

A FAITH THAT LEADS TO EMOTIONAL HEALTH

A Faith That Works When Life Doesn't – Part 8
Bible Principles For Living Through A Pandemic
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10 May 2020

“Don't burn out! KEEP YOURSELVES FUELED and aflame . . .
Don't quit in hard times; instead pray all the harder.”
- Romans 12:11-12 (MSG)

10 COMMANDMENTS FOR EMOTIONAL HEALTH DURING COVID-19

- Show _____ to myself and to others**
“God loves to give us more grace. He opposes the prideful, but he gives grace to the humble.”
- James 4:6
- Start and end each day _____ my soul**
“. . . Humbly accept God's Word planted in your heart. It is able to save your souls.”
- James 1:21

“Every morning thank God for his love and every evening thank him for his faithfulness.”
- Psalm 92:2
- Set and stick with a _____ routine**
“Carefully consider how you live. Live wisely, not foolishly. Make the most of your time because these are difficult, evil days.”
- Ephesians 5:15-16
- Stop watching so much _____**
Jesus: “Your eye is the lamp of your body. If your vision is good, your whole being will be full of light. But if you're focused on the bad, your life will be full of darkness!”
- Matthew 6:22-23

“Keep me from paying attention to what is worthless.” - Psalm 119:37 (TEV)
- Schedule a daily _____ with the people I love**
“Speak encouraging words to each another. Build up hope so you'll all be together in this, with no one left out, and no one left behind. I know you're already doing this; just keep on doing it!”
- 1 Thessalonians 5:11 (MSG)

1. grace 2. refueling 3. simple 4. news 5. connection

讓我情緒健康的信心

在人生困境中活出真信心—第八部
渡過疫症大流行的聖經原則
華理克牧師
10 May 2020

“不要耗盡自己，要保持精力充沛和火熱，
困苦的時候不要放棄，卻要更恆切禱告。”
- 羅馬書 12:11-12 (信息本意譯)

「冠狀病毒的抗疫十誡」

- 自己和別人 _____**
“上帝樂意賜給我們更多恩典。他抵擋驕傲的人，卻賜恩給謙卑的人。”
- 雅各書 4:6 (意譯)
- 在每天開始和結束時，為靈魂 _____**
“...謙卑地接受上帝栽種在你們心中的道；這道能拯救你們的靈魂。”
- 雅各書 1:21

“清晨宣揚你的慈愛，夜晚傳講你的信實。”
- 詩篇 92:2
- 訂立和堅持一個 _____ 的規律**
“所以，你們行事為人要謹慎；不要像沒有智慧的人，要像有智慧的人，好好把握時機，因為現今的日子邪惡。”
- 以弗所書 5:15-16 (新漢語譯本)
- 別再看那麼多 _____**
耶穌：“眼睛是身體的燈。所以，眼睛若是健康，全身就光明；眼睛若是壞了，全身就黑暗。”
- 馬太福音 6:22-23 (新漢語譯本)

“求你使我轉眼不看毫無價值的東西。”
- 詩篇 119:37 (新普及譯本)
- 每天預留時間與我的摯愛 _____**
“要互相說勉勵的話，建立盼望，以致你們能同舟共濟，沒有人被遺忘，也沒有人被遺留。我知道你已這樣做，繼續做吧!”
- 帖撒羅尼迦前書 5:11 (信息本意譯)

1. 恩待 2. 加油 3. 簡單 4. 新聞 5. 聯繫