CHINESE BAPTIST CHURCH OF ORANGE COUNTY

橙縣華人浸信會
國語堂崇拜

2 – 23 - 2020

SERMON

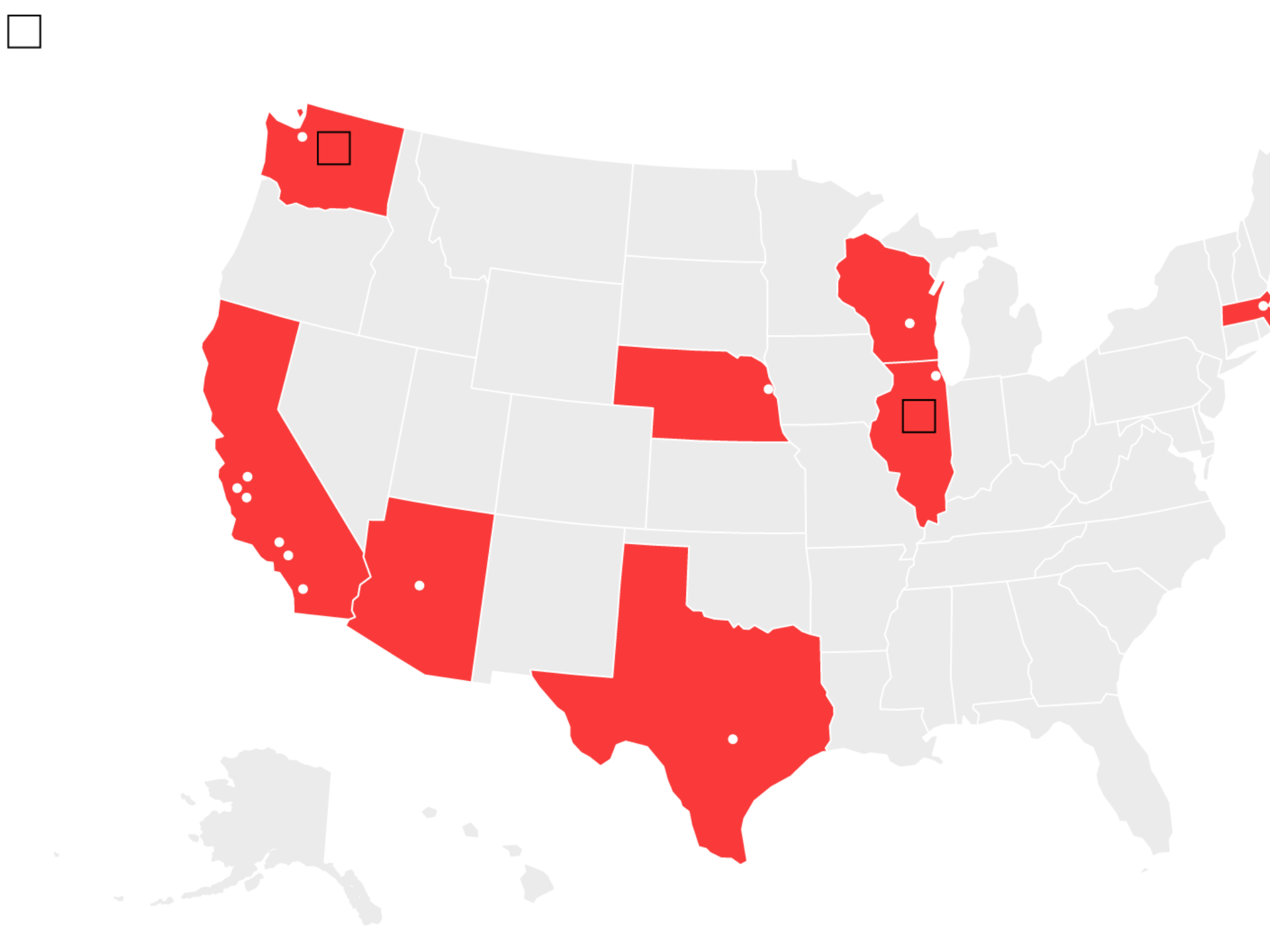
信息

“克服憂慮
—從認識到信心的轉化”

