

LIFE PRINCIPLES NOTES

Practical Lessons for Understanding the Word of God



- 战胜焦虑 - 要将一切的焦虑都信上帝 (彼前五:7)

Victory Over Anxiety

08-21-16
12-28-14

batal, unforgiving ... negative feelings & expression

太六:25-34 37:44-1,27

KEY PASSAGE: Philippians 4:4-7 | SUPPORTING SCRIPTURE: Matthew 6:25-34 | John 14:1, 27 | Acts 18:9-10

腓四:4-7

靠主常常喜乐, ...

徒十八:9-10

Saul is jealous of David.

SUMMARY:

fear ...

* Emotions greatly influence how we live our lives.

管理情绪或被情绪控制。

They are a gift from God, provided so we can enjoy life and relate to others. How we express them is what determines whether they are beneficial or detrimental. Either we control them, or they control us. Our emotions are good if they are kept in proportion, but when we allow them to control us, we are more likely to harm others and ourselves.

生活中的未知引发

Anxiety is the most prominent emotion people experience today. It's important to realize that feeling anxious is not a sin, but the Lord doesn't want us to live in a continual state of dread because of life's uncertainties. All people encounter situations that cause them to be nervous; sometimes it's unavoidable. For example, if you heard your child had been in a car accident, your heart would immediately be filled with worry. That's a completely natural feeling. However, it's important to understand what we should do with anxiety and how long we should let it control us.

焦虑!
但是-
神知道
掌管
未来!!

uncertainty → anxiety (not all sin)

SCRIPTURAL PRINCIPLES:

What is anxiety?

- 不安或不平静的心

In the New Testament, the word *anxiety* means "to be distracted or pulled apart." This is the opposite of *peace*, which means, "to be bound together." *Anxiety* can also be defined as "dread, apprehension, and uncertainty"

job, marriage, family, health, money

and can be caused by past events, present situations, or future possibilities. Sometimes, anxiety is a fear of not being in control. Situations in which we are powerless make us feel vulnerable and cause us to worry.

"out of my control"

What are the sources of anxiety?

神不足焦虑及害怕的来源 a.

First of all, we must understand that God is not the creator of anxiety and that worry doesn't fit our identity as followers of Christ. Instead, He commands us to trust God (Matt. 6:25-26). However, when we worry, it's important to know that there are:

■ **Legitimate causes.** Some things are just naturally going to create anxiety. For example, if you didn't study for an exam, you have good reason to feel nervous.

■ **Inappropriate reasons.** At other times, we experience worry when we feel we might not get something. It could be some possession we've dreamed of having or a relationship we want to keep, even if it's not God's will for our lives.

■ **Unacknowledged issues.** When we don't deal with the cause of our anxiety, it takes up long-term residence within us, causing all sorts of emotional and physical problems. Some people actually give up and live in misery. Once an issue is settled, they'll find something else to fear and dread, but this is not what God wants for His children.

适当的应对
reactions

Why should we avoid anxiety?

■ **It isn't scriptural.** In a single passage of Scripture, Jesus said, "Do not be anxious"

圣经中得释放

焦虑不安

主無條件地愛你，這會把最壞的賜給你(羅:8:28)! 祂非常願意幫助你，賜你力量並將你的憂慮擔心除去! 上帝是可靠真實的!!

three times (Matt. 6:25-34). He explained that it is unnecessary because the Father will provide what we need. As His children, we can trust He will do what He's promised. We simply can't accept anxiety when Jesus is our Prince of Peace.

*耶穌基督是和平之君!

Anxiety has a negative effect on every area of our lives because it:

- **Divides our minds.** Apprehension pulls us in two different directions, making it hard to focus on important matters. *讓人分心 distraction*
- **Decreases our productivity.** Because we are distracted with worry, we can't give anything else our best effort. *降低生產力*
- **Affects our relationships.** It's hard to keep anxieties to ourselves. When we're filled with fear, we burden other people around us. *影響關係*
- **Leads to unwise decisions.** Those who are overly concerned about the future are prone to make hasty decisions to stop feeling uncertain. *作出明智決定*
- **Steals our joy and peace.** It's impossible for us to be fretful and peaceful at the same time. *失去喜樂與平安*
- **Proves to be a terrible waste of time and energy.** Worry is exhausting and achieves nothing. It only hinders us from accomplishing God's goals for our lives. *浪費時間及精力 如何掌控憂慮*

What is the best way to handle anxiety?

