你是蒙神所爱的
你是有价值的
今天必有美好的事发生
神的祝福追着你跑

God loves you.
You are valuable.
Great things are going to happen today.
May God's blessings chase after you.

如何养成成功的好习惯?

How to build up successful habits?

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弗4:20 你们学了基督,却不是这样.

21 如果你们听过他的道,领了他的教,学了他的真理,

22 就要脱去你们从前行为上的旧人.这旧人是因私欲的迷惑,渐渐变坏的.

23 又要将你们的心志改换一新.

24 并且穿上新人.这新人是照着　神的形像造的,有真理的仁义,和圣洁.

Eph. 4:20 That, however, is not the way of life you learned

21 when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness.

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雅2:17 这样, 信心若没有行为就是死的。

James 2:17 In the same way, faith by itself, if it is not accompanied by action, is dead.

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I.什么情况使人愿意改变？What makes people want to change?

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I.什么情况使人愿意改变? What makes people want to change?

1.痛苦. Pain.

箴 20:30 鞭伤除净人的罪恶．责打能入人的心腹。

Prov. 20:30 Blows and wounds cleanse away evil, and beatings purge the inmost being.

如何养成成功的好习惯？How to build up successful habits?

I.什么情况使人愿意改变？What makes people want to change?

1.痛苦.Pain

2.压力.Pressure

王上17章--以利亚，

溪水枯竭了。神叫他起来

路 15章--浪子山穷水尽。

我要起来

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I.什么情况使人愿意改变? What makes people want to change?

1.痛苦.Pain.

2.压力.Pressure.

3.内心醒悟.Perspective.

徒9:3 扫罗行路,将到大马色,
忽然从天上发光,四面照着他 .
4 他就仆倒在地,听见有声音对
他说,扫罗,扫罗, 你为甚么逼迫我。

Acts 9:3. As he neared Damascus on his journey, suddenly a light from heaven flashed around him.

4. He fell to the ground and heard a voice say to him, "Saul, Saul, why do you persecute me?"

徒9:5 他说,主阿,你是谁?主说,我就是你所逼迫的耶稣, 6 起来,进城去,你所当作的事,必有人告诉你.

Acts 9:5 "Who are you, Lord?" Saul asked. "I am Jesus, whom you are persecuting," he replied. 6"Now get up and go into the city, and you will be told what you must do."

II.如何养成成功的好习惯？ How to build up successful habits?

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世上有三种人。

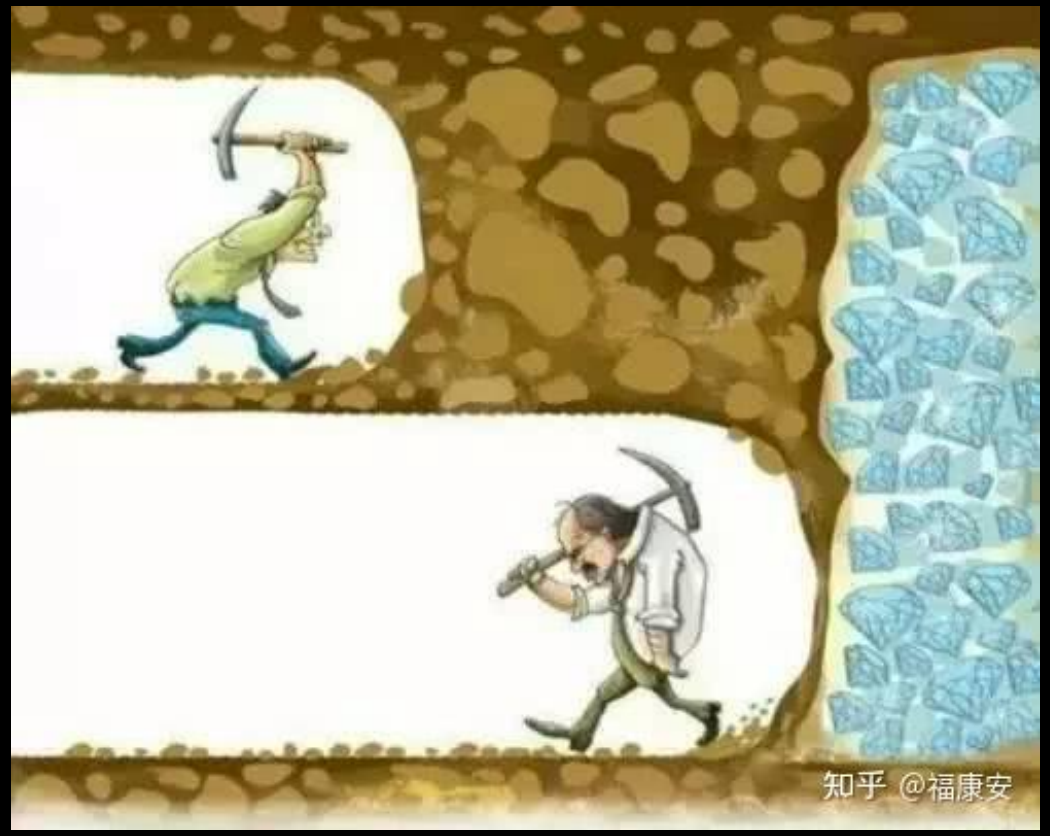
- 指责别人的人
- 寻找借口的人
- 选择做“对”的人

II.如何养成成功的好习惯？ How to build up successful habits?