方鎮明 牧師

克服憂慮：從認識到信心的轉化

Overcoming Anxiety: From Knowledge to the Transforming



災害派遣

連儂隧道

40

從憂慮到抑鬱症

- 過量的憂慮 (excessive)
  - 長期的憂慮 (long-lasting)
- 無法或困難處理工作或與其他人有效地關聯起來 (difficult or impossible)

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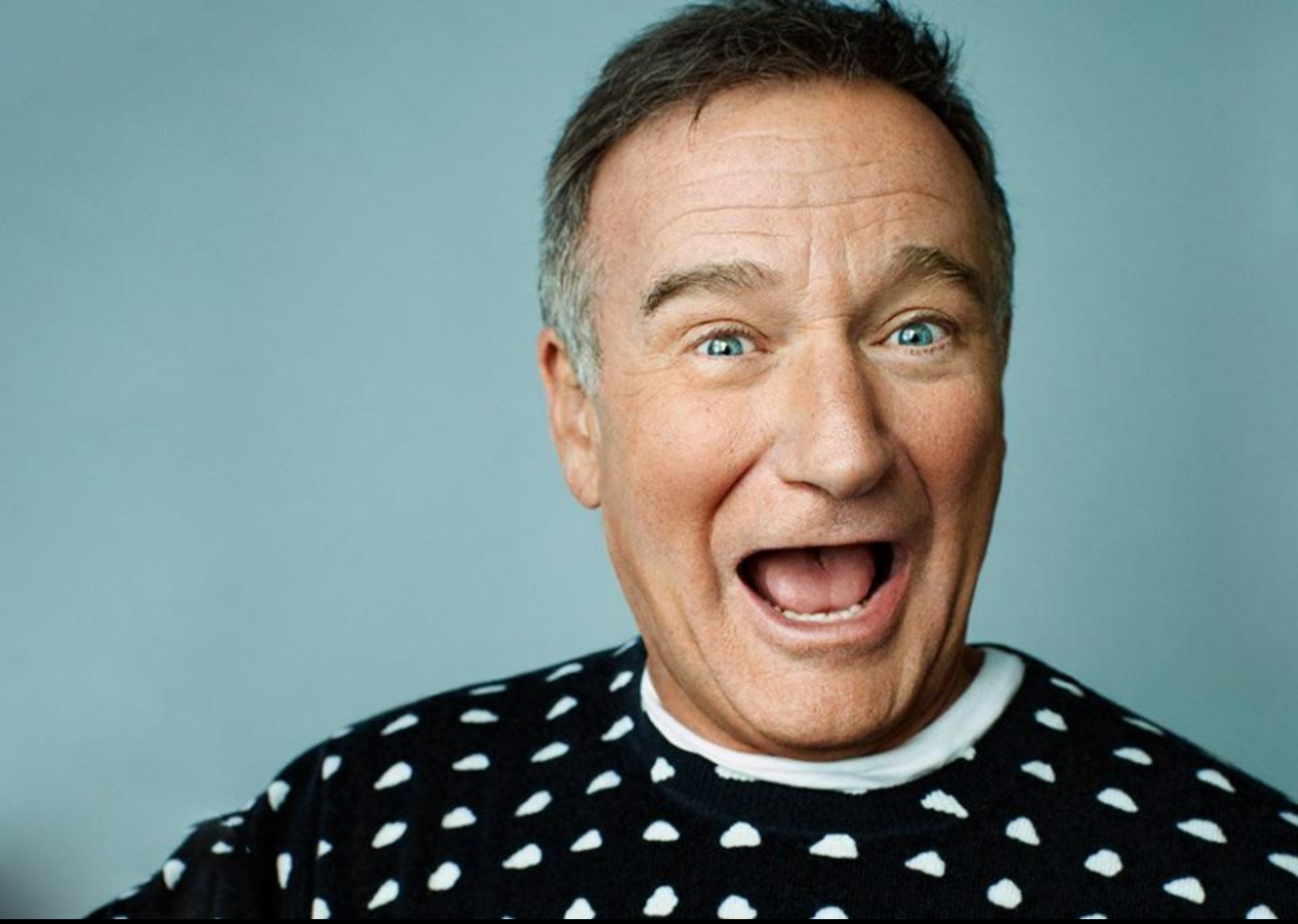
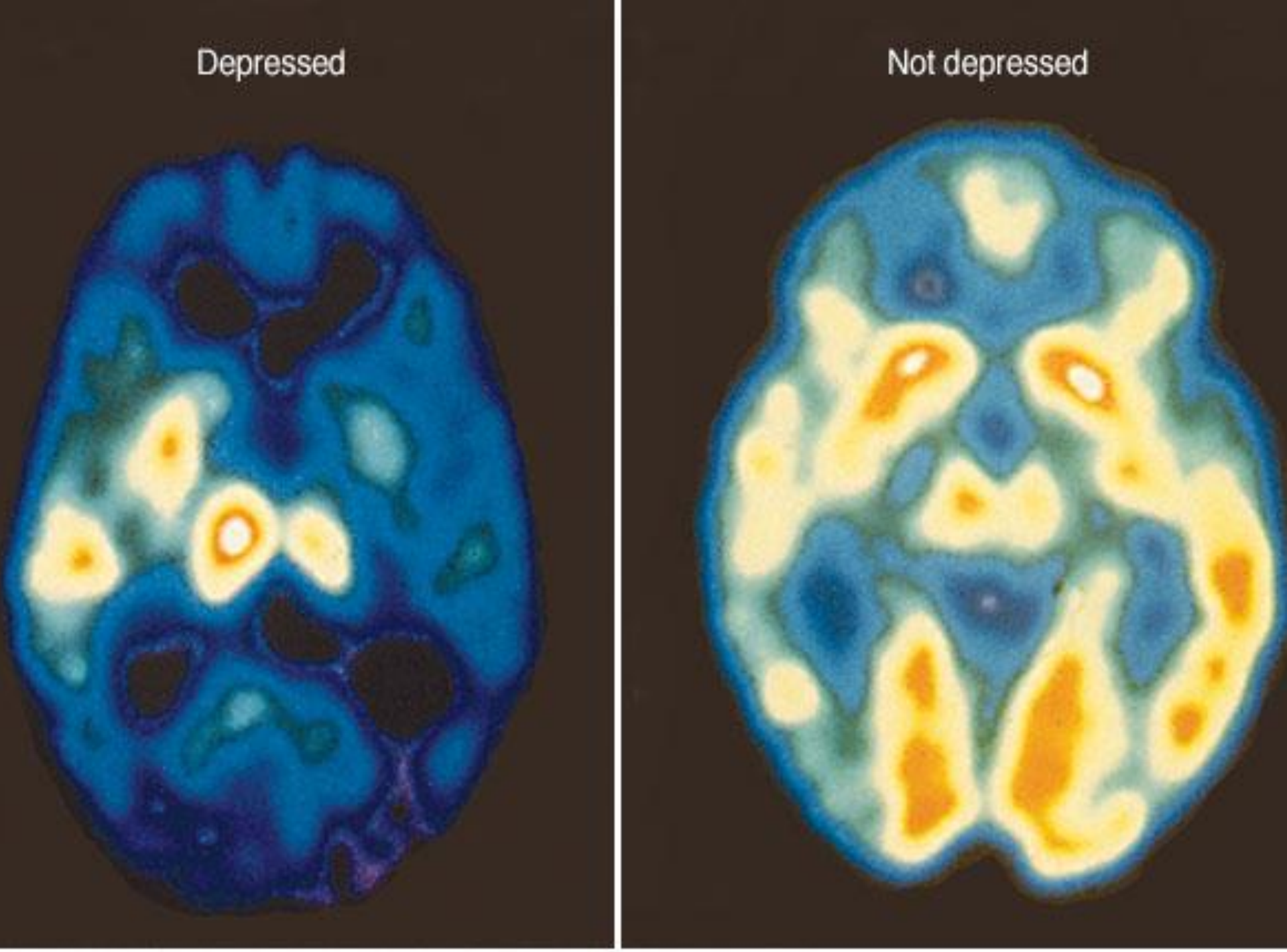


