



BETTER THAN OKAY

Beyond the Book, Part 1

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“For I hate divorce,’ says the Lord, the God of Israel. ‘To divorce your wife is to overwhelm her with cruelty,’ says the Lord of Heaven’s Armies. ‘So guard your heart. Do not be unfaithful to your wife.’”

Malachi 2:16 (NLT)

- God hates divorce, because of the impact that it has on people's lives. But God does not say, "I hate divorced people."

How to get your footing when you are in a season of deep despair?

- Grief isn't negative. It is natural.
- Choose to walk through it.
- Allow the _____ needed to grieve.
- Deal with the pain, the heartbreak, the disappointment and the grief
- Lean into support system.
- Do gratitude journal daily.
 - Gratitude is not a feeling. It's a _____.
- Don't talk about your ex negatively.

“The priest who carried the ark of the covenant of the Lord stopped in the middle of the Jordan and they stood on dry ground while all of Israel passed by until the whole nation had completed the crossing on dry ground.”

Joshua 3:17 (NIV)

- Trust the Lord and do what He asks you to do.

How to walk through the moments of loneliness?

- Admit that I am lonely.
- Feel the presence of God.
- Know _____ again.

How to listen to God's voice?

- _____, think and pray.
- Learn to forgive.
 - Forgiveness is _____.
- God's presence when we forgive.

Take your next step!



1. time 2. choice 3. myself
4. stop 5. freedom



比好的更好

談書說道 (一)

布蘭迪威爾遜

2024年7月6-7日

「上主以色列的上帝說：『因為我憎惡休妻！休妻就是殘酷地打擊她。因此你們要謹守自己的心，不可對你們的妻子不忠。』這是天軍的上主說的。」

瑪拉基書 2:16 (新普及譯本)

- 上帝憎惡離婚，因它對生命的影響，但祂沒有憎惡離婚的人

當處於絕望的季節，如何站穩？

- 悲傷不是負面的，它是自然的
- 選擇走過它
- 給予足夠_____去悲傷
- 處理痛苦、心碎、失望、悲傷
- 依靠支援系統
- 每日寫感恩日記
 - 感恩不是感覺，而是_____
- 不要負評「前任」

「在此期間，抬上主約櫃的祭司們站在河牀中央的乾地上，等民眾從他們身邊走過，直到以色列人全部從乾地上走過約旦河。」

約書亞記 3:17 (新普及譯本)

- 信靠上主，遵從祂的吩咐

如何渡過孤單時刻？

- 承認自己很孤單
- 感受上帝的同在
- 再次認識_____

如何聆聽上帝的聲音？

- _____、思考和禱告
- 學習寬恕
 - 寬恕就是_____
- 上帝在我們寬恕之處與我們同在

邁出你的下一步！



1. 時間 2. 選擇 3. 自己 4. 停下 5. 自由