

A FAITH THAT LEADS TO EMOTIONAL HEALTH – PART 2

A Faith That Works When Life Doesn't – Part 9
 Bible Principles for Living Through A Pandemic
 Rick Warren

10 COMMANDMENTS FOR EMOTIONAL HEALTH DURING COVID-19

1. SHOW GRACE TO MYSELF AND TO OTHERS
2. START AND END EACH DAY REFUELING MY SOUL
3. SET AND STICK WITH A SIMPLE ROUTINE
4. STOP WATCHING SO MUCH NEWS
5. SCHEDULE A DAILY CONNECTION WITH THE PEOPLE I LOVE
6. _____ YOUR FEELINGS INSTEAD OF STUFFING THEM
 "Share each other's troubles and problems, and in this way obey the law of Christ."
 - Galatians 6:2 (NLT)

 "Confess your faults one to another, and pray one for another, so that you may be healed."
 - James 5:16 (KJV)

7. SEEK _____ BEFORE MAKING MAJOR DECISIONS
 "Our plans often fail because we don't seek advice. But listening to good counsel will bring success."
 - Proverbs 15:22

 "There is safety in seeking multiple counsel."
 - Proverbs 11:14
8. SPACE RENEWAL _____ THROUGHOUT MY DAY
 "Even young people become exhausted and give up too soon. But those who wait on the Lord will renew their strength. They will soar like eagles. They'll keep running and NOT grow weary. They'll walk and not grow weak."
 - Isaiah 40:30-31
9. SERVE SOMEONE _____ MORE THAN ME
 "The religion that God our Father accepts as pure and faultless is this: to care for orphans or widows who need help in their distress and to keep yourself uncorrupted by the world."
 - James 1:27

 "The generous prosper and are satisfied; those who refresh others will themselves be refreshed."
 - Proverbs 11:25 (NLT)
10. _____ WHAT'S CONTROLLABLE AND TRUST GOD FOR THE REST
 (From Abraham's example) "We see that his faith and his actions worked together. His faith was made complete by what he did."
 - James 2:22

讓我情緒健康的信心—第二部

在人生困境中活出真信心—第九部
渡過疫症大流行的聖經原則
華理克牧師

冠狀病毒的抗疫十誡

1. 恩待自己和別人
2. 在每天開始和結束時，為靈魂加油
3. 訂立和堅持一個簡單的規律
4. 別再看那麼多新聞
5. 每天預留時間與我的摯愛聯繫
6. 與人_____你的感受，而不是壓抑它
“要分擔彼此的煩惱與問題。這樣，你們就遵從了基督的律法。”
- 加拉太書 6:2 (NLT 意譯)

“你們要彼此認罪，互相代求，好使你們得到醫治。”
- 雅各書 5:16 (新普及譯本)

7. 在作出重大決定之前，先_____意見
“不尋求忠告，計劃就常會失敗；但聽取建言會帶來成功。” - 箴言 15:22

“多方尋求忠告，就得穩妥。” - 箴言 11:14 (意譯)
8. 在一天裏分散_____的時間
“就是年輕人也會軟弱疲倦，小伙子也會筋疲力盡倒下。但那信靠上主的將重新得力，他們要如鷹展翅高飛，他們奔跑不會疲倦，行走不會昏累。”
- 以賽亞書 40:30-31 (新普及譯本)
9. 服侍比自己遭受更多_____的人
“在父神看來，純潔而沒有玷污的虔誠，就是看顧患難中的孤兒寡婦，並且保守自己不被世界玷污。” - 雅各書 1:27 (新漢語譯本)

“慷慨的人會豐盛滿足，而那振奮人心的，自己也得振奮。”
- 箴言 11:25 (NLT 意譯)
10. _____可以控制的，其餘的交託給上帝
(從亞伯拉罕的榜樣) “我們得見他的信心與行動相輔相成，他的信心是藉著行為而變得完全。”
- 雅各書 2:22 (意譯)