,继续忠实地履行你的一生。阿们

339天 阅读:谷 15:39 日期:

理解问题:

-谁站在十字架前？

-他怎么说耶稣？

反思:

陆军首领在十字架上看到并经历了耶稣的死后,认为耶稣是天主的儿子。我真的相信耶稣是天主的儿子吗？

笔记:

祷告:耶稣基督,我信心之源。增加我的信仰,以便像陆军首领一样,我也承认你确实是天主的儿子。阿们

DAY 340 Read: Mk. 15:40 Date:

Questions for understanding:

- Who witnessed everything from afar?

- What are their names?

Reflection:

They are the ones who follow Jesus to the place of His crucifixion. They are the ones who put deep love for Jesus. What can I learn from these women?

Personal Note:

Prayer: Jesus Christ, may I be able to follow You to the end like the women who came to see You from Galilee and Jerusalem. Give me a heart full of love for You. Amen.

第340天 阅读:谷 15:40 日期:

理解问题:

-谁目睹了远方的一切？

- 他们的名字是什么？

反思:

他们是跟随耶稣到被钉十字架的人。他们是对耶稣深爱的人。我可以从这些女人那里学到什么？

笔记:

祷告:耶稣基督,我能像跟随那些从加利利和耶路撒冷来见你的女人一样,跟随你直到最后。给我一颗充满爱的心。阿们

DAY 341 Read: Mk. 15:41 Date:

Questions for understanding:

- Who are these women?

- Who came with Jesus to Jerusalem?

Reflection:

They came to see Jesus. Even if only from afar, they still want to be with Jesus in His suffering and death. Why are they willing to do this?

Personal Note:

Prayer: Jesus Christ, the Way, the Truth and the Life. Guide me in the path that leads to You and teach me Your truth so that I may live according to Your will and plan. Amen.

第341天 阅读:谷 15:41 日期:

理解问题:

-这些女人是谁？

-谁跟耶稣一起来耶路撒冷？

反思：

他们来见耶稣。即使只是从远方来，他们仍然希望在耶稣的痛苦和死亡中与他同在。他们为什么愿意这样做？

笔记：

祷告：耶稣基督，道路，真理与生命。在通往你的道路上引导我，并教给我你的真理，以便我可以按照你的意愿和计划生活。阿们

DAY 342 Read: Mk. 15: 42-43 Date:

Questions for understanding:

- What day is that day?

- Who was Joseph of Arimathea?

Reflection:

Joseph of Arimathea gave his heart to Pilate and asked for Jesus' body. Do I dare to do good things for anyone in need?

Personal Note:

Prayer: Jesus Christ, the Lamb of God who was sacrificed to atone for the sins of the world. Teach me to imitate You and be willing to help those in need. Amen.

第342天 阅读:谷 15:42-43 日期:

理解问题:

-那一天是几号？

-Arimathea的约瑟夫是谁？

反思：

Arimathea的约瑟夫向彼拉多献殷勤，要求耶稣的身体。我是否敢为有需要的人做善事？

笔记：

祷告：耶稣基督，天主的羔羊，为赎回世界的罪而牺牲。教我模仿您，并愿意帮助有需要的人。阿们

DAY 343 Read: Mk. 15:43 Date:

Questions for understanding:

- Who is facing Pilate?

- What is the request?

Reflection:

Jesus is united with man in death so that thanks to His resurrection, man can share in the glory of His resurrection. Do I believe in the resurrection of Jesus?

Personal Note:

Prayer: Jesus Christ, Your resurrection has paved the way to eternal life. May I always live in this world with the hope of eternal and eternal life in heaven. Amen.

第341天 阅读:谷 15:41 日期:

理解问题:

-这些女人是谁？

-谁跟耶稣一起来耶路撒冷？

反思：

他们来见耶稣。即使只是从远方来，他们仍然希望在耶稣的痛苦和死亡中与他同在。他们为什么愿意这样做？

笔记：

祷告：耶稣基督，道路，真理与生命。在通往你的道路上引导我，并教给我你的真理，以便我可以按照你的意愿和计划生活。阿们

第342天 阅读:谷 15:42-43 日期:

理解问题:

-那一天是几号？

-Arimathea的约瑟夫是谁？

反思:

阿黎玛特雅人若瑟向彼拉多献殷勤, 要求耶稣的身体. 我是否敢为有需要的人做善事?

笔记:

祷告: 耶稣基督, 天主的羔羊, 为赎回世界的罪而牺牲. 教我模仿您, 并愿意帮助有需要的人. 阿们

第343天 阅读:谷 15:43 日期:

理解问题:

-谁在面对比拉多?

