

Daily Bible Reading for First Week of Lent
آيات للقراءة اليومية للأسبوع الأول من الصوم الكبير

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Important: "Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to <u>stand before the Son of Man</u> " (Luke 21:36)	هام جداً: "اسهروا إذا وتضرعوا في كل حين لكي تحسبوا أهلاً للنجاة من جميع هذا المزمع ان يكون <u>وتقفوا قدام ابن الإنسان</u> " (لوقا 21: 36)
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Matthew 6	متى 6
1 "Take heed that you do not do your charitable deeds before men, to be seen by them. Otherwise you have no reward from your Father in heaven.	1 «اِحْتَرِزُوا مِنْ أَنْ تَصْنَعُوا صَدَقَاتِكُمْ قَدَامَ النَّاسِ لِكَيْ يَنْظُرُوَكُمْ، وَإِلَّا فَلَيْسَ لَكُمْ أَجْرٌ عِنْدَ أَبِيكُمْ الَّذِي فِي السَّمَاوَاتِ.
2 Therefore, when you do a charitable deed, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, that they may have glory from men. Assuredly, I say to you, they have their reward.	2 فَمَتَى صَنَعْتَ صَدَقَةً فَلَا تُصَوِّتْ قَدَامَكَ بِالْبُوقِ، كَمَا يَفْعَلُ الْمُرَاوُونَ فِي الْمَجَامِعِ وَفِي الْأَرْقَةِ، لِكَيْ يَمَجِّدُوا مِنَ النَّاسِ. الْحَقُّ أَقُولُ لَكُمْ: إِنَّهُمْ قَدْ اسْتَوْفَوْا أَجْرَهُمْ!
3 But when you do a charitable deed, do not let your left hand know what your right hand is doing,	3 وَأَمَّا أَنْتَ فَمَتَى صَنَعْتَ صَدَقَةً فَلَا تُعْرِفْ شِمَالُكَ مَا تَفْعَلُ يَمِينُكَ،
4 that your charitable deed may be in secret; and your Father who sees in secret will Himself reward you openly.	4 لِكَيْ تَكُونَ صَدَقَتُكَ فِي الْخَفَاءِ. فَأَبُوكَ الَّذِي يَرَى فِي الْخَفَاءِ هُوَ يُجَازِيكَ عَلَانِيَةً.
5 "And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward.	5 «وَمَتَى صَلَّيْتَ فَلَا تَكُنْ كَالْمُرَائِبِينَ، فَإِنَّهُمْ يُحِبُّونَ أَنْ يُصَلُّوا قَائِمِينَ فِي الْمَجَامِعِ وَفِي زَوَايَا الشُّوَارِعِ، لِكَيْ يَظْهَرُوا لِلنَّاسِ. الْحَقُّ أَقُولُ لَكُمْ: إِنَّهُمْ قَدْ اسْتَوْفَوْا أَجْرَهُمْ!
6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.	6 وَأَمَّا أَنْتَ فَمَتَى صَلَّيْتَ فَادْخُلْ إِلَى مَخْدَعِكَ وَأَغْلِقْ بَابَكَ، وَصَلِّ إِلَى أَبِيكَ الَّذِي فِي الْخَفَاءِ. فَأَبُوكَ الَّذِي يَرَى فِي الْخَفَاءِ يُجَازِيكَ عَلَانِيَةً.
7 And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.	7 وَحِينَمَا تُصَلُّونَ لَا تُكَرِّرُوا الْكَلَامَ بَاطِلًا كَالْأُمَّمِ، فَإِنَّهُمْ يَظُنُّونَ أَنَّهُ بِكَثْرَةِ كَلِمِهِمْ يُسْتَجَابُ لَهُمْ.
8 Therefore do not be like them. For your Father knows the things you have need of before you ask Him.	8 فَلَا تَتَشَبَّهُوا بِهِمْ. لِأَنَّ أَبَاكُمْ يَعْلَمُ مَا تَحْتَاجُونَ إِلَيْهِ قَبْلَ أَنْ تَسْأَلُوهُ.
9 In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name.	9 «فَصَلُّوا أَنْتُمْ هَكَذَا: أَبَانَا الَّذِي فِي السَّمَاوَاتِ، لِيَتَقَدَّسَ اسْمُكَ.

