

FINDING THE STRENGTH TO KEEP GOING WHEN I'M EMOTIONALLY WORN OUT

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21-22 August 2021

2 Examples of Determination to Keep Going

(JESUS) "I will KEEP ON driving out demons and healing people - today, and tomorrow, and on the third day I'll reach my goal. In any case, I MUST KEEP GOING – today, and tomorrow, and the next day . . ." - Luke 13:32-33 (NIV)

(PAUL) "We're hard pressed on every side by troubles, but we're not crushed and broken. We're perplexed, but we don't give up and quit. We're hunted down, but God never abandons us. We get knocked down, but we get up again AND KEEP GOING." - 2 Corinthians 4:8-9 (NLT)

1. HONESTLY _____ GOD WHAT I'M FEELING

"Unload all your burdens on to him, since He is concerned about you."
- 1 Peter 5:7 (NJB)

- **GOD ALREADY KNOWS EVERY EMOTION I FEEL**

"The Lord gave each of us our minds, so nothing we think or do can be hidden from him."
- Psalm 33:15 (CEV)

- **GOD _____ MY FEELINGS BETTER THAN I DO**

". . . The Lord knows what's in everyone's mind AND he understands everything you think."
- 1 Chronicles 28:9 (NCV)

- **GOD LOVES LISTEN TO ME**

David: "I love the Lord, because he listens to my prayers. He listens to me every time I call to him."
- Psalm 116:1-2 (TEV)

"Morning, noon, and night I complain of my distress, and still the Lord hears my voice."
- Psalm 55:17 (NLT)

"The Lord is like a father to his children, tender and compassionate . . ."
- Psalm 103:13 (NLT)

"Cry out in the night . . . Pour out your heart like water in prayer to the Lord."
- Lamentations 2:19 (NCV)

2. _____ ASK GOD FOR STRENGTH

"Look to the Lord and his strength." - Psalm 105:4 (NIV)

"God is the real source of wisdom and strength." - Job 12:13 (CEV)

"I can lie down and go to sleep, and I'll wake up again, because the Lord gives me strength." - Psalm 3:5 (NCV)

"When I pray, you answer and encourage me by giving me the strength I need."
- Psalm 138:3 (LB)

God told Daniel: "O Daniel, greatly loved of God, listen carefully . . . Since the first day you began to pray and humble yourself before your God, your request has been heard in heaven."
- Daniel 10:11-12 (NLT)

The Attitude That Moves God To Answer: humility

3. GRATEFULLY THANK GOD FOR ALL THAT'S GOOD, DESPITE ALL THAT'S BAD.

"Give thanks IN all circumstances, for this is God's will for you in Christ Jesus"
- 1 Thessalonians 5:18 (NIV)

"(In grief) Job tore his robe and shaved his head. Then he fell to the ground and WORSHIPED GOD. He said, 'I was born with nothing, and I'll die with nothing. The Lord gave, and now he has taken away. May the name of the LORD BE PRAISED. IN SPITE OF EVERYTHING that had happened, Job did not sin by blaming God.'" - Job 1:20-22 (TEV)

Job showed that I can always be grateful:

- That God is loving and cares for me Job 10:12
- That God had a detailed plan for my future Job 23:14
- That God is in control of what I don't understand Job 34:13
- That God will reward me after I'm tested Job 23:10

"Here I am in the place of worship, eyes open, drinking in your strength."
- Psalm 63:2 (MSG)

4. CONSTANTLY KEEP GOD AS MY _____

“We must focus on Jesus, the source and goal of our faith. He saw the joy ahead of him, so he endured death on the cross and ignored the disgrace it brought him. Then he received the highest position in heaven.”
- Hebrews 12:2 (GW)

“This is why we never give up . . . our spirits are being renewed every day. Our present troubles are small and won't last very long. Yet they produce for us an immeasurably great glory that will last forever! So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.”
- 2 Corinthians 4:16-17-18 (NLT/NIV)

“We are praying that you will be filled with his mighty, glorious strength SO THAT YOU CAN KEEP GOING no matter what happens - always full of the joy of the Lord.”
- Colossians 1:11 (LB)

“. . . We can only keep on going, after all, by the power of God, who first saved us . . .”
- 2 Timothy 1:8-9 (MSG)

1. tell 2. understands 3. humbly 4. thanks 5. focus

在心力交瘁之時，找到堅持下去的力量

華理克牧師
21-22 August 2021

兩個決意堅持下去的例子

(耶穌說) “今天明天我要繼續趕鬼治病，第三天，我的使命就完成了。的確，今天明天後天我必須往前走...”
- 路加福音 13:32-33 (新漢語譯本)

