

A FAITH THAT COUNTERS MY BAD HABITS

A Faith That Works When Life Doesn't – Part 4

Defeating the Side Effects of the COVID-19 Crisis

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April 19, 2020

"Never blame God when you are tempted because God can't be tempted by evil, and he never tempts anyone to do the wrong thing. We are tempted by our own desires inside us. That's what drags us in the wrong direction and traps us. Our wrong desires lead us to wrong actions, and those sinful actions eventually ends in death. So, friends, don't be deceived by every desire you feel." - James 1:13-16

WE ARE NOT POWERLESS

"Everyone who is a child of God CAN overcome sin in this world. What wins the victory is our faith! No one can defeat the world's ways without having faith in Jesus as the Son of God." - 1 John 5:4-5

9 COUNTER MOVES

1. KNOW MY _____ COPING STRATEGY

"We should remove from our lives anything that gets in the way (of our spiritual growth) especially those persistent sins that so easily distract us. . ." - Hebrews 12:1

Food... Drinking... Sleep... Shopping... Binge TV... Gaming... Drugs... Gambling... Porn... Over-controlling... Withdrawing... Angry Outbursts

2. KNOW MY EMOTIONAL TRIGGERS (What Makes Me Vulnerable).

"Above all else, guard your heart, for it affects everything you do." - Proverbs 4:23

Physically Exhausted. . . Discouraged & Pessimistic. . . Bored or Discontented
Spiritually Dry or Empty. . . Lonely or Disconnected. . . Insecure or Unsure. . .
Wounded or hurt. . . Resentful. . . Sad or Grieving a loss. . .

3. LEARN MY _____

"The wise man looks ahead. A fool tries to fool himself and won't face facts."

- Proverbs 14:8 (LB)

- When AM I MOST TEMPTED?
- Where AM I MOST TEMPTED?
- Who IS WITH ME WHEN I'M MOST TEMPTED?
- What TEMPORARY BENEFIT DO I GET IF I GIVE IN?
- How DO I FEEL RIGHT BEFORE I'M TEMPTED?

4. _____ TO AVOID THOSE SITUATIONS

"PLAN CAREFULLY what you do. . . Avoid evil and walk straight ahead. Don't go one step off the right way." - Proverbs 4:26-27 (TEV)

5. ASK GOD FOR HELP

"Call to me when trouble comes and I will save you. . ." - Psalm 50:15 (TEV)

"(Jesus) understands our weaknesses, for he faced the same temptations we do, yet he did not sin. So let us come boldly to. . . our gracious God. There we will receive his mercy, and grace to help us when we need it." - Hebrews 4:15-16

6. _____ MY ATTENTION ON SOMETHING ELSE

"Don't let evil conquer you, but conquer evil with good." - Romans 12:21 (GW)

"We capture every thought. . . and we make it obey Christ!"

- 2 Corinthians 10:5 (NCV)

7. JOIN A SMALL GROUP FOR SUPPORT

"Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage each other all the more." - Hebrews 10:25 (TEV)

8. ENLIST ONE FRIEND TO _____ MY STRUGGLE

"Two are better than one, because together. . . if one falls down, the other can help him up. But if someone is alone and falls. . . there's no one to help him."

- Ecclesiastics 4:9-10 (TEV)

"By helping each other with your troubles, you truly obey the law of Christ."

- Galatians 6:2 (NCV)

9. REMEMBER GOD IS ON MY SIDE

"When temptations come into your life remember that they're no different from what others commonly experience. And God is faithful. He will never let you be tempted beyond what you can bear. Also when you are tempted, he will show you a way out so that you will be able to withstand it." - 1 Cor. 10:13

"God blesses people who continue strong when they are tempted. They will receive the crown of life that God has promised to those who love him." - James 1:12

