

30 October 2022

CHANGE YOUR LIFE BY CHANGING YOUR MIND

通过改变你的心意来改变你的生活

50 Days of Transformation—Part 3

50 天生命改变-第三部分

Romans 12:2 “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” 罗马书 12:2 不要效法这个世界，只要心意更新而变化，叫你们察验何为神的善良、纯全、可喜悦的旨意。

God is far more interested in chaining your mind than in changing your circumstances. 上帝对改变你的心意比改变你的环境更感兴趣。

We usually want God to take away our problems, pain, sorrow, sickness, etc. God says “I know that’s what you want, but I’m far more interested in something else - your mind. Nothing happens until you get the renewing of your mind.” 我们通常希望上帝带走所有的问题，痛苦，悲伤，苦难，疾病和悲伤。上帝说：“我知道这就是你想要的，但我对别的东西更感兴趣——你的心意。在你的心意更新之前，什么都不会发生。

WHY I MUST MANAGE MY MIND: 为什么我必须管理我的心意:

a. Because my thoughts control my life 因为我的心意控制我的生活

Proverbs 4:23 “Keep your heart with all diligence, For out of it spring the issues of life.”

箴言 4:23 你要保守你心，胜过保守一切，因为一生的果效，是由心发出。

b. Because the mind is the battleground for sin 因为心意是罪的战场。

Romans 7:23 “But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.” 罗马书 7:23 但我觉得肢体中另有个律和我心中的律交战，把我掳去叫我附从那肢体中犯罪的律。

3 DAILY CHOICES FOR A HEALTHY MIND 三个健康心意的日常选择:

a. I MUST FEED MY MIND WITH TRUTH 我必须用真理喂养我的心意

Matt. 4:4 “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” 马太福音 4:4 耶稣却回答说：“经上記着说：‘人活着，不是单靠食物，乃是靠神口里所出的一切话。’”

WHEN SHOULD I FEED MY MIND TRUTH? 我什么时候需要用真理喂养我的心意?

The answer is all the time. Throughout the day. Morning, noon and night. 答案是：任何时候，全天，早上，中午和晚上

Psalms 119:147 “I rise before the dawning of the morning, and cry for help; I hope in Your word.” 诗篇 119:147 我趁天未亮呼求，我仰望了你的言语；

Psalms 119:95 he says, “The wicked wait for me to destroy me, but I will consider Your testimonies” 诗篇 119:95 恶人等待我，要灭绝我，我却要揣摩你的法度。

b. I MUST FREE MY MIND FROM DESTRUCTIVE THOUGHTS 我必须把我的心意从破坏性的思维中解放出来

That isn't easy, because you have three enemies. 把心意从破坏性的思维中解放出来是不容易。因为有三个敌人：

1. The first enemy is my old nature. 第一个敌人就是我的老我。

Romans 7:23. Paul talks about how his old nature keeps him in mental bondage. He says this: “But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.” He's using war language here. 罗马书 7:23, 但我觉得肢体中另有个律和我心中的律交战，把我掳去叫我附从那肢体中犯罪的律。

Romans 8:5 “For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.” 罗马书 8:5 因为随从肉体的人体贴肉体的事；随从圣灵的人体贴圣灵的事。

2. The second enemy is Satan. 第二个敌人是撒旦

Corinthians 2:10-11 “...I have forgiven that one for your sakes in the presence of Christ, lest Satan should take advantage of us; for we are not ignorant of his devices.” 哥林多后书 2:10-11 你们赦免谁，我也赦免谁。我若有所赦免的，是在基督面前为你们赦免的，¹¹免得撒但趁着机会胜过我们，因我们并非不晓得它的诡计。

3. The third enemy is the world's value system 第三个敌人是世界的价值观

2 Cor. 10: 4 “For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds. 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.” 哥林多后书 10:4-5 我们争战的兵器，本不是属血气的，乃是在神面前有能力，可以攻破坚固的营垒，⁵将各样的计谋，各样拦阻人认识神的那些自高之事一概攻破了，又将人所有的心意夺回，使他都顺服基督。

How do we fight this mental battle? How temptation works? 我们如何打这场心理战？诱惑又是如何运作的？

James 1:14-15 tells us the pattern. “But each one is tempted when he is drawn away by his own desires and enticed. 15 Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. 雅各书 1:14-15 但各人被试探，乃是被自己的私欲牵引、诱惑的。¹⁵私欲既怀了胎，就生出罪来；罪既长成，就生出死来。

Temptation is a process. There's four phases. 诱惑是一个过程。有四个阶段。

1. Step number one is Desire. (His own desires) 第一步是欲望。（他自己的欲望）

2. Step two is Doubt. 第二步是怀疑。

3. Then step three is deception. 第三步是欺骗

4. Step four is disobedience and defeat. 第四步是不服从和失败。

c. I MUST FOCUS MY MIND ON THE RIGHT THINGS. 我必须把我的心意集中在正确的事情上

1. Think about Jesus. 思念耶稣

Heb. 12:2 “Looking to Jesus, the author and finisher of our faith...”

2. Think about others. 思念他人

Philippians 2:4 says, “Let each of you look out not only for his own interests, but also for the interests of others.” 腓立比书 2:4 各人不要单顾自己的事，也要顾别人的事。

3. Think about eternity. 思念永恒

Col. 3:2 “set your mind on things above, not on things on the earth.” 歌罗西书 3:2 你们要思念上面的事，不要思念地上的事。