With so much at stake, it's foolish to give in to anxiety or seek quick, temporary relief. If you never get to the root of the problem, worries will soon move beyond negative emotions and cause many physical problems. The solution can be found in **Philippians 4:4-7**. Instead of being anxious, you should:

*devastating effects

Paul was in prison - Acts 18:10

* **Bring your worries to God.** Whatever is troubling you is a matter for prayer. The first step to escape anxiety is openly acknowledging your fears and concerns to the Lord.

帶到主前求

* **Come to the Lord with an attitude of thanksgiving.** When you're apprehensive,

CVD; GERD; Hypertension; depression; ...

交託並仰望神
向神禱告及感恩
思想神的應許及信實
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you may not feel grateful, but when you think about God's loving involvement in every aspect of your life, the reasons why you should always praise Him become clear.

thankful that ...

The right spirit

Come with a threefold conviction.

Remember three important things: First, the Lord loves you unconditionally and wants the best for you. Second, He has the desire and power to help you. Third, He has promised to relieve you of your worries, so you can expect Him to do just that.

trust & obey
faith
wait

Recognize that anxiety is a faith battle.

You must believe that God will replace your anxieties with His unfathomable peace when you bring them to Him. If you surrender your concerns into His hands and trust Him to walk with you through the fears and uncertainties, you can have His amazing peace—even if all hell breaks loose around you.

acknowledge
walk w/ Him
believe in Him

信心與信仰的爭戰! 要

CONCLUSION:

As great as all these promises are, they will not be yours if you give Christ your worries with one hand and take them back with the other. True freedom is only possible when we finally admit that a burden is too heavy to carry. We must completely surrender our apprehensive thoughts to Him because we'll never be free as long as we hold onto them and focus on what could happen. Many times, I've seen people who have been freed from anxiety. It was like a light had been turned on—their smiles came back, and their attitudes completely changed. The bondage that darkened their lives for so long was broken, and they were free to live in the joy and peace of Christ. Remember, no one has to live in anxiety; it's a choice. Freedom and peace await those who are willing to give their worries to God and leave them in His hands.

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這位真神!

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* Come to Him with a prayer & thankful heart.
think right! in control by God/Holy Spirit.

依靠神及聖靈爭戰; 有勇氣、智慧及力量面對; 主必得勝

LIFE PRINCIPLES NOTES

Practical Lessons for Understanding the Word of God



得勝恐懼

Victory Over Fear

勝過害怕

賽四-10-13

(Healing Damaged Emotions II)

箴-7; 傳-1-13

08/14/16

KEY PASSAGE: Isaiah 41:10-13 | SUPPORTING SCRIPTURE: Psalm 103:19 | Proverbs 1:7 | Ecclesiastes 12:13

John 5:6; 14:1, 27 | 2 Timothy 1:7 | Hebrews 9:27

神所賜的不是胆怯的心, 乃是剛強, 仁愛, 謹守的心。

Fear God and follow His commandments

SUMMARY:

約五:6; 卅四:1, 27; 提後-1:7; 來九:27
This is a fearful time in history.

不確定的事讓人害怕

We're surrounded by many uncertainties that cause us loss or pain, and they can overwhelm us with worry at times. In fact, our society is very anxious. All you have to do is watch the news to see terrifying events happening around the world. However, in spite of all this, God's people are called to live fearlessly. How can we remain calm and confident in the midst of a frightened generation? The only way is to remember that the Lord has promised to strengthen, help, and uphold us, and He always keeps His Word.

信仰, 信心, 信託, 信靠, 信從

SCRIPTURAL PRINCIPLES:

What is fear?

Adam first words: I'm afraid...

- Fear is an uneasy feeling of dread—like an alarm that warns us when something bad is going to happen. It could be caused by a threat or feeling a loss of control in certain situations.
- When the Bible speaks about the fear of the Lord, it isn't a negative feeling. Instead, it is a good fear—one created by a healthy reverence/respect for a holy, righteous God. As believers, we have no need to be afraid of our heavenly Father.
- Remember that fear itself is not bad. But when it's continually with us, it becomes a problem.

Many emotions are linked with fear.

Many of the negative emotions we experience in life are rooted in fear. For example:

- Greed is fear of not having enough.