10 Your kingdom come. Your will be done On earth as it is in heaven.	10 لِيَأْتِ مَلَكُوتُكَ. لِتَكُنْ مَشِيئَتُكَ كَمَا فِي السَّمَاءِ كَذَلِكَ عَلَى الْأَرْضِ.
11 Give us this day our daily bread.	11 خُبِزَنَا كَفَافَنَا أَعْطِنَا الْيَوْمَ.
12 And forgive us our debts, As we forgive our debtors.	12 وَاعْفِرْ لَنَا ذُنُوبَنَا كَمَا نَعْفِرُ نَحْنُ أَيْضًا لِلْمُذْنِبِينَ إِلَيْنَا.
13 And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.	13 وَلَا تُدْخِلْنَا فِي تَجْرِبَةٍ، لَكِنْ نَجِّنَا مِنَ الشَّرِّيرِ. لِأَنَّ لَكَ الْمُلْكَ، وَالْقُوَّةَ، وَالْمَجْدَ، إِلَى الْأَبَدِ. آمِينَ.
14 "For if you forgive men their trespasses, your heavenly Father will also forgive you.	14 فَإِنَّهُ إِنْ عَفَرْتُمْ لِلنَّاسِ زَلَاتِهِمْ، يَغْفِرْ لَكُمْ أَيْضًا أَبُوكُمُ السَّمَاوِيِّ.
15 But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.	15 وَإِنْ لَمْ تَعْفِرُوا لِلنَّاسِ زَلَاتِهِمْ، لَا يَغْفِرْ لَكُمْ أَبُوكُمْ أَيْضًا زَلَاتِكُمْ.
16 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.	16 «وَمَتَى صُمَّمْتُمْ فَلَا تَكُونُوا عَابِسِينَ كَالْمُرَائِينَ، فَإِنَّهُمْ يُعَيِّرُونَ وَجُوهَهُمْ لِكَيْ يَظْهَرُوا لِلنَّاسِ صَائِمِينَ. الْحَقُّ أَقُولُ لَكُمْ: إِنَّهُمْ قَدْ اسْتَوْفَوْا أَجْرَهُمْ.
17 But you, when you fast, anoint your head and wash your face,	17 وَأَمَّا أَنْتَ فَمَتَى صُمَّمْتَ فَادْهِنْ رَأْسَكَ وَاعْسِلْ وَجْهَكَ،
18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.	18 لِكَيْ لَا تَظْهَرَ لِلنَّاسِ صَائِمًا، بَلْ لِأَبِيكَ الَّذِي فِي الْخَفَاءِ. فَأَبُوكَ الَّذِي يَرَى فِي الْخَفَاءِ يُجَازِيكَ عَلَانِيَةً.
19 "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal;	19 «لَا تَكْتُمُوا لَكُمْ كُنُوزًا عَلَى الْأَرْضِ حَيْثُ يُفْسِدُ السُّوسُ وَالصَّدَأُ، وَحَيْثُ يَنْقُبُ السَّارِقُونَ وَيَسْرِقُونَ.
20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.	20 بَلْ اكْتُمُوا لَكُمْ كُنُوزًا فِي السَّمَاءِ، حَيْثُ لَا يُفْسِدُ سُوسٌ وَلَا صَدَأٌ، وَحَيْثُ لَا يَنْقُبُ سَارِقُونَ وَلَا يَسْرِقُونَ،
21 For where your treasure is, there your heart will be also.	21 لِأَنَّهُ حَيْثُ يَكُونُ كَنْزُكَ هُنَاكَ يَكُونُ قَلْبُكَ أَيْضًا.
22 "The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light.	22 سِرَاجُ الْجَسَدِ هُوَ الْعَيْنُ، فَإِنْ كَانَتْ عَيْنُكَ بَسِيطَةً فَجَسَدُكَ كُلُّهُ يَكُونُ نِيرًا،
23 But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!	23 وَإِنْ كَانَتْ عَيْنُكَ شَرِيرَةً فَجَسَدُكَ كُلُّهُ يَكُونُ مُظْلَمًا، فَإِنْ كَانَ النُّورُ الَّذِي فِيكَ ظِلْمًا فَالظُّلَامُ كَمْ يَكُونُ!
