



HEALTH  
ER PEACE  
FRIENDSHIPS & RELATIONSHIPS  
FAMILY HARMONY  
PROTECTION  
WISDOM  
INTELLIGENCE  
DIRECTION FOR THE FUTURE  
FINANCIAL FREEDOM  
ETERNAL LIFE  
FULLNESS OF THE SPIRIT  
GIVENESS

# PRAYER TEMPLATES: THE 12 BLESSINGS

## 祈祷模板: 12个祝福

This template acts as a guideline  
and can be adapted as we pray

# 1 - HEALTH 健康



Dear Lord, thank you for being our healer. We lift up [insert name] to you and pray for health and nourishment for his/her body and bones. Strengthen, restore, and renew every part of his/her being. We ask for your protection against all diseases and viruses. We plead the blood of Christ over him/her and proclaim healing through the stripes of Jesus. In Jesus' name we pray, Amen.

**亲爱的主，感谢祢这位医治的神。**

qīn' ài de zhǔ, gǎn xiè nǐ zhè wèi yī zhì de shén.

**我为着 [名字] 的身体健康和营养吸收祈祷。**

wǒ wéi zhe [míng zì] de shēn tǐ jiàn kāng hé yíng yǎng xī shōu qí dǎo.

**求祢强化，恢复并更新他/她的每一部分。**

qiú nǐ qiáng huà, huī fù bìng gēng xīn tā/tā de měi yī bù fèn.

**我祈求您保护他/她免受所有疾病和病毒的侵害。**

wǒ qí qiú nín bǎo hù tā/tā miǎn shòu suǒ yǒu jí bìng hé bìng dú de qīn hài.

**祈求基督的宝血遮盖他/她。我宣告因着耶稣的鞭伤，**

qí qiú jī dū de bǎo xuě zhē gài tā/tā. wǒ xuān gào yīn zhe yē sū de biān shāng,

**他/她得医治。奉主耶稣的名祷告，阿门！**

tā/tā dé yī zhì. fèng zhǔ yē sū de míng dǎo gào, amén!



## 2 - PROTECTION 保护



Father God, thank you for being our Banner.  
We lift up [insert name] to you and pray for your protection, a hedge of safety, and a covering around him/her. We plead the blood of Christ over him/her, and ask that you watch over his/her coming in and going out. In Jesus' name we pray, Amen.

天父上帝, 感谢祢成为我们得胜的旌旗。

tiān fù shàng dì, gǎn xiè nǐ chéng wéi wǒ men dé shèng de jīng qí.

我祈求祢保护, 围绕并遮盖 [名字]。

wǒ qí qiú nǐ bǎo hù, wéi rào bìng zhē gài [míng zì].

祈求基督耶稣的宝血遮盖他/她,

qí qiú jī dū yē sū de bǎo xuè zhē gài tā/tā,

并请求祢看顾他/她的出入。

bìng qǐng qiú nǐ kàn gù tā/tā de chū rù.

奉主耶稣的名祷告, 阿门!

fèng zhǔ yē sū de míng dǎo gào, amén!



### 3 - INNER PEACE 内在平安



Heavenly Father, thank you for being the Lord of peace. We lift up [insert name] to you and pray for your peace to rest upon his/her mind and heart. We pray that every thought be taken captive to the Lordship of Christ, and for all his/her worries, fears and negative emotions to dissipate. In Jesus' name we pray, Amen.

天父啊，感谢祢是和平的君王。

tiān fù ā, gǎn xiè nǐ shì hé píng de jūn wáng.

我祈祷祢的平安临到 [名字] 的心思意念。

wǒ qí dǎo nǐ de píng'ān lín dào [míng zì] de xīn sī yì niàn.

愿他/她的每一个思想都有耶稣基督的掌权，

yuàn tā/tā de měi yī gè sī xiǎng dōu yǒu yē sū jī dū de zhǎng quán,

让他/她所有的忧虑，恐惧和消极情绪都消散。

ràng tā/tā suǒ yǒu de yōu lǜ, kǒng jù hé xiāo jí qíng xù dōu xiāo sàn.

奉主耶稣的名祷告，阿门！

fèng zhǔ yē sū de míng dǎo gào, amén!



## 4 - FAMILY HARMONY 家庭和谐



Lord Jesus, thank you for being the Lord of peace, we lift up [insert name], his/her home and family to you and ask for your peace to rest upon them. We pray for love and harmony to abound, that the bonds of his/her family remain strong and unbroken. We ask for unity and peace to fill his/her home. In your name we pray, Amen.