①

②

③

三角架 (缺一不可) → to make whole
torpid: sense of belonging, worthy, (competent) & Confidence

- Rejection is concern about not being accepted.
- Guilt is apprehension that our wrongs might be discovered or exposed.
- Discouragement is a fear of failure caused by a lack of confidence.
- Anger is caused by a fear that we may not get our way.
- Jealousy is the fear of losing control of things we desire.
- Indecision is caused when we worry about making a wrong choice.

害怕的根源:

貪婪

被拒絕

失落

生氣

忌妒

不果斷

↓

害怕/恐懼

Why are we afraid?

not coming from God.

"God has not given us a spirit of timidity," so we know He isn't the source of our fears (2 Tim. 1:7). Where do they come from? power, love and self-control (sound mind)

- Childhood lessons. In their attempts to protect and train us, our parents may have ingrained fears in us that affect how we live.
- Imagination. Sometimes, the nervous system cannot distinguish between a real or imagined danger. We create shadow fears that trouble us.
- Sin. Fear is a consequence of disobeying the Lord. It is good because it reminds us that we will give an account of our lives to Him one day.
- Ignorance. Some of our fears are based on misinformation instead of the truth.
- Doubt. The Lord is our source of security. When we doubt His love and forgiveness, fear replaces trust and peace.
- A poor self-image. All people need to feel accepted and valued by others. When this sense of belonging is missing, the fear of rejection takes its place.

兒時記憶

幻想/想法

罪

忽視

懷疑/疑惑

差的自我形象

達不到的標準

[錯的視角]

↓

may get killed

disrespected

setup

danger

What we think and see ourselves is important.

健康的自我形象!

要有*可達到,合理的標準

全面的 " " " *正確地認識神, 認識自己, 認識環境!

- ** **Unattainable standards.** Sometimes we aim too high and become anxious when it looks like we won't reach our goals. ~過高達不到的標準
- * **A wrong view of God.** If we view the Lord primarily as our Judge, we'll be afraid of Him because we don't understand the vastness of His love.

害怕/恐懼/驚惶/驚嚇 → 後果

What are the consequences of fear?

Passing moments of fear are natural, but when you allow it to rule you, there are consequences. For example, fear:

emotionally physically

- * **Divides your mind.** You can't concentrate if apprehensions are constantly distracting you.
- * **Stifles your ability to think and act rightly.** Anxieties cloud your mind and keep you from behaving as you should.
- * **Causes indecision.** Fear can paralyze you when you need to make choices. 要有自信並果斷!
- * **Undermines self-confidence.** God has given every person skills and talents, but fear causes you to doubt you can accomplish His work.
- * **Results in panic.** If you lose the ability to manage your fears, they control you. Out of control
- * **Enslaves you with feelings of uncertainty.** Whenever long-term situations like health or financial worries have uncertain outcomes, you can be consumed with worry about the future. enslaved
- * **Destroys relationships.** Those who have experienced difficulties in past relationships may find the fear of repeating those mistakes keeps them from forming new ones.
- * **Steals joy and peace.** Think of your life as a machine and joy and peace as the oil that keeps it running smoothly. Fear is like sand that destroys the gears and erodes your happiness.
- * **Blocks spiritual growth.** You'll never be able to become the person God wants you to be or achieve what He's appointed for you to do if you're afraid to step out in obedience.
- * **Affects health.** Prolonged fearful anxiety is linked to a variety of physical disorders—cardiovascular disease, hypertension, digestive problems, and chronic headaches are just a few. immune system

Fear also impacts eating and exercise habits, both of which keep you healthy and productive.

How should you deal with fear? *如何面對及應對!

- * **Acknowledge it.** Before you can begin to deal with your fear, you must admit it's a problem in your life. 承認, 認識它存在.
- * **Identify its source.** Ask yourself if you're afraid of a situation with an uncertain outcome or of the consequences of past choices. Once you know the true source, you can begin to address it in the right way. 辨別它的來源.
- * **Change your focus.** When your attention is fixed on your fears, they get bigger, consume more of your life, and shape your decisions. The only way to reverse this negative process is to shift your focus to the most powerful weapon you have—the Word of God. 鬆眼定睛在神及祂話語上
- * **Rely on Isaiah 41:10.** What you are facing is a faith battle. This verse can be your anchor in fearful times if you'll believe it and count it as true in your situation. The sovereign Ruler of the universe has given you His personal promise to strengthen, help, and uphold you. anchor on God 依靠神-堅固, 幫助, 扶持我
- * **Lay down your fear.** When you fully and truly understand that the Lord is faithful, loving, and omnipotent, you have no reason to hold on to your anxieties. He will always keep His promise to bring you through fearful times. 放下懼怕. 信靠, 順服神

* 神昨日, 今日, 一直到永遠不改變! 相信神及祂的屬性及作為.

