

DOING A 'RESET' FOR A BETTER LIFE

Building A Better Life – Part 2

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RESET: To make a new, fresh start due to changed circumstances, opportunities or priorities.

Principles For RESETTING Your Life After A Trauma

From Part 1

1. Expect to feel mixed emotions. (Ezra 3:8-13)
2. Extract the lessons I learned. (Galatians 3:4)
3. Evaluate everything before resuming it. (Haggai 1:5-7)
4. Engage slowly, don't be in a hurry! (Habakkuk 2:3)

Part 2

1. ELIMINATE THE _____ (IN MY LIFE)

“. . . Let us run the race before us and never give up. We should remove from our lives anything that would get in the way and the sins that hold us back.”

- Hebrews 12:1 (NCV)

“We must throw off every weight that slows us down, especially those sins that just won't let go. . . .”

- Hebrews 12:1b (CEV)

“‘Everything is permissible for me,’ but not everything is beneficial. ‘Everything is permissible for me,’ but I won't be mastered by anything.”

- 1 Corinthians 6:12 (NIV)

“Get rid of your old self, which made you live like you used to live – the old destructive patterns that were rooted in deceitful desires. Instead, let your heart and mind be made completely new! Put on your new self, which is created to be like God, and shows itself in the true life that is right and good.”

- Ephesians 4:22–24 (TEV)

2. _____ AT WHAT REALLY MATTERS

“Teach us to make the most of our time, so that we may grow in wisdom.”

- Psalm 90:12 (NLT)

“An intelligent person aims at wise action, but a fool starts off in many directions.”

- Proverbs 17:24 (TEV)

Jesus: “My dear friend Martha! You worry and fuss over so many different little things. But really, only one thing is essential, and Mary has selected it . . .”

- Luke 10:41–42 (TEV)

3. EMBRACE THE _____ THINGS THAT GOD DOES

“The Lord says, ‘Forget the former things, and do not dwell on the past. Instead, look at the new things I am going to do. They are already starting to happen. Can you SEE what I've begun to do?’”

- Isaiah 43:18–19a (NCV)

4. EXPECT _____ CHANGE (IN ME)

“The flood gradually receded. Little by little the water lowered. After 150 days the worst was over.”

- Genesis 8:3 (LB/MSG)

“Little by little I will drive the enemies out of your life, until YOU have grown strong enough to take full possession of the land I've given you.”

- Exodus 23:30

“Wealth that comes easily disappears quickly, but wealth that is gathered little by little will grow greater.”

- Proverbs 13:11 (NCV)

“People who set their minds on you, you keep completely whole, and steady on their feet, because they keep at it and don't quit. So, DEPEND ON GOD AND KEEP AT IT because, in the Lord God, you have a sure thing!”

- Isaiah 26:3–4 (MSG)

為更美好的人生重新調整

建立更美好的人生 - 第二部

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「重新調整」：因應新境遇、機會或優先次序改變而作新開始。

創傷後重整人生的原則

節錄自第一部

1. 預計會百感交集（以斯拉記 3:8-13）
2. 汲取我學到的教訓（加拉太書 3:4）
3. 先評估一切再重啟生活（哈該書 1:5-7）
4. 慢慢投入，不要着急（哈巴谷書 2:3）

第二部

1. 除掉（在我生命中）_____的東西

“...應當除掉各樣的障礙物和容易纏住我們的罪，以堅忍的心跑那擺在我們前面的賽程。”
- 希伯來書 12:1 (新漢語譯本)

“...我們就要放下一切重擔，擺脫容易纏累我們的罪...”
- 希伯來書 12:1 下 (當代譯本)

“「甚麼事我都可以做，但不都有益處；「甚麼事我都可以做」，但我卻不受任何事的轄制。”
- 哥林多前書 6:12 (中文標準譯本)

“要除掉「舊我」，就是那使你們以從前生活方式而活的——源於從前那種迷惑人私慾的敗壞生活方式；反而，要讓你們的心思意念上更新，穿上「新我」，就是那照著上帝的形像造的，表現在真理所產生的正義和聖潔上。”

- 以弗所書 4:22-24 (TEV 意譯)

2. _____真正重要的事

“求你教我們充分運用自己的時間，使我們更有智慧。” - 詩篇 90:12 (NLT 意譯)

“聰明人追求作事明智；愚昧人卻四處游離。” - 箴言 17:24 (當代譯本/TEV 意譯)

“親愛的馬大啊，你盡為這些瑣事操心煩惱！但是不可少的只有一件，馬利亞已經選擇...”
- 路加福音 10:41-42 (新普及譯本/和合本)

3. 欣然接受上帝所作的_____事

“耶和華說：「不要想念過去，不要留戀往事。看啊，我要行一件新事，這事現在就要發生，我已經開始行動了！」”

- 以賽亞書 43:18-19 上 (當代譯本/新普及譯本)

4. 預計（在我身上）會_____改變

“地上的洪水慢慢消退，過了一百五十天，水退下去了。”

- 創世記 8:3 (當代譯本)

“我會逐步趕走你生命中的敵人，直到你們人丁興旺，能夠承受我已賜給你們的那地為業！”
- 出埃及記 23:30 (意譯)

“不勞而獲的財物，必快減少；慢慢積蓄的，必然增多。” - 箴言 13:11 (新譯本)

“主啊，堅心倚賴你的，你必保守他十分整全，腳步穩妥，因為他們意志堅定，永不放棄。所以要倚靠上帝，意志堅定，因為主上帝是值得信靠的！”

- 以賽亞書 26:3-4 (信息版意譯)