

TRIUMPH OVER STRESSFUL TIMES

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“WE’VE GOT THIS.”

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” - Matthew 11:28–30 (NLT)

“WE CAN _____ THAT.”

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. - Romans 8:28 (NLT)

“WE WANT YOU TO WORK WITH US TO _____.”

But don’t just listen to God’s word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don’t obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don’t forget what you heard, then God will bless you for doing it. - James 1:22–25 (NLT)

“WHEN YOU DO YOUR PART, WE WILL HELP YOU WITH THE PARTS THAT _____.”

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. - 2 Corinthians 1:4 (NLT)

“WE WANT YOU TO BE PART OF A _____.”

Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. - Philippians 2:2 (NLT)

To one person the Spirit gives the ability to give wise advice; to another the same Spirit gives a message of special knowledge. The same Spirit gives great faith to another, and to someone else the one Spirit gives the gift of healing. He gives one person the power to perform miracles, and another the ability to prophesy. He gives someone else the ability to discern whether a message is from the Spirit of God or from another spirit. Still another person is given the ability to speak in unknown languages, while another is given the ability to interpret what is being said. - 1 Corinthians 12:8–10 (NLT)

“WE _____ YOUR FUTURE, AND WE KNOW IT’S ALL GOING TO BE O.K.”

So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. - 1 Peter 5:6 (NLT)

I will be your God throughout your lifetime— until your hair is white with age. I made you, and I will care for you. I will carry you along and save you. - Isaiah 48:4 (NLT)

Conclusion

But the Lord is faithful; he will strengthen you and guard you from the evil one. And we are confident in the Lord that you are doing and will continue to do the things we commanded you. May the Lord lead your hearts into a full understanding and expression of the love of God and the patient endurance that comes from Christ. - 2 Thessalonians 3:3–5 (NLT)

戰勝充滿壓力的時期

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「我們滿有把握。」

耶穌又說：「所有疲乏和擔負重擔的人，都到我這裏來吧！我要賜給你們安息。你們要背負我的軛，聽從我的教導，因為我內心謙卑溫柔，你們一定能找到心靈的安息。我的軛是容易背負的，我給你們的擔子也是輕省的。」

- 馬太福音 11:28-30 (新普及譯本)

「我們能夠_____它。」

我們知道上帝使萬事一同效力，讓那些愛上帝，又按他旨意蒙召的人得益處。

- 羅馬書 8:28 (新普及譯本)

「我們想你配合我們，_____。」

你們必須遵行上帝的道，不要只是聽，否則就是自欺。你們如果只是聽道而不行道，就好像對着鏡子看了一眼自己的臉，看完就走開，隨即忘了自己是甚麼樣子。不過，如果你們仔細察看使你們得自由的完備律法，又照着去做，不忘記你們所聽到的，上帝就會因你們行道而賜福給你們。

- 雅各書 1:22-25 (新普及譯本)

「當你盡上本份時，我們會幫助你面對_____。」

每逢我們遇到苦難，他都安慰我們，好讓我們也能夠安慰別人。在別人遇到苦難時，我們能夠用上帝給我們的安慰去安慰他們。

- 哥林多後書 1:4 (新普及譯本)

「我們想你能成為_____的一份子。」

那麼，你們就要全心全意地達成共識，彼此相愛，抱着共同的想法和目標一起合作，好讓我歡喜快樂。

- 腓立比書 2:2 (新普及譯本)

聖靈把提出智慧忠告的能力賜給一人，同一位聖靈又把含有特殊知識的信息賜給另一人；這位聖靈把強大的信心賜給一人，同一位聖靈又把醫治的恩賜賜給另一人。他把行神蹟的力量賜給一人，把宣講上帝信息的能力賜給另一人，還賜給另一人能力，得以分辨信息是來自上帝的靈還是來自其他的靈。有一人得到能力說出人所不知的言語，另一人得到能力翻譯那些說了出來的話。

- 哥林多前書 12:8-10 (新普及譯本)

「我們_____你的未來，我們知道一切都會安然無恙。」

因此，你們要在上帝莫大的能力下謙卑，時候一到，他就必使你們升高，得到尊榮。

- 彼得前書 5:6 (新普及譯本)

直到你們年老髮白，一生一世，我都是你們的上帝。我創造了你們，就必定看顧你們；我要一路懷抱你們，拯救你們。

- 以賽亞書 48:4 (新普及譯本)

結論

然而，主是信實的，他必會加給你們力量，保護你們脫離那惡者。我們在主裏確信，你們正在遵行我們所吩咐的話，並會繼續這樣做。願主引導你們的心，使你們能充分明白上帝的愛和來自基督的堅忍，將它們表現出來。

- 帖撒羅尼迦後書 3:3-5 (新普及譯本)