RESPONSE:

- * What are you most fearful about today?
- * Are you still hanging on to your concerns or releasing them to the Father?
- * How has your fretting affected you in your daily activities or health?
- * How can you take steps toward releasing your anxieties over to God?

fears worries, troubles

祇要敬畏神! 走在神的旨意中!!

* hold on vs. lay down Give it to Him! God can change it!

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Not living in fear! 不要活在懼怕中!

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God, what you want me to do?! * a faith battle *

信心的爭戰! 一生的學習!!

要活在神的能力及聖靈的同在中!

Sermon Notes

Practical Lessons for Understanding the Word of God



上帝能移去压力 God's Stress Remover

07/03/2016
08/02/2015

KEY PASSAGE: Matthew 14:22-23 | SUPPORTING SCRIPTURE: Genesis 1:26 | Mark 1:35 | Romans 5:7-8

太四:22-23

创一:26 可一:35 罗五:7-8

耶稣独自去祷告。

每天有一段分别圣要的时间，
操练与耶稣基督的独处。

SUMMARY

Stress is a killer, but we can't escape it since we're surrounded by distressing situations of all kinds. 如何面对、承受及解决压力？信靠神！

The question is, How are we going to handle it?

Many people try to escape their **anxious feelings** with medications, drugs, alcohol, sex, gambling, or anything that brings relief. But none of these methods are truly effective. The ultimate solution only comes from God, and He has freely provided it to every one of His children. 上帝能帮助我们解决压力。信靠祂吗？

I know this solution works because I have experienced it. At one point in my ministry, I was hospitalized three times in one year because of the stress I placed on myself. Thinking that I ought to take advantage of every opportunity that came my way, I was trying to do more than God intended. As a result, I became so tired and run down that I had to take three months off. My son and I spent six weeks on an island as I recovered. It was during this time that God taught me how to handle stress. The answer is not found in a bottle of pills, but in times of solitude with the Lord.

The practice of solitude

Spending time alone with the Lord sets us free from stress. This kind of isolation is not the same as loneliness. Solitude is a choice to be alone, to voluntarily separate ourselves from others. But loneliness is a painful inner emptiness that results from feeling disconnected from others. It involves a sense of not belonging and being alone in a universe of uncaring people.

↓
使重担脱落，
压力解除，
与主谈心及
交通。

The purpose of solitude is to privately commune with God. The goal is not to study the Bible or bring our petitions and concerns to Him, but to simply be with the Lord. That's when the chokehold of stress is broken, and all our tensions subside. This doesn't mean we'll never experience stress again, but solitude teaches us how to deal with it in God's way when it comes.

Reasons for solitude 与上帝独处的原因：

The Lord wants us to be alone with Him for two primary reasons:

■ **For a relationship.** God created us in His image because He wanted to have a relationship with us for all eternity (Gen. 1:26). No other creature on earth was given this privilege. In fact, God loved us so much that He was willing to send His Son to die for us in order to break down the barrier which sin created (Rom. 5:7-8). Yet despite all this, many Christians don't have time for Him. However, we won't be able to relate to the Lord if our minds are preoccupied, and our schedules are full. Solitude is the only way this intimate relationship with our Creator becomes a reality.

1. 难将
与上帝之关系
割一:26
罗五:7-8

■ **For preparation.** Solitude is also God's way of preparing us for the day ahead. That's why we should begin each morning with time alone with Him. Although reading the Word and spending time in prayer are very important, the primary purpose

2. 预备
面对每天

SERMON POINTS

Jesus also experienced stress, but He knew exactly how to handle it. 耶稣与保罗的榜样。

Once, after feeding a multitude of five thousand, Jesus sent His disciples away in a boat and went up on the mountain by Himself to pray (Matt. 14:22-23). In fact, seeking solitude with His Father was His customary practice, especially after dramatic situations. We also see this same example in the apostle Paul's life. After he was dramatically saved, he headed for Arabia to seek solitude with God (Gal. 1:17). Time spent alone in prayer with God is vital. 太四:22-23 加一:17

Loneliness: isolation & emptiness
painful separation

of solitude is to experience God's presence. He wants to be alone with each one of us because that's when He's able to reveal Himself in awesome ways so we can know Him intimately and feel a sense of belonging.

