

**RESUMING LIFE AFTER A CAPTIVITY**

Building A Better Life – Part 1

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CAPTIVITY: “The condition of having your freedom limited involuntarily. Being confined, trapped, restricted or controlled against your will.”

The Opposite: Emancipation, freedom, independence, liberty, choice

**HOW TO RESUME LIFE SUCCESSFULLY****1. EXPECT TO FEEL \_\_\_\_\_**

“. . . all who had returned from captivity (in Babylon) began to work on rebuilding the Temple of God. . . . When the builders finished laying the foundation . . . everyone sang with thanksgiving to God and shouted Praise the Lord! The foundation of his Temple has been laid! BUT many of the older people, including the priests and family leaders who had seen and remembered the first Temple wept with sadness when they saw the new foundation. But because everyone made so much noise that it could be heard far away, no one could tell the difference between the joyful shouting and the sad crying, and it was all mingled together.”

- Ezra 3:8–13 (NCV)

**2. EXTRACT THE \_\_\_\_\_ I LEARNED**

“You have experienced many things. Were all those experiences wasted? I hope not!”

- Galatians 3:4 (ICB)

“Did you go through this whole painful learning process for nothing? It is not yet a total loss, but it certainly will be if you keep this up!”

- Galatians 3:4 (The Message)

QUESTIONS: What have I LEARNED about: What matters most and what doesn't matter? . . . My weaknesses? . . . My relationships? . . . The pace of my life? . . . About God? . . . The world? . . . How I use my time? . . . About money? . . . About happiness?

**3. \_\_\_\_\_ EVERYTHING BEFORE RESUMING IT**

“This is what the Lord Almighty wants you to do: Take a good, hard look at your life. Think it over! You've spent a lot of money, but you haven't much to show for it. You keep filling your plates, but you never get filled up! You keep drinking but you're always thirsty. You put on layers of clothes, but you can't get warm. You earn wages, only to put them in a purse with holes in it! So give serious thought to your ways!”

- Haggai 1:5–7 (MSG/NIV)

“Zeal without knowledge is not a good thing; a person who moves too quickly may go the wrong way.”

- Proverbs 19:2 (NLT)

**4. ENGAGE \_\_\_\_\_, DON'T BE IN A HURRY**

God: “At the appointed time that I have decided, everything I've planned will happen. You can trust what I say about the future, but it won't happen all at once. It may seem that it's taking a long time, but be patient and keep on waiting, because the vision will surely happen!”

- Habakkuk 2:3 (CEV)

God told the Israelites: “I'm NOT going to get rid of all your enemies in a single year, because the land would then be deserted and unmanaged, and wild animals would multiply quickly beyond your control. So, instead, I will drive them out slowly, little by little, until you've grown strong enough to take full possession of your land!”

- Exodus 23:29–30

**困後重生**

建立更美好的人生 - 第一部

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11 April 2021

被困：“你的自由非自願地被限制。

被約束、被束縛、被規限，或違反你的意願而被控制。”

相反：釋放、自由、獨立、自主和選擇

## 如何能順利重啟生活

## 1. 預計會\_\_\_\_\_

所有從被擄之地（巴比倫）歸回的人，就開始動工建造上帝聖殿，…建造的人奠定了根基之後，…眾人都高歌頌讚上帝，他們高呼：「讚美主！」因為聖殿的根基已經立定了。但是，許多老年人，包括祭司和族長，就是見過和記得第一座聖殿的人，看見新聖殿的地基就放聲痛哭。但因為眾人都大聲呼喊，從遠處都能聽得見，人們無法分辨是痛哭聲還是歡呼聲，統統都混在一起。”

- 以斯拉記 3:8-13 (NCV 意譯)

## 2. 汲取我學到的\_\_\_\_\_

“你們以往一切的經驗是徒然的嗎？絕對不是！” - 加拉太書 3:4 (現中修訂版)

“你們那麼多的經歷是徒然的嗎？肯定不是徒然的，但你再這樣下去，就必定會是！” - 加拉太書 3:4 (新普及譯本／信息版意譯)

問：我學到了甚麼：最重要的和並不重要的？…自己的弱點？…自己的人際關係？…自己的生活節奏？…對上帝？…對世界？…我如何運用我的時間？…金錢方面？…快樂方面？

## 3. 先\_\_\_\_\_一切再重啟生活

萬軍之耶和華這樣說：「你們要反省自己的生命，細心想想！你們花費許多金錢，卻沒有甚麼可炫耀的；你們不斷裝滿餐盤，卻永遠不會飽足！你們不斷的喝，卻總是口渴；你們穿上一層層的衣服，卻得不到溫暖；你們賺取薪金，只不過是把它們放在有洞的錢包裏！所以你們要認真反省自己的行為！」”

- 哈該書 1:5-7 (新譯本／Message/NIV 意譯)

“滿腔熱誠但無知識，並不足取；急躁匆忙難免犯錯。” - 箴言 19:2 (新普及譯本)

## 4. \_\_\_\_\_投入，不要着急

上帝：“在我所指定的時候，我計劃了的一切都將會實現。你可以相信我對將來的啟示，但是它不會一下子實現。也許看來花了很長時間，但要耐心等待，因這異象必定實現！”

- 哈巴谷書 2:3 (CEV 意譯)

上帝告訴以色列人：“我不會在一年之內把你的敵人都趕出去，因為那樣的話，那地就會變得荒涼，野獸就會增多，超出你的控制。所以，我會逐步趕走敵人，漸漸驅逐他們，直到你們人丁興旺，能夠承受那地為業！”

- 出埃及記 23:29-30 (新普及譯本／當代譯本／意譯)