A.负起我的责任. Assume responsibility for my own life.

箴28:13 遮掩自己罪过的, 必不亨通, 承认离弃罪过的, 必蒙怜恤。

Pro.28:13 He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.



养成会使你成功的好习惯：

- 争分夺秒:学会和时间赛跑
- 思想创新:用思想改变人生
- 行动至上:付诸行动
- 勤奋简朴:养成节俭的习惯
- 积极学习:永远不停止学习
- 健康快乐:身体是最大的财富
- 认真工作,是你事业成功的基础。
- 量入为出,适当储蓄的习惯,是你财务自由的保证
- 上教会敬拜神的习惯,是你心灵力量更新的来源。
- 负责任而不是抱怨的态度,为工作升迁创造了机会
- 多替别人设想的习惯,是美化人际关系的润滑剂。
- 每天安静读经祈祷的习惯,是你心灵与神共鸣的契机
- 以乐观态度面对逆境为美好人生创造了向上的转折
- 相信上帝而非怀疑上帝的习惯,平安喜乐的催化剂

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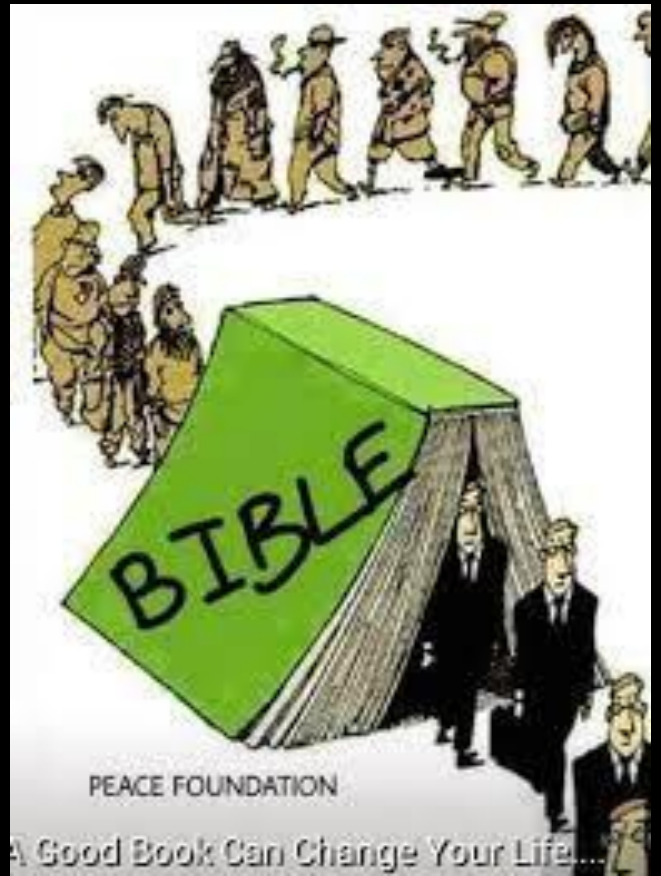
可9:23 耶稣对他说, 你若
能信, 在信的人, 凡事都能。

Mark 9:23" 'If you can'?" said
Jesus. "Everything is possible
for him who believes."



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罗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。

Rom 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

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C.清楚我要什么.Clarify what I really want

雅1:8 心怀二意的人，
在他一切所行的路上，
都没有定见。
Jam 1:8 he is a double-minded man, unstable in all he does.

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D.不等环境好转. Don’t wait for ideal circumstances

传11:4 看风的必不撒种 ．
望云的必不收割。
Ecc. 11:4 Whoever watches the wind will not plant; whoever looks at the clouds will not reap.

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E.锻炼我的身体. Exercise my body

提前4:8 操练身体、益处还少．
惟独敬虔、凡事都有益处.因有
今生和来生的应许．

1 Tim 4:8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

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E.锻炼我的身体. Exercise my body

F.心动不如行动. Fire away. Do it now

箴 27:1 不要为明日自夸,
因为一日要生何事, 你尚且
不能知道。

Prov 27:1 Do not boast about
tomorrow, for you do not know
what a day may bring forth.

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脚步

词曲:盛晓玫

祢的脚步 带着我的脚步
一步一步 都有祝福
每个脚步 我要紧紧跟随
走在蒙福的道路
求给我更多的勇气 给我更多的信心
让我勇敢踏出跟随祢的脚步
跟祢行在水面上 跟祢走在旷野地
曲曲折折我也不在乎
我只要更多信靠祢 只要更多顺服祢
凡是出于祢的我就默然不语
就算经过黑暗谷 就算遇到暴风雨
在祢手中都将变成祝福