

如何改變心意

How to Change Your Mind

# How to Change Your Mind 如何改變心意

4 practices that will help your mind to be transformed daily (via God's empowerment) 4 種做法可以幫助你每天心意轉換（藉助神的能力）：

1. Rest in God's Peace 在神的平安中安息 (v. 6-7)
2. Rewire in God's Perspective 以上帝的視角重新來看 (v. 8-9)
3. Rely on God's Promises 倚靠上帝的應許 (v. 10-13)
4. Rejoice in God's Presence 在神的同在中喜樂 (v. 4-5)

# How to Change Your Mind 如何改變心意

1. Rest in God's Peace

在神的平安中安息

# How to Change Your Mind 如何改變心意

## 1. Rest in God's Peace

在神的平安中安息 (v. 6-7)

<sup>6</sup> Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

<sup>6</sup> 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。<sup>7</sup> 神所賜出人意外的平安，必在基督耶穌裡保守你們的心懷意念。

# How to Change Your Mind 如何改變心意

## 1. Rest in God's Peace

在神的平安中安息 (v. 6-7)

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

所以我告訴你們，不要為生命憂慮吃什麼喝什麼，為身體憂慮穿什麼。生命不勝於飲食嗎？身體不勝於衣裳嗎？

馬太福音 Matthew 6:25

# How to Change Your Mind 如何改變心意

## 1. Rest in God's Peace

在神的平安中安息 (v. 6-7)

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

不可叫人小看你年輕，總要在言語、行為、愛心、信心、清潔上，都做信徒的榜樣。

提摩太前書1 Timothy 4:12

# How to Change Your Mind 如何改變心意

## 1. Rest in God's Peace

在神的平安中安息 (v. 6-7)

But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

只要憑著信心求，一點不疑惑；因為那疑惑的人就像海中的波浪，被風吹動翻騰。

雅各書 James 1: 6

# How to Change Your Mind 如何改變心意

## 2. Rewire in God's Perspective

以上帝的視角重新來看



# How to Change Your Mind 如何改變心意

## 2. Rewire in God's Perspective

以上帝的視角重新來看 (v. 8-9)

仰望為我們信心創始成終的耶穌。他因那擺在前面的喜樂，就輕看羞辱，忍受了十字架的苦難，便坐在神寶座的右邊。

fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

希伯來書 Hebrews 12:2

# How to Change Your Mind 如何改變心意

## 2. Rewire in God's Perspective

### 以上帝的視角重新來看 (v. 8-9)

<sup>8</sup> Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

<sup>8</sup>弟兄們，我還有未盡的話，凡是真實的、可敬的、公義的、清潔的、可愛的、有美名的，若有什麼德行，若有什麼稱讚，這些事你們都要思念。<sup>9</sup>你們在我身上所學習的、所領受的、所聽見的、所看見的，這些事你們都要去行，賜平安的神就必與你們同在。

# How to Change Your Mind 如何改變心意

## 2. Rewire in God's Perspective

以上帝的視角重新來看 (v. 8-9)

For My thoughts are not your thoughts, neither are your ways My ways, declares the Lord. For as the heavens are higher than the earth, so are My ways higher than your ways and My thoughts than your thoughts.

8 耶和華說：「我的意念非同你們的意念，我的道路非同你們的道路。9 天怎樣高過地，照樣，我的道路高過你們的道路，我的意念高過你們的意念。」

以賽亞書 Isa. 55: 8 – 9

# How to Change Your Mind 如何改變心意

## 2. Rewire in God's Perspective

以上帝的視角重新來看 (v. 8-9)

<sup>5</sup> Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. <sup>6</sup> The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

<sup>5</sup> 因為隨從肉體的人，體貼肉體的事；隨從聖靈的人，體貼聖靈的事。<sup>6</sup> 體貼肉體的就是死，體貼聖靈的乃是生命、平安。

羅馬書 Romans 8: 5-6

# How to Change Your Mind 如何改變心意

## 2. Rewire in God's Perspective

以上帝的視角重新來看 (v. 8-9)

I have hidden your word in my heart that I might not sin against you.

我將你的話藏在心裡，免得我得罪你。

詩篇 Psalm 119:11

# How to Change Your Mind 如何改變心意

## 2. Rewire in God's Perspective

以上帝的視角重新來看 (v. 8-9)

<sup>5</sup> Trust in the LORD with all your heart and lean not on your own understanding; <sup>6</sup> in all your ways submit to him, and he will make your paths straight.

<sup>5</sup> 你要專心仰賴耶和華，不可倚靠自己的聰明，<sup>6</sup> 在你一切所行的事上都要認定他，他必指引你的路。

箴言 Prov. 3:5-6

# How to Change Your Mind 如何改變心意

## 3. Rely on God's Promises 倚靠上帝的應許

# How to Change Your Mind 如何改變心意

## 3. Rely on God's Promises

### 倚靠上帝的應許 (v. 10-13)

<sup>10</sup> I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup> I can do all this through him who gives me strength.



