

ABC's of a Broken Heart 破碎的心之 ABC

PSALM 55:4 *“My heart is sore pained within me: and the terrors of death are fallen upon me”.* **KJV**
诗篇 55:4 我心在我里面甚是疼痛；死的惊惶临到我身。

In the 55 Psalm we read of David's extreme pain while experiencing family, friends and community that had turned against him in dramatic fashion. He was a man suffering with a Broken Heart so severe that he nearly ended his own life. His cry unto God is a cry that no man wishes to ever experience. But if this terrible burden is ever dropped upon you, you can be assured of God's ever present love and care and He will provide a way for you to move forward.

在诗篇 55 章，我们读到大卫的心极其伤痛，他经历了家人，朋友对他的伤害和背叛，他的心破碎到一个地步以至于几乎结束自己的生命。他向神哭求，他所遭受的是无人愿意去经历的。今天，如果可怕的遭遇落到你头上，你可以确信：神不变的爱和眷顾与你同在，祂会为你开道路。

Evil tries to replace Gods Core Values of love, joy, peace with it's own horrible “Core Values” that will cause a Broken Heart. Below are three “Core Values” we call the **ABC's of a Broken Heart**. “核心价值”

邪恶总是用恐怖的“核心价值”来偷换掉神的核心价值 - 爱，喜乐，平安，从而导致心的破碎。下面列了三个邪恶“核心价值”，也称破碎的心之 ABC

A Abuse: 虐待 (辱骂)

B Betrayal: 背叛

C Constant Harassment: 不断的骚扰

What hope can a person whom has experience this horrible pain expect?
一个经历了这可怕痛苦的人能有什么盼望吗？

MESSAGE OUTLINE: Psalm 55 诗篇 55 章

1) View whatever comes your way as something God is going to use for His greater good. V. 22-23

把你遇到的各样困难看作是神所用，来荣耀神造就人的

55:22 你要把你的重担卸给耶和华，他必抚养你；他永不叫义人动摇。**55:23** 神啊，你必使恶人下入灭亡的坑；流人血、行诡诈的人必活不到半世，但我要倚靠你。

2) Keep your Focus on the LORD, no matter what it cost. V. 16

把你的焦点定在神那里，不论代价如何。

55:16 至於我，我要求告神；耶和华必拯救我。

3) Completely rely upon God's strength . V. 9-10 (day and night)

完全仰赖神的大能

55:9 主啊，求你吞灭他们，变乱他们的舌头！因为我在城中见了强暴争竞的事。**55:10** 他们在城墙；在城内也有罪孽和奸恶。

4) Recognise that you are fighting a spiritual battle_. V. 9, 23

认识到你是在进行一场属灵的征战

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5) Expect to be Victorious v. 18

期待成为得胜者

55:18 他救赎我命脱离攻击我的人，使我得享平安，因为与我相争的人甚多。