亲爱的主，感谢祢成为我生命的主。

qīn' ài de zhǔ, gǎn xiè nǐ chéng wéi wǒ shēng mìng de zhǔ.

我将 [名字] 的家和家人托付给您，并祈求您

wǒ jiāng [míng zì] de jiā hé jiā rén tuō fù gěi nín, bìng qí qiú nín

赐予他们/她们平安。我祈求爱与和谐充满

cì yǔ tā men/tā men píng'ān. wǒ qí qiú ài yǔ hé xié chōng mǎn

他/她的家庭，使他/她的家庭纽带保持牢固和不

tā/tā de jiā tíng, shǐ tā/tā de jiā tíng niǔ dài bǎo chí láo gù hé bù

间断。我祈求团结与和平充满他/她的家。

jiàn duàn. wǒ qí qiú tuán jié yǔ hé píng chōng mǎn tā/tā de jiā.

奉主耶稣的名祷告，阿门！

fèng zhǔ yē sū de míng dǎo gào, amén!



## 5 - FINANCIAL FREEDOM 财务自由



Abba Father, thank you for being the Lord who provides. we lift up [insert name] and his/her finance to you, asking for your help in bringing financial freedom and breaking any burdens of bills, debt or lack. Grant him/her wisdom, faith, and resources. Provide for his/her every need. In Jesus' name we pray, Amen.

阿爸天父，感谢祢是供应的主。

a bà tiān fù, gǎn xiè nǐ shì gōng yìng de zhǔ.

我将 [名字] 的财务状况交托给祢，请求您

wǒ jiāng [míng zì] de cái wù zhuàng kuàng jiāo tuō gěi nǐ, qǐng qiú nín

帮助他/她实现财务自由，并减轻账单，

bāng zhù tā/tā shí xiàn cái wù zì yóu, bìng jiǎn qīng zhàng dān,

债务或匮乏的负担。赐予他/她智慧，信心，

zhài wù huò kuì fá de fù dān. cì yǔ tā/tā zhì huì, xìn xīn,

并供应给他/她一切所需。

bìng gōng yìng gěi tā/tā yī qiè suǒ xū.

奉主耶稣的名祷告，阿门！

fèng zhǔ yē sū de míng dǎo gào, amén!



## 6 - PROGRESS IN CAREER 事业进展



Merciful God, thank you that you have plans to prosper us and not to harm us. We lift up [insert name] and his/her career to you, asking for your guidance, favour, wisdom and strength to pursue his/her work with excellence. We pray for increased fulfilment in the work you have called him/her to, and for open doors of opportunity. In Jesus' name we pray, Amen.

慈悲的主，感谢祢在我们的生命中有美好

cí bēi de zhǔ, gǎn xiè nǐ zài wǒ men de shēng mìng zhōng yǒu měi hǎo

的计划，祢使 [名字] 繁荣昌盛而不是伤害

de jì huà, nǐ shǐ [míng zì] fán róng chāng shèng ér bù shì shāng hài

他/她。我将他/她的事业托付给祢，请求祢引

tā/tā. wǒ jiāng tā/tā de shì yè tuō fù gěi nǐ, qǐng qiú nǐ yǐn

导他/她，赐予智慧和力量来追求卓越。

dǎo tā/tā, cì yǔ zhì huì hé lì liàng lái zhuī qiú zhuó yuè.

我祈求祢使他/她完成祢呼召他/她从事的工作，

wǒ qí qiú nǐ shǐ tā/tā wán chéng nǐ hū zhào tā/tā cóng shì de gōng zuò,

并祈求祢为他/她打开机会之门。

bìng qí qiú nǐ wèi tā/tā dǎ kāi jī huì zhī mén.

奉主耶稣的名祷告，阿门！

fèng zhǔ yē sū de míng dǎo gào, amén!





## 7 - FRIENDSHIPS AND RELATIONSHIPS 友情与关系

Heavenly Father, thank you for the wonderful relationship we have with you. We lift up [insert name], his/her friends and family to you. We pray for an increase of love, understanding, and patience, reflecting the love you first gave us. Surround him/her with like-minded brothers and sisters in Christ, and open doors for new friendships and relationships. In Jesus' name we pray, Amen.

天父啊，感谢祢让我们与祢建立美好的关系。

tiān fù ā, gǎn xiè nǐ ràng wǒ men yǔ nǐ jiàn lì měi hǎo de guān xì.

