

HOW TO DEAL WITH HOW YOU FEEL 如何处理你的感受

50 Days of Transformation – Part 4 50 天生命改变 – 第四部分

Mark 12:29-30 “*Jesus says this: “Jesus answered him, “The first of all the commandments is: ‘HEAR, O ISRAEL, THE LORD OUR GOD, THE LORD IS ONE. 30 AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, WITH ALL YOUR SOUL, WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH.’ This is the first commandment.”*”

马可福音 12:29 耶穌回答說：「第一要緊的就是說：『以色列啊，你要聽，主我們神是獨一的主。 12:30 你要盡心、盡性、盡意、盡力愛主你的神。』」

UNDERSTAND MY EMOTIONS 理解我的情感

1. God has emotions 神是有情感的

2. My ability to feel is a gift from God 我的感知能力是神賜下的礼物

Genesis 1:26. “*Let us make man in our image.*”

創世紀 1:26 神說：「我們要照著我們的形像、按著我們的樣式造人，

3. There are two extremes to avoid 要避免两个极端

a. Emotionalism - the only thing that matters is how I feel
情绪论：唯一重要的就是我的感受

b. Stoicism - feelings just aren't important at all
斯多葛学派：感受不重要

- Some Christians say emotions aren't important 一些基督徒说情感不重要
- Others focus only on emotionalism 另一些则只关注情感

WHY I MUST LEARN TO MANAGE MY EMOTIONS

为什么我必须学习管理自己的情感（情绪）

1. MY FEELINGS ARE OFTEN UNRELIABLE 我的感觉常常是不可靠的

Proverbs 14:12 “*There is a way that seems right to a man, But its end is the way of death.*”

箴言 14:12 有一條路，人以為正，至終成為死亡之路。

2. I DON'T WANT TO BE MANIPULATED 我不想被操纵

Proverbs 25:28 “*Whoever has no rule over his own spirit Is like a city broken down, without walls.*”

箴言 25:28 人不制伏自己的心，好像毀壞的城邑沒有牆垣。

1 Peter 5:8 “*Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.*”

彼得前书 5:8 務要謹守，警醒。因為你們的仇敵魔鬼，如同吼叫的獅子，遍地遊行，尋找可吞吃的人。

3. I WANT TO PLEASE GOD 我要讨神喜悦

Romans 8:6, 8 *“For to be carnally minded is death, but to be spiritually minded is life and peace... 8 So then, those who are in the flesh cannot please God.”*

罗马书 8:6 體貼肉體的，就是死；體貼聖靈的，乃是生命、平安。8:8 而且屬肉體的人不能得神的喜歡。

4. I WANT TO SUCCEED IN LIFE 我想在生活中成功

Proverbs 5:23 *“He shall die for lack of instruction, And in the greatness of his folly he shall go astray.”*

箴言 5:23 他因不受訓誨就必死亡；又因愚昧過甚，必走差了路。

1 Peter 4:2 *“that he no longer should live the rest of his time in the flesh for the lusts of men, but for the will of God.”*

彼得前书 4:2 你們存這樣的心，從今以後就可以不從人的情慾，只從神的旨意在世度餘下的光陰。

HOW TO MANAGE AN UNWANTED FEELING 如何处理不恰当的情绪

1. IDENTIFY IT 识别它

Psalm 55:2, *“Attend to me, and hear me; I am restless in my complaint, and moan noisily.”*

诗篇 55:2 求你側耳聽我，應允我。我哀歎不安，發聲唉哼，

That's the way we are a lot of times about our feelings. We're confused.

So you want to ask a couple of questions. a) What am I really feeling? A little down... discouraged... depressed. Then b) Ask why? What's triggered this?

问自己几个问题：a) 我的真实感受是什么？有点沮丧，灰心，抑郁……. b) 问为什么？是什么引发的呢？

2. CHALLENGE IT 挑战它

a. Ask God to challenge you 求神来挑战你

Psalm 26:2, *“Examine me, O LORD, and prove me; try my mind and my heart.”*

诗篇 26:2 耶和華啊，求你察看我，試驗我，熬煉我的肺腑心腸。

b. Get a friend to challenge what you're feeling 找个（亲密）朋友来挑战你的感受

Prov. 27:17 *“As iron sharpens iron, so a man sharpens the countenance of his friend.”*

箴言 27:17 鐵磨鐵，磨出刃來；朋友相感（原文作磨朋友的臉）也是如此。

Prov. 27:15 *“A continual dripping on a very rainy day and a contentious woman are alike.”*

箴言 27:15 大雨之日連連滴漏，和爭吵的婦人一樣；

Ask three questions: (to yourself or your friend) 问自己或朋友三个问题：

1. What's the real reason that I'm feeling this? 我有这种感受的真正原因是什么?
2. Is it true? Is what I'm feeling right now true? 是真的吗? 我现在的感受是真的吗?
3. Is what I'm feeling helping me or hurting me? 我的这种感受是在帮助我还是在伤害我?

• 3. TAME IT 去驯伏它

Philippians 2:5 "Let this mind be in you which was also in Christ Jesus"

腓力比书 2:5 你們當以基督耶穌的心為心：

How do you tame a wild emotion? Not by will power.

你如何驯服一种狂野的情绪? 不是靠意志力。

1. Every day ask God to fill me with his Spirit. 每天求神用祂的圣灵充满我

Galatians 5:22-23 加拉太书 5:22 聖靈所結的果子，就是仁愛、喜樂、和平、忍耐、恩慈、良善、信實、5:23 溫柔、節制。這樣的事沒有律法禁止。

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2. Ask God to help me manage my mouth. 求神幫我管好自己的嘴

Prov. 13:3 "He who guards his mouth preserves his life, But he who opens wide his lips shall have destruction."

箴言 13:13 藐視訓言的，自取滅亡；敬畏誠命的，必得善報。

3. Make God's Word My Word 让神的话成为我的话

Ps. 119:11 "Your word I have hidden in my heart, that I might not sin against You."

诗篇 119:11 我將你的話藏在心裡，免得我得罪你。

Prayer: 祷告