-要求什么?

反思:

耶稣在死中与人团结在一起, 因此, 由于他的复活, 人可以分享他复活的荣耀. 我相信耶稣的复活吗?

笔记:

祷告: 耶稣基督, 你的复活为永生铺平了道路. 愿我一直生活在这个世界中, 希望在天堂有永恒的生命. 阿们

DAY 344 Read: Mk. 15:44 Date:

Questions for understanding:

- Did Pilate react when he heard that Jesus was dead?

- Who did Pilate call and ask?

Reflection:

Jesus' death on the cross was an event that changed human history. Jesus' death made it possible for sinful humans to gain redemption and forgiveness.

Personal Note:

Prayer: Jesus Christ, the Most Forgiving, bestow the grace of Your salvation so that with the help of Your power, I will always strive to live as Your faithful follower to Your call. Amen.

第341天 阅读:谷 15:41 日期:

理解问题:

-这些女人是谁?

-谁跟耶稣一起来耶路撒冷?

反思:

他们来见耶稣. 即使只是从远方来, 他们仍然希望在耶稣的痛苦和死亡中与他同在. 他们为什么愿意这样做?

笔记:

祷告: 耶稣基督, 道路, 真理与生命. 在通往你的道路上引导我, 并教给我你的真理, 以便我可以按照你的意愿和计划生活. 阿们

第342天 阅读:谷 15:42-43 日期:

理解问题:

-那一天是几号?

-阿黎玛特雅人若瑟是谁?

反思:

阿黎玛特雅人若瑟向彼拉多献殷勤, 要求耶稣的身体. 我是否敢为有需要的人做善事?

笔记:

祷告: 耶稣基督, 天主的羔羊, 为赎回世界的罪而牺牲. 教我模仿您, 并愿意帮助有需要的人. 阿们

第343天 阅读:谷 15:43 日期:

理解问题:

-谁在面对比拉多?

-要求什么?

反思:

耶稣在死中与人团结在一起, 因此, 由于他的复活, 人可以分享他复活的荣耀. 我相信耶稣的复活吗?

笔记:

祷告: 耶稣基督, 你的复活为永生铺平了道路. 愿我一直生活在这个世界中, 希望在天堂有永恒的生命. 阿们

第344天 阅读:谷 15:44 日期:

理解问题:

-当彼拉多得知耶稣已死时, 他有反应吗?

-彼拉多打过电话问谁?

反思:

耶稣在十字架上的死是改变人类历史的事件. 耶稣的死使有罪的人有可能获得救赎和宽恕.

笔记:

祷告: 耶稣基督, 最宽恕的人, 赐予您救恩的恩典, 以便在您的力量的帮助下, 我将永远努力成为您忠实的追随者. 阿们

DAY 345 Read: Mk. 15: 45-46 Date:

Questions for understanding:

- When did Pilate hand over the body of Jesus?

- What did Joseph do with Jesus' body?

Reflection:

Jesus' death gives new meaning to my life in this world. His death overcame the power of death and sin. This victory is the basis of a Christian's life.

Personal Note:

Prayer: Jesus Christ, send Your Holy Spirit so that I can live as a bright child. May Your resurrection guide my life to eternal happiness in heaven. Amen.

第345天 阅读:谷 15:45-46 日期:

理解问题:

-彼拉多什么时候交出了耶稣的身体?

-约瑟对耶稣的身体做了什么?

反思:

耶稣的死给我在这个世界上的生活赋予了新的意义. 他的死战胜了死亡和罪恶的力量. 这次胜利是基督徒生活的基础.

笔记:

祷告: 耶稣基督, 差遣你的圣神使我可以像个聪明的孩子一样生活. 愿你的复活引导我的生活在天堂永恒的幸福. 阿们

DAY 346 Read: Mk. 15: 46-47 Date:

Questions for understanding:

- What closed the door of the tomb?

- Who is watching the place of the tomb?

Reflections:

Joseph of Arimathea prepares to bury Jesus' body. This is the way he gives His last respect. How did the death and resurrection of Jesus change my life?

Personal Note:

Prayer: Jesus Christ, the hope of eternal life, death has no power over You. Give me strong faith so that when faced with death, I still look forward to Your glorious resurrection. Amen.

第346天 阅读:谷 15:46-47 日期:

理解问题:

-什么把墓门关了?

-谁在看墓地?

