

FAITH TO GET YOU THROUGH

Strategies for Stressful Times

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The LORD lifts up those who are weighed down. - Psalm 146:8 (NLT)

1. BY FAITH YOU _____

By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going. - Hebrews 11:8 (NIV)

- Look at the first step, not the whole journey.
- Look at God, not yourself.

Let us keep our eyes fixed on Jesus, on whom our faith depends from beginning to end. - Hebrews 12:2 (TEV)

2. BY FAITH YOU _____

By faith he made his home in the promised land like a stranger in a foreign country; he lived in tents, as did Isaac and Jacob, who were heirs with him of the same promise. For he was looking forward to the city with foundations, whose architect and builder is God. - Hebrews 11:9–10 (NIV)

Build your present on the foundations of the future.

3. BY FAITH YOU _____

By faith Abraham, even though he was past age--and Sarah herself was barren--was enabled to become a father because he considered him faithful who had made the promise. And so from this one man, and he as good as dead, came descendants as numerous as the stars in the sky and as countless as the sand on the seashore. - Hebrews 11:11–12 (NIV)

3 sons are mentioned in Abraham's life:

Eliezer Gen 15

Ishmael Gen 16

Isaac Gen 21

3 ways we react when we must wait for God's promise:

- **Eliezer: I'll have to _____ for less**
He took Abram outside and said, "Look up at the sky and count the stars-- if indeed you can count them." Then he said to him, "So shall your offspring be." - Genesis 15:5 (NIV)
- **Ishmael: I'll have to _____**
- **Isaac: I'll choose to _____**

4. BY FAITH YOU _____

By faith Abraham, when God tested him, offered Isaac as a sacrifice. He who had received the promises was about to sacrifice his one and only son, even though God had said to him, "It is through Isaac that your offspring will be reckoned." Abraham reasoned that God could raise the dead, and figuratively speaking, he did receive Isaac back from death. - Hebrews 11:17–19 (NIV)

God sent Christ to be our sacrifice. Christ offered his life's blood, so that by faith in him we could come to God. - Romans 3:25 (CEV)

Be full of love for others, following the example of Christ who loved you and gave himself to God as a sacrifice to take away your sins.

- Ephesians 5:2 (TLB)

助你渡過難關的信心

應對壓力的策略－第六部

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上主扶起被壓倒的人。

- 詩篇 146:8 (新普及譯本)

1. 憑信心_____

因着信，亞伯拉罕蒙召的時候，就遵命出去，往將來要得為基業的地方去。他出去的時候，並不知道要往哪裏去。

- 希伯來書 11:8 (新漢語譯本)

- 着眼於第一步，而不是整個過程。
- 要注目於上帝，而不是你自己。

注目於那位信心的創始者和完成者耶穌。

- 希伯來書 12:2 (新漢語譯本)

2. 憑信心_____

因着信，他就在應許之地寄居，好像在外地一般，且與承受同一個應許的以撒和雅各住在帳篷裏。因為他期待那座有根基的城，那座城的設計者和建造者就是神。

- 希伯來書 11:9-10 (新漢語譯本)

你將現在建立在未來的基礎上。

3. 憑信心_____

因着信，雖然撒拉自己不能生育，亞伯拉罕又上了年紀，他還能夠作父親，因為他認為那應許他的是信實的。所以從一個好像已死的人生出子孫來，多如天上的星，又如海邊的沙那樣不可勝數。

- 希伯來書 11:11-12 (新漢語譯本)

亞伯拉罕一生有三個兒子：

以利亞謝 (創世記 15)

以實瑪利 (創世記 16)

以撒 (創世記 21)

我們等待上帝應許的三種反應：

- **以利亞謝：我**_____

上主把亞伯蘭帶到外面，對他說：「你向天上看，你要是可以，就數數星星有多少吧。你的子孫也會有這麼多！」 - 創世記 15:5 (新普及譯本)

- **以實瑪利：我要**_____
- **以撒：我會選擇**_____

4. 憑信心_____

因着信，亞伯拉罕在上帝考驗他的時候，獻上了以撒；也就是說，這領受了應許的人，願意把自己獨一的兒子獻上。曾有話論到這兒子，說：「從以撒生的才可稱為你的後裔。」他認定神能夠使人從死人中復活；用比喻來說，他真的從死人中得回了自己的兒子。

- 希伯來書 11:17-19 (新漢語譯本/現中修訂版)

上帝差遣耶穌為我們的贖罪祭，基督也流血捨命，好讓我們信靠他的人，能夠來到上帝面前。

- 羅馬書 3:25 (CEV 意譯)

你們要以基督為榜樣，讓生活充滿愛。基督愛我們，為我們獻上了他自己，成為上帝所喜悅的馨香之祭。

- 以弗所書 5:2 (新普及譯本)