

## A FAITH THAT STAYS CALM IN A CRISIS

A Faith That Works When Life Doesn't – Part 7  
Bible Principles For Living Through A Pandemic  
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3 May 2020

### HOW TO STAY CALM IN A CRISIS OR CONFLICT

#### 1. REALIZE THE \_\_\_\_\_ OF UNCONTROLLED ANGER

"A hot-tempered man...gets into all kinds of trouble." - Proverbs 29:22 (LB)

"Hot tempers cause arguments." - Proverbs 15:18 (GN)

". . . anger causes mistakes." - Proverbs 14:29 (LB)

"People with hot tempers do foolish things." - Proverbs 14:17 (GN)

"The fool who provokes his family to anger and resentment will finally have nothing worthwhile left." - Proverbs 11:29 (LB)

#### 2. RESOLVE TO MANAGE MY ANGER

"A fool gives full vent to his anger, but a wise man KEEPS himself under control." - Proverbs 29:11

Resolve = Decide in Advance

#### 3. REFLECT BEFORE \_\_\_\_\_

"My dear brothers and sisters, Always be quick to listen, slow to speak, and slow to get angry, because human anger will never bring about the righteous life that God desires." - James 1:19-20

- BE QUICK TO LISTEN
- BE SLOW TO SPEAK  
"A stupid man gives free rein to his anger; a wise man waits and lets it grow cool." - Proverbs 29:11 (NEB)
- BE \_\_\_\_\_ TO GET ANGRY  
"A man's wisdom gives him patience." - Proverbs 19:11 (NIV)

ASK 3 QUESTIONS:

- WHY AM I ANGRY?  
Hurt? Frustration? Fear?
- WHAT DO I REALLY WANT?

- HOW CAN I GET IT?

#### PRAY:

"Lord, help me control my tongue; help me be careful about what I say."  
- Psalm 141:3 (NCV)

"Drinking too much makes you loud and foolish. It's stupid to get drunk."  
- Proverbs 20:1 (GNT)

#### 4. \_\_\_\_\_ MY ANGER APPROPRIATELY.

"If you become angry, don't let your anger lead you into sin."  
- Ephesians 4:26 (TEV)

"A gentle answer quiets anger, but a harsh one stirs it up."  
- Proverbs 15:1 (TEV)

Don't Suppress it . . . Repress it . . . or Express it. CONFESS it!

#### 5. RE-PATTERN MY MIND

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think." - Romans 12:2a (NLT)

"Keep away from angry, short-tempered people, or you will learn to be like them . . . ." - Proverbs 22:24 (LB)

"If you exploit or abuse your family, you'll end up with a fistful of air."  
- Proverbs 11:29 (The Message)

"You husbands must love your wives and never treat them harshly."  
- Colossians 3:19 (NLT)

#### 6. ASK GOD TO \_\_\_\_\_ ME WITH HIS LOVE

"Love is not easily angered." - 1 Corinthians 13:5

"Patience and encouragement come from God. I pray God will help you all agree with each other the way Christ Jesus wants." - Romans 15:5

"The fruit of the Spirit is . . . patience." - Galatians 5:22

"Whatever is IN YOUR HEART determines what you say." - Matthew 12:34

1. cost 2. reacting 3. slow 4. release 5. fill

## 讓我在危機中保持平靜的信心

在人生困境中活出真信心—第七部  
渡過疫症大流行的 16 個聖經原則  
華理克牧師  
3 May 2020

## 如何在衝突中保持平靜

## 1. 要認清怒氣失控的

“脾氣暴躁的人，會惹上各種麻煩。” - 箴言 29:22 (Living Bible 意譯)

“脾氣暴躁的人引起爭執。” - 箴言 15:18 (Good News 意譯)

“憤怒會使人犯錯。” - 箴言 14:29 (Living Bible 意譯)

“脾氣暴躁的人行事愚昧。” - 箴言 14:17 (Good News 意譯)

“激發家人憤怒和怨恨的愚昧人，最終將一無所有。”  
- 箴言 11:29 (Living Bible 意譯)

## 2. 要下定決心管理自己的憤怒

“愚昧人把怒氣盡情發洩，智慧人卻抑制怒氣。” - 箴言 29:11 (意譯)

下定決心=事先決定

## 3. 之前先反思

“我親愛的弟兄姊妹，你們要知道：各人都要更快地聽，慢慢地說，慢慢地動怒。人的憤怒並不能生出上帝所要的義。” - 雅各書 1:19-20 (新普及譯本)

- 要更快地聽
- 要慢慢地說  
“愚昧人任意發洩他的怒氣，智慧人卻等待並冷靜下來。”  
- 箴言 29:11 (NEB 意譯)
- 要地動怒  
“人的智慧帶來耐心。” - 箴言 19:11 (NIV 意譯)

問自己三個問題：

- 我為甚麼生氣？  
傷害？挫折？恐懼？
- 我真正想要的是甚麼？

- 我如何能得到想要的？

## 這樣祈禱：

“上主啊，求你約束我的言語，看管我的嘴唇。” - 詩篇 141:3 (新普及譯本)

“喝太多會使你喧鬧不智；喝醉的人實在愚笨。” - 箴言 20:1 (GNT 意譯)

## 4. 要適當地我的憤怒

“即使生氣，也不可犯罪。” - 以弗所書 4:26 (新漢語譯本)

“溫柔的回答平息怒火，粗暴的言語引發怒氣。” - 箴言 15:1 (新普及譯本)

不要強忍…不要抑制…不要以不恰當的方式表達出來。承認它！

## 5. 重新塑造我的思想

“你們不要效法世人的行為和習俗，卻要讓上帝更新你們的思想，使你們轉變成新入。” - 羅馬書 12:2a (新普及譯本)

“遠離脾氣暴躁的人，不然你就會仿效他們。” - 箴言 22:24 (Living Bible 意譯)

“若你剝削或虐待家人，最終會落得兩袖清風。” - 箴言 11:29 (信息本意譯)

“作丈夫的，要愛妻子，絕不可苛刻地對待她們。”  
- 歌羅西書 3:19 (新普及譯本)

## 6. 祈求上帝以祂的愛我

“愛是…不輕易發怒。” - 哥林多前書 13:5 (新普及譯本)

“願賜忍耐和安慰的神，使你們彼此同心，效法基督耶穌。”  
- 羅馬書 15:5 (新漢語譯本)

“聖靈…的果實：…忍耐。” - 加拉太書 5:22 (新普及譯本)

“人心裏想甚麼，嘴裏就吐出甚麼話來。” - 馬太福音 12:34 (新普及譯本)

1.代價 2.反應 3.慢慢 4.發洩 5.充滿