24 "No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.	24 «لَا يَقْدِرُ أَحَدٌ أَنْ يَخْدِمَ سَيِّدَيْنِ، لِأَنَّهُ إِمَّا أَنْ يُبْغِضَ الْوَاحِدَ وَيُحِبَّ الْآخَرَ، أَوْ يُلَازِمَ الْوَاحِدَ وَيَحْتَقِرَّ الْآخَرَ. لَا تَقْدِرُونَ أَنْ تَخْدُمُوا اللَّهَ وَالْمَالَ.

25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing?"	25 «لَذَلِكَ أَقُولُ لَكُمْ: لَا تَهْتَمُّوا لِحَيَاتِكُمْ بِمَا تَأْكُلُونَ وَبِمَا تَشْرَبُونَ، وَلَا لِأَجْسَادِكُمْ بِمَا تَلْبَسُونَ. أَلَيْسَتْ الْحَيَاةُ أَفْضَلَ مِنَ الطَّعَامِ، وَالْجَسَدُ أَفْضَلَ مِنَ اللَّبَاسِ؟»
26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they?	26 أَنْظُرُوا إِلَى طُيُورِ السَّمَاءِ: إِنَّهَا لَا تَزْرَعُ وَلَا تَحْصُدُ وَلَا تَجْمَعُ إِلَى مَخَارِنَ، وَأَبُوكُمُ السَّمَاوِيُّ يَقْوَتْهَا. أَلَسْتُمْ أَنْتُمْ بِالْحَرِيِّ أَفْضَلَ مِنْهَا؟
27 Which of you by worrying can add one cubit to his stature?	27 وَمَنْ مِنْكُمْ إِذَا اهْتَمَّ يَقْدِرُ أَنْ يَزِيدَ عَلَى قَامَتِهِ ذِرَاعًا وَاحِدَةً؟
28 So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin;	28 وَلِمَاذَا تَهْتَمُّونَ بِاللَّبَاسِ؟ تَأْمَلُوا زُنَابِقَ الْحَقْلِ كَيْفَ تَنْمُو! لَا تَتْعَبُ وَلَا تَعْرَلُ.
29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these.	29 وَلَكِنْ أَقُولُ لَكُمْ: إِنَّهُ وَلَا سُلَيْمَانَ فِي كُلِّ مَجْدِهِ كَانَ يَلْبَسُ كَوَاحِدَةٍ مِنْهَا.
30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith?	30 فَإِنَّ كَانَ عَشْبُ الْحَقْلِ الَّذِي يُوجَدُ الْيَوْمَ وَيُطْرَحُ عَدًّا فِي التَّنُورِ، يَلْبَسُهُ اللَّهُ هَكَذَا، أَفَلَيْسَ بِالْحَرِيِّ جَدًّا يَلْبَسُكُمْ أَنْتُمْ يَا قَلِيلِي الْإِيمَانِ؟
31 Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'	31 فَلَا تَهْتَمُّوا قَائِلِينَ: مَاذَا نَأْكُلُ؟ أَوْ مَاذَا نَشْرَبُ؟ أَوْ مَاذَا نَلْبَسُ؟
32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things.	32 فَإِنَّ هَذِهِ كُلَّهَا تَطْلُبُهَا الْأُمَّمُ. لِأَنَّ أَبَاكُمْ السَّمَاوِيَّ يَعْلَمُ أَنَّكُمْ تَحْتَاجُونَ إِلَى هَذِهِ كُلِّهَا.
33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.	33 لَكِنْ اظْلُبُوا أَوَّلًا مَلَكُوتَ اللَّهِ وَبِرَّهُ، وَهَذِهِ كُلُّهَا تَزَادُ لَكُمْ.
34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.	34 فَلَا تَهْتَمُّوا لِلْغَدِ، لِأَنَّ الْغَدَ يَهْتَمُّ بِمَا لِنَفْسِهِ. يَكْفِي الْيَوْمَ شَرُّهُ.
Finally, Many of those who died wish to come back earth and live for just one hour to have mercy and compassion on their brethren so they may get some mercy and compassion over there. How about you? <u>You are still alive!</u> So, please:	أخيراً: كثير من الذين ماتوا يتمنون أن يرجعوا ويعيشوا على الأرض ولو حتى ساعة واحدة لكي يتحننوا على رفقاءهم البشر لعلهم يجدوا رحمة هناك. فماذا عنك أنت؟ أنت ما زلت حي! فأرجوك:
"Do not be haughty, but fear" (Romans 11: 20)	"لا تستكبر بل خف" (رومية 11: 20)