Experiencing solitude

How do we experience solitude?

■ **By opening God's Word to focus on Him.** Although solitude is not synonymous with Bible study and prayer, we do need to spend a short period of time reading the Word so our thinking will be God-oriented. This is not the time to focus on our needs and prayer requests. The point is to become more sensitive to the Lord's presence.

■ **By eliminating distractions.** To prevent our minds from drifting, we need to find a dark and quiet place that is free from distractions. The goal is to be still and quiet so we can give the Lord our undivided attention. As we enjoy sweet fellowship with Him, all our worries, fears, and stress drain away, and we're strengthened to handle whatever comes.

Benefits of solitude: 与神, 自己, 对人, 对每天

If we practice solitude, our lives will be changed in the following ways:

■ **Makes our busy days more fruitful.** If we begin each day with the Lord, setting our minds and hearts on Him and listening for His voice, He'll guide us and make whatever we do more productive in service to Him.

■ **Repairs damage.** After a hard day, when we just can't handle any more, a time of solitude with the Lord refuels us emotionally. All the troubles and anxieties are released, and we come away liberated and refreshed.

■ **Equips us to face the tough days.** Time alone with the Lord enables us to face the trials, heartaches, and burdens of difficult days with calm confidence and assurance of His presence with us.

■ **Creates surprising moments.** When we meet quietly with the Lord, He may unexpectedly answer

our prayers in surprising ways and reveal even more than we ask.

■ **Strips us of pride.** In God's presence we begin to recognize His holiness, perfection, and power, and as a result, understand how lowly we are in comparison.

■ **Protects health.** Stress affects our bodies and damages our health, but solitude with the Lord releases our anxiety so we don't have to suffer its harmful effects.

■ **Makes a difference in relationships.** When we've released our stress to the Lord, our relationships with others improve.

■ **Gives peace and joy.** Times of solitude with God can calm our hearts, quiet our spirits, and enable us to overcome anything we're facing in life.

■ **Gives greater strength from the Lord.** He enables us to handle each day's challenges.

■ **Produces greater trust in God.** We rest in the knowledge that our heavenly Father will take care of us.

■ **Develops a deeper relationship with the Lord.**

In those quiet times, we learn to know Him more intimately.

* Love God and what God loves

RESPONSE

■ How do you normally handle stress in your life?

■ In what way is solitude different from another form of stress relief you've experienced?

■ Have you ever practiced solitude with God as a solution to stress?

■ What benefits have become evident from your practice of solitude? Would you recommend it to others who are dealing with stress?

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Sermon Notes

Practical Lessons for Understanding the Word of God



神同在的認知與確信

The Awareness of God's Presence

KEY PASSAGE: Psalm 23:1-4 | SUPPORTING SCRIPTURE: Genesis 5:24; 6:13; 12:1 | Exodus 3:12; 33:15 | Joshua 1:5, 9
Judges 6:16 | 1 Samuel 17:46 | Matthew 28:19-20 | John 14:1, 12, 18 | 2 Timothy 4:7 | Hebrews 13:8 | James 1:17

SUMMARY

God is always with us, but this doesn't mean we can always perceive Him.

There may be times when we feel really close to Him, yet on other occasions, He might seem distant and uninvolved in our lives. However, if we're believers, we can be certain that He is our constant companion whether we're aware of Him or not. This is a fact we can count on, and one which will empower and transform our lives.

一直同在的伴侶，全能、全知、全善、永在的神

SERMON POINTS

Throughout all the difficulties David experienced in life, he clung to one truth.

He penned in Psalm 23:4, "Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me." We too have this same promise to stand upon—God is with us.

An awareness of God's presence is vital to whatever He wants to do in our lives.

Throughout the Scriptures, we see the powerful influence His nearness had on the lives of those who trusted Him.

- Enoch walked so closely with the Lord that He took him to heaven (Gen. 5:24).
- God gave Noah instructions for building the ark and protected him through the flood (Gen. 6:13).
- Abraham left his country and family, depending upon the Lord to show him where to go (Gen. 12:1).
- When Moses was called to confront Pharaoh and free the Israelites, God promised to go with him (Ex. 3:12).