感言:

阿黎玛特雅人若瑟准备埋葬耶稣的遗体. 这是他对他的最后一次敬意. 耶稣的死与复活如何改变了我的生活?

笔记:

祷告: 耶稣基督, 永生的希望, 死亡对你没有任何力量. 给我坚强的信念, 以便面对死亡时, 我仍然期待着您光荣的复活. 阿们

DAY 347 Read: Mk. 16: 1 Date:

Questions for understanding:

- Who went to the tomb of Jesus?
- Why do they buy spice ingredients?

Reflection:

Only they go to the tomb to find Jesus. The other followers of Jesus are no longer visible for fear of being arrested.

Why did they go to the tomb?

Personal Note:

Prayer: Jesus Christ, give me a heart full of love for You like the women who go to the tomb to anoint Your body. May I remain your follower until the end of my life. Amen.

第347天 阅读:谷 16:1 日期:

理解问题:

- 谁去了耶稣的坟墓?
- 为什么要购买香料成分?

反思:

只有他们去坟墓才能找到耶稣. 耶稣的其他跟随者因害怕被捕而不再可见.

他们为什么去坟墓?

笔记:

祷告: 耶稣基督, 给我一颗充满爱的心, 就像那些去坟墓膏膏你身体的女人. 我可以直到你生命的尽头继续保持你的追随者. 阿们

DAY 348 Read: Mk. 16: 2-3 Date:

Questions for understanding:

- When did they get to the tomb?
- What do they say to each other?

Reflection:

Although they do not know who will roll the stone from the door of the tomb, they are still determined to go and visit the tomb of Jesus. What can I learn from them?

Personal Note:

Prayer: Jesus Christ, resurrection and life. Send Your Holy Spirit to change my heart so that I always live according to the hope of the resurrection of the body and eternal life. Amen.

第348天 阅读:谷 16:2-3 日期:

理解问题:

- 他们什么时候去坟墓的?
- 他们互相说什么?

反思:

尽管他们不知道谁会从坟墓的门上滚石, 但他们仍然决心去拜访耶稣的坟墓. 我可以从他们那里学到什么?

笔记:

祷告: 耶稣基督, 复活和生命. 寄出你的圣神来改变我的心, 使我永远按照复活和永生的希望生活. 阿们

DAY 349 Read: Mk. 16: 4-5 Date:

Questions for understanding:

- What happened to that big rock?
- Who did they see in the tomb?

Reflection:

For God, nothing is impossible. Despite being overwhelmed with grief, the power of God can still lift up their weakened spirits. What do I need to raise in my life?

Personal Note:

Prayer: Jesus Christ, the source of eternal life. I ask for Your blessings and mercy for those who seek meaning in life. May they find the answer in Your death and resurrection. Amen.

第349天 阅读:谷 16:4-5 日期:

理解问题:

-那块大石头怎么了?

-他们在墓里看到了谁?

反思:

对天主而言,没有什么是不可能的。尽管忧伤不堪重负,但天主的能力仍然可以提振他们软弱的精神。我一生中需要提高什么?

笔记:

祷告: 耶稣基督,永生的源头。我向那些寻求生命意义的人祈求您的祝福和怜悯。愿他们在你的死与复活中找到答案。阿们

DAY 350 Read: Mk. 16: 5 Date:

Questions for understanding:

- What is the young man wearing?

- How did they feel at the time?

Reflection:

They are shocked and frightened because they have never heard or seen anything like this happen. How would I feel if I was one of the women who went to the tomb?

Personal Note:

Prayer: Jesus Christ, make me a bearer of the good news of Your resurrection to those who still do not believe in Your resurrection. Strengthen my faith so that I can testify to them. Amen.

第350天 阅读:谷 16:5 日期:

理解问题:

-年轻人穿什么?

-他们当时感觉如何?

反思:

他们感到震惊和恐惧,因为他们从未听说过这样的事情。如果我是去坟墓的妇女之一,我会有什么感觉?

笔记:

祷告: 耶稣基督,让我向那些仍然不相信你复活的人传达你复活的好消息。增强我的信仰,以便我向他们作见证。阿们

DAY 351 Read: Mk. 16: 6 Date:

Questions for understanding:

- Who are the women looking for?

- According to the young man, what happened to Jesus?

Reflection:

"Do not be afraid!" These are the words of youthful encouragement to the women who visited the tomb of Jesus. What causes fear in my life?

Personal Note:

Prayer: Jesus Christ, free me from any fear so that I may proclaim the good news of Your resurrection. May Your word illuminate the journey of my life towards eternal life in heaven. Amen.