抵抗壞習慣的信心

在人生困境中活出真信心—第四部

應對新型冠狀病毒危機

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April 19, 2020

“你們受試探時，不可怪責上帝，因為上帝不能被惡試探，也絕不試探任何人。我們是被自己內心的渴望所試探的，把我們牽引到錯誤的方向，使我們墮入圈套。錯誤的渴望使我們作出錯誤的舉動，而這些有罪的舉動，結局就是死亡。因此，朋友們，不要被你感到的每個渴望所欺騙。” - 雅各書 1:13-16 (意譯)

我們並不是無能為力

“因為上帝所有的兒女都能勝過這個邪惡的世界；我們得勝，是藉着我們的信心。誰能戰勝這個世界呢？只有那些相信耶穌是上帝兒子的人才能夠。” - 約翰一書 5:4-5 (新普及譯本)

九個抵抗的方法

1. 知道自己的對策

“...就讓我們除掉所有拖累我們的重負，尤其是那極易令我們跌倒的罪。” - 希伯來書 12:1

縱情飲食...縱情飲酒...縱情睡覺...購物...瘋狂看電視...電腦遊戲...吸毒...賭博...色情物品...控制慾...退縮...大發雷霆

2. 知道自己的情绪觸發點 (使你容易受到試探的東西)

“要守護你的心，勝過守護一切，因它決定你一生的路途。” - 箴言 4:23 (新普及譯本)

身體疲憊...沮喪和感到悲觀...苦悶和感到不滿...
屬命乾枯或空虛...寂寞或與人缺乏聯繫...缺乏安全感或疑惑...
身體虛弱或心靈受創...憤憤不平...憂愁或為喪失而哀痛...

3. 了解自己的

“明智的人向前看，愚昧的人卻想自欺，不願面對事實。” - 箴言 14:8 (LB 意譯)

- 我甚麼時候最容易受到試探??
- 在哪裏我最易受試探?
- 與誰一起時，我容易受到試探?
- 如果我屈服於試探，會得到甚麼短暫好處?
- 就在我受試探之前，我會有甚麼感受?

4. 避免這些情況

“對所計劃的事要有把握...要排除邪惡，朝著前面直走，不要離開正路一步。” - 箴言 4:26-27 (新普及譯本)

5. 向上帝求助

“患難臨到的時候要求告我；我會拯救你。” - 詩篇 50:15 (現中修訂版)

“（耶穌）體恤我們的軟弱，因為他也曾像我們一樣面對各種試探，只是他沒有犯罪。所以，讓我們坦然無懼地來到我們施恩上帝...前，接受他的憐憫，我們就會在最需要恩典的時候尋着恩典，得到幫助。” - 希伯來書 4:15-16 (新普及譯本)

6. 將注意力到別的事情上

“不要讓惡勝過你，倒要以善勝過惡。” - 羅馬書 12:21 (新普及譯本)

“我們要掠取每一個人的心思來歸順基督。” - 哥林多後書 10:5 (現中修訂版)

7. 加入小組以得到支援

“不要像某些人放棄了聚會的習慣，卻要彼此勸勉。” - 希伯來書 10:25 (現中修訂版)

8. 找一位朋友 我的掙扎

“兩個人總比一個人好，因為兩個人合作...一個人跌倒，另一個人可以扶他起來。如果孤獨一個人，跌倒了沒有人扶他起來.....” - 傳道書 4:9-10 (現中修訂版)

“你們要分擔彼此的重擔，這樣做就是服從基督的律法了。” - 加拉太書 6:2 (新普及譯本)

9. 緊記上帝站在我這一邊

“你們生命中遇到的試探，跟其他人經歷的並沒有兩樣。上帝是信實的，不會讓你們遇到你們忍受不住的試探。你們受試探的時候，他總會給你們一條出路，好使你們忍受得住。” - 哥林多前書 10:13 (新普及譯本)

“上帝賜福給耐心忍受考驗和試探的人，他們之後就會得到生命的冠冕，這是上帝給那些愛他之人的應許。” - 雅各書 1:12 (新普及譯本)

1. 慣常的 2. 行為模式 3. 計劃 4. 轉移 5. 分擔