

The background features a dark blue gradient with various circular and semi-circular patterns. On the left side, there is a large circular scale with numerical markings from 140 to 260 in increments of 10. Several smaller circles and arcs are scattered across the background, some with arrows indicating a clockwise direction. The overall aesthetic is technical and modern.

解壓之道

PATHWAY TO COPE
WITH STRESS

MATT. 太 11:28-30

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

凡勞苦擔重擔的人可以到我這裡來，我就使你們得安息。我心裡柔和謙卑，你們當負我的軛，學我的樣式；這樣，你們心裡就必得享安息。因為我的軛是容易的，我的擔子是輕省的。



PATHWAY TO COPE WITH STRESS 解壓之道

- 1) It requires our action
付出行動

PATHWAY TO COPE WITH STRESS 解壓之道

1) It requires our action

付出行動

2) It requires our submission

願意順服







FANNY CROSBY
芬妮.克羅斯比

Songs of FANNY CROSBY

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HOPE, ASSURANCE

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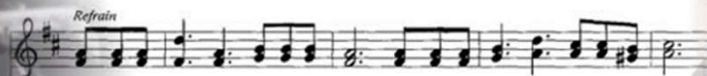
Blessed Assurance



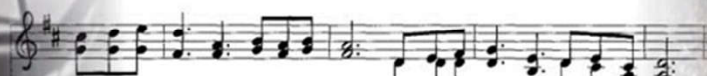
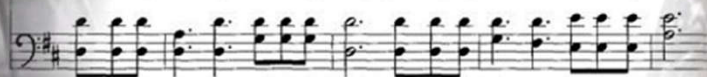
1 Bless-ed as-sur-ance, Je-sus is mine! Oh, what a fore-taste of glo-ry di-vine!
2 Per-fect sub-mis-sion, per-fect de-light, vi-sions of rap-ture now burst on my sight;
3 Per-fect sub-mis-sion, all is at rest; I in my Sav-ior am hap-py and blest,



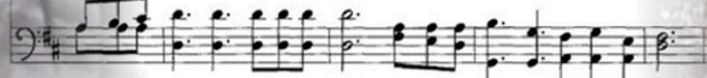
Heir of sal-va-tion, pur-chase of God, born of his Spir-it, washed in his blood.
an-gels de-scend-ing bring from a-bove ech-oes of mer-cy, whis-pers of love.
watch-ing and wait-ing, look-ing a-bove, filled with his good-ness, lost in his love.



This is my sto-ry, this is my song, prais-ing my Sav-ior all the day long:

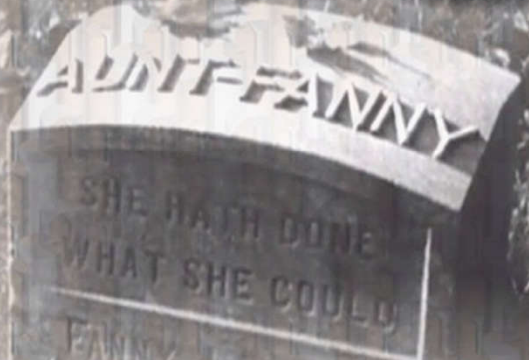


this is my sto-ry, this is my song, prais-ing my Sav-ior all the day long.



Text: Fanny J. Crosby, 1820-1915
Music: Phoebe P. Knapp, 1830-1908

ASSURANCE
9 10 99 and refrain



有福的確據

1. 有福的確據，耶穌屬我！我今得先嚐主榮耀喜樂！
為神的後嗣，救贖功成，由聖靈重生，寶血洗淨。
2. 完全的順服，快樂無比，天堂的榮耀顯在我心裏；
天使帶信息，由天而來，報明主憐憫，述說主愛。
3. 完全的順服，完全安息，何等的歡欣我在基督裏；
儆醒而禱告，等主回來，滿有主恩賜，暢我心懷。

“If I could meet him now, I would say ‘thank you, thank you’ to him over & over again for making me blind!”

Fanny Crosby

若我現在可以見他，我會不斷地重複向他說：『謝謝你，謝謝你讓我失明！』

芬妮.克羅斯比

PATHWAY TO COPE WITH STRESS 解壓之道

1) It requires our action

付出行動

2) It requires our submission

願意順服

3) It requires our learning from Jesus' gentleness & humility

效法主的溫柔和謙卑

MATT. 太 11:28-30

Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and **learn from Me, for I am gentle and humble in heart**, and you will find rest for your souls. For My yoke is easy and My burden is light.”

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“You probably don’t realize it, but the two biggest causes of stress in our life are arrogance and aggression!”

Rick Warren

你可能沒有意識到，但我們生活中為我們帶來壓力最大的兩大原因是傲慢和急進。

華克理

2 Cor. 林後 8:9

“For you know the grace of our Lord Jesus Christ, that though He was rich, yet for your sake He became poor, so that you through His poverty might become rich.”

你們知道我們主耶穌基督的恩典：他本來富足，卻為你們成了貧窮，叫你們因他的貧窮，可以成為富足。

John 約 6:38

“For I have come down from heaven, not to do My own will, but the will of Him who sent Me.”