第351天 阅读:谷 16:6 日期:

理解问题:

-女人在找谁?

-这位年轻人说,耶稣怎么了?

反思:

“不要害怕!”这些是年轻的话语,向那些参观耶稣坟墓的妇女表示鼓励。是什么导致我的生活恐惧?

笔记:

祷告: 耶稣基督,将我从任何恐惧中解脱出来,以便我宣扬你们复活的好消息。愿你的话语照亮我一生通往天堂永生的旅程。阿们

DAY 352 Read: Mk. 16: 7 Date:

Questions for understanding:

- Where will Jesus lead His disciples?
- Where will they see Jesus?

Reflection:

Galilee was the place where Jesus called His first followers. There He will meet them again. What was the significance of Galilee for a follower of Jesus?

Personal Note:

Prayer: Jesus Christ, give me the strength to hear and answer Your call with all my heart. Teach me to put the values of the kingdom of God first in my life. Amen.

第352天 阅读:谷 16:7 日期:

理解问题:

- 耶稣将带领他的门徒去哪里？
- 他们在哪里可以看到耶稣？

反思:

加利利是耶稣召集他的第一批跟随者的地方。在那里他会再次与他们相遇。加利利对跟随耶稣的人有什么意义？

笔记:

祈祷:耶稣基督, 请给我力量, 全心全意地听取和回答您的电话。教导我将生命中的神国度放在第一位。阿们

DAY 353 Read: Mk. 16: 8 Date:

Questions for understanding:

- What are the women doing?
- Why?

Reflection:

Fear can paralyze the spirit of doing God's will in our lives. Do I feel afraid when asked to do something for God? Why?

Personal Note:

Prayer: Jesus Christ, I beseech you to testify of Your resurrection and victory. Strengthen my faith to hold fast to Your commandments. Amen.

353天 阅读:谷 16:8 日期:

理解问题:

- 女人在做什么？
- 为什么？

反思:

恐惧会使我们生命中遵行天主旨意的精神瘫痪。当我被要求为天主做某事时, 我会感到害怕吗? 为什么?

笔记:

祷告: 耶稣基督, 我恳求您证明您的复活和胜利。加强我的信心, 以坚守你的诫命。阿们

DAY 354 Read: Mk. 16: 9 Date:

Questions for understanding:

- On what day did Jesus rise again?
- Who is Mary Magdalene?

Reflection:

The resurrection of Jesus gives victory and deliverance from the power of evil. Mary Magdalene was freed from the shackles of the demonic spirits by the power of God. What does liberation need in my life?

Personal Note:

Prayer: Jesus Christ, may Your kingdom come and Your will be done in my life. Send Your Holy Spirit to give me new spirit and protect me from evil. Amen.

第354天 阅读:谷 16:9 日期:

理解问题:

- 耶稣在哪一天又复活了？

-抹大拉的马利亚是谁？

反思：

耶稣的复活使邪恶的力量获得了胜利和拯救。玛格达琳（Mary Magdalene）被天主的能力从恶魔的枷锁中解脱出来。我一生需要解放什么？

笔记：

祷告：耶稣基督，愿你的国度降临，你的意志将在我的生活中完成。

差派你的圣神给我新的精神，保护我免受邪恶。阿们

DAY 355 Read: Mk. 16:10 Date:

Questions for understanding:

Who told the disciples of Jesus?

- What are Jesus' disciples doing?

Reflection:

The disciples of Jesus were mourning and weeping, remembering what had happened to Jesus on the cross. Do they believe that Jesus is risen from the dead?

Personal Note:

Prayer: Jesus Christ, increase my faith so that I can believe that You have truly risen and lived in power in this world. Make me Your faithful follower and willing to serve You. Amen.

355天 阅读:谷 16:10 日期:

理解问题:

谁告诉耶稣的门徒？

-耶稣的门徒们在做什么？

反思：

耶稣的门徒哀悼和哭泣，回想起耶稣在十字架上发生的事。他们相信耶稣从死里复活了吗？

笔记：

祷告：耶稣基督，请增加我的信仰，以便我可以相信你在这个世界上真正地复活了。让我成为您忠实的追随者，并愿意为您服务。阿们

DAY 356 Read: Mk. 16: 11-12 Date:

Questions for understanding:

- Did the disciples of Jesus believe Mary's words?

- After that, to whom did Jesus appear?

Reflection:

The disciples of Jesus who mourned and mourned did not believe Mary who said that Jesus had risen. Why do they find it difficult to believe in the resurrection of Jesus?

