

HOW TO TRUST GOD WHEN YOU DON'T LIKE THE CHANGES IN YOUR LIFE

Strategies For Stressful Times - Part 3

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WHAT TO REMEMBER

- CHANGE IS _____**
 "As long as the earth remains, there will be springtime and harvest, cold and heat, winter and summer, day and night." - Genesis 8:22 (NLT)

 There is no growth without change
 There is no change without loss
 There is no loss without grief
 There is no grief without pain
- CHANGE IS NOT ALWAYS GOOD, BUT GOD USES IT FOR GOOD**

 "We know that in all things God works for the good of those who love him, who have been called according to his purpose." - Romans 8:28 (NIV)
- GOD'S PURPOSE IN EVERY CIRCUMSTANCE IS TO MAKE ME _____**

 "We know that God causes EVERYTHING to work together for the good of those who love him and are called to his purpose for them. For God knew in advance, who would come to him, and he chose them TO BECOME LIKE HIS SON . . ." - Romans 8:28-29 (NLT)

 "Endurance builds character and character produces hope." - Romans 5:4
- GOD CAN USE US EVEN HUMAN ERROR AND SIN**
 "You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." - Genesis 50:20 (NIV)
- EVERY CHANGE IS ALWAYS A _____ OF MY FAITH**
 "The purpose of these troubles is to test your faith as fire tests how genuine gold is. Your faith is more precious than gold, and by passing the test, it gives praise, glory, and honor to God." - 1 Peter 1:7 (GW)

WHAT TO DO WHEN I'M STRESSED BY CHANGES

- INVEST MORE TIME ALONE WITH GOD**
 "Don't you know that the Lord is the everlasting God, and he created everything on this earth? And he never grows tired or weary . . . Instead, he gives strength to those who are weary and worn out; and he gives power to the weak. Even young people become exhausted and want to give up. **BUT** those who trust and wait on the Lord will find new strength, flying high like eagles. They will run and not grow weary. They'll keep going and not faint." - Isaiah 40:28-31 (NLT)
- ASK GOD TO HELP ME SEE HIS _____**
 "God let the people of Israel see his mighty ACTIONS, but he revealed his WAYS to Moses." - Psalm 103:7

 "If you need wisdom - just ask God for it! God is generous and he'll gladly tell you what you need." - James 1:5 (NLT)
- INSTEAD OF ASKING "WHY IS THIS HAPPENING?" ASK GOD "WHAT DO YOU WANT ME TO LEARN?"**

 "I've LEARNED the secret of being content in any and every situation, no matter what happens. I can live when I have more than I need or when I don't have enough. I have the strength to face all conditions by the power that Christ gives me." - Philippians 4:12-13
- FOCUS ON WHAT _____**
 "I have loved you with an everlasting LOVE." - Jeremiah 31:3

 ". . . The WORD of God shall stand forever." - Isaiah 40:8 (NLT)

 "His PLANS endure forever; his purposes last eternally." - Psalm 33:11
- KEEP TELLING GOD: I _____ YOU NO MATTER WHAT**
 "The righteous man does not fear bad news, nor live in dread of what might happen. For he is settled in his mind that God will take care of him." - Psalm 112:7

 "Even if a whole army surrounds me, I will not be afraid! And even if enemies attack me from all sides, I will still trust God!" - Psalm 27:3

1. unavoidable 2. more like Jesus 3. test 4. perspective 5. never changes 6. trust

當你不喜歡生命中的變化時，要如何信靠上帝

應對壓力的策略—第三部

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要緊記的是

1. 變化是_____的

“只要大地還在，世上就仍會有播種和收割，有寒暑，有冬夏，有日夜。”

- 創世記 8:22 (新普及譯本)

沒有變化就沒有成長

沒有失去就沒有變化

沒有哀傷就沒有失去

沒有痛苦就沒有哀傷

2. 變化不盡是好的，但上帝會使用它帶來益處

“我們曉得神使萬事相輔相成，叫愛神的人得益處，就是按他旨意被召的人。”

- 羅馬書 8:28 (和合本/中文標準譯本)

3. 上帝在每個情況的目的，是為要使我_____

“我們知道神使萬事相輔相成，是為了那些愛他、按照他的心意蒙召之人的益處。因為上帝預知誰會歸向他，就預先揀選他們，使他們跟他的兒子相似，使他兒子在眾多弟兄中做長子”

- 羅馬書 8:28-29 (中文標準譯本/NLT 意譯)

“忍耐能孕育出堅強的品格，品格能產生盼望。”

- 羅馬書 5:4 (新普及譯本/意譯)

4. 上帝甚至可以使用人的錯誤和罪惡

“從前你們有意要害我，但神有美好的意思在其中，為要成就今日的光景，使許多人的性命得以保全。”

- 創世記 50:20 (新譯本)

5. 每個變化都是對我信心的_____

“這些試煉要顯明你們的信心是真信心，它要像金子一樣，經過火的試驗和提煉，但你們的信心遠比金子寶貴。經過許多試煉之後…就會…帶給你們許多稱讚、榮耀、尊榮。”

- 彼得前書 1:7 (新普及譯本)

當我因生命中的變化而感到壓力，該怎麼做

1. 投入更多時間與上帝獨處

“你從不明白嗎？上主是永恆的上帝，是全地的創造主。他不會衰弱，也從不疲乏。…軟弱的，他加能力；無力的，他賜力量。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 40:28-31 (新普及譯本)

2. 祈求上帝幫助我看到祂的_____

“他使摩西知道他的法則，叫以色列人曉得他的作為。”

- 詩篇 103:7 (和合本)

“你們如果需要智慧，就祈求我們慷慨的上帝吧，他必把智慧賜給你們。”

- 雅各書 1:5 (新普及譯本)

3. 與其問：為甚麼會這樣？不如問上帝：祢想我學到甚麼？

“我已經學會了在甚麼情況下都可以知足。…無論在任何情況下，飽足也好，飢餓也好，豐富也好，缺乏也好，我都得了秘訣。靠着那賜給我力量的，甚麼情況我都能應付。”

- 腓立比書 4:12-13 (新漢語譯本)

4. 專注於_____的事物

“我以永遠的愛愛你。”

- 耶利米書 31:3 (和合本)

“…上帝的道永遠長存。”

- 以賽亞書 40:8 (新普及譯本)

“他的計劃永不落空，他的旨意萬代長存。”

- 詩篇 33:11 (當代譯本)

5. 要不斷告訴上帝：無論如何我都會_____祢

“義人不因壞消息驚惶；也不怕將會發生何事。因他一心信靠上主會看顧他。”

- 詩篇 112:7 (現中修訂版/意譯)

“縱使大軍圍困我，我的心也不懼怕。即便我遭受攻擊，我的信心仍堅定。”

- 詩篇 27:3 (新普及譯本)