

“How Do You Cope with Personal Pain?”

你如何處理個人的痛苦

1. Pay careful attention to what is going on within you.
仔細注意你內心發生的事情。

a. If you are not self-aware, you will self-destruct.
如果你沒有自我意識，你就會自我摧毀。

“Examine yourselves to see whether you are in the faith; test yourselves.” (2 Corinthians 13:5a)
你們總要自己省察有信心沒有，也要自己試驗。(哥林多後書 13:5a)

“Let us examine our ways and test them, and let us return to the LORD.” (Lamentations 3:40)
我們當深深考察自己的行為，再歸向耶和華。(耶利米哀歌 3:40)

2. When you recognize destructive habits or patterns, seek understanding.
當你辨識出破壞性的習慣或模式時，要尋求理解。

a. Why do you do, what you do? 你為何做你做的呢？

i. You are trying to accomplish something. Something within you believes that you want or need something.
你試圖完成某件事。你內在的東西(意識)相信是你想要或需要某些東西。

An Inside Look... 察看內心...

4. How God made me. 神如何造我。

2. How others have impacted me. 別人如何影響我。

3. How I have responded to how others have impacted me. 我如何回應別人對我的影響。

4. Intentional, willful choices that I have made in life. 我在生命中作出的故意、有意的選擇。

“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” (2 Corinthians 10:5)
將各樣的計謀，各樣攔阻人認識神的那些自高之事，一概攻破了，又將人所有的心意奪回，使他都順服基督。(哥林多後書 10:5)

2. Immerse yourself in a study of the character and nature of God.
讓自己沉浸在對神的品格和本質的學習中。

a. Saturate your soul with a knowledge of the unconditional love and kindness of God towards you.
讓你的靈魂充滿神對你無條件的愛和良善的知識。

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes... Stand firm then, with the belt of truth buckled around your waist...” (Ephesians 6:10-11, 14)
我還有末了的話：你們要靠著主，倚賴祂的大能大力作剛強的人。要穿戴神所賜的全副軍裝，就能抵擋魔鬼的詭計。...所以，要站穩了，用真理當作帶子束腰...(以弗所書 6:10-11,14)

“I pray that you, being rooted and established in love, may have power,

together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge - that you may be filled to the measure with the fullness of God." (Ephesians 3:17b-19)

使基督因你們的信，住在你們心裡，叫你們的愛心有根有基，能以和眾徒一同明白基督的愛是何等長闊高深，並知道這愛是過於人所能測度的，便叫神一切所充滿的，充滿了你們。（以弗所書 3:17b-19）

4. Take care of your body. 照顧好自己的身體。

a. A weakened body places strain upon the soul. 虛弱的身體會給靈魂帶來壓力。

"The spirit is willing, but the flesh is weak." (Matthew 26:41b)

你們心靈固然願意，肉體卻軟弱了。（馬太福音 26:41b）

Today's "Big Idea"...今日主旨

Seek God for an answer to the pain.

向神尋求痛苦的答案。

Trust God with the purpose for the pain.

信靠神對痛苦的目的。

Discussion Questions: 問題討論

1. What are the dashboard warning signs people have in their lives?
人們生活中的儀表板警告標誌是什麼？
2. What are some common lies and schemes the enemy uses on people?
仇敵對人使用的常見的謊言和陰謀是什麼？
3. What areas in your life are temptations to withdraw from God and/or God's people?
生活中你有哪方面的誘惑使你遠離神或神的子民？
4. What possible purposes has God for using pain in people's lives?
神在人們的生活中利用痛苦達到什麼可能的目的？
5. What are the things you've forgiven but are still healing from?
哪些事你已經饒恕了,卻仍在醫治中？