Personal Note:

Prayer: Jesus Christ, Your resurrection gives new meaning and meaning to my life in this world. Strengthen my faith to keep believing in You and faithfully doing Your will. Amen.

第356天 阅读:谷 16:11-12 日期:

理解问题:

-耶稣的门徒们相信玛丽的话吗？

-之后，耶稣出现在谁面前？

反思：

哀悼和哀悼的耶稣的门徒不相信说耶稣已经复活的玛丽。他们为什么难以相信耶稣的复活？

笔记：

祷告：耶稣基督，你的复活给我在这个世界上的生活赋予了新的意义。增强我的信念，以继续相信您并忠实地履行您的意愿。阿们

DAY 357 Read: Mk. 16:12 Date:

Questions for understanding:

- Who are these two people?

- Where are they going?

Reflection:

Jesus appeared to His followers to strengthen their weak spirits and faith. What was life like for Jesus' followers after His death on the cross?

Personal Note:

Prayer: Jesus Christ, You never leave me alone in the journey of my life.

Strengthen my faith and my heart so that I will not despair of walking in the courage and truth of the gospel. Amen.

第357天 阅读:谷 16:12 日期:

理解问题:

-这两个人是谁?

-他们要去哪?

反思:

耶稣向跟随他的人显现,以加强他们软弱的精神和信心.耶稣在十字架上死后,跟随者的生活如何?

笔记:

祷告:耶稣基督,在我生命的旅途中,你永远不会让我孤独.

增强我的信心和内心,使我不绝望以福音的勇气和真理行事.阿们

DAY 358 Read: Mk. 16:13 Date:

Questions for understanding:

- What did these two disciples of Jesus do?

- Do other students believe in them?

Reflection:

Although some have testified that Jesus was resurrected, the other disciples still do not believe. How can the resurrection of Jesus change one's mind or heart?

Personal Note:

Prayer: Jesus Christ, I realize how important faith and trust in You are. Therefore, pour out Your Holy Spirit so that my heart is always open to Your guidance and calling. Amen.

第358天 阅读:谷 16:13 日期:

理解问题:

-耶稣的这两个门徒做了什么?

-其他学生相信吗?

反思:

尽管有些人证明耶稣已经复活,但其他门徒仍然不相信.耶稣的复活如何改变人的思想或内心?

笔记:

祷告:耶稣基督,我明白对你的信心和信任是多么重要.因此,倒出你的圣神,使我的心永远向你敞开.阿们

DAY 359 Read: Mk. 16:14 Date:

Questions for understanding:

- Who else did Jesus appear to?

- Why did Jesus rebuke their attitude?

Reflection:

Jesus emphasized the importance of faith and trust in the disciples' relationship with Him. Do I have complete faith in Jesus? What are the challenges in my faith?

Personal Note:

Prayer: Jesus Christ, forgive me for my unbelief and stubbornness. Anoint me with the power of the Holy Spirit so that my heart may be open to believe that You are the Lord and Savior of the world. Amen.

第359天 阅读:谷 16:14 日期:

理解问题:

-耶稣还向谁显现?

-耶稣为什么斥责他们的态度?

反思:

耶稣强调了对门徒与他之间关系的信心和信任的重要性.我对耶稣有完全的信心吗?我的信仰面临哪些挑战?

笔记:

祷告: 耶稣基督, 请原谅我的不信和强. 用圣神的能力给我膏油, 使我的心敞开, 相信你是世界的主和救主. 阿们

DAY 360 Read: Mk. 16:15 Date:

Questions for understanding:

- Where did Jesus send His disciples?
- What should they do?

Reflection:

Jesus' disciples were sent to go and preach the gospel in the power of His name. This is the responsibility that has been entrusted to each follower. Am I aware of this responsibility?

Personal Note:

Prayer: Jesus Christ, I ask for Your blessings and grace so that wherever I go, I am still ready to spread Your Gospel. May my life reflect the gospel values that You have taught me. Amen.

第360天 阅读:谷 16:15 日期:

理解问题:

- 耶稣把他的门徒送到哪里?
- 他们该怎么办?

反思:

耶稣的门徒被派去以他的名的能力传福音. 这是已经赋予每个追随者的责任. 我知道这个责任吗?

笔记:

祷告: 耶稣基督, 我祈求你的祝福和恩典, 以便无论我走到哪里, 我仍然准备传播你的福音. 愿我的生活反映出您教导我的福音价值观. 阿们

DAY 361 Read: Mk. 16:16 Date:

Questions for understanding:

- Who will be saved?
- Who will be punished?