我为 [名字] 的朋友和家人祈祷，祈求他们

wǒ wèi [míng zì] de péng yǒu hé jiā rén qí dǎo, qí qiú tā men

能有更多的爱，理解和耐心，反映出祢最初

néng yǒu gèng duō de ài, lǐ jiě hé nài xīn, fǎn yìng chū nǐ zuì chū

给予我们的爱。让他/她在基督里有志同道

gěi yǔ wǒ men de ài. ràng tā/tā zài jī dū lǐ yǒu zhì tóng dào

合的弟兄姐妹，为他/她打开新的友谊和

hé de dì xiōng jiě mèi, wèi tā/tā dǎ kāi xīn de yǒu yì hé

关系的大门。奉主耶稣的名祷告，阿门！

guān xì de dà mén. fèng zhǔ yē sū de míng dǎo gào, amén!





## 8 - WISDOM AND INTELLIGENCE 智慧



Lord Jesus, thank you for giving wisdom generously to all without finding fault. We lift up [insert name] to you and ask for a renewed mind, full of godly wisdom and understanding. We pray for discernment in the decisions he/she makes and the wisdom to overcome challenges. Grant him/her revelation and deeper understanding through the Holy Spirit. In your name we pray, Amen.

亲爱的主，感谢祢慷慨地将智慧赐予所有人，  
qīn' ài de zhǔ, gǎn xiè nǐ kāng kǎi de jiāng zhì huì cì yǔ suǒ yǒu rén,  
而不是总挑人的问题。求祢赐 [名字] 更新的心意，  
ér bù shì zǒng tiāo rén de wèn tí. qiú nǐ cì [míng zì] gēng xīn de xīn yì,  
充满敬虔的智慧和悟性，并且留意祢的真理。  
chōng mǎn jīng qián de zhì huì hé wù xìng, bìng qiě liú yì nǐ de zhēn lǐ.  
祈祷祢让他/她能做出明智的决定，  
qí dǎo nǐ ràng tā/tā néng zuò chū míng zhì de jué dìng,  
并获得战胜挑战的智慧。通过圣灵赐予  
bìng huò dé zhàn shèng tiǎo zhàn de zhì huì. tōng guò shèng líng cì yǔ  
他/她悟性，能明白祢话语的启示和更深刻  
tā/tā wù xìng, néng míng bái nǐ huà yǔ de qǐ shì hé gèng shēn kè  
的理解。奉主耶稣的名祷告，阿门！  
de lǐ jiě. fèng zhǔ yē sū de míng dǎo gào, amén!



## 9 - DIRECTION FOR THE FUTURE 未来的方向



Abba Father, thank you that you have plans to give us a hope and a future. We lift up [insert name] to you and pray that you will grant direction in his/her steps, showing him/her the path you've prepared. Give him/her clarity in his/her decisions, wisdom to choose what aligns with your will, and peace in knowing you are in control. Help him/her to trust you with the future and to walk boldly in the direction that you have laid. In Jesus' name we pray, Amen.

阿爸天父，感谢祢在我们生命中的计划，  
a bà tiān fù, gǎn xiè nǐ zài wǒ men shēng mìng zhōng de jì huà,  
让我们充满希望。求祢指引[名字]的脚步，  
ràng wǒ men chōng mǎn xī wàng. qiú nǐ zhǐ yǐn [míng zì] de jiǎo bù,  
向他/她显示祢为他/她预备的道路。  
xiàng tā/tā xiǎn shì nǐ wèi tā/tā yù bèi de dào lù.

让他/她清楚地做出决定，明智地选择符合  
ràng tā/tā qīng chǔ de zuò chū jué dìng, míng zhì de xuǎn zé fú hé  
祢心意的事情，并让他/她知道一切都在祢  
nǐ xīn yì de shì qíng, bìng ràng tā/tā zhī dào yī qiè dōu zài nǐ  
的掌权之中，让他/她有平安。请帮助  
de zhǎng quán zhī zhōng, ràng tā/tā yǒu píng' ān. qǐng bāng zhù

他/她在未来的道路中坚定信靠祢，并勇敢地  
tā/tā zài wèi lái de dào lù zhōng jiān dìng xìn kào nǐ, bìng yǒng gǎn de  
朝着祢要他/她走的路上前进。  
cháo zhe nǐ yào tā/tā zǒu de lù shàng qián jìn.