After Moses died and Joshua became Israel's new leader, the Lord said He'd be with him just as He'd been with Moses (Josh. 1:5).

Gideon was able to defeat Midian because God fought for him (Judg. 6:16).

David trusted the Lord to deliver Goliath into his hands (1 Sam. 17:46).

After commissioning His followers to take the gospel to the entire world, Christ promised to be with them to the end of the age (Matt. 28:19-20).

Jesus did not leave His followers as orphans but sent the Holy Spirit to indwell them (John 14:18).

The apostle Paul was able to endure hardship and finish well because he depended on Christ as he "fought the good fight" and "finished the course" (2 Tim. 4:7).

The Lord still works powerfully in us today through His indwelling Spirit. One of Jesus' most amazing statements is in John 14:12, "He who believes in Me, the works that I do, he will do also; and greater works than these he will do; because I go to the Father." Christ's ministry was limited to the small geographic area of Israel, but His disciples accomplished "greater works" by spreading the gospel throughout the Roman Empire, and today it reaches even farther through radio, television, and other media. We have no idea what the Spirit of God within us can do if we surrender everything to Him and live with a constant recognition of His powerful presence.

What is the evidence of an awareness of God's presence in our lives?

He's continually in our thoughts, both conscious and unconscious. As we go about our daily responsibilities, we have a subconscious awareness that the Lord is always with us.

Where is God in your life? Do you believe in God?

不相信上帝的同在，就只能靠自力而自專，終就失敗

SERMON NOTES | SN131117

06/28/15, 09/06/15

約書亞
基甸
大衛

耶穌的同在

聖靈的內住

打美好的仗

三一真神的同在與同行

聖靈與我們同在，潛意識中都與我們同在

以諾
諾亞
亞伯拉罕
摩西

以神為中心，有神同在的生活，見證生命。

■ **We persistently seek His guidance.** When our minds are set on the Lord, we want His direction for our choices in every area of life.

神引領

■ **We view the Lord as our constant companion.**

No matter what we go through—even the loss of a loved one—we know we're not alone.

神同在

■ **Being aware of God helps us see everything in the light of His presence.** This gives us a sense of safety because He keeps us through trials, reminds us of the dangers of sin, and provides for all our needs.

神保守

■ **We experience Christ's peace in the midst of storms.** Knowing that nothing in this world is more powerful or knowledgeable than almighty God gives amazing peace and confidence in the midst of difficulties and suffering.

神賜平安及信心

■ **His presence creates a hunger within us for the Word of God.** Reading the Scriptures is like listening to the Lord speak directly to us. When we begin each morning in His Word, we are reminded all day long of His instructions and His constant care.

神藉聖言向我們說話及指導

■ **Living with an awareness of the Lord brings joy to our hearts.** Knowing that our omnipotent God is constantly with us puts troubling circumstances in their proper place—under His authority—and gives us the unexplainable joy of His companionship.

全能的神賜下說不出極大的喜樂

■ **We are more conscious of the good things God sends us.** Instead of giving others credit or attributing luck as the source of our blessings, we'll realize that every perfect gift comes from the Father above (James 1:17).

父神所賜美善的恩賜

■ **The Lord's presence causes us to continually live in dependence upon Him.** Our first reaction to trouble is to call upon Him for help and protection.

依靠祂

■ **Prayer is a priority in our lives.** We don't just come to the Lord with our problems and requests but carry on a conversation with Him all day long, either verbally or in our thoughts.

禱告並與神交談

■ **When everything looks bleak, we continue to have hope.** Our confidence is in God, not in good circumstances. He is our helper and sustainer.

祂是我們的幫助及供應。我要順服與依靠祂。

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■ **Every decision is sifted through God's will.** In each choice, our first thought is to do what the Lord desires.

■ **We consider needs in the light of His presence.** Since He is our provider and knows exactly what we need, we have no cause for worry. We simply ask the Lord for help and trust Him to provide.

■ **Our worship is authentic and rewarding.** Church isn't just a religious routine but a chance to gather with believers and enter into God's presence with adoration.

美神喜悅的敬拜

■ **An obedient lifestyle is the result of living in tune with the Lord.** The more aware we are of Jesus in our lives, the less we tolerate sin because we know it doesn't fit us anymore.

