



O Lord, You are my God.

Earnestly I seek You

My Soul thirsts for You.

My body longs for You


**In a dry and thirsty land
where there is no water**

神啊，祢是我的神，

我要切切地尋求祢；

在乾旱疲乏無水之地，

我渴想祢，我的心切慕祢。

The background of the image is a serene sunset scene. The sun is a bright, glowing orb positioned centrally on the horizon, casting a warm, golden light across the sky and reflecting on the calm water below. The sky transitions from a pale blue at the top to a soft orange near the horizon. In the distance, a range of low mountains or hills is visible against the horizon line. The water in the foreground is dark with gentle ripples, reflecting the colors of the sunset.

**I have seen You in the sanctuary
and beheld your power
and Your glory**

我在聖所中曾如此瞻仰祢，
為要見祢的能力和祢的榮耀。

**Because Your love
is better than life,
I will praise You as long as I live.**

因祢的慈愛比生命更好，
我的嘴唇要頌贊祢。

**On my bed I remember You.
I think of You
through the watches
of the night**

我在床上紀念你，
在夜更的時候思想你

The WRAP challenge

WRAP 的挑战

Choose a: 选择一个

Time. 时间



The WRAP challenge

WRAP 的挑战

Choose a: 选择一个

Time. 时间

Place. 地方



Worship 敬拜

Lift your heart to God in praise.

用你的心來讚美神。

Try to use your own words

尝试用你自己的话语

or a song to speak out

the wonder of God.

或一首歌来说出神的奇迹。

Read 阅读

Read the verses for today,
阅读今天的经文，
slowly and, if possible,
慢慢地，如果可能的话，
out loud. With expression.
用表情大声阅读。

Analyse 分析

What is God wanting to say to me today?

神今天想对我说什么？

What pleases me from this passage?

从这段经文中取悦我的是什么？

How would life change if I took this seriously

如果我认真对待这件事，
它会如何改变我的生命。

Pray 祈祷

Say back to God what He has said to you.

向神说祂对你说的话。

Pray for yourself, friends, church

为自己，为朋友，为教会祷告

For God's work in the world

为神在世上的工作祷告

Thank God for the good stuff

感谢上帝赐予的好东西

An alive Church is:

有生命的教会是

People who hunger after God

渴望神的人