Reflection:

Faith and faith pave the way for salvation and new life. With faith, God can work in my life. How can I strengthen my faith?

Personal Note:

Prayer: Jesus Christ, I pray for all who do not yet believe in You. May their hearts be moved by the power of the Holy Spirit. Help them to believe that You still love them always. Amen.

第361天 阅读:谷 16:16 日期:

理解问题:

- 谁将得救?
- 谁会受到惩罚?

反思:

信仰和信念为救赎和新生活铺平了道路. 凭着信心, 天主可以在我的生活中工作. 我如何增强我的信仰?

笔记:

祷告: 耶稣基督, 我为所有还不相信你的人祈祷. 愿他们的心因圣神的力量而感动. 帮助他们相信您仍然爱他们一生. 阿们

DAY 362 Read: Mk. 16:17 Date:

Questions for understanding:

- How will they cast out evil spirits?
- What language will they speak?

Reflection:

Jesus came to free those who are in the bondage of sin and evil. This deliverance is a sign that the kingdom of God has come among us. Where is the kingdom of God?

Personal Note:

Prayer: Jesus Christ, God Almighty. Give me the courage to announce Your victory over the power of sin and evil. Free me from sin and protect me from evil. Amen

362天 阅读:谷 16:17 日期:

理解问题:

-他们将如何驱除恶魔?

-他们会说什么语言?

反思:

耶稣来释放那些陷于罪恶与邪恶之中的人. 这种解脱表明神的国已经来到我们中间. 神的国在哪里?

笔记:

祷告: 耶稣基督, 全能的天主. 给我勇气, 宣布你战胜罪恶和邪恶的力量. 将我从罪中释放出来, 并保护我免受邪恶. 阿们

DAY 363 Read: Mk. 16:18 Date:

Questions for understanding:

- Will it happen if they terminum poison?

- How will the sick be healed?

Reflection:

Jesus did not leave His disciples alone but empowered them to act in Jesus' name. How can I be God's instrument in His plan?

Personal Note:

Prayer: Jesus Christ, You call Your disciples to continue the plan of salvation for all people.

Strengthen my faith so that I can proclaim the good news of Your deliverance and healing. Amen.

第363天 阅读:谷 16:18 日期:

理解问题:

-如果他们终止毒药会发生吗?

-如何治愈病人?

反思:

耶稣并没有留下他的门徒, 而是授权他们以耶稣的名行事. 我怎样才能成为天主在祂计划中的工具?

笔记:

祷告: 耶稣基督, 你叫你的门徒继续全民的救赎计划. 增强我的信心, 使我可以宣扬你得救和康复的好消息. 阿们

DAY 364 Read: Mk. 16:19 Date:

Questions for understanding:

- What happened to Jesus?

- Where did Jesus sit?

Reflection:

Jesus empowered His disciples to continue preaching the gospel, healing and deliverance from the power of evil. How can I work with God for this?

Personal Note:

Prayer: Jesus Christ, send Your Holy Spirit to guide me in continuing Your work of salvation. Help me to bring Your Gospel to those in need of deliverance. Amen.

第364天 阅读:谷 16:19 日期:

理解问题:

-耶稣怎么了?

-耶稣坐在哪里?

反思:

耶稣授权他的门徒们继续传福音, 从邪恶的力量中康复并获得拯救. 为此, 我该如何与天主合作?

笔记:

祷告: 耶稣基督, 差遣您的圣神来引导我继续您的救恩工作. 帮助我将您的福音带给那些需要拯救的人. 阿们

DAY 365 Read: Mk. 16:20 Date:

Questions for understanding:

- Who works with them?

- How does God confirm His word?

Reflection:

Jesus is the true vine and His followers are His branches. Only with Jesus' help can they bear fruit. What fruit do I produce in my life?

Personal Note:

Prayer: Jesus Christ, the source of wisdom and truth, teach me how I can work with Your Holy Spirit to preach the gospel in this world. Amen.

365天 阅读:谷 16:20 日期:

理解问题:

- 谁和他们一起工作?
- 天主如何确认他的话?

反思:

耶稣是真正的葡萄树, 他的跟随者是他的分支. 他们只有在耶稣的帮助下才能结出果实. 我一生会产生什么水果?

笔记:

祷告: 耶稣基督是智慧和真理的源头, 教会了我如何与你的圣神一起在这个世界上传福音. 阿们