順服基督的一生
是遠離罪惡的一生

■ **We have a strong, intimate relationship with Christ.** As we live with the mindset that He is always with us, our love for Him and sensitivity to Him increase.

與基督堅定親密的關係。

RESPONSE

■ Think about times when you've felt close to the Lord. What caused you to feel that way? Now consider a time when He seemed distant. What prompted this emotion?

回想神同在的经历。

■ Being aware of God's presence begins with a mind set on Him. How often during the day do your thoughts drift to the Lord? What steps can you take to increase your conscious awareness of Him?

心意歸向祂

■ God's presence is transforming. As you read through all the benefits associated with living with an awareness of Him, which ones are evident in your life? Would you be willing to ask the Lord to work in you to produce those you lack?

* 神的同在使我們的心意更新而變化
進而做榮神益人的事。*

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Sermon Notes

Practical Lessons for Understanding the Word of God



在信實的上帝裡休息

Resting in the Faithfulness of God

林前-1:9

申7:9

詩-119:75, 89-90

05/31/2015
07/10/2016

KEY PASSAGE: 1 Corinthians 1:1-9 | SUPPORTING SCRIPTURE: Deuteronomy 7:9; Psalm 119:75, 89-90

Lamentations 3:22-23 | Malachi 3:6 | Matthew 7:21-23 | John 3:36 | 1 Corinthians 10:13 | 1 Thessalonians 5:24

2 Timothy 2:13 | Titus 1:2 | 1 Peter 4:19 | 1 John 1:9 | Revelation 20:11-15

哀-22-23

提後-1:3

多-2:2

彼前4:19

約壹-9

啟-20:11-15

在信實的真實上帝中安息 August 30, 2014

SUMMARY

How do you make significant decisions?

如何做重要的決定?

When you're waiting on God's promise, and prayers seem to go unanswered, how do you respond? Some people choose to give up on prayer and remain confused, but there's a better way to face these moments and bring matters into a right perspective. We can remember why we believe that the Lord is always faithful (1 Cor. 1:1-9). By looking at five of God's key attributes, as well as the nature of His promises, we will understand how we can find rest in His faithfulness and be strengthened in hope.

正確的視角

神是信實的
神聖許的
本質

安息並有能力。

SERMON POINTS

Inherent Characteristics of God

In life, there are times when our trust in God is tested. It's simply part of the journey. Knowing we would need to be reminded of this, the Father provided many passages about His faithfulness in both the Old and New Testaments. So it's very important we understand its significance. God's faithfulness means that He always does the right thing in every situation. It also means He'll never fail to meet a promise. Although circumstances change, the Lord and His Word remain the same. In order to truly believe this, however, there are five key attributes of God that must be understood. Reflecting on them renews and strengthens our confidence in His faithfulness: * 神的五大屬性 *

申7:9

詩119:75

林前5:24

提後2:13

彼前4:19

約壹1:9

■ **Omniscience.** God can be faithful because He knows everything in the past, present, and future. And He knows every detail about you and me—our wants, desires, or weaknesses never catch Him by surprise. We are always welcome to pray about the things

He's promised, but not because He needs reminding. God is fully aware of everything He has said in His Word or spoken to you personally. As such, the Lord is trustworthy and true to guide your every step.

■ **Omnipotence.** Likewise, God must be able to accomplish anything necessary to fulfill a promise.

If some circumstance or situation was beyond His power, there could be no guarantee of His ability to work all things for the good of those who love Him. However, since He is all-powerful, even the obstacles and trials in life that seem to spoil God's plan are also used to fulfill it when we keep our focus on Him.

■ **Omnipresence.** An additional comfort comes from knowing that we're always within God's reach. Under no circumstances can you flee from His presence or be separated from His love in Christ Jesus. At any moment or place you can cry out to Him and know He is available. He is always present.

■ **Truthfulness.** The attributes of omniscience, omnipotence, and omnipresence are closely related in that all three are essential for God to remain faithful. But His character is also important to keep in mind because integrity is at the heart of God's faithfulness. He will not lie or misguide us (Titus 1:2). He will do what He's promised and remain true to His own nature in every circumstance, even when we fail to do so ourselves (2 Tim. 2:13).