因為我從天上降下來，不是要按自己的意思行，乃是要按那差我來者的意思行。

ISA. 賽 50:6

“I gave My back to those who strike Me, And My cheeks to those who pluck out the beard; I did not cover My face from humiliation and spitting. For the Lord God helps Me, Therefore, I am not disgraced;”

人打我的背，我任他打；人拔我腮頰的鬚鬚，我由他拔；人辱我，吐我，我並不掩面。主耶和華必幫助我，所以我不抱愧。



Application 應用

“God, give me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

“神啊，求你賜我平靜去接受我不能改變的事情，賜我勇氣去改變我可以改變的事情，又賜我智慧去明白兩者之間的差異。”

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效法主的溫柔和謙卑

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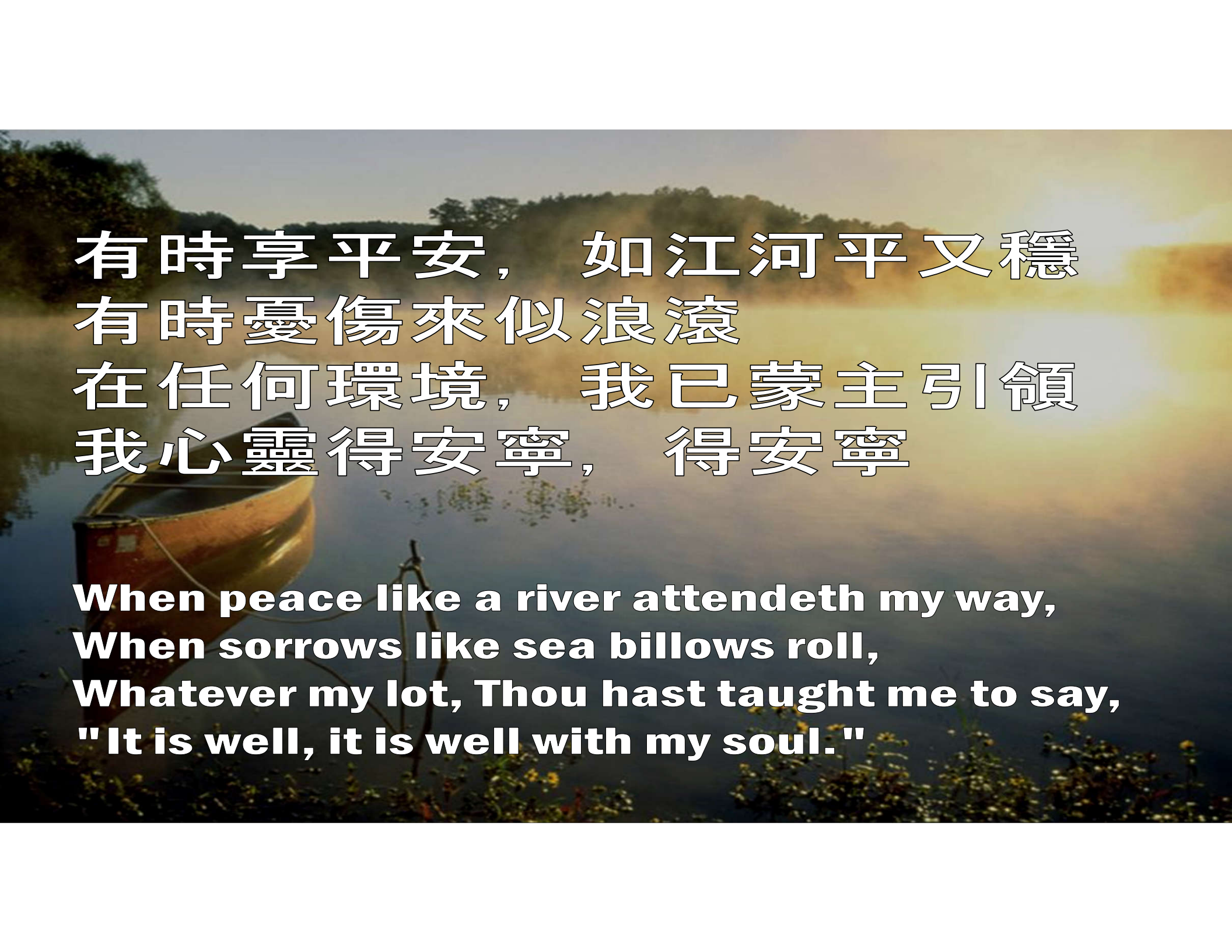
CONCLUSION 總結

- 1) Go to Jesus first instead of going to other people for help
先到耶穌那裡尋求幫助
- 2) Be submissive to God especially in the area of God-permitted circumstances
要順服神，特別是在祂允許的環境下順服
- 3) Imitate Christ's gentleness & humility in difficult circumstances
在任何逆境下都學習效法基督的溫柔和謙卑




It Is Well With My Soul

by Haratio G. Spafford & Philip P. Bliss, Public Domain

A serene landscape with a misty river, a wooden boat, and a forested background. The scene is captured in a soft, hazy light, likely during dawn or dusk. The river flows gently, reflecting the surrounding greenery and the mist. A small wooden boat is visible in the foreground, partially obscured by the text. The background shows a dense forest of trees, their outlines softened by the mist. The overall mood is peaceful and contemplative.

有時享平安，如江河平又穩
有時憂傷來似浪滾
在任何環境，我已蒙主引領
我心靈得安寧，得安寧

**When peace like a river attendeth my way,
When sorrows like sea billows roll,
Whatever my lot, Thou hast taught me to say,
"It is well, it is well with my soul."**



我心靈，得安寧
我心靈，得安寧
得安寧

**It is well with my soul,
It is well, it is well
with my soul.**