# How to Change Your Mind 如何改變心意

## 3. Rely on God's Promises

### 倚靠上帝的應許 (v. 10-13)

<sup>10</sup> 我靠主大大地喜樂，因為你們思念我的心如今又發生；你們向來就思念我，只是沒得機會。<sup>11</sup>我並不是因缺乏說這話，我無論在什麼景況都可以知足，這是我已經學會了。<sup>12</sup>我知道怎樣處卑賤，也知道怎樣處豐富，或飽足或飢餓，或有餘或缺乏，隨事隨在，我都得了祕訣。<sup>13</sup>我靠著那加給我力量的，凡事都能做。

## How to Change Your Mind 如何改變心意

### 3. Rely on God's Promises

倚靠上帝的應許 (v. 10-13)

**And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.**

神能將各樣的恩惠多多地加給你們，使你們凡事常常充足，能多行各樣善事，

哥林多後書 2 Cor. 9:8

## How to Change Your Mind 如何改變心意

### 3. Rely on God's Promises

倚靠上帝的應許 (v. 10-13)

**And my God will supply every need of yours according to His riches in grace in Christ Jesus”**

我的神必照他榮耀的豐富，在基督耶穌裡使你們一切所需用的都充足。

腓立比書 Phil. 4:19

## How to Change Your Mind 如何改變心意

### 3. Rely on God's Promises

倚靠上帝的應許 (v. 10-13)

**For you were bought with a price. So glorify God in your body.**

因為你們是重價買來的，所以要在你們的身子上榮耀神。

哥林多前書 1 Cor. 6: 20

# How to Change Your Mind 如何改變心意

## 4. Rejoice in God's Presence 在神的同在中喜樂

## How to Change Your Mind 如何改變心意

### 4. Rejoice in God's Presence

在神的同在中喜樂 (v. 4-5)

<sup>4</sup> Rejoice in the Lord always. I will say it again: Rejoice! <sup>5</sup> Let your gentleness be evident to all. The Lord is near.

<sup>4</sup> 你們要靠主常常喜樂，我再說，你們要喜樂！

<sup>5</sup> 當叫眾人知道你們謙讓的心。主已經近了。

## How to Change Your Mind 如何改變心意

### 4. Rejoice in God's Presence 在神的同在中喜樂 (v. 4-5)

Praise the Lord! O give thanks to the Lord for He is good, for His steadfast love endures forever!”

你們要讚美耶和華！要稱謝耶和華，因他本為善，他的慈愛永遠長存！

詩篇 Psalms 106: 1

## How to Change Your Mind 如何改變心意

### 4. Rejoice in God's Presence 在神的同在中喜樂 (v. 4-5)

Humble yourselves, therefore, under the mighty hand of God, so that at the proper time He may exalt you”

所以，你們要自卑，服在神大能的手下，到了時候他必叫你們升高。

彼得前書 1 Pet. 5: 6





Rejoice evermore for this is the will of God

(3x)

In Christ Jesus concerning you

要常常喜樂 因這是神的旨意

(3x)

在基督裡所定旨意

要不住禱告 因這是神的旨意 (3x)

yào bù zhù dǎo gào yīn zhè shì shén dē zhǐ yì

在基督裡所定旨意

zài jī dū lǐ suǒ dìng zhǐ yì

Pray without ceasing for this is the will of God

(3x)

In Christ Jesus concerning you

In everything give thanks for this is the will of God

(3x)

In Christ Jesus concerning you

要凡事謝恩 因這是神的旨意

(3x)

在基督裡所定旨意

要常常喜樂 因這是神的旨意 (3x)

yào cháng cháng xǐ lè yīn zhè shì shén dē zhǐ yì

在基督裡所定旨意

zài jī dū lǐ suǒ dìng zhǐ yì

Rejoice evermore for this is the will of God

(3x)

In Christ Jesus concerning you



基督在上

jī dū zài shàng

基督在旁

jī dū zài páng

基督在內

jī dū zài nèi

不斷引領

bù duàn yǐn lǐng

基督在後

jī dū zài hòu

又在前

yòu zài qián

我所愛 生命 主宰

wǒ suǒ ài shēng mìng zhǔ zǎi

Christ above us Christ beside us

Christ within us Ever guiding

Christ behind us Christ before

Christ our love our life our Lord

Christ above us Christ beside us  
Christ within us Ever guiding  
Christ behind us Christ before  
Christ our love our life our Lord

基督在上 基督在旁  
基督在內 不斷引領  
基督在後 又在前  
我所愛 生命 主宰