■ **Immutability.** Similarly, God's character and attributes cannot change (Mal. 3:6). If His essence is altered, His faithfulness would also be subject to revision and would therefore be unreliable. The same is true with His promises. If they could change, we'd live in constant uncertainty. How thankful we should be that this isn't the case! We can rely on the stability of His love and discernment in all things

全能
all-powerful
Elohem

全在

真實的
神是真理的
本質!
約1:2

提後2:13

瑪3:6
不變動的
沒改變的

神穩定的
愛及平安

全知, all-knowing

* Trustworthy

Whose we are, whom do we praise,

A. 神永不改變的應許: 救恩, 赦罪, 與我們同在, 主會再來, 新天新地, 永恆的大國.

and find peace in knowing that although heaven and earth be shaken, His words will never be.

Does God Change His Mind? *God is unchanging*

Some people make the argument from Scripture that God can change His mind or abandon a promise. One of the passages they refer to is the story of Jonah. As instructed by God, the prophet warned Nineveh that it would be destroyed in forty days. Once the city repented of its wickedness, however, the Lord forestalled the disaster. *神的警告及人的決定及改變*

While this might seem like God changed His mind, something much different actually happened. When God spoke of coming disaster, He didn't make a promise; He issued a warning. It was a conditional statement given so the people might avoid disaster, not guarantee it. Therefore, the issue here isn't God's change of plans but rather Nineveh's change of heart.

Two Kinds of Promises: *兩類的應許: A & B*

This misconception of God changing His mind sheds light on another point of confusion that people often encounter—what constitutes a promise from God? Does He say that some things will come to pass no matter what, while others depend on our response? The answer is yes. Some promises are guaranteed, and nothing we can do will change their course. One such example is God's covenant with Abraham to make Him a father of many nations; another is the rainbow as a symbol of God's pledge to never again flood the Earth. These are the kinds of promises we cannot alter.

On the other hand, certain promises in Scripture are conditional. For example, we will receive anything we ask for if we pray according to the Father's will (1 John 5:14). Just because we don't receive something doesn't make God a liar. It just means we misunderstood God's will in that particular instance. So God is always faithful and consistent, no matter how we may perceive Him.

No one can truly say that He lies or changes His mind.

Many Promises on Which to Rely

If we are to rest in God's faithfulness, we must believe in certain promises. Below are several promises that can bring hope to all who believe in Him.

Trust your whole eternal life on faithful God!
交付你的永生信實的真神

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名字在羔羊的命冊上! 神的信實廣大! 哀三:22-27

■ God empowers us concerning whatever He calls us to do (2 Pet. 1:3). *被後1:3 神賜力量*

■ If we confess our sins, God is faithful and just to forgive them (John 1:9). *約壹1:9 神赦罪, 詩119:75*

■ God will not allow you to be tempted beyond what you can bear (1 Cor. 10:13). *林前10:13 能忍受的試探神所允許*

■ God will meet your needs (Matt. 6:33). *太6:33 能滿足需要*

■ All things work together for good for those who love God (Rom. 8:28). *羅8:28 神叫萬事互相效力, 叫愛神的人得益!*

■ As believers, we are sealed forever as God's children (2 Cor. 1:22). *林後1:22 膏抹並印記我們是神的兒女*

■ As believers, we will receive a resurrection body (Rev. 5:20). *啟5:20 榮耀活的身體*

■ Anyone who believes in Jesus Christ has eternal life (John 3:16). *約3:16 得永生*

These powerful assurances are just a few of many contained in God's Word. And you can be certain that He won't change His mind or forget about any one of them (Mal. 3:6). That is because He is an infinite, indescribable, and awesome God who is committed to His children for all eternity.

RESPONSE

The next time you're facing a challenge of a trial, remember the attributes that ensure God's faithfulness. God cannot and will not fail to fulfill His purpose and promise in your life. By reminding yourself of this, your heart will be strengthened in the Lord, and you will find rest in His faithfulness.

■ How can you wisely conquer the enemies of doubt and discouragement? *戰勝疑惑及沮喪*

■ Numerous verses refer to God's faithfulness.

Which verse most resonates with you? What makes it significant to your life?

信心與懷疑的交戰:

若有來自神的信心與智慧必定得勝。
有條件, 要按真理及主的旨意而行!

謹記上帝的
- 信實應許
- 屬性與作為
- 過往的歷史
- 永恆的盼望
- 大義的相遇
- 永恆的同在

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Assurance and confidence:
the promises of God, unconditional love, grace

* 你使我受苦是以誠實待我 (詩119:75)*