奉主耶稣的名祷告，阿门！  
fèng zhǔ yē sū de míng dǎo gào, amén!



## 10 - FORGIVENESS 饶恕



Dear Lord, thank you for your steadfast love that never cease. We lift up [insert name] to you, asking for your forgiveness to those who have wronged him/her and for healing from any hurts caused. We seek your forgiveness for any hurt he/she may have caused. We pray for restoration in friendships that have been lost and reconciliation where it is needed. In Jesus' name we pray, Amen.

亲爱的主，感谢祢永不止息的坚定的爱。

qīn' ài de zhǔ, gǎn xiè nǐ yǒng bù zhǐ xī de jiān dìng de ài.

我为着 [名字] 祷告，求祢宽恕他/她的罪。

wǒ wèi zhe [míngzì] dǎo gào, qiú nǐ kuān shù tā/tā de zuì.

帮助他/她宽恕那些冤枉他/她的人，

bāng zhù tā/tā kuān shù nà xiē yuān wǎng tā/tā de rén,

治愈他/她一切的伤害，在需要时恢复他/她

zhì yù tā/tā yī qiè de shāng hài, zài xū yào shí huī fù tā/tā

与那些伤害他/她的人之间已失去的友谊，

yǔ nà xiē shāng hài tā/tā de rén zhī jiān yǐ shī qù de yǒu yì,

并使他们和解。奉主耶稣的名祷告，阿门！

bìng shǐ tā men hé jiě. fèng zhǔ yē sū de míng dǎo gào, amén!



## 11 - ETERNAL LIFE 永恒的生命



Merciful God, thank you for the gift of eternal life through Jesus Christ, and for the promise that those who believe in Him will never perish but have everlasting life. We lift up [insert name] to you and pray for a deeper understanding of this incredible gift, as well as a heart that remains rooted in your love and salvation. Help him/her to live in the light of eternity, seeking your will and sharing your hope with others. In Jesus' name we pray, Amen.

慈悲的主，感谢祢通过耶稣基督赐下永恒的礼物，  
cí bēi de zhǔ, gǎn xiè nǐ tōng guò yē sū jī dū cì xià yǒng héng de lǐ wù,  
感谢祢应许那些相信祂的人永远不会灭亡，而是  
gǎn xiè nǐ yìng xǔ nà xiē xiāng xìn tā de rén yǒng yuǎn bú huì miè wáng, ér shì  
拥有永生。我为 [名字] 祈祷，他/她能更深入地  
yǒng yǒu yǒng shēng. wǒ wèi [míngzì] qí dǎo, tā/tā néng gèng shēn rù de  
理解这份令人难以置信的礼物，并祈求他/她  
lǐ jiě zhè fèn lìng rén nán yǐ zhì xìn de lǐ wù, bìng qí qiú tā/tā  
的心能紧紧与祢的爱和救赎相连。帮助他/她  
de xīn néng jǐn jǐn yǔ nǐ de ài hé jiù shú xiāng lián. bāng zhù tā/tā  
生活在永恒的光中，寻求祢的意愿并与他/她  
shēng huó zài yǒng héng de guāng zhōng, xún qiú nǐ de yì yuàn bìng yǔ tā/tā  
人分享祢赐的盼望。奉主耶稣的名祷告，阿门！  
rén fēn xiǎng nǐ cì de pàn wàng. fèng zhǔ yē sū de míng dǎo gào, amén!



## 12 - FULLNESS OF THE HOLY SPIRIT 圣灵的充满



Lord Jesus, thank you for the Holy Spirit, our Helper and Comforter. We lift up [insert name] and ask for a fresh filling of your Spirit. Fill him/her with your presence so that his/her heart overflows with rivers of living water. Sharpen his/her eyes and ears to be sensitive to the Holy Spirit. We pray that your holy fire will empower him/her to live boldly for your will and kingdom, guiding him/her to be your hands and feet. May he/she be a carrier of your flame and a host of your presence. In your name we pray, Amen.

亲爱的主，感谢祢赐下圣灵，我们的帮助者和安慰者。我来到祢面前，祈求圣灵重新充满 [名字]。让他/她的心充满活水的江河。使他/她 [mingzi]。让他/她的眼睛和耳朵敏锐，对圣灵敏感。祈求祢的圣火使他/她能够为祢的旨意和国度勇敢地生活，引导他/她成为祢的手和脚。愿他/她成为祢火焰的载体和祢存在的见证人。奉主耶稣的名祷告，阿门！

