

第十课：忧虑与惧怕

“The main trouble in this whole matter of spiritual depression in a sense is this, that we allow our self to talk to us instead of talking to our self... The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul: ‘Why art thou cast down’—what business have you to be disquieted? You must turn on yourself, upbraid yourself, condemn yourself, exhort yourself, and say to yourself: ‘Hope thou in God’—instead of muttering in this depressed, unhappy way. And then you must go on to remind yourself of God, Who God is, and what God is and what God has done, and what God has pledged Himself to do. Then having done that, end on this great note: defy yourself, and defy other people, and defy the devil and the whole world, and say with this man: ‘I shall yet praise Him for the help of His countenance, who is also the health of my countenance and my God’.

D. Martyn Lloyd-Jones, [Spiritual Depression: Its Causes and Cures.](#)”

- 认识情绪
- 进入情绪：（one particular emotion communicates, relates, and motivates）
 - 认清情绪所显明的心之所爱（可能的偶像）
 - 情绪对你人际关系的影响
 - 认清情绪的驱动力
 - 如何进入你的情绪（认识、察验、评估和处理及胜过）
- 认识忧虑与惧怕
- 畏惧人（Fear of man）
- 察验忧虑和惧怕
- 胜过忧虑和惧怕
 - 抬头向上看（信靠神）（加 1:10；林后 5:9-10；赛 26:3；诗 46:1-10）
 - 神是爱里没有惧怕，祂“总不撇下你，也不丢弃你”（约一 4:15-21；诗 94： 14；来 13： 5-6）
 - 思想神在基督里已经为我们所成就的大工（弗 2： 8-10）
 - 使人惧怕的环境是神促使我们成长，荣耀神的机会（罗 8:28）
 - 正确地处理罪（约一 1:9；太 5:23-24）
 - 对自己的心说话（诗 42， 103）
 - 祷告（真实地来到神面前）、默想经文
 - 锻炼和休息

经文默想

⁷ 你们要将一切的忧虑卸给神，因为他顾念你们。（彼前 5： 7）

¹¹ 我的心哪，你为何忧闷？为何在我里面烦躁？应当仰望神，因我还要称赞他，他是我脸上的光荣，是我的神。（诗篇 42： 11）