Depressed
Not depressed



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克服憂慮的四個步驟：

1）分散注意力

孫子
兵法

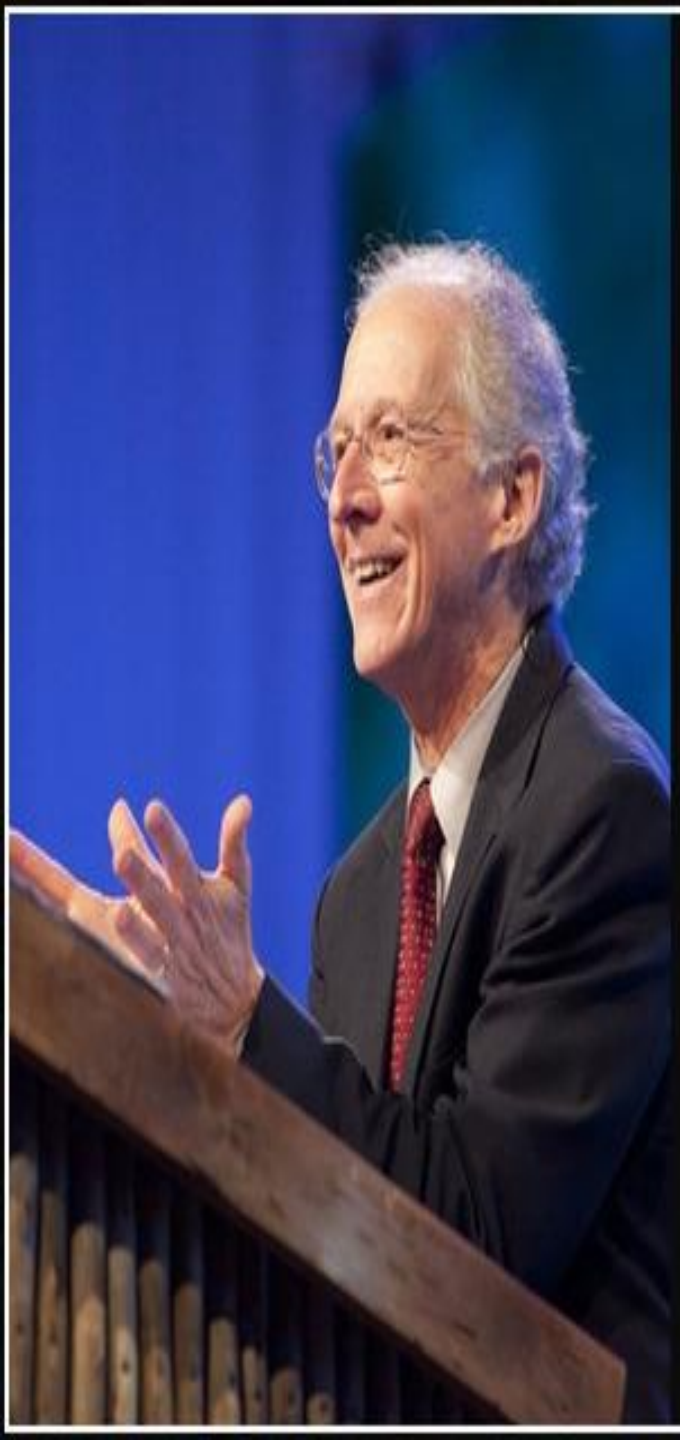
第三十六计 走为上计

全师避敌，在次无咎，未失常也。

译：全军退却，甩开敌人，以退为进，待机破败，这是不违背正常的法则的。

克服憂慮的四個步驟：

2)冷靜的技巧



It is about the greatness of God, not the significance of man. God made man small and the universe big to say something about himself.

