

JESUS' SECRETS OF RESILIENCE

Strategies for Stressful Times - Part 5
Rick Warren
2-3 October 2021

"Since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish. Jesus was willing to die a shameful death on the cross because of the joy he knew would be his afterward. Now he is seated in the place of highest honor beside God's throne in heaven. Think about all he endured when sinful people did such terrible things to him, so that YOU don't become weary and give up!" - Hebrews 12:1-3 (NLT)

1. REMEMBER HOW MUCH GOD _____ ME (COMPASSION)

"The Father loves me!" - John 10:17 (NLT)

"Just as the Father has loved me, so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love . . ."

- John 15:9-10 (NIV)

"How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!" - 1 John 3:1 (NIV)

2. REMEMBER _____ (IDENTIFICATION)

"I am . . . the Light of the world . . . the Son of God . . . the Way, the Truth and the Life. . . the Bread of life . . ."

- Mark 14:62, John 6:35, 8:12, 14:6

"I testify on my own behalf." - John 8:18 (TEV)

"Jesus said, 'YOU are the salt of the earth! . . . And YOU are the light of the world . . . don't hide your light!'" - Matthew 5:13-16 (NIV)

3. KNOW WHO I'M TRYING TO PLEASE (MOTIVATION)

"I am not trying to do what I want, but only what my Father who sent me wants?" - John 5:30 (TEV)

"I always do those things that are pleasing to Him." - John 8:29 (NLT)

"No one can serve two masters . . ."

- Luke 16:13 (NIV)

Paul: "I'm not trying to be a people pleaser! No, I am only trying to please God. If I were still trying to please people, I wouldn't be Christ's servant."

- Galatians 1:10 (NLT)

4. KNOW MY _____ (VOCATION)

" . . . I know where I came from and I know where I'm going." - John 8:14 (NIV)

"A person who has doubts is thinking about two different things at the same time and can't make up his mind about anything." - James 1:8 (GW)

"I urge you to live a life worthy of the calling you have received."

- Ephesians 4:1 (NIV)

5. FOCUS ON WHAT MATTERS MOST (CONCENTRATION)

"As the time drew near for his return to heaven, he moved steadily onward toward Jerusalem with an iron will."

- Luke 9:51 (LB)

"Anyone who lets himself be distracted from the work I plan for him is not fit for the Kingdom of God."

- Luke 9:62 (LB)

"We are free to do anything but not all things are helpful or profitable or wholesome or constructive to your character and spiritual life."

- 1 Corinthians 10:23 (Amp)

6. SPEND TIME _____ WITH GOD (MEDITATION)

"It was Jesus' habit to go out to the Mount of Olives to pray, and his disciples followed him."

- Luke 22:39 (NIV)

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

- Mark 1:35 (NIV)

"News about Jesus spread even more. Crowds came to hear him and to be healed . . . but Jesus often slipped away to be alone so he could pray."

- Luke 5:15-16 (NCV)

"Plant your roots in Christ and let him be the foundation for your life."

- Colossians 2:7 (CEV)

7. GET A SMALL GROUP FOR _____ (COLLABORATION)

"Jesus chose twelve - designating them apostles - that they might be with him."

- Mark 3:14 (NIV)

"Jesus said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'" - Matthew 26:38 (NIV)

耶穌堅韌生命的秘訣

應對壓力的策略—第五部
華理克牧師
2-3 October 2021

“既然有一大群見證人圍繞着我們，見證了信心的生活，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。讓我們堅忍地奔跑上帝擺在我們前面的賽程，一直注視着耶穌，他是我們信心的創始者和完成者。因為喜樂在前面等着他，他就輕看羞辱，忍受了十字架的苦難。現在他坐在上帝的寶座旁邊那尊貴的座位上。想一想他如何忍受罪人種種的敵視，你們就不會疲倦灰心了。”
- 希伯來書 12:1-3 (新普及譯本)

1. 緊記上帝有多麼_____我 (憐憫)

“父愛我…”
- 約翰福音 10:17 (新普及譯本)

“正如父愛我，我也愛你們，你們要住在我的愛裏。你們若遵守我的命令，就會住在我的愛裏…”
- 約翰福音 15:9-10 (新漢語譯本)

“父賜給我們的是怎麼樣的愛，讓我們得稱為神的兒女！我們也確實是他的兒女。”
- 約翰一書 3:1 (新漢語譯本)

2. 緊記_____ (身份認同)

“我是…世界的光…上帝的兒子…道路、真理、生命…生命的糧…”
- 馬可福音 14:62, 約翰福音 6:35, 8:12, 14:6 (新漢語譯本)

“我為自己作見證。”
- 約翰福音 8:18 (新漢語譯本)

(耶穌說) “你們是世上的鹽…你們是世上的光…是不能隱藏的。”
- 馬太福音 5:13-16 (和合本)

3. 知道自己想要取悅的是誰 (動機)

“因為我不是要達成自己的意願，而是要遵行差我來者的旨意。”
- 約翰福音 5:30 (新普及譯本)

“因為我總是做合他心意的事。”
- 約翰福音 8:29 (新普及譯本)

“沒有人能服侍兩個主人…”
- 路加福音 16:13 (新普及譯本)

保羅：“我不是要贏得人的讚許，而是要贏得上帝的讚許。如果我的目標只是為了討好人，我就不是基督的奴僕了。”
- 加拉太書 1:10 (新普及譯本)

4. 知道上帝對我的_____ (使命)

“…我知道我從哪裏來，往哪裏去。”
- 約翰福音 8:14 (和合本)

“三心二意的人在他一切所行的路上，都搖擺不定。”
- 雅各書 1:8 (新漢語譯本)

“我…勸你們：行事為人，要配得上你們所蒙的呼召。”
- 以弗所書 4:1 (新譯本)

5. 專注於最重要的事 (專注)

“耶穌升天的日子快到了，他就堅定地面向耶路撒冷而去。”
- 路加福音 9:51 (中文標準譯本)

“任何讓自己從我為他所計劃的工作上分心的人，不適合進神的國。”
- 路加福音 9:62 (Living Bible 意譯)

“我們有自由做任何事，但並非事事都有益處、有利、健康、或造就你的品格與靈命。”
- 哥林多前書 10:23 (AMP 意譯)

6. 花時間與上帝_____ (默想)

“耶穌照他的習慣往橄欖山禱告，他的門徒也跟著他。”
- 路加福音 22:39 (中文標準譯本/NIV 意譯)

“第二天一早，天還沒亮，耶穌就起來，離開屋子，到一個偏僻的地方去，在那裏禱告。”
- 馬可福音 1:35 (現中修訂版)

“耶穌的名聲傳得更廣了，成群的人聚集到祂那裏聽祂講道、求祂醫病。不過，祂還是常常退到曠野去禱告。”
- 路加福音 5:15-16 (當代中文譯本)

“你們要在基督裏面紮根，讓他作你們生命的根基。”
- 歌羅西書 2:7 (新普及譯本/CEV 意譯)

7. 加入一個小組來得到_____ (同心協力)

“他選立了十二個人，稱他們為使徒，要他們跟自己常在一起。”
- 馬可福音 3:14 (新譯本)

“(耶穌)對他們說：「我的心被憂傷壓碎，幾乎要死，你們留在這裏，跟我一起警醒吧！」”
- 馬太福音 26:38 (新普及譯本)