(保羅說) “儘管我們被四面八方的磨難壓迫，卻沒有被壓垮；困惑迷惘，卻不會放棄；遭人追逼，卻不被上帝丟棄；被人打倒，卻重新站起來，繼續往前走。”
- 哥林多後書 4:8-9 (新普及譯本/意譯)

1. 向上帝坦誠_____我的感受

“你們要把一切的憂慮卸給神，因為他關心你們。” - 彼得前書 5:7 (新漢語譯本)

● 上帝早已知道我的一切感受

“我們的思想是主所賜的，因此我們所想所作的一切都瞞不過祂。”
- 詩篇 33:15 (CEV 意譯)

● 上帝比我更_____我的感受

“因為祂洞察人心，知道人一切的心思意念。” - 歷代志上 28:9 (當代譯本)

● 上帝喜歡傾聽我說話

(大衛說) “我愛上主，因為他垂聽我；他垂聽我的禱告。我每次求告他，他都垂聽我。”
- 詩篇 116:1-2 (現代中文譯本)

“無論早晨、中午、晚上，我要向他悲歎申訴；他一定會垂聽。”
- 詩篇 55:17 (現代中文譯本)

“上主如同父親疼惜憐愛他的兒女。” - 詩篇 103:13 (新普及譯本/NLT 意譯)

“你要在夜間起來呼喊，如倒水一樣向主傾心吐意。”
- 耶利米哀歌 2:19 (新普及譯本)

2. _____地祈求上帝賜予力量

“要仰望上主和他的能力。” - 詩篇 105:4 (NIV 意譯)

“上帝是智慧和能力的真正源頭。” - 約伯記 12:13 (CEV 意譯)

“我可以躺下睡覺，又安然醒來，因為上主賜我力量。”
- 詩篇 3:5 (新普及譯本/NCV 意譯)

“我求告的時候，你回答我；你用你的力量鼓勵我。”
- 詩篇 138:3 (現代中文譯本)

“上帝對但以理說：「但以理呀，上帝非常喜愛你...留心聽...自從第一天你開始謙卑地在上帝面前祈求...天上已經聽見了你的請求。」”
- 但以理書 10:11-12 (現代中文譯本/新普及譯本/NLT 意譯)

促使上帝回應你禱告的態度：謙卑

3. 發自內心地_____上帝賜予的一切美善，即使仍有壞事。

“在任何情況下都要感恩，因為這是神在基督耶穌裡對你們的旨意。”
- 帖撒羅尼迦前書 5:18 (新普及譯本/中文標準譯本)

“約伯...悲痛地撕破外袍。他剃光頭髮，俯伏在地上敬拜，說：「我赤身出娘胎，也要赤身離世。上主賞賜我的，上主又取走了；上主的名當受頌讚！在这一切事上，約伯沒有責怪上帝，沒有犯罪。」”
- 約伯記 1:20-22 (新普及譯本/現代中文譯本)

約伯讓我們看到，我總是可以感恩：

- 因上帝是慈愛的，祂眷顧我 - 約伯記 10:12
- 因上帝對我的未來有詳盡的計劃 - 約伯記 23:14
- 上帝掌管着我不明白的事情 - 約伯記 34:13
- 上帝試煉我之後，必會獎賞我 - 約伯記 23:10

“我在敬拜之處睜開眼睛，暢飲你的力量。” - 詩篇 63:2 (信息版意譯)

4. 一直_____於上帝

“專一注視耶穌，就是那位信心的創始者和完成者。他因為那擺在面前的喜樂，就忍受了十字架，輕看了羞辱，現在就坐在 神寶座的右邊。”
- 希伯來書 12:2 (新譯本)

“因此，我們絕不氣餒...我們的心靈卻日日更新。我們目前的苦難輕微而短暫，但它們帶給我們的榮耀卻是無法衡量並且永遠長存！所以，我們不要只關注眼前所見的苦難；相反，我們要注視那看不見的事物。因為我們看得見的很快就會消逝，我們看不見的卻會永遠長存。”
- 哥林多後書 4:16-17-18 (新普及譯本)

“我們祈求你們會充滿祂榮耀的大能，以致你們無論遇到何事都可堅持下去，常常充滿主的喜樂。”
- 歌羅西書 1:11 (LB 意譯)

“...說到底，我們只能靠上帝的能力走下去，祂首先拯救了我們...”
- 提摩太後書 1:8-9 (信息版意譯)

1. 傾訴 2. 了解 3. 謙卑 4. 感謝 5. 專注