— John Piper —

AZ QUOTES

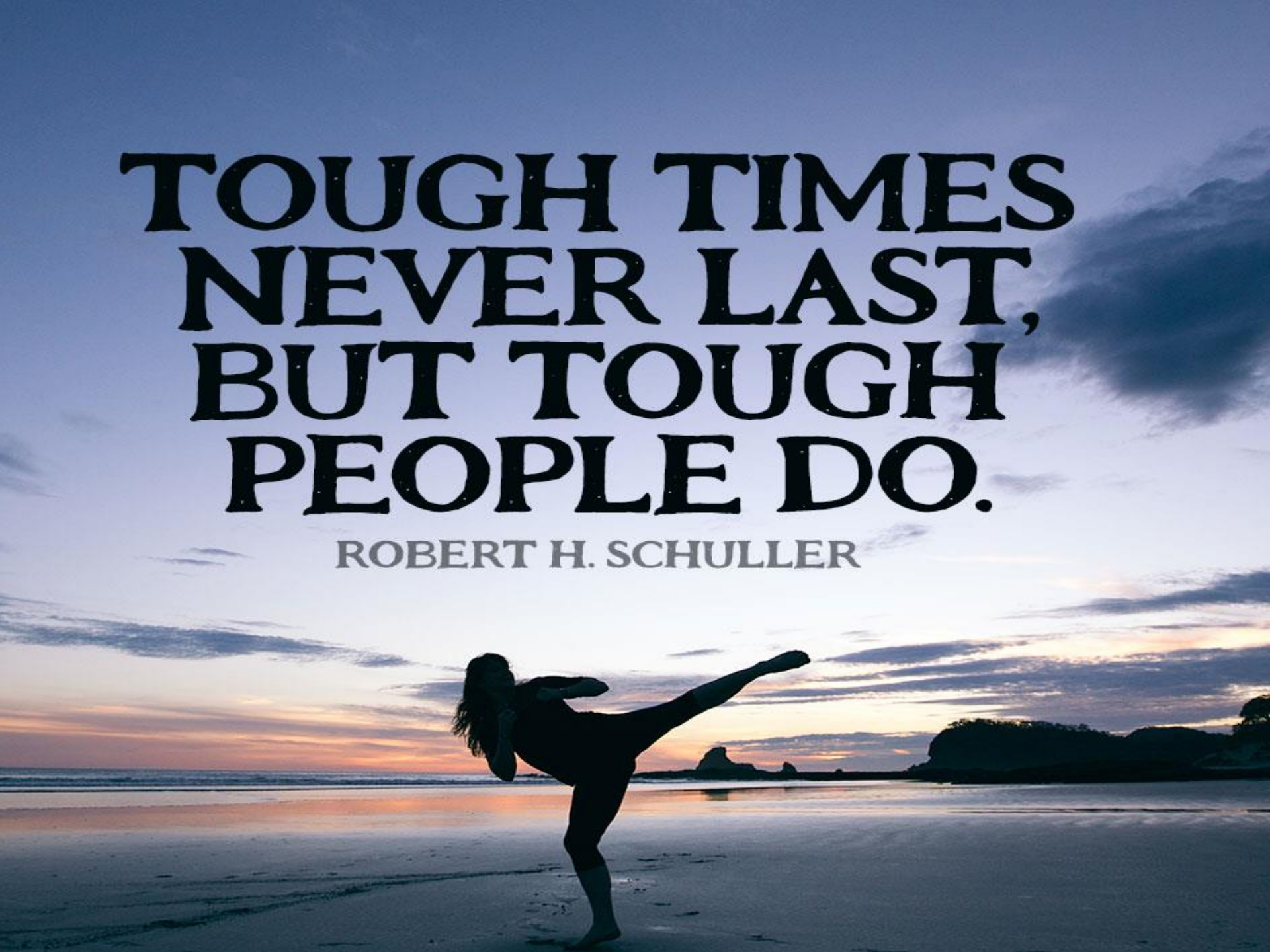
感恩

應當一無掛慮，只要凡事藉著禱告、祈求，和感謝，將你們所要的告訴神。（腓四6）

克服憂慮的四個步驟：

3)自我的鼓勵

Attitude is a little thing that
makes a big difference.
Winston Churchill


TOUGH TIMES NEVER LAST, BUT TOUGH PEOPLE DO.
ROBERT H. SCHULLER

"IF YOU CAN DREAM IT, YOU CAN DO IT."
WALT DISNEY
© Lifehack Quotes

克服憂慮的四個步驟：

4)信心的轉化力

NIGHT

ELIE WIESEL

WINNER OF THE 1986 NOBEL PEACE PRIZE

WITH A NEW PREFACE BY
Robert McAfee Brown

"A SLIM VOLUME OF TERRIFYING POWER."
—THE NEW YORK TIMES

1. 相信耶穌的應許
是真實的

「堅心倚賴你的，
你必保守他十分
平安，因為他倚
靠你。」（賽 26:3）