

Prayer Changes Everything 祷告能够改变一切

Sathya Sai Baba Quotes on Prayers 沙迪亚赛峇峇关于祈祷的语录

- Prayer is the very breath of religion for it brings man and God together. 祷告是宗教的气息，因为它把人与神结合在一起。
- It is your duty to ask God. Words must be said and the words must correspond to the thoughts. The thoughts must be put into true words. It is true enough that the Divinity knows all, but HE requires that the true words be said. The mother may know that to maintain the life of the child requires food but milk is given when the child asks for it. 向神祈求你的责任。话必须说出来，话要与思想一致。思想要用实话来表达。神显然知道一切，但祂要求你说出实话。母亲知道，维持孩子的生命需要食物，但只有当孩子要求时，她才会给予牛奶。
- Prayer must emanate from the heart, where God resides, and not from the head where doctrines and doubts clash. 祷告必须发自神寓居的心中，而不该发自教义与怀疑相冲突的头部。

Facilitators Notes: 主持者指南

1. Introduce the speaker in the video 介绍视频里的讲师

Stormie Omartian is a popular speaker and author. She is the author of the bestselling *The Power of Praying* books as well as many other books. She connects with readers by sharing experiences and lessons that illustrate how God changes lives when we learn to trust in Him, seek His will, and follow His lead no matter what the circumstances.

史多美·奥玛森是一位广受欢迎的讲师和作家。她是祈祷的力量系列和其他畅销书籍的作者。经过分享经验，她深深扣住读者的内心，其分享显示当我们学会信任神，寻求神的意愿，并在什么情况下都跟随神的领导时，神将会改变我们的人生。

2. Play the video ‘Prayer Changes Everything’ (9:45 min, Chinese subtitles). 播放视频《祷告能够改变一切》（共9:45分钟，中文字幕）。

<https://youtu.be/G1qal8C2p9M>

Quotes on Prayers from the video 视频里关于祈祷的语录

- Prayer is communicating with God 祷告是与神交流
- The purest form of prayer is praise and worship 最单纯的祷告形式是赞美和敬拜
- The more you worship God, the more you become like Him 你敬拜神越多，你就越像祂
- God lives in the praise of His people 神活在祂百姓的赞美之中
- Every time you praise God, something changes within you or your

circumstances change. 你每次赞美神，你心里改变，或者你的环境改变。

- The more you praise God for His goodness, the more you will see His goodness manifested in your life. 你越多地赞美神的良善，你就会越多地看到神的良善彰显在你的生活中。
- Our praise and worship invite His presence to come into our lives in a powerful way. And in the process, it breaks down any stronghold of negative emotion that we have in our hearts. 我们的赞美和敬拜以一种大能的方式邀请祂的同在进入到我们的生活中。在这个过程中，这会打破我们心里任何消极情绪的堡垒。

Question 问题:

1. The first Sai devotee code of conduct is daily prayer and meditation. What are the ways Sai devotees practice prayers? How have you been practicing? **【Sequential narration】**

赛信徒的第一个行为准则是每日祈祷和冥想。赛信徒以什么方式祷告？你实行得怎么样？ **【顺序讲述】**

2. How does prayer change your life? **【Open discussion】**

祷告如何改变你的生活？ **【公开讨论】**